

# London to Paris Cycle Build-up

Trip code: LPP



## Introduction

This London to Paris ride begins the minute you sign up, with a comprehensive participant pack containing training plans, equipment, clothing and fundraising advice, and membership to a dedicated and exclusive Facebook event group. In the lead up to the event, you'll also be invited to join the rest of the group for two training rides in two very different UK locations. There will also be monthly online feedback meetups where you can share your fitness goals and experiences with the rest of the group.

## The Participant Pack

- Training plan and timetable
- Equipment and clothing advice
- Assistance with fundraising (if applicable)
- Trip Itinerary
- Joining Instructions for the Paris ride

## Fundraising

It is not essential that you fundraise on the London to Paris Cycle. If you do however choose to do so, we will help you every step of the way. Having organised and run countless fundraising events, we have plenty of experience of how to maximise your fundraising efforts, with information on how to set up a fundraising page, who and how to ask for donations and using social media effectively in your campaigns.



# Pre-Event Training Rides

Included within this package are two pre-organised training rides with the rest of the group. These will be held in two different locations throughout the UK and will give you the opportunity to meet the rest of the group and the More Adventure team.

We'll meet early on a Saturday at a train station (so you don't have to drive), load any luggage onto the support vehicle, and begin our ride, led by a More Adventure leader. The rides will be of a moderate length with some challenging sections, designed to give you a better idea of what to expect on the real thing. Throughout the ride there will be plenty of advice on training plans and your clothing and equipment. You'll also be able to share your experiences and progress with the rest of the group.

Both rides will finish at a hotel which is also included within the package. Here we'll have a group meal together and make action plans for the coming weeks.

## Included

- A pre-planned ride in the countryside
- A buffet lunch
- Hotel accommodation for one night
- Cycle leader(s) & support driver
- Bicycle mechanics
- GPX files of the route

## Online Events

You will have access to a dedicated, exclusive Facebook group where you can meet the rest of the group and share your training and fundraising progress. In addition to this, we will run a monthly webinar where you can share your experiences and get advice from the More Adventure team on topics such as fitness, clothing & equipment and much more.