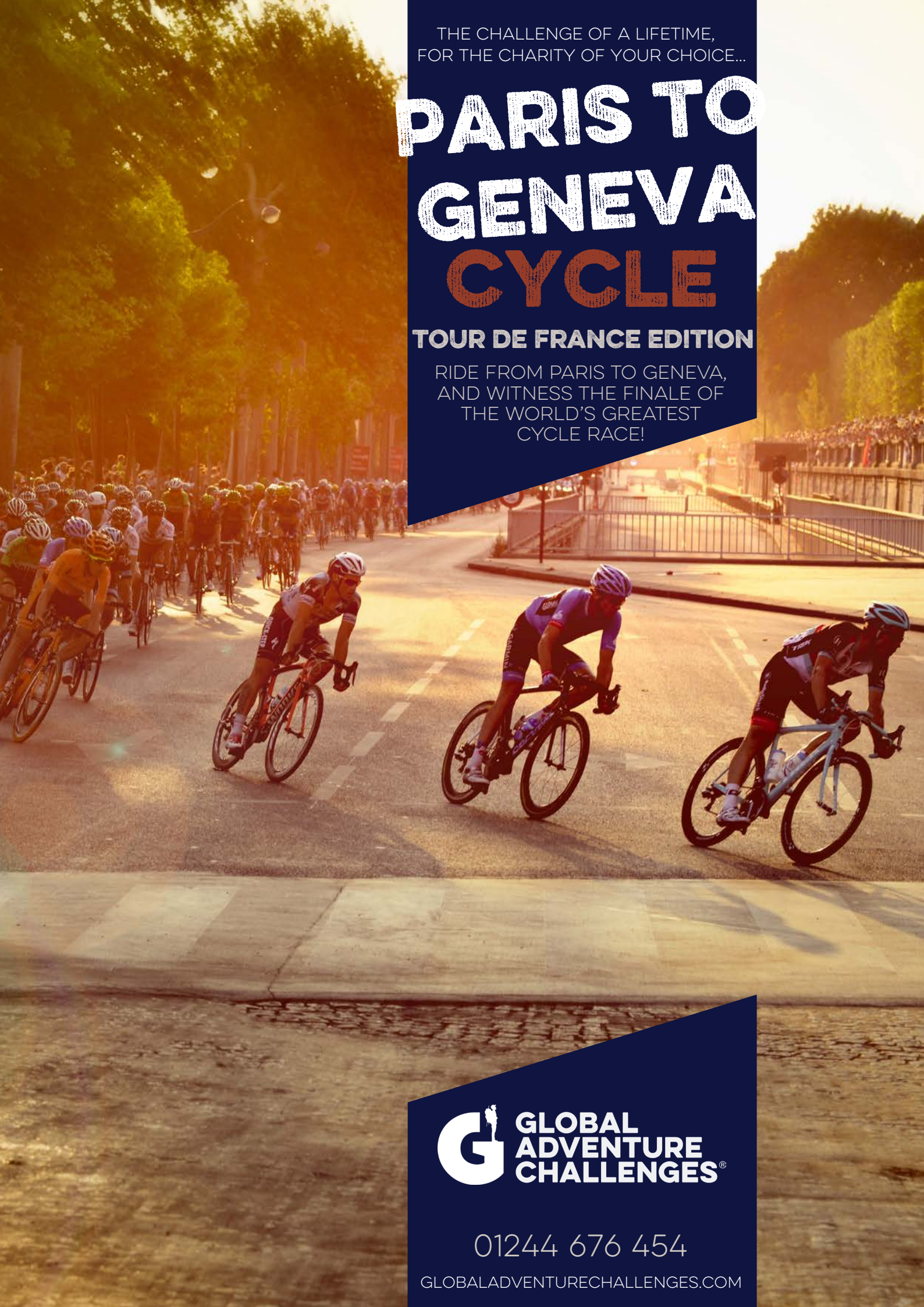


THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

PARIS TO GENEVA CYCLE

TOUR DE FRANCE EDITION

RIDE FROM PARIS TO GENEVA,
AND WITNESS THE FINALE OF
THE WORLD'S GREATEST
CYCLE RACE!



 **GLOBAL
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KEY INFO

Duration: 6 days

Distance: 360 miles approx.

