



## Prostate Cancer UK Grand Depart 2025



Duration: **3 days**

This fantastic day takes us through bike-friendly Northern France – a region with a long association with cycling. We follow the route the pros will take only a few days later, tackling the short (but steep!) hills and exposed flat sections. The market towns and small villages we ride through will already be setting up for the Tour, adding to the incredible atmosphere.

With a long day in the saddle and some steep climbs, the sight of our finish back in Lille will evoke a real sense of achievement.

## DETAILED ITINERARY

### Day 1: London – Lille

We meet in good time to board the Eurostar to Lille at London St Pancras, first handing over our bikes, which will be driven there. On arrival, we transfer to our hotel, assemble our bikes once they arrive, and prepare our kit so we're all ready for tomorrow's big day. Mechanics will be on hand to help if you need it. If there's time, head out to see the town – Lille has experience in hosting a Grand Depart, so expect the

atmosphere to be building already! After dinner and a thorough trip briefing, we turn in for a good night's sleep. Night hotel.

(Lunch not included)

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## Day 2: Ride Stage One, Lille

Our big day, cycling the Stage 1 route of the Tour de France! This circular route is relatively flat, taking in a region of Northern France that has long been passionate about cycling. Most towns and villages, if not all, will be setting up decorations to welcome the Tour; there is nothing quite like it! Our first significant climb, the Cote de Notre-Dame-de-Lorette lies after approx. 30km and at 165m, is the day's highest point. The hill was strategic ground in WW1, and is home to the world's largest French military cemetery – a poignant reminder of the history of this bike-friendly region. Another flattish section brings us to our most well-known climb, the Cote de Cassel, which features regularly in the Gent-Wevelgem Spring Classic. From here, there's no real flat until the last 30km. Flat isn't always easy – this area is known for its cross-winds, which tend to provide great entertainment when you're watching the pros – you might find it less welcome when you're in the saddle yourself! After an unforgettable and atmospheric 185km-ride, we return to Lille; you will feel like a champion as you ride under the gantry and celebrate with a well-deserved glass of fizz! We head back to the hotel for a shower, dinner and big celebration. Night hotel.

Cycle approx. 185km (115 miles)

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## Day 3: Lille – London

After breakfast, we transfer by Eurostar back to London, where we are reunited with our bikes, and head home.

(Lunch not included)

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

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## WHAT'S INCLUDED

- Return Eurostar London to Lille - London
- All meals except where specified
- Celebration Meal on day 2

- 2 nights accommodation on a twin share basis in Lille
- Return transport of bike from/to London, St Pancras
- Discover Adventure leaders, mechanics and drivers
- Full vehicle support throughout the trip
- Route information

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Personal travel insurance
- Bicycle
- Cycle helmet (compulsory) and water bottles
- Optional Discover Adventure bike courier return service
- Personal spending money, souvenirs and drinks

## FUNDRAISING AND PAYMENT OPTIONS

### Fundraising Option

- Pay **£125** non-refundable registration fee
- Raise **£1500** for Prostate Cancer UK

### Part-payment Option

- Pay **£125** non-refundable registration fee
- Pay a further **£350** towards the tour costs
- Raise **£750** for Prostate Cancer UK

### Self-funding Option

- Pay **£125** non-refundable registration fee
- Pay a further **£724** towards the tour costs
- Raise **£250** for Prostate Cancer UK

[Discover Adventure Privacy Policy](#)

[Prostate Cancer UK Privacy Policy](#)

## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### 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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## Sustainable Travel

We are committed to an ethos of responsible travel here at Discover Adventure; this means sustainable tourism, ethical travel, community engagement, cultural respect, wildlife protection, fair trade practices, carbon footprint reduction and more. We have been on a 30-year journey with this as one of our core principles, and it continues to evolve; you can keep up to date with what we are up to and what all of this translates into on a DA trip [here](#).

From 2024, we will offset our entire carbon footprint, including the flights, via a carbon credit scheme ([see more here](#)). We must do all we can to be on the right side of history. Our offsetting brings peace of mind to many of our customers, but we think it is essential that our customers are aware of their impact; with this in mind, we encourage our participants to donate to World Land Trust's Buy an Acre project when they book an adventure.

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## Group Dynamic

Our brilliant group dynamic is fundamental to us. We have become synonymous with it over our 30 years of adventure: the supportive nature and group camaraderie are always listed as one of the trip highlights in our feedback. You'll meet people of widely varying backgrounds, motivations and experiences. Under these unique circumstances, you are more likely to open up about your story and form lifelong friendships. You'll likely find something that resonates with everyone in the group. This is a unique way of travelling, after all, and that's what brings you all together.

We have travellers from 18 – 80 across all of our challenges, with the average age of our participants being in the mid-40s.

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## Inclusive Travel

Over the years, people of all abilities have achieved personal goals on our adventures that they may have previously assumed were out of their reach.

We must be aware of any circumstances that may affect your ability to take on the trip, whether you have concerns about fitness, health conditions or disability. This way, we can ensure we are providing the best advice and support. You will be asked to sign a medical declaration upon booking. Whilst we will always try our best for you, by the nature of adventure, not all of our challenges are accessible, and we are not an operator specifically offering adapted adventures. If you would like to have a confidential chat with the team about anything before booking, please give us a call or an email; we will be more than happy to help.

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

## 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 email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration 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](#).



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Please note: This document was downloaded on 15 Aug 2024, and the challenge is subject to change.