

# LONDON TO PARIS BIKE RIDE

Thursday 5th - Sunday 8th September 2024

## Itinerary

### Day 1: London to Dieppe – 61 Miles

Starting off with a team photo underneath Nelson's Column in Trafalgar Square, we will head South, on the first leg of our incredible team tour from London to Paris. The 61 Mile route will take us out of London, towards Crawley, with the afternoon spent cycling through the High Weald Area of Natural Beauty, and the South Downs National Park, finishing for the day's cycling at Newhaven, where we will board the evening ferry to Dieppe. Our first night's stay will be in Dieppe, leaving us all fresh and well-rested for day two.

### Day 2: Dieppe to Beauvais – 72 Miles

On the first day of cycling on French soil, we will have an early start, covering a slightly farther distance than the previous day. Setting off from Dieppe, we will head south-east towards Serqueux, where we will stop for lunch, before heading east towards Formerie and Grandvilliers. After the final water stop of the day, we will follow the Therain River into Beauvais – an ancient Gallic settlement allegedly captured by Julius Caesar. Early finishers will have the opportunity to spend time admiring the local sights and sounds, before our evening meal.

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## Day 3: Beauvais to Paris – 71 Miles

As a new-style “green town” Beauvais is well known for its incredible cycle paths (which will come in handy at the start of day three)! Day three will take us through the heart of the Champagne region, thick with beautiful woodland, sleepy farming villages, and of course the odd vineyard. A lunch stop just west of the Isle-Adam National Forest will be the most picturesque of our trip, and a great chance to refuel in wonderful surroundings, before the final push towards Paris. As we reach the conclusion of the challenge, you will cycle past the Arc de Triomphe, following in the tyre tracks of generations of Tour De France winners. The final route will take us under the world-famous Eiffel Tower, with the trip concluding with a final team photo on the Champ de Mars (with the tower as a very fitting backdrop). Our final evening will include a wonderful celebration, looking back at your achievements as a team – with some special prizes for our top fundraisers, and a glass or two of champagne (we will be in Paris after all)!

## Day 4: Enjoying Paris and heading home

We include Sunday morning in the challenge, as your breakfast is included, and that is when we expect to say final goodbyes, before people head off, or, head out to explore Paris (if you don't fancy a lie-in). As a gentle reminder: you will need to arrange your own return travel but the rest of the day is yours!

**If you have any questions about the London to Paris Cycle Ride Itinerary, please email [challenges@lias-wings.org.uk](mailto:challenges@lias-wings.org.uk).**