

# LAMBROOK TO PARIS CYCLE



LAMBROOK

25-27 April 2024

# IN YOUR GUIDEBOOK



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# WELCOME TO THE CHALLENGE



LAMBROOK  
NURTURING POTENTIAL SINCE 1860

Dear Lambrook Riders,

I am incredibly grateful to each one of you for taking on the enormous challenge of cycling from Lambrook to Paris!

I have been truly humbled by your enthusiasm and willingness to take part and for all of the hours of training and fundraising that you have already done, and will do in the build up to the event.

It is a great privilege to journey/pedal with you as we support the areas of The Lambrook Foundation and make a truly transformational difference to the lives of others.

Cycling over 200 miles in a limited amount of time is no mean feat, but in true Lambrook style, I know that we will work brilliantly as a team, encouraging each other to keep going at every stage, and having a huge amount of fun at the same time.

There will be so much to celebrate when we reach the Eiffel Tower and raise a glass to each other in the evening.

This booklet gives further detail on some of the finer details of the trip, including our route, where we will be staying and other practical information.

I look forward to a challenging, but incredibly rewarding three days!

Jonathan Perry



# CHALLENGE INFORMATION

All the information you need to know can be found in this brochure. Please do get in touch with Arun ([arun@tfaevents.co.uk](mailto:arun@tfaevents.co.uk)) if you have any questions.



INFORMATION



ROUTE



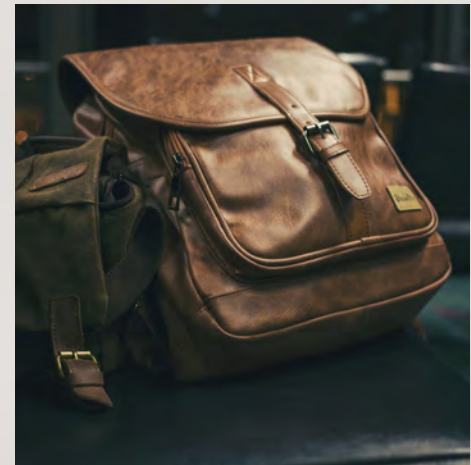
CHALLENGE



ACCOMMODATION



FOOD & DRINK



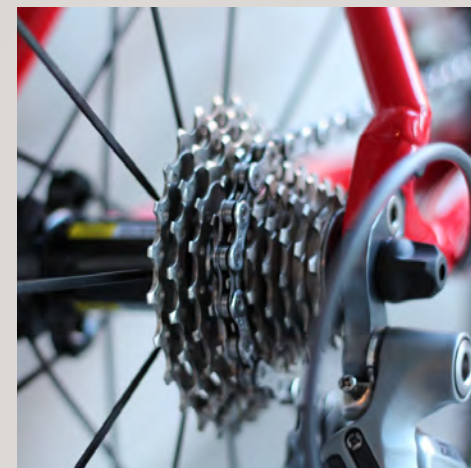
KIT LIST



FUNDRAISING



SUPPORT TEAM



FAQS



**THE  
ROUTE**

# WHERE YOU NEED TO BE

## Getting to the start of the Challenge

<b>Meeting location</b>	<b>07.45am</b>	<b>Lambrook School</b>
<b>Timings</b>	<b>07.45am</b>	<b>Riders assembly location &amp; Registration open</b>
	<b>08.20am</b>	<b>Photos</b>
	<b>08.35am</b>	<b>Rider briefing</b>
	<b>08.45am</b>	<b>Riders depart Lambrook School</b>
<b>Bags</b>	<b>These will be loaded into the support vehicles. We recommend a day pack and overnight bag.</b>	
<b>Bikes</b>	<b>Mechanics will be on hand for any last minute adjustments.</b>	
<b>Contact details</b>	<b>Arun Sharma - 07841 644828 arun@tfaevents.co.uk</b>	
	<b>Rebecca Millburn 07737 835 724 rebecca@tfaevents.co.uk</b>	
	<b>Richard Robertshaw - 07962 428418 rich@tfaevents.co.uk</b>	

