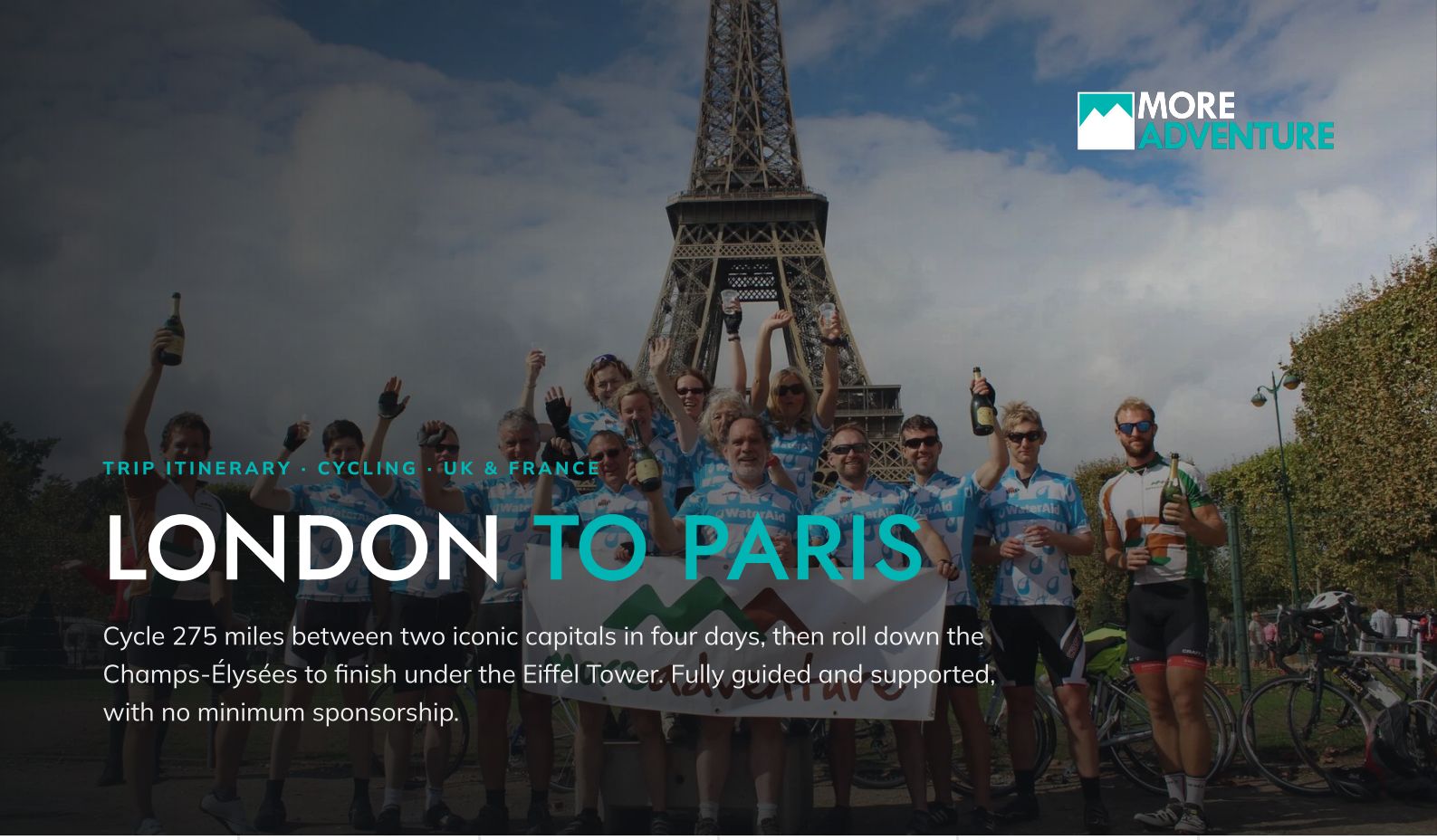


TRIP ITINERARY · CYCLING · UK & FRANCE

LONDON TO PARIS

Cycle 275 miles between two iconic capitals in four days, then roll down the Champs-Élysées to finish under the Eiffel Tower. Fully guided and supported, with no minimum sponsorship.

5 days	4	275 miles	Hotels	★★★☆☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

An epic 275-mile journey through southern England and northern France, fully supported and guided from Blackheath to the foot of the Eiffel Tower.

You'll ride south-east into Kent, the Garden of England, and catch the ferry from Dover to Calais for your first night. Over the next three days you'll cycle through quintessentially French countryside, quaint villages and beautiful quiet roads to one of the most romantic cities in the world.

After a celebratory meal on Day 4, you'll have a free day to explore Paris before catching the Eurostar home. We drive your bike and luggage back and meet you at St Pancras.

★★★★★

"Well organised company. They put you at ease from the start at Blackheath, no worries about having to plan anything. Transport of bikes and luggage back to the UK was a game changer. Definitely would recommend 100%."

Karen Warburton · Google review

HIGHLIGHTS

- ✓ Riding through the Garden of England, Kent
- ✓ Arriving at Dover for the ferry crossing to France
- ✓ Quaint French villages on the backroads of northern France
- ✓ Riding around the Arc de Triomphe and down the Champs-Élysées
- ✓ That photo of you and your bike under the Eiffel Tower
- ✓ A free day to explore Paris before returning to London

FROM **£1,075** per person · secure your place with a 40% deposit (£430)

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/london-to-paris-bike-ride/

DAY BY DAY

DETAILED ITINERARY

1

77 + 4 MILES | OVERNIGHT: CALAIS | FERRY CROSSING

DAY 1: LONDON TO CALAIS

We meet early at Blackheath Common and, after a short ride through the outskirts of London, the route crosses Kent to the port at Dover. We take a late-afternoon ferry to Calais and have dinner on board, then it's a short ride to the hotel for a well-earned rest.



