



# Cycle London - Paris 4 day

## St Clare Hospice Cycling Adventure

### FAST FACTS

<b>Country:</b>	France		
<b>Registration Fee</b>	£149 pp	<b>Duration:</b>	5
<b>Min. Sponsorship*</b>	£999 pp		
<b>Min Age:</b>	18	<b>Max Age:</b>	na
<b>Max Altitude:</b>	350m	<b>Total Ascent (approx.):</b>	500m
<b>Total Distance:</b>	450km	<b>Fitness Level:</b>	★★★★☆
<b>Next Departure:</b>	06/09/2012		



## St Clare Hospice

St Clare Hospice is a registered charity which cares for people and their families of West Essex and East Hertfordshire who are affected by life-threatening incurable diseases such as cancer, end-stage neurological, cardiac, renal or lung disease.

Registered Charity No. 1063631

**We are sure this unique Adventure Café event will inspire and enthuse experienced cyclists out there, as well as those who are new to the sport, but want an unforgettable challenge. This grand 280 mile route from London (Greenwich) to Central Paris is a classic, with a carefully thought out route, utilising a mixture of good fast direct roads, and small country back roads. We have taken time to consider our routes in and out of London and Paris to make them as enjoyable and pain free as possible! Ride from one exciting European capital to another—in just four days!**

Upon leaving the familiar sights of London, with fantastic views from Greenwich Park we pass through England's delightful Kent countryside, alongside the North Downs and to the White Cliffs of Dover. We'll make a stop at the historic crossing point of the River Medway at Rochester for refreshments along the way. Dinner is taken on board our Ferry crossing before our first night's rest in Calais. Our ride through France takes us through the attractive Pas de Calais area, on fast open country roads. We'll glimpse poppy fields through the Somme valley and stay en route in charming French villages. We cycle on through the picturesque Picardy countryside and on our approach to Paris, we really get going! It's downhill into Central Paris and we'll eventually pass right beside the impressive Arc de Triomphe and swoop along the grand Champs Elysees to our finish point, bang in the middle of the excitement of Paris. From one capital to the other.... The evening is then yours to enjoy; celebrate in this beautiful and culturally vibrant capital. You are accommodated in Paris and the following day (aching legs permitted!) you are free to sample the delights of city (subject to a typical early afternoon return on the Eurostar from Gare du Nord) before catching the Eurostar train / flight directly back to London. Your bike will have a head start on this journey and you will be reunited back in London. This could be the start of something big...have we told you about our Paris to Munich ride??



## Itinerary

Pre-Event meet at agreed location for pre-event briefing and dinner - 18:00

\*\*N.B This night's accommodation is not included\*\*

### Day 1 London - Calais, apx 78 miles

Early departure from Greenwich Park (Approx 08:00 You will need to arrive at the observatory for around 07:30). Our chosen route takes us through the historic town of Rochester then it's onto Canterbury, Dover and then on board the ferry for dinner- time crossing to Calais. On disembarking the ferry there will be a short cycle to our Calais hotel. Hopefully, we'll be here in time to see the sun set over the English Channel.

### Day 2 Calais—Abbeville, apx 75 miles

Morning departure from Calais, bound for Boulogne via the pretty coastal road and then Abbeville (half-way point of our adventure). Our route is undulating for the first section and then shortly after Boulogne flattens out considerably. We make regular contact with the coast during the day - eventually passing the historic and beautiful Baie de Somme before heading inland to Abbeville. Hotel accommodation in Abbeville.

### Day 3 Abbeville—Beauvais, apx 65 miles

Morning departure through Picardy's attractive countryside and villages on to the lively town of Beauvais, we should arrive mid afternoon, with time to relax and take a look at the stunning cathedral, prior to the evening's entertainment! We're now nearing Paris - get ready for a great day tomorrow!

### Day 4 Beauvais—Paris, apx 56 miles

Morning departure for final leg to Paris. Although this is a shorter distance to travel, excitement builds as we cycle through the Oise region. We shall ride in via the pretty town of Pontoise, and then along the river Seine. We will finally enter over the 'peripherique' ring-road, over the River Seine one more time and on to the Arc de Triomphe before riding carefully down the Champs Elysees, and a quick visit to the Eiffel Tower viewpoint with our bikes. Celebration evening in Paris, hotel accommodation. Leave bikes with support vehicle/at hotel.

### Day 5

Subject to return travel arrangements, you are bike free and able to make the most of your day in Paris. You will then catch the Eurostar or a flight directly back to London and finally retrieve your bike.



