

# LONDON TO PARIS CYCLE

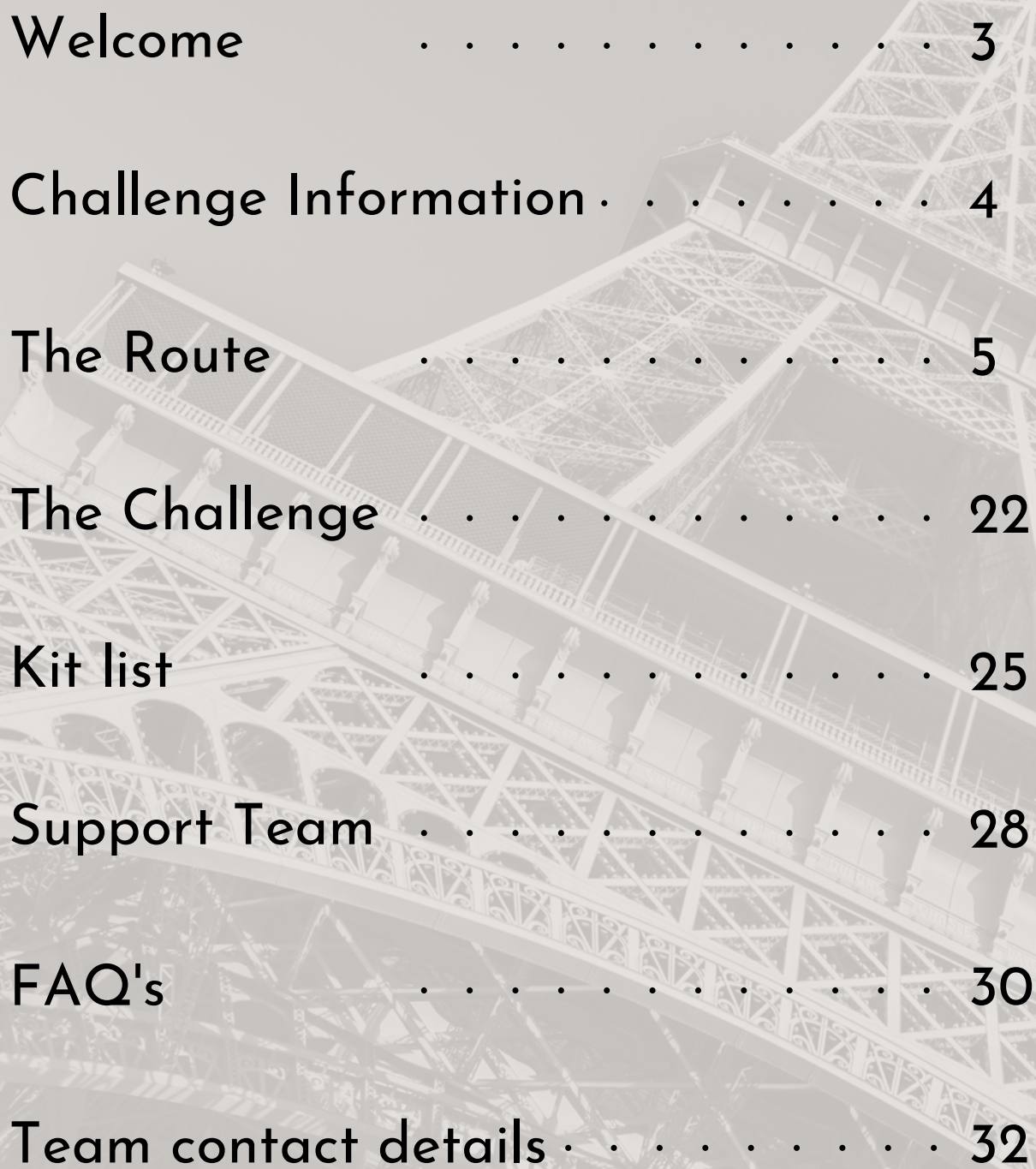
The logo for Wmuk, featuring the letters 'Wmuk' in a white, rounded font inside a black speech bubble shape, set against a yellow background.

Wmuk



25-27 August 2023

# IN YOUR GUIDEBOOK



Welcome . . . . .	3
Challenge Information . . . . .	4
The Route . . . . .	5
The Challenge . . . . .	22
Kit list . . . . .	25
Support Team . . . . .	28
FAQ's . . . . .	30
Team contact details . . . . .	32

# WELCOME TO THE CHALLENGE

Dear L2P Riders,

It is my great pleasure to welcome you to our intrepid group, which will be taking on the 2023 London to Paris Cycle Challenge.

You are part of a group to take on this iconic ride to Paris which will take us on a 200-mile cycling journey, through some of the most beautiful countryside and historic locations in the UK & France.

We can't guarantee the weather, but we can promise that you will be looked after every step of the way, or should I say every pedal of the way, have lots of fun and make lasting friendships.

I'm really grateful for you taking on this challenge and for supporting WMUK.

WMUK is the only charity in the UK dedicated to offering support, information and research for people living with Waldenstrom's macroglobulinaemia.

Waldenstrom's macroglobulinaemia (WM) is a rare type of blood cancer. It has its own distinct characteristics that require specialised treatment and care.

Our vision is that people affected by WM live longer, good quality lives supported every step of the way by WMUK.

I very much wish you the best for the ride and am grateful for your support.

Jane Nicolson, Chief Executive



# CHALLENGE INFORMATION

All the information you need to know can be found in this brochure. Please do get in touch with Rebecca ([rebecca@tfaltd.co.uk](mailto:rebecca@tfaltd.co.uk)) if you have any questions.



