

Rob's Ride'19

In aid of
The Rob George Foundation
Reg. Charity No:1156026

"The London Eye to The Eiffel Tower"

If you like riding your bike, however seriously, then the London to Paris ride will be on your list of "must do" rides. This Rob George Foundation ride offers an alternative approach to the classic fast and furious approach (zooming down the main roads) – we will be following the route of the Avenue Verte. Cyclists will be free to go at their own pace but the group will be re-united at regular stops along the way. The final section each day will be cycled as a group, arriving at our overnight stops together.

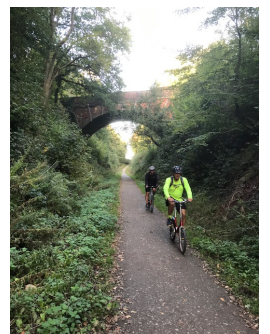
247 miles – 400 kms

70% off road

We will follow national cycle routes, river paths, disused railway tracks and where ever possible quiet "B" roads. NB. Some short sections (especially as we navigate our way out of London) travel up the odd busier road.

This ride is suitable for hybrid and mountain bikes.

Wed 31st July - Mon 5th Aug'19



Itinerary:-

All timings are very approximate and specific arrangements very flexible!

Day 1: Wed 31st July 2019 - 60 miles

06:00 Meet somewhere near our starting point in order to load luggage onto our van and depart by bike for the London Eye.

07:30 Depart London Eye, cycle across Clapham Common, Wandsworth Common, then along the Wandle Trail, and through Morden Hall Park. (23 miles)

11:00 Re-group on Farthing Down, near Netherne-on-the-Hill, hopefully with a panoramic view of London for our first picnic stop! Cycle on, trying not to go so fast on the downhill section that you miss a quick stop at Chaldon Church with its amazing ancient wall paintings. Then enjoy the astounding contrasts of this route as you head for Crawley and Gatwick Airport – enjoying a view of the airport unlike any you've seen before. Last section of the day is on the Worth Way – a disused Railway Track. (53 miles)

15:30 Re-group at Forest Row, then we follow cycle route 21 together, with a slight detour at the end of the day off The Avenue Verte to our first night's rest in Royal Tunbridge Wells (7 miles).

We stay overnight in the centre of Royal Tunbridge Wells at the Tunbridge Wells Retreat. From here we will hopefully have time to explore the famous Pantiles Shopping area, complete with its charming Champagne Bar! Dinner is planned at The Smith & Western Bar Hotel – a Cowboy themed venue, so please pack your checked shirt – Yee Ha!!

Day 2: Thursday 1st August 2019 – 37 miles

09:30 A relaxed departure

11:30 Meet for an early picnic lunch at Horam (20 miles)

14:00 Having found the seafront we assemble at The Buckle, Seaford, for tea and toilets, with a good view of the Ferry Port, Newhaven.

15:30 We cycle the final couple of miles to the Ferry Port.

17:00 Ferry departs for Dieppe – we eat dinner on board.

22:00 (Local time) Disembark



We stay overnight in our hotel close to the ferry in central Dieppe, The Egg Hotel.

Day 3: Friday 2nd August 2019 – 70 miles

09:00 Depart

11:00 Meet Mesnieres for elevensies. (20 miles)

14:00 Meet Haussez for picnic lunch. (40 miles)

17:30 Meet Ons en Bray (60 miles)

Cycle final 10 miles of the day together.



We arrive in the beautiful city of Beauvais, hopefully in time to explore before dinner – my ambition being to get to the Cathedral. We are staying at Hotel Chenal.

Day 4: Saturday 3rd August 2019 – 60 miles

09:00 Depart

11:00 Morning tea break at Clemont (20 miles)

14:00 Picnic lunch Senlis (40 miles)

Cycle final 20 miles together, going slightly off the Avenue Verte route, to our hotel for the night.



This is potentially our posh night! Le Dolce Chantilly offers the possibility to swim in one (or both) of their two pools (indoor or out!) – so please do pack your swimmers!

Day 5: Sunday 5th August 2019 – 48 miles

09:00 Depart

11:00 Maisons Laffitte for our morning meet (20 miles) – stock up on a few calories for the next leg.

14:30 Meet at the St Denis Canal for picnic lunch (20 miles)

15:00 We ride together to our final destination. Our first group photo stop will be the famous Notre Dame, quickly followed by the amazing Eiffel Tower!!

