London to Paris 2026

north east autism society

Detailed Route Description

Details correct at the time of publication, route is subject to change. Any changes will be communicated ahead of the event.

Day 1: London to Portsmouth

Distance: 77.5mi / 125km | Elevation: 3,950ft / 1,202m

Pushing off to start the challenge after a photo at/near the London Eye, we'll head south and cross Westminster Bridge, turning to pass the Palace of Westminster and following Millbank along the Thames to Fulham. We'll come away from the river here before crossing it again via Putney Bridge and entering Richmond Park. Leaving here, we'll ride through Kingston upon Thames, Esher, and Cobham before meeting the first significant climb of the day into the Surrey hills – a 7.4mi, 717ft pull (1.2% avg., 5.3% max).

The countryside hills will keep rolling as we head towards our lunch stop for the day, which will be in the vicinity of the town of Haslemere (exact location TBC). After this, we'll continue Southwest towards Petersfield, from where we'll pick up the NCN222 cycling route to Waterlooville, which we'll traverse before entering Portsmouth and heading to the day's finish at a pub near Portsmouth International Port. From here, there will be the opportunity to have an evening meal before we cycle over to the port via cycle paths to catch the overnight ferry to Caen.

Day 2: Caen to Évreux

Distance: 83mi / 133.5km | Elevation: 3,790ft / 1,155m

An early start will see day two of the challenge begin from the ferry landing at Ouistreham as we ride South along the canalside to cross Pegasus Bridge and begin heading Eastwards towards Paris. There's a couple of uphill pulls in this morning session, after the village of Dozulé and around Le Breuil-en-Auge. The terrain here is generally quite rolling as we continue Eastwards to the overnight halt in the town of Évreux.

Day 3: Évreux to Paris

Distance: 65.5mi / 105.5km | Elevation: 2,580ft / 785m

A more relaxed day in the saddle today as we continue on the road to Paris. We'll head Eastwards out of Évreux to cross the River Seine at Mantes-la-Jolie, continuing on to Meulan-en-Yvelines. We'll follow the course of the Seine for a stretch before crossing it again into Poissy, then again after Saint-Germain-en-Laye, and again at Chatou into Nanterre. The city will be getting quite built up here, even more so as we head up to La Defense, turn onto Pont de Neuilly and head down Avenue Charles de Gaulle to the iconic Arc de Triomphe. We'll continue on down the Champs-Élysées to Place de la Concorde, before turning North and winding through the Parisian streets to the Moulin Rouge, where the challenge will end.



Route Map

This image shows the planned route for the three day challenge, including the ferry crossing between Portsmouth and Caen. To view this online as an interactive route map, please use the link below to view.

This route is indicitive only at this point in time and is subject to changes and alterations before the event. All participants will be provided with finalised GPX route files for navigation devices shortly before the challenge.

View Online

Example Event Timetable

This is an example timetable for indicative purposes only. We aim to keep the actual schedule as close to this as possible, but the timings and distances are likely to change slightly.

Activity	Time	Est. Distance
Day 1 - Thursday 27 August		
Arrive Premier Inn Waterloo, London	17:00	
Day 2 - Friday 28 August		
Depart London	07:30	
Lunch Stop	11:00	48 mi
Arrive The Admiral Drake, Portsmouth	18:00	30 mi
Ferry departs Portsmouth	23:00	
Day 3 - Saturday 29 August		
Arrive Caen, begin cycling	07:00	
Lunch stop	11:00	49 mi
Arrive Greet Hotel, Évreux	18:00	34 mi
Day 4 - Sunday 30 August		
Depart Évreux	09:00	
Lunch stop	12:30	40 mi
Arrive Mercure Paris Montmartre Sacré-Coeur	16:00	26 mi
Day 5 - Monday 31 August		
Support vehicles (bike transfer) departs	09:00	

Inclusions and Exclusions

Inclusions

Hotel accommodation in London (pre-challenge), Evreux, and Paris, plus overnight ferry with accommodation from Portsmouth to Caen.

Team NEAS cycling jersey.

Support vehicles with snacks and drinks throughout the challenge, plus to transport luggage.

Bike transport from Chester-le-Street to London, then from Paris to Chester-le-Street for participants to collect after the challenge.

GPX route maps files

Exclusions

Travel insurance and bicycle insurance

Meals (except hotel breakfasts)

Bicycle, cycling helmet (compulsory), and water bottles

Personal travel to London and from Paris (NEAS can transport bikes for collection from Chester-le-Street)

Suggested Kit List

Cycling

Road / Hybrid bike

GPS navigation device, e.g. Garmin/Wahoo

Padded cycling shorts or bib

Saddle bag or top tub

Front (white) and rear (red) lights with solid light modes (compulsory)

Spare chain links

Spare inner tubes, matching the ones you'll be using (x2)

Personal

Preferred snacks and drinks for during the challenge

Carbohydrate / protein powders

Overnight bag for onboard the ferry

Trainers / flat shoes for lunch breaks if wearing cleats on the bike

Changes of clothing for after the day's cycling has concluded

Event Details

Accommodation

Hotel accommodation will be on a twin sharing basis – if you are joining the challenge with someone you would prefer share a room with, or have specific room preferences, please let us know and we'll do our best to accommodate you. Cabins on the overnight Portsmouth to Caen ferry will be in four-berth cabins with bunk beds. If you have any accessibility needs/requests, for either the cabins or hotel rooms, please let us know.

