

UNITED KINGDOM & FRANCE

London to Paris Cycle

Duration: 5 days / 4 nights
Depart: London
Return: Paris – London on Eurostar

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!

ITINERARY

Day 1: London – Calais

An early start from Blackheath Common 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 rolling fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored. We head through Tonbridge and follow country roads across the hills of the North Downs to Dover and the coast. Taking the ferry to Calais, we have dinner on board and cycle the short distance to our hotel in Calais. Night hotel.

(Dinner on ferry not included).

Cycle approx 135km (85 miles)



Day 2: Calais – Arras

After a hearty breakfast, we head south through beautiful French countryside. Our route takes us along small, quiet roads through villages and small towns. During the afternoon we ride past small War Cemeteries such as at Noordpeene and Gauchin, a reminder of the remarkable history of this region. The terrain is reasonably flat to begin with but becomes more undulating as we travel south. We spend the night in Arras. Night hotel.

Cycle approx 145km (95 miles)

Day 3: Arras – Compiègne

This morning, after a couple of long days in the saddle, our legs may feel a little tired. We continue south through villages and along quiet undulating French roads to the more forested region around Compiègne, where we spend the night. This attractive town lies on the banks of the River Oise. Night hotel.

Cycle approx 125 km (80 miles)





Day 4: Compiègne – Paris

Our final day's cycling takes us southwest, initially through small villages and woodland before we meet the outskirts of Paris. Needless to say, the volume of traffic increases but our destination and the finish is in sight! We cycle through the Parisian streets, sweeping around the Arc de Triomphe and down the famed Champs-Élysées to our finish beneath the lofty arches of the Eiffel Tower. We head to our hotel and get ready for a celebration meal to mark our achievement. Night hotel.

Cycle approx 90 km (57 miles)

Day 5: 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 your bike.

(Lunch & dinner not included)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.



GENERAL INFORMATION

TOUR COST

All accommodation is included, as well as transport (by ferry and Eurostar) and all meals except 3 as specified in the itinerary. It also includes full trip support of experienced Discover Adventure leaders, drivers and mechanics (see Trip Support below).

It does not include personal travel insurance, three meals as specified, transport around Paris on Day 5, drinks, extra food, personal items or entry to any optional tourist sites you may wish to visit.

Costs in France

We recommend you budget for the following costs in-country:

- Meals not included: £30-50
- Local transport within Paris: €10-20

Remember to allow extra for drinks, snacks, souvenirs & other personal expenses. This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

We strongly recommend you carry a credit card in case of personal emergency.

ACCOMMODATION

Accommodation is in 2-3* hotels, picked for their proximity to our route. The hotels are comfortable with en suite facilities; standards may vary between the hotels.

FOOD

All food is included except 3 meals where specified. Lunches are generous buffet-style with plenty of energy food to keep you going! Dinners are generally eaten in the hotels.

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance.



Bear in mind that being vegetarian is not generally well-understood in France, so meals may not be as varied as



you are used to. 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. Please feel free to ask us for advice.

ENJOY THE EXPERIENCE!

Travelling, whether in the UK or abroad, is always unpredictable. Whether it's the varying state of public toilets, puncturing in the rain, quirky accommodation staff ... it's all part of the challenge you are signing up for!

We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow cyclists and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities where you are free to explore and find something to suit your budget.

PASSPORT, VISA & VACCINATIONS

A valid ten-year passport is essential; it must be valid for at least six months after entry into France. There is no visa requirement for UK citizens. Other nationalities should check entry requirements.

We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio.

You should **always** check with a GP or travel clinic for up-to-date travel health advice as it does change.

CYCLING INFORMATION

Terrain

The cycling is mainly undulating. Distances are fairly long, varying from 90 - 145km per day; you should make sure you are fit enough to manage these distances. The first day is particularly strenuous with some tough climbs. We ride mainly on small country roads. Traffic is light on most of the roads but when we pass through busy areas we may go through as a group. French drivers are generally far more considerate to cyclists than here in the UK.

Bikes

We strongly recommend that you ride a road/racing bike (rather than a mountain bike) for this trip due to the long distances involved on well-surfaced roads. However Discover Adventure can provide hybrid or mountain bikes at an extra cost if you wish.

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 when bringing your own bike it is in good order before departure.

It is **imperative** that you supply your own helmet and wear it at all times while cycling, with the straps done up.

Clothing & Equipment

We could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for all weathers and temperatures and remember that weather conditions can change quickly. 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.



Weather

The climate of northern France is very similar to that of southern England. Temperatures can vary widely, rain is always a possibility and it may be windy in flatter areas.

May / June	14 - 28°C
Aug / Sept	16 - 32°C

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This ride is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the ride less enjoyable – and we want you to have the time of your life!

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. We design our challenges so that everyone can go at their own pace: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will 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.

TRAINING WEEKENDS

Discover Adventure Cycle Training Weekends in Wiltshire are designed to help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other cyclists, you're bound to find it incredibly useful!

For dates and further information refer to our website: www.discoveradventure.com

Your charity may organise a training weekend for your bespoke group, but if not don't worry – our training weekends are open to people on all our challenges, no matter which trip you are booked on or who you are raising money for.

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

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 well-marked, making you lunch and sorting out any mechanical problems. At Discover Adventure we pride ourselves on our high leader: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Luggage

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



Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should also bring a small daypack or large waist-pack to carry items needed during the day as you will not have access to your main luggage until the evening.

Your bikes will return in our vehicles in time to meet you at St Pancras. They will be well-packed and protected during transit in our vehicles, but if you have an expensive or delicate frame, you may prefer to bring extra lagging to protect it more, or a soft bike bag. Hard case bike bags are not suitable as we do not have space to store them. We offer a bike courier service for those who prefer not to collect their vehicle at the station; further details and costs will be sent to you nearer the time.

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 radios and emergency mobile phones, first-aid kits and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders 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 compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

WORLDWIDE SUSTAINABLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association, has recognised the work we do in this area and has awarded us 5 stars as a Responsible Tour Operator.

Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

Carbon Offsetting

We encourage all our customers to offset emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action in the UK you can volunteer for a day with BTCV and work on an environmental project local to you. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge



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