


# LONDON TO PARIS CYCLE



22-24 September 2022

# IN YOUR GUIDEBOOK



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# WELCOME TO THE CHALLENGE

Dear Riders,

It is my great pleasure to welcome you to this year's brave cycling group, 38 MUFG members who will be taking on the 2022 London to Paris cycle challenge.

The three-day ride will take us on a 200-mile cycling journey – through some of the most beautiful countryside and historic locations in the UK and 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!

This brochure has lots of information about the challenge that we are all about to take on, so please download it and keep it safe in the case that you need any more information. I am really grateful for you taking the time out of your busy lives and being part of this experience which you will remember for many years to come. And above all, it is to raise money of our many charity partners across the region, so on their behalf I would like to thank you all!

I very much look forward to meeting and getting to know you all throughout the journey and of course celebrating with you all at the finish line in Paris.

Kind regards  
Zinab Aldaraji, Head of CSR EMEA,





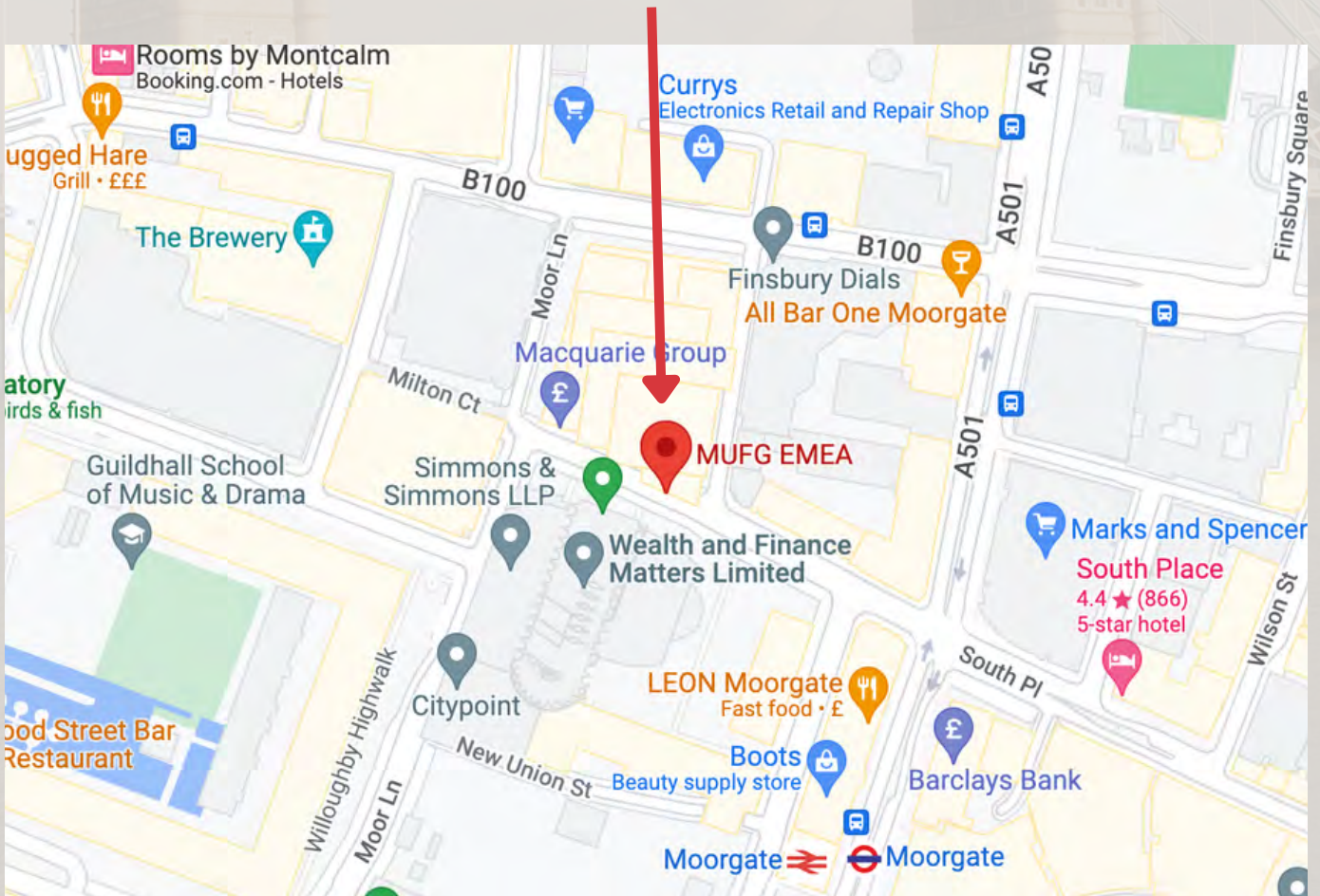
**THE  
ROUTE**