**INFORMATION**



**ROUTE**



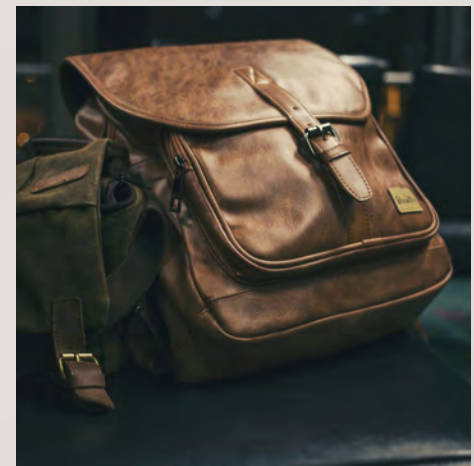
**CHALLENGE**



**ACCOMMODATION**



**FOOD & DRINK**



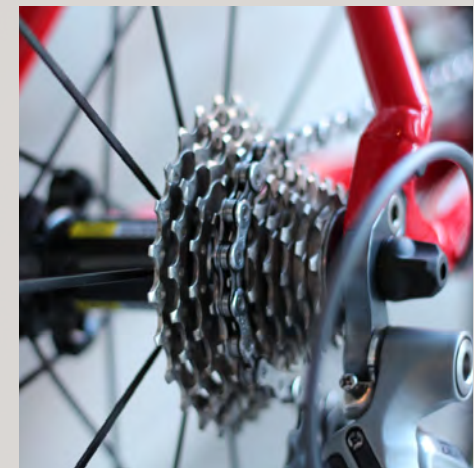
**KIT LIST**



**FUNDRAISING**



**SUPPORT TEAM**



**FAQS**



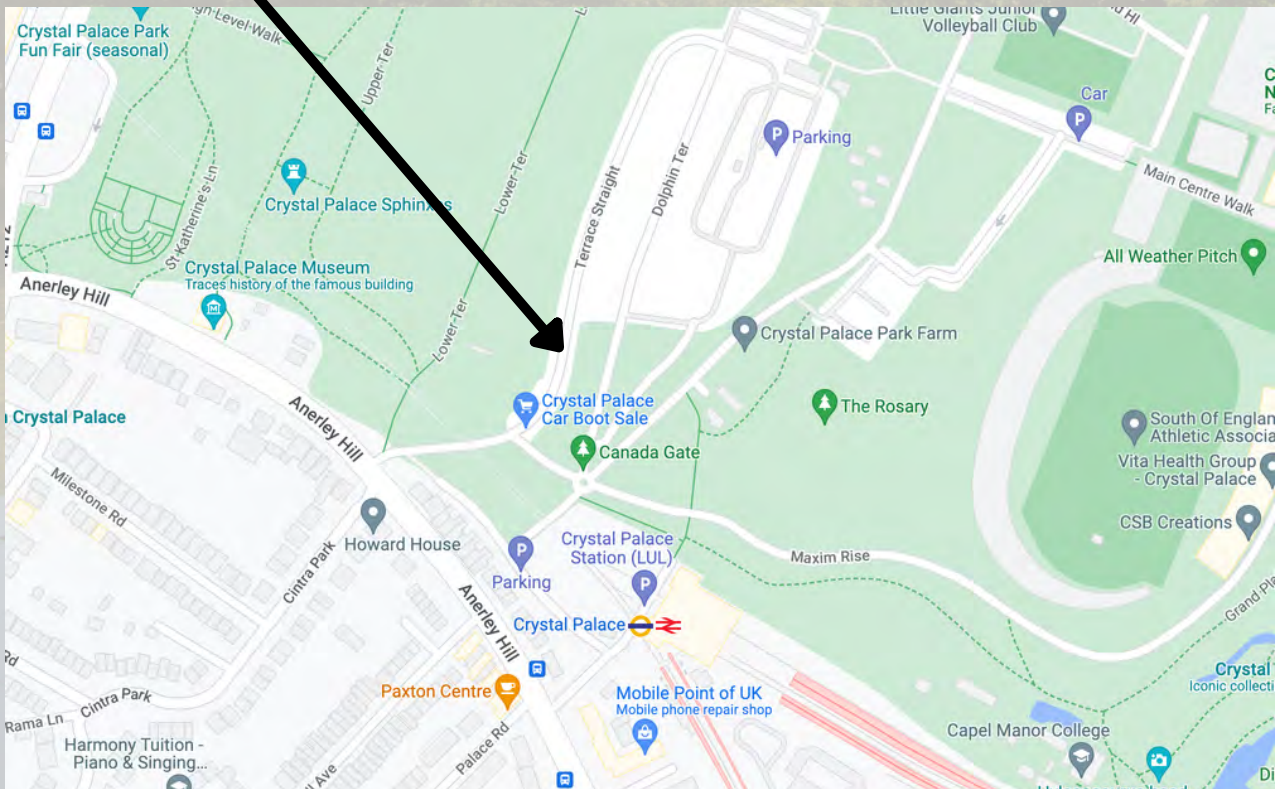
**THE  
ROUTE**

# WHERE YOU NEED TO BE

## Getting to the start of the Challenge

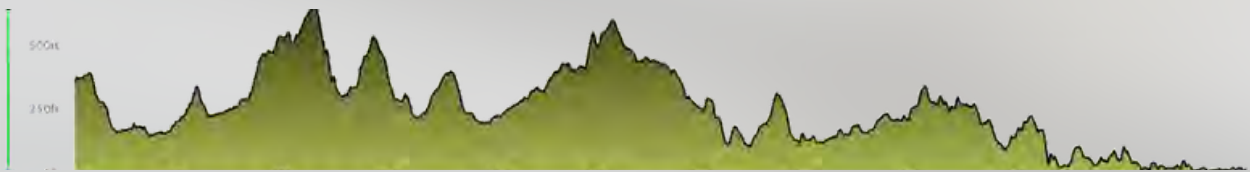
Meeting location	8.30am	Crystal Palace Park (assembly location)
Timings	8.45am	Riders registration open
	9.00am	Photos
	09.15am	Rider briefing on the ride and route
	09.30am	Leave Crystal Palace
Contact details	Arun Sharma - 07841 644828   <a href="mailto:arun@tfaltd.co.uk">arun@tfaltd.co.uk</a>	

