

run
2_{paris}

route pack



run2paris - conquer the challenge: london to paris in a team relay

Experience the Camaraderie, Embrace the Challenge

Run2Paris is more than just a run; it's a test of teamwork, resilience, and unwavering spirit. Each team member will conquer their Leg each day, passing the baton to their teammate and relying on each other's strength to reach the finish line.

The Route Pack: Your Essential Guide

This comprehensive route pack equips your team with the knowledge and tools to navigate the course with confidence.

The route pack provides a day-by-day breakdown of the entire route, allowing you to strategically plan your team's approach. Discover the unique charm of each Leg, from the bustling cityscapes of London to the breathtaking French countryside.

Key Features:

- **Terrain Insights:** Prepare for diverse landscapes with detailed descriptions of the terrain you'll encounter, from scenic coastal paths to rolling French countryside.
- **Camping Information:** Campsite information for your nightly rest and recovery, ensuring a comfortable and rejuvenating experience for your team.

With the Run2Paris map pack, your team will be equipped to conquer the miles, create lasting memories, and achieve the extraordinary together!



route overview

SUN rise and sunset

Newhaven, Thursday 22 May 2025



Rise	Meridian	Set
05:19	13:13	21:09
55° NE	180° S	305° NW

Gisors, Saturday 23 May 2025
(approx halfway through the French stages)



Rise	Meridian	Set
05:59	13:51	21:40
96° ENE	180° S	291° WNW

london

1 Start: Wimbledon

- 1
- 2
- 3
- 4
- 5

Newhaven

Ferry

2 Day 2 start: Dieppe

- 1
- 2
- 3
- 4
- 5

3 Forges-les-Eaux campsite

- 1
- 2
- 3
- 4
- 5

4 Jambville campsite

- 1
- 2
- 3
- 4
- 5



Finish: the Eiffel Tower!

paris



checkpoint locations & timings

These are the locations of the checkpoints where runners will hand over the baton to your next runner.

At some CP's there will be designated parking, at others you will be required to park along the road. In all cases please be considerate of residents and local businesses. These are our neighbours for the event and we want to ensure a good relationship so that Run2Paris can continue for many years to come.

Arriving at the Checkpoint:

Using the What3Words locations you will be able to navigate straight to the checkpoint once your runner has set off.

But Don't Panic!!! Please remember - it will take your teammate longer to run the leg than it will take you to drive. You have time to fill up with petrol, pick up supplies, and grab a coffee. If every team car arrives at CP1 at 06:30 and then wait around we will not be popular with our neighbours and it will be a long day of waiting around. Take the opportunity to explore, visit local sites etc, enjoy yourselves, This is a road trip as much as a running event

There will be a safety briefing for team captains each evening and any changes to checkpoints, the route, the weather etc. will be communicated to you at that point.