# WHERE YOU NEED TO BE

## Getting to the start of the Challenge

Meeting location	8.30am	MUFG, 25 Ropemaker Street, London
Timings	8.30am	Riders assembly location open
	9.00am	Photos
	9.10am	Rider briefing on the ride and route
	09.30am	Start our cycle to Paris!
Contact details	Arun Sharma - 07841 644828   arun@tfaltd.co.uk	

Rider assembly point - MUFG Offices, Ropemaker Street London

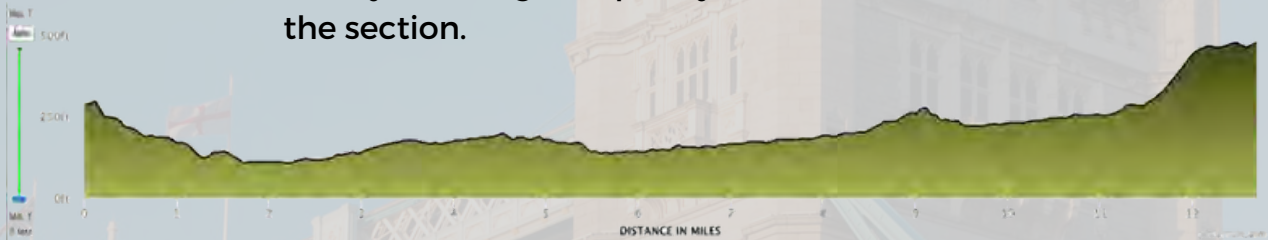




# DAY 1 - SECTION 1

## London (MUFG) to Farthings

Distance	21.5 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.



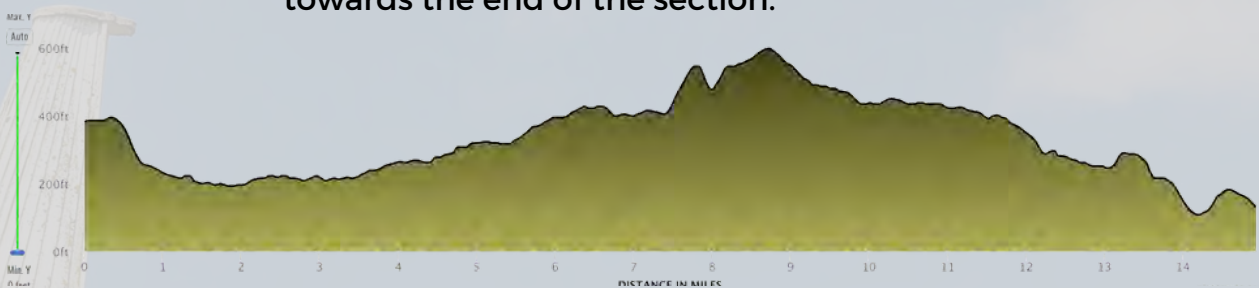
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8.30 am	Please meet at the MUFG Offices, 25 Ropemaker Street, London, from 8.30 am.  You'll be able to put your bags in the support vehicles and meet your fellow riders.
9.00 am	Photos and briefing on the upcoming ride route.
9.25 am	Participants prepare to leave.
9.30 am	Off we go! Starting off at a leisurely pace, we will leave MUFG 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: <ul style="list-style-type: none"><li>• Moorgate</li><li>• Westminster Bridge</li><li>• Stockwell</li><li>• Mitcham</li><li>• Coulsdon</li><li>• Farthings Down (Mid-section stop)</li></ul>
11.00 am	Arrive at Farthings Car Park, for a well-earned rest.  We will break here until everyone arrives and everyone will get a 20min break.