# YOUR CYCLING CHALLENGE

Day 1  
Depart at 08.45am

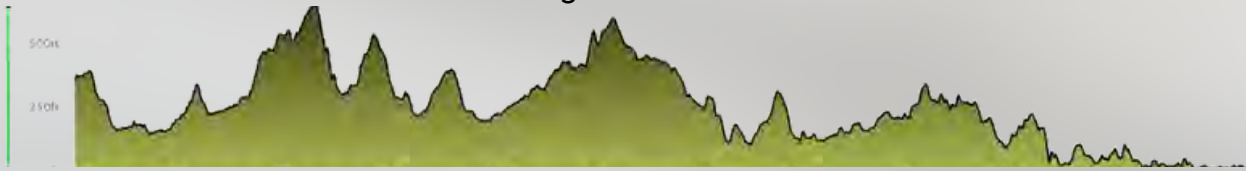
31.2 miles

29.1 miles

20.8 miles

Section 1 - Lambrook School to Banstead  
Section 2 - Banstead to Lindfield  
Lunch at the Red Lion Pub, Lindfield

Section 4 Lindfield to Newhaven  
Evening meal at Newhaven Football Club



Day 2  
Depart at 06.30am

7.1 miles

26.4 miles

18.8 miles

16.8 miles

Section 1 - Dieppe harbour to the Avenue Verte  
Section 2 - Avenue Verte to Forges-les-Eaux  
Breakfast at Le P'tit Sophie, Forges-les-Eaux  
Section 3 - Forges-les-Eaux to Gournay-en-Bray  
Section 4 - Gournay-en-Bray to Beauvais.  
Evening meal, Comptoir du Malt, Beauvais



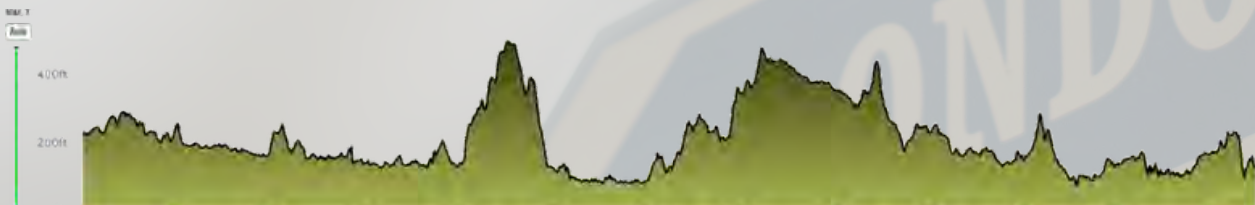
Day 3  
Depart at 07.45am

17.6 miles

23.1 miles

17.1 miles

Section 1 - Beauvais to Balagny-sur-Therain  
Breakfast at the Ibis Hotel, Beauvais  
Section 2 - Balagny-sur-Therain - Eaubonne  
Buffet lunch at Attainville  
Section 3 - Attainville to the Eiffel Tower  
Dinner in Paris, Siempre, 15e.



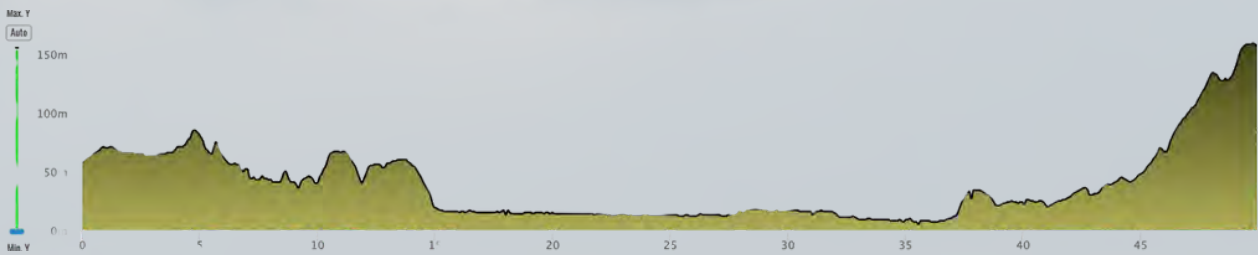
Day 4  
0.0 miles

Return home journey at 13.42 pm. (unlss otherwise specified). Your bikes will be transported back to Lambrook School for collection. Additional charges may apply for later collections or storage of bikes beyond day 4 unless agreed.

