

The challenge of a lifetime,
for the charity of your choice...

Cycle London to Geneva

See the Tour de France
in Paris

 **GLOBAL
ADVENTURE
CHALLENGES®**

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globaladventurechallenges.com

Key Information

Duration: 10 days

Cycling Distance: Approx. 667 Miles

Challenge Grade: Extreme ③

Location: Europe

Challenge Highlights

- Cycle through the beautiful Somme region
- Watch the final stage of the Tour de France live in the heart of Paris
- Discover unspoilt French countryside and famous vineyard regions
- Conquer a Tour de France Col – Col de la Faucille (1,323m)
- Celebratory finish beside the famous Lake Geneva

The Challenge

The London to Geneva cycle challenge combines our iconic London to Paris and Paris to Geneva cycling challenges to make one ultimate challenge. Spilt into two stages - it's a cycling adventure that's one of a kind!

Day 1

London to Calais

After an early registration we begin our epic ride. It's not too long before we're past the outskirts of London and hitting the countryside of Kent. It's a long day today but upon reaching the port of Dover and witnessing its famous white cliffs, we'll experience a great sense of achievement. We then board the ferry to Calais and have dinner whilst on board. Upon reaching Calais we then cycle to our hotel.

Cycling distance – approx. 86 miles

Day 2

Calais to Arras

Following breakfast at our hotel we start cycling 'French style' - remembering to stay on the right! We cycle through traditional French countryside with views of green meadows as we leave Calais behind us. Cycling along smooth, flat roads the route becomes more undulating as we head towards our lunch stop. Some small climbs after lunch bring us to a gentle descent into the beautiful medieval town of Arras, one of the prettiest towns in northern France, where we check into our hotel.

Cycling distance – approx. 80 miles

Day 3

Arras to Compiègne

After breakfast we continue with our cycle and head south through the region of the Somme and the World War I battlefields - rolling green meadows studded with many war memorials and cemeteries of the First World War. Following traditionally french, tree-lined avenues, we approach our next overnight stop in Compiègne. Since 1968 Compiègne has been the starting place of the "Paris-Roubaix", the most famous French cycling race after the Tour de France.

Cycling distance – approx. 74 miles

Day 4

Compiègne to Paris

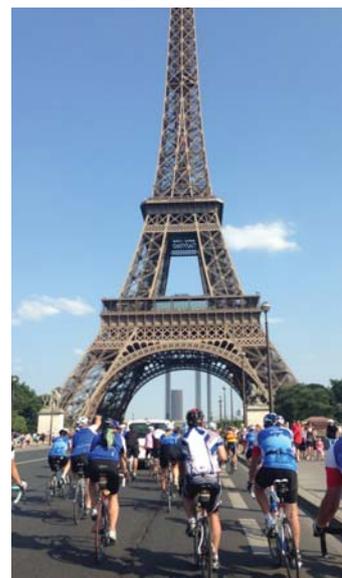
The final day of the first leg of this cycling adventure! Leaving Compiègne behind us we venture towards France's majestic capital, Paris. Cycling is the national sport of France so expect to see locals cheering and waving you on! We will stop at the Louvre for the group to re-assemble before reaching the famous Champs-Elysees, then we ride through as a group finishing the first leg of our challenge beneath the most famous landmark of Paris - the Eiffel Tower. This evening we celebrate our achievements so far at our celebratory dinner.

Cycling distance – approx. 68 miles

Day 5

Paris - Rest Day - Watch the finale of the Tour de France!

After breakfast we are free to enjoy the sights and sounds of Paris. The Tour de France will be reaching its climax today as the peloton race through the streets of Paris, so ensure you grab your place on the Champs-Elysees to see some of the action!





See the finale of the Tour de France live in Paris!

Day 6	Day 7	Day 8	Day 9	Day 10
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Paris to Sens

After breakfast we will meet our new riders that join the group today for a briefing ahead of the second leg of the challenge. We take the very short ride to the Eiffel Tower which marks the official start of stage two of our challenge and then we're off! Our route comes out of the capital heading south east and it's not too long until the hustle and bustle of Paris is behind us and we are cycling through the stunning countryside and chalk hills. We continue cycling passing through many small, traditional towns and villages until we end up in Sens, a fantastic town famous for Cathedral.

Cycling distance – approx. 86 miles

Sens to Saulieu

An early start awaits us as our route continues in a south easterly direction towards the town of Auxerre. Situated on the Yonne River, Auxerre is famous for the wine produced in the neighbourhood including the renowned Chablis! Our challenge continues with undulating roads winding their way through open fields of barley and wheat, the route is littered with fascinating small medieval towns which mark our route to Saulieu. Saulieu is located on the edge of Morvan National Park – an area known for its woodland, lakes and rivers.

Cycling distance – approx. 99 miles

Saulieu to Lons-le-Saunier

Today is our longest day in the saddle, so another early start awaits us. Leaving Saulieu we continue cycling in a south easterly direction towards the town of Beaune – a great town situated in the heart of prestigious vineyards and also known as the 'capital of Burgundy wines!' As we head further south east the landscape to our challenge begins to change as we move closer to the Jura Mountains and Switzerland. We soon reach the lovely town of Lons-le-Saunier, an old Roman Spa Town - a perfect place to relax and to prepare for our final days cycling tomorrow.

