

Brussels to Paris Cycle Challenge



13-15 June 2024

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WELCOME TO THE CHALLENGE

Dear Riders,

It is my great pleasure to welcome you to our 2024 cycle, which will be from Brussels to Paris.

After the success of last two cycle challenges to Paris & Amsterdam I am very excited about once again taking on a new ride.

This year we'll be cycling through some of the most beautiful areas and historic locations in the Belgium & 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, you will have lots of fun and make long-lasting friendships.

I'm really grateful for you taking on this challenge and for supporting our charity partner, Habitat for Humanity. You can read more about how your support will make a difference in this brochure, but all your fundraising efforts will make such a difference to the lives of the people they support.

In this brochure, you will also find full details about the event, our very kind sponsorship partners and an introduction to the team supporting us.

I very much look forward to meeting and getting to know you all on our cycling journey and celebrating our success in Amsterdam!

Tom Olsen,

Chief Financial Officer, St Modwen Properties Limited





SPONSORS &
CHARITY

OUR SPONSORS

Thank you to our 2024 Cycle Challenge Supporters

who we are

Habitat for Humanity has a vision of a world where everyone has a safe place to call home. Each year our global projects increase access to housing for millions worldwide through direct construction, advocating for land rights, increasing access to finance for housing, and working to ensure homes and community infrastructure is more resilient to the devastating impact of climate change.



Thank you for supporting Habitat for Humanity GB. Funds raised from the 2024 Bike Ride will support our work globally.