### Rider assembly point | Nearest train station Crystal Palace



# YOUR CYCLING CHALLENGE

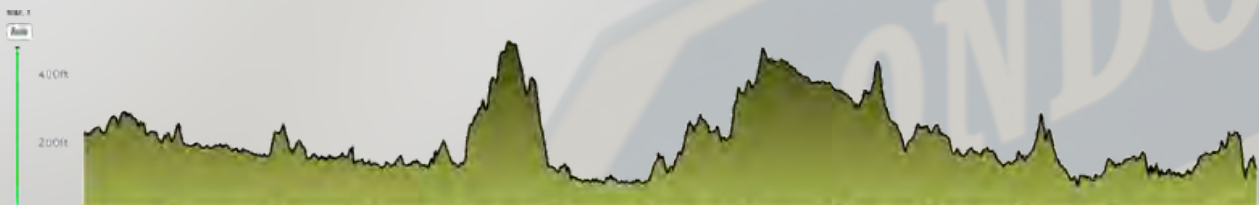
**Day 1**      18.2 miles      Section 1 - Crystal Palace to Outwood  
                 15.0 miles      Section 2 - Outwood to Lindfield  
                                      Lunch at the Red Lion Pub, Lindfield  
                 19.9 miles      Section 3 Lindfield to Newhaven  
                                      Evening meal at the Brewers Fayre, Newhaven



**Day 2**      7.8 miles      Section 1 - Dieppe harbour to the Avenue Verte  
                 26.4 miles      Section 2 - Avenue Verte to Forges-les-Eaux  
                                      Breakfast at Le P'tit Sophie, Forges-les-Eaux  
                 16.8 miles      Section 3 - Forges-les-Eaux to Gournay-en-Bray  
                 18.8 miles      Section 4 - Gournay-en-Bray to Beauvais.  
                                      Evening meal, Inter-City Hotel, Beauvais



**Day 3**      17.8 miles      Section 1 - Beauvais to Balagny-sur-Therain  
                                      Breakfast at the Inter-City Hotel, Beauvais  
                 28.1 miles      Section 2 - Balagny-sur-Therain - Eaubonne  
                                      Buffet lunch at Eaubonne  
                 12.1 miles      Section 3 - Eaubonne to the Eiffel Tower  
                                      Dinner in Paris, Siempre, 15e.

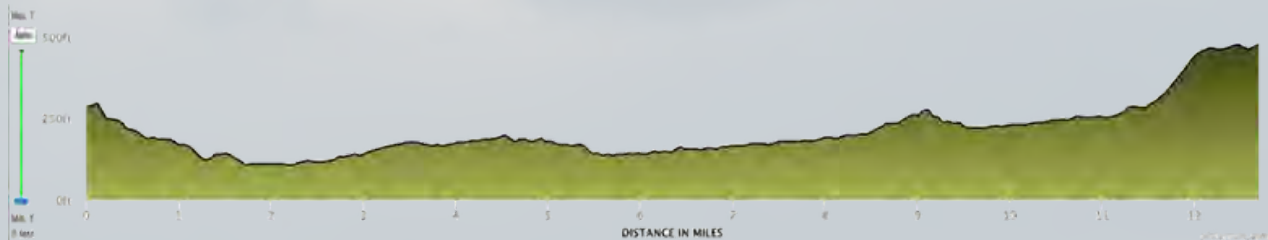


**Day 4**      0.0 miles      Return home (depending on when you have booked  
                                      your return travel). Your bikes will be transported back  
                                      to the UK and can be collected from Crystal Palace  
                                      between 3-6pm on Monday 28th August. Additional  
                                      charges may apply for later collections or storage of  
                                      bikes beyond day 4 unless agreed.

# DAY 1 - SECTION 1

## London (Crystal Palace) to Outwood

Distance	18.2 miles
Route	Town city/roads. Busy at times, but most city roads have cycle lanes
Elevation	Gently inclining, steeper by Coulsdon and towards the end of the section.



8.30 am Please meet at the Crystal Palace Park car park, behind Crystal Palace Station from 8.30 am.

You'll be able to put your bags in the support vehicles. Parking is available, contact the TFA team for more information.

9.00 am Photos and briefing on the upcoming ride route.

09.25 am Participants prepare to leave.

09.30 am Off we go! Starting off at a leisurely pace, we will leave Crystal Palace and start our journey to Paris! Roads will be busy, but our guides will be with you to support you through the busy London traffic. The route we take will take us through the following locations:

- Crystal Palace
- East Croydon
- Farthings Down (Mid-section stop)
- Chaldon
- Bletchingley

11.00 am Arrive at the Bell Pub, Outwood for a well-earned rest.

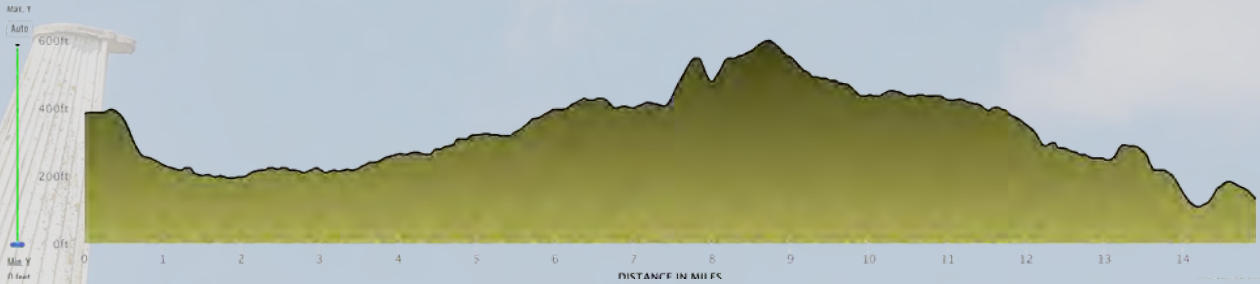
We will break here until everyone arrives and everyone will get a 20min break.



# DAY 1 - SECTION 2

## Outwood to Lindfield

Distance	15.0 miles
Route	Quieter rural roads getting busier after Copthorne and Turners Hill
Elevation	Gently inclining, with a steep climb before Turners Hill and towards the end of the section.