Checkpoint	What3Words Ref	Leg distance	CP opens	CP Closes
Day 1				
Start: Old Wimbledonians	Post.Stroke.Notes		05:00	
1. Happy Valley	Rift.Frames.Sunk	12.7 miles	06:30	09:00
2. Copthorne	Quick.Latter.Clock	15.9 miles	09:00	12:00
3. Scayne Hill	Slips.Grapes.Every	14.8 miles	10:30	15:00
4. House Dean Farm	Motivates.Pigment.Swam	13.7 miles	12:00	18:00
Base Camp: Newhaven	Jumpy.Study.Blemishes	12.2 miles	15:00	
Day 2				
Start: Dieppe	Await.Choppy.Slide		07:00	
1. St Aubin le Cauf	Feel.Blackens.Relents	6.6 miles	07:30	
2. St Vaast d'Equieville	Household.Squid.Scaring	5.4 miles	08:30	08:30
3. Mesneires en Bray	Shaming.Quarried.Weeds	6.6 miles	10:00	10:00
4. Saint Saire	Disruption.Decree.Flounced	7.1 miles	11:30	11:30
Finish/Base Camp: Forges les Eaux	Solid.Dreadlocks.Homelike	7.8miles	13:00	13:00
Day 3				
Start: Forges les Eaux	Solid.Dreadlocks.Homelike		06:00	
1. Dampierre en Bray	Bubbly.Dispensing.Left	11 miles	06:30	
2. Neuf March	Tailors.Retaken.Flaky	15 miles	09:00	09:00
3. Gisor	Narrowly.Scrimp.Snoring	12.9 miles	10:30	12:00
4. Chaussy	Wellies.Insolent.Frogs	15.7 miles	12:00	15:00
Finish/Base Camp: Jambville	Gone.Monk.Banter	14.9 miles	15:00	18:00
Day 4				
Start: Jambville	Gone.Monk.Banter		06:00	
1. Triel Sur Seine	Beats.Respond.Survived	11.5 miles	06:30	
2. Orgeval	Plodded.Smiling.Luckier	6.4 miles	08:00	09:00
3 Parc Royal de Marly-le-Roi	Monkeys.Ring.Pumpkin	13.2 miles	10:00	12:00
4. Foret domaine de la Malmaison	Hands.Stunts.Caring	5.2 miles	11:00	15:00
5. Last Mile meet up - Paris	Stereos.Aimless.Sprouts	11.2 miles	12:30	18:00
Run2Paris Finish - Eiffel Tower	Electric.Grades.Muffin	1 mile		

* Locations and distances may change between now and the event.

day 0 itinerary

You MUST come to event HQ the night before our adventure starts.

Registration will open from 18:00 and there will be 2 safety briefings at 19:00 and 20:30. You will also pick up your race packs and a printed copy of this runner's bible. You will also pick up your ferry tickets and have a final check through emergency contact details.

Location	What3Words	Timings	Notes
Old Wimbledonians Coombe lane, Raynes Parks, London SW20 0QX	Post.Stroke.Notes	18:00 - 22:00	The bar will be open!

We want to meet you

We feel we've been on this journey together, and we want to thank you for the support you've shown and all the fundraising you've done for our partner charities Parkinson's UK and SSAFA the Armed Forces charity.

It's a chance for you to meet other teams and ask any last-minute questions about anything you're unsure of.

Parking

There is parking on-site however, you will not be able to leave vehicles at the start line while you are away at the event.

We would love to see the whole team in attendance but understand that this may not be possible for everyone. At least one team member MUST attend to receive the safety briefing.

If you are travelling down to London on Wednesday evening and if you won't arrive on time, please contact Run2Paris HQ as soon as possible.

Drinks

The bar will be open.

Public transport

If you are meeting your team at registration, the nearest train station is Raynes Park, and the nearest Tube is Wimbledon (end of the District Line).

Buses - 57, 131 or 200
all run through Raynes Park.



day 1 itinerary

Please note you CANNOT leave vehicles at the start line. The surrounding streets also have residents-only restrictions so only bring the team car to the start.

Start line	What3Words	Timings	Notes
Old Wimbledonians	post.stroke.notes	Site open 05:00 Event starts 06:00	There will be breakfast and coffee provided!

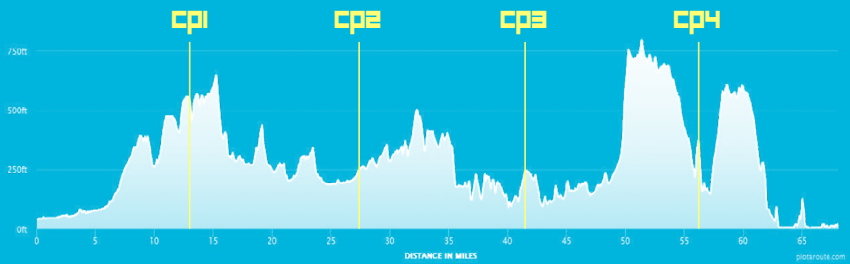
CP#	What3Words	Leg distance	Open	Closes
CP1 Happy Valley	Rift.Frames.Sunk	12.7 miles	06:30	09:00
CP2 Copthorne	Quick.Latter.Clock	15.9 miles	09:00	12:00
CP3 Scayne Hill	Slips.Grapes.Every	14.8 miles	10:30	15:00
CP4 House Dean Farm	Motivates.Pigment.Swam	13.7 miles	12:00	*18:00
Finish - Newhaven	Jumpy.Study.Blemishes	12.2 miles	15:00	

