



LONDON TO PARIS BIKE RIDE

The journey between London and Paris is at the forefront of the race for faster transportation between cities but instead of speeding along in a tunnel, you are about to embark on an experience which brings back the magic and the adventure to travelling between the British Isles and the rest of Europe.

The route covers approximately 300 miles and will be challenging but you will find that no two miles are the same and each day will bring new sights and experiences. Along the route we will be welcomed into cafes and find numerous opportunities to sample local produce. Each night we will be treated to good quality and wholesome food and stay in hotels of a high standard. Our finish at the Eiffel Tower will be a grand finale and we will dine in style to mark this huge achievement.

OUTLINE ITINERARY

DAY 1 GREENWICH – DOVER – CALAIS

We meet at the grass area next to Blackheath All Saints Church for an early morning start in order to be on our way before the morning rush hour. Heading out of London, we cycle through the suburbs and onto rolling English countryside where we have a few hills to tackle. Late in the afternoon we arrive in Dover where we board the ferry to Calais and enjoy dinner*. After a short cycle to our hotel in Calais we rest and ready ourselves for the days ahead.

Bike: 100 miles

Meal Plan: Lunch *Dinner on ferry not included in price

DAY 2 CALAIS – ARRAS

After an early start we head off onto the quiet lanes toward our overnight stay on the outskirts of the traditional French town of Arras. Arras has an interesting history as it had a significant part to play in both the First and the Second World Wars. The day's route is undulating and views are spectacular as we weave our way between farms brimming with character and charm. We keep our eyes peeled for glimpses of France's elusive wildlife from the rural lanes and keep our noses trained for the smell of fresh coffee and croissants sold in the small cafes we pass. After our busy day, dinner will be eaten in the hotel.

Bike: 70 miles

Meal Plan: Breakfast, Lunch, Dinner

DAY 3 ARRAS – COMPIEGNE

Today we head south, deep into the heart of the French countryside. This is possibly the best of the days' cycling as we follow tree-lined lanes and pass through peaceful villages. We cross the splendid river Somme before heading on to the impressive town of Compiègne. Located on the Oise River, the town is home to Chateau de Compiègne, a royal residence for Louis XV.

Bike: 76 miles

Meal Plan: Breakfast, Lunch, Dinner

DAY 4 COMPIEGNE – PARIS

Our final day of cycling takes us south through reserves and parks and into the very heart of Paris where we arrive at our official finishing post, the Eiffel Tower. Today's ride should finish in plenty of time for some relaxing in one of the world's greatest cities, and tonight we have a meal that celebrates our achievements.

Bike: 63 miles

Meal Plan: Breakfast, Lunch, Dinner

Downtime: In Paris in the late afternoon and evening

DAY 5 PARIS - LONDON

After breakfast you have the morning to explore Paris before reconvening for the early afternoon Eurostar journey to St Pancras where bikes will be ready for collection. A coach from the hotel to the station will be available but participants are responsible for being at Garde du Nord in time for the Eurostar.

Meal Plan: Breakfast, Dinner

THE COST OF THE TRIP INCLUDES THE FOLLOWING:

All transfers including ferry and Eurostar
Full logistical and medical support
All meals (apart from dinner on the ferry and lunch on Day 5)
Extra snacks and drinks en route
All hotel accommodation in twin rooms
Bike transfers where required

THE FOLLOWING ARE NOT INCLUDED:

Personal travel insurance
Personal bike
Drinks at meals i.e. beer & wine
Items of a personal nature

NOTES

- **PURPOSE, AIMS & OBJECTIVES OF THE EVENT**

Across The Divide's London to Paris bike ride is provided as a fundraising challenge. This 5 day trip includes 4 days of cycling over 300 miles.

- **WEATHER CONDITIONS**

Average temperature in Northern France is 23°C with a low chance of rainfall although participants should come prepared for wet weather.

- **ACCOMMODATION**

The overnight accommodation will be a 2-3* hotels. Participants will normally be sharing twin rooms.

- **PARTICIPANT SUITABILITY**

Participants must train, be fit enough, and have the experience and confidence to achieve the following:

Cycling for several days over varied terrain

Continued activity for up to eight hours a day over consecutive days

- **LEADERSHIP TEAM** (include single gender and minimum competencies)

A single gender leadership team may be selected for this challenge.

ATD's leadership team for this event will be selected on their experience and qualifications, these include:

Medical

Cycling

Bike maintenance

Navigation

Group management

Communication skills

Radio communications

ATD standard operating procedures

Crisis management

Risk management

- **AMENDMENTS TO ITINERARY**

This route is subject to change due to weather conditions, permits and the overall fitness of the group.

- **ATD JURISDICTION**

Across the Divide's leadership team are responsible for all aspects of the event, excluding down time. Any periods of down time* are clearly indicated in the itinerary.

*Down time is a period of time, occurring within the overall duration of the venture, identified by agreement between venture provider and participant prior to commitment to participation, as being beyond the jurisdiction of the venture provider.

- **BRITISH STANDARD 8848 (Compliant for any venture booked from Sept 2008)**

Venture provided by Across the Divide to British Standard 8848, *Specification for the provision of visits, fieldwork, expeditions and adventurous activities outside the UK*. Self declared.

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**ATD supports the Expedition Medicine & Leadership Company
to provide the highest quality in expedition medicine.**

