



London to Paris Bike Ride, Q&A

How big is the group?

There will be a minimum of 20 people and a maximum of 70 people taking part in the event.

What will the accommodation be like?

En-route you will be staying in very nice three star hotels to make sure you are comfortable and rested for the duration of the challenge. In Paris you will enjoy a four star hotel only a few moments walk from the Eiffel Tower. It has all the creature comforts that you would want to pamper yourself and relax with after a good few days of riding!

You will only ever be placed in a twin room and you will not find yourself in cramped triple or quad rooms!

What will happen to my luggage whilst I am cycling?

Your luggage will be transported in one of our support vehicles from hotel to hotel each day for you – we'd be a bit cruel to make you carry that too!

All you will need on the ride is a bum bag with things like a camera and some suntan lotion.

Will my valuables be safe?

We will do everything to provide you with adequate safety for the group and security of your possessions. Although, we do believe in the rule if you don't need it, don't bring it. By sticking to this rule you will minimise the kit that you are carrying over the course of the challenge, which will make it easier to complete the challenge.

What is the food and drink like?

A lot of familiar European dishes will be on the menu for breakfast, lunch and dinner, which will be provided throughout the course of the challenge, except for two meals (your evening meal on the ferry across to France and your lunch on the final day in Paris.)

You will enjoy a celebration meal in Paris, a great way to toast yours and your new found friends' good health!

We can cater for special dietary requirements as long as we are informed of your needs in advance of the trip.

Who will be leading the group?

You and your team mates will navigate your way along the routes using route cards that we provide.

However there will be GB Charity Events staff placed at different junctions along the route. Who will help to provide refreshments and encouragement. There will also be a guide with you at all times, who will be able to assist with any repairs between the check points.

How fit do I need to be?

The majority of people who take on this ride have never done anything else like this before and wouldn't classify themselves as super fit by any stretch of the imagination. However it is a challenge and to get the most from the ride and enjoy the whole experience it is important that you do some pre-event training to get you in shape. We will provide you with a detailed training plan which we recommend you stick to. We'll also be on hand every step of the way to provide you with training advice.

Will you help me prepare for the ride?

Of course! When you sign up to the challenge you will receive our detailed London to Paris registration pack that will look at everything from the itinerary, equipment, fundraising and tips for succeeding on the challenge. Not to mention that we will be on the end of the phone or email in the lead up to the event to give you all the expert advice you can handle to take the hassle away



There will also be an opportunity to meet your fellow riders at an information gathering prior to the event.

What happens if I fall ill, can't keep up or there is an emergency?

We have qualified first aiders on the event to attend to any emergency. We have satellite phones which give us permanent telephone cover to allow us to get your location should the need arise.

What is included in the cost of the event?

Your registration fee includes:

- London to Paris Bike Ride t-shirt
- Information Pack
- Support right up to and on the event

You will also have the following included:

- 3 nights accommodation in 3 & 4* hotels
- Fully catered event except for your meal on the ferry and lunch on the final day in Paris
- Bike guides and bike mechanic
- Logistical support

What is not included in the cost of the event?

Your essential kit list, which include bike, helmet are personal to each individual so we ask that you provide these yourself.

Personal Travel Insurance is not included.

What about Travel Insurance?

To take part in the challenge you must have personal travel insurance cover. You can choose to arrange this yourself with your own insurer (however they must be aware of the nature of your trip and that it is a charity event) or alternatively we can help you with this.

Do I need spending money?

You will need some spending money for any incidentals that you wish to buy throughout the duration of the event. Remember that in France, you will need Euros.

What do you do to protect the environment?

All our events are carbon offset so that you know the even is carbon neutral.

We keep groups to a minimum to reduce the effects that our challenges have on the land whilst also being considerate to the local communities.

How do I book my place?

Easy! As soon as you are ready then you can register online with us to secure your place. Places are limited and to avoid disappointment we would encourage you to sign up as soon as possible!

Passport/visas?

You will need to bring your passport with you in order to travel to France. If you do not have a British Passport, you will need to check whether or not you require a visa.

We're sure not every question you might have has been answered here – if you have any questions not covered please contact us at info@gbcharityevents.co.uk