

London to Paris bike ride, uk & france



Your London to Paris cycling challenge will see you cycling nearly 200miles (320kms) over 3 days and through 2 countries.

Your expedition begins in bustling London city where you will meet the rest of your group and navigate your way through England's capital and out into the leafy suburbs. You will head towards Godstone and then off on relatively traffic free roads to Newhaven. You then cross by ferry from Newhaven to Dieppe where you can rest after a long day and a great cycling experience.

Your second day is slightly less arduous and affords you the time to get to know your group and form a real team spirit as you journey through the beautiful French countryside.

The penultimate day of your challenge pushes your stamina with 79miles (127kms) of cycling to the French capital and to the foot of the Eiffel Tower. It is here you can celebrate in style with a glass of champagne overlooking the magnificent Seine and under the shade of Paris's most famous landmark. You will then return home the following afternoon with some well earned comfort on the Eurostar.

Day 1: Friday

Tower Bridge to Newhaven - 69miles / 110kms

Your challenge begins today in London. This morning you will meet early at Tower Bridge for an introduction to your expedition leader, support team and the rest of your group and receive your introductory briefing. Once all your bikes are set and ready to go you will begin your ride, heading south towards Crystal Palace through Beckenham and Hayes. This is one of the faster routes out of the city and within 2-3hrs you will be in the beautiful British countryside of Godstone, stopping for

lunch after 44miles (70kms) at Turners Hill, Surrey. The afternoon route winds through the South Downs past Haywards Heath and traversing Ditchling Beacon before dropping down into Newhaven where you catch the ferry to France. This is a long, tough first day with a mixture of heavy traffic riding out of London in the morning, some large ascents and an element of 'watching the clock' in order to catch the ferry at 1730hrs! All cyclists are treated as foot passengers and are required to 'walk' onto the ferry. Your bikes will be loaded in to the support vehicle for the ferry journey. The ferry crossing takes approximately 4hrs and a hot/cold buffet style dinner is served on board. Once in Dieppe, you will be transferred to your accommodation as it will be just after 2300hrs local time. Here you can go straight to your hotel beds for a well deserved night's rest.



Day 2: Saturday

Dieppe to Gournay - 54miles / 86kms

This morning you can enjoy a lie in after your achievements yesterday. Due to the previous days ride and late finish, departure is not until a little later today. Heading inland on undulating quiet roads, passing through small villages and a bison farm, the ride today is a great opportunity for you to relax and settle into the whole weekend and get to know the rest of your group. After 35miles (53kms) you will stop for a leisurely lunch in the town of Saint-Saens with its traditional church. After lunch you will enjoy a rolling afternoon through

some very picturesque French countryside. The roads are smoother, the traffic far quieter, and there are no big towns to go through. It is quite simply a fantastic day's riding for those who want to stretch out a little or simply cruise along taking it all in. You will arrive late afternoon, at your hotel and will have the evening to relax at leisure as tomorrow is a tough day. Dinner and overnight at hotel in Gournay.

Day 3: Sunday **Gournay to the Eiffel Tower, Paris - 79miles / 127kms**

This morning you will make an early start heading southwest through more spectacular French countryside. The ride until lunchtime is particularly challenging with several major climbs to overcome over 52miles (83kms). Once at lunch in Boisemont you are already on the outskirts of Paris with only 25miles (40kms) remaining. The ride into town is fairly technical through the suburbs and busy streets with numerous junctions to overcome along with negotiating the traffic. From Bois de Boulogne for the final 3.5miles (5.6kms), the lead vehicle will lead you in as one group. You will cycle down and then back up the famous Avenue Des Champs Elysees, around the Arc De Triomphe and finish at the Trocadero Gardens with a fantastic view of the Eiffel Tower laid out ahead of you. You will arrive here late afternoon to celebrate the pinnacle of your challenge at France's most infamous landmark. You then have a 1mile ride to your hotel where your bikes will be loaded onto the support truck to return to London tomorrow. You can then check in and spruce yourself up before the final night's celebratory meal after which, the evening is yours to spend at leisure in Paris enjoying the nightlife of this fascinating city! Overnight hotel in Paris.

N.B. The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

If you would extend your return Eurostar ticket please email expeditions@charitychallenge.com All bookings are subject to availability and £60 administration fee. We therefore ask you to consider your travel plans as soon as possible and if you want to extend your challenge, please put in your request immediately.



Day 4: Monday **Paris to London**

This morning is free for you to wander around Paris or simply lie-in after your celebrations the night before! The support vehicle leaves early this morning with your bikes and bike equipment for you to collect later today from St Pancras. Around lunchtime you will transfer by coach to Gare du Nord Eurostar station for your journey back to London St Pancras. Your challenge ends at St Pancras where your bikes will be waiting for you in the stations Dispatch Centre.