## Accommodation

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Will be in a simple hotel for 4 x nights (including buffet breakfasts) You will be sharing in twins or triples. If you require a single room then please request this at time of booking (a small supplement will be payable). Upgrades are also available for an extra charge if required.

## What is a Level 3 Cycling Challenge Like?

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These challenges are either longer, higher, or span several days. In the case of single day events, you can expect up to 10 hours cycling. In the case of a multi day ride, you can expect lower daily durations - but of course - the effort is sustained over a longer period. You need to be keen on physical exercise for these events, and to enjoy taking exercise, and to do it regularly. Longer duration long haul rides are likely to be easier in terms of the physical riding, however, you will need to be more resilient - due to simple living conditions - ie using same clothes for several days, lack of washing facilities, simple food, and maybe camping - these factors form an integral part of the challenge.

## How Fit Do I need to be to join a Level 3 bike ride?

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You need to have good endurance for these events. You must be used to doing long rides in the countryside - 8 hours + . You should be doing regular exercise - with some serious cycle training. Your typical comfortable cycling speed will be around 20-22 km/hr, and you should be able to cycle at high speed for up to 1 hour or 25 km. You may also be concentrating on other types of exercise - but for longer periods of time (ie sessions in excess of 1.5 hrs.) - however cycling is the best preparation (obviously!)

## Medical Issues

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Please note, it is extremely important for this physical challenge that you are in good health. If you have any pre-existing medical conditions, please consider carefully whether you should be joining the challenge. Please ensure you fill in the booking form accurately and honestly, this is important. In the case of serious conditions (epilepsy, diabetes, heart conditions, recent illness or operations), please discuss the challenge with your GP. Please also ensure you notify us of any allergies or similar.

It requires stamina and good aerobic fitness - but good willpower will also come in handy! Failure to disclose medical conditions is a serious omission - that could have serious repercussions on any of our challenges.

## Insurance Details

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Travel insurance is required for all overseas adventures and can be purchased through Ventureguard using the link on the left hand toolbar of the website.

Travel insurance is not compulsory for UK adventures but it is advised. For further information, please don't hesitate to contact the Café.

## Special Notes

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Please note your leader and support driver will do their very best to keep you safe and well on this trip. But you should listen carefully to their briefings. It is their role to identify to you the safest way to get through this ride, and to keep an eye on you and your wellbeing. Please take seriously any suggestions or comments they may make to you - it is for your wellbeing!

Please note that the ride on Day 1 is carefully timed and is fairly tight. Those riders at the specified fitness level should have no difficulty in getting to the ferry in time for the sailing. From time to time, the occasional slow rider may be asked to join the support vehicle in order to reach the ferry on time. Please note that this is very infrequent, and if you have done your training, it won't be you!

Lunches are organised by the support team who will discuss and arrange picnic lunches (weather permitting) with the group throughout the event - normal cost pp a day £3.50. If weather is not clement enough for a picnic we will use cafés and patisseries at convenient locations along the route.

Evening meals will be at restaurants either at the accommodation or in the town of stay. You should budget approximately £10-£15 an evening for a hearty meal that will see you through your next days cycling.

Return travel will be by Eurostar from Paris to London - typical return times are between 14:00 and 18:00 and journey time is approximately 2.5hrs. If you wish to travel outside of this time window please ask for availability - a small surcharge will apply for peak tariff fares.

## Adventure Cafe Cycle Hire

Adventure Cafe is pleased to offer good quality reliable sports hybrid bikes for hire. These bikes are available in a range of sizes, and are fitted with Shimano running gear, and nice slim wheels - ideal for high speed mile munching! You should provide your own cycling helmet, and small multi tool. We offer these bikes at a rate of £15 per day - with discounted rates for multiple days. Please call us to discuss - 01460 249191!

## Visas / Redtape

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When travelling abroad you may require a Visa. Please check the Travcour website ([www.travcour.com](http://www.travcour.com)) for up to date Visa information. Here they can advise you on the best action to take. If you require further information please don't hesitate to contact the Café.

## Included In Trip

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Experienced Cycle Leader, Full Vehicle Support and Driver/Mechanic, Pre-event briefing Ferry Crossing to Calais, Bed and Breakfast accommodation en route, Paris accommodation, Return journey to London on Eurostar or flight Easy transfer of bikes back to London, Full buffet breakfasts every day.

## Excluded From Trip

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Transport to/from London start/finish points, Lunches and dinners. Pre Event Accommodation in London.

