

London to Paris bike ride, UK & France



Your London to Paris cycling challenge will see you cycling 234miles (377kms) over 3 days and through 2 countries.

Your challenge begins in the leafy suburbs of West London where you will meet the rest of your group and navigate your way out of Greater London through the English countryside to the South coast. You will head towards Hampton Court and then off on relatively traffic free, small country roads, negotiating the North and South Downs to Portsmouth. You then board an overnight ferry to Caen, snuggling into your berth for the night for a restful sleep following a long first day and a great cycling experience.

Your second day will see you continue your exciting journey past pretty French hamlets and through the beautiful French countryside until you reach the town of Evreux.

The penultimate day of your challenge pushes your stamina with 73miles (118kms) of cycling and over 1000m of ascent to Paris and to the famous Arc de Triomphe, end point of the Tour de France and on to the Eiffel tower. You will then return home the following afternoon with some well earned comfort on the Eurostar.

Day 1: London to Portsmouth - 70miles / 111kms (1200m ascent)

Your challenge begins today in West London. This morning you will meet early for an introduction to your challenge leader, support team and the rest of your group and receive your introductory briefing which will include important safety advisories as well as provide an opportunity to split you into different groups, each of which will have its own, highly qualified cycling guide. Once all your bikes are set and ready to go you will begin your ride, heading out through the leafy suburbs of West London past Bushy Park and the Molesey reservoirs, an area rich in history and fabulous to pass through on a bike with the Thames never far away. This is one of the most hassle free routes out of London and in no time, you will be in the beautiful British countryside,

riding along quiet country roads stopping for lunch in the heart of rural Surrey. The afternoon route winds through the South Downs on roads which become smaller and smaller, passing through the prettiest of villages over the North Downs. After a well deserved afternoon tea break, it is time to traverse the South Downs before arriving in Portsmouth. There, 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 some big hill ascents. Your bikes will be in the support van for the duration of the ferry crossing which takes approximately 8hrs arriving in Caen at around 6.30am on the Friday morning.

Overnight aboard ferry

Day 2: Caen to Evreux - 85miles / 137kms (630m ascent)



You will disembark the ferry after your buffet cooked breakfast and then collect your bikes in the port car park to start your second day of cycling. Heading inland on undulating quiet roads and cycle paths, passing through small villages, the ride today is further in mileage but easier in terms of the amount of ascent. Stopping for a well earned lunch in a local cafe along the way, you will spend the day cycling through rolling, picturesque French countryside, passing tiny hamlets, bubbling brooks and "ville fleurie" farmhouses. The roads are smoother, the traffic quieter, and there are no big towns to go through. It is a fantastic day's riding for all. Arriving late afternoon at your hotel, we will eat in a local restaurant after which you will have the evening to relax

at leisure conserving your energies for tomorrow - another tough day.

Dinner and overnight at hotel in Evreux.



ends at St Pancras International. (Please see Q&A's for information on bike transportation back to the UK.)

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.

Day 3: Saturday

Evreux to Paris - 74miles / 120kms (1035m ascent)

This morning you will make an early start heading towards Paris. The ride until lunchtime is challenging with several climbs to negotiate over a distance of 35 miles (kms). We leave the town of Evreux and cycle through small picturesque villages, past fields of sunflowers, corn and other crops and stop for refreshments in tranquil little villages along the way. We regroup on the outskirts of Paris to make sure we are ready for the last section into Paris – still 1 ½ hours away. We get our water bottles filled up, have a quick refuel. On the other side of Versailles we wind our way once again up and down hills avoiding the major roads wherever possible but still picking up glimpses of la Defense and le Tour Eiffel in the distance. We enter the Bois de Boulogne, our last assault before our final destination. You will cycle to the Arc de Triomphe, cycle partly around it before heading down Avenue Kleber to cycle around the Palace Du Trocadero and finish at the Trocadero Gardens with a fantastic view of the Eiffel Tower. Here we celebrate our achievements with a quick drink before jumping on our bikes to the hotel where a celebratory finish dinner awaits us. Overnight hotel in Paris.



Day 4: Sunday

Paris to London

This morning is free for you to wander around Paris or simply lie-in after your celebrations the night before! In the afternoon, you will transfer to Gare du Nord Eurostar station for your journey back to London. Your challenge