

LONDON TO PARIS CYCLE

8 - 12 JUNE 2022

JUMP INTO THE SADDLE AND
CYCLE FROM CAPITAL TO
CAPITAL

Ride with us as we team up with
another six of the UK's leading
children's hospital charities and
cycle from London to Paris to raise
vital funds to support the
life-changing work at our hospitals.



**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

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GOSH.ORG/L2P-CROSS-CHARITIES

KEY INFO

Duration: 5 days

Distance: 309 miles approx.

Challenge Grade: Challenging 1

Location: London - Paris

CHALLENGE HIGHLIGHTS

- Travel between two iconic capital cities by bike!
- Pass by war memorials and through the Somme
- Celebrate your achievement in style in Paris
- Combine iconic landmarks and history with picturesque scenery

THE CHALLENGE

Our London to Paris Bike Ride is an awesome cycling challenge and by far one of the best fundraising events in Europe, attracting hundreds of riders each year and raising thousands of pounds for charities nationwide. We'll spend 4 days in the saddle, cycling from capital to capital. Our journey begins in London, with our route taking us through glorious English countryside as we cycle from Kent to Dover, before crossing the Channel and continuing through the rolling green fields of Northern France, where we pass the war memorials and cemeteries of the Somme. A spectacular finish awaits us as we reach the pièce de résistance, the Eiffel Tower, which marks our finish line.

Day 1

London to Calais

After registration we set off early to avoid the main hustle and bustle of the London traffic. It's not too long before we're past the outskirts of London and hitting the countryside of Kent. It's a long cycling day today but upon reaching the port of Dover and seeing the famous white cliffs, there'll be a great sense of achievement. We then board the ferry to Calais and have dinner whilst on board. Upon reaching Calais, it's just a very short push onto our hotel where we have a well-deserved rest and get our heads down for the night.

Cycling distance – approx. 86 miles

Day 2

Calais to Arras

Following breakfast at our hotel we leave Calais behind us, remembering to stay on the right! We begin cycling on smooth, flat roads for approximately 18 miles, before we start to pull up towards our first water stop. The route then becomes more undulating as we cycle through the French countryside up to our lunch stop. Some small climbs after lunch bring us to a gentle descent into the beautiful medieval town of Arras, one of the prettiest towns in northern France, where we check into our hotel.

Cycling distance – approx. 77 miles

Day 3

Arras to Compiègne

After breakfast, we continue with our cycle and head south through the Region of the Somme and its WWI battlefields - rolling, green meadows studded with the many war memorials and cemeteries of the First World War. Following traditionally French, tree-lined avenues, we approach our next overnight stop in Compiègne. Since 1968, Compiègne has been the starting place of the "Paris-Roubaix", the most famous French cycling race after the Tour de France.

Cycling distance – approx. 75 miles

Day 4

Compiègne to Paris

The final day of our European cycling adventure! Our last day in the saddle sees us leaving Compiègne riding through the beautiful forest surrounding the town - it was in this forest that the 1918 Armistice was signed. Our route then continues through pretty towns and villages towards the outskirts of Paris. Cycling is the national sport of France and it's not uncommon to see locals cheering and waving us on. We cycle through the hustle and bustle of the Parisian streets until we reach the Louis Vuitton Foundation where we stop to re-assemble. We then ride as a group along the majestic Champs Elysées to our finish line at the Champ de Mars, looking back at the Eiffel Tower! This evening we toast our achievements at a celebratory dinner.

Cycling distance – approx. 70 miles



FOUR DAYS, TWO CAPITAL CITIES, ONE AWESOME ADVENTURE!

Day 5

Paris to UK

After breakfast at our hotel, we are free to enjoy the sights and sounds of Paris. Take a trip up the Tower, visit the renowned Arc de Triomphe or famous Notre Dame Cathedral, or simply soak up the atmosphere in one of the many cafés – the choices are endless! In the early afternoon, each participant will be responsible for getting themselves to Gare du Nord in order to catch the Eurostar back to England. Bicycles will be transported back to London by our crew in the support vehicles and will be waiting for you on arrival at St Pancras, ready for you to continue your homeward journey.

Please note, this is a complex itinerary and subject to change.

Seven children's hospital charities, one goal - to raise vital funds that support the extraordinary, life-changing work at our hospitals.

Working with hospitals, we understand the importance of collaboration. So we're uniting as one team to cycle from London to Paris while fundraising for your chosen children's hospital charity. Come and be part of a supportive team where you'll share a common goal, encourage each other along the way and create a lifetime of memories on this special route between two iconic capital cities.

Together we can make a real difference to the lives of children in hospital.



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This cycle is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (those aged 14 - 17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help Great Ormond Street Hospital Charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This cycle ride has been graded as Challenging (1) on our challenge grading scheme, and is designed to be challenging but achievable by anyone - as long as you fitness train beforehand. Remember, you are cycling for 4 consecutive days, covering approximately 309 miles so expect to be in the saddle for about 7-8 hrs per day - the fitter you are, the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to put you in the right direction.

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. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

We will stay in local hotels en route, which range from 2* to 3* - remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be use of some triple rooms too.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required, such as cycling shorts, cycling helmet and cycling gloves - other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling to carry items such as camera, sun-screen, energy snacks, etc.

Food Matters...

All meals will be provided with the exception of breakfast on day 1, the evening meal on the ferry crossing from Dover to Calais and lunch and dinner on day 5. Whilst cycling, we will either stop at local cafes/restaurants or eat at open air buffets - this depends on the size of our group. We cater for most dietary requirements as long as we know in advance - just fill in the appropriate section on your registration form.

What's included?

- One way ferry crossing from Dover to Calais
- One way Eurostar ticket from Paris to London
- Lunch on day 1, breakfast, lunch and dinner on days 2, 3 and 4, and breakfast on day 5
- All accommodation with the exception of the evening prior to the start of the challenge
- Refreshment stops including water, fruit, and a variety of snacks every 15-20 miles cycled approx.
- Vehicles for back up and support
- Route markers or cycle guides
- Global Adventure Challenges Event Crew
- Mechanic support. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike
- Transfer of bikes back to London
- Coach transfer back to start venue at the end of the challenge

What's not included?

- Breakfast and dinner on day 1, lunch and dinner on day 5
- Alcoholic drinks
- Bicycle hire - each participant must bring their own recently serviced bicycle
- Bicycle insurance
- Travel insurance
- Tips and gratuities

Can I stay in Paris after the challenge?

Unfortunately, we are unable to arrange for you to stay in Paris after this challenge. You can of course make your own arrangements to return at your convenience and stay in Paris as long as you wish, but remember you will need to keep your bicycle with you too. If you do decide to make your own return to the UK please notify Global Adventure Challenges as soon as possible, as your challenge balance may be adjusted accordingly.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges Leaders from the UK. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A vehicle will travel with the group providing medical and mechanical support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling - there is no problem if you need to take more rest stops. Remember, this is not a race!

How much does it cost?

Option A - Minimum Sponsorship

Registration Fee £125
+ Minimum Sponsorship £1,640

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from Great Ormond Street Hospital Charity in order to make fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... What do I do now?

Places are limited and allocated on a first-come, first-served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com. Once your registration is received, Global Adventure Challenges will write to you with further information on what to expect from this awesome adventure! Great Ormond Street Hospital Charity will also be in contact with you to discuss your fundraising.



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