

FURTHER INFORMATION

LONDON TO PARIS CYCLE

TOUR DE FRANCE FINALE

Join our team and ride London to Paris for a truly inspirational experience; you'll make friends for life, push yourself beyond your limits but most of all make memories you'll cherish for a lifetime.

Our London to Paris Bike Ride is an awesome cycling challenge and is by far one of the best fundraising events in Europe, attracting hundreds of riders each year and raising thousands for charities nationwide.

A spectacular finish awaits us as we reach the home stretch around the Arc de Triomphe and down the Champs Elysées, before reaching the piece de resistance, the Eiffel Tower, which marks our finish line.

Exceptional support awaits – from our mechanics through to catering. Come and see why we are the people's favourite!

“BELIEVE YOU CAN”



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INTRODUCTION

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

All participants booking a non-flight challenge with Global Adventure Challenges are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Global Adventure Challenges. This insurance has been arranged with MGA Cover Services Limited (registered address: Farren House The Street, Farren Court, Cowfold, West Sussex, RH13 8BP. Company registration number: 08444204 Authorised and regulated by the Financial Conduct Authority registration number: 597536) under a binding authority with the insurer CBL Insurance Europe Limited (registered address: 2nd Floor, 13-17 Dawson Street, Dublin 2, Ireland, who are also authorised and regulated by the Financial Conduct Authority registration number: 203120).

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.



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ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours! We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from

other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge.

For this challenge the minimum number of participants is 30.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number. In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is normally between 120 - 150 participants.



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RESPONSIBLE TOURISM

We recognise our responsibility to the places that we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as we do now.

We are passionate about the environment and our relationship with the local communities where our challenges take place and as a participant on one of our challenges it is expected that you share our passion and follow the guidelines below:

- Be courteous to the local community
- Be considerate of any local customs
- Keep noise to a minimum especially near dwellings
- Keep to the planned route and do not stray onto private property
- Leave no trace of your visit
- Take all litter away with you including fruit peelings and dispose of it appropriately
- Do not disturb wildlife or livestock

We believe that we all have a responsibility to help fight climate change and as a company, we are committed to offsetting as much of the carbon generated by our challenges as we possibly can.

With this in mind, we have partnered with several organisations who are focussed on fighting deforestation and climate change through tree planting, in order to offset the carbon footprint of our challenges.

As part of the inclusions in the cost of your challenge, we therefore guarantee that we will plant 1 tree per person through one of our partner organisations.

More information regarding our responsible tourism policy can be found on our website.

INSURANCE

Travel Insurance

In order to participate in one of our challenges, it is compulsory that you have comprehensive travel insurance – we recommend that you take this out at the earliest opportunity.

A comprehensive travel insurance policy is available through Global Adventure Challenges, details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for

ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect to medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.

Please be aware that the European Health Insurance Card does not cover travel delays, loss of possessions or repatriation to the UK in the case of an accident, therefore it is not a replacement for your travel insurance.

Bike Insurance

It may be worth considering bike insurance for whilst you are on the challenge. Please be aware that the travel insurance through Global Adventure Challenges does not cover your bike.

PASSPORT

Passports are required for both the outward journey and the return journey. Please ensure that your passport is in good condition as you may be refused entry if it is damaged in any way.



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WEATHER

Although it is impossible to predict in advance what the weather will be like for any particular day, it is hoped that you are prepared for all types of conditions. In the welcome pack you will find a detailed kit list, please ensure that you bring all of the items marked as 'Mandatory'.

Before the start of the challenge the Event Manager will check the weather forecast and make a final decision about the appropriateness of the route to be taken.

Month	City	Average Temp °C		Average Wind Speed (mph)
		Min	Max	
May	London	10	18	9
	Paris	8	18	9
Jun	London	13	21	9
	Paris	13	23	8
Jul	London	15	23	8
	Paris	13	24	8
Aug	London	15	23	8
	Paris	14	25	7
Sept	London	13	20	8
	Paris	11	21	8

The temperatures and wind speeds stated above are averages taken over a number of years and will differ between locations.

COUNTRY INFORMATION

Useful Phrases

- Bonjour – hello.
- S'il vous plait – please.
- Merci - thank you.
- Parlez vous Anglais? – do you speak English?
- Puis - je utiliser vos toilettes s'il vous plait? – may I use your bathroom please?

Costs in France

- The average price for a beer or coffee is more expensive in France than in the UK and does depend on location.
- The average cost for a small beer (generally ½ pint) in Calais is 3€ - 4€.
- The average cost for a small beer in Paris is 5€ - 7€.

