



# LONDON TO PARIS GOSH CYCLE CHALLENGE (TDF)

UK, FRANCE • CYCLE • YELLOW 3

## ABOUT THE CHALLENGE

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque English countryside, we cross the Channel at Portsmouth and continue through the small villages and medieval market towns of Northern France, making time to take in some of the Normandy landing beaches. With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement. Our last day in Paris allows us to explore the sights and soak up the romantic atmosphere of this majestic city!

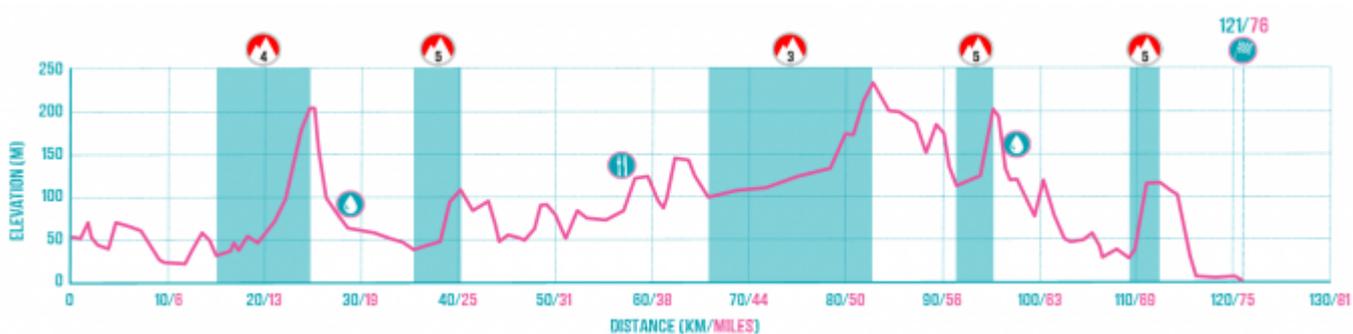
**LONDON TO PARIS GOSH CYCLE CHALLENGE (TDF) • 5 DAYS**

## Day 1: London - Portsmouth - Caen (Ouistreham)

An early start allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It's not long before we're pedalling through the Surrey countryside and onto the North Downs near Guildford. Our route undulates relatively gently, though there are some steeper climbs to test our legs. Heading predominantly southwest, we enter Hampshire and pass through Alton. Look out for steam trains, as this old market town is also the terminus of the famed Watercress Line. We pass Jane Austen's house in the lovely village of Chawton soon afterwards, and continue our ride south across the sweeping South Downs, where more hills await us. Finally reaching the outskirts of Portsmouth, we make our way to the harbour for the overnight ferry to Caen. Night ferry. (Breakfast on ferry not included)

Cycle approx 120km (75 miles)

