



# LONDON TO PARIS CYCLE

UK, FRANCE • CYCLE • CHALLENGING

## ABOUT THE CHALLENGE

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!

### LONDON TO PARIS CYCLE CHALLENGE (TDF) • 5 DAYS

Experience our iconic cycle challenge from London to Paris. Our last day in Paris allows us to explore the sights and soak up the romantic atmosphere of this majestic city, as well as enjoy the huge spectacle of the end of the Tour de France!

**Day 1: London to Dover**

An early start 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 follow country roads across the hills of the North Downs to Dover and the coast. Night hotel.

**Cycle approx. 136km (85 miles)**

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**Day 2: Dover - Calais - Abbeville**

An early start sees us crossing the Channel by ferry to Calais, and then heading south through beautiful rural landscapes. We ride through ancient Desvres, pedalling quiet winding roads running parallel to the coast. After lunch we reach the valleys of the Canche River and head further south towards Crécy-en-Ponthieu – site of the 14th-century Battle of Crécy. Continuing south, our final leg brings us to Abbeville, on the River Somme. Abbeville suffered badly from WW2 air raids, but its beautiful Flemish-style architecture is still in evidence and its Gothic church has been largely restored to its former glory. Night hotel.

**Cycle approx. 114km (71 miles)**

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**Day 3: Abbeville – Beauvais**

Leaving Abbeville behind us we follow the River Somme east out of the town in the direction of Amiens. These lands are renowned for the terrible battles of the First World War and are scattered with cemeteries and other poignant reminders of the thousands of men who died here. Our route soon turns south and we follow shady beech-tree-lined avenues so typically French, into meandering valleys and traditional farming hamlets. The cycling is mostly flat and through agricultural lands. Our day ends at Beauvais, a town renowned for its large gothic cathedral. Night hotel.

**Cycle approx. 104km (65 miles)**

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**Day 4: Beauvais – Paris**

Our final day's cycling takes us over the river Thérain and south of Beauvais towards the great capital city. Following small country roads we head towards the small town of Meru and continue south through beautiful countryside. As we reach the suburbs of Paris we look out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. Reaching the suburb of St. Denis we come to the River Seine; following its northern esplanade in the shadow of the Bois

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du Boulogne, we ride until we reach the Pont d'Iena and 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. 80km (50 miles)**

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### **Day 5: Paris – London**

After breakfast you are free to explore the famous sights of Paris. Later you can enjoy the huge spectacle that is the Tour de France! The 71m-wide Champs-Élysées is by far the best place to watch the laps before the final sprint. The atmosphere will be electric as spectators gather early to watch the world's most famous cycling event arrive home, and if you want a good view you are advised to get there many hours before the peloton! You are responsible for getting yourself and your bags to the Gare du Nord on time for your evening Eurostar train back to St Pancras, where you will be reunited with your bike.

*(Lunch & Dinner not included)*

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## **CHALLENGE INFORMATION**

### **DETAILED INFORMATION**

#### **Food**

All food is included except for a few meals as specified in the itinerary. The food is plentiful, generally local in style, freshly-cooked and will give you plenty of energy. Sometimes we have packed lunches, sometimes meals are buffet-style, other times we stop at small local restaurants. Dinners are generally eaten in camp or at our hotel, depending on accommodation.

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#### **Diet Requirements**

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we are often in very rural or remote areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

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## DA Crew

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. Although our leaders are trained in expedition first-aid, they are accompanied by an expedition doctor or medic (dependent on group size), who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough. The number of crew looking after you will depend on the final size of your group, but an average-sized overseas group would be led by two leaders and a doctor. At Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

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## Luggage

Your luggage, food, water and equipment is carried by vehicles, porters, mules, etc (depending on terrain and accessibility) from one night-stop to the next. Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft 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 to carry for items needed during the day as you will not have access to your main luggage until the evening.

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## 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 mobile phones, medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency UK back-up. 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 – is all done with your safety in mind.

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## Open Challenge FAQs

Download your [London to Paris FAQs](#) here. We hope that these answer all your questions but if there is anything else we can help you with please do give us a call!

Please note: these are applicable to our Open challenges - these may vary if you are on a bespoke challenge

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## PREPARING FOR THE CHALLENGE

### Clothing

We could be exposed to bad weather at any time so be prepared for all conditions. 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.

### 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.

## CYCLE TRAINING WEEKENDS

**£160 Special Offer - Only when you book at the same time as registering for your main challenge**

Discover Adventure Cycle Training Weekends take place in and around the valleys and ridges of the chalk downs around Salisbury. They are designed to gauge your fitness so that you can be confident you are well prepared for the challenge ahead!

## GRADE | CHALLENGING (1)

This trip is designed to be challenging for those of good health and fitness, but 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 challenge less enjoyable - and we want you to have the time of your life!



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 16 Jan 2017, and the challenge is subject to change.