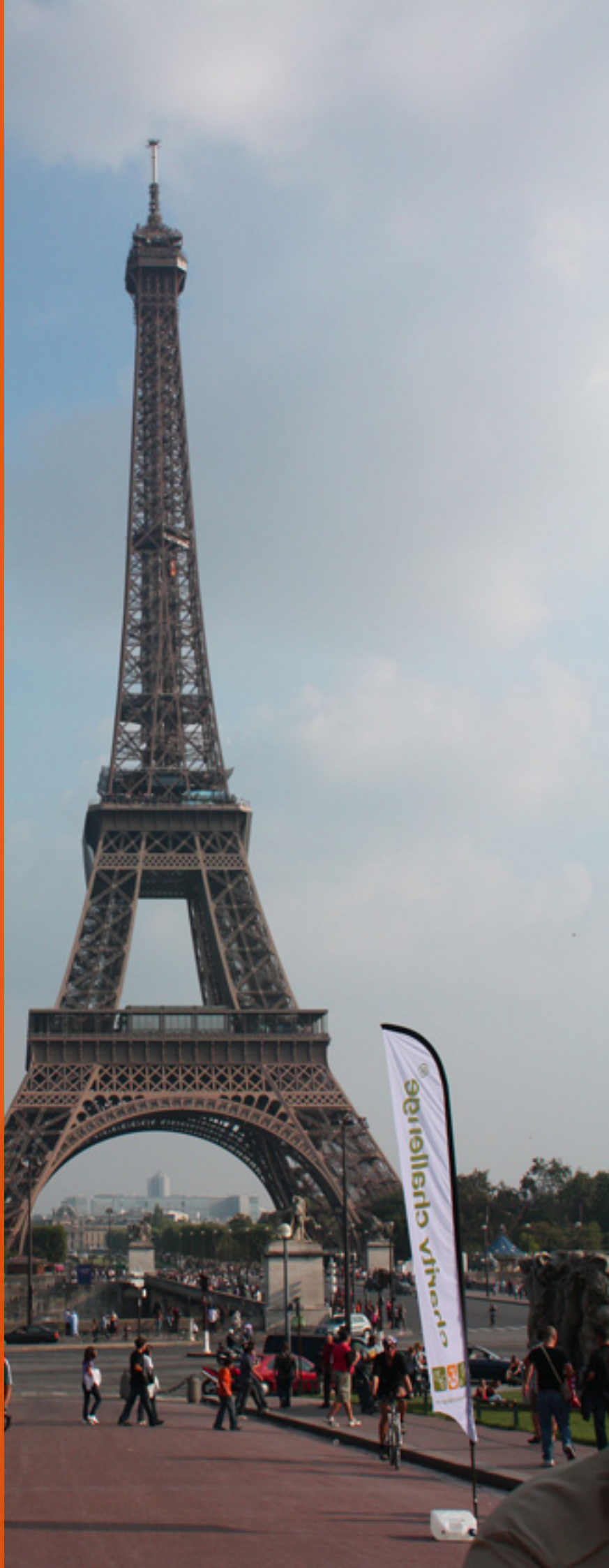
CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

LONDON TO PARIS BIKE RIDE UK

Wed 23 Sep - Sun 27 Sep 2020



In aid of your choice of charity

23 Sep - 27 Sep 2020

5 DAYS | UK & FRANCE | CHALLENGING

Travel from one great European city to another, powered by your own cycling steam. Over the course of four days, cyclists will cover an impressive 270 miles/435 kms across England and France. Setting off from London, the group will head quickly into the Kent countryside, and venture out over the North Downs towards Canterbury at the end of day one.

On day two we make the relatively short trip to Dover where we cross into France before an afternoon ride to Montreuil sur Mere, the setting for the musical Les Miserables. From here the French leg of the journey continues through the beautiful French countryside towards our second overnight stop in Beauvais. On day four we have the final push into Paris where the Eiffel Tower creeps up on you for a spectacular finish after our quiet route in.

- Cycle 435kms over one long weekend
- Depart from England's bustling capital, London
- Ride through beautiful French countryside
- Celebrate the completion of your challenge at the Eiffel Tower
- Return in comfort on the Eurostar from Paris

YOUR CHALLENGE DAY BY DAY

DAY 1 *Wed 23 Sep*

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London to Canterbury (approx. 59 miles/95km)

After all the preparation, the time has finally come to get pedalling! The journey kicks off in Greenwich Park, South London, where you'll meet the rest of the group, the challenge leader and support team. An introductory briefing will include vital safety advice, and then you're off! After a short cycle through the outskirts of London, the route passes along country roads then through Rochester before reaching Canterbury, your stop for the night.

