

Paris to Geneva

Trip code: PGM

METROPOLITAN
SERVICES **TEGG**



Overview

 Total 6 days

 Hotels

 Difficulty: 

 Cycling 4 days

 France & Switzerland

 May - September

Cycle from the Eiffel Tower to the banks of Lake Geneva in Switzerland with Metropolitan Services! This is a four day ride through medieval French towns, stunning vineyards and the jaw dropping scenery of the Jura mountains. We'll begin our journey southeast through the suburbs of Paris and ride into beautiful French countryside. We cycle through the vineyards of Burgundy and Champagne, the Jura mountains and finally over a *Tour de France* col into Switzerland, finishing on Lake Geneva. This is the perfect continuation of a London to Paris ride, or a fantastic standalone event.

"One of the best things I have ever done. Amazing cycling, really well organised and so much fun. I enjoyed every minute and we booked another adventure as soon as we got back home! If you are thinking of doing a challenge, do it with More Adventure - I promise you won't regret it"

Colette, 2018

Highlights

- Taking the obligatory team photo in front of the Eiffel Tower
- Riding through ancient villages and picturesque French countryside
- Exploring the stunning wine regions of Burgundy and Champagne
- Experiencing the charming Roman Spa town of Lons-le-Saunier
- Reaching the Tour de France summit *Col de la Faucille* (1323m)
- Crossing the mighty Jura mountains
- Celebrating the finish line on the banks of Lake Geneva

Detailed Ride Itinerary

Day 1: Meet in London, travel to Paris on Eurostar

This trip starts at St Pancras station in London where you'll meet the More Adventure team, load your bicycle and luggage onto the support van, then board a Eurostar train to Paris. You'll then have the rest of the day to explore Paris before making your own way to our hotel for an evening briefing and dinner. Here you'll also be reunited with your bicycles and luggage ready for the ride the following day.

If you'd prefer not to travel with your bicycle and luggage to/from the UK, More Adventure will be offering an additional door-to-door bicycle transfer service for this trip. Further details will be issued upon booking. Alternatively if you'd prefer to meet us in Paris and make your own way to the ride start on Day 2, this is also an option so please let us know.

Day 2: Meet in Paris, cycle to Sens

90 miles & 2800 feet ↑ / 144km & 900m ↑

After breakfast in the hotel we'll load up the support vehicle and ride to the Eiffel Tower. Here we'll take an obligatory team photo then begin our ride out of the city. Our route follows the river Seine, leaving the city to Melun in the southeastern suburbs of the city. After lunch we follow the river L'Yonne through traditional French towns and villages to our first overnight stop on the outskirts of Sens.

Day 3: Sens to Semur-en-Auxois

85 miles & 4400 feet ↑ / 137km & 1400 m ↑

After a good sleep we begin our second day cycling through the picturesque wine region of Burgundy. Continuing southeast, the route passes through several pretty villages then tackles the first climb of the day before descending to cross the *Canal de Bourgogne* at Brienon-sur-Armançon. We'll ride through endless vineyards that this region is famous for, stopping at the village of Chablis, home to the world-renowned *vielles vignes* (old vine) white wine. Our second main climb of the day begins after lunch in Noyers as we cross the river *Serein*, winding up through open farmland to Soulangy. We're rewarded with a fabulous view of our final destination, the medieval hilltop town of Semur-en-Auxois.

