



## Frequently Asked Questions

### How fit do I need to be?

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we understand that everyone has started their training from a different level, and respect everyone's limits. We design our challenges so that everyone can go at their own pace and achieve their own personal challenge: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their goals and earn sponsorship.

**We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.**

### What safety gear do I need?

We know that not everyone chooses to wear a cycling helmet all the time, but would like to point out that on this ride it is **obligatory**. We also strongly recommend wearing a high visibility cycling top, and having lights on your bike. Wearing a hi-vis jacket with reflective strips in bad visibility is compulsory for cyclists in France. Police are likely to stop you and issue a fine if you fail to do so.

### How accurate is the mileage?

Distances quoted are approximate and may vary depending on hotel location and any deviations. Please be aware that all measuring devices vary slightly and even tiny variations are amplified over long distances, so please do not feel cheated if your mileage does not agree with ours!

### What if I have a problem with my bike?

There will always be crew on your trip who are very handy mechanics, and a range of spares in the vehicle along with a full tool kit. There are also good bike shops en-route if need be. We can usually deal with most problems that come up.

It is **vital** that when bringing your own bike it is in good order before departure. If you're not sure, ask a bike shop to service it for you. The crew are there to help with unforeseen incidents affecting your bike, not to sort out general wear and tear! If you turn up with a bike which needs attention straightaway you may end up missing some of the ride, which is obviously not how you want to start your challenge!

### What if the weather's bad?

We carry on cycling! We carry gazebos so that we can provide some shelter at water-stops, but if it's raining you'll get wet – it's all part of the challenge!

Because of this, it's vital that you follow the kit recommendations in our kitlist and are prepared, whether it's very hot, chilly, or wet. You don't have to spend a fortune on the best kit by any means, but you should be comfortable in all conditions – it makes a huge difference to your enjoyment on the day and may even make the difference between succeeding and not.

### How busy are the roads?

We ride mainly on small country roads, but there are busier sections. In Paris there are cycle paths on many of the roads we use. You should be used to cycling in some traffic, as you will feel more confident. French drivers are generally far more considerate to cyclists than here in the UK.



### What do I need to carry?

You'll need to carry whatever you want with you when you're cycling as you won't have access to your main luggage. You can stow items such as a jacket in one of the vehicles if you no longer want it, but bear in mind that vehicle could be sorting out a problem some distance away when you may want it again!

Many people try to ride light and fit whatever they need in their back pockets, but it depends on the weather and your personal preference – many ride with a small backpack or waist-pack.

### What happens to my luggage?

Our vehicles take your luggage to the hotel each day. Space in the vehicles is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft rucksack or expedition-style kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

### How does my bike get back to the UK?

Your bikes will return in our vehicles in time to meet you at St Pancras. They will be well-packed and protected during transit in our vehicles, but if you have an expensive or delicate frame, you may prefer to bring extra lagging to protect it more, or a soft bike bag. Hard case bike bags are not suitable as we do not have space to store them. We offer a bike courier service for those who prefer not to collect their vehicle at the station; further details and costs will be sent to you nearer the time.



01722 718444

info@discoveradventure.com [www.discoveradventure.com](http://www.discoveradventure.com)



### What are the hotels like?

We usually pick hotels for their proximity to our route; they are generally 2-3\* standard, and slightly out of town. They are usually quite large hotels to accommodate group size; for very large groups we may have to split into different hotels. Standards may vary slightly but they are all generally good – though not luxurious as that’s not our style!

### Can I have my own room?

Rooms are twin-share; let us know well in advance if you are travelling with a friend on the trip so we can ensure you room together. There may be a limited number of single rooms subject to request, on a first-come, first-served basis.

Sharing a room is a really good ice-breaker if you don’t know anyone else on the trip, so don’t worry too much about it!

### I’m vegetarian, will I get enough to eat?

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Lunches are buffet-style with lots of choice, so our crew can ensure there is plenty for everyone to eat. Bear in mind that being vegetarian is not generally well-understood in France, so meals in hotels may not be as varied as you are used to.

If you feel you aren’t getting enough energy because of your dietary requirements please talk to the leaders on the trip – they can’t help unless they know there’s a problem. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.



### How much money will I need?

We recommend you budget for the following costs on the trip:

- Meals not included: £30-50
- Local transport within Paris: €10-20

This recommendation is a guideline only. Costs may fluctuate and we have no control over any changes. Remember to allow for extra drinks and snacks if you want them, souvenirs & other personal expenses.

Where meals are not included there is always plenty of choice for all budgets.

Alcohol is not provided, so allow for that if you want to try out the local beers in the hotel bar! You may also wish to stop at cafés during the day to soak up the French atmosphere! It’s up to you, but bring enough to cater for your requirements – everyone is different!

### What about toilets en-route?

Our water-stops do not always have toilet facilities, though there is always somewhere discreet to ‘go’. We pass plenty of cafés where you can stop for a sociable drink with your fellow cyclists if you wish. Like pubs and cafés in the UK, French proprietors appreciate it if you offer to buy something small or make a donation in exchange for the use of their facilities.

### What about vaccinations?

We insist that your Tetanus injection is up-to-date, and highly recommend protection against Polio. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change, or see <http://www.nathnac.org/travel/>

### What are the passport and visa requirements?

A valid 10-year passport is essential; it must be valid for your entire stay.

There is no visa requirement for British citizens. Other nationalities are responsible for checking their entry requirements – please do so in good time.

### Who leads the trip?

Your trip will be led by experienced Discover Adventure leaders and support staff. Our leaders are selected for their friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that’s transporting your luggage, ensuring your route is well-marked, making you lunch and sorting out any mechanical problems. At Discover Adventure we pride ourselves on our high leader: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Your leaders will be equipped with mobile phones, first-aid kits and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

