

one LONDON TO PARIS BIKE RIDE

9th to 13th June 2010

From £575 per person

"I absolutely loved every minute of it, from the fabulous routes and French hills to the amazing accommodation....oh and the odd glass of vino as well obviously! I've never known exercise to be quite so enjoyable....bring on the next one!" - Kate



SALUT ET BIENVENUE. This is a five day trip (four days of cycling). We travel through some of the best countryside, on both sides of the channel and on day five we head home on the Eurostar.

The aim of the trip is to provide equal measure of physical challenge and holiday fun. You don't need much cycling experience to join us, but you will need to prepare. The fitter you are, the more you will be able to enjoy the best of the views and cuisine along the way.

To register your place on this trip you need to complete and return pages 3 & 4 along with your £175 deposit payment. We really hope you enjoy this trip – a chance to stretch the cycling legs and enjoy a fun challenge. We look forward to journeying with you!

ITINERARY



Wednesday 9th June 08:00: Earlsfield to Newhaven ~ 55 miles. This is a scenic run which takes us directly south out of London, quickly into green spaces over Farthing Downs. The rest of the ride to Newhaven is beautiful and mostly along quiet country lanes. We'll be stopping for breaks and a pub lunch. We aim to reach Newhaven around 1700.

Thursday 10th June: Newhaven to Forges Les Eaux ~ 35 miles.

A gentle ferry crossing and time to check blisters and rest those legs! We arrive in Dieppe late afternoon, and then find the 'Avenue Verte', a disused railway converted into a cycle route, arriving at Forges les Eaux by 20:00.



Friday 11th June: Forges Les Eaux to Giverny ~ 48 miles.



After a hearty breakfast we continue south through wonderful countryside and pass through picturesque villages, separated by fields of oil seed rape & red poppies, before a steep descent into Giverny in time to admire Monet's beautiful gardens. Dinner at Restaurant Baudy and overnight in rustic B&Bs.

Saturday 12th June: Giverny to Paris ~ 55 miles.

Challenging hills this morning, but the view is worth it as the land drops away and we see the Seine for the first time meandering below. We follow the Seine stopping for lunch and a swim at a beach on the

Seine, then cycle through stunning forests, making our way through the Parisian suburbs keeping to parkland and cycle paths and finally to central Paris and the Tour Eiffel where a glass of Moët & Chandon Champagne awaits. We check into our hotel and head out for an evening of celebration.

Sunday 13th June: Paris to London (Eurostar) ~ 5 miles. Cycle to Gare du Nord. Board the Eurostar back to London arriving at St. Pancras late on Sunday afternoon.



PRICE

one LONDON TO PARIS BIKE RIDE costs £575 per **one element** member. Members' friends are welcome to join us at the slightly higher price of £625 per person. As an early booking bonus, if you and a friend who is not a member book on the trip by November 30th 2009, you will both pay the non member price.

A non-refundable deposit of £175 is required to reserve your space on the trip. Please enclose a cheque made out to 'One Element Ltd.' with your completed forms. Full payment is due by 15th March 2010.

WHAT THE PRICE INCLUDES:

- ✓ Four Nights' Accommodation in hotels & B&Bs carefully selected by us to provide a balance of quality, charm, comfort and value throughout the trip
- ✓ Ferry from Newhaven to Dieppe
- ✓ Eurostar from Paris Gare Du Nord to London St Pancras
- ✓ Four breakfasts & four picnic lunches
- ✓ Glass of Moët & Chandon Champagne when you arrive at the Eiffel Tower
- ✓ Optional consultation with a *one element* Personal Trainer to devise a training plan to help you prepare physically for the trip
- ✓ Experienced *one element* Personal Trainers riding with you at every stage of the trip to guide, support & motivate
- ✓ Support Car & Designated Driver carrying water & snacks recommended by the *one element* nutritionist
- ✓ Qualified First Aider
- ✓ Small group size

CHECKLIST TO SIGNING UP:

