

**CH>RITY
CH>LLENGE®**
Never a backward step

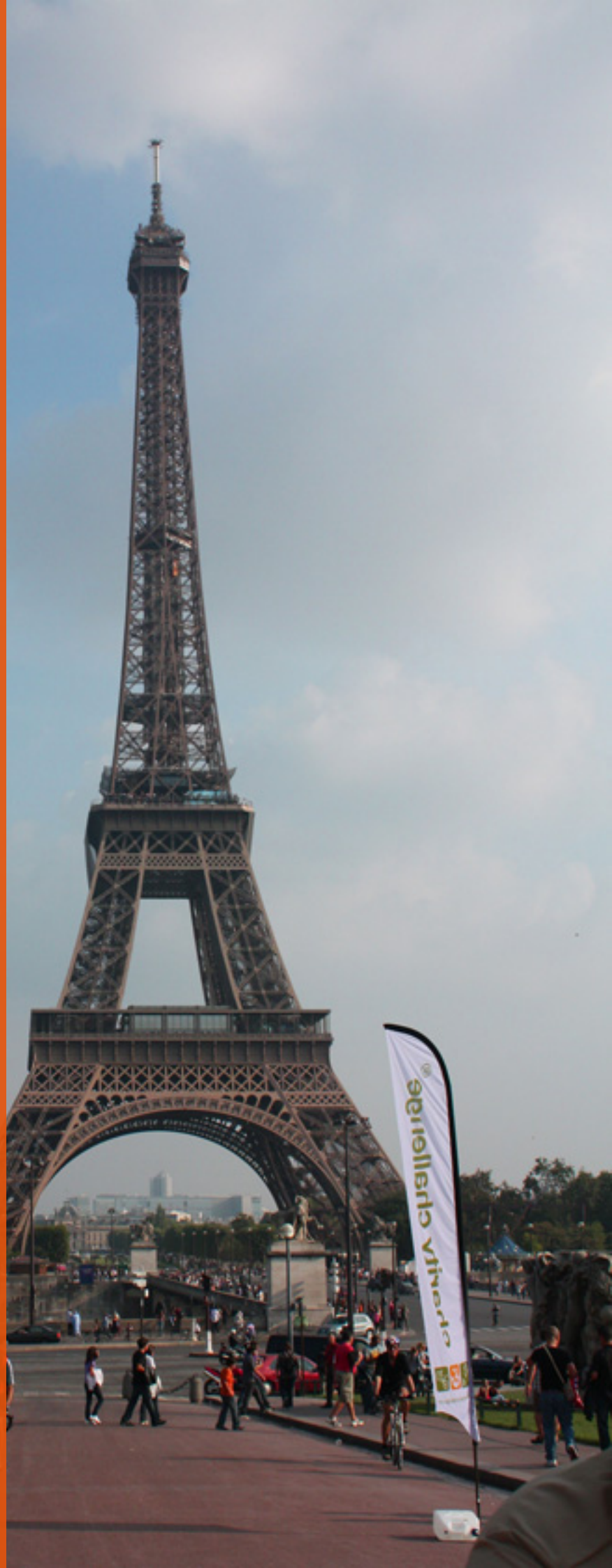


TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**LONDON TO PARIS BIKE RIDE -
TOUR DE FRANCE
UK**

Thu 26 Jul - Sun 29 Jul 2018





In aid of your choice of charity

26 Jul - 29 Jul 2018

YOUR CHALLENGE DAY BY DAY

DAY 1 Thu 26 Jul

-

London to Dover (approximately 86 miles/140kms)

After all the preparation, the time has finally come to get pedalling! The journey kicks off in South London, where we meet the rest of the group, the challenge leader and support team. An introductory briefing will include vital safety advice, and then we're off!

