

Cycle

London to Paris

for Marie Curie

13-16 September 2018

Register online now at
mariecurie.org.uk/londontoparis
or call 0800 716 146



Care and support
through terminal illness

Your adventure starts here

London to Paris

This four-day, action-packed cycling challenge links two of the greatest European cities, covering over 300km in just three days. Help raise vital funds for Marie Curie as you cycle to the heart of Paris, ending at the finish line beneath the Eiffel Tower.



Take on the challenge of a lifetime for Marie Curie

We're here for people living with any terminal illness, and their families – thanks to amazing supporters like you. When you bike between these beautiful cities, you'll be helping our nurses provide expert care, guidance and support.

Every mile you cycle will make sure people with a terminal illness and their loved ones get the most from the time they have left.



Simon Rawles/Marie Curie

Where your money goes

£180

pays for a Marie Curie Nurse to look after someone with a terminal illness overnight in their own home.

£350

pays for five people to attend day therapy at a Marie Curie Hospice, benefitting from gentle exercise, emotional support and more.

£400

pays for someone to stay in a Marie Curie Hospice for 24 hours, so that they can receive the hands-on care they need in their final days.

“I’d never done anything like it before and loved the whole experience; the fantastic French roads, the support, my fellow cyclists, even the muscle ache - I really felt like I’d achieved something. Riding through the streets of Paris the day before the Tour de France came in was electric, I can’t recommend it enough.”

Suzy, London to Paris cyclist



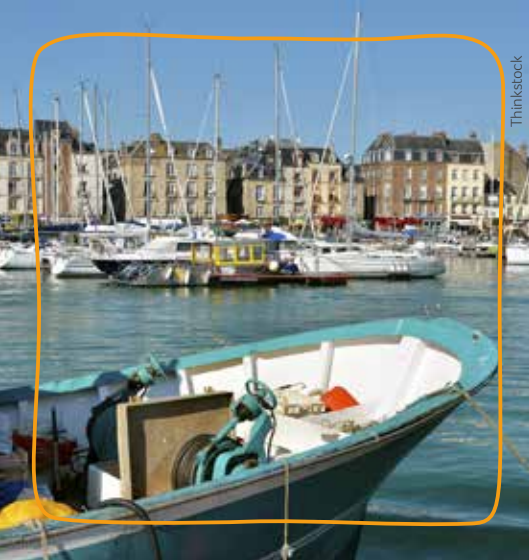
Marie Curie

Day 1

London to Dover: around 116km Ferry crossing Dover to Calais Transfer Calais to Dieppe

Our starting point is the borough of Bexley in south-east London. It's an early start, cycling slowly through south-east London and north Kent. After 26km we reach the city of Rochester with its 1,000 year-old Norman castle, historic cathedral and strong links to former local resident Charles Dickens. From Rochester the route becomes more peaceful, cycling through small towns and villages along the edge of the North Downs.

After lunch we continue cycling along the cliff tops with views of the English Channel and, on a clear day, we may even see France. We continue to cycle along the coast all the way to Dover where we catch the evening ferry to Calais with dinner on board. In Calais we board the coach which will take us to the hotel in Dieppe where we will spend the night.



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Day 2

Dieppe to Gournay-en-Bray: around 88km

After a hearty breakfast, we set off through Dieppe, an old-fashioned port town nestled between two limestone cliffs. The streets are likely to be crowded with people shopping at the traditional Saturday street market. In less than 2.5km we are cycling in the pretty Normandy countryside.

The route to our first stop in the village of Torcy-le-Grand is gently undulating. The terrain is similar for the next stretch to the centre of Saint-Saens. From there, we encounter a few uphill sections, some longer and more challenging than others. From Bosque Eveline, we experience a long sweeping descent until we reach the quiet village of Argueil and lunch in the square opposite the 16th century church of St. Maurice. The last stretch of cycling is another succession of sleepy villages along quiet roads, with an uphill stretch that affords beautiful views of Saint-Aubert and Ons-en-Bray. We will spend the night in the picturesque town of Gournay-en-Bray.



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Day 3

Gournay-en-Bray to the Eiffel Tower, Paris: around 107km

We leave Gournay-en-Bray in a south-easterly direction bound for Paris and a beautiful day of cycling through rural Normandy. As we progress through the day, our surroundings start to change as we enter the suburbs of Paris. After lunch we enter a forested area known as Le Parc aux Etoiles for about 3km. From there, it's a steep descent towards the River Seine.

We cross the river twice before regrouping inside the Bois de Boulogne park for the final stretch of cycling. We exit this pretty expanse of greenery together at Place de la Porte de Passy. From there the excitement starts to mount as we cycle along the wide Parisian boulevards towards our final destination. We cross the Pont d'Iéna and finish the challenge.

Day 4

Paris to London

This morning we transfer from the hotel to the Eurostar terminal for our train back to London, along with some amazing memories of the challenge.

This is a complex itinerary and may be subject to change.



Marie Curie

Essential information

£200 registration fee
(non-refundable)

£1,750 fundraising
target

4 day trip with three days' cycling

Trip grading: **Tough** 

What's included



Local
transfers



Support
vehicle



Accommodation



Cycle
leader



Bike
maintenance



All meals
while cycling



Medic



Ferry from England
to France and
Eurostar return

Frequently asked questions

What are the highlights?