Accommodation: Hotel

DAY 2 *Thu 24 Sep*

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Canterbury to Montreuil Sur Mer (approx. 65 miles/104km)

After an early breakfast you'll continue on to Dover where you take the ferry to Calais. From here the route heads inland on undulating quiet roads and cycle paths. Today's ride is slightly longer than yesterday, but with less ascent. Take the time to enjoy the rolling, picturesque French countryside, passing tiny hamlets, bubbling brooks and "ville fleurie" farmhouses. Having arrived in Montreuil Sur Mer during the late afternoon, the group will dine at a local restaurant then retire for an early night at your hotel.

Accommodation: Hotel

DAY 3 *Fri 25 Sep*

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Montreuil Sur Mer to Beauvais (approx. 95 miles/152km)

Rise and shine early for the penultimate day of cycling. It's a challenging start before lunch as you negotiate several climbs over the first 35 miles of the day. Along the way expect to pass fields of sunflowers, corn and other crops, while stopping for several pitstops. It's full on and you should arrive at Beauvais in the late afternoon.

Accommodation: Hotel

DAY 4 *Sat 26 Sep*

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Beauvais to Paris (approx. 52 miles/84km)

Refreshed after your night's sleep, it's time to push on for the final ride to Paris. The team will regroup and refuel on the outskirts of Paris, ahead of the last section which will take approximately 90 minutes. Soon you'll catch your first glimpse of the iconic Tour Eiffel and the adrenaline will be pumping as you glide your way past the Arc de Triomphe and down the Champs Elysees, before reaching your ultimate destination. There's time for a quick celebratory drink and the obligatory victory snaps in the shadow of the tower, before heading off to your hotel for the final celebratory dinner together.

Accommodation: Hotel

DAY 5 *Sun 27 Sep*

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Depart Paris

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. Later it's time to make your own way to the Gare du Nord station, from where you'll 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.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £125.00 when you book
Then a balance of £774.00
(10 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £125.00 when you book
Raise a minimum of £1580.00 for your charity.

FLEXI

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Registration fee of £125.00 when you book
Then £125.00 towards challenge costs
(10 weeks before your challenge)
Raise a minimum of £1325.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Sponsorship forms
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Fitness training notes
- Fundraising advice
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Access to training weekends (optional and at additional expense)
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance

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
- Drinking water on challenge days
- Internal transfers (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- A donation to a community project in one of the countries in which we operate
- UK-based 24-hour emergency support line

WHAT'S NOT INCLUDED

Before you go

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- Visa (if required)
- Vaccinations (please check Trip Notes for requirements)

On your challenge

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- Bike and helmet
- Tips
- Departure Tax (if applicable)

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 12 weeks before departure (by 01/07/2020), and the remaining 20% within 4 weeks of completing the challenge (by 25/10/2020). 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 26 - 50 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 26 participants. We can run this trip with 15-25 people, but there will be a small group supplement of £75. 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* Extensions at end of trip* (*subject to availability)

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 270 miles/435km over 4 days of cycling
- Ascending over 800m each day
- Cycling into Paris on quiet roads before finishing at the iconic Eiffel Tower

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 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

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 beforehand 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.

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 & 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.

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 in the iconic location of Greenwich Park near the Royal Observatory 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.

Challenge Timings

Your challenge will begin at 0800 in the morning, where you will start the adventure with an 80 mile cycle to Canterbury. After the first long day of cycling, you will rest up in our hand-picked hotel. On day two we will depart at around 0800 and reach the ferry around 1130. Riders will eat lunch on the ferry and after disembarking you will cycle 44 miles to Montreuil. On the morning of the third day, the group will make an early start cycling towards our destination, finishing a 90 miles day in Beauvais. The fourth and last day of riding will see riders cover 60 flat miles into the finish 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.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers at the Yorkshire Dales National Park to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter. Instead we'd like to encourage you to support the 'Three Peaks Project' who maintain the excellent footpaths we will be walking on. The Three Peak Project offers an excellent and informative mobile phone app that will add to your knowledge and preparation for the challenge. The app can be downloaded from all good app stores! (For more information click here.) We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support.

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.

Day 1 – London to Canterbury

- Lunch stop at around 40 to 50 miles

Day 2 – Canterbury to Dover & Calais to Montreuil

- A relaxed ride to the ferry followed by a nice afternoon ride on quite French roads

Day 3 – Montreuil to Beauvais

- More beautiful French countryside is the order of the day

Day 4 – Beauvais to Paris

- The final push towards the Eiffel Tower

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 30 to 50 people.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking here.