The group follows a relaxed and relatively quiet way out of London in the morning to beat the rush hour traffic. Our journey takes us along some picturesque routes of the South East. After a welcome lunch stop we continue through the afternoon with one or two challenging climbs along the North Downs before arriving into Dover. From here we catch the late afternoon ferry to Calais. Riders are expected to buy their own dinner on board. On arrival into Calais we cycle to our hotel for a well earned rest.

DAY 2 Fri 27 Jul

-

Calais to Amien (approximately 111miles/180kms)

Today we head south along some of the quieter roads, through quaint French villages and towns tackling some big hills on the way to where our lunch stop will be. During the afternoon we climb some further hills and pass by some of the war cemeteries, a reminder of this region's past. The evening is spent in our hotel outside Amien, where dinner will be provided before resting your legs after a big day in the saddle.

DAY 3 Sat 28 Jul

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Amien to Paris (approximately 86miles/140kms)

The adrenalin is pumping as we set off on our final day of cycling. This morning is relatively calm and picturesque. Lunch is a welcome break ready for the afternoon's excitement. This is the part we have all been waiting for. This afternoon we head for Paris and regroup before setting off in convoy through the centre of Paris, pass the Arc De Triomphe and along the Champs Elysee before finishing at the base of the Eiffel Tower. We have time for photos and a few tears of joy then it's on to our hotel to prepare for the evening's celebration dinner. Bicycles are packed up and head back to meet us at St Pancras tomorrow.

DAY 4 Sun 29 Jul

Le Tour de France!

Now the hard work is over, take the morning to explore Paris at your leisure or simply lie in and relax after last night's celebrations.

In the afternoon head over to watch the last stage of the Tour de France where, fingers crossed, we will watch the 'Manx Missile' Mark Cavendish cross the line first for the fifth time edging closer to Eddy Merckx record amount of stage wins & hopefully see Chris Froome in the maillot jaune again...

Later it's time to make your own way to the Gare du Nord station, from where we catch the Eurostar back to St Pancras International. (Please see Q&As for information on bike transportation back to the UK.)

NB

The itinerary is there as a guide and may change for a variety of reasons. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

SELF FUNDER

-

Pay a registration fee of £175.00 when you book

Then a balance of £858.00

(8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £175.00 when you book

Raise a minimum of £1750.00 for your charity.

FLEXI

-

Registration fee of £175.00 when you book

Then £175.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £1395.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- A-Z of fundraising ideas
- Template press release
- Sponsorship forms (online and hard copy)
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Access to your own password protected account including support materials and training schedules

On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- An English speaking first aid trained challenge leader and full local support team
- An English speaking first aid trained challenge leader and full local support team
- All internal transfers
- Accommodation during the challenge (usually in twin share)
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- A Charity Challenge T-Shirt
- A donation to a community project in one of the countries in which we operate

WHAT'S NOT INCLUDED

Before you go

On your challenge

- - Travel to and from the challenge start/finish point
 - Clothing and equipment listed on your Kit List
- - Bike and helmet
 - Personal spending money
 - Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 17/05/2018), and the remaining 20% within 4 weeks of completing the challenge (by 26/08/2018). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Typical group size

The typical group size is 30 - 50 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 30 participants. We can run this trip with 20-29 people, but there will be a small group supplement of £30. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Travel insurance
 Single room supplements*
 Trek/bike training weekends*
 Extensions at end of trip*
 (*subject to availability)

Travel insurance

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £37.

Level of Difficulty

The London to Paris bike ride is graded as moderate. This is the perfect challenge for participants who haven't experienced cycling abroad and who haven't experienced the feeling of consecutive days riding before. It is a strenuous challenge which will allow people to push themselves out of their comfort zone. You can tell your supporters that on your London to Paris bike ride you will be:

- Cycling from around 8 hours each day.
- Covering roughly 370km over 3 days of cycling
- Ascending over 800m each day
- Cycling into Paris around the iconic Arc de Triomphe and along the Champs Elysees

Why book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from hotel accommodation, your evening meals, breakfast, lunch and plenty of snacks and water stops whilst on the bike ride.
- The very best cycling tour leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- The accommodation is situated in the heart of Paris and a stone's throw away from the Eiffel Tower.
- The highest quality London to Paris experience on the market!

