

LONDON PARIS BIKE RIDE



Connect two of the world's most chic capital cities as you embark on the challenge of a lifetime for charity. Cycling through beautiful English villages and into the stunning countryside of rural France you'll pass historical landmarks and famous battlefields from World War I until you reach Paris, undoubtedly one of the most magical places on earth. The sense of achievement you'll experience will be one you'll treasure forever.

Come cycle with us...



QUESTIONS AND ANSWERS

Is the trip for me?

Definitely! This trip is a fantastic challenge for anyone wanting to do something amazing for a great cause! There will be lots of like minded people on the trip all looking for the challenge of a lifetime and of course to meet new friends. Some people come with friends or family but most people come on their own so what are you waiting for? Sign up today for a fantastic experience and the opportunity to make life long friends.

How fit do I need to be?

People from all walks of life will take part in this challenge and most people will be exactly like you. However it is vital that you train so that you get the most out of the cycle ride. We will send you a suggested training plan and will be on hand to help you with any training advice.



Will I be able to raise the sponsorship money?

YES! Once you have started you will find that raising the minimum sponsorship is easy and most importantly fun! We have suggested a few simple fundraising ideas in this brochure and we will of course be available every day to help you with more ideas!

Will you help me?

YES! You will have one main contact here who will be on hand to help you in the lead up to the event. You will be sent access to a full confirmation site shortly after you register on the event which will give you all the information you need but we are always here to make the event as enjoyable and hassle free as possible! And there will even be the opportunity to meet the other cyclists on the trip at a gathering before the event!

What about food and drink?

Breakfast, lunch and dinner will be provided throughout the trip except for 2 meals (dinner on the ferry on the way out to France and lunch in Paris on our last day). We can of course cater for vegetarians and other dietary requirements – as long as you let us know in advance!

What do I need to bring?

No specialist kit is required however a cycle helmet is compulsory and we strongly recommend that you use your own bike for both your training and the cycle itself.



Will you carry my luggage whilst I'm cycling?

There will be support vehicles with the group at all times, which will also carry your luggage. You will just need to bring a bum bag for any essentials like a camera or sun tan lotion.

When should I book my place on the trip?

As soon as possible! Places are extremely limited and get snapped up quickly so to avoid disappointment sign up today and don't miss out!



FACTS AND FIGURES

Registration Fee:

All our fundraising trips require a registration fee to be paid on booking – please see enclosed Reservation Form for details. ⁽¹⁾

Minimum sponsorship:

We ask you to raise a minimum amount of sponsorship to take part in this trip – please see enclosed Reservation Form for details. ⁽²⁾

No. of days:

5 days (4 days cycling)

Accommodation:

2 – 3 star hotels

Temperature:

Between 16°C and 28°C. The climate of Northern France is very similar to Southern England

What's included:

Travel by Ferry to France and return travel to London on Eurostar, accommodation, all meals (excluding dinner on the ferry on day 1 and lunch on day 5), mechanics, guides and medical support. ⁽³⁾

Notes:

1. The registration fee is non-refundable.
2. The first 80% is due 12 weeks before the event. All fundraising incurs costs. The tour costs are approximately 50% of the minimum sponsorship level. Costs are confirmed 8 weeks before departure.
3. All participants are responsible for their own passport (no visa required for UK residents). No specific vaccinations are required although a tetanus injection is essential. The tour costs do not include travel insurance which is compulsory.



Groups and corporates

This event is brilliant for teams as well as individuals. If you are a group or you want to organise a company team, call our group specialists now – call Siobhan, Tom or Sally on **0207 424 5505**

HOW TO RAISE THE MONEY...



THINK BIG!

The average sponsorship level for the London to Paris Cycle Ride is around £1,500 so below we have indicated some tried and tested ideas to get you started.

Start by asking everyone you know – the more people you ask, the more you will raise! Try to get payment upfront to halve the effort, and ALWAYS start each sponsorship form with a generous sponsor as this will set a high standard for the rest. (It really does work!)

Ask your employer to sponsor you, too – many companies actually match pound for pound!