Stay overnight at the Hotel Duquesne Eiffel – if you're lucky you might even get a tower view!



Day 6: Monday 6th August 2019 (Bank Holiday UK)

Group disperses after breakfast. Van and Motor Home depart for Colchester, with the bikes.

The Route: The route will be available before departure, via a GPS link. You will need some form of navigational aid, Garmin, iPhone etc. This route will be set up to get us to our hotels each night and will enable each cyclist to guide themselves from meeting point to meeting point. We would ask all riders to activate the "Find a Friend" app so that Pip, who will be shadowing the ride as far as is possible in the van, can see where the back markers are.

Included:

- Support of campervan with food and drink provided at allocated meeting spots during the day.
- Transport of luggage to Paris.
- Support at rear of the ride by a van carrying bike spares and luggage. Please note the van will do its best to shadow the ride but the off-road sections will be shadowed by a cyclist.
- Breakfasts on the Thursday, Friday, Saturday, Sunday and Monday.
- Ferry from Newhaven to Dieppe.
- Picnic elevensies and lunches on Wednesday, Thursday, Friday, Saturday and Sunday.
- Fuel for Campervan and support van from Colchester – Paris – Colchester.

- Hire of support Van. (We will endeavour to “borrow” one – please advise if you have any contacts that might help us!)

Not included:

- Transport to the meeting place (somewhere near the Eye so we can load the luggage onto the van) for you, your bike and luggage.
- Dinner on any evening. A group booking will be arranged for each evening, but you are, of course, at liberty to make your own arrangements if you prefer.
- Your own bar bill!
- Transport home for you and your luggage.
- Transport of your bike from Colchester to your home at the end of the trip.
- Holiday insurance – this is NOT a race – so although you should check thoroughly, your normal holiday insurance should cover this activity-based trip.

We hope this plan allows some flexibility at the end of the ride if you wish to prolong your visit to Paris. Your bike can stay at our house in Colchester until convenient for you to collect, if that helps.

Fundraising:

There is an expectation that you will attempt to raise funds for the Rob George Foundation, we optimistically suggest approximately £500pp! However, anything that you raise we will be very grateful to receive and will be more than we started with! We are though happy, if you wish to split your fundraising with another charity of your choice. We can assist you in setting up a fundraising page with MyDonate.com - who make no charges to the charities and operate just like the better known expensive JustGiving etc. - where your donations can be split at source and gift aid collected in the normal way where applicable.

The cost of your trip is quoted below and this will need to be paid for by you. Any funds you raise will be for the charity.

Happy cycling everyone! Hope to see you on a bike soon.

Lorraine.

PRICE: £499pp based on two people sharing a double or twin room. This price is only indicative of the final cost, which will be determined once the ferry and van hire have been booked and any fluctuations in exchange rates have been accounted for.

Deposit £100pp payable by **Sunday 17th February 2019** to The Rob George Foundation to secure your place.

Please make a transfer to:

The Rob George Foundation
Handlesbanken
Sort Code: 40 51 62
Account Number: 2781 4350
Ref: "*Your Name*" Rob's Ride'19

Balance will be payable by 5th June 2019.

Numbers are limited to 16 cyclists. So please don't delay in securing your place as soon as possible.

Booking Form Ride for Rob'19

First Name	
Surname	
Address 1	
Address 2	
Town	
County	
Postcode	
Mobile Tel Nos	
Email Address	
Double/Twin room	
Room mate?	
Emergency Contact whilst away	

- I am happy to arrange for my bike and/or luggage to be delivered to Colchester before the ride for transportation by van, or meet in London on the 31st July 2019 *(Delete as appropriate)
- I will arrange my own transport home from Paris with my luggage.
- My bike will return by van to Colchester for collection later. * (Delete if not applicable).
- I will organise my own holiday insurance to include cover for my bike.
- I will speak to my doctor, if appropriate, to make sure I am fit enough to attempt this cycle ride.

Signed: (electronically is fine!)

Please return to:

Lorraine@therobgeorgefoundation.co.uk

Or by post to 4 Henry Villa Close, Colchester, Essex. CO4 5XP

Deposit must be paid by Sunday 17th February 2019 so that ferry tickets can be purchased.