11.20 pm

We will have a break at The Bell, Outwood which will be an opportunity to have a hot or cold drink, energy snack, and chat about the challenge so far.

Also, a chance to enjoy the fantastic views of the beautiful Sussex countryside.

Our support team and mechanic will all be on hand for any support should you require it.

11.25 am

Briefing on the upcoming ride route.

11.30 pm

Set off from The Bell, Outwood for the Red Lion, Lindfield, rest stop just after Turners Hill. The route we take will take us through the following locations:

- Smallwood
- Copthorne
- Turners Hill (Midsection stop)
- Selsfield Common
- Ardingly
- Lindfield

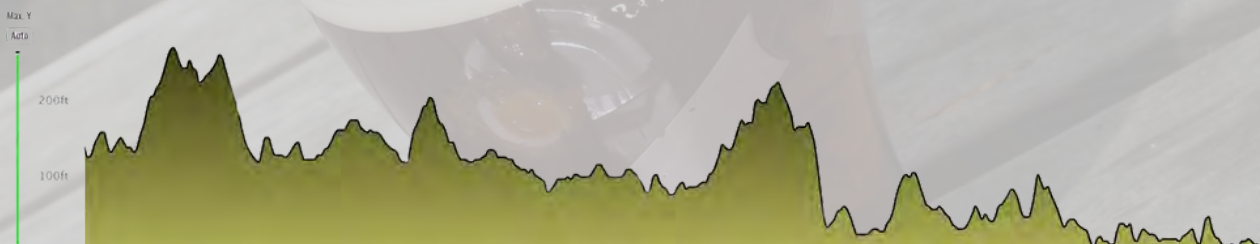
1.00 pm

Arrive at the Red Lion, Lindfield for lunch.

# DAY 1 - SECTION 3

## Lindfield to Newhaven

Distance	19.9 miles
Route	Quieter rural roads getting busier as you pass through Haywards Heath and the approach into Newhaven
Elevation	Gently inclining, with a steep climb before Turners Hill and towards the end of the section.



- 1.00 pm At the Red Lion pub, Lindfield, you will have the opportunity to take a longer break, enjoy a nice pub lunch of soup and sandwiches and sit back, knowing that you have completed one of the hardest sections of the challenge.
- Yes, the rest of the day is predominately downhill. All your bags will be available and our team on hand, should you need anything.
- 2.20 pm Briefing on the upcoming ride route.
- 2.30 pm Set off from Lindfield for Newhaven (19.3miles), rest stop just in Wallands Park. The route we take will take us through the following locations:
- Haywards Heath
  - Wlvesfield Green
  - Cooksbridge (Midsection stop)
  - Offham
  - Piddinghoe
  - Newhaven
- 4.30 pm Arrive at the Brewers Fayre, Newhaven where your cycling for day 1 will be over. You will have the chance to freshen up and enjoy your evening meal, before our overnight ferry trip.

# DAY 1 - ACCOMMODATION

## Ferry from Newhaven to Dieppe

Distance	77.7 miles
Route	Newhaven to Dieppe (DFDS)
Accommodation	4-Berth cabin
Facilities	Bar, restaurant and shop on board
Board	from 10.00 pm (GMT). You will be cycling onto the ferry.
Departure	11.00 pm (GMT)
Wake up	04.30 am (CET)
Arrive	05.00 am (CET)

---

11.00pm

After cycling onto the ferry, cabin keys will be handed out as soon as possible.

There is a bar and restaurant on board but remember we still have two days of cycling ahead in front of us!

Cabins will be allocated in advance, but if you wish to share with anyone in particular please do let Arun Sharma know as soon as possible - [arun@tfaltd.co.uk](mailto:arun@tfaltd.co.uk).

They are subject to availability.

05.00 am

This is our estimated time of arrival in Dieppe.

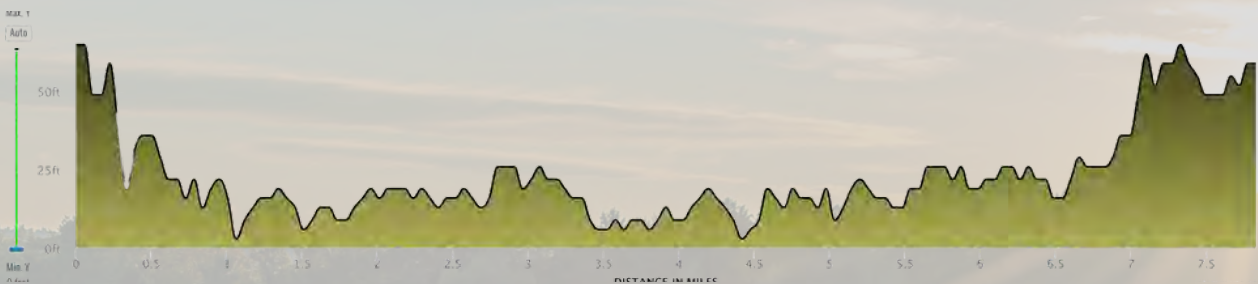
You will be reunited with your bike on the ferry car deck and we will begin day 2. It will be dark, so front and rear lights are essential.

The cycling on day 2 is very different, with the majority being on traffic-free cycle routes.

# DAY 2 - SECTION 1

## Dieppe Ferry Port - Avenue Verte

Distance	7.8 miles
Route	Quieter rural roads, with a series of crossings junctions and country lanes.
Elevation	Varied inclination.



5.00 am

You will be woken by the ferry announcements and will need to get up and ready straight away. We will then leave the ferry on our bikes and stop in the Ferry Terminal car park for a small breakfast and hot drink.

It will be dark, so you will need your lights and it will be cold so do wrap up warm. Once the bags are back in the support vehicles, we'll cycle the first section as a big group.

The roads will be very quiet, but it will feel like cycling in the middle of the night.

Do please cycle at the pace you feel comfortable with, our guides will support you and are happy to cycle with you at your pace, throughout this section.