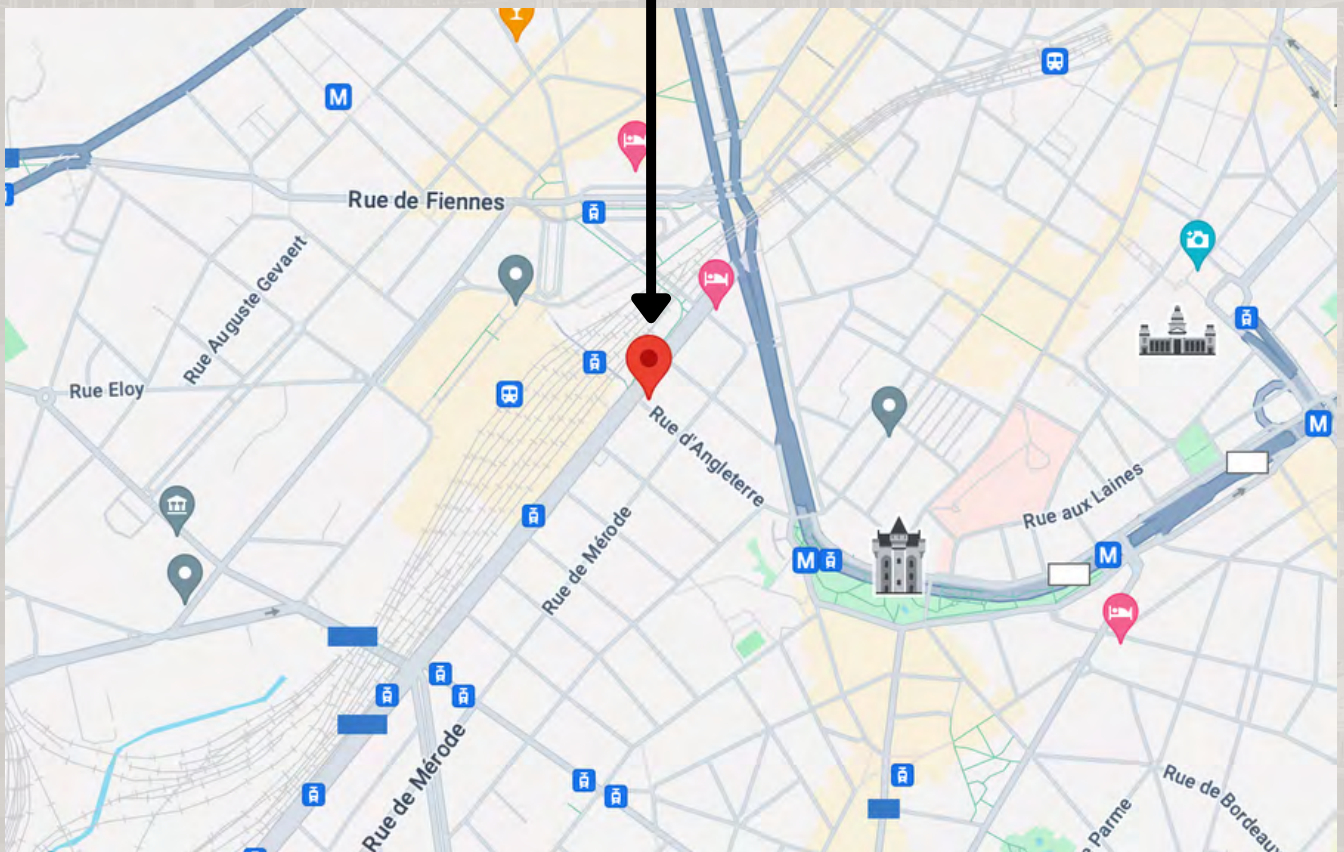


**ROUTE &
HOTELS**

WHERE YOU NEED TO BE

Getting to the start of the Challenge

Meeting location	8.00am	Ibis Brussels Midi (Reception area)
Timings	8.15am	Photos & Rider groups assemble
	8.20am	Rider briefing on the ride and route
	8.30am	Start our cycle to Paris
Contact details	Arun Sharma - 07841 644828 arun@tfaevents.co.uk Rebecca Millburn - 07737 835724 rebecca@tfaevents.co.uk Richard Robertshaw - 07962 428418 rich@tfaevents.co.uk	
Rider Assembly Point	Ibis Brussels Centre Gare Midi, Rue d'Angleterre	



YOUR CYCLING CHALLENGE

Day 1

77.2 miles

978m elevation

25.2 miles

26.7 miles

25.3 miles

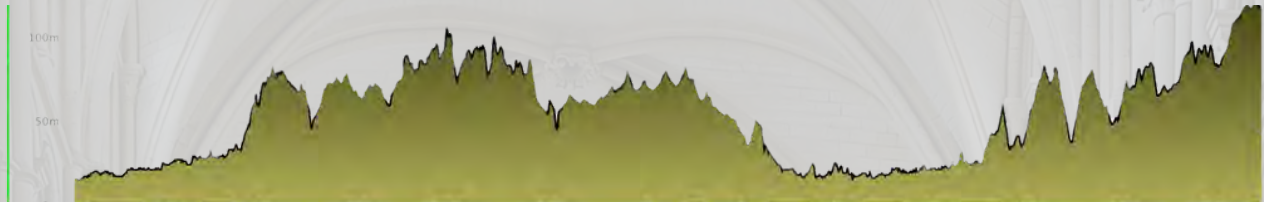
Section 1 - Brussels to Mignaux

Section 2 - Mignaux to Bavay

Lunch in Bavay

Section 3 - Bavay to Caudry

Evening meal on in Caudry



Day 2

114 miles

1,192 m elevation

25.6 miles

24.5 miles

23.9 miles

25.7 miles

Section 1 - Caudry to Regny

Section 2 - Regny to Laon

Lunch in Laon

Section 3 - Laon to Saint Aubin

Section 4 - Saint Aubin to Compeigne

Evening meal, Compeigne



Day 3

60 miles

153m elevation

23.8 miles

28.1 miles

12.1 miles

Section 1 - Compeigne to Balagny-sur-Therain

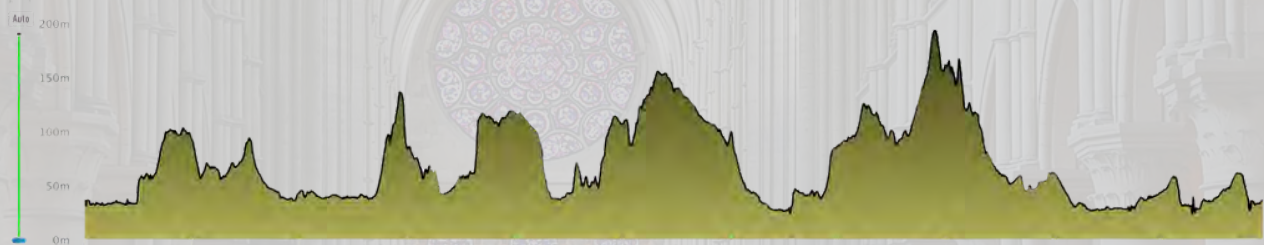
Morning snack at Patisserie Balagny

Section 2 - Balagny-sur-Therain - Montignon

Buffet lunch at Montignon

Section 3 - Montignon to Paris

Dinner in Paris, Cafe Siempre



Day 4

0 miles

0.0 miles

Return home journey on the Eurostar.

