

The background of the entire page is a photograph of the Eiffel Tower in Paris, France. The tower is the central focus, extending from the bottom to the top of the frame. In the foreground, a group of cyclists wearing red jerseys and black shorts are riding away from the camera on a paved road. The sky is clear and blue.

prevent
breast
cancer

London 2 Paris in 24 Hours!

So you've heard of, arguably, the most iconic cycling event to be the London to Paris challenge right? But do you have what it takes to complete this epic ride in 24 hours! Don't miss out on this 180 miles...awesome test of fitness and endurance!

12th - 14th July 2019

Itinerary



Day 1 – London to Dieppe

Approximate cycling distance 96km (60 miles)

Starting from Central London at 1530hrs, around Trafalgar Square, the busy streets soon give way to the beautiful Kent countryside. You will travel onwards, along the edge of the North Downs – a designated area of outstanding natural beauty. Using all available daylight, we head for the coast and a hearty meal before boarding the ferry. As daylight fades we will cross on the overnight ferry from Newhaven to Dieppe and riders will be able to gain some valuable sleep, cabins being an option. A four hour crossing will give time to recharge the battery.

Day 2 – Dieppe to Paris

Approximate cycling distance 192km (120 miles)

After leaving the ferry in Dieppe, you can clock some miles up through sleepy French towns before dawn breaks and the sun rises for breakfast with our chapeau caterers. Riding on roads before the local's rise will give this part of the challenge a tranquil edge to the start of the day. After a hearty breakfast the rest of your journey takes you through the picturesque Normandy countryside, with quaint villages and beautiful scenery. The rolling hills of northern France continue on as we push ever closer to the magical city of Paris with lunch being provided on the banks of the River Seine. The final section of the event will take you across the Seine to finish your incredible challenge before 1630 hours local time underneath Paris' most iconic landmark – the Eiffel Tower.

Day 3 – 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.

**TO REGISTER YOUR INTEREST OR FOR MORE INFORMATION PLEASE CONTACT PHOEBE VICKERS;
Email: phoebe@preventbreastcancer.org.uk - Tel: 0161 291 4405**

Frequently Asked Questions

What's Included?

- GPX Routes and information
- Mechanical Support.
- Support crew with water stops
- Evening meal in Newhaven along with Chapeau breakfast and lunch in France.
- Full bike transport to route start in London and from route finish in Paris – if required
- Hotel and Breakfast in Paris.
- Celebration Dinner in Paris
- Newhaven to Dieppe Ferry Crossing
- Luggage Transfer



What's Excluded?

- Accommodation in London on the night before the event start
- Personal transport to route start in London and from route finish in Paris
- Personal travel insurance
- We strongly recommend you carry a credit card in case of personal emergency.

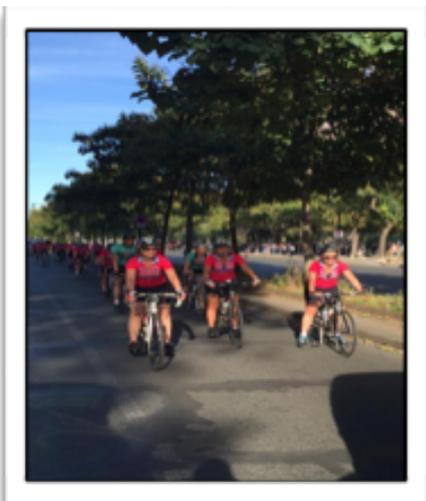


How much does it cost?

You will need to pay a £100 registration fee to secure your place on the challenge. We then ask you to raise a minimum of £990 sponsorship in aid of Prevent Breast Cancer. This includes the cost of your place onto the event, of which £495 will need to be raised eight weeks prior to the event start. For cyclists wishing to self fund their own place on the event and raise the lower amount of £495 for Prevent Breast Cancer, simply let us know when you register.

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 the UK 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 UK to the start of the event if required, free of charge.



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Frequently Asked Questions cont...

Will I have to carry my kit?

No, our support vehicles are with the group all of the time. All luggage and spares will be carried in them as we travel to Paris. Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kit-bag weighing up to 15kg.

What is not included?

Accommodation in London immediately before the event is not included and you will need to arrange independently if you are travelling from outside London, as it is an early start on Friday 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.



Is food included?

Your evening meal in Newhaven is included, along with breakfast and lunch in France. You will also have a celebration meal in Paris, provided by the hotel or local restaurant. Chapeau can cater for all special dietary requirements provided you let us know well in advance of the trip. However if you have unique dietary requirements, we recommend that you bring along some of your favourite snacks during cycling as variety can be limited in European countries.

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.



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!

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"