* Runner 4 MUST have arrived at CP4, and Runner 5 MUST depart from CP4 by 18:00 otherwise teams will be prevented from completing Leg 5.

Base Camp	What3Words	Timings
Newhaven Football Club	Jumpy.Study.Blemishes	Open from 15:00

Notes: Base Camp will be open from 15:00. The finish line will be within the club ground. Showers will be available as you arrive and dinner will be provided from 17:00. There will be a Team Captain's briefing at 21:00.

Our ferry departs Newhaven at 23:00. DFDS advises that cars arrive in the queue 2 hours before departure. You may be asked to show your vehicle V5 and insurance as well as your passport and ferry ticket - see details on Page 17 of the Runners Bible



day 1 - route description

Day/Leg	Distance	Ascent/descent
D1/L1	12.7 miles	+515ft

And we're off! Leg1 Day1. After months of training and preparation, let's Run2Paris.

As runner 1 sets off, nerves will be high and it's tempting to sprint out of the gate but take it easy; this is not the easiest leg on your Run2Paris adventure. You'll be running through South London suburban streets, you'll need to watch out for road crossings, traffic and other people on the pavements. There are points where you'll be directed down a road, only to cross over and head back the other way. Remember Run2Paris is not a race and we want to see you safely to Paris.

This leg has the longest uphill stretch of Day 1, about halfway through, just after you pass Carshalton, there's a long 1.9-mile section.

Most of the leg is on pavements/tarmac so you'll be fine in road shoes. As with all legs, please make sure you have enough water/gels, your phone (it's your route map) and at least 1 item of Hi-Viz. Your team will be waiting for you at CP1 with all the other supplies you need.

For the rest of the team:

As well as toilets and breakfast at the start, there's a large Tesco Superstore about 1 mile from the start and another just down the road from CP1 so you can pick up anything you've missed.

There's plenty of space at the CP for all teams to park, but remember even with morning traffic, it will take your teammate longer to run this leg than it will take you to drive - you DO NOT need to rush to CP1.

Cheer points:

There are no official checkpoints on the Run2Paris course. If you do want to stop midway through a leg and cheer your runner on, please ensure you are parked legally, not impeding traffic or bothering the locals. If you did want to stop and cheer Runner 1 on - you could use the Westcroft Leisure Centre and Library in Carshalton - the route runs through the park immediately to the South West.

Day/Leg	Distance	Ascent/descent
D1/L2	15.9 miles	-311ft

We're into the run proper now - your first handover checkpoint. Remember to let the marshals know who's about to head off. You will be asked to show them your phone with the route on, and they will check you have your item of Hi-Viz.

Leg 2 begins with a climb but overall there's a descent between CP1 & CP2 of over 300ft. This leg takes us over the M25 (via a tunnel) and we start to leave London behind. Increasingly we're leaving the roads and taking to the paths and trails. There is still some road running and you will have to be aware of traffic and other road users.

You'll pass through the village of South Nutfield before you cross the M23 (via footbridge). With the Redhill Aerodrome and Gatwick Airport nearby, plane spotters are in for a treat!

You're not on paths and country roads until you reach CP2 at Copthorne.

Team notes:

The Tesco by CP1 is still the best place to pick up supplies and petrol. There's a nice deli in South Nutfield if you do want a coffee - however, there is very little parking. As you leave the city or suburban streets please be aware of other runners in the road and of other road users. If you do want to stop and have an impromptu cheer point, please be courteous.