We will pass through:

- Dieppe Centre Ville
- Avenue Verte
- La Chanteline

6.15 am

After approximately 6 miles we will arrive at the Avenue Verte, for a coffee, pastry and briefing.

# DAY 2 - SECTION 2

## Avenue Verte to Forges-les-Eaux

Distance	26.4 miles
Route	Quieter rural roads, with a series of crossings junctions, and country lanes.
Elevation	Gently inclining.



6.45 am

This is often the participant's favorite part of the trip.

You will cycle during the most beautiful and tranquil time of the day. Your morning cycle to Forges-les-Eaux will be surrounded by the amazing countryside, big skies and the sounds of the nearby forests waking up.

There are plenty of stop points on this route with our main being just after Neufchatel-en-Bray after 13 miles.

Once again do please cycle at the pace you feel comfortable with, our guides will support you and are happy to cycle with you at your pace, throughout this section.

We will pass through:

- Saint Vasate d'Equiqueville
- Osmoy Saint-Valery
- Neufchatel-end-Bray
- Mesnil Mauger
- Forges-les-Eaux

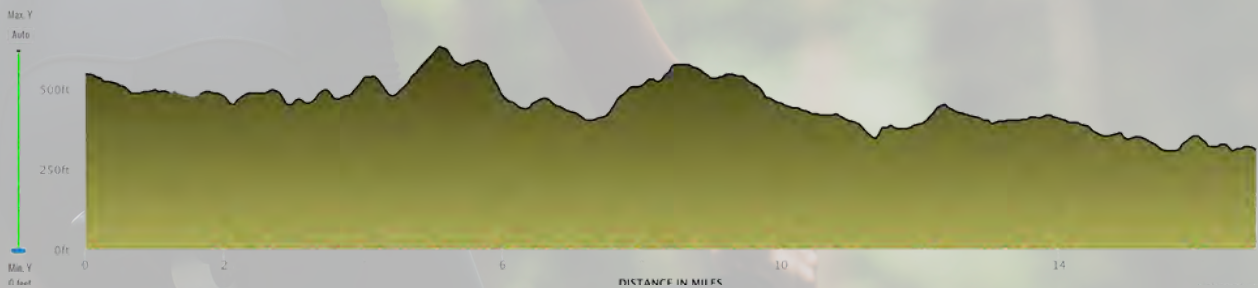
8.45 am

At the end of this section, you will arrive at a lovely market town, Forges-les-Eaux, and be served a delicious breakfast, knowing that you have completed half of day 2's cycling.

# DAY 2 - SECTION 3

## Forges-les-Eaux - Gournay-en-Bray

Distance	16.8 miles
Route	Country lanes, with light traffic. As you approach Gournay-en-Bray roads will get busier.
Elevation	Challenging section with a series of up and down hills.



10.00 am

Now that we have completed 50% of day 2's cycling and had a delicious meal, everyone will feel energised and ready for their next challenge.

We will be honest this next 10-mile section is challenging and is a combination of up and down hills through the beautiful northern French rural countryside. Beware of the occasional and odd-looking farm traffic!

There are stop points on this route. Please make sure you always have enough water, as we expect it to be warm.

Your route will first be along country lanes to the beautiful little town of Gournay-en-Bray. You will pass through:

- Le Lon Perrier
- Cuy St Fiarce
- Les Patis
- Saint Clair

11.30 am

When you arrive in Gournay-en-Bray we will head towards the Avenue Verte again where you will find the mid-point stop with water, and energy snacks available for the last section to Beauvais.

After a rest, we'll cycle the remaining 18-miles to Beauvais, again via the traffic-free Avenue Verte.

# DAY 2 - SECTION 4

## Gournay-en-Bray - Beauvais

Distance	18.8 miles
Route	Country lanes, with light traffic. As you approach Gournay-en-Bray roads will get busier
Elevation	One of the most picturesque section on the route, gently dropping through the forest and leveling out as you arrive in the historical town of Beauvais



11.50 am

Yes, we only have 18-miles left until the end of day 2.

We will head off again along the Avenue Verte for the final section of traffic-free cycling, through the stunning Foret-de-Lion.

There are plenty of stop points on this route, just look out for the support vehicles in the small car parks and by the side of roads where the Avenue Verte crosses the lanes.

Once again do please cycle at the pace you feel comfortable with, our guides will support you and are happy to cycle with you at your pace, throughout this section.

We will pass through:

- Ferrieres-en-Bray
- Les Landrons
- Le Vivier-Danger
- Le Becquet
- Aux Marais

2.00pm

Upon arrival in Beauvais at the Inter-City Hotel, a picnic lunch will be ready and waiting for you and an afternoon of rest will be ahead of you, with the knowledge that the Eiffel Tower is very close and just over one days cycling away!

# DAY 2 - ACCOMMODATION

## Inter-City Hotel, Beauvais

Hotel	Inter-City Hotel
Address	3 Rue Antonio de Hojas, 60000, Beauvais
Room	Twin rooms
Facilities	Bar, restaurant, and breakfast provided. Fitness room available!
Check-in	3.00 pm
Check-out	8.00 am
Evening	Meal at a local restaurant
Morning	Breakfast available from 7am.
Departure	08.30 am

---

3.00pm

We'll be staying at the Inter-City Hotel in twin rooms.

If you wish to share with anyone in particular please let Rebecca know as soon as possible ([rebecca@tfaltd.co.uk](mailto:rebecca@tfaltd.co.uk)).

Bikes will be stored in the hotel, and overnight laundry service will also be available.

The afternoon is yours, and Beauvais is a lovely french town to explore especially the Cathedral.

7.30 pm

We'll meet in the hotel reception and head to a local restaurant for our evening meal.