# DAY 1 - SECTION 1

## Lambrook School to Banstead

Distance	31.2 miles
Route	Town city/roads. Busy at times, but most city roads have cycle lanes
Elevation	Gently inclining, steeper by Banstead and towards the end of the section.



7.45 am Please meet at the Lambrook School car park promptly at 07.45 am.

You'll be able to register and put your bags in the support vehicles. Parking is available, contact the TFA team for more information.

08.20 am Photos and briefing on the upcoming ride route.

08.45 am Participants prepare to leave.

08.50 am Off we go! Starting off at a leisurely pace, we will leave Lambrook School 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:

- Lambrook School
- Ascot
- Virginia Water
- Surbiton
- Banstead Downs Golf Club

11.30 am Arrive at the Banstead for a well-earned rest and feed.

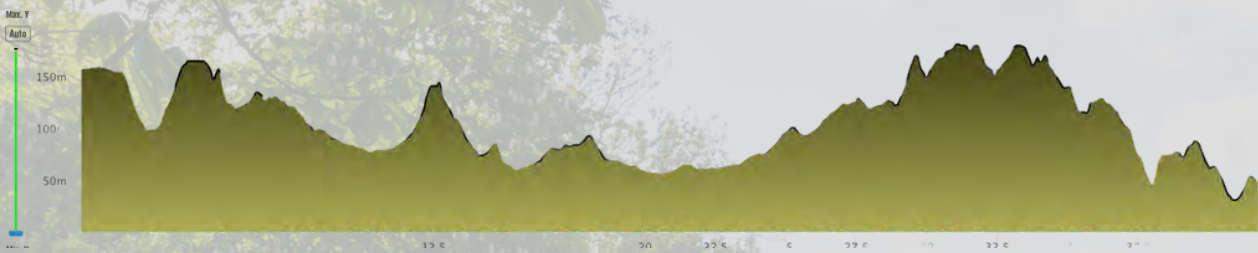
We will break here until everyone arrives and everyone will get a 40min break.



# DAY 1 - SECTION 2

## Banstead to Lindfield

Distance	29.1 miles
Route	Quieter rural roads getting busier after Copthorne and Turners Hill
Elevation	Gently inclining, with a steep climb after Coulsdon and before Turners Hill Lots od downhill towards the end of the section.



- 11.30 am We will have a break in Outwood 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 local countryside.
- Our support team and mechanic will all be on hand for any support should you require it.
- 12.15 am Briefing on the upcoming ride route.
- 12.25 pm Set off for Lindfield, the next rest stop. The route we take will take us through the following locations:
- Outwood
  - Smallfield
  - Copthorne
  - Turners Hill
  - Ardingly
- 2.30 pm Arrive in Lindfield

# DAY 1 - SECTION 3

## Lindfield to Newhaven

Distance	20.8 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 Haywards Heath and towards the end of the section.



**2.30 pm** At the Red Lion pub, Lindfield, you will have the opportunity to take a longer break, enjoy a nice pub afternoon tea 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. All your bags will be available and our team on hand, should you need anything.

**3.00 pm** Briefing on the upcoming ride route.

**3.10 pm** Set off from Lindfield for Newhaven, rest stop just in the village of Offham. The route we take will take us through the following locations:

- Haywards Heath
- Wlvesfield Green
- Cooksbridge Offham (Midsection stop)
- Piddinghoe
- Newhaven

**5.00 pm** Arrive at Newhaven Football Club, where your cycling for day 1 will be over. You will have the chance to freshen up and enjoy your evening meal (Fish & Chips), 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 cabin
Facilities	Bar, restaurant and shop on board
Board	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 (please be patient as this can take some time).

There is a bar and restaurant on board but remember we still have two days of cycling ahead in front of us!

Try and get as much sleep as possible before the ferry alarms wake you at 4.30am!

05.00 am

You will be reunited with your bike on the ferry car deck and we will begin day 2.