# DAY 1 - SECTION 2

## Farthings to Lindfield

**Distance** 23.5 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.



11.00 am

We will have a break at Farthings, 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.

11.15 am

Briefing on the upcoming ride route.

11.20 am

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

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

1.30 pm

Arrive at the Red Lion, Lindfield for lunch.



# DAY 1 - SECTION 3

## Lindfield to Newhaven

Distance	20.1 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.



**1.30 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. Your bags will be available. Our team will be 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
- 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 sharing cabin
Facilities	Bar, restaurant and shop on board
Boarding	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)

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**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!

Cabin places will be allocated in advance. Single occupancy cabins are not available due to our allocation and the size of our group. Extra cabins may be subject to availability, once we board the ferry.

**05.00 am** This is our estimated time of arrival in Dieppe.

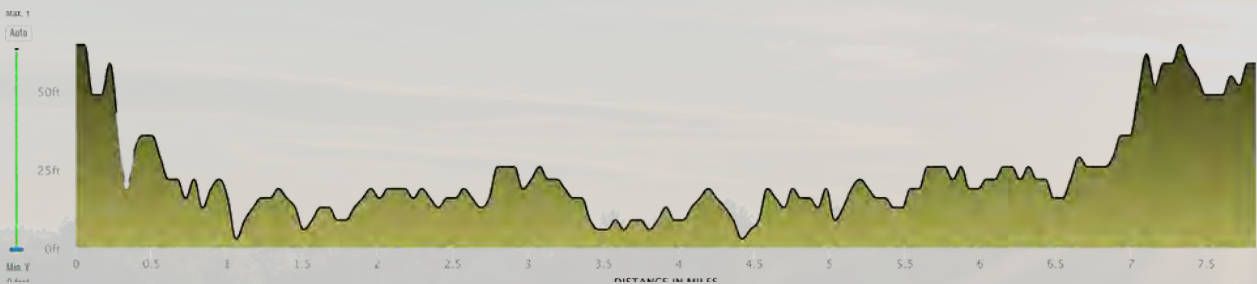
You will be reunited with your bike on the ferry car deck and we will begin day 2. It will be dark, so front and rear lights are essential.

The cycling on day 2 is very different, with the majority being on traffic-free cycle routes and a mid-afternoon finish.

# 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

A small snack will be provided when you wake. We will then leave the ferry on our bikes and start in the Ferry Terminal car park after dropping off overnight bags.

It will be dark, so you will need your lights. 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 Ferry Port
- Dieppe Centre Ville
- Avenue Verte
- La Chanteline

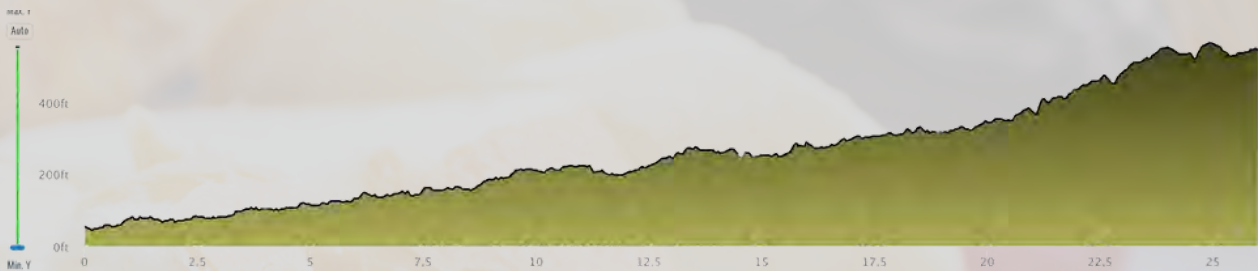
6.15 am

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.