## ROUTE PROFILE

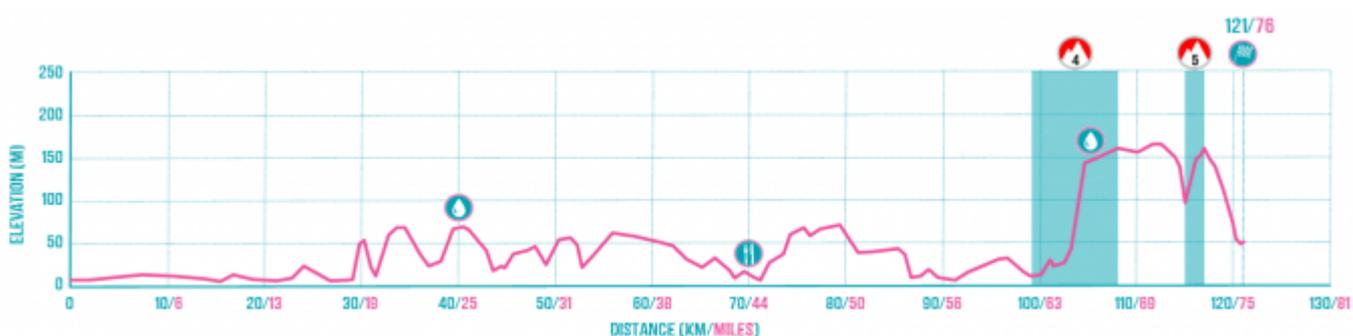


## Day 2: Caen (Ouistreham) – Lisieux

We ride west along the coast to the small town of Arramanches, heart of the Normandy Landings. Parts of the mulberry harbour built here can still be seen out at sea and on the beach. We ride to Juno and Gold beaches, then head back east on small roads towards Pegasus Bridge, near Caen, where the first house to be liberated from the Germans in June 1944 still stands. Now a café and museum, there is an opportunity to visit and see the original bridge, time permitting. We then continue east, on quiet rolling roads that take us through farmland and apple orchards – this area produces lots of cider and calvados! We see Lisieux's 11th century cathedral as we approach the end of today's ride; approximately two-thirds of the town was destroyed by allied troops in the D-Day bombardment but the cathedral survived unscathed. Night hotel.

Cycle approx 120km (75 miles)

## ROUTE PROFILE

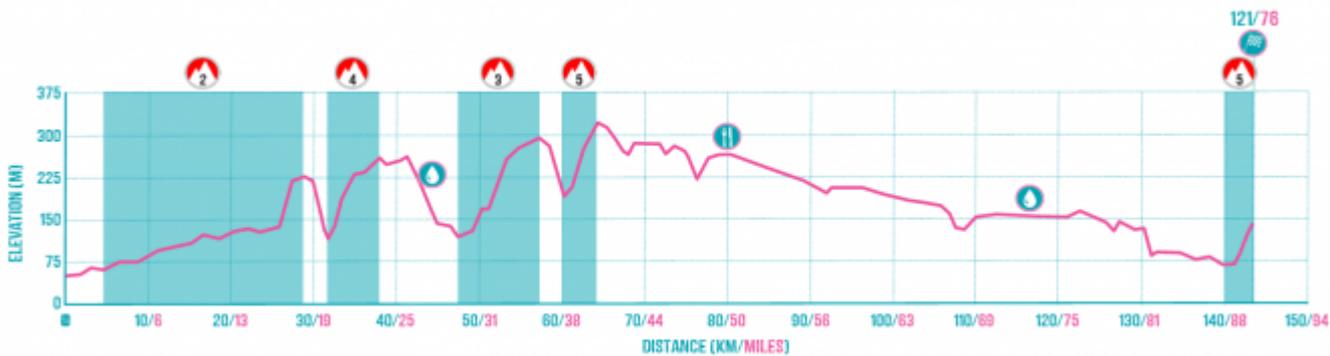


## Day 3: Lisieux – Evreux

Another long day ahead of us today, as we ride through lovely, typically French rural countryside. Passing through picturesque hamlets and small towns, it's hard to picture this peaceful countryside dominated by the battles of World War Two. There are some short sharp climbs, though our legs should take them in their stride by now! We ride west through rolling farmland and wooded valleys to the ancient cathedral city of Evreux. Night hotel.

Cycle approx 142km (88 miles)

