



THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

LONDON TO PARIS CYCLE

**TOUR DE FRANCE EDITION
24 - 28 JULY 2019**

JUMP INTO THE SADDLE AND
CYCLE FROM CAPITAL TO
CAPITAL

 **GLOBAL
ADVENTURE
CHALLENGES®**

01244 676 454

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KEY INFO

Duration: 5 days

Distance: 311 miles approx.

Challenge Grade: Challenging ①

Location: UK

CHALLENGE HIGHLIGHTS

- See the finale of the world's greatest cycle race - the Tour de France!
- Travel between two iconic capital cities by bike!
- Pass by war memorials and through the Somme
- Celebrate your achievement in style in Paris
- Combine iconic landmarks and history with picturesque scenery

THE CHALLENGE

Our challenge takes us through the beautiful Kent countryside to Dover, before crossing the Channel to Calais. We ride along quiet French country lanes, through traditional market towns with views of the rolling, green fields of northern France, passing the war memorials and cemeteries of the Somme. The pièce de résistance of this incredible challenge will be the final cycle to the Arc de Triomphe and on to the Champs-Élysées, following in the tyre tracks of the cycling greats before we see them cycle the same route the next day in the finale of the Tour de France!



Day 1

London to Calais

After an early registration we begin our epic ride. It's not too long before we're past the outskirts of London and hitting the countryside of Kent. It's a long cycling day today but when we reach Dover and the famous white cliffs, there'll be 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 well deserved rest and get our heads down for the night.

Cycling distance – approx. 86 miles

Day 2

Calais to Arras

Following breakfast at our hotel we leave Calais behind us, remembering to stay on the right! We cycle on smooth, flat roads for approximately 10 miles, before we start to approach our first water stop. The route then becomes more undulating as we cycle through the French countryside on to our lunch stop. Some small climbs after lunch bring us to a gentle descent into the beautiful medieval town of Arras, one of the prettiest towns in northern France, where we check into our hotel.

Cycling distance – approx. 82 miles

Day 3

Arras to Compiègne

After breakfast, we continue with our cycle and head south through the Region of the Somme and its WWI battlefields - rolling, green meadows studded with the many war memorials and cemeteries of the First World War. Following traditionally French, tree-lined avenues, we approach our next overnight stop in Compiègne. Since 1968, Compiègne has been the starting place of the "Paris-Roubaix", the most famous French cycling race after the Tour de France.

Cycling distance – approx. 76 miles



FOUR DAYS, TWO CAPITAL CITIES, ONE AWESOME ADVENTURE!

Day 4

Compiègne to Paris

Our last day in the saddle sees us leaving Compiègne and riding through the beautiful forest surrounding the town. Our route then continues through pretty towns and villages towards the outskirts of Paris. We cycle through the hustle and bustle of the Parisian streets until we reach the Louvre, where we stop to re-assemble then ride as a group around the majestic Arc de Triomphe to our finish line at the Eiffel Tower! This evening we toast our achievements at a celebratory dinner.

Cycling distance – approx. 70 miles

Day 5

Paris to UK

After breakfast at our hotel, we are free to enjoy the sights and sounds of Paris. The Tour de France will be reaching its climax today as it races through the streets of Paris, so ensure you grab your place on the Champs-Élysées to see some of the action. In the early evening each participant will be responsible for getting themselves to Gare du Nord in order to catch the Eurostar back to St Pancras. Bicycles will be transported back to London and upon our arrival back in the UK, we take a short transfer back to the starting point for farewell and goodbyes. Alternatively, participants are free to travel home directly from St Pancras and we can arrange for your bicycle to meet you there.

(Please note, this is a complex itinerary and subject to change)



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This cycle is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This cycle ride has been graded as Challenging (1) on our challenge grading scheme, meaning the cycle has been designed to push your boundaries - however it is achievable by most people as long as you fitness train beforehand. Remember, you are cycling for 4 consecutive days, covering approximately 311 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 Challenges website to point you in the right direction.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

We will stay in local hotels en route, which range from 2* to 3* - remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be 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 cycling gloves - other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage 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, sunscreen, energy snacks, etc.

Food Matters...

All meals will be provided with the exception of breakfast on Day 1, the evening meal on the Ferry crossing from Dover to Calais and lunch and dinner on Day 5. Whilst cycling, we will either stop at local cafés/restaurants or eat at open air buffets - this depends on the size of our group. We cater for most dietary requirements as long as we know in advance - just fill in the appropriate section on your registration form.

What's included?

- One way ferry crossing from Dover to Calais
- One way Eurostar ticket from Paris to London
- Lunch on Day 1, breakfast, lunch and dinner on Days 2, 3 and 4, and breakfast on Day 5
- All accommodation with the exception of the evening prior to the start of the challenge
- Refreshment stops including water, fruit, and a variety of snacks/energy bars/cereal bars approx. every 15 - 20 miles cycled
- Vehicles for back up and support
- Route markers or cycle guides
- English-speaking guides
- Global Adventure Challenges Event Crew
- Mechanic support. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike.

What's not included?

- Breakfast and dinner on Day 1, lunch and dinner on Day 5
- Alcoholic drinks
- Bicycle hire - each participant must bring their own recently serviced bicycle
- Bicycle insurance
- Travel insurance
- Tips and gratuities

Can I stay in Paris after the challenge?

Yes! We are able to offer you an extension package to return the following day, enabling you to see the entire finish of the Tour de France. Alternatively you can of course make your own arrangements to return at your convenience and stay in Paris as long as you wish, but remember you will need to keep your bicycle with you too. If you wish to extend your stay for one extra night in Paris, please contact our Customer Care team.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges 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 will follow the group providing medical and mechanical support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling - there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the challenge 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 your charity in order to make 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?

You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking - all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

REGISTER ONLINE TODAY!

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