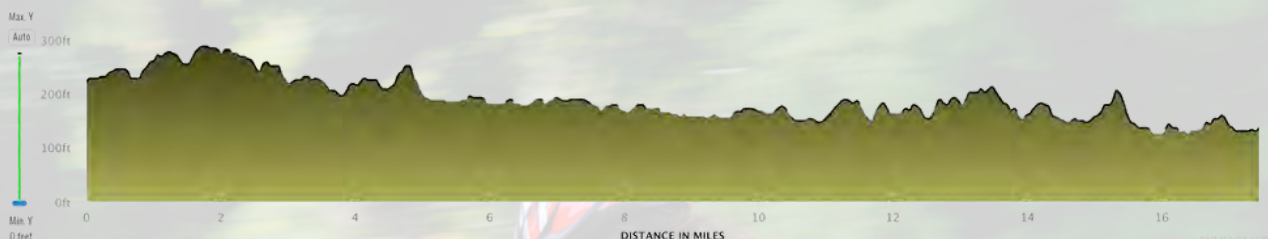
Not too many drinks please, save it for Paris!



# DAY 3 - SECTION 1

## Beauvais - Balagny-sur-Therain

Distance	17.8 miles (Rest stops at 9-miles)
Route	The route out of Beauvais will be busy. Once we have left Beauvais there will be a mixture of rural/town roads and cycle routes.
Elevation	Not too hilly, but a few short sharp ones!

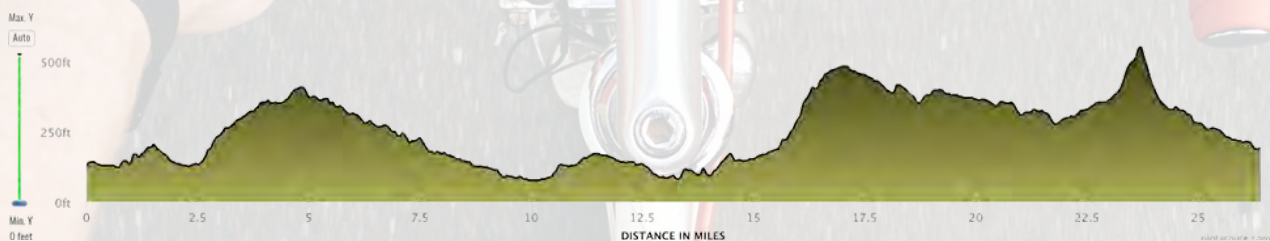


- 
- 6.00am Breakfast will be available in the hotel restaurant.
- 6.30 am You will be reunited with your bike in the area in front of the hotel and we will prepare ourselves for our final day of cycling to the Eiffel Tower.
- 6.45 am We'll have photos and a briefing and then we will leave the hotel for our final leg of the journey to Paris. This section is a mixture of rural & town roads and cycle routes. Please do cycle at the pace and with the members of the team, you feel comfortable with.
- You'll pass through
- Wagicourt
  - Balliel-surTherian
  - Hermes
  - Mouy
- 9.30 am After approximately 9-miles we will have a rest stop available for those who want a short break. After two days of cycling, we wouldn't be surprised if you wanted to continue to the end of the section, where fresh pastries and coffee will be available.

# DAY 3 - SECTION 2

## Balagny-sur-Therain - Eaubonne

Distance	28.1 miles
Route	Quiet lanes turning into town roads and getting busier by the end of the section as you approach Villaines.
Elevation	Three climbs, one steep in the middle of section, just after Viarmes.



**10.00 am** After we have had something warm to drink and a snack we will set off back on our route to Paris, through the beautiful French countryside.

**11.00 pm** Rest stop one will be after approximately 12-miles near Blaincourt and rest stop two will be after Viarmes after approximately 19miles, where snacks and drinks will be available.

The steep climb out of Viarmes is a slow and gradual one, but our guides will be with you all the way up the hill and there are convenient stooping points if you need to take a break.

You'll pass through

- Percy-sur-Oise
- Mery-sue-Oise
- Viarmes
- Villaines
- Motiglinon

**12.30 pm** After approximately 17 more miles we will stop for lunch and be welcomed by our host Noel for a delightful meal knowing that we are really now on the edge of Paris.

# DAY 3 - SECTION 3

## Eaubonne - Eiffel Tower

Distance	12.1 miles
Route	City roads, with regular traffic. Getting very busy towards the end, frequent stops to regroup.
Elevation	Undulating, but plenty of cycle/bus lanes on all roads.



1.30 pm

Now we are into the final section. All your hard work will soon be complete and the world-famous Eiffel Tower will soon be in sight!

We will set off at a slower pace to get used to the change of roads and start to enter the Parisien city traffic.

There will be plenty of traffic-light-controlled junctions and roundabouts, but your guides will be on hand to support you and will be setting the pace.

We'll stop briefly after 10.5 miles at the Bois de Boulogne.

3.30 pm

You will have passed through St-Denis, Colombes, Argenteuil and many many more suburbs of Paris before we regroup in the Bois de Boulogne, 1.5 miles from the Eiffel Tower.

4.00 pm

Now we will get ready to ride the final distance to the Eiffel Tower. We will go down past the Trocadero, over the river Seine and stop in front of the Eiffel Tower!

A final cycle round to the other side of the tower for photos and lots of celebrations!

4.30 pm

We will leave the Eiffel Tower to visit our friends from Waldenstroms France at the Salpêtrière hospital for a small reception

# DAY 3 - ACCOMMODATION

## Ibis Hotel, Paris

Hotel	Ibis Hotel Paris Tour Eiffel
Address	2 rue Cambronne, 75015, Paris
Room	Twin rooms
Facilities	Bar, restaurant & breakfast provided
Check-in	5.30 pm
Check-out	11.00 am
Evening	Meal at a local restaurant at 8.00pm - Siempre (5mins walk)
Morning	Breakfast at the hotel from 6.30am
Departure	In time of your return travel!

---

5.30 pm

We'll be staying at the Ibis Hotel in twin rooms. This will be a short cycle from the final destination.

If you wish to share with anyone in particular please let Arun know as soon as possible ([arun@tfaltd.co.uk](mailto:arun@tfaltd.co.uk)).

Bikes will be packed onto our support vehicles and will begin their return journey back to the UK.

7.00 pm

Later that evening we'll head to a restaurant, Siempre, for our evening meal, and celebrations.

You will have the opportunity to reflect on what will have been a fantastic three days.