The mood of the group is sometimes quiet, but 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, the mood will be upbeat and more jovial.

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:

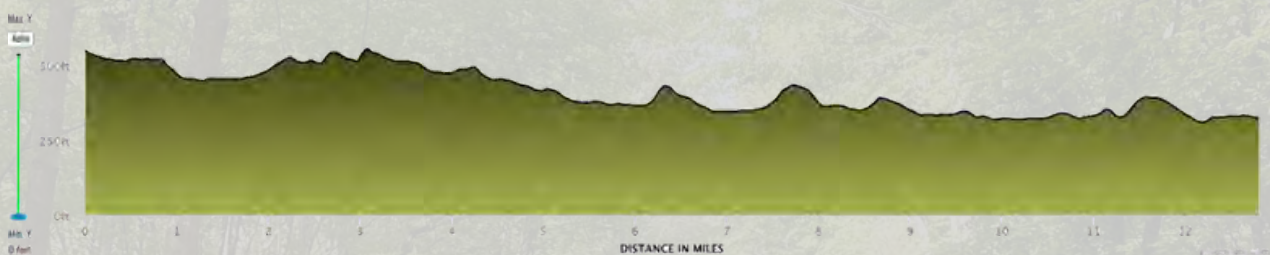
- Le Lon Perrier
- Cuy St Fiarce
- Les Patis
- Saint Clair

**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, a buffet lunch will be ready and waiting for you and an afternoon of rest will be ahead of you, with the knowledge that Paris is very close!

# 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.
Check-in	3.00 pm
Check-out	8.00 am
Evening	Meal at a local restaurant
Morning	Snacks in your room from 7.00 am, followed by local breakfast.
Departure	08.30 am

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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 Arun know as soon as possible (arun@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. Also, a game of Kubb at the hotel if it is sunny!

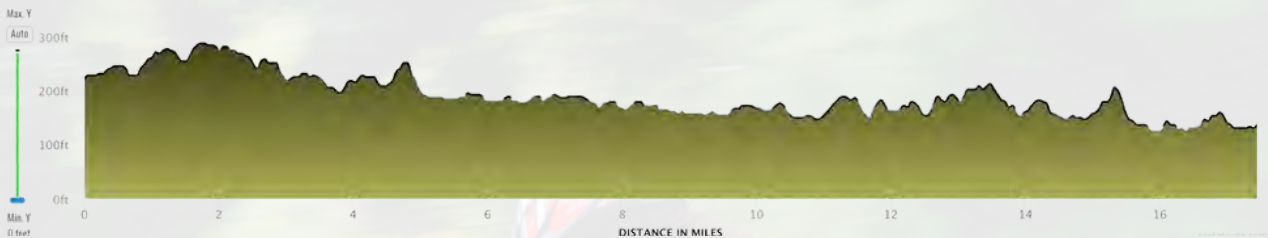
7.00 pm We'll meet in the hotel reception and head to a local restaurant for our evening meal.

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!