Day 4: Semur-en-Auxois to Lons-le-Saunier

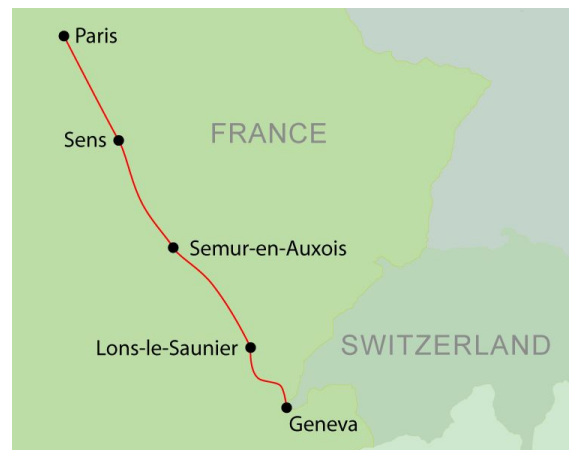
98 miles & 4100 ↑ / 157km & 1300 m ↑

We begin today's ride alongside the *Canal de Bourgogne*, a 250km waterway that allowed Burgundy to export its valuable goods to the Mediterranean and Northern Europe. The route passes through open agricultural land to Bligny-sur-Ouche, a small town on the banks of the *L'Ouche* river. This marks the start of our first climb of the day, a six-mile ascent followed by a dazzling descent to Beaune. This small town is the wine capital of Burgundy and home to the *Hospices de Beaune*, the primary wine auction of France - there's definitely a theme to this unique region of France! After lunch the route is relatively flat for the rest of the day, crossing the river *Saône* and passing through Verdun-sur-le-Doubs, a fortified town famous for fishing, river boating and excellent food. During the final few miles we'll see the Jura mountains looming in the distance which also marks the the France-Switzerland border. Our overnight stop is the charming Roman Spa town of Lons-le-Saunier at the foot of the first plateau of the Jura massif.

Day 5: Lons-le-Saunier to Geneva

75 miles & 7000 feet ↑ / 120 km & 2100 m ↑

Today we tackle the mighty Jura mountains, a sub-alpine mountain range that lines the border of France and Switzerland. Our main climb is the *Col de la Faucille* (1323m), a fabulous and popular stretch of tarmac that has been featured numerous times in the Tour de France. The day starts steadily but after a short downhill around the midpoint of the ride we begin to climb proper, the landscape becoming wilder as we ascend through the mountainous landscape of the Jura Mountains Natural Park. The main climb begins at the town of Saint-Claude from



which we ride through scattered woodland, past waterfalls and ski chalets to the *Côte de Lajoux (1192m)* where a rather frustrating yet necessary switchback descent into Mijoux adds a few metres onto the final push to the highpoint of the day - the *Col de la Faucille (1323m)*. On a clear day it is sometimes possible to see the Mont Blanc massif of the Alps so there's definitely time for a rest and a few photos here. From the summit we cross the border into Switzerland for an exhilarating descent to the finish overlooking the iconic fountain *Jet d'Eau* on the banks of Lake Geneva. Congratulations, you made it! We'll have a celebratory meal and a few drinks before our final night in Geneva.

Day 6: Geneva to UK

Today, the More Adventure team will be driving back to deliver your bicycles and luggage for certain evening flights into London. If you would prefer to return to other UK destinations or would prefer to return at a different time/date, there will also be an option to have your bicycle and luggage delivered to your home, details and costs of which will be issued upon booking. It is possible to travel back to the UK from Geneva by plane and train, some suggested flights will be issued once the trip has been confirmed.

Included

- Cycle leader(s) and support driver
- 5 x night's hotel accommodation based upon twin sharing
- Eurostar from London to Paris
- 5 x breakfasts
- 4 x buffet-style lunches
- All luggage transported during your trip
- Bicycle and luggage transported back to London for certain evening flights
- GPX files of the route (if requested)

Not Included

- Bicycle and helmet
- Transport from the Gare du Nord station to Paris hotel
- Homebound flight/train from Geneva
- Lunch on Day 1 & 6
- Evening meals, drinks and snacks
- Optional excursions in Geneva
- Personal travel 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 8+ 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. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. 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

We recommend that you obtain travel insurance before booking any trip. 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). Yellow Jersey offer cycling-specific travel insurance cover (see below).



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 including 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 5% off.

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 £15 and £20. You will also need to budget for travel from Gare du Nord train station in Paris to the hotel (£1.90 on Metro), any excursions in Paris & Geneva, travel around Geneva and lunch on Days 1 & 6. You will need Euros to spend in France and Swiss Francs to spend in Switzerland.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels based upon twin sharing. All have hot water showers and excellent amenities. A single room supplement may be possible for an extra cost, this can be added upon booking (based upon availability).

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 but you will have 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 AW2; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but it is essential 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

Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [saddle bag](#), [frame fit bag](#) or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day.

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 8 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 (we recommend you have adequate travel insurance before booking any trip)

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. This can be paid in installments or in one payment through your More Adventure account.