Your bikes will be transported back to the UK and can be collected from TOG, York House, Pentonville Road, London, N1 9UZ after the event. If you have arranged for TFA to take your bike back please arrange collection with them.

ACCOMMODATION

Night 1 - Hotel Akena, Caudry

Hotel	Akena Hotel
Address	Boulevard du 8 Mai 1945, 59540 Caudry
Room	Single & Twin rooms
Facilities	Bar, restaurant, and breakfast provided
Check-in	5.00 pm
Check-out	7.00 am
Bike Storage	Secure location within the hotel or your own room
Morning	Breakfast in rooms and car park area from 7.00 am
Departure	07.00 am

Night 2 - Hotel de Harlay, Compeigne

Hotel	Hotel de Harlay
Address	3 Rue de Harlay, 60200 Compiègne
Room	Single & Twin rooms
Facilities	Bar, restaurant, and breakfast provided.
Check-in	5.00 pm
Check-out	8.00 am
Bike Storage	Secure location within the hotel or your own room
Morning	Breakfast in main restaurant area from 6.30 am
Departure	08.00 am

Night 3 - Hotel Splendid, Paris

Hotel	Hotel Splendid
Address	29, Avenue De Tourville, 7e arr., 75007 Paris
Room	Single & Twin rooms
Facilities	Bar, restaurant, and breakfast provided
Check-in	5.00 pm
Check-out	11.00 am
Bike Storage	Bikes will be returned to London
Morning	Breakfast in main restaurant area from 7.00 am
Departure	11.00 am

DAY 4 - RETURN JOURNEY

Eurostar - Amsterdam to London

Breakfast	7.00 am - 9.30 am, Hotel Splendid
Check out	11.00 am
Departure	Paris Gare du Nord Station
Address	18 Rue de Dunkerque, 75010 Paris
Check-in Time	See ticket for details - usually at least 1.5hrs before departure
Departure	12.47 pm (CET)
Arrival	2.17 pm (GMT)
Tickets	Given to you when we arrive in Paris

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.

The return journey is by Eurostar and you are booked on 12.47 pm.

If you have booked an alternative train with TFA, you should have received your ticket by now. If not do get in touch.

Please do allow 90 minutes to check in as the Eurostar terminal gets very busy.

Upon arrival back in London, the bike collection point is The Office Group Building (TOG), York House, Pentonville Road, London.

A group of cyclists riding on a paved path. In the foreground, a woman wearing a red jacket, a white helmet, and sunglasses is smiling. Behind her, several other cyclists are visible, including a man in a blue jacket and a woman in a black jacket. The background is a bright, hazy outdoor setting.

OUR
CHALLENGE

THE CHALLENGE

Cycling from Brussels to Paris...

We will start the challenge by splitting the group up into smaller subgroups. This will be done initially by TFA team Event Director and Ride Leader, on the morning of the ride.

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 for safety of the group and individuals.

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. We have a few tips about refuelling and keeping in the best condition when on the challenge: :

- Eat an energy snack on the hour every hour
- If you see someone take a drink from their water bottle, use this as a reminder to TAKE A DRINK!
- Make sure you have a good breakfast
- Warm-up and warm down at the beginning and end of each day
- 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 routine 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.

Our rule of thumb is to eat on the hour every hour, especially when doing longer sections of this ride. We will have snacks always available.

You can eat an energy or cereal bar, fruit or some pasta, but do 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.

An open suitcase is shown from a top-down perspective, lying on a light-colored wooden surface. The suitcase is packed with various items. In the upper left, there is a blue and white striped shirt. Next to it is a light blue button-down shirt. A brown belt is coiled in the upper right. A pink folder or wallet is tucked in the lower left. In the lower right, a tablet computer is visible, resting on a brown leather-like case. A pair of white earbuds with a white cord is also visible near the tablet. The suitcase has grey straps with buckles across it. The text 'KIT LIST' is centered over the middle of the suitcase in a dark blue, serif font.