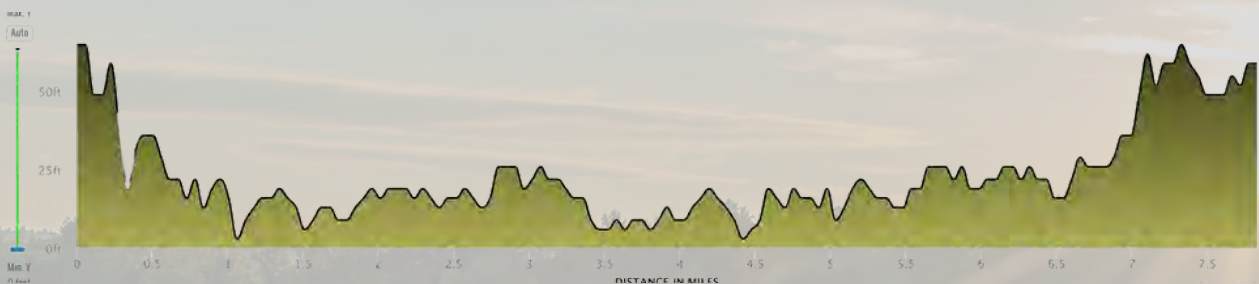
It will be dark, so front and rear lights are essential.

The cycling on day 2 is very different, with the majority being on traffic-free cycle routes.

# DAY 2 - SECTION 1

## Dieppe Ferry Port - Avenue Verte

Distance	7.1 miles
Route	Quieter rural roads, with a series of crossings junctions and country lanes.
Elevation	Varied inclination.



5.00 am

We will leave the ferry on our bikes and have breakfast at 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 Centre Ville
- Avenue Verte
- La Chanteline
- Serqueux

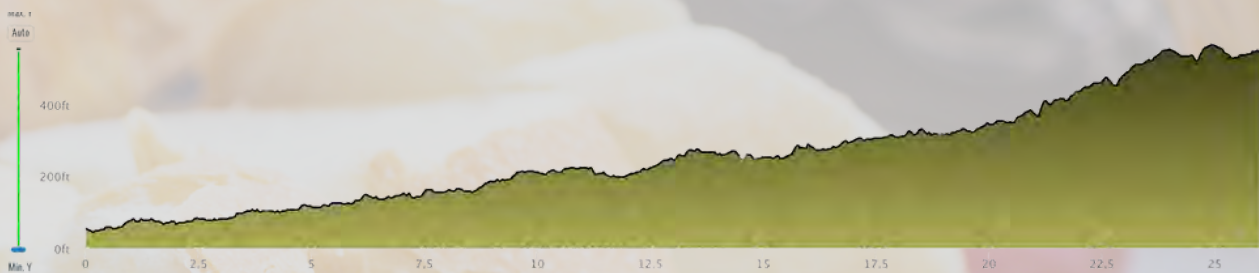
6.30 am

After approximately 7.1 miles we will arrive at the Avenue Verte, for a some traffic free cycling to Forges-les-Eaux.

# 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

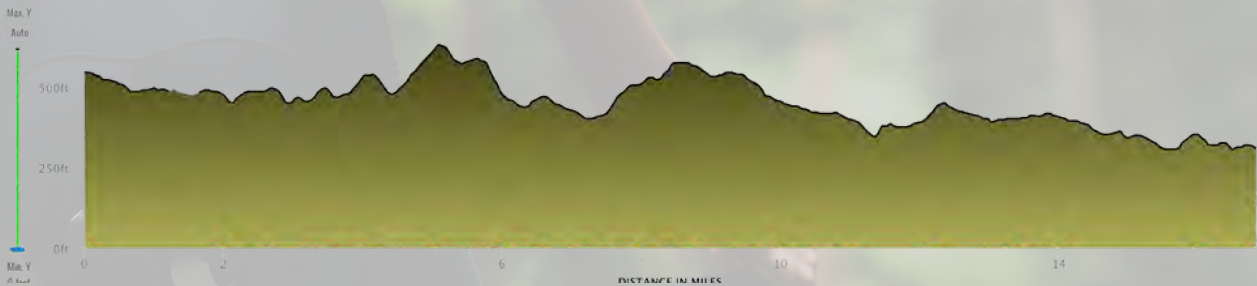
8.45 am

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 more 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