CHALLENGE INFORMATION

- The currency that is used in France is the Euro and the language spoken is French.
- The time in France is GMT + 1 hour.
- The climate is very similar to the South East of England – i.e. it can rain at any time!
- The full name of the country is the French Republic.
- There is a population of approximately 65.4 million people, and 2,273,305 of these live in the capital city, Paris.
- The local people of Northern France are generally very welcoming and cyclist friendly.
- The Eiffel Tower in Paris is 324 metres high and sparkles at night.
- Remember to cycle on the right hand side of the road in France.
- French plug sockets are different compared to the ones in the UK, so please remember to bring the appropriate suitable travel adapter.



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PERSONAL CARE

First Aid

Global Adventure Challenges will provide first aid cover during the challenge. All Global Adventure Challenges first aiders are 16 hour Outdoor First Aid qualified.

Although we do provide first aid, we also require that all participants bring their own personal first aid kits so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them any prescription medication along with a personal supply of over the counter medication.

Health and Hygiene

Hygiene is very important to avoid stomach upsets – wash hands wherever possible, especially before eating, by using antibacterial hand gel.

Participants who are travelling out of the UK must have and carry their EHIC (European Health Insurance Card – the replacement of E111) with them for the duration of the challenge. Application for the card, if you have not already got one, is free at www.ehic.org.uk.

BIKE CARE DURING YOUR CHALLENGE

Although there will be bike mechanics on the challenge, there can sometimes be a long wait for them to get to you, so here are some really simple tasks that you ideally need to know how to complete before you start the challenge:

- Change an inner tube/tyre
- Inflate your tyres to the correct pressure
- Grease your gears and chain

These will ensure you can fix your own bike and get back on the road much faster. The best way to learn is either to be taught by someone or look up the task on the internet; there are some great tutorials available. Please ensure you take your bike for a full service before the challenge!

MECHANICAL SUPPORT

The skills of our bike mechanics are usually in high demand during our challenges. As mentioned in the Bike Care section being able to complete basic repairs or punctures yourself really makes a difference to how quickly you can get going again.

During the challenge, bike mechanics are on call to assist you and they will also be available to fine tune your bike each evening at the hotel, time permitting. We do carry bike spares however these are not high specification parts and are supplied to allow you to be able to complete the challenge. If you do require specialist components for your bike then you will need to bring them with you. If you cannot carry them with you on your bike then they will need to remain in your luggage and can be accessed on arrival at each night's hotel.

Any spares which we supply you with will be on a cost basis which is payable to the mechanic in pounds sterling. Please ensure you carry sufficient funds with you for this eventuality.

If the mechanic is unable to fix your bike on the side of the road (i.e. if it is a serious problem) we will provide you with a spare bike, that we carry, to enable you to get to the accommodation. When the bike mechanic is back at the accommodation, they will try to get your own bike fixed for the following day.



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NAVIGATION

When you register on the day, you will be supplied with a route guide in your cycling pack. It is important that you carry this with you each day so you can regularly check it whilst on the route.

Route Marking

The route will be clearly marked with florescent arrows. These and your route guide will help you to navigate your way along the route.



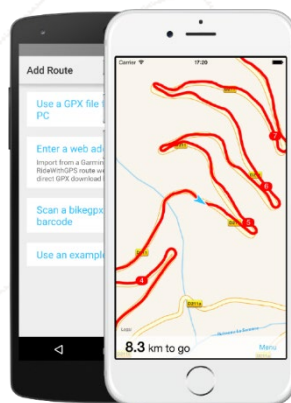
Cycle Guides

If the group size is small we will use cycle guides instead of route marking arrows. When cycle guides are used, the group may be split into teams depending on their cycling speeds (if there is an option to do so) and those teams will cycle at set speeds in a peloton.

GPX'S

If you have a Garmin, bike computer or a GPX viewer app please contact the office as we can provide you with the GPX files for each day. GPX's will only be made available 2 weeks prior to departure to ensure that only the most accurate versions of the route are provided for the event.

All distances shown are approximate and are based on our mapping software, Memory Map. These may differ slightly to other software packages and data recorded on GPS devices.



TRAFFIC

Traffic in Paris is a little daunting to the uninitiated – cars, motorbikes, bicycles and pedestrians just seem to swarm about each other with no ‘rhyme or reason’; so stick together and go with the flow!

