



LONDON TO PARIS GOSH CYCLE CHALLENGE (TDF)

UK, FRANCE • CYCLE • YELLOW 3

ABOUT THE CHALLENGE

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque English countryside, we cross the Channel at Portsmouth and continue through the small villages and medieval market towns of Northern France, making time to take in some of the Normandy landing beaches. With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement. Our last day in Paris allows us to explore the sights and soak up the romantic atmosphere of this majestic city!

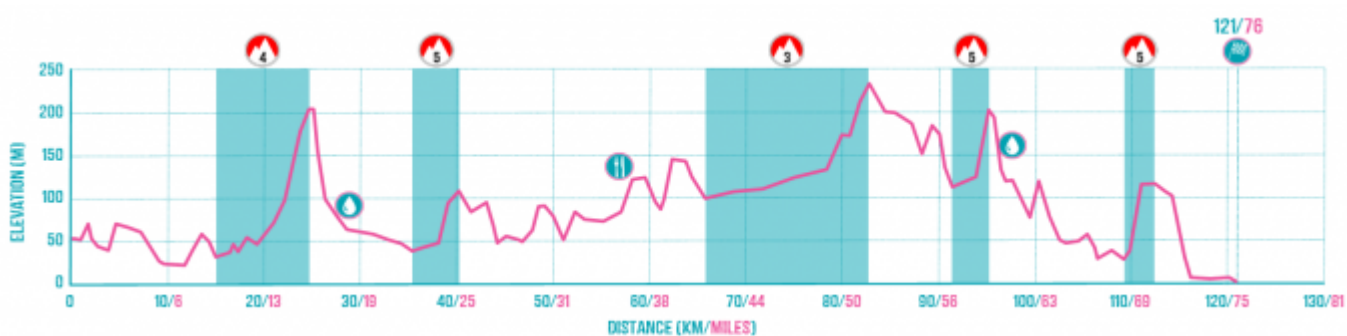
LONDON TO PARIS GOSH CYCLE CHALLENGE (TDF) • 5 DAYS

Day 1: London - Portsmouth - Caen (Ouistreham)

An early start allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It's not long before we're pedalling through the Surrey countryside and onto the North Downs near Guildford. Our route undulates relatively gently, though there are some steeper climbs to test our legs. Heading predominantly southwest, we enter Hampshire and pass through Alton. Look out for steam trains, as this old market town is also the terminus of the famed Watercress Line. We pass Jane Austen's house in the lovely village of Chawton soon afterwards, and continue our ride south across the sweeping South Downs, where more hills await us. Finally reaching the outskirts of Portsmouth, we make our way to the harbour for the overnight ferry to Caen. Night ferry. (Breakfast on ferry not included)

Cycle approx 120km (75 miles)

ROUTE PROFILE

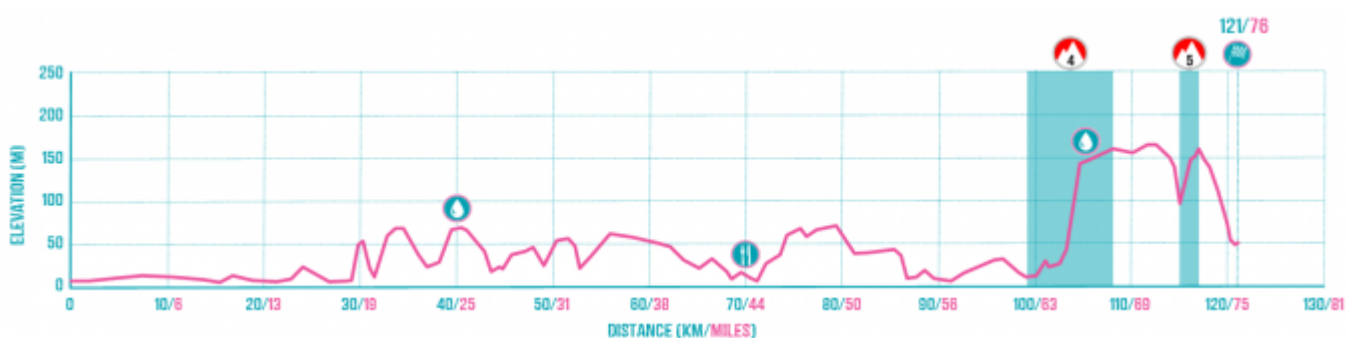


Day 2: Caen (Ouistreham) – Lisieux

We ride west along the coast to the small town of Arramanches, heart of the Normandy Landings. Parts of the mulberry harbour built here can still be seen out at sea and on the beach. We ride to Juno and Gold beaches, then head back east on small roads towards Pegasus Bridge, near Caen, where the first house to be liberated from the Germans in June 1944 still stands. Now a café and museum, there is an opportunity to visit and see the original bridge, time permitting. We then continue east, on quiet rolling roads that take us through farmland and apple orchards – this area produces lots of cider and calvados! We see Lisieux's 11th century cathedral as we approach the end of today's ride; approximately two-thirds of the town was destroyed by allied troops in the D-Day bombardment but the cathedral survived unscathed. Night hotel.

