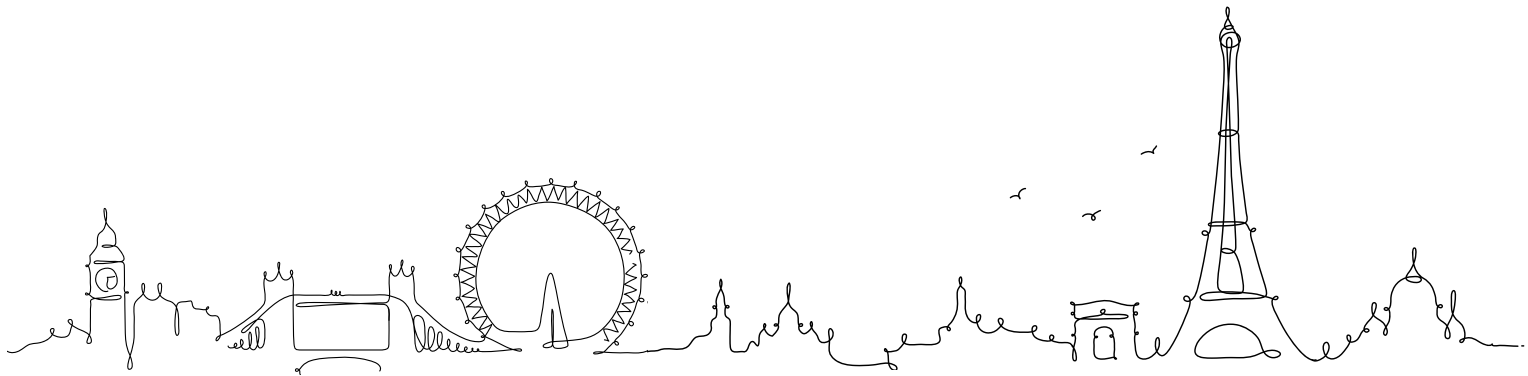


CYCLE LONDON TO PARIS

FOR AGE UK PLYMOUTH



EXPLORE. FUNDRAISE.
INFORMATION AND REGISTRATION PACK



www.ageuk.org.uk/plymouth
01752 256020

Registered charity number 281820



LONDON TO PARIS CYCLE 7TH JULY - 11TH JULY 2024

CHALLENGE :

MAIN ACCOMMODATION :

CHALLENGE FACTOR :

GRADING :

CYCLE

HOTEL

LONG DAY

YELLOW 3

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque Kent countryside, we cross the Channel and continue through the small villages and medieval market towns of Northern France. With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement. Our last day in Paris allows us to explore the sights and soak up the romantic atmosphere of this majestic city!



ITINERY

DAY 1 : London to Dover to Dunkirk

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 Dunkirk, we have dinner on board and cycle the short distance to our hotel.

DAY 2 : Dunkirk to Cambrai

We head south from Dunkirk, riding roughly parallel to the Belgian border. A long day in the saddle lies ahead, but the terrain is fairly flat as we pass through small villages and farmland, with some areas of shady woodland. A few hills mid-way through our morning stretch the legs a little! The area we pass through saw a great deal of action in WWI and many road-names in towns and villages testify to the history. Our afternoon is predominantly flat as we ride southeast, though a few hills await us before Cambrai, a town which dates back to Roman times.

DAY 3 : Cambrai to Soissons

Today is shorter, but almost continually hilly, as we cross beautiful rolling landscapes, where fields of crops stretch for miles. For the first part of the day we pass small war cemeteries, reminding us of events a century ago. We have a great view of the River Somme, which we cross before our first water-stop. Narrow lanes lined with hedgerows take us through small villages with ancient crumbling buildings, and we follow wider boulevards through historic towns with striking churches and town halls. The last section of our route runs through an area involved in the WWI Battles of the Aisne, with more cemeteries and memorials to the fallen. With roughly ten miles to go, the road climbs steeply out of the pretty village of Vauxaillon, winding through woodland and into open fields with wonderful views. A rewarding descent brings us to Soissons, an ancient town which lies on the River Aisne.