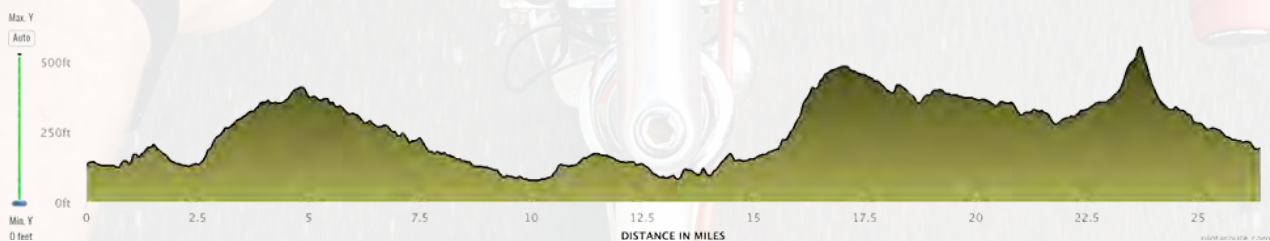
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- 7.30 am Breakfast will be available in your hotel room. This will be a breakfast buffet bag.
- 9.15 am After breakfast, you will be reunited with your bike in the area in front of the hotel and we will prepare ourselves for our final day of cycling.
- 9.30 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
- 11.00 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.



**11.20 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.

**12.15 pm** Rest stop one will be after approximately 8-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 stopping points if you need to take a break.

You'll pass through

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

**1.00 pm** After approximately 11 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.



**2.30 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 miles at the Bois de Boulogne.

**4.00 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.

**4.30 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!

# 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 7.30am
Departure	From 10am depending on the time of your Eurostar.

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5.30 pm We'll be staying at the Ibis Hotel in twin rooms. This will be a 5min cycle from the Eiffel Tower.

If you wish to share with anyone in particular please let Arun know as soon as possible (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

## Eurostar - Paris to London

Breakfast	7.00 am - 9.30 am, Hotel Ibis
Check out	11.00 am
Departure	Gare de Nord Station, Paris
Address	18 Rue de Dunkerque, 75010 Paris
Check-in Time	See ticket for details - usually at least 1hr before departure
Departure	1.13pm (CET)
Arrival	2.30pm (GMT)
Tickets	Given to you when we arrive in Paris

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7.00 am

Breakfast is provided and is available in the hotel from 7.00 am.

After breakfast, you have the morning to yourself but you will need to check out of the hotel by 11 am.

If you are returning to the UK on Sunday 26 Sept, you will be booked on the 13.13 pm Eurostar and we suggest you head to Paris Gare de Nord with plenty of time to spare 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, your bike will be taken back to the MUFG Office, where you can collect it.

A group of cyclists riding on a road, with a woman in a red jacket in the foreground. The image is semi-transparent, allowing the text to be clearly visible. The cyclists are wearing helmets and sunglasses, and the scene is set outdoors on a paved road.

# OUR CHALLENGE

# THE CHALLENGE

## Cycling to Paris...

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.

- 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 and 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 Paolo or Arun in our support team for advice on stretching or warming-up and down.**

### Fluid & Nutrition

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

**Try to eat on the hour every hour, especially when doing longer sections of this ride. We will have snack always available.**

**Maybe an energy or cereal bar, fruit or some pasta, avoid anything too heavy.**

### Rest

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

**Particularly after day two, especially if this is one of your first cycling challenges.**

**Remember to do a little bit of stretching, at the end of each day, before you rest and recover.**

# YOUR RIDE LEADER

Please do contact our Ride Leader, Anne Hannan for any advice on riding, nutrition, or fitness for the challenge via [events@tfaltd.co.uk](mailto:events@tfaltd.co.uk) or call her via the team on 0333 4441189



**Anne Hannan**

It's been many years since I cycled to Paris, but have cycled in France a lot, especially the Alps and Pyrenees.

I am excited to be cycling with you all, especially after missing the Torquay ride last year. That feeling of arriving at the Eiffel Tower is amazing!

I have guided many rides before for TFA and did L2TQ last year. Looking forward to meeting and getting to know you all on our journey.

Please do get in contact with me or any of the events team for any training or fitness advice/tips.

An open suitcase is shown from a top-down perspective, lying on a light-colored wooden surface. The suitcase is filled with various items. On the left side, there is a pink bag and a blue and white striped shirt. In the center, a light blue button-down shirt is folded, with a grey and black patterned belt tucked inside it. On the right side, a brown leather bag is visible. In the bottom right corner, a white tablet is placed on a tan leather case, and a pair of white earbuds with a white cord is lying nearby. The suitcase has grey straps and buckles. The text 'KIT LIST' is overlaid in the center in a bold, red, sans-serif font.

