

Self-guided Cycling tour

Tour description

Day 1	
Paris	
Day 2	52 km
To Maison Lafitte	
Day 3	75 km
To Gisors	
Day 4	60 km
To Forges-les-Eaux	
Day 5	50 km+
To Newhaven	ferry
Day 6	62 km
To Crawley	
Day 7	67 km
To London	
Day 8	
Tour ends	

France/England



Paris to London: l'Avenue Verte

Inaugurated in 2012, the Paris-London l'Avenue Verte is a unique travel opportunity for the adventurous and active traveller. These two major capitals are finally linked by cycle paths and low-traffic roads for you to enjoy on 2 wheels.

Everyone who visits romantic Paris for the first time probably has the same list of major attractions to hit: The Louvre, Notre Dame, The Eiffel Tower, etc. Just make sure you leave some time to wander the city's grand boulevards and eat in as many cafes, bistros and brasseries as possible. And don't forget the shopping! Leaving the city, you will cross the Seine, pedaling on quiet country roads passing wonderful chateaus and delightful villages. There is plenty of opportunities to stop for a café and take in the atmosphere. Riding through Normandy we use the ferry at the Dieppe-Newhaven crossing to travel to the UK.

Then we continue on the National Cycle Trail system through the greenest of the English countryside. You can ride all the way back to London, or eliminate the busy city traffic by taking a local train. Visit London's world class attractions, shops and restaurants and enjoy exciting special events, theatre, concerts, art exhibitions and more.

The entire route has been carefully planned out to make this a truly worry free and enjoyable vacation.

Fast Facts

- 7 nights in 3* & 4* hotels (1 night 2*) with breakfast
- Route notes and maps
- GPS tracks and mobile phone App (printed roadbook request \$25)
- Local Support
- Ferry and luggage transfers

E-Bike Info:

- E-bike rental: \$395
- Limited supplies available, reservations recommended upon booking



Tour Details

Sundays from May 26 to September 15

Cost: \$1795 per person
2 person minimum

Single room upgrade: \$850

Bike rental: \$195

Length: 8 days / 7 nights

Grade: Moderate with hilly stages

Starts: Paris / London

Ends: London / Paris

Guided tour available: 21 July & 4 August departures. Contact our office for details

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Day 1 **Bienvenue à Paris!**

Individual Paris arrival and 6 pm welcome meeting at the hotel with our representative and bike fittings.

Day 2 **Paris - Maisons Laffitte 50 km**

Follow the Canal St Martin and the Villette park; our destination is Notre Dame, in the heart of the city. Ride through Bastille Square, along Canal St. Martin and next to the Villette Park, the largest park in Paris and home to Cité des Sciences et de la Musique. Continue along canals leading you to the banks of the Seine and to the stunning Parc des Impressionistes in Rueil-Malmaison. Inspired by Monet's garden at Giverny, this park delights with its famous bridge, colourful water lilies and unique landscape. The day ends in Maisons Laffitte just steps from the castle, a fine example of French Baroque style built on the banks of the Seine to host King Louis XIV.

Day 3 **Maisons Laffitte - Gisors 75 km**

Your journey continues through the heart of the St. Germain-en-Laye forest and continues through the Oise valley, a source of inspiration to Impressionists like Cezanne, Van Gogh and Pizarro. You continue into the Vexin Français Regional Nature Park, an area rich in history, nature, and architecture. Enjoy the ancient villages, churches and castles; picnic on the grounds of Themericrot Chateau. Pedalling along past the little town of Bray-et-Lû you still ride along the River Epte to Gisors, known for its fortress, marking the historical Franco-Norman border. This ancient medieval town is rapt in the mystery and legend of the Knights Templar. You can choose to cycle the whole distance or take a train from Chars to Gisors to shorten the stage and cycle only 46 km.

Day 4 **Gisors - Forges-les-Eaux 60 km**

Leaving behind the town of Gisors for Gournay-en-Bray through rich landscapes and countryside. See the beautiful Abbey in Saint-Germer-de-fly, stop for lunch in a typical French village, cool off as you dip your toes in the crisp clean natural spring waters of Haussez. Then on to Forges-les-Eaux, the renowned spa resort town. Welcome to Normandy, or rather to Gourmandie, the region of unique cuisine!

Day 5 **Forges-les-Eaux - Dieppe 50 km + ferry to Newhaven**

Follow the brand new bike path that goes directly to the sea. Ride the old rail tracks through the wonderful countryside dotted with farms that supply their excellent products to the Norman and Parisian markets. Along the second half of the route the landscape is tinged with teal blue as you pass through the Arques estuary and by the majestic castle. Along the way we pass through of Neufchatel-en-Bray, famous for its namesake soft cheese. Try a sample and hear the romantic legend of its heart-shaped packaging. Once in Dieppe, park your bike, play on the beach, and savour local oysters before boarding the ferry to cross the Channel to Newhaven.

Day 6 **Newhaven - Crawley 62 km**

Once in England, we will begin the bike stage to reach the immaculate and rugged cliffs of the South Downs on which we ride towards Brighton, that with its sparkling pier, its cafes and the charming old town is now a popular destination for British people in summer. After the vivacity of the coast, the mysteries of the Devil's Dyke are waiting for us, among the rolling hills of Sussex: a legendary valley said to have been dug by the Devil. Our destination today is the town of Crawley, which we reach through the Tilgate Forest.

Day 7 **Crawley - London 67km or train Crawley - Coulsdon 30 km**

From here you take the Worth Way, a bike path through a wonderful forest from Crawley, an ultramodern city. The entry into the city of London is however gradual; the river Wandle takes us to the River Thames, through the countryside on the North Downs and several parks, to lead us into the heart of London, where the final destination of this amazing and fascinating tour is the Westminster Abbey. **Bike return by 6pm.**

Day 8 **London**

After breakfast, goodbye and...ta-ta!



What To Expect

What will the weather be like?

The daytime temperature will be around 15 to 20 degrees or 65-75 degrees F. Summer weather (July and August) will be busy and hotter.

How many hours of cycling a day?

Be prepared to ride between 4 to 6 hours a day. On flat and hilly terrain along quiet country roads and bike paths. Lots of places to stop for drinks, coffee and snacks en route. Most of the bike trail is paved, but there is about 20% hard packed backcountry trails. The rides can be shortened by using trains, especially near London.

How fit do I need to be?

The fitter the better, but this is a fairly easy tour for hard core cyclists. The beginner will enjoy this, since there are no real hills to climb and it will not be steep. Having said that, sitting on a bike for 4-6 hours a day without any preparation will be challenging.

What are the hotels like?

The hotels are lovely, charming, small country hotels 3 nights in 4* hotel (Paris, Gatwick and London), 3 nights in 3* hotel, 1 night in 2*sup hotel. All will have a breakfast room, and many will have a restaurant for dinner. The hotels are chosen specifically for their ambiance as well as distance from previous lodging. All rooms will have an en suite bathroom.



Getting There

Arrive Paris Airport Charles de Gaulle (CDG) and then take the train into the city to your first hotel.



How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire process.
- Download reservation form from our site and send in completed form by fax or email. Once this is done, your space is confirmed and pre-departure packet will be sent.
- A deposit is required immediately, and final payment 60 days prior to the trip departure. Terms & conditions are outlined in our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or a travel insurance provider directly.
- Ensure you are in proper health for the trip chosen. Contact us, for more information on vaccinations, inoculations, and fitness requirements.