## Equipment Required

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### Bike Items

Road Bike / Hybrid Bike / Mountain Bike (with Touring Tyres) - please call us for guidance on type of bike on a trip by trip basis

Water Bottles (bladder system/cycle water bottles)

Cycling Gloves

Bike Lock

Neck Scarf

Small Rucksack (or small pannier)

Small Holdall (for overnight gear)

Bike rack for rear pannier

Lamps (front and rear, head torch can be worn)

Under Saddle Pouch (recommended - can be used to carry asterik\* items)

Duck Tape (small folded piece off the reel)\*

Puncture Repair Kit\*

Cable Ties\*

Bell or Horn on your bike - Louder the better!

2 x Inner Tubes\*

Brake Blocks\*

Multi-Tool (with allen keys)\*

Cleaning Rag\*

Oil/Lube\*

Spare parts for your bike (spokes, and other specialist parts for your bike)

Oil/Lube Brush (Toothbrush)\*

Pump (suitable for your valve type)

Helmet (compulsory)

Cycle Box / Case / Cardboard Box for Transportation (not the huge rigid boxes on point to point rides please!)

Parcel Tape if required to re-box your bike

### Medikit

Suncream

Plasters

Vaseline

Insect Repellant

Rehydration Salts

Painkillers

Sunbloc

### Washkit

Pack Towel (lifesystems recommended)

Soap (small bar)

Shampoo (not a full size bottle!)

Toothbrush

Toothpaste

### Warm Clothing

Medium Weight Fleece

Lightweight Gloves

Fleece Hat

### Cycle / Overnight Clothing

Lycra Cycling Shorts

Cotton Shorts

Long Cycling Trousers (Tights/Tracksuit Bottoms)

Cotton T-Shirts for evening

Short Sleeve Cycling T-Shirts (Dryflo type material) or Cycle Top with rear pockets

Long Sleeve T-Shirt - preferably white for hot sunny destinations  
Cycling Shoes (approach shoes suitable)  
Sandals / Spare Shoes for after ride  
Underwear  
1 Set Casual Evening Wear  
1 Pair Cotton Trousers

### **Waterproof Clothing**

1 Outer Fully Waterproof Jacket (gore-tex, e-vent) - comfortable to cycle in  
1 Pair Outer Waterproof Bottoms

### **Other**

Camera  
Memory Card  
Travel Documents  
EHIC Card (European Health Insurance card)  
Travel Insurance (compulsory)  
Passport  
Wallet  
Credit Cards  
Cash  
Local Currency  
Sunglasses  
Mobile Phone  
Penknife  
Snacks for Cycling Days (dried fruits, nuts, flapjacks, cereal bars etc)  
Sleeping Bag / Silk Liner (please check this on a trip by trip basis - it may be required)

### **Important**

Make sure you do not 'over pack' - bring only what is essential for the trip

A final kit list will be provided in your 'Final Joining Instructions' pre-departure

### **Transport / Transfer**

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You will have return travel arranged for you. All baggage is transported in the support vehicle. Your bikes will be returned for you to a pre-arranged central point in London for you to collect.

Although the bikes are transferred very carefully, if you have an expensive bike, you should come prepared to pack your bike in protective packaging, for extra peace of mind.

### **Safety Information**

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By nature all activities contain an element of risk. Your leader will be first aid qualified and will carry the appropriate safety kit for the activity, such as mountain safety shelters, walking rope and from time to time mobile radios. Safety equipment carried will be appropriate to trip. The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

### **Weather**

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The weather is obviously dependent upon the time of year - but typically from April to September when we run these rides, you can expect reasonable weather. If we prepare for all conditions then we may be pleasantly surprised!  
You should prepare for both the possibility of hot and cold weather - as it can be fairly unpredictable.

<b>ADVENTURE DATES AVAILABLE</b>		
<b>START DATE</b>	<b>END DATE</b>	<b>DURATION</b>
06/09/2012	10/09/2012	4

**This challenge is organised by Adventure Cafe Ltd on behalf of St Clare Hospice**

**\*Payment System:**

To participate in this event you will need to make a registration fee payment directly to Adventure Cafe of £149.

This will secure your place on the challenge. You will then need to fundraise the further amount to allow you to participate in the event. For this challenge you need to raise a further £999 in sponsorship monies. This further amount should be made payable directly to the Charity. A significant proportion of your fundraising will be directed straight to the Charity and will assist in the good cause for which your charity works. Adventure Café will be operating this Adventure Challenge but is not responsible for collection of payments from participants. If you have any questions about this system of payment and participation please call us to discuss further.



Please contact Adventure Café on 01460 249191 to arrange your own departure dates, exclusive trip, or your own corporate event. We shall be delighted to develop something specifically for you.

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# Cycle London - Paris 4 day Map

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