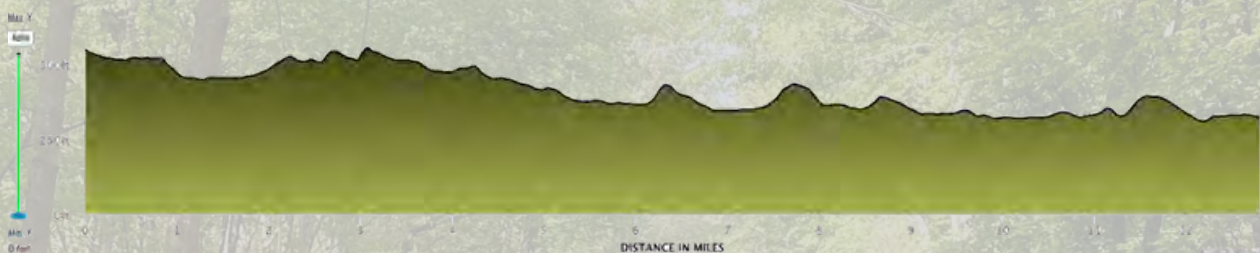
When you arrive in Gournay-en-Bray we will head towards the Avenue Verte again where you will find the mid-point stop with water, and energy snacks available for the last section to Beauvais.

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 Beauvais 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 you can enjoy an afternoon of rest at the hotel, with the knowledge that the Eiffel Tower is very close and just over one days cycling away!

# DAY 2 - ACCOMMODATION

## Ibis & City Hotel, Beauvais

Hotel	Ibis & City Hotel
Address	Ibis Hotel, 1 Rue Jacques, Goddet, 60000 Beauvais City Hotel, 3 Rue Antonio de Hojas, 60000, Beauvais
Room	Twin rooms
Facilities	Bar, restaurant, and breakfast provided.
Check-in	3.00 pm
Check-out	7.30 am
Evening	Meal at a local restaurant (Comptoir du Malt)
Morning	Breakfast is served at the hotel.
Departure	08.00 am

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3.00pm

We'll be staying at the Ibis and 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](mailto: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.

6.30 pm

We'll meet in the hotel reception and head to a local restaurant for our evening meal at 7pm

Not too many drinks please, save it for Paris!



# DAY 3 - SECTION 1

## Beauvais - Balagny-sur-Therain

Distance	17.6 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!

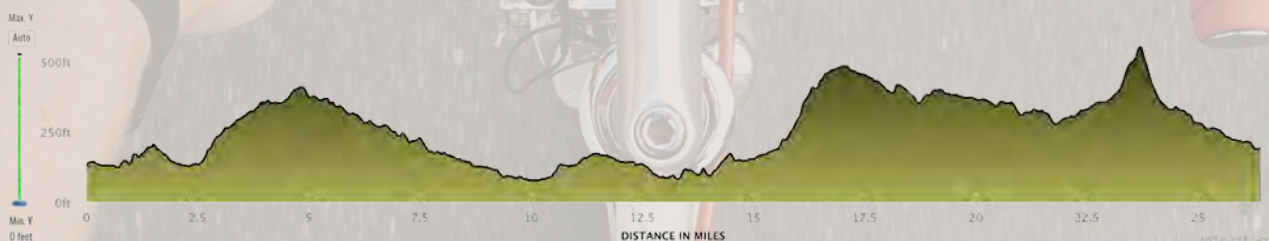


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- 7.00 am Breakfast will be available in the hotel.
- 7.30 am You will be reunited with your bike in the area in front of the hotel and we will prepare ourselves for our final day of cycling to the Eiffel Tower.
- 7.45 am We'll have photos and a briefing 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
- 10.30 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 - Attainville

Distance	23.1 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.



**11.15 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 12-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 stooping points if you need to take a break.

You'll pass through

- Percy-sur-Oise
- Mery-sue-Oise
- Viarmes
- Villaines
- Attainville

**1.00 pm** After approximately 17 more miles we will stop for lunch and be welcomed by our host the Mayor of Attainville, for a delightful meal knowing that we are really now on the edge of Paris.

