



# Blackbushe to Paris - 2017

Funding Research, Finding Hope



Cycling from Blackbushe to Paris will be an epic but achievable challenge for both novice and proficient cyclists.

We pedal through picturesque Surrey and Sussex countryside, cross the Channel at Newhaven and continue through Northern France to Paris, passing through small villages and medieval market towns along the way. This epic 3 day cycle challenge requires a reasonable level of fitness stamina and experience – and a healthy dose of enthusiasm!

After 3 days of pedaling and more than 200 miles in the saddle, we arrive in Paris - finishing under the iconic Eiffel Tower for a team photograph and a celebratory glass of Fizz.



## Detailed Itinerary



## Dates and Prices

2017

Thurs 14<sup>th</sup> September –  
Sunday 17<sup>th</sup> September

### Self-Fund

Trip cost	£300
PLUS Fundraising Target	£500 min

### Not Included

Travel Insurance  
Return Eurostar from Paris  
to London  
2 x evening meals

## Day 1: Thursday 14<sup>th</sup> Sept – Blackbushe - Dieppe

We meet in the morning at Blackbushe airport at around 9.00am for a 10.30 departure towards Newhaven. We begin the ride among the rolling fields and villages of Surrey before heading south-east towards Sussex. Crossing the South Downs, we tackle a few rolling hills as we ride through the lovely Sussex countryside on our way to the port of Newhaven. We then board the Ferry for our crossing to Dieppe where we will enjoy our well-deserved evening meal before disembarking and riding the final few miles to our first overnight hotel.

**Includes:** Two feed stations en route, lunch and overnight accommodation in Dieppe (evening meal not included)

**Distance:** Approx. 70 Miles

## Day 2: Friday 15<sup>th</sup> Sept – Dieppe - Beauvais

After an early breakfast, we set off heading south through the stunning Normandy countryside towards Beauvais. The terrain is relatively flat as we pass through various small towns and villages on our way to our half way lunch spot.

After lunch we ride on to the small town of Beauvais for our second overnight stop. Riders will have the opportunity to visit the market square with several of the buildings dating from the twelfth to sixteenth centuries, as well as the impressive cathedral which is said by many to rival Notre Dame in Paris.



### Cycling information

The terrain on this trip is mainly flat with some undulations; the final day is fairly slow as we will be navigating one of the busiest cities on the planet. The distance is achievable in 3 days provided you train well in advance. We ride mainly on small country roads wherever possible but occasionally need to ride on busier main roads.

It's important that you are used to riding in varied weather and traffic conditions. You will be less alert as you become fatigued, so it's vital that you have trained enough to know your bike extremely well and are fit, confident and experienced enough to succeed. It is essential that your bike is in good order before departure; road bikes are the most suitable for this trip.

**It is imperative that you supply your own helmet and wear it at all times while cycling, with straps done up.**

September temperatures can vary, and rain and strong winds are always a possibility.

### DESIGNED TO BE CHALLENGING!

This event is an endurance event, designed to be challenging for those of good health and fitness. It is achievable for most people provided they train far enough in advance to gain the fitness and experience required – and have a healthy dose of self-belief and determination. We supply you with a thorough training guide when you have registered and scheduled training rides.

***Includes: Breakfast at the hotel in Dieppe, two feed stations en route, lunch and overnight accommodation in Beauvais (evening meal in Beauvais not included)***

**Distance: Approx. 70 Miles**

### Day 3: Saturday 16<sup>th</sup> Sept – Beauvais - Paris

Our final day of cycling begins with a hearty breakfast before we make the big push to Paris! We are still treated to some stunning countryside all the way up to our lunch spot by the River Seine. After lunch we follow the river down through the suburbs until we reach the Bois de Boulogne – the largest park in Paris. From here it's a short ride along the famous wide boulevards of Paris to reach our finishing point under the iconic Eiffel Tower.

We then ride the short distance to our city centre hotel and pack up the bikes to be returned to the UK in the support van. A celebration dinner then follows and a night on the town for a drink or two.

***Includes: Breakfast, two feed stations en route, lunch, overnight accommodation in Paris and celebration meal.***

**Distance: Approx. 60 Miles**

### Day 4: Sunday 17<sup>th</sup> Sept – Return to the UK

After breakfast riders make their own way to the Eurostar station or airport for their return journey back to the UK. Bikes will be available to collect from Backbushe from 2pm onwards

***Includes: Breakfast at the hotel (Return journey to the UK not included)***

***Action for A-T reserves the right to change the route or itinerary for safety reasons should local conditions dictate.***

### Trip overview

The tour cost includes three nights' hotel accommodation on a twin-share basis (2-3\*), as well as transport (by ferry) and optional bike return at the end of the trip. Also included are meals as specified and full trip support from experienced ride leaders, drivers and mechanics.

Meals while cycling are generous buffet-style with plenty of energy food to keep you going. Dinner in Paris is likely to be in the hotel where we are staying. Please let us know any dietary requirements in advance.

The tour cost does not include return travel from Paris to London, personal travel insurance, some meals (as specified), a bicycle, drinks, extra food, personal items or any optional tourist activities. We strongly recommend you carry a credit card in case of personal emergency.





### Included

The tour cost includes the following:

- Pre event training plan and organised rides on the build up to the grand depart
- Cycle shirt
- 3 nights' hotel accommodation on a twin-share basis
- Lunch on days 1 to 3
- Celebration dinner on day 3 (Paris)
- Breakfast on each day
- Refreshment stops including water, fruit and a variety of snacks (twice per day on days 1 to 3)
- Day bag transfer to lunch stop on each day
- Bag transfer to hotel on each day
- Newhaven - Dieppe Ferry Crossing
- Vehicle support (1 x van and 1 x 9 seat minibus)
- Full trip support from experienced ride leaders, drivers and mechanic
- Trip director
- Basic spare parts – we cannot cater for EVERY eventuality, however no charges are made for basic repairs
- Daily routes guides for each rider and ride leaders for each group of 10
- Safe bike transportation from Paris to UK (return destination Blackbushe Airport)

### Not Included

The tour cost does not include the following:

- Evening meals on days 1 and 2
- Alcoholic drinks
- Return travel from Paris to London – Advanced Eurostar tickets are currently available from £50.00
- Bicycle hire – each participant must provide their own bicycle
- Bicycle loss or damage insurance
- Travel Insurance

### Sign up today

#### Cost

You pay the event registration fee of £100 direct to Action for A-T shortly after you have registered (must be paid before 1<sup>st</sup> July). You must then settle the final payment of £200 no later than 6 weeks before the trip. Total cost is therefore £300 per person.

Tour costs include accommodation, ferry transfer from Newhaven to Dieppe, food where specified, tour guides, mechanic and event support but does not include return train journey from Paris to London.

There is a minimum fundraising target of £500 but we hope you will do all that you can to raise more for vital A-T related medical research.

**To join us for the ride of a lifetime, please click on the register button or use the contact details below**



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<https://crm.actionforat.org/civicrm/event/info?reset=1&id=72>