

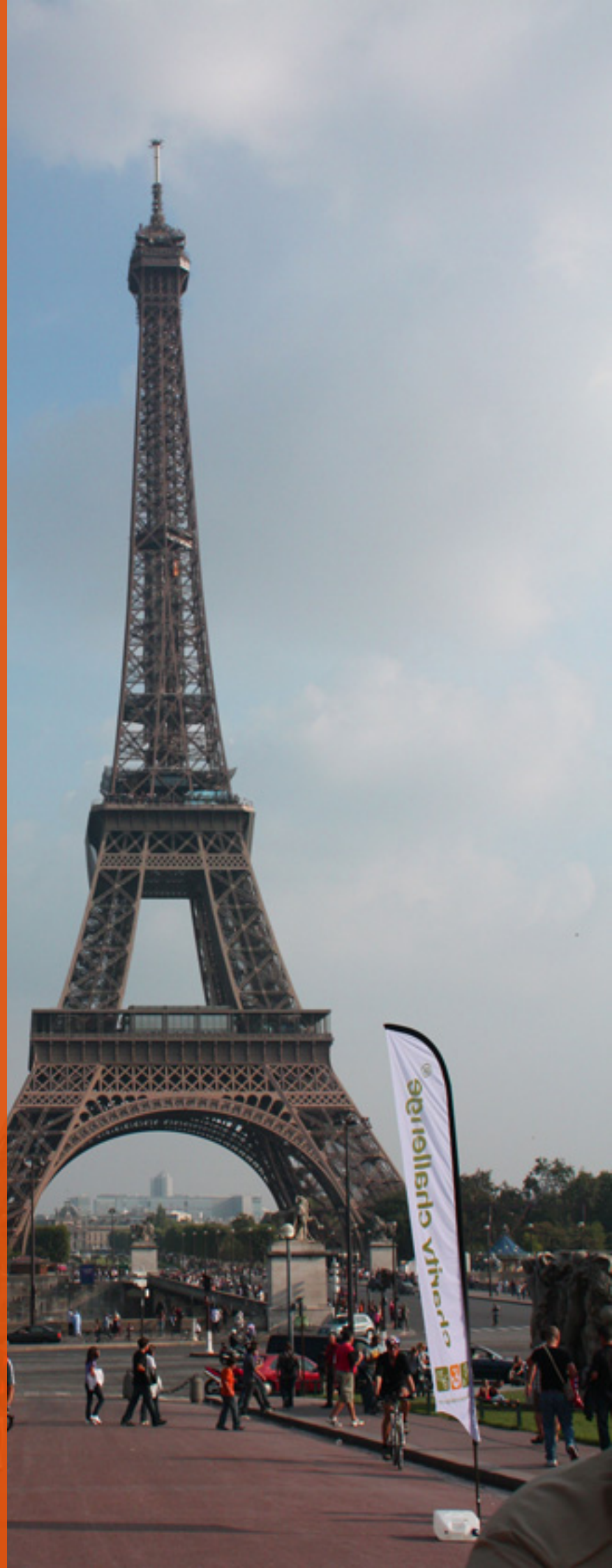


TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**SOBI PARIS TO BRUSSELS
CYCLING CHALLENGE
FRANCE**

Thu 07 Sep - Sun 10 Sep 2017





In aid of European Haemophilia Consortium

07 Sep - 10 Sep 2017



3 DAYS | FRANCE & BELGIUM | MODERATE

Cycle 351km between two ancient European cities. Starting at the Eiffel Tower you will cross through France into Belgium ending at the Atomium in Brussels.

You will cycle through some of the most picturesque countryside and quaint villages in Northern Europe steeped in history and which will test your legs.

- European cycling challenge for Sobi employees only
- Pedal between two ancient European cities
- Start at the Eiffel Tower, Paris and finish at the Atomium, Brussels
- Pass through roads used in the famous Paris Roubaix monument
- Cycle through the Somme and other reminders of the past

YOUR CHALLENGE DAY BY DAY

DAY 1 Thu 07 Sep

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Arrival in Paris

Arrive in Paris the evening before your cycling challenge in preparation for an early start the following day. Full hotel details and timings will be sent to participants prior to the start date. Dinner is not included.

DAY 2 Fri 08 Sep

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Paris to Compienge (approximately 55 miles/86 km)

Following a full event and safety briefing you will have an early morning warm up pedal from the hotel to the official challenge starting point at the Eiffel Tower in order to beat rush hour traffic. Setting off in convoy through the centre of Paris, and along the Champs Elysee pass the Arc De Triomphe before making your way through the Paris suburbs and into the calm and picturesque French countryside. Arriving in Compienge early afternoon where you will have dinner and rest at the hotel (twin share basis).

DAY 3 Sat 09 Sep

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Compienge to Valenciennes (approximately 90 miles/145 km)

Today you will head north along some of the quieter roads, through quaint French villages and towns. Following the road stages of the famous Paris Roubaix race which also follows the path trodden by Napoleon's armies. During the afternoon you will cycle through the Somme and pass by some of the war cemeteries, a reminder of this region's past. The evening is spent in the historic town of Valenciennes where you will have dinner and spend the night in the hotel recuperating for the last day. (Hotel accommodation is on a twin share basis).

DAY 4 Sun 10 Sep

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Valenciennes to Brussels (approximately 75 miles/120 km)

This morning you will pass by more of the war cemeteries then along quiet country roads before crossing the border into Belgium where you will head to the capital city of Brussels finishing at the Atomium.

Upon arriving you will have a celebratory drink before heading off to refresh yourself before your flight or train home (booked independently).

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.

CORPORATE FUNDING MODEL FOR SOBI EMPLOYEES ONLY

Registration fee of **£175.00** payable by participants on registering.

Final balance costs payable by Sobi.

Please fundraise **360 euros** for the European Haemophilia Consortium.

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 and Belgium that we will cycle through), so being prepared is the key! 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 walking weather and also sudden wind and downpours should they occur.

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.

safety

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. Once you reach Belgium 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. 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.

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.

food and 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 Paris). 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.

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.

getting there

The group will convene at the Eiffel Tower where you will meet the rest of the group. We will confirm the exact location and timing of your starting point prior to the start of the challenge. Please ensure that you have breakfast beforehand, because breakfast is not provided for on the first day.

challenge timings

Your challenge will begin early in the morning, where you will start the adventure at the Eiffel Tower with an 86km cycle to Compiègne. After the short first day of cycling, the next day is the longest of the challenge at 145km. On the morning of the third day, the group will make an early start cycling towards your destination, finishing at the Atomium. Once you arrive you will have a laboratory drink, have the chance to freshen up and then head back home.

terrain

This cycle challenge will put you up against a whole host of different terrain across France and Belgium. 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.

Level of Difficulty

The Paris to Brussels cycle challenge 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 cycle you will be:

- Cycling from around 8 hours each day.
- Covering roughly 351km over 3 days of cycling

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.

group size

Our group size will be around 20 to 30 people.

insurance

We have an insurance policy for our Paris to Brussels cycle. 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.

money

Cash: We recommend approximately £125 in Euros as a sufficient amount for your cycle, 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.

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 Brussels. 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.

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 give your box back to you in Brussels.

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.

Clothing & 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.

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Any more questions?

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