

LONDON *2 Paris* cycle



London to Paris Cycle

Introduction

This trip takes you between two most iconic capital cities in the world, and between two of the most famous points: Greenwich Observatory in London, and the Eiffel Tower in Paris.

The going is not as flat as many people think, but you do pass through classic countryside in Kent, and the Pas de Calais, Somme and Oise regions of France. The road parts are done under your own pedal-power. The wet part goes via the most famous channel crossing: Dover to Calais. On your day in Paris, you could round it off with a visit to Notre Dame. On a bike you feel the wind in your face, and get a real chance to explore some beautiful corners of England and France on the way. Once out of London, you pass through one of the harder sections of the route, as you go through Kent and the North Downs. The countryside is verdant, and remarkably much as it was in past centuries. From Calais you head inland and south. History will surround you on this ride - a stark reminder of the importance of these lands and of the wars that have been fought there. You'll pass by battlefields from the Hundred Years' War, see First World War cemeteries, You'll also pass the spectacular Gothic cathedrals of Abbeville and Beauvais, with their extraordinary white limestone construction, full of tracery and flying buttresses. You'll stay one night each in Dover, Abbeville, Beauvais, and Paris. In Paris, if you want you can take time to soak up the atmosphere of one of the most romantic cities in the world: its restaurants, cafés, museums, and nightlife.



Facts at a Glance

Overall Distance	440 km/280 miles
Average Daily Distance	80 -110 km/50 - 70 miles
Time	4 Days cycling

Requirements

This tour is tough but achievable buy most people. The cycling days will cover 50-70 miles and will take around 7-8 hours. There are a few significant hills on the route, particularly on the first day.

We recommend that you follow a fitness plan in preparation for your challenge, an example of one will be sent to you when you have confirmed your booking. Although the fitness plan we will send to you has been devised by a fitness professional, this is only provided as a guide and you should seek professional advice before starting your own fitness regime.

Typical Itinerary

Day 1

Leaving from Greenwich Observatory you head to Dover via Sittingbourne and Canterbury, overnight in Dover.

Day 2

Morning ferry crossing to Calais, Cycle from Calais to Abbeville via Montreuil and Crecy en Ponthieu, over night in Abbeville.

Day 3

Cycle from Abbeville to Beauvais via Oisemont, Amule and Marseille en Beauvais, over night in Beauvais.

Day 4

Cycle from Beauvais to Paris via Mouy, Bronel and Foret de Montmorency, Finish in Paris and over night in Paris

Day 5

Free day in Paris for sightseeing and making your way home via Eurostar.

Accommodation

Your accommodation is booked on a twin room, bed and breakfast basis. Single rooms are available at a supplement.

Lunch stops are often in cafes or done as a kitty system and eaten together as a group.

