

TRIP ITINERARY · CYCLING · FRANCE & SWITZERLAND

PARIS TO GENEVA

From the Eiffel Tower through medieval towns and Burgundy vineyards, over the Jura's Col de la Faucille to the shores of Lake Geneva.

6 days	4	348 miles	Hotels	★★★★☆	June – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Cycle from the Eiffel Tower to the banks of Lake Geneva in Switzerland! 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, passing 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.

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★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

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

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/paris-to-geneva-cycle/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: PARIS

DAY 1: MEET AT PARIS HOTEL

This trip starts at our hotel in Paris where you'll meet the More Adventure team and the rest of the group. If you've opted for our bicycle and luggage transfer service (see below) you'll also be reunited with your bicycle. We'll have a trip briefing and evening meal before making any last minute preparations for the first day's 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.

2

90 MILES · 2,800 FT CLIMBING | OVERNIGHT: SENS

EIFFEL TOWER START

DAY 2: PARIS TO SENS

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.



3

85 MILES · 4,400 FT CLIMBING | OVERNIGHT: SEMUR-EN-AUXOIS

DAY 3: SENS TO SEMUR-EN-AUXOIS

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-Armancon. 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.



4

98 MILES · 4,100 FT CLIMBING | OVERNIGHT: LONS-LE-SAUNIER

DAY 4: SEMUR-EN-AUXOIS TO LONS-LE-SAUNIER



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 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.

5

75 MILES · 7,000 FT CLIMBING | OVERNIGHT: GENEVA

COL DE LA FAUCILLE

DAY 5: LONS-LE-SAUNIER TO GENEVA



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! You'll have a celebratory meal and a few drinks before your final night in Geneva. The More Adventure team will begin their drive back to the UK this evening.

6

TRIP ENDS

DAY 6: GENEVA TO UK

Today the trip officially ends! 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.

A single room on this trip is £260 and this can be added upon booking (subject to availability).

THE ROUTE

PARIS TO GENEVA



Day 2 · Paris → Sens	90 miles
Day 3 · Sens → Semur-en-Auxois	85 miles
Day 4 · Semur-en-Auxois → Lons-le-Saunier	98 miles
Day 5 · Lons-le-Saunier → Geneva	75 miles

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

GRADE: CHALLENGING ★★★★☆

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) and support driver
- ✓ 5 x night's hotel accommodation based upon twin sharing*
- ✓ 5 x breakfasts
- ✓ 4 x buffet-style lunches
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and helmet
- × Outbound travel to Paris hotel
- × Return flights/trains from Geneva
- × Lunch on Day 1 & 6
- × Evening meals, drinks and snacks
- × Optional excursions in Geneva
- × Personal travel insurance

Bike transfer: We may run a bike and luggage transfer from the UK; see the FAQs.

Getting home: Fly or take the train from Geneva; suggested flights are sent when the trip is confirmed.

GOOD TO KNOW

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

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 MOREADV10 for 10% 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 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

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. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. 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. Please don't book travel until we've confirmed by email that the trip will run.