**KIT  
LIST**



# 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.
Cycling clothes	Leggings - Good for cooler days, September 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 (carried in support vehicles)

We recommend you split the kit you bring into three bags.

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

# KIT LIST

As this challenge is taking place in September, below is a list of what we recommend as essential and optional items for this time of year.

## 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.
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.
Cycling essentials	<b>Cycling shirts</b> - recommend you bring five shirts as it may be wet <b>Socks</b> - Sports socks are fine, high-vis colours recommended <b>Shorts</b> - Padded shorts for comfort and to prevent chafing <b>Gloves</b> - Great for comfort, grip and warmth, we have one early start <b>Jacket</b> - One that is light, breathable, and packs down small <b>Waterbottle</b> - connected to your bike and at least 1-litre in size <b>Front, and rear lights</b> - required to take part in this challenge <b>Innertubes</b> - You must bring four spare inner tubes for your bike. We can supply, but the costs are applicable and subject to availability
Personal essentials	<b>Bags</b> - Saddlebag, one smaller day pack, and one overnight bag <b>Change of clothes</b> - required for three evenings and return journey <b>Comfortable shoes</b> - trainers, flip flops, or even slippers, you decide! <b>Toiletries</b> - Toothbrush, face wash, shampoo, sun protection, etc <b>Money</b> - Euros or most credit, debit, or travel currency cards <b>Chargers</b> - for phones, laptops, earphones, camera etc <b>Medication</b> - Let us know about anything you take
Documentation	<b>Insurance</b> - Medical, Travel and Cycling insurance is mandatory <b>Travel</b> - Passport, Visa (if applicable), EHIC & GHIC card, driving license
Tyres	Other - Personal documentation that you may need when abroad 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. Do chat to our mechanic in advance.



# SUPPORT TEAM

# YOUR SUPPORT TEAM



**Anne Hannan**  
**Ride Leader**

I've been guiding for years now. Remember that feeling of arriving at the at the finish line and enjoying all the French delights along the way!



**Justin Leahy**  
**Event Guide**

Starting off as a runner, now prefer to exercise on wheels. Like others, enjoy the odd glass of vino, local ale & delightful french food on offer too!



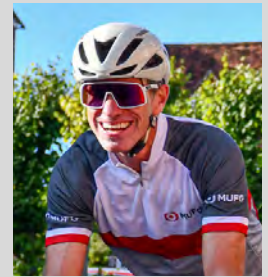
**Arun Sharma**  
**Event Lead**

I cycled L2P in 2006. Enjoyed it so much, that I decided to run my own event! It's also a bonus that I like french wine! Looking forward to supporting you all.



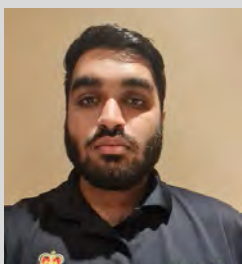
**Zinab Aldaraji**  
**Event Guide**

I did my first challenge last year by riding to Torquay. It was really amazing and something I wasn't sure I could do. I am delighted to be riding with you all on L2P



**Steve Jennings**  
**Event Guide**

I loved cycling MUFG's London to Torquay last year. I am delighted to be supporting you as part of TFA's Guide team, to Paris, this time round.



**Hiran Patel**  
**Medic**

I have been a First Aider for a while now. I like all sports. I am looking forward to supporting you on this exciting L2P challenge.



**Tom Crumbie**  
**Support Team**

I am looking forward to L2P & supporting you all. I've just done my A-Levels and taking year off before studying Law at SOAS Uni.