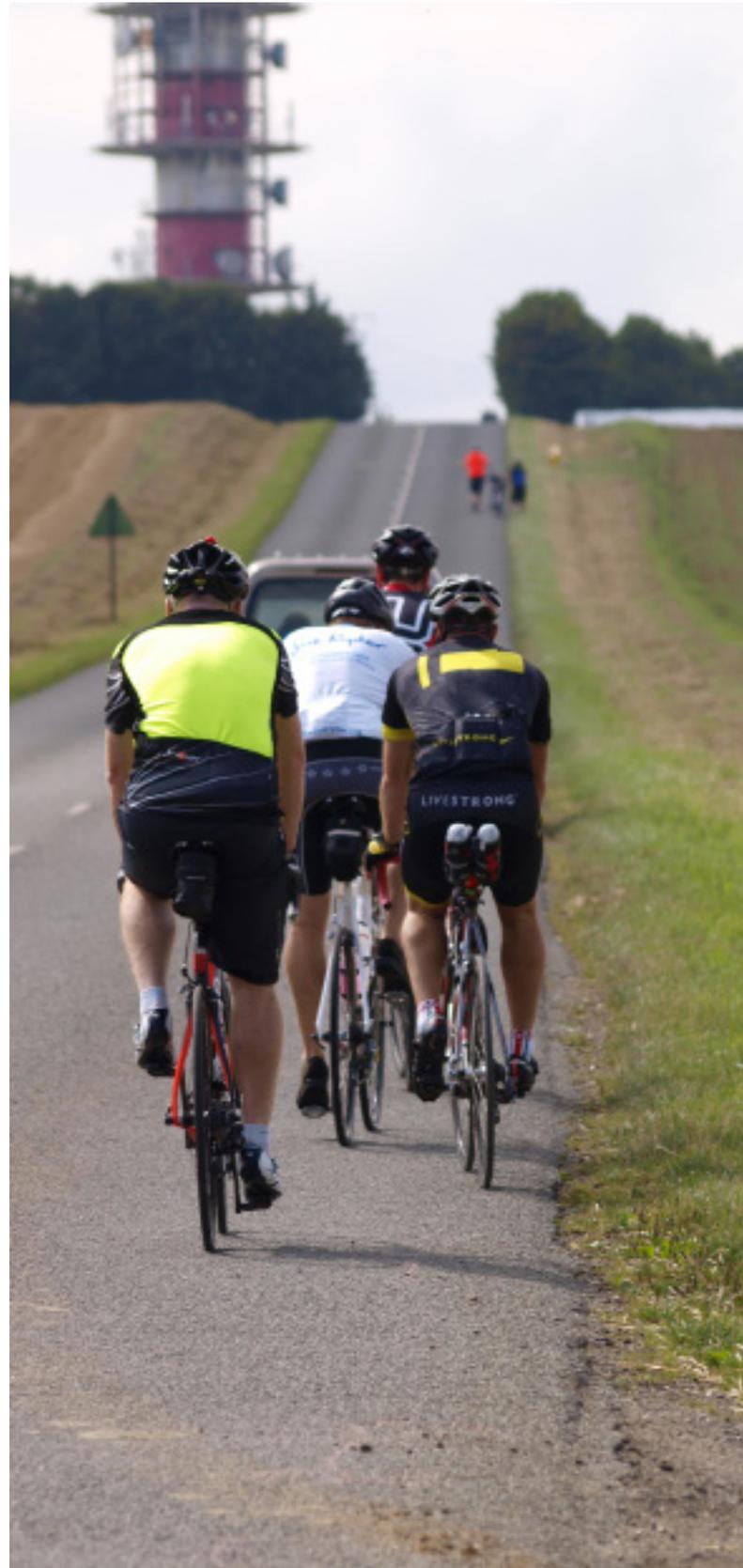
You are free to make your own choices regarding your evening meals. If your accommodation does not have a restaurant on site there will be one within walking distance.

Returning from Paris

Your bikes will be transferred by to London for you in the support vehicle. They will be waiting for you at St Pancras Station on your arrival via the eurostar.

Although your bikes will be treated with the utmost care, if you have an expensive bike, you should come prepared to pack your bike in protective packaging, for peace of mind or to make your own arrangements to have it transferred back to London via Eurostar's bike service.

Please follow this [link](#) to find out more about Eurostar and their bike transfer services.





What's Included

- Professional event organisation
- Qualified cycle guides
- Four nights twin room accommodation with breakfast (*Single rooms are available at a supplement*)
- Channel Ferry Crossing
- Return travel to London via Eurostar
- Baggage and equipment transfers on cycle days.
- Public and Product liability insurance is included. Participants must have their own accident and travel insurance.
- Group first aid kit with qualified first aiders
- Financial Protection: in the unlikely event of insolvency, all our trips are protected in accordance with the 1992 Package Travel Regulations.

What's Not

- Travel to start point
- Beverages
- Evening meals
- Lunches (we recommend a kitty system with the group)
- Personal bicycle repair equipment
- Insurance (*for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects*)

This dossier is intended as a rough guide and for use with a Maximum Adventure trip only. It should not be used as a guide book. This trip involves travel to mountain areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to suit the particular participants, inclement weather or for any other reason deemed necessary.



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There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

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