

# Cycle London to Paris



## Raising sponsorship money

Register with RNIB and receive a fundraising pack full of information and ideas. You will also have a dedicated contact at RNIB to support you with every pound of your fundraising along with every step of your training. Once you set your mind to it, it's amazing what you can achieve!

We recommend downloading our tried and tested fundraising ideas to give you an idea of how easy fundraising really can be. Creativity, planning and having fun are the secrets to fundraising success.

## Who can take part?

Anyone over 18 years old is welcome as long as you are fit and healthy enough to do the challenge.

## Fitness

The event is aimed at people of average fitness who are prepared to put in plenty of training to enable them to meet the challenge. Our tour operator has 19 years of experience of running these challenges, and will provide a set of training guidelines to help you on your way. Various members of the RNIB Events team have participated in these challenges, so you will get advice from first hand experience within RNIB too.

## Kit

You will need your own roadworthy bike and a cycle helmet. A full packing list will be sent to you.

## Support on the event

Experienced staff (tour manager, local guides, mechanics and doctor) will be there to provide help and encouragement whenever you need it.

## Accommodation

Tourist class hotels throughout the ride.

## Food and drink

The food will be wholesome, tasty and plentiful. There will be snacks and water available whilst cycling.

## Weather

Daytime temperatures will be 18–25 degrees celsius. However be prepared for rain or shine.

## Health

Tetanus and Hepatitis A inoculations are suggested. Please consult your GP for professional medical advice.

## Visa and travel insurance

A visa is not required for British citizens. If you are a non-British citizen please contact Classic Tours for advice. You must be insured to take part – either through a company of your choice or the Classic Tours recommended policy. You will need to provide proof of your insurance 8 weeks prior to the challenge.

## Staying on

It is possible to stay on in Paris after the challenge, subject to availability. Full details will be sent out nearer the time.

## What's provided

Ferry Dover – Calais, Eurostar Paris – London, accommodation, transfers, full medical support, experienced guides, support staff, water and all meals except breakfast on day 1 and dinner on day 4.

## Other costs to budget for

You will need to budget for personal travel insurance, any optional tours, gratuities and spending money.

## Responsible tourism

Classic Tours operates a responsible tourism policy and you can off set your carbon emissions on their website.

If you have any further questions, please contact the RNIB Events Team at [fundraising@rnib.org.uk](mailto:fundraising@rnib.org.uk) or on **0845 345 0054**.