# DAY 3 - SECTION 3

## Attainville - Eiffel Tower

Distance	17.1 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 10.5 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	In time of your Eurostar!

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5.30 pm

We'll be staying at the Ibis Hotel in twin rooms (unless you have requested an upgrade or have made other arrangements). 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.

8.00 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
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 - we recommend at least 2hr's before departure
Departure	13.42 pm (unless otherwise arranged)
Arrival	15.00 pm (approx)
Tickets	Given to you during the challenge

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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 28 April, you will be booked on the 13.42 pm Eurostar (unless otherwise specified) and we suggest you head to Paris Gare de Nord at least two hours 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.

Your bikes will be available for collection from Lambrook School (Sports Hall) from 7.45am on Monday 29th April and will need to be collected no later than 9am that morning.

If you prefer we can store your bike and return it to you at a later date, just get in touch with Arun ([arun@tfaevents.co.uk](mailto:arun@tfaevents.co.uk)).



**OUR  
CHALLENGE**

# CHALLENGE RIDING

## Keeping you safe...

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

- Eat an energy snack on the hour every hour
- If you see someone take a drink from their water bottle, please also TAKE A DRINK!
- Make sure you have a good breakfast
- Warm-up and warm down
- 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 Anne in our support team for advice on 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 rides.

Can be an energy or cereal bar, fruit or some pasta, but do avoid anything too heavy.

### *Rest*

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

Particularly after day two, and if you this is one of your first cycling challenges.

Give yourself plenty of rest in between days. Ensure you do stretch or do some Yoga if you can.



**KIT  
LIST**



# KIT LIST

As this challenge is taking place in July, below is a list of what we recommend as essential and optional items for this time of year. All bags are carried by support vehicles.

## 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. info@tfaevents.co.uk   0333 4441189
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. Also getting used to connecting and disconnecting from your 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>Innertubes - You must bring four spare inner tubes for your bike. We can supply them, but the costs applicable and and 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, etc</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 &amp; Cycling are compulsory</p> <p>Travel - Passport, Visa (if applicable), EHIC &amp; 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 it is 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, April can be cool and 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

We recommend you split the kit you bring into three bags. Our support vehicles will carry your 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 to be 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 hotels and ket stops.

Any questions, just get in touch with our team - [info@tfaevents.co.uk](mailto:info@tfaevents.co.uk)



# SUPPORT TEAM

# YOUR SUPPORT TEAM



**Rich**

**Robertshaw**

**Ride Leader**

As a Director of TFA Events I am really looking forward to the ride with the team. I'll be on hand to provide mechanical support you need and keep your bikes on the road!



**Arun**

**Sharma**

**Event Director**

I first took part in a L2P cycle in 2006. I enjoyed the cycling challenge so much, that I decided to run my own event! It's also a bonus that I like cycling french wine and fresh bread!



**Rebecca**

**Millburn**

**Event Guide**

I am really looking forward to meeting all you and being a part of L2P. I am excited to be able to guide you and support you all throughout the our three day ride!



**Anne**

**Hannan**

**Event Guide**

I've guided many of TFA's London to Paris events and had such a good time. I am delighted to be back for the London to Paris ride, supporting you all through every mile all the way to Paris.



**Paul**

**Keyland**

**Event Guide**

I cycled TFA's 2023 L2P event and loved the route, delights and meeting the group. I am delighted to be back and looking forward to meeting you all for this years event.



**Ian**

**Pollard**

**Mechanic**

I love repairing things and run my own garage. I'm a keen cyclist and have guided many times for TFA Events. I will be on the road with you to fix any mechanical issues you get, so please do ask!



**Andrew**

**Perkins**

**Event Guide**

A keen cyclist & Arsenal Fan! I have guided on TFA events and enjoyed all the adventures. L2P is such a great ride and looking forward to our journey to the city of Paris.



**Andrew**

**Tucker**

**Event Guide**

A keen cyclist & an even keener Dad. I have been on many TFA events and I love riding my bike. I am really looking forward to support you all on our adventure to the Eiffel Tower!



