

The challenge of a lifetime...
...for the charity of your choice

London to Paris

Cycle

**Route
One**



Participant Further Information



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Start & Registration

The start venue is Holiday Inn, London-Bexley, Southwold Road, Bexley, DA5 1ND

Tel: 0871 942 9006 / 01322 625540

Train transportation information is found below:

Nearest station: Bexley Train Station

Distance from hotel: 0.5 Miles / 0.8 KM

Taxi fare from train station: approximately £6.00

There is car parking available at the start venue and participants can leave their cars here for the duration of the challenge. Please note that car parking availability is limited and will be given on a first come, first served basis – please contact the Holiday Inn direct if you wish to reserve a place. The cost for this is £10 per day up to a maximum of £60.

Accommodation is available at your own expense for the night prior to the start of the challenge. Those wanting to stay at the Holiday Inn before the start of the challenge should contact the hotel directly. Bicycles can be locked in our meeting room overnight, located in the hotel. The cost for a twin room is £130 and for a single is £110.

There will be an event registration desk located within the hotel so please ensure you find this to register and also to collect your cycling pack. Registration for the event will be made available from 5pm to 7pm, the day prior to the start of the challenge. For those registering on day 1, registration will be from 6am – 6.30am. We aim to set off on our cycling challenge no later than 7am prompt after a 6.45am briefing.



France Fact File

- The full countries name is French Republic.
- There is a population of approximately 65.4 million people, and 2,273,305 of these live in the capital city, Paris.

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Day 1 - London to Calais

Morning

Today is our first day in the saddle. We will leave Bexley and head south east to Dover leaving greater London as directly as possible and following the old A2 through Dartford, Gravesend and on to our water stop in Rochester.

As we make our way towards lunch we turn off the larger roads and onto some of Kent's country lanes through orchards and hops plantations, before eventually rolling into our lunch stop in the beautiful village of Chilham.

Afternoon

This afternoon, the terrain starts to become more challenging. We will be riding almost exclusively on small country lanes passing through beautiful countryside.

Although this is a short afternoon, the hills are steep and short-lived but with a sense of urgency to catch the ferry, this can be one of the most challenging sections of the whole ride. We will regroup in the village of Guston, before we ride down past Dover castle and into the port.

Next we will be escorted through the port and directed into a lane where we will wait to be boarded.

After a well-deserved rest on the ferry we arrive in Calais. We will ride off the boat and regroup just outside the port before embarking on the short ride to our hotel in Calais.

Dover to Calais Ferry



The first day is the day where timings are very important as we have a set time to get to the ferry port and catch the Dover to Calais ferry. The whole group will meet at a meeting point in the afternoon and cycle to the ferry port together. If you do not reach the meeting point by a certain time then we will have no choice but to transfer you to the meeting point. The cut off time will be communicated to you in the morning briefing and it will be reiterated at all the stops during the day. We will then be re-grouped at the ferry port and check in as a group, please note you will need a valid passport to check in, so please ensure that you have your passport on you

during day 1 as you will not have access to the luggage van.

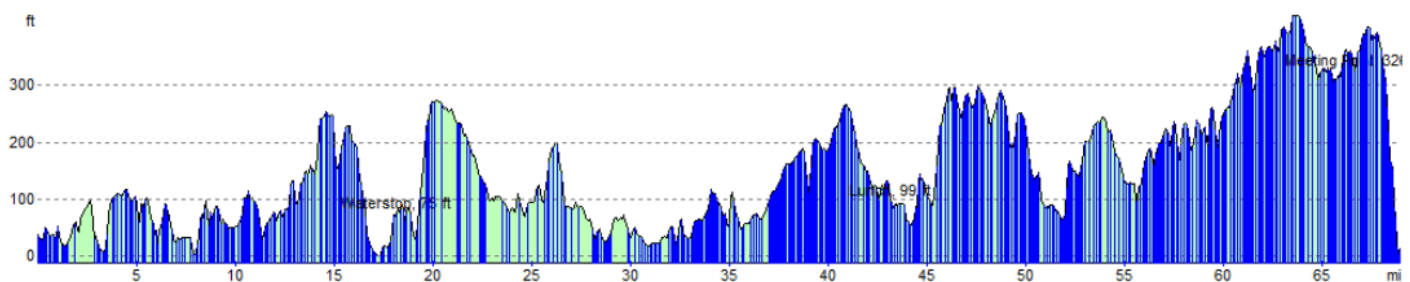
Any participant who isn't from the UK will need to come to the front of the group as they are generally checked in first. Depending on the group size, we will then get a police escort around the ferry port and directed to a ferry lane ready to cycle onto the ferry when they begin boarding. The group will be split from the support vehicles at this point as the crew will get on the ferry from a different lane.

