

Bath to Paris Cycle

Trip code: BP



Overview

 Total 4 days

 Hotels

 Difficulty: 

 Cycling 3 days

 England & France

 28th June - 1st July 2018

Cycle from one iconic city to another! Over three days you'll cycle from Bath, through the historic city of Salisbury to Portsmouth. Here you'll cross the English Channel on an overnight ferry and ride through the rolling countryside of Northern France. We'll soon reach the outskirts of Paris, ride down the Champs Elysees and around the Arc de Triomphe, finishing under the magnificent Eiffel Tower. You then have a free day to explore Paris before making your way back to the UK where the More Adventure team will drop off your bicycle and luggage at a prearranged location and time in Bath.

Highlights

- Riding through rural Somerset, Wiltshire and West Sussex
- Arriving at Portsmouth for our ferry crossing to France
- Boarding our ferry in England and waking up in 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 the UK



Detailed Ride Itinerary

Day 1: Join tour in Bath, cycle to Portsmouth (90 miles)

We meet in Bath at 07:00am for a trip briefing and load the support vehicle with luggage. After a short cycle through the outskirts of Bath, our route passes along country lanes and to the beautiful city of Salisbury. After lunch we'll continue our ride southeast to Portsmouth for our evening meal before boarding our overnight ferry to Le Havre.

Day 2: Le Havre to Vernon (89 miles)

After a good night's rest on the ferry and breakfast, we arrive into Le Havre early, wheel our bikes off the ferry and begin our first day's ride in France. Our route begins by crossing the River Seine, which we then continue to follow southeast. We skirt around the south of Rouen before riding the final few miles to our hotel in Vernon for an evening meal before bed.

Day 3: Vernon to Paris (54 miles)

Our ride today begins again by following the River Seine southeast. As we enter the outskirts of Paris 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 4: Paris to London (0 miles)

Today you have 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. It is up to you to make your way back to the UK, this also gives you the opportunity to spend more time in Paris if you so wish. The support vehicle will be driving back to the UK this morning with your bicycles and luggage, and you will be able to pick them up at a designated point in the days following the trip.

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.



Included

- Cycle leaders
- Support driver & bicycle mechanic
- Overnight ferry crossing (in twin cabins) from Portsmouth to Le Havre
- 2 x night's hotel accommodation (based upon twin sharing)
- 2 x breakfasts
- 3 x buffet-style lunches
- All luggage transported during your trip
- Bicycle and main luggage transfer back to Bath from Paris
- GPX files of the route (if requested)

Not Included

- Bicycle and Helmet
- Transport to and from pick-up and drop-off points
- Breakfast on the ferry
- Evening meals, drinks and snacks
- Return travel from Paris to the UK
- Optional excursions in Paris
- European Health Card (www.ehic.org.uk/Internet/home.do)
- Insurance



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!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here: 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) 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.



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles includes all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code **MOREADV5** for up to 15% off.

Money

Evening meals each evening tend to cost between £15 and £20. You will also need to budget for any excursions, travel around Paris and lunch on day 4. You will need Euros to spend in France.

Accommodation

The first night is spent on the ferry in comfortable twin cabins with hot showers and comfortable beds. Accommodation on Day 2 & 3 for this trip is in good quality, comfortable hotels. 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 and we will give you the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

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 AW3 Hardcase; 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 day's 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.

How to book

1. Scroll to the bottom of the trip page
2. Click 'Book Now' and fill out your personal details
3. Fill in your medical and Next of Kin details
4. **Congratulations - you've now secured your place!**
5. You will receive a confirmation email and further information about the trip