Clothing and Equipment

Choosing the right kit could make a huge difference to your enjoyment of the challenge. You will need to bring your own helmet so that the fit will be perfect. You will not be allowed to ride unless you wear a helmet. We recommend you bring your own gloves too. They are an essential piece of kit that will relieve strain and abrasions in the event of a fall. You must also bring your own padded cycle shorts, and stiff-soled sports shoes are recommended if you are not wearing SPD shoes. You will need to bring your own puncture repair kit, inner tubes and pump with you in case you get a puncture during the challenge. Please refer to the kit list for more details [here](#).

Your main luggage will go in the support vehicle that is transported to the hotel each night and you will only need snacks, camera, drinks etc. in your jersey pockets or backpack for the day.

Type of Bike

Typically a good road bike is recommended for the challenge; however a hybrid and mountain bike would be suitable, but possibly make your life more difficult. A mountain bike may struggle to keep up with the same pace as some cyclists on a road bike because it will be heavy and the tyres are wider. We would recommend that the bike is serviced the week before your challenge to ensure that the brake and gear cables along with brake pads haven't been worn out during your pre-challenge training.

Packing your Bike

Bikes can be packed into a bike box if you wish, but please notify us beforehand so that we can ensure there is enough room for the box in our vehicles. You will be expected to have the necessary tools with you to construct and deconstruct your bike. Once you have completed the challenge we will transport your bikes back to London by

van so that you can collect them at St Pancras International Station.

Training

This challenge is suitable for all levels, as it is guided. If you have never cycled before, this ride is still achievable with the correct ride preparation. We advise that you start at least 5 months ahead of the ride with some short distances at weekends and whenever you can during the week. 5-10miles is not a great distance and will help your bottom and legs get used to it all. By 3 months prior to departure, you should be able to take on longer rides, up to 40-50miles in a day. If you live in a flat area it is well worth getting out and finding some hills, and whilst this may hurt, the more of these you do the easier you will find the ride and the rest of your training. Within a month of the ride we recommend that you have done at least one 2-day ride. This will be the best indication of how well you are doing and mentally prepare you for the 3 days to Paris. If you cannot maintain a steady average speed of 8 miles per hour you are unlikely to be able to complete each day's cycling. You may therefore be asked to get in the van. If possible, try to train with a group as it will make it much easier to get motivated.

Money

Cash: We recommend approximately £125 in Euros as a sufficient amount for your London to Paris bike ride, and you could bring this all in cash, or in a mixture of cash and a bankcard (check with your own bank about relevant charges). You will need a debit or credit card in case of emergency.

ATMs: There will be ATMs on each nightly stop, but you are unlikely to pass them during the day.

Tips: We recommend approximately £10-£15pp for tipping, which will be given to the challenge leader at the end of the challenge and split between all of the leaders and drivers fairly.

Insurance

We have an insurance policy for our London to Paris bike ride. However, the bike coverage is excluded from the cover. They are normally covered under home contents insurance which usually includes cover when away from the home, but you should always confirm this with your home insurer / broker. This policy is optional, and you can of course seek your own cover. We also recommend that you bring with you an EU Health Insurance card in case of medical emergency. You can easily obtain one of these free of charge.

Group Size

Our group size will be around 30 to 50 people.

Leadership

There will be a first aid qualified challenge leader who speaks English and French, plus a fully qualified cycling guide for every 10 participants. There will also be a qualified medic in the leadership team. The leader & the guides

will ultimately be responsible for the running of the itinerary and the safety of your group, so please listen to their instructions.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic (and it is the same in the regions of France that we will cycle through), so being prepared is the key! We run UK challenges between April and October, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts up to ensure that you bring clothing suitable for warm sunny weather and also sudden wind and downpours should they occur.

