

## Fontainebleau to Richmond Cycle



**Activity:** Cycle    **Grade:**     **Duration:** 5 days    **Dates:** 13 Sept 2017 – 17 Sept 2017

### An unforgettable cycling journey!

We start from the historic town of Fontainebleau, with its grand royal palace, some 55km south of Paris. From here we ride North-West through the small villages and medieval market towns of Northern France, on a mix of quiet roads and traffic-free lanes, until we reach Dieppe. Crossing the Channel, we finish our ride by pedalling the last hilly miles North to Richmond.

With long days in the saddle and some strenuous hill-climbs, reaching our finishing point will evoke a real sense of achievement!



### DETAILED ITINERARY

#### Day 1: St Pancras – Fontainebleau

We meet at St Pancras and set off on the first leg of our adventure by Eurostar. Once we reach Paris we then take a coach to our hotel in Fontainebleau where we check in and are reunited with our bikes. We have time to prepare for the start of our challenge tomorrow, and bond with our fellow cyclists over dinner. Night hotel.

*(Lunch and Dinner not included)*

#### Day 2: Fontainebleau – Dreux

After a hearty breakfast, we hit the saddles and start pedalling! Our route leads us on wide shaded roads through the extensive green forests of Fontainebleau, formerly a royal hunting park. We continue to the large Rambouillet Forest, passing typically French villages with squat Norman churches, colourful shuttered houses and tree-lined market squares. There are no particularly long climbs today, but it's continually rolling and we'll be glad to relax when we reach Dreux, a town dating back to pre-Roman times. Night hotel.

**Cycle approx 124km (77 miles)**





## Cycling Information

Our trips are graded from 1 (Moderate) to 5 (Extreme). This ride is Grade 1. The cycling is mainly undulating. Distances range from 60 – 77 miles (96-124km) per day; you should make sure you are fit enough to manage these distances. The last day is particularly strenuous with some stiff climbs. We ride mainly on small country roads, though there are some sections on traffic-free routes. Road bikes are the most suitable on this trip.

**It is imperative that you supply your own helmet and wear it at all times while cycling, with straps done up.**

We generally have great cycling weather, but temperatures can vary, and rain and strong winds are always a possibility.

### DESIGNED TO BE CHALLENGING!

This ride is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the ride less enjoyable – and we want you to have the time of your life!

### Day 3: Dreux – Rouen

Today sees us gradually losing elevation, though there are enough small hills to test our legs as we head north towards Rouen. It's a shorter, more moderate day and allows our legs to get used to their new routine! Much of the morning's route follows the River Eure, a major tributary of the Seine, on quiet lanes cutting through endless fields of crops. As we near the end of our day we reach and cross the Seine as it winds through the countryside; we then ride alongside it for the last few miles into Rouen, capital of Normandy and an important centre in medieval times, though much damaged during the Second World War. Night hotel.

**Cycle approx 105 km (65 miles)**

### Day 4: Rouen – Dieppe – Newhaven – Brighton

A climb takes us out of the city, giving our legs a good stretch! It's then relatively flat for much of the morning, as we pass through this agricultural area known for its dairy produce and calvados. The road ramps up gradually, then we descend to the small spa town of Forges-les-Eaux, where we join the Avenue Verte. This wonderful route provides us with a largely traffic-free route to Dieppe, much of it downhill. We should be at the port in plenty of time for our evening ferry. We then head to Brighton for our night back in the UK. Night hotel.

*(Dinner on ferry not included)*

**Cycle approx 96 km (60 miles)**

### Day 5: Brighton – Richmond

A hilly day for the last leg of our journey! We ride north from Brighton, up and over the rolling chalk downs as we pass Lewes and cross the beautiful South Downs. Our most significant climb takes us up onto the high ridge of the High Weald, before descending through ancient Sussex villages and tackling a series of short sharp climbs through the leafy lanes of Surrey. Predominantly downhill now, we pass through Croydon and enjoy our last few miles crossing Wimbledon Common and Richmond Park, to finish – tired but elated – in Richmond/Twickenham Riverside for drinks and canapes at Orleans House Gallery. *(Dinner not included)*

**Cycle approx 100 km (63 miles)**

*Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.*

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**Deposit: £250**

**Total Fundraising Target: £1400**

## Food & Accommodation

Accommodation is in comfortable 2-3\* hotels, conveniently-situated but not luxurious, on a twin-share basis. Lunches are generous buffet-style, while dinners are generally eaten in the hotels. Please let us know any dietary requirements in advance.

