

# CYCLING

London to Paris  
11 July 2012

London to Brighton  
11 September 2012

Cycling through beautiful English villages and into the stunning countryside of rural France you'll pass historical landmarks and famous battlefields from World War 1 until you reach Paris, undoubtedly one of the most magical places on earth. The sense of achievement you'll experience will be one you'll treasure forever.

**LONDON TO PARIS 11 JULY 2012**  
Connect two of the world's most chic capital cities as you embark on the challenge of a lifetime for the NKF.



Take on the 54 mile route to Brighton. Travel through Mitcham, Carshalton, Chipstead, Banstead and Haywards Heath.

Follow a fully sign-posted route.



£30 registration fee  
£199 min sponsorship

**LONDON TO BRIGHTON  
11 SEPTEMBER 2012**  
Get out of the city and head to the coast in this classic bike ride. Join up to 300 riders in late summer, cycling through the countryside to vibrant Brighton.



## OTHER CYCLING EVENTS

South Africa - Nov

Lands End to John O Groats - June

India - Sept

3 Cities (London, Amsterdam, Brussels) - May

Vietnam - Oct



Your sponsorship money covers travel by ferry to France and return travel to London on Eurostar, accommodation, all meals (excluding dinner on the ferry on day 1 and lunch and dinner on day 5), mechanics, guides and medical support.

Come cycle with us over 5 days.  
**£99 deposit**  
**£1400 min sponsorship**



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[www.kidney.org.uk/events](http://www.kidney.org.uk/events)