TEXT "LON2PAR" to 70580
to donate £5





Day 4 : Soissons to Paris

Our final day's cycling takes us southwest, on yet more undulating roads through small villages and farmland. There are some short sharp climbs in the morning, before we reach busier roads. As we cycle through the Parisian streets we look out for distinctive landmarks, feeling excited at being this close to our goal! Then we sweep around the Arc de Triomphe and down the famed Champs-Élysées to our finish beneath the lofty arches of the Eiffel Tower. We head to our hotel and get ready for a final meal together as a group to mark our achievement.

Day 5 : Paris to London

After breakfast you are free to explore the city; why not go up the Eiffel Tower or visit renowned attractions such as the Arc de Triomphe, the Louvre and Notre-Dame Cathedral. You are responsible for getting yourself and your bags to the Gare du Nord on time for your afternoon Eurostar train back to St Pancras, where you will be reunited with your bike.



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MILEAGE

(APPROX.)

Day 1 : Cycle 136 km
(85 miles)

Day 2 : Cycle 161 km
(100 miles)

Day 3 : Cycle 114 km
(70 miles)

Day 4 : Cycle 121 km
(75 miles)

FITNESS LEVELS

This is designed to be a challenge, and it is vital that you train sufficiently for it. Discover Adventure will supply you with a thorough training guide once you have registered. Participants are expected to train hard in advance, but everyone's limits are respected and you are not expected 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!

Discover Adventure challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. Challenges are designed 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 get in contact for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons sometimes the team will 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.



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 Plymouth
ageUK

DISCOVER
Adventure



WHAT'S INCLUDED

- All transport from London to Paris return (by ferry and Eurostar)
- All meals except where specified and accommodation on a twin share basis
- Discover Adventure leaders, mechanics and drivers
- Full vehicle support throughout the trip
- Route information



WHAT'S EXCLUDED

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

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FAQs

What is the challenge grading scheme?

Discover Adventure grades its trips yellow, orange or red in increasing levels of challenge. This trip lies within the YELLOW range. The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a spectrum which reflects the difficulty of these factors; trip duration, accommodation and living conditions are also taken into account

Where will we stay?

Discover Adventure trips 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.

Do I need specialist kit?

Trips are planned around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. Discover Adventure provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants 15% off any purchases you make with them.

Do I carry my own luggage?

Support vehicles are with the group all of the time, and carry all luggage and spares. 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 well-marked, making you lunch and sorting out any mechanical problems.

What will we eat?

Discover Adventure like to support local businesses and will source food locally. Lunches will be in restaurants along the route and dinners are usually eaten at the hotel. Do make sure you eat enough to give you the energy for your exertions. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. 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?

All cyclists will need to pay a £124 registration fee

Then either:

- Pay your own event costs of £900 and then fundraise a minimum of £900
- Or fundraise for your whole event of £1,800

What documents do I need?

Travel Insurance is compulsory; we strongly suggest that you arrange insurance cover as soon as your booking is confirmed. Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the FCO's advice on entry requirements for your destination to be sure. Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check Fit For Travel for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

How do I book?

Go online to discoveradventure.com to book.



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SPONSORSHIP



- We'll support you with your fundraising, donations sent via our text service will be added to the team's fundraising total.
- You can be featured on our socials and we'll invite people to donate directly to you via your online donation page.
- You can host a takeover of our monthly quiz, adding around £150 of donations to your sponsorship.
- We can work with you to approach corporate sponsors.

WHY FUNDRAISE FOR AGE UK PLYMOUTH?

Age UK Plymouth exists to care for and work with over 50s, those living with dementia and carers in and around the City of Plymouth to improve their quality of life through promotion of choice, opportunity and independence.

We rely on donations to keep us active in the community. All money raised is spent locally supporting people in Plymouth.



