UNITED KINGDOM & FRANCE
London to Paris Cycle

Duration: **5 days / 4 nights**

Trip Grade: **Moderate**

Dates:

5 – 9 May 2010	**4 – 8 May 2011**
16 – 20 Jun 2010	**15 – 19 Jun 2011**
28 Jul – 1 Aug 2010	**3 Jul – 7 Aug 2011**
1 – 5 Sep 2010	**7 Sep – 11 Sep 2011**

Date run as a Family Challenge (see over)

Payment Options:	**2010**	**2011**
Self Payment Registration Fee	£149	£149
Trip Cost	£580	£620
Fundraising Registration Fee	£149	£149
Min. Fundraising Target	£1450	£1550

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, passing the famous battlefields of the Somme and Agincourt. 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 streets of Paris and soak up the romantic atmosphere of this majestic town!

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, through Tonbridge and following 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 stay overnight in our Calais 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 will take us along small quiet roads through villages and small towns. During the afternoon you will cycle past small War Cemeteries such as at Noordpeene and Gauchin, a reminder of the remarkable history of this region. Our route is reasonably flat to begin with but becomes more undulating as we travel south. We spend the night in Arras. Overnight in hotel. **Cycle approx 145km (95 miles)**

Day 3: Arras – Compiegne

This morning, after a couple of tough 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 Compiegne, where we spend the night. The attractive town of Compiegne is on the banks of the River Oise. Night in hotel. (Breakfast, lunch & dinner included). **Cycle approx 125 km (80 miles)**

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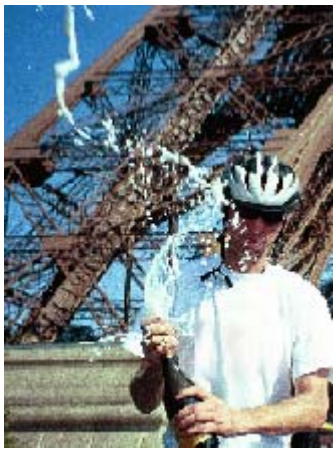
Day 4: Compiegne – Paris

Our final day's cycling takes us SW initially through small villages and woodland before we meet the outskirts of Paris. Obviously the traffic increases but our destination and the finish is in sight. We cycle through the Parisian streets around the Arc de Triumph to our finish beneath the lofty arches of the Eiffel Tower.

Night in hotel. Celebration meal. (Breakfast, lunch & dinner included). **Cycle approx 90 km (57 miles)**

Day 5: Paris - London



After breakfast you are free for the rest of the day to explore the city, going up the Eiffel Tower or visiting renowned attractions such as the Arc de Triomphe 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)*

WHAT'S INCLUDED

The tour cost includes all accommodation, transport (ferry and Eurostar) and all meals except 3 as detailed in the itinerary. It also includes full trip support of experienced Discover Adventure leaders, drivers and mechanics (see Trip Support below).

As a general guide, items not included in the tour cost are your personal travel insurance, any extra meals, drinks, personal items and entry to any optional tourist sites you may wish to visit.

Approx. £100 - £150 is recommended for personal expenses. We strongly recommend you carry a credit card in case of personal emergency.

FAMILY CHALLENGES

Payment Options:	2010	2011
Self Payment Registration Fee	£149	£149
Trip Cost	£530	£570
Fundraising Registration Fee	£149	£149
Min. Fundraising Target	£730	£770

The July departure date is open to 14-18 year-olds provided they are accompanied by a parent/guardian. All other departures are restricted to adults (18+) as normal.

Amount retained by charity if using the Fundraising Option is £200.00 per child place.

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 hotel.

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.

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 every budget.

ENJOY THE EXPERIENCE!

Travelling, whether in the UK or abroad, is always unpredictable. Whether it's the wide-ranging state of public toilets the length of Britain, 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!

PASSPORT & VISA

A valid ten-year passport is essential for travel in France and must be valid for at least 6 months after entry into the country. There is no visa requirement for UK citizens. Other nationalities should check entry requirements.

VACCINATIONS

We recommend the following vaccinations:

- Tetanus (essential)

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

CYCLING INFORMATION

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek 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 trek 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.

Terrain

The cycling is mainly undulating. Distances are fairly long, varying from 90 - 150km 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.

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 of £10 per day (£50 total) if desired.

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

The table below gives you an idea of the climate, but be prepared for all weathers and temperatures as 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.

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

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.

Your bikes will be well-packed and protected during transit in our vehicles, but if you prefer to store your bike in a bike bag or cardboard bike box just bring it to London ready packed.

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

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 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.

RESPONSIBLE 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 4 stars as a Responsible Tour Operator.

CARBON OFFSETTING

We actively encourage all our customers to offset any 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 you can volunteer for a day with BTCV and work on an environmental project near to where you live. 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

Please contact the Discover Adventure office with any queries using the contact details below.

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