

LONDON TO PARIS CYCLING CHALLENGE Route 3

5 days / 4 nights

Depart South Croydon

Return Paris - London

Distance approx 285 miles

INTRODUCTION

Cycling from London to Paris is one of the great European cycle experiences. Passing through picturesque 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 also sees the close of the final stage of the Tour de France, the most prestigious of all the cycling races in the world, which traditionally finishes on the Champs-Élysées. What better way to celebrate your own achievement than by watching the giants of the cycling world lap the streets of central Paris?

ITINERARY

Day 1: London – Dover

An early start from South Croydon allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It is not long before we are among the fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored. We continue our journey through Tonbridge and follow country roads across the hills of the North Downs to Dover and the coast.

Stay overnight in Calais.

(Lunch included, riders buy their own dinner on the ferry).

Cycle approx. 85 miles

Day 2: Calais – Arras

After breakfast we head south through beautiful French countryside. Our route will take us along small, quiet roads through villages and small towns. During the afternoon you will cycle past small war cemeteries such as at Noordpeene and Gauchin, a reminder of the remarkable history of this region. Our route is reasonably flat to begin with but becomes more undulating as we travel south for Arras.

Stay overnight in Arras.

(Breakfast, lunch & dinner included).

Cycle approx. 71 miles

Day 3: Arras – Compiègne

Today, after a couple of tough days in the saddle, our legs may feel a little tired! We continue south through villages and along quiet French roads to the more forested region around Compiègne, where we spend the night. The attractive town of Compiègne is on the banks of the River Oise.

Stay overnight in Compiègne.

(Breakfast, lunch & dinner included).

Cycle approx. 75 miles

Day 4: Compiègne – Paris

Our final day's cycling takes us south west initially through small villages and woodland before we meet the outskirts of Paris. Obviously the traffic increases but our destination and the finish is in sight. We cycle through the Parisian streets around the Arc de Triomphe. The adrenalin is pumping as we cycle as fast as we can down the Champs-Élysées. To mark our incredible achievement we are greeted in style at the Eiffel Tower. In the evening we enjoy a celebratory meal at the hotel.

Stay overnight in Paris.

(Celebration meal, breakfast, lunch & dinner included).

Cycle approx. 54 miles

Day 5: Paris – London

After breakfast you are free for the rest of the day to explore the city. The Tour de France finishes on the 71m-wide Champs-Élysées. This is

by far the best place to watch the sprinters in action as they circuit inner Paris for about an hour before the final lap. The atmosphere will be electric as spectators gather to watch the world's most famous cycling event come home. If you want a good view you are advised to get there hours before the peloton! You are then responsible for getting to the Gare du Nord on time for our evening Eurostar train back to St Pancras, from where those who prefer will be transferred back to our start point.

(Breakfast included; riders buy their own lunch & dinner).

GENERAL INFORMATION

Tour cost

The tour cost includes all meals (other than dinner on the ferry and lunch and dinner on Day 5), accommodation, support vehicle and Discover Adventure leaders and medical staff, drivers & cooks. It also includes return transportation to London by Eurostar.

The tour cost does not include insurance and meals as specified. Approx. £70 - £100 is recommended for personal expenses.

Food and Accommodation

4 nights in **/**** hotels. The hotels are comfortable and well situated but not luxurious. All rooms have en suite facilities. All food is included except dinner on the ferry and lunch and dinner on Day 5.

Passport, Visa and Vaccinations

A valid ten-year passport is required. Visas are not required. No specific vaccinations are recommended for France but we insist your tetanus injections are up-to-date.

Climate

July 16 - 28°C

The climate of northern France is very similar to that of southern England. Rain is a possibility in

July and it may be windy in flatter areas.

CYCLING INFORMATION

Support vehicles are with the group all of the time. All luggage and spares will be carried in them.

The cycling is mainly undulating. Distances are fairly long, varying from 95 - 125km per day, and participants should make sure they are fit enough to manage these distances. We ride mainly on small country roads. Traffic is light on most of the roads but when we pass through large towns we go through as a group.

Bike Repairs

There will be a range of spares in the vehicle along with a full tool kit. However it is impossible for us to carry spares for every eventuality so it is vital that if you bring your own bike it is in good order before departure.

Further information, kit list etc will be sent on receiving your booking

ATOL 5636

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Please phone Action Medical Research on 01403 210 406 with any questions.