Once you get onto the ferry, your bikes will be left on the car deck and you won't see these until the ferry docks in Calais. Please ensure your bike is secure and won't fall over or knock into another bike or car. As you will be walking around on the ferry it may be suitable to bring some throw away flip flops so you don't have to walk around in your cleats and run the risk of wearing them down.

Once the ferry docks, you will be reunited with your bike and then cycle off the ferry. The support vehicles will be waiting outside the ferry port ready to direct you to the accommodation.

As previously mentioned, you will need your passport for both the ferry crossing and the Eurostar back to London.

Elevation profile



Total distance – 72 miles

Total ascent – 4352 ft

France Fact File

- The currency that is used in France is Euros and the language spoken in French.
- The time in France is GMT + 1 hour.
- The climate and temperature is very similar to the South east of England – i.e. it can rain at any time! Temperatures on average are 15°C – 24°C (5°F – 75°F) in the summer and 1°C – 7°C (34°F – 45°F) in the winter.

Day 2 - Calais to Arras

Morning

We start today by leaving Calais on a wide open road which takes us quickly to the village of Ardres. We then turn onto sweeping roads through large arable fields and small French villages as we summit the first small climb of the day; it is well worth taking a look back at where we have cycled this morning, from the viewing point in the car park. As we approach the water stop, we climb gently through woodland to a well-earned rest at the morning's water stop.

The next section of the ride is particularly challenging, not only is it one of the hilliest sections in France but it is also one of the longest sections between stops - be sure to get plenty of snacks and water on board at the first water stop to get you through to lunch.

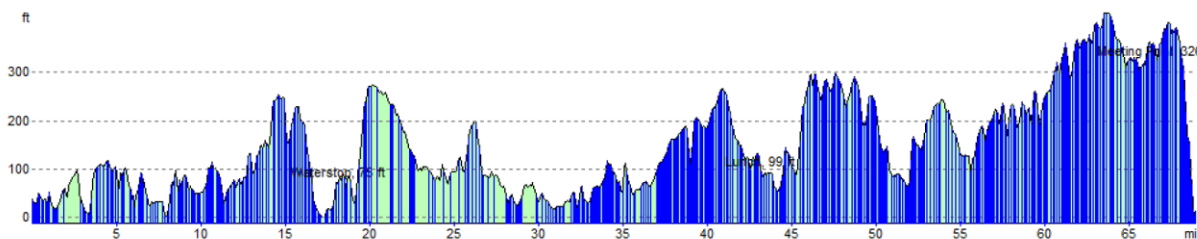
Afternoon

From lunch we set off up a long gradual climb that is extremely deceptive and often has a headwind. When we reach the top we turn out of the wind and follow flowing countryside roads through picturesque villages all the way to Arras.

On arrival in Arras we will follow a quiet road through the suburbs, until arriving at the intersection with Arras's inner ring road and the Citadelle. At this point we turn right and follow a green painted cycle path, where we will soon see our last arrow for the day.

We will continue to follow a green cycle path all the way to the square opposite the central station and onto our hotel.

Elevation profile



Total distance – 69 miles

Total ascent – 4321 ft

France Fact File

- The average price for a beer or coffee is more expensive in France than in the UK, plus it depends on location. The average cost for a small beer (generally ½ pint) in Calais is €3 - €4. However, the average cost for a small beer in Paris is €5 - €7.
- The mobile telephone signals are available all over France, though naturally they vary with location.

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Day 3 - Arras to Compiègne

Morning

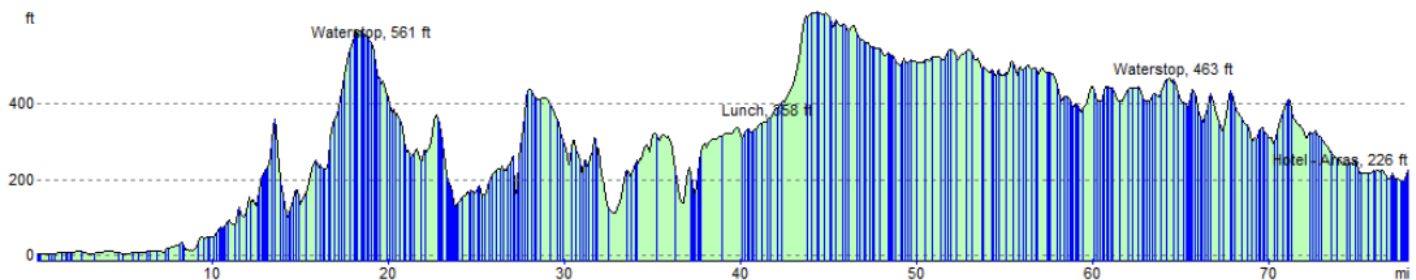
This morning we set off for Compiègne, which is an easier day cycling than yesterday. We quickly leave the town behind and head back into the countryside. Today we have our first real chance to take in some history as we ride through the Somme. There are two allied forces graves before we even arrive at our first water stop and between the water stop and lunch stop, there are two German war graves, these should not be missed by anyone interested in the war. The contrast between the German and Allied grave yards is profound.