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WILL I MAKE A DIFFERENCE?

ABSOLUTELY. The money donated through these fundraising activities is such an important part of what keeps charities like us going. Unlike grants and money for specific projects, this 'unrestricted funding' allows us to take action on vital work with real urgency. Essentially it enables us to identify a problem or opportunity in the community and immediately start work on addressing it and putting solutions in place. Given the current social and economic climate, for some, the stakes have never been higher.

TARA DALE - HEAD OF FUNDRAISING, AGE UK PLYMOUTH

At a glance...

We're a local charity working in the community to support over 50s, those living with dementia and carers. We are committed to making Plymouth a city where people Love Later Life.

WHAT YOUR FUNDS COULD DO...



£5

Provides simple sports equipment and games, for fun and engaging activities at our Day Centres.



£10

Supports our team in accessing vital funding for people to secure care, heat their homes or buy food.



£50

Helps our teams returning people to safe, independent living at home after a long stay in hospital.



£100

Would support one of our team of Volunteer Befrienders in making 3,360 call a year.



Astor Drive, Mount Gould,
Plymouth, PL4 9RD
Registered charity: 281820

CHALLENGES

To get a sense of the urgency and size of the support that Age UK Plymouth provides consider this:



The City of Plymouth is within the 20% most deprived districts in the country.



In 10 years Plymouth's population of over 65s will increase by 1/3. That's 15,400 people.



One in 14 people over the age of 65 lives with dementia, that increases to 1 in 6 people over 80.



In 2021, 432 people a month called our Information & Advice team for their free help & support.

SOLUTIONS

1

Day Centre & Dementia Day Centre

We operate a day care service offering those aged 50+ an enjoyable and friendly atmosphere to socially engage. We also run a specialist Dementia Day Centre providing meaningful and varied activities and invaluable respite for carers.

2

Help at Home Community Support

From shopping to assisted trips out, laundry to household and garden maintenance our Help at Home team offer a high-quality, flexible service providing vital support that helps people to remain living independently and safely in their own homes.

3

Wellbeing Hub

Our specialist 50+ Wellbeing Hub connects people with free or subsidised events and services. Including Befriending, Veterans activities and exercise classes. Activities at the Hub reduce isolation and promote mental and physical health improving overall well-being.

4

Hospital Discharge Service

This free service provides a vital life line for those leaving hospital by existing solely to support the journey to independence. Our high-quality and flexible short term service is tailored to create a bespoke package tailored to suit an individual's needs.

DISCOVER Adventure

- Est. 1994
- Approx 120 challenges each year
- £110 million and counting... fundraised by our challengers!
- Safety is our highest priority – high leader to participant ratio
- Financially bonded for your peace of mind
- Full back-up on trips with 24-hour emergency UK support

"I signed up as a solo cyclist and had the best experience. The crew were amazing, so lovely and welcoming and everyone else on the trip just made the whole experience. The organisation was incredible, I didn't have to worry about anything other than cycling!"

Poppy - July 2022

RESPONSIBLE TOURISM COMMITMENT

"We really believe that. We care and we know you do too but we know we aren't perfect, and we imagine that you might not be either. But whether we're thousands of miles apart or living next door, we share this blue and green planet and we want to make sure that what we do whilst we are living on it, benefits future generations of all species for years to come - human, animal, plant or otherwise!"

We are really thrilled to be working on so many forward-thinking projects to help enhance the sustainability of our challenges, changing the way we encourage people to travel with us and helping the people and land we come into contact with around the world. Even on a smaller scale, seeing what can be achieved right here in the UK at DA HQ. Responsible travel is central to DA's identity and the team and business' core beliefs, so we will not only continue, but work harder to reach new levels of sustainability. Now, more than ever, it is vital for the travel industry to do their bit in the fight for our planet and Discover Adventure are absolutely going to be a part of this.

**Jonathan Bryan
MD Discover Adventure**



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