**Emma**

**Haswell**

**Event Guide**

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



**Wayne**

**Davey**

**Event Guide**

I am a fitness fanatic and love cycling, ultimate frisbee & running. After doing many rides in previous years I am really looking forward to supporting you all on the L2P ride.

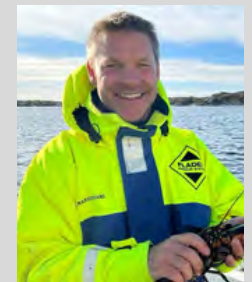


**Alistair**

**Robertshaw**

**Event Guide**

I enjoy all sports but prefer to exercise on wheels as you can travel further! Also like others, enjoy the odd glass of vino, local food on offer so looking forward to L2P 2024!



**Steve**

**Robertshaw**

**Support Team**

Having a busy family & work life I am looking forward to supporting you all on this challenge. Will be driving the van but on hand for any of your needs on or off the road.

# YOUR SUPPORT TEAM



**Julian  
Jowitt**

**Event Guide**

As a keen cyclist its great fun to be a guide for TFA Events. I really like cycling in Europe and am happy to be on hand to provide any support you need and keep your going all the way to Paris!



**Simon  
Tovey**

**Event Guide**

Cycling has always been a keen part of my life. Riding for pleasure or to work is just a great way to get about and see the world. I love cycling in France and the wine as well so v excited!



**Nick  
Cheesem**

**Event Guide**

I'm looking forward to meeting you and being a part of L2P ride. I am on hand to support you at the stops and when on the road. I'll be in one of the vans so give me a wave!!



**Nathan  
Sparkes**

**Event Guide**

Being an Aussie I am longing for the sun. I hope it comes out for our ride. If not worries have done this ride in the rain and it is as much fun. Looking forward to riding with you all.



**Jane  
Martin**

**Event Guide**

I cycled TFA's 2022 L2P event and loved the route. I was nervous, but I had such a great time and the hills are not that bad. Looking forward to supporting you all this time.



**Kate  
Sharma**

**Event Guide**

I enjoy running and have run marathons. So when my husband bought me a bike I was a bit nervous, but I rode L2P in 2023 and loved it. Looking forward to meeting you all..



**Dan  
Frost**  
**Medic**

I run my own First Aid business, across the UK. I'm looking forward to meeting and supporting you all, plus helping out when and where I'm needed on our challenge.



**Kevin  
Peach**  
**Medic**

I run my own First Aid business, across the UK. I'm looking forward to meeting and supporting you all, plus helping out when and where I'm needed on our challenge.



**Nabil Al-  
Jannati**  
**Event Guide**

I guided last summers L2P for TFA Events. It was a great group of mixed cyclists. Please don't hesitate to ask me anything and I am looking forward to riding with you all over the three days!



A full-page background image of the Eiffel Tower in Paris at night. The tower is illuminated with warm lights, and the city lights of Paris are visible in the background under a twilight sky. The foreground shows a paved plaza with a decorative pattern.

# FAQS

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## Please see below a list of FAQs.

- **What is the date of the event?** 25-27 April 2024. Cyclists will return on the day after the event finishes unless they request to come back later (additional costs may apply).
- **Where does the challenge start from and finish and at what time?** The cycle challenge starts from Lambrook School at 08.45 am and finishes in Paris, at approximately 4.00 pm.
- **What level of fitness do I need to have for this challenge?** You will be in the saddle for three days, cycling just over 60 miles each day. Give yourself time to train and get used to your bike.
- **How will each day of cycling work?** Each day will be broken into shorter sections 10-15miles long. After each section, 'stop points' will provide snacks and drinks. Support vehicles are also available. The support vehicle will carry all bags.
- **What type of bike do I need?** Above all, one that you feel comfortable riding for 3-consecutive days. We would recommend a road bike or hybrid.
- **What happens if I or my bike experience problems?** Don't worry we have a medic and bike mechanic with us on the support team.
- **What will happen to my bike after the challenge?** We will bring your bike back to Lambrook School after the challenge and it will need to be collected there by no later than 9am Monday 29th April. If you wish to collect it at another time or have it returned to another address, we can do that, but there maybe be additional charges.
- **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 and it will need to cover you for cycling activities in the UK & France.
- **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.