There are toilets and hot drinks available at CP2 and parking is available. If it is busy as you arrive please continue into the village to find more space.

Day/Leg	Distance	Ascent/descent
D1/L3	14.8 miles	-13ft

This is a lovely leg. Overall there's a very slight decline, though there's a steep hill after about 4 miles - then other than some bumps it's all downhill for the rest of your run. Once you leave Copthorne, you will see a mix of country roads (sometimes with pavements sometimes without - please be aware of other road users) and trails.

About 6 miles in you'll come to the beautiful Ardingly Reservoir, you cross a bridge and immediately turn off the road to run along paths alongside the water. From here it's mostly paths, be aware, that if there has been any rain in the weeks before Run2Paris, sections of this leg can be pretty muddy. For the last 6 miles or so until you approach CP3 at Scaynes Hill you're running through parkland, forests and fields. You might want to consider trail or road-to-trail shoes for this leg - or at least trainers you don't mind getting muddy.

Cut Off Time:

CP3 is the key Check Point for us at Run2Paris HQ. There is. 15:00 cut-off at CP3 meaning runner 3 must have arrived before 15:00. If you miss this cut off runner 4 will not be allowed to set off. Instead, the whole team will be asked to drive to CP4 where Runner 4 and Runner 5 can complete the last leg together. This is to ensure no runners are getting into Base Camp too late as we are booked on the overnight ferry.

Teams:

If you want to add an extra cheer point the Ardingly Activity Centre at the southern end of Ardingly Reservoir has a car park and some picnic tables. There is the Black Hut Cafe and we're sure they will appreciate your custom. There are toilets at CP3 and a petrol station just down the road if you need fuel or an ice cream.

day 1 - route description - continued

Day/Leg	Distance	Ascent/descent
D1/L4	13.7 miles	+59ft

Don't let the overall ascent fool you, this is the toughest leg on day 1. The vast majority of the leg is off-road - if it's been hot for weeks you might be OK in road shoes, if there's been any rain we recommend trail shoes for this section.

Take your time, and make sure you're consulting the RunGo app - there may be multiple paths ahead of you and it's easy to pick up the wrong one then have to get back on route.

There's some up and down for the first 7 miles - then you hit Ditchling Beacon - this is the steepest section of Day 1. It's almost 600ft of ascent in 3 miles, you'll earn a rest after this one! It will be a mixture of running and walking but the good news is it's all downhill after the peak.

Cut-off times: 18:00
As a reminder runner 4 must have started the leg by 15:00. Runner 4 MUST arrive by 18:00 to allow runner 5 to start the final leg. If you miss this cut-off point runner 5 WILL NOT be able to run today.

Team Notes:
Toilets are available at CP4. There's a garage just 50 yards down Lewes Road, turn left out of the car park, with a small selection of drinks and snacks. For more supermarket or cafe options head

towards Haywards Heath. Please leave plenty of time to travel to Base Camp so that you can be there to see your runner cross the finish line.

Day/Leg	Distance	Ascent/descent
D1/L5	12.2 miles	-311ft

The final leg of our first day and our last in the UK. The first mile is a steep climb up onto the South Downs, but then you'll be rewarded with your first view of the sea! There are then 5 miles along the South Downs as you start to descend and follow the River Ouse into Newhaven right up to the sea.

This is a challenging route that will change from trails and hills to more urban running as you get into Newhaven. You'll need to pay attention to the route and then to traffic and road crossings as you come into Newhaven.

Sunset is due to be 21:09 so you should be finished well before it's dark, but as with all legs, you MUST make sure you are wearing Hi-Viz to keep you safe.

Team Notes:
There is everything you could need in Newhaven, a giant Sainsbury's and even a McDonald's.

Base Camp will be open from 15:00 and showers are available. Dinner and massage will be available from 17:00, and the bar will be open!!

Ferry information
The ferry terminal is a short drive from Basecamp but make sure you allow plenty of time to get through passport control and customs.

