Connect two of the world’s most chic capital cities as you embark on the challenge of a lifetime.

Cycle through almost 300 miles of stunning countryside, passing historical landmarks and World War I battlefields. Reach Paris in time to take your place on the Champs-Élysées and experience the finish of the iconic Tour de France. The sense of achievement you’ll experience will be treasured forever.

COME CYCLE WITH US...
THE ITINERARY

DAY 1
London to Calais
Our challenge begins bright and early from South London, then heads out through rural Kent – the garden of England. Our path winds through traditional British countryside and along the North Downs Way before we reach the white cliffs of Dover. The ferry takes us across to Calais and our first night’s 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 – don’t 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; 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’re still treated to some stunning countryside, including a lovely lunch in a wooded area next to the River Oise. After lunch we near the outskirts of Paris and you’ll 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 explore the city and take up your spot on the Champs-Elysées where the 2017 Tour de France will finish. In the early evening we’ll meet you at the Gare du Nord to catch the Eurostar home, arriving at St Pancras where you’ll be reunited with your bike which will have been transported for you overnight.

Register today: www.teenagecancertrust.org/london2paris
FACTS & FIGURES

REGISTRATION FEE:
A discounted registration fee of £99 (usually £125) is required to secure your booking. (1)

MINIMUM SPONSORSHIP:
We ask you to raise a minimum sponsorship of £1,480 to take part in this trip. If you raise 80% of this 12 weeks before the event (that’s £1,184), we’ll pay for the cost of your challenge. (2)

Alternatively if you would like to self fund and pay the challenge costs yourself, let us know.

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.
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 recommended. 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, get in touch today by calling 020 7612 0370 or sending an email to challenges@teenagecancertrust.org

"It meant such a lot riding for Teenage Cancer Trust. We all wore the shirt with pride as we rode into Paris”
Rob - London to Paris July 2016

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IS THE TRIP FOR ME?
Definitely! This is a fantastic challenge for anyone wanting to do something amazing to support young people with cancer. 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 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. Riders are encouraged to take the ride at their own pace, and there will be a support team on hand throughout the challenge - however it's vital that you train so that you get the most out of the cycle ride. You'll get a suggested training plan and we'll be on hand to help you with any training advice.

WILL I BE ABLE TO RAISE THE SPONSORSHIP MONEY?
Yes! Once you’ve started, you’ll find that raising the minimum sponsorship is easy and most importantly fun! We’ll send you a fundraising pack and will of course be on hand to help you with even more ideas.

WILL YOU HELP ME?
Yes! As well as the team here at Teenage Cancer Trust, you’ll have a contact at Skyline Events (who run the trip) to help you in the lead up to the event. You’ll be sent access to a full confirmation site shortly after you register which will give you all the information you need, but we’re always here to make the event as enjoyable and hassle free as possible!

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’ll 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 limited and get snapped up quickly, so to avoid disappointment sign up today and don’t miss out!

"The ride is challenging, enjoyable and so so rewarding. Do it... You will not regret it!"
Jon - London to Paris July 2016

Register today: www.teenagecancertrust.org/london2paris
CANCER SUCKS. WHEN YOU’RE YOUNG, A CANCER DIAGNOSIS SHATTERS EVERYTHING. JUST WHEN LIFE SHOULD BE ABOUT FUN, FRIENDS AND THE FUTURE, YOU’RE SUDDENLY FACED WITH A WORLD OF FEAR.

Right now, for every young person Teenage Cancer Trust helps, there’s another we can’t. Take on London to Paris 2017 and together, we can make sure every young person with cancer gets the care they deserve.

But half of young cancer patients aren’t treated in our units. Many receive treatment in hospitals where there’s no specialist treatment or facilities for young people. It can be a deeply isolating experience.

So it’s time to go further. We’ve got one ambition: reach every young person with cancer, wherever they are in the UK.

We’ve piloted a new way of working, with our experts traveling to local hospitals and patients’ homes across the UK. The great news? It works.

So we’re rolling the scheme out, and with your support we can finish the job.

SO DON’T DOUBT IT, BY JOINING OUR LONDON TO PARIS TEAM – YOU WILL TRANSFORM YOUNG PEOPLE’S LIVES. FOREVER.

Our cancer units in NHS hospitals have set the standard for years. We’re talking bright colours, big sofas, the latest movies, friends welcome 24/7, communal kitchens, specialist nurses who really know what teenagers care about and need and other young people who understand what’s on your mind. This support is world-leading.

For more information
Visit: www.teenagecancertrust.org
Email: challenges@teenagecancertrust.org
Call: 0207 612 0370