The England and Wales Highway Code is similar to the Highway Code in Europe. The Highway Code applies to vehicles, cyclists, horses, pedestrians etc. But there are some rules that are dedicated to cyclists. Please read these rules as they will help you to be safe on the road.

Visit <https://www.gov.uk/rules-for-cyclists-59-to-82/overview-59-to-71> to find the rules that are for cyclists.



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CHALLENGE GRADING

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 1 (Challenging).

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give you an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

CHALLENGING

A 'Challenging' cycle requires a good level of fitness and they usually involve undulating terrain and relatively long cycling days. Hotels are used but these are not luxury hotels and can be very basic.

DIFFICULTY & TERRAIN

You will be cycling for 4 consecutive days covering a total distance of approx. 309 miles. We will cycle on varied terrain which is mostly tarmacked roads but at times will be testing with roadside debris, tram lines and cobble stones.

This itinerary has been designed to maximise your chances of success, it is worth remembering it is not a race and one top tip you should follow is to cycle at a steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions.

Global Adventure Challenges reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.



OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Travel insurance	£35.01*
Spending money	£150 - £200
Hotels the night before and after your challenge.	£80 - £100 per night
Extension costs	Please contact Customer Care for current costs

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

*if you take out the single trip policy through Global Adventure Challenges.



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START VENUE

Registration

Registration takes place the night prior to and on the morning of the challenge. Registration opening times are as follows:

Night prior: 6:00pm to 7:00pm

Morning of challenge: 5:45am to 6:15am

There will be an event registration desk located at the start venue which you will need to find to register. Details of the start venue will be communicated to you in the lead up to the challenge.

As part of registration you will be given your cycling pack which contains route information and emergency procedures, along with an armband that must be worn during the challenge. You will be asked to re-confirm details such as contact number and next of kin details to ensure these are still accurate. During registration you will also be advised of when the event briefing will take place and what time the group will start cycling.

Accommodation

Accommodation for the night prior to the start of the challenge is available at your own expense however we will always look to secure a preferential rate for our participants. If you choose to register in the

evening, your bike can be locked in our storage room overnight. Details of any accommodation we have secured preferential rates for will be sent to you in the lead up to the challenge.

Please note that Global Adventure Challenges do not book rooms on the night prior and participants who wish to have accommodation will need to contact the hotel directly.

Some of our start venues do have parking available at a reduced fee for the duration of the challenge. Please note that car parking availability is usually limited and is offered on a first come first served basis by the hotel.

TRANSFERS

Outward Travel: Participants will be booked onto the ferry as foot passengers with bikes. After cycling from our last meeting point we will be escorted through the port to check in before waiting to board. The ferry is usually early evening and so everyone gets their dinner on the ferry before arriving at our destination just before it gets dark. Once the ferry has docked you will need to cycle the remaining short distance to the hotel.

Return Travel: At the end of the challenge (day 5) you have a free morning before making your own way to the Eurostar terminal. You will be met at the

train station in the UK by the event crew where you can collect your bike and make your onward journey home or take advantage of the transfer service back to the start venue.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.

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BIKE TRANSFERS

During the challenge we will confirm with you where you would like your bike to be returned to on arrival in the UK i.e. St Pancras or the start venue, and we will provide you with a bike label to reflect your choice. Upon your arrival at the hotel in Paris, bikes will be loaded systematically into our vehicles using a large amount of packing blankets for protection. It is essential that you remove any valuables, including bike computers, as they can sometimes fall off when being loaded onto the vehicles.

Once the vehicles are back at the start venue, the event crew will unload the bikes that are being collected from there into a secure room and will be available to hand them back to you on your arrival. The bikes that are being collected from St Pancras will be unloaded close to the coach park ready for collection.

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

FOOD, WATER & REFRESHMENT STOPS

Most dietary requirements can be catered for as long as we know in advance, so please ensure you contact the Customer Care team.

Plenty of food and snacks will be available to you during the trip, however, we suggest you bring along plenty of your own favourite snacks to give you an extra boost when you find the going tough.

Breakfast

A continental style breakfast will be served in the hotel prior to setting off, which will most likely consist of: Croissants, breads, meats and cheeses

Lunch

Lunch will be open air buffets but if the group is small we may eat in local cafés/restaurants en-route.

Open air buffet lunch: Fresh cooked pasta dish, a side potato dish, selection of French meats and cheeses and cakes/tarts.

Cafés: Pasta or rice dish.

