

# PRESS RELEASE

## Enjoy 'the best of times' cycling from London to Paris

### CYCLING LONDON TO PARIS

Front cover

The classic Dover/Calais route and the Avenue Verte  
by Mike Wells

London and Paris. Two of the world's greatest capitals, immortalised in Dickens' *A Tale of Two Cities* and in countless other works of art and literature. Vibrant cosmopolitan metropolises boasting grand government buildings, important centres of worship, famous museums and galleries and beautiful parks and gardens – not to mention world-renowned icons such as the Eiffel Tower, London Eye, Notre Dame de Paris and Tower Bridge.

It is now easier than ever to travel between the two cities, but those who simply jump on a flight or the Eurostar are missing out, as the countryside of southern England and northern France is truly a delight. It is perhaps little surprise that the cycle routes between London and Paris are becoming increasingly popular: taking in rolling chalk downland, pastoral valleys and characterful market towns, the journey makes for a wonderful cycle holiday or charity challenge.

This guidebook details two cycle routes between London and Paris. The 490km classic route crosses the Channel between Dover and Calais and makes use of quiet country roads, rural tracks and dedicated cycle paths, with a number of off-road sections. The 387km Avenue Verte – developed to celebrate the 2012 London Olympics – is fully waymarked and makes maximum use of Sustrans off-road cycle tracks in England and *voies vertes* (rural cycle routes) in France: it uses the slightly longer Newhaven-Dieppe crossing.

The guide is packed with information to help you plan and prepare for your trip. In addition to comprehensive route description – in both directions – and notes on local points of interest, there is advice on travel, accommodation and facilities. The introduction includes a fascinating overview of the history of the two regions, and a short English-French glossary can be found in the appendices.

#### What's inside?

- the classic Dover-Calais route and Avenue Verte, described in both directions
- summary tables showing facilities on route
- history and local points of interest

#### About the author

Mike Wells has been a keen long-distance walker and cyclist for over 20 years. He has cycled the C2C route across northern England as well as the Camino and Ruta de la Plata to Santiago de la Compostela, an end to end traverse of Cuba, a circumnavigation of Iceland and a trip across Lapland to the North Cape.

#### Key information

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- **the only English-language guide to describe both the classic route and Avenue Verte in both directions**
- **can be cycled in one direction or as a round trip**
- **ideal both for cycle-touring holidays and charity challenges**

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