No doubt the celebrations will continue after our meal, probably into the early hours, and why not, you will all deserve it!

# DAY 4 - RETURN JOURNEY

## Paris to London

Breakfast	6.30 am - 9.30 am, Hotel Ibis
Check out	12.00 am
Departure	Gare de Nord Station, Paris (if you are travelling by Eurostar)
Address	18 Rue de Dunkerque, 75010 Paris (Eurostar only)
Check-in Time	See ticket for details - we recommend at least 2hr's before departure (if you are travelling by Eurostar)
Departure	As per booking you have made
Arrival	As per booking you have made
Tickets	Please ensure you have your ticket with you

6.30 am

Breakfast is provided and is available in the hotel from 6.30 am.

After breakfast, you have the morning to yourself but you will need to check out of the hotel by 12 am.

If you are returning to the UK by Eurostar we suggest you head to Paris Gare de Nord at least two hours before departure.

Once you have checked out we would suggest you start to make your way to Paris Gare de Nord for the return journey home.

Upon arrival back in London, you will need to travel to the collection point at Crystal Palace, it the same place we started from to collect your bikes (between 3pm-6pm Monday 28th August)

If you prefer we can store your bike and return it to you at a later date, just get in touch with Rebecca ([rebecca@tfaltd.co.uk](mailto:rebecca@tfaltd.co.uk)).

A group of cyclists riding on a paved path. In the foreground, a woman in a red jacket and white helmet is smiling. Behind her, a man in a blue jacket and red helmet is also smiling. Further back, another cyclist in a pink helmet is visible. The background is a bright, slightly hazy outdoor setting.

**OUR  
CHALLENGE**

# CHALLENGE RIDING

## Keeping you safe...

We will start the challenge by splitting the group up into smaller subgroups. This will be done initially by putting the people who know each other together.

There will be sections where we may offer people of similar abilities to cycle together, but this all depends on the weather, traffic and road conditions, plus the agreement of our ride leader. Once you are into the ride do feel free to change groups by speaking to the guides. There are sections that we will need to keep to a certain size.

Our support team will always be present to assist you and happy to talk through any of your needs when riding. Below and on the next page, you'll find further details about stretching, fluid, nutrition, and rest. We have a few tips about refueling and keeping in the best shape when on the challenge: :

- Eat an energy snack on the hour every hour
- If you see someone take a drink from their water bottle, please TAKE A DRINK!
- Make sure you have a good breakfast
- Warm-up and warm down
- Save the celebrations for the last night

### *Stretching*

Do this before and after your ride for at least 5 mins.

Do speak to our guides about a quick routing you can build in at each of our stopping points.

Get in touch with Anne in our support team for advice on warming-up and down.

### *Fluid & Nutrition*

Eat an hour or so before your ride and during it.

Our rule of thumb is to eat on the hour every hour, especially when doing longer rides.

Can be an energy or cereal bar, fruit or some pasta, but do avoid anything too heavy.

### *Rest*

Rest time is so important. Use the long periods on the challenge to recover.

Particularly after day two, and if you this is one of your first cycling challenges.

Give yourself plenty of rest in between days. Ensure you do stretch or do some Yoga if you can.

An open suitcase is shown from a top-down perspective, lying on a light-colored wooden surface. The suitcase is packed with various items. On the left side, there is a blue and white striped bag. In the center, a light blue button-down shirt is folded, with a pair of grey socks tucked inside. To the right, a brown leather bag is visible. In the bottom right corner, a white tablet is placed on top of a brown leather case, with a pair of white earbuds and their charging cable nearby. The suitcase has grey straps and buckles. The overall scene is presented in a soft, slightly desaturated color palette.

# KIT LIST



# KIT LIST

As this challenge is taking place in July, below is a list of what we recommend as essential and optional items for this time of year. All bags are carried by support vehicles.

## Essential items

Bike	A road bike is the best type of bike for this challenge, though people have completed the challenge on hybrid or mountain bikes previously. Your bike must have been serviced within the last six months. You can have this done at most local bike shops but will need to book in advance. If you have not purchased/rented your bike yet, please do get in touch with our support team who can talk through options and what would be most suitable. arun@tfaltd.co.uk   paolo@tfaltd.co.uk   07841 644828
Cycle helmet	Compulsory for this challenge.
Cycling shoes (shoes that clip into pedals)	Strongly advisable for this challenge and do train in them so your feet get used to wearing them and can be adjusted to your best position. Also getting used to connecting and disconnecting from your pedals.
Cycling essentials	<p>Cycling shirts - recommend you bring five cycling shirts as it may be wet</p> <p>Socks - Sports socks are fine, high-vis colours recommended</p> <p>Shorts - Padded shorts for comfort and to prevent chafing</p> <p>Gloves - Great for comfort, grip and warmth, as we do have one early start</p> <p>Jacket - One that is light, breathable, and packs down small</p> <p>Waterbottle - connected to your bike and at least 1-litre in size</p> <p>Front, rear lights - required to take part in this challenge</p> <p>Innertubes - You must bring four spare inner tubes for your bike. We can supply them, but the costs applicable and and subject to availability</p>
Personal essentials	<p>Bags - Saddlebag, one smaller day pack, and one larger overnight bag</p> <p>Change of clothes - required for three evenings and return journey</p> <p>Comfortable shoes - trainers, flip flops, or even slippers, you decide!</p> <p>Toiletries - Toothbrush, face wash, shampoo, sun protection, etc</p> <p>Money - Euros or most credit, debit, or travel currency cards</p> <p>Chargers - for phones, laptops, earphones, camera etc</p> <p>Medication - Let us know about anything you take</p>
Documentation	<p>Insurance - Medical, Travel &amp; Cycling are compulsory</p> <p>Travel - Passport, Visa (if applicable), EHIC &amp; GHIC card, driving license</p> <p>Other - Personal documentation that you may need when travelling abroad</p>
Tyres	The roads and routes we are cycling on are all paved, but they can get gritty in places. It is essential to have good, strong tyres that you have ridden on. Strong tyres can't stop a puncture but can make it more difficult to get one. You should talk to your local bike shop or our support team for more information.