**KIT
LIST**

KIT LIST

As this challenge is taking place in June, 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)	It is advisable but not necessary. If you do use cycling shoes make sure you train in them so your feet get used to wearing them and can be adjusted to your best position. Also spend time getting used to connecting and disconnecting them from the pedals.
Cycling essentials	<p>Cycling shirts - recommend you bring five cycling shirts as it may be wet</p> <p>Socks - Sports socks are fine, high-vis colours recommended</p> <p>Shorts - Padded shorts for comfort and to prevent chafing</p> <p>Gloves - Great for comfort, grip and warmth, as we do have one early start</p> <p>Jacket - One that is light, breathable, and packs down small</p> <p>Waterbottle - connected to your bike and at least 1-litre in size</p> <p>Front, rear lights - required to take part in this challenge</p> <p>Bike bell - this is a requirement of some countries and essential for safety</p> <p>Innertubes - You must bring four spare inner tubes for your bike. We can supply them, but there will be costs applicable and they are subject to availability</p>
Personal essentials	<p>Bags - Saddlebag, one smaller day pack, and one larger overnight bag</p> <p>Change of clothes - required for three evenings and return journey</p> <p>Comfortable shoes - trainers, flip flops, or even slippers, you decide!</p> <p>Toiletries - Toothbrush, face wash, shampoo, sun protection, chamois cream, ear plugs</p> <p>Money - Euros or most credit, debit, or travel currency cards</p> <p>Chargers - for phones, laptops, earphones, camera etc</p> <p>Medication - Let us know about anything you take</p>
Documentation	<p>Insurance - Medical, Travel and Cycling insurance are compulsory</p> <p>Travel - Passport, Visa (if applicable), EHIC & GHIC card, driving license</p> <p>Other - Personal documentation that you may need when travelling abroad</p>
Tyres	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. You should talk to your local bike shop or our support team for more information.

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. Please ensure it is correctly fitted to your bike.
Cycling clothes	Leggings - Good for cooler days, June should be 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 (will be carried in the 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 items you would like on the Ferry. Includes items such as extra layers to stay warm, essential toiletries, document etc. These bags will be transported in the support vehicles. It's a good idea to have a brightly coloured bag so that it's easy to find in the vehicles

Overnight bag - Large bag which will contain all other items. This will be transported in the support vehicles and will be available at your overnight accommodation.

Any questions, just get in touch with our team (Rebecca/Rich or Arun) - info@tfaevents.co.uk



SUPPORT TEAM

YOUR SUPPORT TEAM



**Paolo
Nistri**

Ride Leader

A keen cyclist & an even keener Dad. I love riding my bike on the open road, so doing rides to support people raising money for amazing causes is the perfect event for me!



**Justin
Leahy**

Event Guide

Starting off as a runner, I've run the London Marathon three times. I prefer to exercise on wheels now and like others, enjoy the odd glass of vino, local ale & delightful food on offer!



**Arun
Sharma**

Event Director

I first took part in a cycle event back in 2006. I enjoyed the three-day cycling challenge so much, that I decided to run my own event! It's also a bonus that I like cycling and french wine



**Rebecca
Millburn**

Support Team

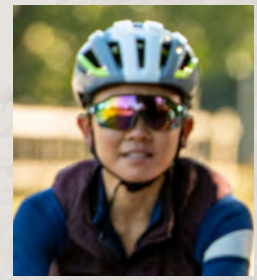
I love taking part in challenge events and supporting the amazing teams doing them. Looking forward to the rides this year, and meeting some new cyclists along the way.



**Carol-Anne
Nolan**

Event Guide

I've been a cycling fanatic, and love the great outdoors, especially cycling to Paris! I know what it takes to ride this event and am looking forward to supporting you all the way.



**Ashley
Wang**

Event Guide

After taking part in a London to Torquay & Paris cycle challenge I jumped at the chance to cycle to Amsterdam as part of the TFA team. I can't wait to join you on your adventure this year.



**Mark
Hambly**

Medic

I love my cycling and I took part in the London to Paris rides in 2019 & 2021. I am looking forward to joining you all on this next epic adventure to Amsterdam.



**Tom
Crumbie**

Support Team

Looking forward to supporting you on L2A. I've just completed my A-Levels and am taking a year off before studying Law at SOAS Uni. I also love footy and referee Sunday league.



**Anne
Hannan**

Event Guide

I've been guiding for many years now. Remember that feeling of arriving at the finish line, so looking forward to meeting new people and tasting all the European delights!



**Fran
Williams**

Event Guide

I am a fitness fanatic and love cycling, boxing, yoga & running. I guided TFA's London to Paris 2022 ride and am really looking forward to supporting you on this L2A ride!



**Richard
Roberts**

Mechanic

Been working for TFA for a while now and love doing the rides with the team. I will be on hand to provide you with mechanical support you need and keep your bikes on the road!



**Edward
Telling**

Photographer

I really love all kinds of sports photography! Have been working on various running and cycling events for TFA and the team spirit is great and we all have a lot of fun.



TFA EVENTS