



## Royal Marsden London To Paris Cycle



Duration: 4 days

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque Sussex 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!

### DETAILED ITINERARY

**Day 1: London – Newhaven – Dieppe** An early start allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. We continue south towards Croydon, riding through beautiful rolling Surrey countryside and small, quiet villages. As we head further south a long climb takes us into Sussex; we then follow rolling roads up and over the beautiful chalk downs and descend into the harbour town of Newhaven. We board the ferry and have dinner en-route to Dieppe. *Night hotel. (Dinner on ferry not included)*

**Cycle approx 98km (60 miles)**

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**Day 2: Dieppe – Beauvais** We leave the busy port behind, heading southeast and quickly emerge into typical French countryside. Passing a few small villages, we ride through the small, 12th-century town of Neufchatel-en-Bray and continue on small roads through farmland and pockets of woodland. Most of our route rolls along through this beautiful rural scenery, though there are a few longer climbs. Our day ends at Beauvais, a town renowned for its large Gothic cathedral. *Night hotel.*

**Cycle approx 114km (70 miles)**

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**Day 3: Beauvais – Paris** Our final day's cycling takes us 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, with a few steep climbs to test us. As we reach the suburbs of Paris we enjoy a flat run-in, looking out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. After finishing beneath the lofty arches of the Eiffel Tower, we head to our hotel and get ready for an evening of celebrations to mark our achievement. *Night hotel.*

**Cycle approx 80km (50 miles)**

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### **Day 4: Paris – London**

After breakfast we head off to the Gare du Nord for our Eurostar train back to St Pancras, where you will be reunited with your bike. We say our farewells and head for home. (Lunch & Dinner not included)

Please note that this trip does not start and finish in the same location.

*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**

- All transport from London to Paris 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
- Route information

## WHAT'S EXCLUDED

- Any meals specified 'not included' 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
- Any applicable surcharges as per Terms and Conditions

## 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.

#### 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](#).

### 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 **10% off** any purchases you make with them. Please ask us for the code if you do not have this already.



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Please note: This document was downloaded on 5 Jun 2023, and the challenge is subject to change.