

London to Paris Cycle

25 – 29 September 2019



**Epsom and St Helier
Hospitals Charity**
A helping hand for your hospitals

Registration Fee: £125

Minimum Fundraising: £1600 (or self-fund half)

Includes: 2-3* Hotel accommodation, travel by ferry and Eurostar, all meals during cycling days, water, refreshments, guides, mechanics and medical support.

ITINERARY

Day 1 London to Calais: Our challenge begins bright and early from Crystal Palace heading south towards the coast. Today's route winds through the beautiful Kent countryside before we reach the famous white cliffs of Dover. From here we catch the ferry to Calais for our first overnight stop.

Approx. 95 miles cycling

Day 2 Calais to Abbeville: La belle France! Stunning picturesque countryside awaits us in northern France as we travel south from Calais to Desvre, a small market town known for its ceramics. We then follow river valleys before finally arriving in Abbeville, a town steeped in history from the war which despite extensive damage in just one night has retained its beautiful Gothic church.

Approx. 75 miles cycling

Day 3 Abbeville to Beauvais: Our route this morning follows the river Somme out of Abbeville. Though the famous battle likely comes to mind first, the name Somme actually derives from the Celtic word for 'tranquillity' which fully encapsulates the feeling of the day as you cycle through this beautiful region. We finish the day in Beauvais whose market square is a true highlight with several of the buildings dating from the twelfth to sixteenth centuries.

Approx. 70 miles cycling

Day 4 Beauvais to Paris: Our final day of cycling and the big push to Paris! We are still treated to some stunning countryside all the way up to our lunch spot by the River Seine. After lunch we follow the river down through the suburbs until we reach the Bois de Boulogne – the largest park in Paris. We then have a short ride along the famous wide boulevards of Paris before reaching our finishing point at the Eiffel Tower!

Approx. 60 miles cycling

Day 5 Paris to London on the Eurostar: The day is yours to soak up the Parisian way of life and explore the city and visit the landmarks only yesterday you were cycling by. We will meet you in the afternoon at the Gare du Nord to catch the Eurostar home arriving at St Pancras, where you will be reunited with your bike which will have been transported for you overnight.