UK, FRANCE

London To Paris Cycle Ride

Duration: **5 days**

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque Kent countryside, we cross the Channel and continue through the small villages and medieval market towns of Northern France. 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!

Complete the series:

- Paris to Geneva
- Geneva to Nice

Check out our other Eurocycles here.

DETAILED ITINERARY

Day 1: London – Dover – Calais

An early start allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It is not long before we are among the rolling fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored. We follow country roads across the hills of the North Downs to Dover and the

coast. Taking the ferry to Calais, we have dinner on board and cycle the short distance (approx 5 miles) to our hotel. Night hotel. *(Dinner on ferry not included)*

Cycle approx. 136km (85 miles)

Day 2: Calais – Abbeville

After a hearty breakfast we head south through beautiful rural landscapes. We ride through ancient Desvres, pedalling quiet winding roads running parallel to the coast. After lunch we reach the valleys of the Canche River and head further south towards Crécy-en-Ponthieu – site of the 14th-century Battle of Crécy. Continuing south, our final leg brings us to Abbeville, on the River Somme. Abbeville suffered badly from WW2 air raids, but its beautiful Flemish-style architecture is still in evidence and its Gothic church has been largely restored to its former glory. Night hotel.

Cycle approx. 114km (71 miles)

Day 3: Abbeville – Beauvais

Leaving Abbeville behind us we follow the River Somme east out of the town in the direction of Amiens. These lands are renowned for the terrible battles of the First World War and are scattered with cemeteries and other poignant reminders of the thousands of men who died here. Our route soon turns south and we follow shady beech-tree-lined avenues so typically French, into meandering valleys and traditional farming hamlets. The cycling is mostly flat and through agricultural lands. Our day ends at Beauvais, a town renowned for its large gothic cathedral. Night hotel.

Cycle approx. 104km (65 miles)

Day 4: Beauvais – Paris

Our final day's cycling takes us over the river Théram and south of Beauvais towards the great capital city. Following small country roads we head towards the small town of Meru and continue south through beautiful countryside. As we reach the suburbs of Paris we look out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. Reaching the suburb of St. Denis we come to the River Seine; following its northern esplanade in the shadow of the Bois du Boulogne, we ride until we reach the Pont d'Iena and finish beneath the lofty arches of the Eiffel Tower. We check into our hotel and enjoy a great celebration to mark our achievements. Night hotel.

Cycle approx. 80km (50 miles)

Day 5: Paris – London

After breakfast you are free to explore the famous sights of Paris. Later you can enjoy the huge spectacle that is the Tour de France! We don't have a set area to gather, but the 71m-wide Champs-Elysées is by far the best place to watch the laps before the final sprint; head over with your new cycling buddies, pick a spot and enjoy the incredible atmosphere. Spectators gather early to watch the world's most famous cycling event arrive home, and if

you want a good view you are advised to get there many hours before the peloton! You are responsible for getting yourself and your bags to the Gare du Nord in time for your evening Eurostar train back to St Pancras, where you will be reunited with your bike. *(Lunch & Dinner not included)*

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

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure crew - 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 clear, 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.

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.

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.

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 extra mileage and avoid traffic.

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.

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 London to Paris groups run with approximately 30-40 participants whilst all other Euro cycles run with approximately 15-20, 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 to 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.

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.

Food & Dietary Requirements

We like to support local businesses and will source food locally wherever we can. Lunches will be a mix of restaurants along the route or supplies will be purchased from local shops; dinners are usually eaten at the hotel. For larger sized groups we may opt to cater the lunches ourselves with a buffet style provision. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Having said that, despite working very

hard with the hotels, it doesn't always translate into what we'd like for you. If this is the case on your trip, please chat to the crew at the time and they will do their best to find a solution. 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.

PREPARING FOR THE CHALLENGE

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.

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. Please ensure you allow plenty of time to apply for your visa; we will provide you will all necessary information 6 weeks prior to depature to assist with your application.

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.

Clothing & Kit

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, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8

months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click here.

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

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 and amendment fees 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.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - Passenger Portal Log in.

BUY YOUR KITBAG

Only £45 (inc p&p) - designed to deal with the rigours of your challenge.
Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!

Independent Reviews 96 %

ABTA No.Y6195

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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 24 Apr 2024, and the challenge is subject to change.