

# London to Paris Cycle

Trip code: LPP



## Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 England & France

 May - October

Cycling from London to Paris is a classic ride from one iconic city to another. This exclusive trip is made up of two parts - **The Build Up**, & **The Ride**. It culminates with you and your team completing a four-day, 275-mile cycle ride between two incredible European capitals whilst raising money for charity.

### **The Build Up**

This trip begins the minute you sign up, with training plans, two organised group training rides, and much, much more. You will be part of the team from the outset, with online monthly feedback sessions where you can share your fitness goals and progress, and guidance on how to train and prepare for the ride. In your comprehensive participant pack there will be plenty of advice on suitable clothing and equipment in addition to a fantastic training plan to structure your fitness goals. For further details on what's included in the build-up, please [CLICK HERE](#).

### **The Ride**

On the first day of the Paris ride we'll meet on Blackheath Common and cycle through the Garden of England before crossing the English Channel by ferry. You'll then ride through the rolling countryside of Northern France before entering the romantic city of Paris along the Champs Elysees, around the Arc de Triomphe and finishing under the Eiffel Tower. You'll have a free day to explore Paris before catching the Eurostar back to London where you'll be met by the More Adventure team with your bicycle and luggage.



# Highlights

- Achieving a group fitness goal by completing an incredible journey
- Riding through the Garden of England, Kent
- Arriving at Dover for our ferry crossing to France
- Cycling through quaint French villages on the backroads of Northern France
- Riding around the Arc de Triomphe and down the Champs Elysees
- Taking *that* photo of you and your bike under the Eiffel Tower!
- A free day to explore Paris before returning to London

## Detailed Ride Itinerary

### Day 1: Join tour in London, cycle to Calais (76 miles)

We meet at Blackheath Common at 07:00am. After a short cycle through the outskirts of London, our route passes along country roads then through Rochester and Canterbury, before boarding our ferry in Dover. We will arrive at the ferry for a late afternoon crossing to Calais. Dinner can be purchased on the ferry. Once in Calais it is a short cycle to our hotel for a well-earned rest.

### Day 2: Calais to Arras (74 miles)

After a good night's rest we begin our second day cycling through the picturesque region of Pas-de-Calais. Numerous War Cemeteries echo the area's troubled history but today much of the land is now used for agriculture. There are a few hills but nothing too strenuous. Our overnight stop is in the historic town of Arras, which survived front-line action in both World Wars. Heavily damaged in the Second World War, much of it was rebuilt in the aftermath, and the cobblestone streets, fantastic squares and white stone buildings are, quite simply, delightful.

### Day 3: Arras to Compiègne (76 miles)

We head directly south along small country lanes, most of them undulating with few serious climbs. We cross the Somme River today and cycle through an area rich in nature and wonderful food. Our destination for the evening is Compiègne which is located alongside the Oise River. Compiègne Forest is famous as the location of the signing of two wartime armistices and the spot where Joan of Arc was captured. It is also the start of the famous Paris-Roubaix cycle race!

### Day 4: Compiègne to Paris (58 miles)

It's a relatively short final day into Paris. There are a couple of short, steep climbs but by now you will be ready and prepared. Skirting around the Compiègne Forest, we head for the northeast corner of the city. As we enter the city the roads become considerably busier and great care must be taken. Heading into the centre of Paris, we pass the famous Arc de Triomphe, down the cobblestone Champs-Élysées before finishing under the Eiffel Tower for our all-important photos. Well done, you've made it! From here, we'll make a short cycle to our hotel and prepare for our celebratory meal.

### Day 5: Paris to London (0 miles)

Today, you have the morning and afternoon to explore this wonderful and diverse capital city. Highlights include a trip up the Eiffel Tower (not for the faint-hearted!), sampling some local cheese, visiting Le Louvre, a boat trip on the Seine, or simply a stroll (walking, not cycling!) around the atmospheric streets. You will have now received your Eurostar ticket for your journey home, and are responsible for getting yourself back to London. Your Tour Leaders will meet you at St. Pancras station in London with your bicycles and main bags in the late afternoon. We



then say our goodbyes and the trip ends.

## Included

- 2 x training rides (incl. lunch, B&B & support)
- Training Plans
- Monthly progress webinars
- Exclusive Facebook group access
- Fundraising Advice
- Cycle leader(s) and support driver
- 4 x night's hotel accommodation
- 4 x breakfasts
- 4 x buffet-style lunches
- Ferry crossing from Dover to Calais
- Eurostar train back to London from Paris
- All luggage transported during your trip
- Bicycle and main luggage transfer back to London from Paris
- GPX files of the route



## Not Included

- Bicycle and Helmet
- Transport to and from pick-up and drop-off points
- Evening meals, drinks and snacks
- Optional excursions in Paris
- European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do))
- Insurance

*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*

# Trip Notes

## Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

A link to our trip grades that explains in depth our star rating is here: [www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

## Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

## Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.

## Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

You must also bring a European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do)) which are free and give you access to free healthcare anywhere in Europe.

**Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient.** The insurance company's 24 hour emergency contact number will need to be seen by your leader.

## Money

Meals each evening tend to cost between £10 and £15. You will also need to budget for any excursions, travel around Paris and lunch on Day 5. You will need Euros to spend in France.

## Accommodation

Accommodation for this trip is in good quality, comfortable hotels/B&B's. All have hot water showers and excellent amenities.

## Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.



Evening meals and drinks are not included in the price and we will give you the opportunity to eat out as a group at a local pub/restaurant. Approximate costs per evening meal £10-£15.

## Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

## Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each days cycling and for evening meals. Better to "have and not need than to need and not have"!

## Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#). Bike boxes and bags can be transported on the support vehicle throughout the trip if needed.

## Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

*This trip will run on a minimum number of 12 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

