

## London to Paris Cycle



**Activity: Cycle**    **Grade:**     **Duration: 5 days**

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque Kent countryside, we cross the Channel and continue through the small villages and medieval market towns of Northern France. With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement.

Our last day in Paris allows us to explore the sights and soak up the romantic atmosphere of this majestic city. If the trip coincides with the end of the Tour de France then it's a great opportunity to see the world's best cyclist do their stuff!

### DETAILED ITINERARY

#### Day 1: London – Dover – Calais

An early start allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It is not long before we are among the rolling fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored. We follow country roads across the hills of the North Downs to Dover and the coast. Taking the ferry to Calais, we have dinner on board and cycle the short distance to our hotel. Night hotel.

*(Dinner on ferry not included)*

**Cycle approx. 136km (85 miles)**

#### Day 2: Calais – Abbeville

After a hearty breakfast, we head south through beautiful rural landscapes. We ride through ancient Desvres, pedalling quiet winding roads running parallel to the coast. After lunch we reach the valleys of the Canche River and head further south towards Cr cy-en-Ponthieu – site of the 14th-century Battle of Cr cy. Continuing south, our final leg brings us to Abbeville, on the River Somme. Abbeville suffered badly from WW2 air raids, but its beautiful Flemish-style architecture is still in evidence and its Gothic church has been largely restored to its former glory. Night hotel.

**Cycle approx. 114-120km (71-75 miles)**

#### Day 3: Abbeville – Beauvais

Leaving Abbeville behind us we follow the River Somme east out of the town in the direction of Amiens. These lands are renowned for the terrible battles of the First World War and are scattered with cemeteries and other poignant reminders of the thousands of men who died here. Our route soon turns south and we follow shady beech-tree-lined avenues so typically French, into meandering valleys and traditional



## DETAILED ITINERARY (cont.)

farming hamlets. The cycling is mostly flat and through agricultural lands. Our day ends at Beauvais, a town renowned for its large gothic cathedral. Night hotel.

**Cycle approx. 104km (65 miles)**

### Day 4: Beauvais – Paris

Our final day's cycling takes us over the river Thérain and south of Beauvais towards the great capital city. Following small country roads we head towards the small town of Meru and continue south through beautiful countryside. As we reach the suburbs of Paris we look out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. Reaching the suburb of St. Denis we come to the River Seine; following its northern esplanade in the shadow of the Bois du Boulogne, we ride until we reach the Pont d'Iena and finish beneath the lofty arches of the Eiffel Tower. We check into our hotel and enjoy a great celebration to mark our achievements. Night hotel.

**Cycle approx. 80km (50 miles)**

### Day 5: Paris – London

After breakfast you are free to explore the famous sights of Paris. Special July departures allow you to enjoy the huge spectacle that is the Tour de France! We don't have a set area to gather, but the 71m-wide Champs-Élysées is by far the best place to watch the laps before the final sprint; head over with your new cycling buddies, pick a spot and enjoy the incredible atmosphere. Spectators gather early to watch the world's most famous cycling event arrive home, and if you want a good view you are advised to get there many hours before the peloton! You are responsible for getting yourself and your bags to the Gare du Nord in time for your Eurostar train back to St Pancras, where you will be reunited with your bike.

*(Lunch & Dinner not included)*

*Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.*

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## CHALLENGE GRADING

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This ride is graded **Challenging (1)**. Main challenges lie in the long distances with undulating terrain, including some short, sharp climbs.

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

