

LONDON TO PARIS CYCLING CHALLENGE

Route 5 - NEW

4 days / 4 nights

Depart Blackheath

Return Paris - London

Distance approx 300 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

The night before the start: Blackheath

As part of the package we have laid on accommodation in Blackheath for the night before the actual start. This will also include an evening meal amongst fellow cyclists and friends. What a great way to start this challenge off?

Day 1: London – Dover

An early start from Blackheath 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 along the North Downs Way and small country roads to Dover and the coast. We then take the short ferry crossing over to Calais.

**Stay overnight in Calais.
(Breakfast, lunch included,
riders buy their own dinner on
the ferry).
Cycle approx. 100 miles**

Day 2: Calais – Amiens

After a hearty breakfast we head out of Calais and south for Thiepval, and in particular the First World War memorial site on the Somme, which was constructed in 1932. There's a chance to visit the museum before heading back on track for Amiens.

**Stay overnight in Amiens.
(Breakfast, lunch & dinner
included).
Cycle approx 100 miles**

Day 3: Amiens – Paris

Leaving Amiens, our final day's cycling takes us to Paris. An early start sees you in good time to reach Paris and cycle down the Champs-Élysées with Parisians cheering you in on your final stretch to the Eiffel Tower. The adrenalin is pumping as we cycle as fast as we can down the Champs-Élysées and across the Seine. 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 100 miles**

Day 4: 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

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

