

# london to paris bike ride, uk & france



**Your London to Paris cycling challenge will see you cycling 178miles (286kms) over 3 days and through 2 countries.**

**Your expedition begins in bustling London city at Crystal Palace 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 68miles (110kms) of cycling to Paris and to the Trocadero gardens, opposite the Eiffel Tower for the best view of the French capital's iconic landmark. It is here you can celebrate in style with a glass of champagne overlooking the magnificent Seine from the Trocadero Gardens. You will then return home the following afternoon with some well earned comfort on the Eurostar.**

## **Day 1: Friday**

### **Crystal Palace to Newhaven - 59miles / 95kms**

Your challenge begins today in London. This morning you will meet at the stone steps of the original Crystal Palace for an introduction to your challenge 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 through Beckenham and Hayes. This is one of the faster routes out of the city and within 1-2 hours you will be in the beautiful British countryside of Godstone, stopping for lunch after 28 miles at Turners Hill, Surrey. The afternoon route winds through the South Downs past Haywards Heath and traversing Ditchling Beacon before dropping down into Newhaven. In Newhaven you will load your bikes into the support van before having an

evening meal together close to the ferry port before catching the ferry to France. This is a long, tough first day with a mixture of heavy traffic riding out of London in the morning and some big hill ascents. On the ferry, all cyclists are treated as foot passengers and are required to 'walk' onto it. Your bikes will be in the support van for the duration of the ferry crossing which takes approximately 4hrs arriving in Dieppe at around 3.30am on the Saturday morning. On arrival, you will be taken by coach to your accommodation where you can head straight to bed for a well deserved night's rest and a late start for the following day.



## **Day 2: Saturday**

### **Dieppe to Gournay - 51miles / 82kms**

This morning you may enjoy a lie in after your achievements yesterday. Due to the previous day's ride and late finish, departure is scheduled later than usual. 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 23miles (37kms), you will stop for a leisurely lunch in the town of Saint Martin with its traditional church. After lunch, you will spend the afternoon cycling through rolling, picturesque French countryside. The roads are smoother, the traffic far quieter, and there are no big towns to go through. It is a fantastic day's riding for those who want to stretch out a little or simply cruise along taking it all in. Arriving late afternoon at your

hotel, you will have the evening to relax at leisure conserving your energies for tomorrow - another tough day. Dinner and overnight at hotel in Gournay.



### **Day 3: Sunday** **Gournay to the Eiffel Tower, Paris - 68miles / 110kms**

This morning you will make an early start heading southwest. The ride until lunchtime is particularly challenging with several major climbs to negotiate over a distance of 43miles (70kms). Once at lunch in Cergy, 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 leg (4 miles /6.5kms), the lead car will lead you into Paris as one, cohesive group. You will cycle to the Arc De Triomphe, cycle partly around it before heading down Avenue Kleber to cycle around the Place Du Trocadero and finish at the Trocadero Gardens with a fantastic view of the Eiffel Tower. You will arrive at the Eiffel Tower in the late afternoon where you can celebrate the pinnacle of your challenge at France's most famous landmark. You then have a 1 mile 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.



### **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 truck leaves early this morning with your bikes and bike equipment for you to collect later today from St Pancras International. Around lunchtime you will transfer by coach to Gare du Nord Eurostar station for your journey back to London. Your challenge ends at St Pancras International where your bikes will be waiting for you in the Despatch Centre.

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.