Cycle approx 120km (75 miles)

ROUTE PROFILE

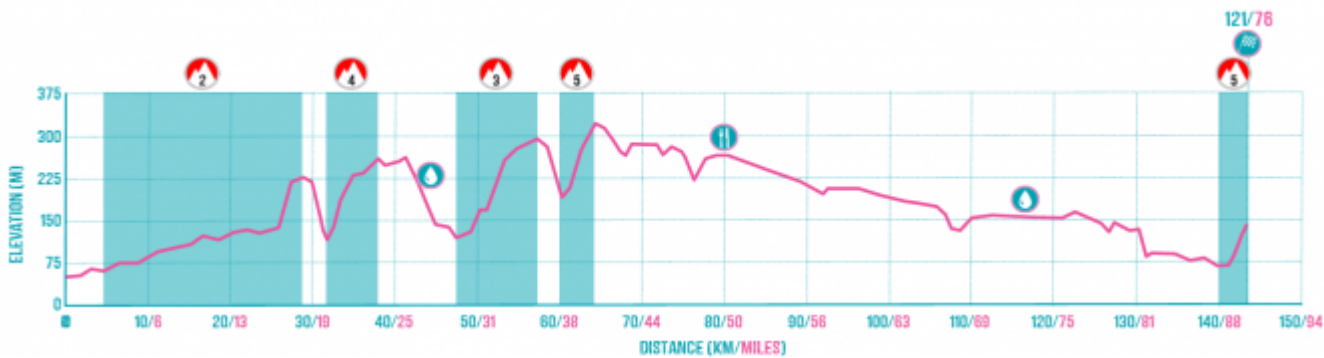


Day 3: Lisieux – Evreux

Another long day ahead of us today, as we ride through lovely, typically French rural countryside. Passing through picturesque hamlets and small towns, it's hard to picture this peaceful countryside dominated by the battles of World War Two. There are some short sharp climbs, though our legs should take them in their stride by now! We ride west through rolling farmland and wooded valleys to the ancient cathedral city of Evreux. Night hotel.

Cycle approx 142km (88 miles)

ROUTE PROFILE

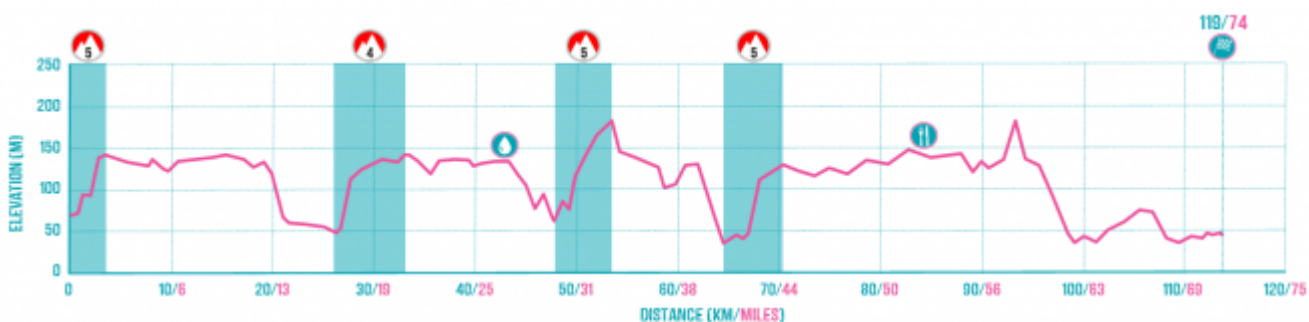


Day 4: Evreux – Paris

Our last day: Paris beckons! We cycle east, crossing the River Eure and riding through small towns as we pass through the valley of the Seine. Nearing the city, we cross the River Seine and cycle through the suburb of Boulogne-Billancourt. As we head towards the centre of this iconic city, we look out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. We pass the Arc de Triomphe and down the famed Champs-Élysées to our finish beneath the lofty arches of the Eiffel Tower – an impressive end to our challenge. After checking into our hotel we enjoy a great celebration to mark our achievements. Night hotel.

Cycle approx 112km (70 miles)

ROUTE PROFILE



Day 5: Paris – London

After breakfast you are free to explore the city; popular attractions include the Eiffel Tower, Arc de Triomphe, Sacré Coeur and the Louvre, or simply wander along the river-bank and watch the world go by. Later you can enjoy the huge spectacle

that is the Tour de France! The 71m-wide Champs-Elysees is by far the best place to watch laps before the final sprint. The atmosphere will be electric as spectators gather early to watch the world's most famous cycling event arrive home! You are responsible for getting yourself and your bags to the Gare du Nord in good time for our Eurostar train back to St Pancras, where we will be reunited with our bikes. *(Lunch & dinner not included)*

WHAT'S INCLUDED

- All transport from London to Paris by return (by ferry and Eurostar)
- All meals except where specified and accommodation on a twin share basis
- Discover Adventure leaders, mechanics and drivers
- Full vehicle support throughout the trip
- Maps and route information
- Celebration meal in Paris

WHAT'S EXCLUDED

- Three meals as specified in the itinerary
- Travel insurance
- Bicycle
- Cycle helmet (compulsory) and water bottles
- Optional Discover Adventure bike courier return service
- Personal spending money, souvenirs and drinks
- Transport around Paris on Day 5, and any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

CYCLE TRAINING WEEKENDS

£180 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Cycle Training Weekends take place in and around the valleys and ridges of the chalk downs around Salisbury. They are designed to gauge your fitness so that you can be confident you are well prepared for the challenge ahead!

GRADE | CHALLENGING (1)



Trip grades range from Challenging (1) to Extreme (5).

CHALLENGING trips involve full days of activity, and are designed to be challenging for those of good health and fitness, but are achievable for most people with a commitment to training and a can-do attitude.

See [Trip Grading Explained](#).



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.
Please note: This document was downloaded on 28 Nov 2018, and the challenge is subject to change.