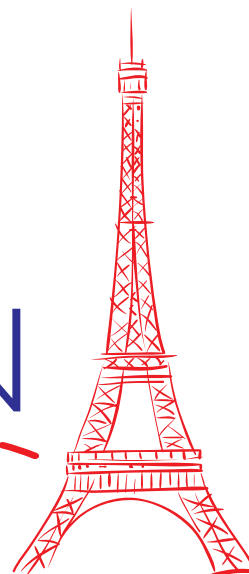




LONDON  
to PARIS



8-12 July 2026



because  
you matter

**St Nicholas**  
Hospice Care

**St Elizabeth**  
Hospice

Reg Charity No. 289154



**Arthur Rank Hospice Charity**  
*making every moment count*



# 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 (approx 5 miles) 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. 114km (71 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 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 Th ram 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 Sacre  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! You are responsible for getting yourself and your bags to the Gare du Nord in time for your evening Eurostar train back to St Pancras, where you will be reunited with your bike.

For the July departure date, you can enjoy the huge spectacle that is the Tour de France! We don't have a set area to gather, but the 71m-wide Champs- lys es 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! If you would rather see the whole Tour de France finale, we would suggest that you stay in Paris for an extra night and make your own travel arrangements back to the UK (at your own cost). If you intend on doing this, you will need to inform us prior to the confirmed deadline, so that we may cancel your return ticket and reduce your trip cost accordingly.

(Lunch & Dinner not included)

Please note that this trip does not start and finish in the same location.

To register your interest, or for more information please contact our fundraising team:

Email: [events.team@stelizabethhospice.org.uk](mailto:events.team@stelizabethhospice.org.uk) or call: 01473 727776

# FAQs:

## What's included?

- All transport from London to Paris return (by ferry and Eurostar)
- 4 nights hotel accommodation on a twin share basis
- All meals except where specified
- Discover Adventure crew (number dependant on group size)
- Vehicle support throughout the trip
- Route information
- Standard bike return for your collection at St Pancras following group Eurostar
- We offset 100% of the carbon emissions from your trip

## What's excluded?

- Travel insurance
- Any meals specified 'not included' in the itinerary
- Bicycle, cycle helmet (compulsory) and water bottles
- Optional Discover Adventure bike courier return to home service
- Personal spending money, souvenirs and drinks
- Any applicable surcharges as per Terms and Conditions

## What can I expect from your accomodation?

We usually stay in hotels or lodges of a 2-3\* standard or equivalent. Standards may vary between the hotels but they are generally comfortable and convenient for our route. Hotels are often on the outskirts of towns to minimise unnecessary extra mileage and avoid traffic.

Our trips are sold on a shared accommodation basis, usually twin-share, in hotels convenient to our route. You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request.

## What food is included and does it cater for all diets?

We like to support local businesses and will source food locally wherever we can. Lunches will be a mix of restaurants along the route or supplies will be purchased from local shops; dinners are usually eaten at the hotel. For larger sized groups we may opt to cater the lunches ourselves with a buffet style provision. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Having said that, despite working very hard with the hotels, it doesn't always translate into what we'd like for you. If this is the case on your trip, please chat to the crew at the time and they will do their best to find a solution. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.



## How much does it cost?

You will need to pay a £149 registration fee, to secure your place on the challenge and we then ask you to raise a minimum of £2,000 for St Elizabeth Hospice.

## How fit do I need to be?

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.



## Who will be there to support me during the event?

Your trip will be led by experienced Discover Adventure crew - selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is clear, making you lunch and sorting out any mechanical problems. Support vehicles are with the group all of the time, and carry all luggage and spares.

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

To register your interest, or for more information please contact our fundraising team:

Email: [events.team@stelizabethhospice.org.uk](mailto:events.team@stelizabethhospice.org.uk) or call: 01473 727776





This London to Paris cycle is designed and delivered by Discover Adventure

For more information about this or other rides, please visit: **[discoveradventure.com](https://discoveradventure.com)**

Find out more about this challenge at:  
**[stelizabethhospice.org.uk/london-to-paris](https://stelizabethhospice.org.uk/london-to-paris)**

