



London to Paris BIKE RIDE

READY TO RIDE?

• 4 days • 300 miles • 2 capital cities

GLOBAL
ADVENTURE
CHALLENGES

www.globaladventurechallenges.com

your challenge...

This has to be the best fundraising cycle event ever! Starting from London, our 300 mile, 4 day bike ride takes us through Kent countryside to then cross the Channel at Dover to Calais. We then push on cycling along quiet French country lanes, through traditional market towns, with views of the luscious green fields of Northern France. We'll pass monuments and war memorials and the days will be long, but upon reaching Paris, we'll know our efforts will be much rewarded. The pièce de résistance of this cycle challenge will be a spectacular view of the 324-metre high Eiffel Tower, which marks our finish line in the centre of this majestic city. We then celebrate our fundraising achievements Parisian style!

London to Paris BIKE RIDE



your itinerary...

Day 1 – London to Calais

After registration at the start point in Bexley, we start early at approx. 7am to avoid the hustle and bustle of the London traffic. It's not too long before we're cycling to the outskirts of London and hitting the countryside of Kent.

We push on cycling to Rochester, where we join some of the 2007 Tour De France route – here's when we'll feel like cycling champions as we tackle some rolling hills, following the track marks of the giants! It's a long cycling day today but upon reaching the port of Dover and witnessing its famous white cliffs, we'll experience a great sense of achievement. We then board the ferry to Calais and have dinner whilst on board. Upon reaching Calais it's just a very short push onto our Hotel, where we have a much deserved rest and get our heads down for the night.

Cycling distance – approx. 128km / 80 miles

Day 2 – Calais to Arras

Following breakfast at our Hotel, we start cycling 'French style', remembering to stay on the right! We cycle through traditional French countryside, with views of green meadows as far as the eye can see as Calais is left behind us. The roads are much quieter and after approx. 43 km, we reach St Omer - a quiet, unassuming and attractive little town. It displays flights of Flemish magnificence and is home to the Gothic Basilique Notre-Dame.

After a stop for some refreshment, we continue through Aire-sur-la-Lys, Lillers, and



Contact our Cycling Team

then cycle up-hill for a km or two towards Bruay-la-Buissiere. We then join the road to Arras where we check into our Hotel.

Cycling distance – approx. 125 km / 78 miles

Day 3 – Arras to Compiègne

After our hearty French breakfast at our Hotel, we continue with our cycling for approx. 23 km as we head south towards Bapaume, where troops battled in WWI, in the famous “Battle of the Somme”. After a refreshment stop, we continue cycling south to Peronne, through rolling green meadows passing the many war memorials. Built on an island formed on the meandering course of the Somme, in a blurred world where land and water are indistinguishable and filled with picturesque pools.

We continue cycling as we follow tree-lined avenues which are so traditionally French as we approach our next overnight stop in Compiègne. Compiègne is located along the Oise River and was a favourite spot for the rulers of France – with its great castle and large stunning forest, it’s easy to see why! It was here that Joan of Arc was captured by the Burgundians and handed over to the English.

Cycling distance – approx. 121 km / 73 miles

Day 4 – Compiègne to Paris

The final day of our European cycling adventure! Our final day in the saddle sees us leave the beauty and history of Compiègne, as we cycle south through the stunning forest and the lush parks that surround this majestic town. It’s not long until we reach the east outskirts of Paris. We then cycle around to the north and then proceed

through the small villages and towns. Not surprisingly, cycling is the National sport of France and it’s normal to see locals cheering and waving us on. The sight of the Eiffel Tower will push us on with encouragement as we get closer. We stop for the group to re-assemble before we reach the Tower, then we ride through as a group to complete our Challenge near this landmark of Paris! This evening we celebrate our achievements at our Celebratory Dinner.

Cycling distance – approx. 100 km / 66 miles

Day 5

After breakfast at our Hotel, we are free to enjoy the sights and sounds of Paris. Why not take a trip up the Tower, or visit the renowned Arc de Triomphe or famous Notre Dame Cathedral. Or you can simply soak up the atmosphere in one of the many cafés – the choices are endless!

In the late afternoon, each participant will be responsible for getting themselves to Gare du Nord in order to catch the Eurostar back to Kings Cross. Bicycles will be transported back to London this morning in the support vehicle and upon our arrival at Kings Cross; we’ll catch our short transfer back to the starting point in Bexley, for farewell’s and goodbyes.

(Itinerary correct at time of printing, but subject to change)



n today on 01244 676454



Your questions answered.....

Is this trip for me?

ABSOLUTELY!! This bike ride is suitable for people of all ages (minimum 17 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This cycle ride has been designed to be challenging, but achievable by anyone as long as you fitness train before hand. Remember, you are cycling for 4 consecutive days, covering approx. 300 miles so expect to be in the saddle for about 7-8 hrs per day – the fitter you are the more you will enjoy this Challenge. Cycling training tips can be found on the Global Adventure Challenge website to put you in the right direction.

Where will we stay?

We will stay in local Hotels en-route, which range from 2* and 3* – remember, this is a Challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be the use of some triple rooms too.

Do I need specialist Kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this Challenge. Other items of kit will be required such as cycling shorts, cycling helmet and maybe some cycling gloves – other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggages will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/‘camel bak’ while cycling, to carry items such as camera, sun-screen, energy snacks etc. Some people find wearing a back pack uncomfortable due to the heat and nature of cycling, but it’s your choice.

Food matters.....

All meals will be provided with the exception of dinner on Day 1 – participants are expected to purchase their own dinner on the ferry crossing from Dover to Calais. Breakfast on Day 1, Lunch and Dinner on Day 5 are also not included. Whilst cycling, we will either stop at local cafes/restaurants or eat open air buffets – this depends on the size of our group. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your Registration Form enclosed.

What’s included?

One way ferry crossing from Dover to Calais, one way Eurostar ticket from Paris to London, all accommodation with exception to the evening prior to the start of the

Challenge, Lunch on Day 1, Breakfast lunch and dinner on Days 2, 3 and 4, Breakfast on Day 5, water/refreshment/snack stops – one in the morning and one in the afternoon, vehicles for back up and support, route markers, English speaking cycling guides, mechanic and medical support, transfer of bicycles back to starting venue in London, transfer back to starting venue from Kings Cross.

What’s not included?

The accommodation night prior to the start of Challenge, Breakfast on Day 1, evening meal on Ferry crossing from Dover to Calais, Lunch and dinner on Day 5, Alcoholic drinks and tips, Bicycle Hire – it is requested that all participants bring their own bike – road / racing bikes are highly recommended, Bicycle Insurance, Travel Insurance.

Can I stay in Paris after the Challenge?

All extensions are strictly limited, subject to availability and are given on a first come first served basis. Those wanting to request an extension should contact Global Adventure Challenges on 01244 676454 as soon as possible. There is a £60 + VAT charge for having your return Eurostar ticket extended.

What sort of back-up is there?

There will be a strong support Team with professional Global Adventure Challenge Leaders from the UK. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle with medic and mechanic will follow the group providing support if needed.

What happens if I get tired?

There will be regular rest stops where we can drink and eat some snacks, after approx. every 20 miles of cycling – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from the Charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I’m interested....what do I do now?

Places are limited and are allocated on a first come first served basis, so try to register as soon as you can! You will need to complete the enclosed Registration Form and Medical Questionnaire and post to back to Global Adventure Challenges, along with your Registration Fee and Insurance payment - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, we will be in touch with you sending you further information on what to expect from this awesome adventure. Your charity will also be in contact with you to discuss your fundraising.



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