CP#	What3Words	Leg distance	
Newhaven Ferry Terminal	Aviation.Spoken.Meatballs	Ferry Check-in opens	20:30
		Ferry Check-in closes	22:00
		Ferry Departs	23:00
		Ferry Docks	05:00

Notes
The ferry terminal is a short drive from Basecamp but make sure you allow plenty of time to get through passport control and customs.

day 2

Team notes:
As you leave the ferry - drive on the **RIGHT-HAND SIDE** of the road!

It's an early start and there's not much open in Dieppe until 09:00. So it's worth making sure you've got water and supplies. There will be water at each CP for Emergencies only. Please ensure you carry enough water for the day.

There is less parking available at CP's on Day 2, you may need to park along the road and then walk to meet your runners. **Please be considerate of the villages and other road users.**

As we've an early start and all day to complete these shorter legs, enjoy the running and the countryside, you'll have plenty of time in Base Camp to sort our kit and resupply.

day 2 itinerary

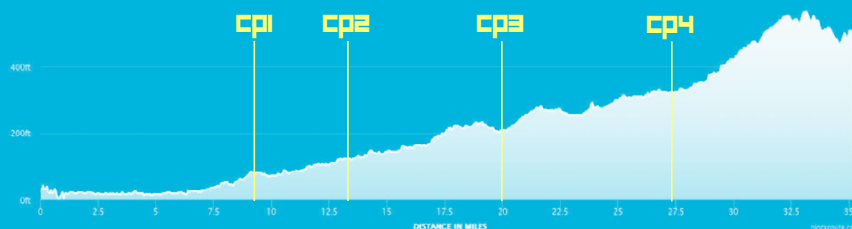
After a (hopefully) smooth crossing we arrive at the ferry terminal in Dieppe. The whole team must disembark in the team car (the same car you boarded the ferry in for bigger teams, and once through customs and passport control you will be able to make your way to the start line. The startline is a short drive from the Ferry Terminal to Gymnase Auguste Delaune. We'll have breakfast there and then hit the trail for Day 2. If you are significantly delayed through customs and passport control you may be asked to skip Leg 1 and head straight to CP2 - a pair of runners can continue from there. Today's route covers the Avenue Verte, the old railway line that's been decommissioned, pedestrianised and majority tarmacked. It's a lovely straight flat run to ease out the legs after Day 1.

Note: as the legs are shorter today, we have reduced the cut-off times to 1.5 hours per leg.

CP#	What3Words	Distance	Open	Closes
Start – Gymnase Auguste Delaune, Dieppe	Await.Choppy.Slide		06:00	
		Runner 1 starts at 07:00		
1. St Aubin le Cauf	Feel.Blackens.Relents	6.6 miles	07:30	08:30
2 St Vaast d'Equiqueville	Household.Squid.Scaring	5.4 miles	08:30	10:00
3 Mesneires en Bray	Shaming.Quarried.Weeds	6.6 miles	10:00	11:30
4 Saint Saire	Disruption.Decree.Flounced	7.1 miles	11:30	13:00
Finish - Forges Les Eaux	Solid.Dreadlocks.Homelike	7.8 miles	13:00	

Base Camp	What3Words	Timings	Notes
Fores Les Eaux	Solid.Dreadlocks.Homelike	Open from 13:00	
Dinner – Forges Townhall	Collated.Frozen.Superbly	Open from 17:00	Dinner will be served in the town hall. 15 min walk.

Notes: If you find a gem of a cafe or patisserie, please share it with other teams.. Dinner is provided at the local Town Hall and will be available between 18:00 and 21:30. While everyone is eating will be a full team brief, charity talk and possibly some local VIP speeches at 20:00 (in the town hall) This is the only chance for us all to be under one roof but importantly there will be safety information for the next day you we ask all to attend. **There will be a cash bar in the town hall at dinner, please ensure you have Euros.**



day 2 - route description

Day/Leg	Distance	Ascent/descent
D2/L1	6.6 miles	+29ft

After the overnight ferry and an early start breakfast will be provided for you.