For more travel insurance questions, please refer to our main FAQs page or for any specific queries, please contact us at bookings@charitychallenge.com.

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.

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.

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.

Type of Bike

Typically a good road bike is recommended for the challenge; however a hybrid 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 to worn out during your pre-challenge training.

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.

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.

"

Brilliant! A well supported challenge, some long climbs and the beautiful French countryside. As for cycling down the Champs Elysees towards the Eifell 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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info@charitychallenge.com
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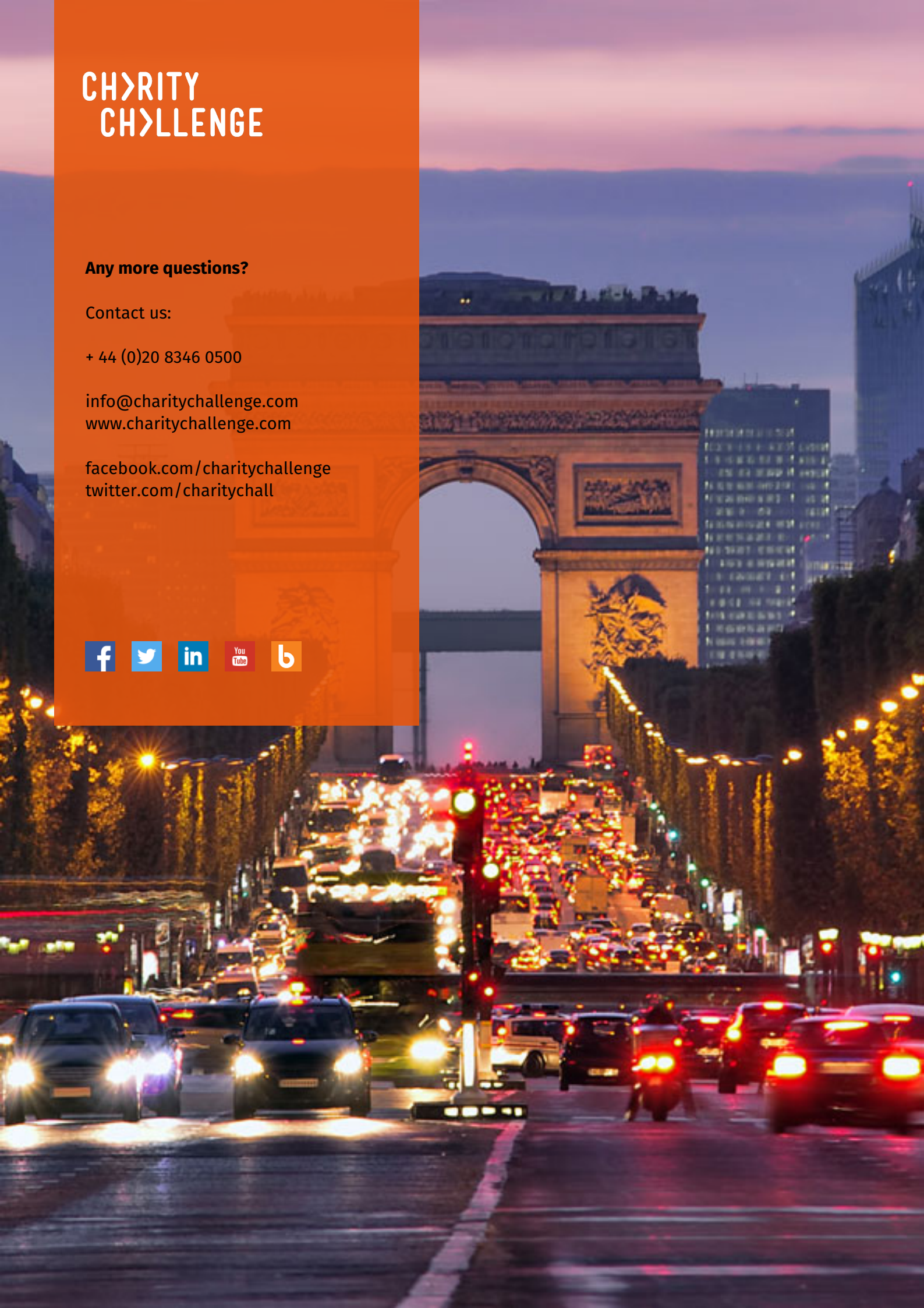
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