Afternoon

After lunch we leave the battlefields behind and pass through the town of Roye. From here we move quickly down wide open roads to our water stop for the afternoon.

After the stop we head up a beautiful twisting climb through the forest before an equally lovely decent. Watch out for the stop sign immediately after the decent as it can sneak up on you! From here it is a pleasant meander through villages before turning right onto a busier road into Compiègne. We will then ride over the new river bridge and follow the river that skirts around the town centre and onto our hotel.

Elevation profile



Total distance – 78 miles

Total ascent – 3964 ft

France Fact File

- It is safe to drink water from the taps in France.
- The local people in the North of France are generally very welcoming and cyclist friendly.

Day 4 - Compiègne to Paris

Morning

Today is our last day in the saddle, but without any doubt it is a day to look forward to. We set off from our hotel and are immediately plunged deep into the Compiègne forest. We start off on a rolling cycle path before turning onto forest lanes, beaming with dappled sunlight. This morning is an easy ride except for a short steep climb a few miles in before our first water stop, but be careful of speed bumps and storm drains in this section.

From the water stop we ride through the same northern French agricultural land that we have become so accustomed to in the past couple of days. We travel through the beautiful village of Ermenonville which is well worth a short coffee stop, but please be aware of the dreaded cobbles.

Afternoon

After lunch we soon get Paris in our sights. We manage to stay in the countryside until halfway to our final water stop where we are plunged into the Parisian suburbs.

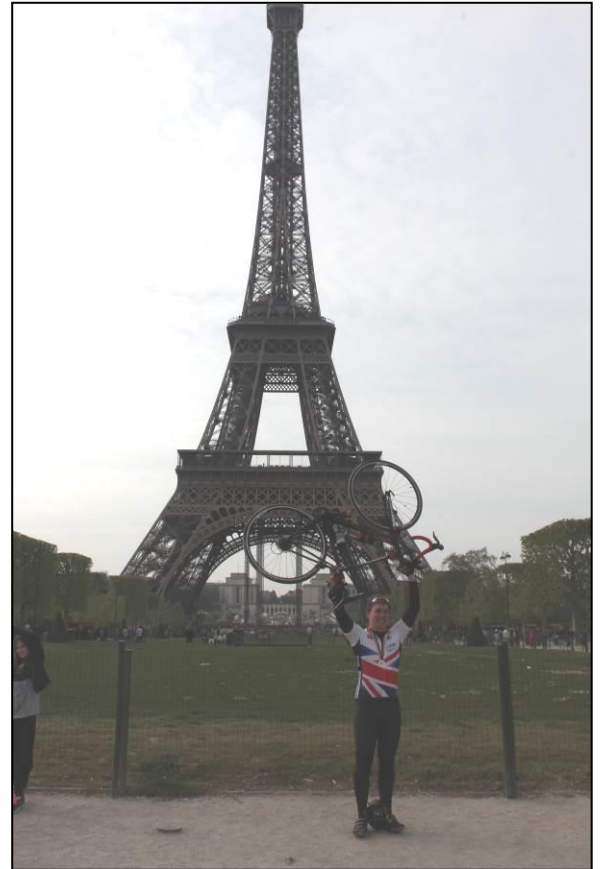
From here on in, we need to be on our game and looking out for one and other in the bustling traffic of Paris. You will need to be aware of the road surface, curbs and tram lines which can be extremely slippery and debris can often cause punctures. As long as we are careful, riding in Paris will be a lot of fun.



