

CYCLE LONDON TO PARIS

26 - 29 JUNE 2009



www.classictours.co.uk

- >> Long weekend challenge
- >> Normandy countryside
- >> Finish under the Eiffel Tower



This long-weekend challenge links two great European cities, London and Paris and covers around 300km in just three days. We cycle through undulating countryside towards the south coast, before crossing into France by ferry. From Dieppe we continue through sleepy Normandy villages with some challenging hills to conquer along the way, until we reach the Eiffel Tower in Paris. Free time explore this beautiful city before taking the Eurostar home.

Join us for the trip of a lifetime and raise much needed funds for the charity of your choice!



DAY 1: Early morning meet in London to start the challenge. Cycle out of London leaving the traffic behind us. We're soon in the countryside and have some undulating terrain to tackle before reaching our lunch stop in Turners Hill.

This afternoon we encounter a steep climb with stunning views of the South Downs. Ferry Newhaven - Dieppe. Overnight in Dieppe. **98km**

DAY 2: We're quickly in the Normandy countryside today, cycling through typically French villages with traditional Saturday markets and pretty central squares. The terrain today is gently undulating. Overnight in Gournay en Bray. **80km**

DAY 3: Cycle through the rural landscape of Normandy before reaching the suburbs of Paris. After lunch we enter a forested area, Le Parc aux Etoiles, before a descent to the River Seine. We group together and cycle along the wide Parisian boulevards to the finish line at the Eiffel Tower. Overnight in Paris. **114km**

DAY 4: Free time in the morning to enjoy Paris before taking the Eurostar back to Kings Cross.

Distances are approximate and itinerary is subject to change

Registration fee - £150

Option 1 – you raise £1000 approx sponsorship (to be set by your chosen charity)

Option 2 – you pay £499* and raise as much sponsorship as possible

* Tour cost £649 (less registration fee) based on a minimum of 30 participants

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FACTFILE

Raising Sponsorship Money - Register and receive a fundraising pack full of information and ideas. Once you set your mind to it, it's amazing what you can achieve!

Who can take part? - Anyone over 18 years old is welcome as long as you are fit and healthy enough to do the challenge.

Fitness - This ride is aimed at people of average fitness who are prepared to put in plenty of training to enable them to meet the challenge. Classic Tours will provide a set of training guidelines to help you on your way.

Kit - You will need your own roadworthy bike and a cycle helmet. A full packing list will be sent to you.

Support on the event - Experienced staff (tour manager, guides, doctor and mechanic) will be there to provide help and encouragement whenever you need it.

Accommodation - Tourist class hotels throughout the ride.

Food & Drink - The food will be wholesome, tasty and plentiful. There will be snacks and water available whilst cycling.

Weather - Daytime temperatures will be 20-25°C. However be prepared for rain or shine!

Health - Tetanus and Hepatitis A inoculations are suggested. Please consult your GP for professional medical advice.

Staying On - It is possible to stay on in Paris after the challenge, subject to availability. Full details will be sent out nearer the time.



'The tour was simply life changing... I met so many great people, shared a huge challenge, helped others and had the chance to travel – what more could you ask for?'

Matthew Hughes, Cycle London to Paris 2007.

Visa & Travel Insurance - No visa is required for British citizens. If you are a non-British citizen please contact Classic Tours for advice. You must be insured to take part - either through a company of your choice or the Classic Tours recommended policy. You will need to provide proof of your insurance 8 weeks prior to the challenge.

What's Provided - Ferry to Newhaven, Eurostar Paris – London, accommodation, transfers, full medical support, experienced guides, support staff, water and all meals except breakfast on day 1 and lunch on day 4.

What's Not Provided - Personal travel insurance, meals not included, gratuities and spending money.

Responsible Tourism - Classic Tours operates a responsible tourism policy and you can off set your carbon emissions on our website www.classictours.co.uk

**If you have any other questions not answered here please contact Kylie.
Tel 020 7619 0066 ext 208 or
kylie@classictours.co.uk**

Any Questions? Call Kylie on 020 7619 0066 ext 208

A-Z OF FUNDRAISING IDEAS

- A** Auction of Promises
- B** Bring and buy sale, Barbeque, Barn dance
- C** Car boot sale, Cake stall, Coffee morning
- D** Dinner dance, Disco
- E** Expert seminar, Easter egg hunt
- F** Fashion show, Fancy dress party, Football tournament
- G** Guess the weight, Game show, Golf competition
- H** Halloween ball
- I** It's a Knockout
- J** Jumble sale
- K** Karaoke evening
- L** Lunch money, Line dancing
- M** Masked ball, Music quiz, Murder mystery
- N** Non uniform day, New Year's Eve party
- O** Outward bound weekend, Odd jobs
- P** Pancake day
- Q** Quiz night
- R** Raffle, Race night
- S** Sponsored slim, swim, headshave
- T** Treasure hunt, Tombola, Teddy bears picnic
- U** University challenge, Uniform days
- V** Valentine's ball, Variety Show
- W** Wine tasting, Whist drive, Who's that baby?
- X** X-files party, Xmas party or panto
- Y** Your own lotto, Yacht race
- Z** Zany party

NEXT STEPS

1. Speak to the charity for which you'd like to raise funds.
2. Complete and sign the Registration and Medical Form and return to Classic Tours along with the registration fee or sign up online at www.classictours.co.uk
3. Classic Tours will then contact your chosen charity, confirm your place to you, send details on Cycle London to Paris and set you on your way to fundraising success!

Classic Tours are the originators of worldwide charity challenges and fully bonded under ATOL number 3379. Since 1992 they have helped over 200 UK charities raise in excess of £40 million.

For further information contact:
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www.classictours.co.uk



This event is conceived and operated by Classic Tours

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