

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)

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)

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)

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)

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](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

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.

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.

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.

Food & Dietary Requirements

We like to support local businesses and will source food locally. Lunches will be in restaurants along the route and dinners are usually eaten at the hotel. Do make sure you eat enough to give you the energy for your exertions. 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.

PREPARING FOR THE CHALLENGE

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, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

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.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).



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.