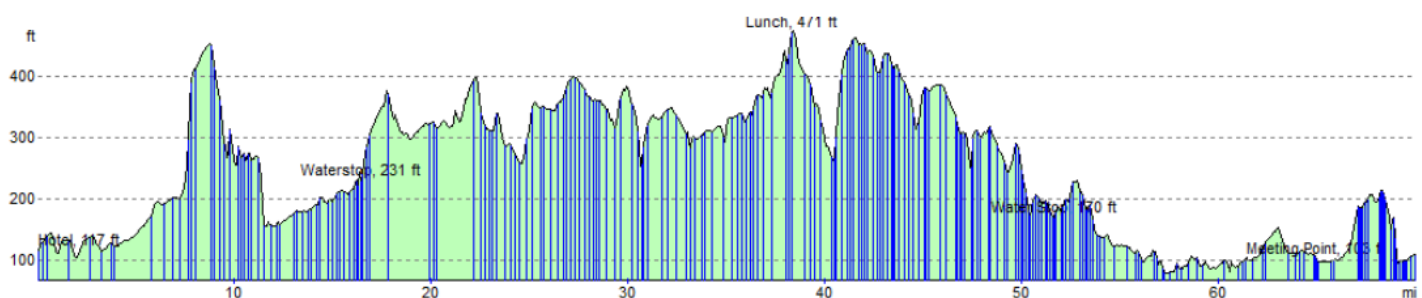
The Big Finish

This will be the moment that has made the tough cycle worth it. We will meet as a group at the Louvre for a particular time (the event manager will communicate this during the briefing for the day). Once we have re-grouped we will begin the final part of our journey. We will cycle from the Louvre to the Eiffel Tower via the Champs Elysées and Arc de Triomphe. Once at the Eiffel Tower you will be met by members of the support team shouting you over the finish line! Get your friends and family to meet you there to celebrate your achievement.

After you have finished celebrating at the Eiffel Tower, you will cycle to the hotel and leave your bike with the support crew. Please ensure you have your bike label attached to the saddle post with the correct destination on it, whether it be the start hotel, St Pancras Station or another option. The support crew will load the bikes in a particular order depending on their destination. You will then grab your luggage, room key and enjoy a bit of relaxation time before we meet as a group for the final time at our celebratory meal in the accommodation.



Elevation profile



Total distance – 70 miles

Total ascent – 2729 ft

France Fact File

- You will need your passport to get over to France on the ferry and back on the Eurostar.
- The Eiffel Tower in Paris is 324 metres high and sparkles at midnight.

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Day 5

Watch the Tour de France

After breakfast at the hotel you are free to enjoy the sights of Paris and importantly watch some of the Tour de France action.

In the late afternoon, each participant will be responsible for getting themselves to Gare du Nord in order to catch the Eurostar back to England.



If you want to see the entire finish of the Tour de France then we do provide an option to stay an additional night in Paris and return to the UK on Monday. Please let us know as soon as possible if you wish to use this option.

Transfer back to the UK

You will be issued with your Eurostar ticket at event registration and it's your responsibility to look after this ticket. We advise you to leave it in your luggage that is being transferred by vehicle rather than carry it on your person.



When it comes to getting yourself and your luggage to the Eurostar Terminal in Gare du Nord station we would advise using the metro system or a taxi. There are a number of ways to get to Gare du Nord from the Eiffel Tower on the metro. The best thing to do is grab a free metro map from the hotel so you know where you need to go. If you chose to go by taxi, it will cost you between 20€ and 30€. It will need to be pre-booked the day before and the hotel can do this for you.

Check in for your train will close an hour before departure so make sure you get yourself to the Eurostar terminal at Gare du Nord station with plenty of time to spare, we would advise you to arrive at Gare du Nord at least one hour before check-in closes. To check in you'll need your ticket and your passport. You won't need to check in your luggage as long as you're within the allowance which is 2 pieces of luggage (up to 85cm long) and 1 piece of hand luggage. You must also be able to carry it yourself. Please note that you will go through airport style security.

Upon arrival at St Pancras station, you will be met by one of the team and directed to the coach park at the back of station. You will then either be directed onto a coach if you are returning to the start hotel or be reunited with your bicycle before making your own onward journey home. Once everyone is accounted for, the coach will head off to the start location for the rest of the group to collect their bikes.

Bike Transfer back to the UK

Upon arrival at our accommodation in Paris, your bicycle will be taken off you and looked after by our event crew. Please ensure you have your bike label attached to it as this will indicate where your bike is going and will be loaded into the vans in a particular order. The bikes are then loaded systematically into our vans using a large amount of packing blankets for protection.

Once the van is back at the start hotel, the event crew unload the bikes that are being collected from the hotel into a secure room. There will be event crew there to help give your bike back if you return to the hotel. The bikes that are being collected from St Pancras would have been packed first in Paris so they stay in the vans ready to be transferred to the station. Once at the station, the event crew unload them in the coach park area ready for you to collect them there.

Please note, that whilst the utmost care and attention is made, Global Adventure Challenges cannot be held responsible for any damage incurred whilst bikes are being transported back to the UK.

Staying Over

For those who have decided to take up the great opportunity to stay over an additional night to be able to watch the entire finish of the Tour de France the transfer options are similar to returning on Day 5.

Individuals will be provided with their Eurostar ticket and after checking out of the hotel in the morning will make their way to Paris Gare Du Nord for a lunchtime train back to the UK.

On arrival in the UK the two options are the same as those who returned the day before. Either collect your bike from St Pancras and make your own way home or alternatively take the transfer service back to the start hotel and collect your bike from there.

France Fact File

- Some useful French words: bonjour – hello, s'il vous plait – please, merci = thank you, je peux utiliser vos toilettes se il vous plait = can I use your toilet please?