# KIT LIST

## Optional items

Sunglasses	We recommend a pair that fit really well or are a wrap-around style.
Cycle lock	You are welcome to bring and use it on your bike, but not something that is required. Bikes will be kept secure and will always have members of our team with them.
Cycle pump & tools	We have all the required equipment and tools to support you but do bring your own tools if you prefer. Please ensure it is correctly fitted to your bike.
Cycling clothes	Leggings - Good for cooler days, July is generally warm but maybe windy! Arm & leg warmers - Maybe useful at this time of the year Overshoes - very useful to keep feet dry in wet conditions
Cycle computer	Not essential, but useful for guidance and monitoring your ride.
Snacks	You are welcome to bring your own snacks, but we will have plenty of items at our stopping points. If you bring any food items that are specific requirements, please feel free to store in our chiller.
First aid kit	You are welcome to bring your own first aid kit, but we will have a medic and support medics on hand should you need any support.
Medication	Please let Arun know in advance if you are bringing any medication.

## Your bags

We recommend you split the kit you bring into three bags. Our support vehicles will carry your bags.

**Saddlebag** - Connected to your bike with essentials that you may need at any time. Includes items like your phone, snacks, and medication.

**Day bag** - Bag which will be available at all the stopping points and big enough for your overnight bag on the Ferry. Includes items such as cycling attire, washbag, document etc. These bags will be transported in the support vehicles.

**Overnight bag** - Large bag which will contain all other items. This will be transported in the support vehicles and will be available at all stops.

Any questions, just get in touch with our team - [arun@tfaltd.co.uk](mailto:arun@tfaltd.co.uk)



# SUPPORT TEAM

# YOUR SUPPORT TEAM



**Paolo Nisri**

**Ride Leader**

I love cycling, am an active dad and have guided many times before for TFA. I know how much fun these rides are and as long as you listen to Arun do what he says, you'll have a great time.



**Arun Sharma**

**Event Director**

I first took part in a cycle event back in 2006. I enjoyed the three-day cycling challenge so much, that I decided to run my own event! It's also a bonus that I like cycling & french wine.



**Justin Leahy**

**Event Director**

Starting off as a runner, I've run the London Marathon three times. I prefer to exercise on wheels now and like others, enjoy the odd glass of vino, local ale & delightful food on offer!



**Rebecca Millburn**

**Astriid**

I am really looking forward to meeting all you and being a part of L2P. I am excited to be able to guide you and support you all throughout the our three day ride!



**Guy Turpin**

**Event Guide**

I cycled TFA's London to Torquay event and had such a good time. I am delighted to be back for the London to Paris ride, supporting you all through every mile all the way to Paris.



**Tom Crumbie**

**Event Guide**

I'm looking forward to supporting you on L2P. I've just completed my A-Levels and am taking a year off before studying Law at SOAS Uni. I also love footy and referee Sunday league.



**Jack Finney**

**Medic**

I run my own First Aid biz, teaching across the UK. I'm looking forward to meeting and supporting you all, plus helping out when and where I'm needed on our challenge.



**Andrew Cheswoth**

**Event Guide**

A keen cyclist & an even keener Dad. I love riding my bike on the open road, so doing cycle rides to support Steve Shutts and all the team at Astriid is the perfect event for me!



**Fran Williams**

**Event Guide**

I've been riding and guiding for many years now. Remember that feeling of arriving at the at the finish line, so looking forward to meeting new people and tasting all the French delights!



**Andy Everest**

**Event Guide**

I am a fitness fanatic and love cycling, boxing, yoga & running. After doing L2P many many years ago I am really looking forward to supporting you in both the UK & France.



**Richard Roberts**

**Mechanic**

Been working for TFA for a while now and love doing the rides with the team. I will be on hand to provide you with mechanical support you need and keep your bikes on the road!



**John Ridge**

**Event Guide**

Having a busy family & work life I am looking forward to riding you all on this challenge. To chat and to enjoy some amazing scenery, plus a few french delights!!

A photograph of the Eiffel Tower in Paris, France, taken at dusk. The tower is illuminated with warm lights, and the sky is a mix of soft pinks, purples, and blues. The foreground shows a paved plaza with a large, dark, square pattern. The Parisian cityscape is visible in the background, with lights from buildings and trees. The text 'FAQS' is overlaid in the center of the image in a bold, black, sans-serif font.

# FAQS

# FAQS

## Please see below a list of FAQs.

- **What is the date of the event?** 25-27 August 2023. Cyclists will return on the day after the event finishes (28th August) unless they make arrangements to come back later.
- **Where does the challenge start from and finish and at what time?** The cycle challenge starts from Crystal Palace, London at 9.30 am and finishes in Paris, at approximately 5.00 pm.
- **What level of fitness do I need to have for this challenge?** You will be in the saddle for three days, cycling just over 60 miles each day. Give yourself time to train and get used to your bike.
- **How will each day of cycling work?** Each day will be broken into shorter sections 10-15miles long. After each section, 'stop points' will provide snacks and drinks. Support vehicles are also available. The support vehicle will carry all bags.
- **What type of bike do I need?** Above all, one that you feel comfortable riding for 3-consecutive days. We would recommend a road bike or hybrid.
- **What happens if I or my bike experience problems?** Don't worry we have a medic and bike mechanic with us on the support team.
- **What will happen to my bike after the challenge?** We will bring your bike back to Crystal Palace (the start location) after the challenge and it will need to be collected between 3pm-6pm on Monday 28 Aug. If you wish to collect it at another time or have it returned to another address, we can do that, but there maybe be additional charges.
- **How long is the ferry crossing?** We cross the channel from Newhaven to Dieppe. The ferry is the evening ferry and we depart at 11.00pm and arrive at approximately 5.00am.
- **Do I need insurance?** You must have your own travel, cycling, and medical insurance and it will need to cover you for cycling activities in the UK & France.
- **Do I need lights?** You must have working lights. Unfortunately, we will not let you cycle if you do have working front and rear lights.