Cycling with your team-mates across the River Seine, followed by crossing the finish line at the iconic Eiffel Tower.

Who can take part?

Anyone over 18 who is looking for a challenge can take part. The group will be at least 60 riders. The majority will be on their own, but some will come with friends, partners or relatives. This challenge will be incredibly rewarding and suitable for anyone with a bit of grit, determination and willingness to work as part of a team.

How fit do I need to be?

This challenge is not suitable for those who have not cycled before. Training is essential. We expect all participants to be prepared for consecutive days of cycling up to 100km. All our challenges are designed to suit people who are fit and have trained to take part – the fitter you are, the more you will enjoy the adventure.

Will I need specialist kit?

You must wear a cycling helmet. Please ensure you bring seasonal clothes and equipment. We will send you a recommended packing list in your welcome pack which will provide details on any specialist equipment you may need.

What food and drink will be available?

A typical breakfast will be bread, cheese, eggs, salads, cake, jam, tea and coffee. Lunch will be soup, sandwiches or pasta in a pub or restaurant. Evening meals include meat, chicken or fish with potatoes, pasta or rice, salads, vegetables and fruit. Please let us know in advance of any special dietary requirements.

What is not included in the package?

- Registration fee
- Personal spending money
- Your own personal kit
- Travel to and from the challenge
- Bikes
- Helmets (must be worn at all times when cycling)

- Bell (required by law in France)
- Tips and gratuities
- Travel insurance

How will I be supported?

Beforehand: We'll send you a fundraising pack with great tips on how to meet your fundraising target. We'll keep in touch regularly and will organise a briefing day where you'll meet other participants and hear more about the event.

During the trip: Your group will include a cycle leader, medic and bike mechanic as well as a Marie Curie representative. Local guides will escort the group along the route. Your luggage will be transported to each night's hotel.

What will the weather be like?

Daytime temperatures may be 20-25 degrees celcius with pleasant night-time temperatures around 12-15 degrees celcius. You should be prepared for rain as well as strong winds.

What's the accommodation like?

It will be a mix of basic hostels and hotels varying from twin to dormitory style rooms.

Can I cover the cost of the trip myself?

We ask you to raise a minimum of £1,750. A minimum of £1,020* will go directly to Marie Curie, as well as anything you raise over the minimum sponsorship. If you would like to pay for the trip yourself, please contact us on 0800 716 146.

Passports and visas

EU citizens don't need a visa to enter France. However, your passport must be valid for at least six months after the date of return to the UK. Marie Curie will ask you for your passport details.

Can I extend my stay?

Anyone wanting to stay on after the cycle challenge can arrange to do so through Classic Tours at a cost and subject to availability.

Do overseas challenges damage the environment?

Marie Curie is committed to responsible tourism. This challenge is organised by our tour operator, Classic Tours, which will provide guidelines on responsible tourism.

* Based on minimum participant numbers



Fundraising for Marie Curie

When you take on an overseas challenge for Marie Curie, we're here to help and support you every step of the way.

Your local Marie Curie fundraiser

Once you've registered, you will be put in touch with your local Marie Curie fundraiser who will help you with your fundraising plans and offer advice whenever you need it.

Welcome pack

We'll send you a welcome pack and fundraising guide full of tried and tested tips to help you smash your target. If you'd like to see some ideas for fundraising before you get your pack, check out this page on our website.

mariecurie.org.uk/event-fundraising-tips

Getting started

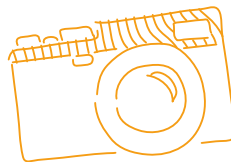
A great first step is setting up a JustGiving page.

This is the quickest and easiest way to tell people that you're fundraising and to gather your sponsorship online.



Get personal

Tell people why you're doing this challenge. People respond best to personal stories. Don't forget to add some photos or videos.

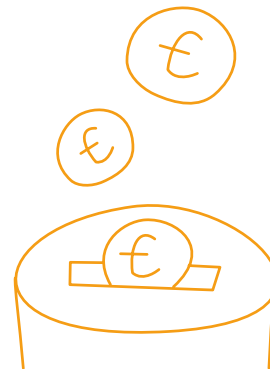


Make the most of social media

Announce your sponsorship page and ask people for donations on Facebook and Twitter. Add your JustGiving web address to your email signature so everyone you contact can see it. And don't forget to tweet it too!

Supersize your fundraising

See if your employer will match your fundraising pound for pound, or up to a fixed amount. And ask your sponsors to Gift Aid their donation.



Get in touch

Please do get in touch if you have any questions or want support. We'd love to hear from you on **0800 716 146**.*



*Calls are free from landlines and mobile phones. Your call may be recorded for quality and training purposes. Lines are open Monday to Friday, 9am–5pm.

Register now

There are lots of ways to register for the London to Paris cycle challenge for Marie Curie:

Online at:

mariecurie.org.uk/londontoparis

Fill in the registration form and post to:

Overseas Challenges

Marie Curie PO BOX 23897

14 Links Place

Edinburgh

EH6 9AB

If you have any questions feel free to call us on **0800 716 146** or email us at **events@mariecurie.org.uk**

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mariecurie.org.uk



Registered with
**FUNDRAISING
REGULATOR**



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