Terrain

This cycle challenge will put you up against a whole host of different terrain across the UK and France. From great lengths of flat ground, to hours spent on hilly land, be prepared for all types of environments. For this is reason it is important to train properly. Please be aware that the distances, lunch stops and finish points may change from the elevation maps below.

Day 1 – Twickenham to Portsmouth

- Lunch stop at around 40 to 50 miles
- Harting Hill will test your lungs and legs in the South Downs. There is a 1km climb reaching a gradient of 16% in sections
- Short and sharp climbs whilst in the UK

Day 2 – Caen to Evreux

- Steady climbing to be expected through France, in particular the Route de Lisieux around 20km into the day

Day 3 – Evreux to Paris

- Gentle climbs at the start of the day before the triumphal ride into Paris

Challenge Timings

Your challenge will begin at 8 in the morning, where you will start the adventure with an 80 mile cycle to Dover. After the first long day of cycling, you will board the ferry to Calais.

After breakfast on the second morning, you will cycle 77 miles through to Amiens. On the morning of the third day, the group will make an early start cycling towards our destination, finishing at the Eiffel Tower.

On your final day, the group will have the morning free to lie-in or make the most of Paris prior to getting a Eurostar train in the afternoon back to St. Pancras International Station.

Getting there

The group will convene in the leafy suburbs of West London where you will meet the rest of the group. We will confirm the exact location of your starting point at no later than 1 month prior to the start of the challenge. Please ensure that you have breakfast beforehand, because breakfast is not provided for on the first day.

Accommodation

All accommodation will be in good quality tourist-class hotels of 2-3 star rating. Rooms will be used on a twin share basis & all rooms will have their own bathroom. If you are travelling with a friend or partner who you wish to share with, please indicate this where appropriate during the registration process or if you email bookings@charitychallenge.com well in advance of the challenge.

Food & Drink

The hotels in which you will be staying will have a continental breakfast buffet (please note that breakfast is not included on departure in London). At lunch times you will stop and have a light yet energy-filled picnic. Dinner will be either at the hotel or at a local restaurant. Water will be provided throughout. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Toilets

There will be bathroom facilities both at the start and end of each day of the challenge. However during the challenge such facilities will be limited to lunch breaks as well as service stations and public restrooms en-route.

Safety

Safety advice for the London to Paris Cycle Challenge

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often undulating, especially in the UK and through the South Downs. Once you reach France the terrain is more gradual with a few steady climbs.
- The weather during the challenge can be unpredictable so we would recommend checking the weather forecast before hand, and pack the appropriate clothes for the challenge.
- You will be expected to adhere to the Highway Code during the challenge and respecting the traffic laws. Once you arrive into France you will be required to cycle on the right hand side of the road, and it is a legal requirement that you have a bell on your bike.

- 8 hours of cycling is long time to spend on a bicycle, so please ensure that you fuel your body correctly at the water stops and during breakfast and lunch. There will be plenty of water stops to fill up your water bottles during the challenge.

Emergencies

The back up support vehicle will never be far away from participants and can be used in the event of an emergency. Contact will be maintained between challenge leader, guides and support team throughout the challenge. Mobile phones have good general coverage and all guides carry one. You will always be given an emergency card with your leader's number on it and those of the guides.



A brilliant 3 days. A well supported challenge, some long climbs and the beautiful French countryside made up for the London morning rush hour. As for cycling down the Champs Elysees towards the Eiffel Tower it was something else. Mission accomplished with knobs on!

Sharon Hartley



It's the best cycle challenge I've ever done. Great roads, great camaraderie, a great experience!

Ian Calder



I had the best time on my London to Paris bike ride! I went by myself and was really grateful to have such a fun group of participants and leaders. If you're looking for a well organised adventure, I would definitely recommend Charity Challenge!

Jodie Cavendish

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Any more questions?

Contact us:

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