



prevent
breast
cancer

London 2 Paris Cycle

Cycle 300 miles from London to Paris and raise money to help protect future generations from breast cancer.



21st June to 25th June 2017

Itinerary



Day 1 - London to Calais: - Approximate cycling distance 138km (86 miles)

Your challenge begins, after registration, with an early start from Marriott, Bexleyheath, as you head out through the outskirts of London on to the quieter roads and stunning villages. Taking in the striking countryside of rural Kent and the beautiful coastal towns of Whitstable and Herne Bay, be sure to stop for ice-cream, it's a must!. This is a long cycling day but upon reaching the port of Dover and the famous white cliffs you will feel great with what you have achieved. We then board the ferry to Calais where you will relax and have something to eat. Once disembarked, we have a short ride to our hotel, your base for the evening for some well-earned rest.

Day 2 - Calais to Arras: - Approximate cycling distance 135km (84 miles)

After a hearty breakfast we head out of Calais remembering to ride on the right hand side of the road! Taking on the smooth, relatively flat roads we next encounter a few undulations as we pedal our way through the stunning French countryside and rolling landscapes of Northern France passing WWI memorials along the route. After cycling through tranquil French villages, the day finishes with a beautiful, gentle decent into the splendid medieval town of Arras, famous for its two striking squares, dating from the 17th and 18th centuries; and our home for the evening.

Day 3 - Arras to Compiegne: - Approximate cycling distance 126km (78 miles)

Our route this morning heads south through the region of the Somme, which is perhaps most famous for its battles but the name is also a Celtic word meaning tranquillity...totally summing up the feeling of the day as we cycle through this superb place. First water stop is located at a WW1 memorial, before continuing along the tree lined country lanes and stunning meadows for a hearty

Chapeau Catering lunch on the stunning River Somme. Our bed for the evening is in the picturesque Compiegne, the starting place of the "Paris-Roubaix", the most famous cycling race in France, after the Tour de France.

TO REGISTER YOUR INTEREST OR FOR MORE INFORMATION, PLEASE CONTACT NIKKI BARRACLOUGH:

Email: nikki@preventbreastcancer.org .uk Tel: 0161 291 4400



Itinerary cont...

Day 4 - Compiègne to Paris: - Approximate cycling distance 105km (65 miles)

We leave the hotel on our final day of cycling, riding through the exquisite forest that surrounds Compiègne. It was here that the 1918 Armistice was signed and still resides in a small museum. We continue on our way riding through quiet quaint villages before reaching the outskirts of Paris, here we will start to spot familiar sights and infamous landmarks of the Eiffel Tower and Arc de Triomphe. As we cycle through the sometimes crowded Parisian streets, with car horns sounding our arrival. We pedal up the Champs Elysees and on to our grand finish at the Eiffel Tower...a truly fitting end to a challenging journey before heading back to our hotel for our celebration dinner!

Day 5 - Departure Day:

After a leisurely breakfast, the event comes to an end. Your bikes will be safely transported back to the UK leaving you hassle free to continue with your onward arrangements, whether homeward bound or enjoying the romantic delights that Paris has to offer. Chapeau Events reserves the right to change the route or itinerary for safety reasons should local conditions dictate.



What's Included?

- Full bike transport to route start in London and from route finish in Paris – if required
- All accommodation except as stated in FAQs below
- All meals starting from lunch on day one to breakfast on day five
- Complete transport of luggage between hotels during the ride
- Full trip support including mechanics, first aid, drivers and full route support
- Water stops
- Celebration meal in Paris at the end of your ride.

What's Excluded?

- Personal transport to route start in London and from route finish in Paris
- A bicycle
- Personal travel insurance
- Drinks, personal items or entry to any optional tourist sites you may wish to visit.
- Remember to allow extra for drinks, snacks, souvenirs and other personal expenses.
- We strongly recommend you carry a credit card in case of personal emergency.



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Frequently Asked Questions



Will I have to carry my kit?

No, your bags will be transported each day from hotel to hotel, so all you need to carry is what you need for that day's ride.

Is accommodation included on the night prior to event start?

Accommodation at the Marriott Bexleyheath immediately before the event (Tuesday 20th June) is not included and you will need to arrange independently if you are travelling from outside London, as it is an early start on Wednesday morning. The event will end in Paris, after your evening celebrations, so you will also be responsible for your own return travel. This gives you the freedom to extend your stay in Paris if you choose to.



How will I know where I'm going?

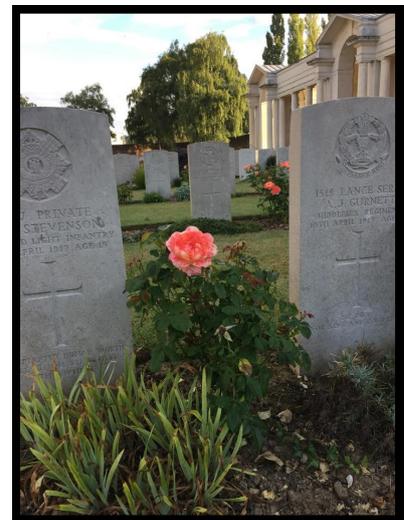
This is a fully supported ride and as such you will have a dedicated event crew at your service throughout the event. They will mark the route with florescent arrows, provide you with refreshments, fix any mechanical problems with your bike, offer first aid and lots and lots of encouragement!

How much does it cost?

You will need to pay a £100 registration fee to secure your place on the challenge and we then ask you to raise a minimum of £1500 for Prevent Breast Cancer, £750 of which needs to be raised eight weeks prior to the event, since part of your sponsorship will be used to pay for your place on the ride.

How will I get my bike back from Paris?

When you arrive at your hotel in Paris your bikes will be loaded onto transport and taken safely back to the UK for you. There will be pre-arranged drop off points in Manchester, or another location to be determined. This will give you a lot more flexibility in your return travel. We will also arrange a service to transport bikes from Manchester to the start of the event if required, free of charge.



What food is included and does it cater for all diets?

As part of the event package you will receive 3 meals a day plus 2 'water stops' on the ride, which include water and high energy drinks and snacks. Lunch is provided by Chapeau Catering and includes hot and cold buffet along with arguably the best homemade cakes!

Chapeau can cater for all special dietary requirements provided you let us know well in advance of the trip.

What about insurance?

It is a pre requisite of event participation that you have adequate travel insurance to cover any medical costs and your personal possessions for the duration of the ride. This is not included in the event price and will need to be arranged independently.

Client Testimonials

"This has been the most physically challenging, rewarding and humbling experience of my life"

"We never lost sight of making a difference to others . Our bonus was that we made friends for life and actually finished!"

"The L2P was one of the most amazing things I have ever taken part in, with 36 of the nicest people"