Challenge Grade: Tough 2

Location: France and Switzerland

CHALLENGE HIGHLIGHTS

- Witness the finale of the world famous Tour de France in Paris!
- An incredible start under the iconic arches of the Eiffel Tower
- Conquer a Tour de France col!
- Rewarding finish on the stunning shores of Lake Geneva

THE CHALLENGE

This fantastic yet demanding challenge sees us depart Paris and spend 4 days in the saddle riding through the picturesque French countryside. We'll pass through medieval towns, crossing through the famous vineyard regions of Burgundy and Champagne. The feeling of tackling the hairpin bends of Col de la Faucille (1,232m) is an experience we'll never forget! We then celebrate our achievements with a fantastic finish on the shores of Lake Geneva. What's more, you'll see the finale of the Tour De France before you set off on this fantastic cycling adventure. See the pros roll into Paris and be part of cycling history!

Day 1

Tour de France

We meet at London St Pancras early morning to load our bikes onto the event support vehicles, then we board the Eurostar to Paris. Once we arrive in Paris we will make our way to the hotel to check in, and then the rest of the day we're free at leisure to see the Tour de France finale!

Day 2

Paris to Sens

After breakfast at our hotel we take the very short ride to the Eiffel Tower which marks our official start and then we're off! Our route comes out of the capital to the 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, which make this area perfect for wine growing. We continue cycling passing through many small, traditional towns and villages until we end up in Sens – a fantastic town famous for Cathedral Saint-Étienne.

Cycling distance – approx. 89 miles

Day 3

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. 96 miles

Day 4

Saulieu to Lons-le-Saunier

Another early start awaits us this morning as today is our longest day in the saddle! 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 to 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 challenge tomorrow.

Cycling distance – approx. 102 miles



FROM THE MAJESTIC CAPITAL CITY OF PARIS TO THE STUNNING SHORES OF LAKE GENEVA...

Day 5

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 hairpin bends of the famous Col de la Faucille (1,232m – 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 with a champagne 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

Day 6

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)



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people sign up as individuals, but team spirit is always flying high amongst the participants.

How fit do I need to be?

This cycle ride has been graded as Tough (2) on our challenge grading scheme, and is designed to be challenging yet achievable by anyone - as long as you fitness train beforehand. Remember, you are cycling for 4 consecutive days, covering almost 360 miles in some hilly terrain, so expect to be in the saddle for about 7-8 hours per day - the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction and we also hold non-profit training weekends for everyone to meet 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?

We will stay in local hotels en route, which range from 2* to 3* - remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be use of some triple rooms too.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required, such as cycling shorts, cycling helmet and cycling gloves - other than this you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/ bum bag/ 'camelbak' while cycling to carry items such as camera, sun-screen, energy snacks etc.

Food Matters...

All meals will be provided from breakfast on day 2, through to breakfast on day 6. Whilst cycling, we will either stop at local cafes/ restaurants or eat at open air buffets - this depends on the size of the group. We cater for most dietary requirements as long as we know in advance - just fill in the appropriate section of your registration form.

What's included?

- One way Eurostar ticket from London to Paris
- One way flight from Geneva to London - Please note a non-refundable flight payment of £70 will be required approximately 6 months prior to departure date
- All accommodation, breakfast, lunch, and dinner on days 2,3, and 5, breakfast on day 6
- Refreshment stops including water, fruit, and a variety of snacks/energy bars/cereal bars every 15-20 miles cycled approx.
- Vehicles for back up and support
- Route markers or cycle guides
- Global Adventure Challenges Event Crew
- Mechanic support. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike.

What's not included?

- Breakfast, lunch and dinner on day 1, lunch and dinner on day 6
- Alcoholic drinks
- Bicycle hire - each participant must bring their own recently serviced bicycle
- Bicycle insurance
- Travel insurance
- Tips and gratuities

Can I stay in Geneva after the challenge?

Unfortunately, we are unable to arrange 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, as your challenge balance may be adjusted accordingly.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges Leaders from the UK. Full comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle will follow the group providing medical and mechanical support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling - there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the challenge ensuring no-one is left alone - remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... What do I do now?

Places are limited and allocated on a first-come, first-served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and return it to Global Adventure Challenges, along with the registration fee - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact with you to discuss your fundraising.

REGISTER ONLINE TODAY!

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