Cycling distance – approx. 101 miles

Lons-le-Saunier to Geneva

After an early morning breakfast at our hotel we set off for our most challenging day in the saddle. Today we cross the mighty Jura Mountains into Switzerland and tackle the hair pin bends of the famous Col de la Faucille (1,323m) – a peak which has featured in many Tour de France routes. We start to ascend steadily taking our time to not overdo it, with the scenery becoming much wilder and mountainous as we get higher. Our efforts will be rewarded with fabulous views of the valley below and well-earned downhill sections where we can rest our legs. Glowing with accomplishment, we then enjoy the descent across the border into Switzerland and glide into Geneva celebrating our finish in Parc Barton, a stunning park lying on the shores of the famous Lake Geneva. Tonight we enjoy a celebratory meal.

Cycling distance – approx. 73 miles

Geneva to London

Today we have a free day to explore Geneva before taking our transfer to the Airport for our flights back to London where we are reunited with our bikes.

(Please note this is a complex itinerary and subject to change, including the daily mileages in this brochure)



Your questions answered....

Is this challenge for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum age requirement is 18 years old) and abilities, with the correct training! Whether you're looking to take part as a solo rider or a team you will be amongst other like-minded cyclists with team spirit flying high.

How fit do I need to be?

This cycle ride has been graded as Extreme on our challenge grade scale but achievable as long as you train correctly beforehand. You will be cycling for 4 consecutive days to Paris, enjoy a rest day, then continue the challenge with another 4 consecutive days in the saddle. You can expect to be in the saddle for an average of 7-8 hours per day, the fitter you are the more you will enjoy this challenge. A full training guide will be included in your welcome pack and is available to download via our website. We also run training weekends throughout the year, a fantastic opportunity to meet other challengers and train together prior to the event.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty. 1 being the lowest challenge grade and 3 being the most challenging. (1= Challenging, 2 = Tough and 3 = Extreme)

Where will we stay?

The accommodation for this challenge is local hotels which range from 2* to 3*. All accommodation has washing facilities available and rooms are normally allocated on a twin share basis.

Do I need specialist kit?

You will be provided with a full kit list in your welcome pack when you register. Each participant is required to bring their own bicycle. Usual items of kit are required such as, cycling shorts, cycling helmet, cycling gloves – other than this you do not need any specialist kit.

What happens to my luggage?

All luggage is transported from accommodation to accommodation via our support vehicles. You may wish to carry a small day pack/bum bag/ 'camelbak' while cycling to carry items such as camera, sun-screen, energy snacks etc. if you cannot fit it all in your jersey pocket.

What will the food be like?

All meals are provided for excluding breakfast and evening meal on Day 1, lunch and dinner on Day 5 (rest day in Paris), and lunch & dinner on Day 10. Whilst cycling we will either stop at local cafes/ restaurants or eat at open air buffets – depending on the size of the group. We cater for all dietary requirements as long as we know in advance, just fill out the relevant section on your registration form.

What's included?

- 9 nights' accommodation
- Ferry crossing from Dover to Calais
- One way flight from Geneva to London – please note a non-refundable flight payment of £70 will be required approx. 6 months prior to departure date
- Lunch on Day 1. Breakfast, lunch, dinner on days 2, 3, 4. Breakfast only on Day 5. Breakfast, lunch, dinner on days 6, 7, 8, 9 and breakfast on Day 10
- Refreshment stops including water, fruit and a variety of snacks / cereal bars
- Back up and support vehicles
- Fully marked route
- Global Adventure Challenge Event Crew
- Bike Mechanics and Medical support (please note basic spare bike parts will be taken but understandably we cannot cater for every eventuality, therefore it's vital your bike is properly serviced prior to the challenge and in full working order. You will be billed for any spare parts used in repairing your bike)
- Transfer of bikes back to London
- Finisher's medal

What's not included?

- Accommodation the night prior to the start of the challenge
- Breakfast and evening meal on Day 1, lunch and dinner on Day 5 (rest day), lunch and dinner on Day 10
- Alcoholic drinks
- Tips and gratuities
- Bicycle hire
- Bike insurance
- Travel insurance

What happens if I get tired?

There will be regular rest stops and snacks after approx. every 20 miles of cycling – there is no problem if you need to take more rest stops, remember this is not a race! A support vehicle will be following at the rear of the group ensuring no-one is left alone.

Can I stay in Geneva after the challenge?

Unfortunately we are unable to offer an extension package for you to stay in Geneva after this challenge. You can of course make your own arrangements to return at your convenience and stay in Geneva as long as you wish, but remember you will need to keep your bicycle with you too. If you do decide to make your own return to the UK please notify Global Adventure Challenges as soon as possible.

What support is there on the event?

This is a fully supported event, there will be a strong support team with professional Global Adventure Challenges leaders from the UK. The team have full comprehensive medical kits and a support vehicle will follow the group providing medical and mechanical support if needed.

I'm worried I won't raise the minimum sponsorship for this challenge – any advice?

Once you have signed up you'll receive a fundraising pack from your chosen charity to help you with your fundraising, you'll also receive a few tips and ideas from us to help you on your way.

I'm interested - how do I sign up?

You can register online via our website www.globaladventurechallenges.com or fill in the enclosed registration form and return it to our offices as soon as possible as places are limited, and allocated on a first come first served basis. You are required to pay a registration fee at the time of booking onto your challenge. All costs and payment options are explained on the enclosed sheet and on our website. Once we receive your registration we'll send you a welcome pack full of helpful details and further information on what to expect in the lead up to and on your challenge of a lifetime. Also your chosen charity will be in contact with you to discuss your fundraising.

Register Online Today!

www.globaladventurechallenges.com

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