Dinner

Dinner will either be in the hotel or in a local restaurant. An example menu is:

Starter: Buffet salad, melon or quiche

Main: Lasagne (beef or vegetarian), hamburger with fries or chicken in a white sauce with rice

Dessert: Dessert buffet, mousse or fruit salad

Water

Water is provided to fill up your bottles each morning before cycling. We will have a couple of water stops throughout the day, where we will regroup and have drinks and snacks. Stops are scheduled approximately every 20 miles cycled. There will be one scheduled stop in the morning and one in the afternoon. Water, cordial, cereal bars, fruit and other tasty treats will be available.



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ACCOMMODATION

The accommodation that we will stay in during our challenge will be a combination of 2 and 3 star standard. The hotel chains we use include Novotel, Mercure, Holiday Inn Express, Ibis (Styles and Budget), Campanile, Balladins, Kyriad, B&B Hotels and Premier Classe.

The accommodation will usually be on a twin sharing basis. The beds in Europe are generally a lot closer together than what would be expected in the UK and sometimes the twin beds can be touching. The room sizes also differ in Europe compared to the UK and are generally a lot smaller. Every hotel room will have en-suite washing facilities, but some en-suites will be smaller than others.

Single rooms can be secured subject to availability and an additional fee. If you would like further information, please email the Customer Care team customer.care@globaladventurechallenges.com

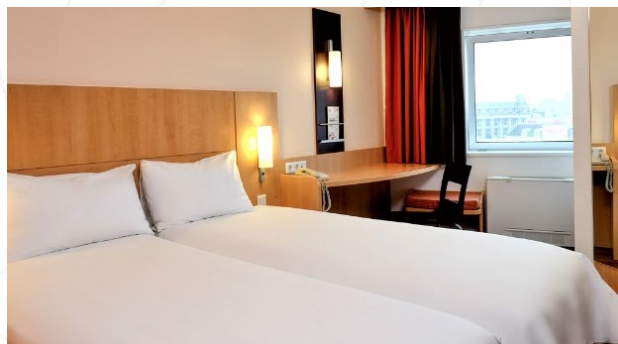
Please note, if there are more than 30 people on the challenge we may be required to use multiple hotels in one location to ensure we can secure the number of rooms required.

Approximately 6 weeks before the challenge, we put together rooming lists for every hotel and partner

you up with someone of the same sex and approximately the same age where we can. If you would like to share with someone you know on the challenge please let us know no later than 7 weeks prior to the departure date and we will endeavour to partner you up with that person for the duration of the challenge. If you have chosen to do this challenge with a group of friends or work colleagues please let us know who is in your group and we will try to get you all in the same hotel. Due to the complex nature of the challenge and group sizes, requests cannot be guaranteed, and once they have been finalised, cannot be changed.

Names of the hotels you will be staying in and who you will be sharing with will be supplied to you during event registration.

Overnight, bikes will either be locked in secure rooms in the accommodation, locked in your own room or loaded into the luggage vans.



LUGGAGE

You will need a large holdall/rucksack for your main luggage which will be transported by vehicle between our accommodations each day. We strongly recommend that your main piece of luggage weighs no more than 20kgs. Our ground crew and porters will be lifting and transporting your luggage whilst you are on the challenge so please keep this in mind when packing.

You may also wish to bring a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

TELEPHONE & WI-FI

Generally the phone signal throughout the south of England and northern France is very good.

All hotels have Wi-Fi, but there may be a small cost for this.

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EVENT CREW

A support team from Global Adventure Challenges will be in attendance throughout the challenge. At least one support vehicle 'floating' to provide support as and when required. The following roles will be covered on your challenge, with smaller numbers some crew will fulfil multiple roles:

Event Manager – They will oversee the entire challenge and all the behind the scenes responsibilities (this is a LONG list). This person will be the first one awake and the last one to sleep to ensure you have the best possible time on your challenge.

Bike Mechanic – This role is fulfilled by highly talented, skilled crew. Make sure you have the bike mechanic's number with you at all times, this will be supplied to you on the back of your route guide. The bike mechanic will be travelling with the group in a support vehicle, providing help and expertise if needed on more serious repairs.

Caterer – This person/team will become one of your favourite people on the challenge! They will be one of the first to leave in the morning to go ahead to the lunch stop and prepare food for the group.

Hotel Coordinators – This role is one that you may not see on the route. For larger cycling groups this team head straight to the next hotel, transferring your luggage and organising room keys so that when you arrive you can get to your room promptly and have a restful evening.

