

## Myeloma London To Paris Cycle Challenge



Duration: 5 days

Riding in a peloton, you'll be flanked by motorcycle outriders, fully backed up by mechanics, remedied by sports physios and propelled forward by your very own support crew, making this the ultimate ride experience.

Rolling road closures ensure you ride safely without stopping for traffic lights or junctions and with three different speed groups led by experienced Ride Captains, anyone who's willing to put in some training can take on this challenge.

All this combined with the beautiful French countryside and enjoying the camaraderie with other riders makes for the ultimate London to Paris experience.

### DETAILED ITINERARY

#### Day 1: London – Folkestone – Calais

We meet our English motorbike outriders and set off as one peloton down to our first rest stop. From here we will split into our three speed groups allowing those who want to up the pace and those that want to take things more leisurely to do so. 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 Folkestone and the coast. On arrival in Folkestone we have dinner before boarding the Channel Tunnel to Calais, and then coached to our hotel. Night hotel.

**Cycle approx. 119km (74 miles)**

## Day 2: Calais – Cap Hornu

After a hearty breakfast, we are greeted by our French outriders and head south through beautiful rural landscapes. Today will feel totally different to yesterday as you settle into the pace of the peloton group you have chosen and get used to the team dynamic of the ride captains. The site of the osteopaths at the rest stops will become more and more a welcome site as we pedal along quiet winding roads running parallel to the coast. Continuing south, our final leg brings us to Abbeville and then we transfer to the coast, Cap Hornu where we check into our hotel and celebrate our first full day in France. Night hotel.

**Cycle approx. 136km (85 miles)**

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**Day 3: Cap Hornu – Beauvais** Leaving the coast behind us we transfer back to Abbeville skirt round the south of the town, following the Somme towards 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. 121km (76 miles)**

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## Day 4: Beauvais – Paris

Our final day's cycling takes us due South the river Seine the famous river that flows through Paris and a welcome site for sore legs. Upon reaching the Seine we have our final group lunch, make the most of your final opportunity to have a treatment by the Osteopaths. From lunch we set off towards Paris in the same manner as we left London, as one Peloton. You will feel the excitement build as we approach the suburbs of Paris past the Chateau of St Germain. Our final section of riding will see our Peloton, flanked by motorbikes and followed by the support vehicles ride through Park Bois de Boulogne and up to the Arc de Triumph. Finally we ride down the iconic Champs-Élysées and finish our ride in front of the Eiffel Tour. Here our celebrations begin as we wave goodbye to our Motorbike Outriders and our bikes and board the waiting busses to our hotel and celebration meal. Night Hotel.

**Cycle approx. 102km (64 miles)**

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## Day 5: Paris – London

After breakfast you are free to explore the famous sights of Paris. 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)*

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## WHAT'S INCLUDED

- All accommodation (twin share)
- Meals as included in the itinerary
- Water stop provisions
- Bike transportation back to St Pancras
- Discover Adventure leaders, crew, mechanics, ride captains and doctors
- Coaches from finish line to hotel in Paris
- Full vehicle support
- Over-view maps and GPX files

## WHAT'S EXCLUDED

- Breakfast day 1, lunch & dinner day 5
- Alcoholic drinks
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Bicycle, helmet and high visibility jacket (obligatory)
- Single rooms
- Pre-night accommodation
- Travel arrangements and accommodation for friends and family
- Bike courier
- Sports/energy products at water stops
- Bike storage in Paris for bikes not returning to the UK on day 5

## 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 5 Apr 2020, and the challenge is subject to change.