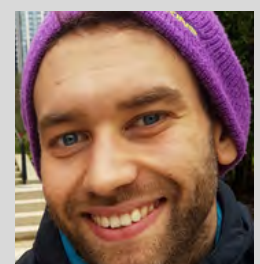
**Javier Garcia**  
**Event Guide**

I am looking forward to L2P & supporting you all. I enjoy TFA running & cycling events and riding to Torquay last year was lots of fun.



**Robin Abautret**  
**Event Guide**

I am a fitness fanatic and love cycling & running. I cycled TFA's Torquay in 2021 and am really looking forward to this L2P ride!



**Richard Roberts**  
**Mechanic**

Been working for TFA for a while and love the rides. I'll be on hand for mechanical support to keep your bikes on the road!

# YOUR SUPPORT TEAM



**Emma**

## **Everest**

### **Event Guide**

I am a part time spin instructor, mum of three and gin enthusiast! Loved riding last years London to Torquay, so v excited about this years L2P.



**Ian**

## **Pollard**

### **Mechanic**

Mountain bikes, road bikes I enjoy riding them all. I also tinker a lot with bikes, cars and vans so any probs let me know and I'd be happy to help.



**Fran**

## **Williams**

### **Event Guide**

I have always loved cycling, France and its delicious food and wine. So this is the perfect event! Looking forward to meeting and supporting you all.



**Abbi**

## **Bradford**

### **Support Team**

I am very excited about supporting you all the way to Paris. I'm not cycling, so if you need anything please just find me, I'd be happy to help.



**Paul**

## **Keyland**

### **Event Guide**

I loved cycling and have ridden and guided many events for charities. I am delighted to be supporting you as part of TFA's London to Paris Guide team.



**Anna**

## **Williams**

### **Support Team**

I was part of the Torquay ride in 2021. Had a great time and post Uni this is a great way for me to start my working career.



**Rebecca**

## **Millburn**

### **Cycling Guide**

I am looking forward to supporting you all on L2P. I won't be on a bike, but at all the stops to provide you with what you need.



**Nathan**

## **Sparkes**

### **Event Guide**

I cycled L2P in June. Route is brill, support amazing, but is a challenge, Looking forward to supporting you all the way to Paris.



**Ed**

## **Telling**

### **Photographer**

Love all types of sports photography, especially cycling. Have worked many TFA's events, they're such great fun. Smile please!



**Andrew**

## **Chesworth**

### **Event Guide**

Been working for TFA for a while and love the London to Paris rides. I'll be on hand for anything to keep you going all the way!

A full-page background image of the Eiffel Tower in Paris at night. The tower is illuminated with warm lights, and its reflection is visible in the water below. The sky is a mix of blue and purple, suggesting dusk or dawn. In the foreground, there is 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 in a bold, red, sans-serif font.

# FAQS

# FAQS

## Please see below a list of FAQs.

- **What is the date of the event? 22-24-** September 2022. Cyclists will return on the day after the event finishes unless they request to come back later, but additional costs may apply.
- **Where does the challenge start from and finish and at what time?** The cycle challenge starts from MUFG, 25 Ropemaker Street, London (full address on page 5) at 09.30 am and finishes in Paris, at approximately 5.00 pm, 22-24 September 2022.
- **How far will we be riding each day?** You will be in the saddle for three days, cycling just over 60 miles each day. Ride at the pace you are comfortable with.
- **How will each day of cycling work?** Each day will be broken into shorter sections approx 20 miles, with a mid-section water station after approx 10miles). After each section, 'stop points' will provide snacks and drinks. Support vehicles are also available.
- **What happens if I have a problem with my bike?** We do have a mechanic who will be part of our team and on hand to attend to any issues you may have with your bike. We do not carry spare bikes, so do get your serviced.
- **What will happen to my bike after the challenge?** We will bring your bike back to London and you will be able to collect from the MUFG offices the week after the challenge.
- **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, which will need to cover you for cycling activities and liability in the UK & France If you need cover we recommend Yellow Jersey. Call them and ask for cover and do quote TFALTD10.
- **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. Also it will be dark when cycling on and off the ferry.