Here are some ideas:

Arrange a £10 menu at a local restaurant on one of their quiet nights and charge 10 friends £15! (Do this twice as it's so easy)	£150
Hold a karaoke in your local pub for a percentage of the drinks sales	£100
A car boot sale (get your family and friends to have a clear out!)	£150
Ask your local school to hold a non-uniform day	£150
Hold a quiz night with raffle	£150
Dinner party or barbecue for 10 friends who each pay £10	£100
Hold a skills auction where you rope in friends with certain skills (hairdressing / reflexology etc) to donate their skills for free	£200
Persuade a friend to shave their head/legs/sit in a bath of custard!	£100
A Friday night Three-legged Pub Crawl	£100
Ask 5 business clients or suppliers for £30	£150
Ask friends and family for sponsorship money instead of Birthday/Christmas presents	£150
TOTAL	£1,500!

Tell the world!

You are doing something quite amazing – make sure you tell EVERYONE – and let your local newspaper/radio know, too!

With a bit of thought, planning and some help from your friends, you'll have reached the target before you know it – GO FOR IT!!!

THE ITINERARY

Day 1

London to Calais

Our challenge begins bright and early from South London, heading through rural Kent – the garden of England. Our path winds through traditional British countryside, along the North Downs Way before we reach the white cliffs of Dover. The ferry takes us across to Calais and our first nights resting place.

95 miles (approx)

Day 2

Calais to Abbeville

La belle France! Stunning picturesque countryside awaits us in northern France as we travel south through some beautiful quaint villages – do not be surprised to be greeted with a ‘Bonjour Monsieur/Madame’ as you cycle through! Cycle through Desvres, a market town known for its ceramics and continue with the windy roads along the valley of the Canche River. The Artois region is amazing with the Spanish influenced town of Hesdin and its tremendous architecture and close proximity to the battle of Agincourt. We spend the night in Abbeville – steeped in history from the war and despite being destroyed in just one night it has managed to retain its beautiful gothic church.

75 miles (approx)



Day 3

Abbeville to Beauvais

Our route this morning follows the river Somme out of Abbeville. The Somme is perhaps most famous for its battles and you cannot fail to be reminded of the thousands who lost their lives in the war. But the Somme is also a Celtic word meaning tranquility... summing up the feeling of the day as you cycle through this superb region. After lunch you can enjoy the countryside with a little less ‘undulations’ than previous days. We finish the day in Beauvais where the market square, Place de l’Hôtel de Ville, is a true highlight. Several of the houses close to the Cathedral date back from the twelfth to the sixteenth centuries.

70 miles (approx)

Day 4

Beauvais to Paris

Our final day of cycling and the big push to Paris, our final destination. We are still treated to some stunning countryside including a lovely lunchtime in wooded area next to the River Oise. After lunch we near the outskirts of Paris and you will start to spot the familiar sights of the Eiffel Tower and the River Seine. We rendezvous in a park just north of Paris before joining together to cycle the last miles along some of the famous boulevards. Our finish point – the Eiffel Tower – can be seen for miles above the Paris Skyline, and on arrival the celebrations can begin!

60 miles (approx)

Day 5

Paris to London

The day is yours to soak up the Parisian way of life, explore the city, and visit the landmarks that only yesterday you were cycling by. We will meet in the afternoon at the Gare du Nord to catch our Eurostar home, arriving at St Pancras where you will be reunited with your bike and commence your onward journey home.



ABOUT OUR CHARITY

The Sickle Cell Society is Britain's only national charity for sickle cell disorders, an inherited haemoglobin disorder. The Sickle Cell Society was founded in 1979 by a group of patients, parents and health professionals who shared concerns about the lack of understanding of sickle cell disorders and the inadequacies of treatment. We aim to raise awareness of sickle cell disorders, push for improvements to treatment and provide advice, information and support to the sickle cell community.

We produce information resources about sickle cell disorders, and hold at least three education seminars a year, as well as other awareness events. We provide a helpline service, and are working with Brent CCG to provide a more intensive advice and support service for Brent residents, and are hoping to secure funding to extend these services. We provide an annual children's holiday to provide a respite break for children with sickle cell disorders and their families. We undertake lobbying work to draw attention to issues affecting the sickle cell community.

Sickle Cell Society
54 Station Road,
London
NW10 4UA
020 8961 7795