



LONDON TO PARIS 2019

INFORMATION PACK



Brian House Children's Hospice



Brian House Children's Hospice provides specialist respite care for children with life limiting illness in Blackpool, Fylde and Wyre completely FREE of charge. By participating and supporting our events such as London to Paris Bike Ride you will help us to continue to provide this much needed care to local children and their families.

How you help!

£5 provides baby wipes for one child for a week,

£35 provides an hour's music therapy giving a child the opportunity to express themselves,

£149.91 covers the running costs of the children's hospice for one hour,

And **£3597.90** will pay to keep our doors open for one day!

Your support will help us care for children on the Fylde Coast at a time when they need it most.

Fundraising for your challenge

There are two payment options for this challenge.

Plus registration fee of **£149.00** in addition to the prices to the right.

Option A

Sponsorship – Raise a minimum of **£1,600.00** in sponsorship and receive your challenge **FREE**.

Option B

Pay the tour costs of **£800.00** plus commit to **£600.00** in minimum sponsorship or personal donation.

What's included?

Your accommodation, travel by ferry and Eurostar, all meals, water and refreshments during cycle days, guides, mechanics and medical support are included in your costs.

What's not included?

- Transport for you and your bike to and from London
- Overnight accommodation in London
- Lunch on the ferry
- Meals on your free day (In London and Paris)
- Bicycle
- Passport
- Any costs for additional drinks
- Spending money
- Insurance

THE ITINERARY

Bike
Ride

Day 1

London to Calais

Our challenge begins bright and early from South London, then heads out through rural Kent – the garden of England. Our path winds through traditional British countryside before we reach the white cliffs of Dover. The ferry takes us across to Calais and our first night's resting place in Paris.

Approx. 95 miles cycling

Day 2

Calais to Henin Beaumont

Our second day in the saddle and we head east out of Calais and into the stunning countryside of northern France. We cruise down the French roads enjoying the rolling hills and picturesque villages until we reach the industrial town of Henin Beaumont where we spend the night.

Approx. 85 miles cycling

Day 3

Henin Beaumont to Compiègne

An early start this morning as we face our longest day in the saddle. Our route today takes us through Saint-Quentin and then on to our hotels for the night in Compiègne, home to the beautiful Chateau de Compiègne built originally for Louis XV and restored by Napoleon.

Approx. 75 miles cycling

Day 4

Compiègne to Paris

The final day of cycling and the big push to Paris, our final destination. After lunch near the outskirts of Paris and you will start to spot the familiar sights of the Eiffel Tower and the River Seine. We rendezvous in a park just north of Paris before joining together to cycle the last miles along some of the famous boulevards. Our finish point can be seen for miles above the Paris skyline and on arrival the celebration can begin!

Approx. 60 mile cycling

Day 5

Paris to London

The day is yours to soak up the Parisian way of life and explore the city, visiting the landmarks only yesterday you were cycling by. We will meet you in the afternoon at the Gare du Nord to catch the Eurostar home, arriving at St Pancras where you reunite with your bike which will have been transported for you overnight.



Preparation

All of Skyline challenges are graded from moderate (1) to extreme (5) and the London to Paris cycle is graded as Challenging (2), It's a challenging event, suitable for all abilities and for those seeking a new adventure! This cycle requires plenty of training as you will be physically tested. This training is essential to prepare yourself for the challenge but help is at hand and we'll provide you with a full training guide once you have registered. **Register your place at www.brianhouse.org.uk/events**





Fundraise

Fundraising is certainly achievable for this challenge and it doesn't need to be daunting – the fundraising team here at Brian House is here to help you put the FUN into fundraising. The important thing is to let everyone know about the great cause you are fundraising for and enjoy yourself. Be creative, energetic and determined in reaching your target.

Online

Can't wait for your sponsorship form then why not begin by setting up your very own online fundraising page. We currently have a dedicated **justgiving** campaign that you could set your page up with at **www.justgiving.com/trinitycare**. Don't forget to let people know about your fundraising and share, share, share on social media pages such as Facebook and Instagram.

Host your very own Brian House Party

Put on the ultimate fundraising spectacular and host your very own Brian House party. With this fundraising event, you're only as limited as your imagination. You could hold a dinner party, film night or even a Brian House ball. The sky is the limit with this event.

Take part in one of our Brian House events

Did you know can raise sponsorship for your London to Paris challenge by participating in one of our organised events. There's lot to choose from including the Beaverbrooks Fun Run, Bubble Rush and even the Beaverbrooks Bike Ride – which would be great for your preparation leading up to the event.

Support

However you decide to fundraise, our helpful fundraising team is here to support you every step of the way. If you need any equipment such as collection buckets, banners and balloons let us know and we will get them to you. We love to hear about your ideas and thoughts so pop in or give us a call on **01253 359 362**.



REGISTER YOUR PLACE AT

www.brianhouse.org.uk/events



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