

## UCLH London To Paris Cycle



Duration: 4 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!

## DETAILED ITINERARY

### Day 1: London – Newhaven – Dieppe

An early start from central London 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 120km (75 miles)**

### Day 2: Dieppe – Vernon

We leave the busy port behind, heading southeast and quickly emerge into the quiet French countryside so typical

of this region. Our roads are light on traffic, and there are sections of greenway (*avenue verte*) we can utilise. 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 short climbs. Our day ends at Vernon, an ancient town on the banks of the River Seine. Night hotel.

**Cycle approx 124km (78 miles)**

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### Day 3: Vernon – Paris

Our final day's cycling takes us once more on quiet roads through small villages and woodland to the banks of the River Seine; we cross and head south through shady forest to Versailles and its famous Palace. From Versailles we head to our ride finishing point, the Bouygues Construction offices where we celebrate our achievements before boarding a coach into Paris to our hotel and continue our celebrations. Night hotel.

**Cycle approx 90km (56 miles)**

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### Day 4: Paris – London

After breakfast you are free to explore the city; why not go up the Eiffel Tower or visit renowned attractions such as the Arc de Triomphe, the Louvre and Notre-Dame Cathedral. You are responsible for getting yourself and your bags to the Gare du Nord on time for your afternoon 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

- Hotel accommodation en-route (twin share)
- Ferry and Eurostar transport
- Meals (exclusions detailed in itinerary)
- Discover Adventure leaders and mechanics
- Lunches on cycle days (provided by local restaurants)
- Full vehicle support
- Over-view maps, GPX files and route information
- Marked route
- Coach from finish point into Paris

## WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Alcoholic drinks
- Bicycle, helmet and high-vis jacket
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)

## 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](#)

## BUY YOUR KITBAG

**Only £42** - 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!



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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 29 Mar 2020, and the challenge is subject to change.