

The challenge of a lifetime...
...for the HELP Appeal

London to Paris Tour de France Edition 19-23 July 2017



Cycle

**Route
One**




**Slip into your lycra, hop on your saddle and follow in
the tyre tracks of the greats!**

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 **HELP Appeal**
Helicopter Emergency Landing Pads® 
County Air Ambulance Trust



Four days, over 300 miles, two capital cities, one awesome ride in the tyre tracks of the cycling greats, then watch the finale of the Tour de France!

Your cycle challenge...

Our 300 mile, 4 day bike ride takes us through the beautiful Kent countryside to Dover, before crossing the Channel to Calais. Our route takes us along quiet French country lanes, through traditional market towns with views of the rolling, green fields of northern France, passing the war memorials and cemeteries of the Somme. The pièce de résistance of this cycle challenge will be the final cycle up the Champs Elysées to the Arc de Triomphe, following in the tyre tracks of the cycling greats, before watching them cycle the same route the next day in the finale of the Tour de France!

Your itinerary...Route 1

Day 1 London to Calais

After an early registration we begin our epic ride. It's not too long before we're past the outskirts of London and hitting the countryside of Kent. It's a long cycling day today but upon reaching the port of Dover and seeing the famous white cliffs, there'll be a great sense of achievement. We then board the ferry to Calais and have dinner whilst on board. Upon reaching Calais, it's just a very short push onto our hotel where we have a well deserved rest and get our heads down for the night.

Cycling distance – approx. 85 miles

Day 2 Calais to Arras

Following breakfast at our hotel we leave Calais behind us, remembering to stay on the right! We begin cycling on smooth, flat roads for approximately 10 miles, before we start to pull up towards our first water stop. The route then becomes more undulating as we cycle through the French countryside up to our lunch stop. Some small climbs after lunch bring us to a gentle descent into the beautiful mediaeval town of Arras, one of the prettiest towns in northern France, where we check into our hotel.

Cycling distance – approx. 80 miles



Cycling greats,



**Day 3
Arras to Compiègne**

After breakfast, we continue with our cycle and head south through the Region of the Somme and its WWI battlefields - rolling, green meadows studded with the many war memorials and cemeteries of the First World War.

Following traditionally French, tree-lined avenues, we approach our next overnight stop in Compiègne. Since 1968, Compiègne has been the starting place of the "Paris-Roubaix", the most famous French cycling race after the Tour de France.

**Cycling distance –
approx. 74 miles**

**Day 4
Compiègne to Paris**

Our last day in the saddle sees us leaving Compiègne riding through the beautiful forest surrounding the town. Our route then continues through pretty towns and villages towards the outskirts of Paris.

We cycle through the hustle and bustle of the Parisian streets until we reach the Louvre where we stop to re-assemble, then ride as a group up the majestic Champs Elysées to our finish line at the Eiffel Tower! This evening we toast our achievements at a celebratory dinner.

**Cycling distance –
approx. 68 miles**

**Day 5
Watch the finale of the
Tour de France!**

After breakfast at our hotel, we are free to enjoy the sights and sounds of Paris. The Tour de France will be reaching its climax today as it races through the streets of Paris, so ensure you grab your place on the Champs-Elysees to see some of the action.

In the early evening each participant will be responsible for getting themselves to Gare du Nord in order to catch the Eurostar back to St Pancras. Bicycles will be transported back to London and upon our arrival back in the UK, we take a short transfer back to the starting point for farewell and goodbyes. Alternatively, participants are free to travel home directly from St Pancras and we can arrange for your bicycle to meet you there.

(Please note, this is a complex itinerary and subject to change, including the daily mileages in this brochure)



See the ENTIRE finale of the Tour de France!

We are offering an extension package to enable you to soak up the atmosphere, watch the grand finale of the Tour de France and spend an extra night in the beautiful capital city of Paris!



Your questions answered...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help the HELP Appeal. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This cycle ride has been designed to be challenging, but achievable by anyone as long as you fitness train before hand. Remember, you are cycling for 4 consecutive days, covering approximately 300 miles so expect to be in the saddle for about 7-8 hrs per day – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenge website to point you in the right direction.

Where will we stay?

We will stay in local hotels en-route, from 2*-3* – remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be the use of some triple rooms too.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge and items such as cycling shorts, cycling helmet and cycling gloves – other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our vehicles. You will need a small day pack/bum bag/camel bak' while cycling to carry items such as camera, sun-screen, energy snacks, etc.

Food matters...

All meals will be provided with the exception of breakfast on day 1, the evening meal on the Ferry crossing from Dover to Calais and lunch and dinner on day 5. Lunches will be open air buffets. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form.

What's included?

Ferry crossing from Dover to Calais, Eurostar ticket from Paris to London, all accommodation with the exception of the evening prior to the start of the challenge, meals as detailed above, water/snack stops, support vehicles, route markers, English speaking guides, mechanic and medical support, transfer of bicycles back to start venue in London, transfer back to start venue from St Pancras. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike.

What's not included?

Alcoholic drinks and tips, bicycle hire – it is requested that all participants bring their own bike – road bikes are highly recommended, bicycle insurance, travel insurance.

Can I stay in Paris after the challenge?

Yes. We are able to offer you an extension package to return the following day and this will enable you to see the entire finish of the Tour de France. Alternatively you can of course make your own arrangements to return at your convenience and stay in Paris as long as you wish, but remember you will need to keep your bicycle with you too.

What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenges leaders from the UK. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle with first aider and mechanic will follow the group providing support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling – there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from the HELP Appeal in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

Is my trip financially protected?

Global Adventure Challenges are committed to consumer financial protection and in accordance with Package Travel Regulations we ensure that monies paid for non-flight packages are also protected, as well as repatriation if required, arising from the cancellation or curtailment of your travel arrangements in the unlikely event of our insolvency. This cover has been arranged with MGA Cover Services Limited.

I'm interested... what do I do now?

Places are limited and are allocated on a first come first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and return it to Global Adventure Challenges, along with the registration fee - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! The HELP Appeal will also be in contact with you to discuss your fundraising.

4 days, 300 miles, 2 capitals...
Ready to ride?

Register online today!

www.globaladventurechallenges.com