Support Vehicles

There will be two support vehicles available throughout the challenge, which will be able to carry luggage, spares and tools, and refreshments and snacks from point to point. First aid kits will be available if necessary and we will be able to respond to any unexpected events quickly. The support vehicles will be available at three planned rest stops per day, and can be contacted via phone call or WhatsApp if needed in between.

Challenge Difficulty

This event is designed to be a challenge, but one that is accomplishable for the majority of cyclists. We highly recommend training for this event. NEAS will be able to recommend training plans to help you on your way and we will be organising training rides in the North East in the weeks prior to the challenge. The more you train for this event, and the more prepared you are for it, the more you will get out of it, and the more you will enjoy your experience on the continent. We advise that by the time of the challenge, you should be comfortable riding on rolling hills and countryside roads, as well as descending hills with confidence.

Personal Transport

It will be the responsibility of each rider to get themselves to the starting point in London, and from the finishing point in Paris. Hotels are booked in both locations, allowing for arrival on Thursday 27 August and departure on (bank holiday) Monday 31 August. NEAS will be able to support riders looking to book similar journeys, with the potential to create group bookings to travel together. NEAS will be able to transport your bike so you can travel without it, with the pickup and drop off point being our Head Office in Chester-le-Street.

More information about this can be found on page 6.

Structure of Each Day

Each riding day will consist of an early start to maximise the time available to complete the day's ride. There will be a lunch stop planned in at a pub/café roughly halfway through for approximately one hour, with a rest stop either side. We aim for riders to be able to access the support vehicles to refill drinks bottles and take on snacks at least every 25-30 miles. Outside of this, participants will ride away from the support vehicles, but will be able to keep in touch via phone calls and WhatsApp in case they are required. Riders will broadly stay together in a group on the road, though this may split into two groups if we have more participants and one group is faster on the road than the other. The support vehicles will wait at each checkpoint until all riders have passed through.

Location Tracking

We will use WhatsApp location sharing to track riders throughout the challenge. We advise participants to consider their roaming data packages to ensure they have enough data available to them to be able to broadcast their location to keep the support crew informed of their progress, or to allow the support crew to get to their location in the event of a mechanical or medical event.

Speed & Pacing

The main constraint during the challenge will be daylight. We will aim to depart early enough each morning to maximise the amount of daylight we have available to us, but in the event that riders are falling behind and are at risk of running out of light, we will ask that they get in the support vehicle to either be taken further along the route, or to finish the day's ride. Whether this is because of mechanical issues, inclement weather, or not feeling well enough to keep with the group, the support vehicles will be available to help, and we ask that all riders are prepared to use them if necessary.

Organisers' Decisions

By joining this challenge, you agree to abide by the decisions made by the event organisers and the support crew. We have experience in operating these events with a smaller support crew to reduce the cost to participants and make the events as accessible as possible. Our priority is to keep you on the road for the full duration of the task, but if there are mechanical, fitness, or pacing issues, or anything else that may cause difficulty in keeping up with the rest of the riders, we may ask you to use the support vehicle to advance further along the road or, in extreme circumstances, retire from the day's cycling or the event completely. We understand that this would be disappointing, but we ask that you abide by the crew's decisions and allow them to support the whole team as required.

Weather

Unless there is a weather warning issued by the UK or French Met Office, the event will take place regardless of the weather conditions. We will provide up to date advice closer to the event when we have a clearer picture of the forecast, but we advise riders to prepare for all weather conditions, and pack warm, waterproof clothing in case of rain as well as suncreams and additional liquids/electrolytes in case of sunshine and high heat. Should adverse weather result in a change to the advertised route, this will be communicated to participants as soon as possible and navigation files will be updated.

E-Bikes

The use of e-bikes is permitted on this challenge and we welcome their use to increase the accessibility of the ride. Please contact us if you plan to use an e-bike so we can discuss the logistics of its transport. We do not recommend using an e-bike as an alternative to training for the event.

Personal Transport

Each rider will be responsible for their own transport to London and from Paris for this challenge. This allows NEAS to keep the cost of the challenge as low as possible, and reduces additional costs to participants who may be have different travel needs than those we propose.

We will be able to support participants in booking their own transport and are more than happy to suggest different routes and travel methods based on your requirements – e.g. cheaper or faster itineraries, or to and from alternative locations. If we are aware that multiple participants are planning to make similar journeys, we can help arrange for people to travel together, e.g. on the same train.

As mentioned on page 4, NEAS will be able to transfer bicycles to London and from Paris on behalf of participants, to reduce the cost and logistics of taking them along with you. These must be dropped off and collected from our Chester-le-Street head office in the week before and after the event.

Below is a table of example costs for journeys from and to Newcastle for indicative purposes. Other routes are available and the prices will rise closer to the date of travel. Please note, LNER train tickets are currently not available for purchase for the event dates, so the costs shown below are for the furthest date in advance currently bookable.

Flights			
Thursday 27 August	Newcastle - London Heathrow (British Airways)	15:25 - 16:40	£55.00
Monday 31 August	Paris CDG - Newcastle (Easyjet)	10:30 - 11:10	£105.63
		Total	**£160.63**
Trains			
Thursday 27 August*	Newcastle - London Kings Cross (LNER)	12:27 - 15:32	£31.60
Monday 31 August	Paris Gare du Nord - London St Pancras (Eurostar)	10:01 - 11:30	£75.50
Monday 31 August*	London Kings Cross - Newcastle (LNER)	12:33 - 15:35	£27.60
		Total	**£134.70**

These prices are indicative only and will change frequently, NEAS advises to book early for the best prices. All prices shown are the cheapest tickets available on the selected itinerary. Date searched: 4 March 2026.