



Friends and Family Paris Cycling Information

Congratulations! You've decided to join our riders for the final glory ride into Paris.

On Sunday morning you need to join us either at the hotel where the group will start cycling (this is not where the group will have slept – just our start point) OR at the station café where we can collect you...

Option 1: Hotel les Nymphéas – meeting time 10:30am
2, Route Nationale 13
78270 Chaufour les Bonnières

Option 2: Café de la Gare – meeting time 10:00am
5 Rue de la Gare,
78270 Bonnières-sur-Seine

To get there:

Bonnières train station is just under an hour from Gare St Lazare in Paris (line J). This is the VERNON line. The Nymphéas hotel is 8km from the station so if you have a bike, you could ride or if you'd prefer to be collected, we will meet you in the Café de la Gare and give you a lift to the hotel (if you would like a lift, please text Sarah to confirm: 07827 156930)

Please arrive at the hotel by 10:30. The cyclists will leave on bikes at 11:00/11:15

You need to be dressed ready for cycling on arrival (we won't have any changing facilities although you will be able to use the hotel toilets). Please also **remember water bottles** (you will be able to fill them at our feedstops throughout the day).

You may put a **small day bag** in our feedstop van. You will have access to it at the feedstops should you need it.

The day's ride will be approx 100km and will include a lunch feedstop and a big, final photo stop at the Eiffel Tower before heading to the Champs Elysees and eventually (2 km beyond the Arc de Triomphe) to our hotel. You will be fully supported throughout with a signed route and both mechanical and moral support.

FINISH: HOTEL

We expect to arrive at the Paris hotel on our bikes with a short amount of time to check in and prepare for the evening. This will be (very roughly!) at about 5 pm.