



London to Paris Cycle



Activity: **Cycle** Grade: Duration: **5 days**

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!



Dates & Prices

2015

13 – 17 May 10 – 14 June
29 Jul – 2 Aug 2 – 6 Sept

Fundraising Option

Registration Fee £149
PLUS Fundraising Target £1350
PLUS Fuel Supplement capped at £200

2016

11 – 15 May 8 – 12 June
27 – 31 Jul 31 Aug – 4 Sept

Fundraising Option

Registration Fee £149
PLUS Fundraising Target £1450

Detailed 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 125km (80 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 125km (80 miles)





Cycling Information

The cycling is mainly undulating. Distances are fairly long, varying from 90 - 125km 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. Road bikes are the most suitable on this trip.

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

Sample Day's Profile



We generally have great cycling weather, but temperatures can vary, and rain and strong winds are always a possibility.

May / Jun 14-28°C Aug / Sep 16-32°C

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!

Detailed Itinerary (cont)

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 96 km (60 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 with your bike.

(Lunch & Dinner not included)

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

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What's Included

All accommodation is included in 2-3* hotels on a twin-share basis, as well as transport (by ferry and Eurostar) and all meals except three as specified. It also includes full trip support of experienced Discover Adventure leaders, drivers and mechanics.

Lunches are generous buffet-style, while dinners are generally eaten in the hotels. Please let us know any dietary requirements in advance.

The tour cost does not include personal travel insurance, meals as specified (allow £30-50), transport around Paris on Day 5, a bicycle, drinks, extra food, personal items or any optional tourist activities. We strongly recommend you carry a credit card in case of personal emergency.

Combine this challenge with other rides in Europe for a longer trip! See our website for more info.

