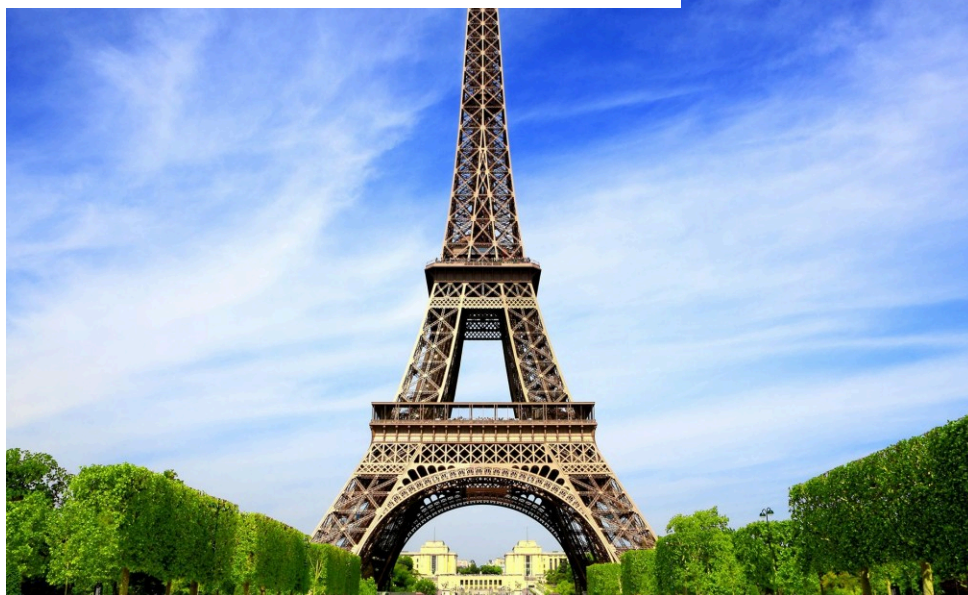


Women Ride London To Paris Cycle



Duration: 4 days

Part of our Women Ride series, encouraging women to get on their bikes. Designed to downscale some of the factors often cited by women as barriers to cycling, expect confidence-boosting support, a friendly non-competitive atmosphere and the buzz of achieving your challenge.

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque Sussex countryside on quiet rolling roads, we cross the Channel and continue through the small villages and medieval market towns of Northern France. This specially-designed, beautiful route takes us on quiet lanes and traffic-free greenways, enjoying the freedom of cycling in a country where all generations use a bike just to get around.

Our cyclist-friendly approach to Paris passes some of the city's most recognisable landmarks and the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement.

Women Ride Training Weekend is **included in the cost** of this trip. Once you sign up, you will receive a code to register for the weekend for free. If you take part in the Training Weekend first and are then inspired to sign up, your Training Weekend payment will be discounted from your final trip cost.

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 95km (59 miles)

ROUTE PROFILE

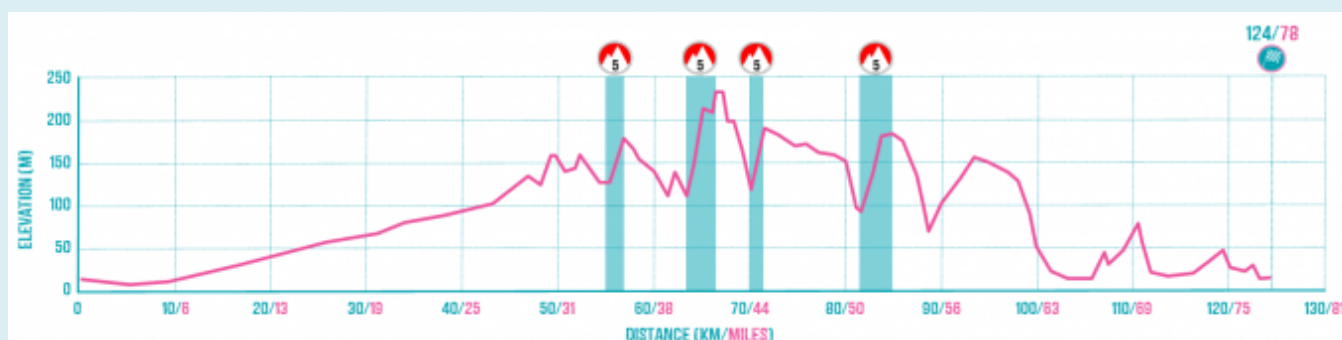


Day 2: Dieppe – Vernon

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)

ROUTE PROFILE



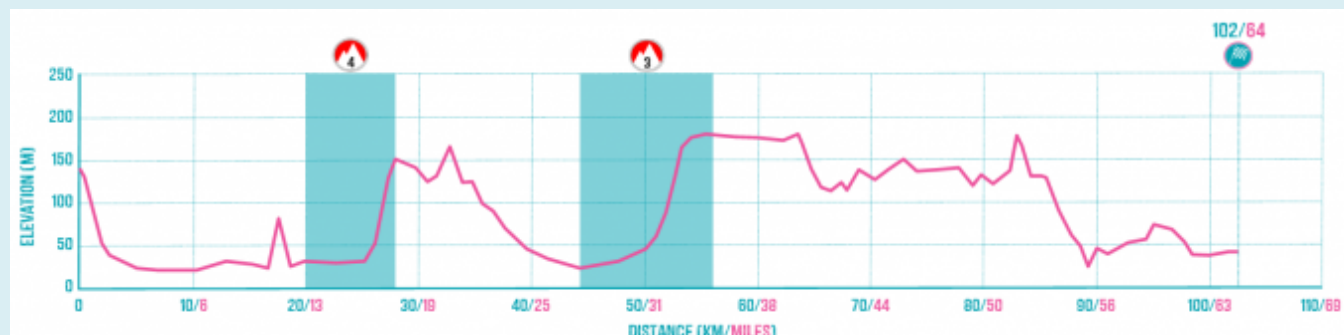
Day 3: Vernon – Paris

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. Crossing the Seine again, we enjoy a tranquil approach to Paris, through the quiet suburb of Boulogne-Billancourt, and continue on wide tree-lined boulevards, passing the Trocadéro and other famous city landmarks as we ride to our finish beneath the lofty arches of the Eiffel Tower. We check into our hotel and enjoy a great celebration to mark our

achievements. Night hotel.

Cycle approx 117km (73 miles)

ROUTE PROFILE



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)

WHAT'S INCLUDED

- All transport from London to Paris by 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
- Maps and route information
- Women Ride Training Weekend included in the trip cost

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
- Transport around Paris on Day 5, and any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure crew - 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 clear, 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.

Group Size

Your booking is part of a group challenge and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical London to Paris groups run with

approximately 30-40 participants whilst all other Euro cycles run with approximately 15-20, however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run however occasionally it may be possible to still to run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

We like to support local businesses and will source food locally wherever we can. Lunches will be a mix of restaurants along the route or supplies will be purchased from local shops; dinners are usually eaten at the hotel. For larger sized groups we may opt to cater the lunches ourselves with a buffet style provision. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Having said that, despite working very hard with the hotels, it doesn't always translate into what we'd like for you. If this is the case on your trip, please chat to the crew at the time and they will do their best to find a solution. 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

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6

weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

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 post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees 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.



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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 26 Apr 2024, and the challenge is subject to change.