2

74 MILES | OVERNIGHT: ARRAS

DAY 2: CALAIS TO ARRAS

A day through the picturesque Pas-de-Calais, where war cemeteries recall the region's troubled history among farmland. There are a few hills, but nothing too strenuous.

Tonight is in historic Arras, which saw front-line action in both world wars. Much of it was rebuilt afterwards, and its cobbled streets, squares and white stone buildings are simply delightful.



3

76 MILES | OVERNIGHT: COMPIÈGNE

DAY 3: ARRAS TO COMPIÈGNE

We head south on small, undulating country lanes with few serious climbs, crossing the River Somme through an area rich in nature and wonderful food. Our evening stop is Compiègne on the River Oise. Its forest is where two wartime armistices were signed, where Joan of Arc was captured, and where the Paris–Roubaix race starts.



4

58 MILES | OVERNIGHT: PARIS | CELEBRATION MEAL

DAY 4: COMPIÈGNE TO PARIS

A shorter final day, with a couple of short, steep climbs that you'll be ready for by now. We skirt the Compiègne Forest and enter Paris from the north-east, where the roads get busier and we take great care. Then it's past the Arc de Triomphe and down the cobbled Champs-Élysées to finish under the Eiffel Tower. Well done, you've made it!



5

FREE DAY | EUROSTAR HOME

DAY 5: PARIS TO LONDON

The day is yours: go up the Eiffel Tower, sample the cheese, visit the Louvre, take a boat on the Seine or stroll the streets (walking, not cycling!). You'll already have your Eurostar ticket, and your leaders meet you at St Pancras in the late afternoon with your bike and bags.



THE ROUTE

FROM BLACKHEATH TO THE EIFFEL TOWER



Day 1 · London → Calais	81 miles
Day 2 · Calais → Arras	74 miles
Day 3 · Arras → Compiègne	76 miles
Day 4 · Compiègne → Paris	58 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader(s)
- ✓ Support driver and bike mechanic
- ✓ Support vehicle throughout
- ✓ 4 nights' hotel accommodation
- ✓ 4 breakfasts
- ✓ 4 buffet-style lunches
- ✓ Ferry from Dover to Calais
- ✓ Eurostar from Paris to London
- ✓ All luggage transported during the trip
- ✓ Bike and main luggage brought back to London
- ✓ GPX files of the route
- ✓ Joining instructions and kit lists
- ✓ Financial protection under the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and helmet
- × Travel to the start and from the finish
- × Evening meals, drinks and snacks
- × Optional excursions in Paris
- × Personal travel insurance (compulsory)

Single room: +£200, added when you book.

Need a bike?: We don't hire bikes, but On Your Bike at London Bridge rents bikes of all standards.

Lift back to Blackheath: Bike and luggage transfer to the Clarendon Hotel for a small extra charge. Ask when you book.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

You'll ride for six to eight hours a day, but this isn't a race: it's a group trip and we ride as one. The countryside is rolling and hilly, and your cycle leader sets a moderate pace. If you can't keep to it, you'll be asked to travel in the support vehicle for a while. Prepare before you come: any cardio helps, and cycling most of all. Do some 6-hour-plus rides and get some hill practice in. Ask us for a training plan at info@moreadventure.co.uk.

WEATHER

The weather can vary hugely, so come prepared for sun (fingers crossed) and rain, which can arrive at any time of year. Mornings can be chilly. We send our clothing recommendations when you book.

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration, which may need verifying by your GP.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers personal liability, cancellation, curtailment and loss or damage to luggage and your bike. Your leader will check your insurance documents, including the 24-hour emergency number, on Day 1.

MONEY

Evening meals usually cost £15–£20. Budget too for excursions, travel around Paris and lunch on your free day. You'll need euros in France.

ACCOMMODATION

Good-quality, comfortable hotels on a twin-share basis, all with hot showers and good amenities. A single room is £200 extra, added when you book (subject to availability).

FOOD

Breakfast is generally continental, with hot drinks and juice. Lunch is laid out at our lunch stops: bread, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We also stop at shops along the way for snacks. Evening meals aren't included, but you can eat out together as a group each night.

EQUIPMENT

We recommend a road bike, and it must be in good working order. Fit good-quality, reasonably new tyres and bring at least two spare inner tubes. Your cycle leader will help with minor repairs. Bring your own helmet: it's essential.

CLOTHING

Come prepared for the weather: the trip continues in all but the very worst conditions. Bring light, comfortable cycling kit for each day, a lightweight waterproof, a windproof for descents, and clothes for the evenings.

LUGGAGE

Carry a small saddle or frame bag for your waterproof, windproof and snacks. You don't need much on the bike, because the support vehicle meets you at points through the day and moves your main bag between hotels.

LEADERS

At least one experienced, qualified cycle leader rides with the group at all times, guiding, encouraging and fixing mechanicals. A second leader drives the support vehicle and moves your luggage.

HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Invite your friends if you wish
4. Pay a 40% deposit securely by card to secure your place
5. You'll get a confirmation email with further trip information
6. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. We aim to keep to the stated daily distances, but they may vary with hotel availability. The trip runs with a minimum of 10 riders: please don't book travel until we've confirmed by email that it will run.