

LONDON TO PARIS BIKE RIDE

Itinerary

team **POVERTY**

Day 1 – London to Calais

Cycling distance – approx. 72 miles

Our ride in southeast London kicks off early to avoid the traffic. Within five miles we're cycling on quieter roads and hitting the rolling Kent countryside. Today we get off to a great start as we find our rhythm cycling in a large group. We cover nearly 70 miles to reach the white cliffs of Dover, and cycle through historic Rochester. We tackle some tough climbs, but there's plenty of coasting terrain to rest our legs. We board an early evening ferry to France and arrive in Calais at our hotel charged for the next day's ride.

Day 2 – Calais to Arras

Cycling distance – approx. 78 miles

Following a hearty breakfast, we start cycling 'French style', remembering to stay on the right. Today is the toughest day, both mentally and physically, but we can do it! We'll whizz through beautiful French countryside, with views of green meadows as far as the eye can see. The roads are quiet and we travel through attractive small towns.

Day 3 – Arras to Compiègne

Cycling distance – approx. 73 miles

Today's ride is a step back into history as we head south towards Bapaume, scene of the Battle of the Somme. After a delicious Fairtrade lunch, we continue south and enjoy a well-earned downhill stretch to our overnight stop in Compiègne.

Day 4 – Compiègne to Paris

Cycling distance – approx. 66 miles

The final day of our European cycling adventure sees us cycle south through stunning forests, and it's not long before we reach the eastern outskirts of Paris. We cycle around to the north and proceed through small villages and towns. It's normal to see locals waving us on – after all, the famous Tour de France ends tomorrow and the atmosphere is sure to be electric. The sight of the Eiffel Tower will spur us on as we get closer. We stop for the group to reassemble and then ride together up the Champs-Élysées, round the Arc de Triomphe and down to the finish, overlooking the Eiffel Tower. This evening we celebrate our achievements with a special dinner.

Day 5 – Paris to London

Cycling distance – 0 miles

After breakfast at our hotel, we are free to enjoy the sights and sounds of Paris. Maybe you want to get a good space from which to watch the Tour de France or simply soak up the atmosphere in one of the many cafés – the choice is yours. There will be an early evening departure from Paris back to London. Bicycles will be transported back to London where you can collect them before heading home!

(Please note, itinerary is subject to change.)



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Frequently Asked Questions

Q1) How much does the bike ride cost?

It costs £99 to register and we ask that everyone raises a minimum sponsorship of £1,300. The tour cost per person is approximately £650 and will be covered by the minimum sponsorship amount. We ask that you send the cost of the tour to Christian Aid by 11 May 2012, 10 weeks prior to the start date.

Q2) Who is responsible for the logistics?

The route, accommodation and food arrangements are organised and booked through the Global Adventure Challenges tour company, for which Christian Aid acts as an agent only. With everything taken care of, all you have to worry about is getting fit for the ride and raising your sponsorship money!

Q3) What is included?

The tour cost covers all the accommodation, travel to and from France, most meals and staffing.

Q4) What is not included?

Travel insurance, your lunch and evening meal on your free day in Paris. Transfers to and from the start location and the cost of a room the night before the challenge are not included either.

Q5) How fit do I have to be?

It's all about stamina. This is a challenge event and you will be in the saddle for an average of seven hours a day for four days. However, no one is left behind, and there is always someone from the tour company at the back of the group. The key to success is adequate preparation leading up to the tour. We advise you to follow the training programme provided, which has been specifically designed to cater for all abilities and so you will definitely enjoy it.

Q6) What is the accommodation like?

All the hotels are 2 or 3 star. They have twin rooms with en-suite bathrooms to ensure comfort while at the same time guaranteeing Christian Aid uses all the sponsorship money raised most efficiently. We will try to ensure that you share a room with

the same person each night and will attempt to accommodate most requests.

Q7) What is the food like?

You will be spoilt for choice! Mobile caterers will be there to provide for almost any diet. There will be a mix of carbohydrates, including fresh fruit and cereal bars.

Q8) How do our bikes travel back to London?

All bikes are securely transported back to the UK in support vehicles in time to meet us on our return to London.

Q9) When does the Tour de France arrive?

Pick your spot on the Champs-Élysées and soak up the atmosphere as you watch the parade of floats, building up to the moment when finally the Tour arrives, usually at around 3pm. It's an awesome sight as the riders glide past in a blink – but don't worry, you have 10 laps in which to watch them.



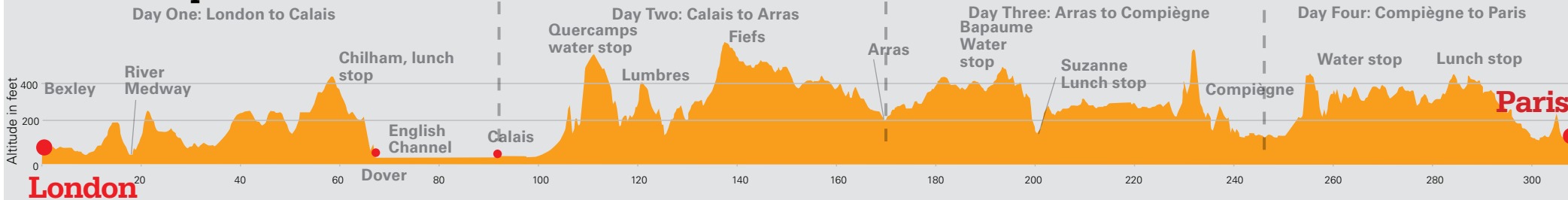
www.globaladventurechallenges.com

This trip is operated by Global Adventure Challenges Ltd on behalf of Christian Aid.

Christian Aid has a vision – an end to poverty – and we believe that vision can become a reality. We work with the world's poor in about 50 countries, regardless of race or faith. We are part of ACT Alliance, the ecumenical relief and development network.

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Gradient Map



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