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

Cycle through 300 miles of stunning countryside, rolling hills and historical landmarks. 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.
THE ITINERARY

DAY 1
London to Dunkirk
Our challenge begins bright and early from London, we head south out of the capital and quickly leave the hustle and bustle of the city behind us. Weaving our way down quiet country lanes, we are treated to some beautiful scenery. After conquering a few tough climbs through the Kent Downs, we arrive in Dover late afternoon and take the evening ferry over to Dunkirk.
90 miles (approx)

DAY 2
Dunkirk to Henin Beaumont
Our second day in the saddle and we head south out of Dunkirk and into the stunning countryside of northern France. We cruise down the French roads enjoying the rolling hills and picturesque villages until we reach the industrial town of Henin Beaumont where we spend the night.
60 miles (approx)

DAY 3
Henin Beaumont to Creil
An early start this morning as we face our longest day in the saddle. Our route today takes us further south and on to our hotels for the night which sits on the edge of the Regional Natural Park Oise Pays de France.
100 miles (approx)

DAY 4
Creil to Paris
The final day of cycling and the big push to Paris, our final destination. After lunch near the outskirts of Paris 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 can be seen for miles above the Paris skyline and on arrival the celebration can begin!
40 miles (approx)

DAY 5
Paris to London
The day is yours to soak up the Parisian way of life, explore the city, and watch the finale of the Tour De France! Our Eurostar will be departing in the evening to give you as much time as possible to soak up the celebratory atmosphere. The Eurostar arrives into St Pancras in the late evening, here you will collect your bikes and continue with your journey home.

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

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

MINIMUM SPONSORSHIP:
We ask you to raise a minimum sponsorship of £1,650 to take part in this trip. If you raise 80% of this 12 weeks before the event (that’s £1,320), 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

Register today: www.teenagecancertrust.org/london2paris
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.

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!

QUESTIONS & ANSWERS

"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
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