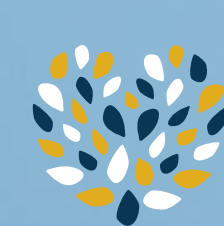


London to Paris 3 Day Cycle Challenge

Event Overview

9th - 12th May 2024



the McCARTHY-DIXON
Foundation



The Journey



This grand 175 mile route from central London to The Eiffel Tower in Paris is a classic!

Starting from the iconic London city centre your leaders will guide you south through the city and out into the countryside past Biggin Hill, East Grinstead and Lewes. Then down to the Sussex coast, arriving at Newhaven from where we will catch the late afternoon ferry to the French port of Dieppe.

Our ride through France takes us through the attractive French countryside. Utilising the traffic free Avenue Verte where possible, we'll glimpse poppy fields and charming French villages as we cycle on through to the town of Beauvais for our second night.

Paris awaits us on our final day. Here we really get going! It's downhill into central Paris loosely following the path of the River Seine. Eventually we'll pass right around the Arc de Triomphe and swoop to the Trocadero overlooking Paris' most iconic landmark—the Eiffel Tower, before heading on to our hotel.

The evening is then yours to enjoy; celebrate in this beautiful and culturally vibrant capital. You are accommodated in Paris and the following day (aching legs permitting!) you are free to sample the delights of city before catching the Eurostar train directly back to London. Your bike will have a head start on this journey and you will be re-united back in London.



Raising Funds

Option 1 - Sponsorship

You commit to raising a minimum sponsorship of £2000.00

Option 2 - Self funder

Please get in touch with

community@mccarthydixon.org.uk



What's Included?

Included Accommodation: 3 Nights hotel stays in Dieppe, Beauvais and Paris

Included Transfers:

- Newhaven - Dieppe Ferry (Day 1)
- Eurostar (Return Journey Home)
- Bicycle return to Northampton (Your bikes will be taken back to Northampton while you travel home)

TMDF will also provide you with a charity cycling jersey to wear on your journey



Itinerary

Day 1 - Thursday 9th May 2024

Depart London at 7:00am and cycle down to Newhaven
Late afternoon ferry (5pm) - Newhaven to Dieppe
Short cycle from port to hotel

Day 2 - Friday 10th May 2024

Cycle from Dieppe to Beauvais via Avenue Vert

Day 3 - Saturday 11th May 2024

Cycle from Beauvais to Paris
Photographs at the Trocadero overlooking the Eiffel Tower
Cycle to hotel accommodation

Day 4 - Sunday 12th May 2024

Morning to explore Paris
Lunchtime Eurostar to London St. Pancras
Travel back to Northampton

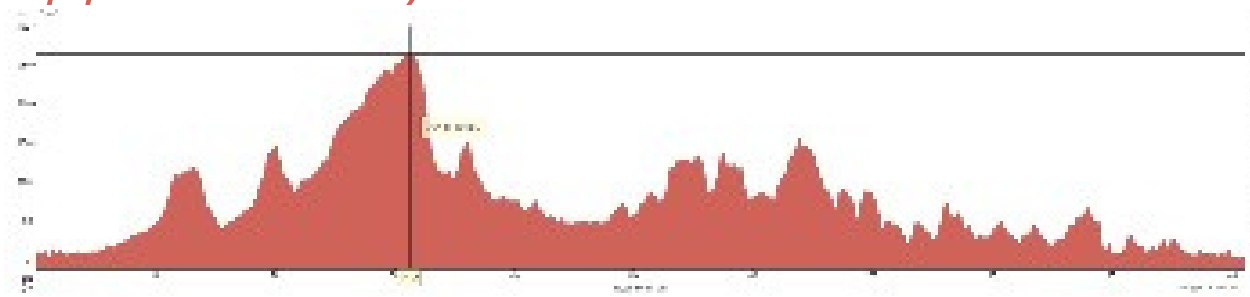


Route Details

London to Dieppe (Day 1)

Morning departure from London. Travel south into the countryside past Lingfield and Lewes, then down to the Sussex coast and Newhaven. We shall stop for lunch near to Weirwood Reservoir before heading to Newhaven to catch the afternoon ferry. We'll have dinner onboard the ferry before a short ride to the Dieppe promenade to our hotel once in France.

Approx 99km / 1065m+



Dieppe to Beauvais (Day 2)

After waking up in Dieppe, today we head through the pretty French countryside along the traffic free Avenue Verte and on quiet undulating roads. We'll continue through the picture postcard French countryside until we reach Beauvais.

Approx 114km / 650m+



Route Details

Beauvais to Paris (Day 3)

Today is a stunning ride, through the peaceful Vexin Francais Nature Park and into central Paris! We will pass by the town of Pontoise and from here we start to meet the city as we cycle through the bustling suburbs. As we near the city centre you will be greeted by all of Paris' famous sights such as the Arc De Triomphe and The Eiffel Tower. Congratulations, you have reached your destination!

Approx 84km / 650m+



Paris to Northampton (Day 4)

On our final day, you will have the chance to explore Paris in the morning, before getting on to the Eurostar at Lunchtime, and heading back to London St. Pancras. From there, you will make your own way back to Northampton.

Food on the Journey

Breakfasts

Typically, this will be continental style. Occasionally hot food may also be available dependant on the hotel.



Lunches & Snacks

Adventure Café will provide picnic lunches throughout the event. In case of extreme weather, you will be taken to a restaurant cafe.



Dinners

Tables will be reserved for the group each night, however your meal is not included in your trip price.

- Our first meal will be on board the Newhaven to Dieppe ferry.
- Night 2 will be at a restaurant near to the hotel in Beauvais.
- Night 3 will be at a restaurant near to the hotel in Paris.

Hotels on the journey

All rooms are twin shares and come with breakfast.

Dieppe

From the ferry port we will have a short cycle to our hotel – don't forget your bike lights!



Paris

We'll stay in the vibrant Clichy-Batignolles district of Paris a short walk from a variety of great restaurants and a few metro stops from Gare du Nord.



Beauvais

We will stay in a comfortable hotel on the outskirts of Beauvais, which is close to restaurants, and provides a great space to recharge for our final day into Paris.



Support During the Trip



Support Vehicle

A support vehicle will carry your overnight luggage and day bags. The vehicle will follow and leapfrog the group, staying with or near to the group to offer sun cream or waterproofs, as well as being there to assist with mechanical or medical problems.

At times, the vehicle will depart the group typically for lunch shopping and hotel check-ins. Typically the vehicle will only have 2 available seats for the transporting of participants.



Ride Leaders

Ride leaders will take on a lead role in navigating for the group, as well as being on hand to encourage you up those hills and assist with roadside mechanical problems.

The ride leaders are professionally trained, on hand to help get you to your destination safely and manage the group so that they can effectively support the team.

Generally, participants will ride as a group, but that is not always possible, so you may be asked to regroup or assist in marking junctions if necessary.



Excluded / Optional Extras for the journey

- Single Room Supplement for Hotel Stay
- Bike Hire - Aluminium Road Bikes from £120)



The
McCARTHY-DIXON
Foundation

Staying safe on the road

Your health and safety should always be the main priority, and that's why this event will include:

- Registration
- Safety briefing
- Support Vehicles
- Emergency contact details
- Thorough equipment checks
- Careful group management
- Route recce + navigation markers
- All leaders First Aid qualified
- Medical condition awareness
- Thorough Risk Assessments and a suite of control measures
- Analysis & implementation of control measures
- Tracking of incident accident information
- Experienced & qualified leaders
- Guidance for participants
- Route knowledge