### ROUTE PROFILE

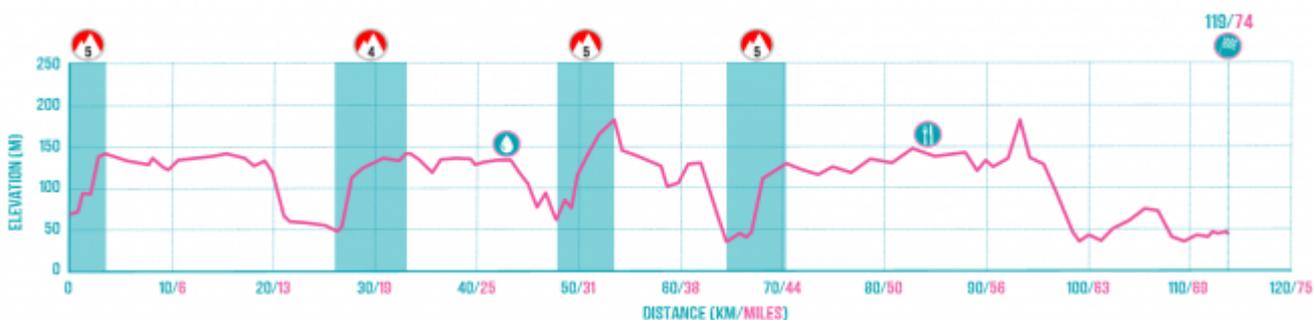


## Day 4: Evreux – Paris

Our last day: Paris beckons! We cycle east, crossing the River Eure and riding through small towns as we pass through the valley of the Seine. Nearing the city, we cross the River Seine and cycle through the suburb of Boulogne-Billancourt. As we head towards the centre of this iconic city, we look out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. We pass the Arc de Triomphe and down the famed Champs-Élysées to our finish beneath the lofty arches of the Eiffel Tower – an impressive end to our challenge. After checking into our hotel we enjoy a great celebration to mark our achievements. Night hotel.

Cycle approx 112km (70 miles)

### ROUTE PROFILE



## Day 5: Paris – London

After breakfast you are free to explore the city; popular attractions include the Eiffel Tower, Arc de Triomphe, Sacré Coeur and the Louvre, or simply wander along the river-bank and watch the world go by. Later you can enjoy the huge spectacle

that is the Tour de France! The 71m-wide Champs-Elysees is by far the best place to watch laps before the final sprint. The atmosphere will be electric as spectators gather early to watch the world's most famous cycling event arrive home! You are responsible for getting yourself and your bags to the Gare du Nord in good time for our Eurostar train back to St Pancras, where we will be reunited with our bikes. *(Lunch & dinner not included)*

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## WHAT'S INCLUDED

- All transport from London to Paris by return (by ferry and Eurostar)
- All meals except where specified and accommodation on a twin share basis
- Discover Adventure leaders, mechanics and drivers
- Full vehicle support throughout the trip
- Maps and route information
- Celebration meal in Paris

## WHAT'S EXCLUDED

- Three meals as specified in the itinerary
- Travel insurance
- Bicycle
- Cycle helmet (compulsory) and water bottles
- Optional Discover Adventure bike courier return service
- Personal spending money, souvenirs and drinks
- Transport around Paris on Day 5, and any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels convenient to our route. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

There may be a limited number of single rooms subject to request, on a first-come first-served basis, after you have booked. Extra charges will apply.

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#### Accommodation

We usually stay in hotels or lodges of a 2-3\* standard or equivalent. Standards may vary between the hotels but they are generally comfortable and convenient for our route. Hotels are often on the outskirts of towns to minimise unnecessary

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extra mileage and avoid traffic.

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## Food & Dietary Requirements

The food provided is plentiful and will give you plenty of energy. Lunches are generally buffet-style while dinners are usually eaten at the hotel. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

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## Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew, including mechanics. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is well-marked, making you lunch and sorting out any mechanical problems. Support vehicles are with the group all of the time, and carry all luggage and spares.

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## Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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## Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

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## Group Size

Your booking is part of a group challenge and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 35-40 participants however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run however occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

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**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

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## **Cancelling your booking**

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

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## **PREPARING FOR THE CHALLENGE**

### **Clothing**

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

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### **Fitness Levels**

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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### **Travel Insurance**

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

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You can obtain a quote with Insure to Travel from our website at: <https://www.discoveradventure.com/essential-information#/buy-travel-insurance>, or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

## Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can [check requirements on our website](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

## CYCLE TRAINING WEEKENDS

**£180 Special Offer - Only when you book at the same time as registering for your main challenge**

Discover Adventure Cycle Training Weekends take place in and around the valleys and ridges of the chalk downs around Salisbury. They are designed to gauge your fitness so that you can be confident you are well prepared for the challenge ahead!

## GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 23 Feb 2019, and the challenge is subject to change.