



## Challenge itinerary

### Day 1: London – Calais

An early start from Blackheath in south London allows us to avoid the morning traffic as we pass through the outskirts of the city onto quieter roads. Before long we are among the rolling fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored, through Tonbridge and following country roads across the hills of the North Downs to Dover and the coast.

We then take the ferry to Calais, having dinner on board, and stay overnight in our Calais hotel.

*Cycle distance approx. 135km (85 miles)*

### Day 2: Calais – Arras

After a hearty breakfast we head south through the beautiful French countryside. Our route will take us along quiet roads through villages and small towns. We will cycle past the war cemeteries of Noordpeene and Gauchin, a reminder of the remarkable history of the region. Our route is reasonably flat but becomes more undulating as the day continues. We spend the night in a hotel in Arras.

*Cycle distance approx. 145km (95 miles)*

### Day 3: Arras – Compiègne

Continuing south, we travel through further pretty villages before the landscape changes as we reach the forested region around the town of Compiègne, located on the banks of the River Oise, where we spend the night.

*Cycle distance approx. 125km (80 miles)*

# London to Paris Cycle Ride

Dates departing from  
May – September

**Join us as we cycle from London to Paris on one of the best cycling experiences in Europe.**

'A superb experience which was very well organised from application process to the finish. Seeing the Eiffel Tower from 15 miles away was the best moment of the cycle, as well as the wondrous company!' **Jazz, 2010**

All travel arrangements for the London to Paris Cycle Ride are organised by Discover Adventure Limited which is ATOL protected. The company's ATOL number is 5636 and its booking conditions apply.



## Day 4: Compiègne – Paris

Our final day's cycling takes us south-west through small villages and woodlands before we reach the outskirts of Paris. As we cycle into the heart of the city we will navigate some of the famous Parisian streets before our journey takes us around the Arc de Triumph, finishing under the lofty arches of the iconic Eiffel Tower where we will celebrate our achievements.

*Cycle distance approx. 90km (57 miles)*

## Day 5: Paris - London

A free day in Paris. The chance to relax and explore this wonderful city before meeting at the Gare du Nord for our afternoon Eurostar train to London St Pancras.

Note: Itinerary, dates and flight times are subject to change.

## Payment options and tour costs

### Minimum Sponsorship

- Non-refundable registration fee: £149
- Minimum sponsorship: £1,550
- The cost of the cycle is £620. These costs are paid from your sponsorship. 80% of your sponsorship is required 10 weeks before departure

### Self Funder

- Non-refundable registration fee: £149
- Balance: £620

## Your questions answered

### How fit do I need to be?

This event suits people of average fitness as long as you are prepared to train. You will be cycling for approximately eight hours per day for four consecutive days. Distances are fairly long, varying from 90 – 145 km per day. Participants should make sure they are fit enough to manage these distances confidently so we advise you start training as soon as you sign up. When you register we will send you a training guide to help you get started.

### What will the cycling be like?

The cycling is mostly undulating. We ride mainly on country roads taking us through picturesque Kent and the smaller towns and villages of northern France. You will see different scenery each day, making all your training at home worthwhile; no two days will be the same. Cycling is the national sport of France, and while the Tour de France attracts supporters in

its thousands, it is normal for the locals to stop and cheer us on as we pass through their towns and villages. Traffic is light on most of the roads but when we pass through large towns we will cycle as a group.

### What happens to my belongings when I am cycling?

Your luggage will be transported for you each day. All you will need to carry is a small rucksack and a bum bag with your essentials, e.g. waterproof, fleece, camera, first aid kit and water.

### Do I need a bike?

We strongly recommend that you ride a road bike/ racing bike for this event due to the long distances involved on well-surfaced roads. The tour organiser, Discover Adventure, can provide participants with a bike at an additional cost if required. It is imperative that you supply your own helmet and wear it at all times when cycling.

### What will the weather be like when we go?

We expect the climate in northern France to be very similar to that of southern England. In May, June, July and August the temperature can range from 14°C to 28°C. In September the temperature can range from 16° to 32°C.

### Where do we stay?

We stay four nights in three or four star hotels during this challenge. The hotels are comfortable but not luxurious. All rooms have en suite facilities and will be shared (usually twin bedded) single-sex rooms. If there is someone in particular you would like to share a room with, please let us know on your registration form.

These events are organised by Discover Adventure. There can be up to 130 cyclists taking part in each event with people supporting a number of different charities.

Contact [challenges@breastcancercare.org.uk](mailto:challenges@breastcancercare.org.uk) or call **0845 092 0805** if you have any questions.