Route Markers – They will be out marking the route a day in advance. You may not see these people as they leave the hotel early in the morning to drive the route they marked the day before and mark the route for the next day. You will definitely see the route markers at the finish as they will arrive there first and get it ready for the group's arrival.

Water stop – The role of the water stop person is to drive ahead of the group and set up planned water stops in towns or villages along route. The water stops are essential for you to replenish your water supplies and also top up on energy with fruit, cereal bars and other treats.

Cycle Guide – If the group is small we will use cycle guides instead of route marking. These people will lead the group along the route in one or more pelotons.



TIPPING

Tipping your guides/support crew is appropriate, customary and always appreciated. Your crew work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your support crew did to enhance your trip.

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EXTENDING YOUR STAY

We don't have any control over the exact finish time of the Tour de France on Sunday evening and even with a late evening return train, we can't guarantee that participants will be able to see the entire finish and presentation ceremony.

We are offering an extension package for anyone who would like to soak up the fantastic atmosphere in Paris throughout the day and night of Sunday 19th July 2020 and get a mid-morning Eurostar back to the UK the following day. Transfer options are the same as for those returning on day 5.

If you wish to extend your stay for one extra night in Paris, please contact the Customer Care team.



TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

customer.care@globaladventurechallenges.com

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DAY	TRANSFERS	DIFFICULTY RATING	CYCLE STATS (APPROX.)	TIMINGS (APPROX.)	ITINERARY NOTES
Day 1: London to Calais	Ferry from Dover to Calais (1 hr 30 mins)	Tough	Total distance: 86 miles Distance from start to meeting point: 85 miles Distance from ferry port to hotel: 1 mile Total ascent: 3,881 ft. Total descent: 4,042 ft.	Departure time: 7:00am Lunch stop: 11:00am - 12:00pm Arrival at meeting point: 2:30pm - 3:30pm Latest Check in: 4:00pm Ferry time: 6:45pm Ferry arrival time: 9:05pm Arrival at hotel: 10:00pm	<ul style="list-style-type: none"> ▪ Cycle through the beautiful Kent Downs. ▪ Travel along quiet lanes passing orchards and vineyards. ▪ See the spectacular White Cliffs of Dover. ▪ Take the ferry from Dover to Calais.
Day 2: Calais to Arras	N/A	Challenging	Total distance: 77 miles Total ascent: 3,924 ft. Total descent: 3,691 ft.	Departure time: 8:00am – 9:30am Lunch stop: 12:00pm - 1:30pm Arrival at hotel: 4:00pm – 5:00pm	<ul style="list-style-type: none"> ▪ Cycle through French countryside with sweeping roads. ▪ Long and gradual climbs with magnificent views from the top. ▪ Gentle descent into the medieval town of Arras with its stunning buildings and architecture.
Day 3: Arras to Compiègne	N/A	Challenging	Total distance: 75 miles Total ascent: 3,012 ft. Total descent: 3,133 ft.	Departure time: 8:00am – 9:30am Lunch stop: 12:00pm - 1:30pm Arrival at hotel: 4:00pm – 5:00pm	<ul style="list-style-type: none"> ▪ Cycle through the region of the Somme and its WW1 battlefields. ▪ See two Allied Forces Cemeteries and two German War Cemeteries. ▪ Take on twisting climbs through Bois de Thiescourt.



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Day 4: Compiègne to Paris	N/A	Challenging	Total distance: 70 miles Total ascent: 3,268 ft. Total descent: 3,245 ft.	Departure time: 8:00am – 9:30am Lunch stop: 11:00am – 12:00pm Arrival at meeting point: 2:00pm – 3:00pm Arrival at finish: 4:00pm Arrival at hotel: 5:30pm	<ul style="list-style-type: none"> ▪ Cycle through Compiègne Forest, dappled with morning sunlight. ▪ Cycle through the centre of Paris and experience its hustle and bustle. ▪ Pedal around the Arc de Triomphe to the finish at the Eiffel Tower.
Day 5: Return to UK	Eurostar from Paris to London (2 hr 35 mins) Transfer from London St Pancras to start venue (1 hr 50 mins) – optional	N/A	N/A	N/A	<ul style="list-style-type: none"> ▪ Free morning in Paris before making your own way to the Eurostar terminal at Gare du Nord to take a train back to London St Pancras.

Distances in this table are based on our most frequently used hotels and distance may vary by +/- 10 miles depending on which accommodation providers are used for your challenge.