- ✓ Read, complete, sign and return the Regulations and Disclaimer forms.
- ✓ Read, complete, sign and return the PAR-Q (Health Questionnaire)
- ✓ Arrange payment of £175 deposit



one LONDON TO PARIS BIKE RIDE: REGISTRATION FORM

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YOUR DETAILS (Please complete in BLOCK CAPITALS):

Name:

Address (incl.postcode):

Email:

Mobile:

Contact Name & Number in case of emergency:

Date of Birth:

ADDITIONAL INFORMATION:

Previous cycling experience – if any:

French speaking ability (please circle): None Basic Intermediate Advanced

Name of another person on the trip I would like to share a room with:

Any special dietary requirements:

one LONDON TO PARIS BIKE TRIP 2010 - REGULATIONS & DISCLAIMER:

All participants enter into the **one** LONDON TO PARIS BIKE RIDE of their own will, understanding the physical challenge of the event. As such they must be medically fit to participate and take full responsibility for their own personal health and fitness. They must inform the organisers of any changes of health during the course of the trip.

It is entirely the responsibility of the participant to organise their insurance. One Element Ltd, the trainers and the organisers take no responsibility for injury, death or damages incurred during or as a result of undertaking the **one** LONDON TO PARIS BIKE RIDE.

Throughout the trip, participants will be checked for their suitability to continue on grounds of capability including their equipment and state of health. If any of the organisers believe that the safety of the individual will be compromised by their continued participation, they reserve the right to ask that person to stop and travel via car for the remainder of that cycle section or whole trip. The organisers have the right to terminate an individual's participation on health and safety grounds.

All participants must complete the PAR-Q and Medical Questionnaire and return to One Element Ltd. before a place on the trip can be reserved. In addition participants must organise their own travel insurance and prepare themselves with training and suitable cycling kit.

The trip will take place regardless of bad weather, but may be re-routed in the case of travel disruptions or any other unforeseen circumstances. There may be changes to the itinerary, route and accommodation due to seasonal changes in ferry timetables. The trip may be cancelled if a minimum number of participants is not achieved. If this is the case, participants who have already booked may choose to receive a full refund on any monies paid or be booked onto a future trip.

I understand and accept the **one** LONDON TO PARIS BIKE RIDE Regulations and participate entirely at my own free will and risk.

Signature:

Date:

Name (in block capitals):



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PAR-Q (MEDICAL QUESTIONNAIRE)

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Physical activity is generally safe, and has many benefits. However some people should check with their doctors before they start. Please read each question below and answer by circling Yes or No.

1. Has your doctor ever said that you have a heart condition, and that you should only do physical activity recommended by your doctor?	YES	NO
2. Have you ever felt pain in your chest when you do physical activity?	YES	NO
4. Have you ever had chest pain or shortness of breath when you were NOT doing physical activity?	YES	NO
5. Is there a history of Coronary Heart Disease in your family?	YES	NO
6. Do you have high or low blood pressure?	YES	NO
7. Do you have Diabetes Mellitus or any other metabolic diseases?	YES	NO
8. Has your doctor ever said you had raised cholesterol (serum level above 6.2mmol/L)?	YES	NO
9. Do you have bone or joint problems that could be made worse by physical activity?	YES	NO
10. Is your doctor currently prescribing any drugs or medication for any condition?	YES	NO
11. Could you be pregnant?	YES	NO
12. Do you currently drink more than the average amount of alcohol per week (21 units for men and 14 units for women)?	YES	NO
13. Do you currently smoke?	YES	NO
14. Do you know any other reason why you should not do physical activity?	YES	NO

If YES (to any of the above) please provide details below (continuing on another sheet if necessary) and talk to your doctor for advice before undertaking exercise.

ASSUMPTION OF RISK

I hereby state that I have read, understood and answered honestly the questions above. I ensure I will update the trip organisers should any of these details change between now and the trip. I confirm that I wish to participate in the **one** LONDON TO PARIS BIKE RIDE, and this is at my own free will.

Signature:

Date:

Name (in block capitals):