We run from Gymnase Auguste Delaune through Dieppe and after the first 2 miles pick up the Avenue Verte that will be our route for the rest of Day 2.

This is a decommissioned railway line that's been tarmacked over - other than some road crossings to watch out for, it's a straight flat easy run.

Day/Leg	Distance	Ascent/descent
D2/L2	5.4 miles	+75ft

More miles of beautiful traffic-free running along the Avenue Verte. This is the shortest leg of your entire Run2Paris adventure.

The route does climb as we head inland, but it's steady across the whole route.

As the day warms up you'll travel through small villages and the French countryside, the Avenue Verte might become a bit busier, but you'll have 5.4 miles of traffic-free fantastic running.

Team Notes:

The road will start to get busier as we hit rush hour, but the drive from CP1 to CP2 is straightforward and you'll get used to driving on the wrong side of the road.

Parking at CP2 will again be a challenge, please be considerate to the locals. There are no shops in the commune of Saint Vaast d'Equiqueville but there are supermarkets nearby that open at 08:00.

Day/Leg	Distance	Ascent/descent
D2/L3	6.6 miles	+122ft

Another easy leg along the Avenue Verte, the route does climb by 122ft but you will barely notice it as you pass through pretty villages and some great countryside. It can be tempting to go quick when the running is straightforward but resist the urge to go for that PB, there are two tough days ahead.

Team Notes:

There is a small brasserie in Mesniers-en-Bray where CP3 is located, but for restocking supplies, you might want to wait until the busier town of Neufchatel-en-Bray and the supermarkets there.

Day/Leg	Distance	Ascent/descent
D2/L4	7.1 miles	+82ft

While following the Avenue Verte, this Leg travels through the town of Neufchatel-en-Bray. After miles of traffic-free running make sure you're paying attention to traffic especially as they'll be on the wrong side of the road! As you leave the town you'll head under the duel carriageway and back to traffic-free paths to CP4.

Team Notes:

There are lots of supermarkets in Neufchatel-en-Bray so take the chance to stock up, just don't forget the amazing coffee shops and patisseries in the surrounding villages.

Day/Leg	Distance	Ascent/descent
D2/L5	7.8 miles	+204ft

This is the hardest run of the day, but still easy miles to get under the belt.

The Avenue Verte is traffic-free right up until you approach Base Camp in Forges-les-Eaux, so be aware of traffic and other road users.

Team Notes:

There are supermarkets, coffee shops and bars in Forges-les-Eaux and as today is a shorter day, you'll have plenty of time in the afternoon to explore. It's a great campsite that will give your team time to relax after 2 days of running and little sleep.

All the facilities are laid on for you and dinner in the town hall is fantastic!

day 3 itinerary

Day 3 is our toughest day. Though Day 1 may be longer, tired legs and some challenging ascents will make Day 3 feel like you've really earned that sponsorship Dig Deep. Support your teammates - tomorrow we run into Paris!! Breakfast is served back at the Town Hall and is available between 05:00 - 08:00.

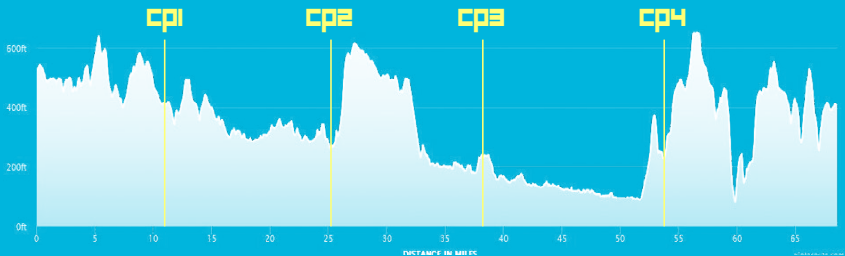
Breakfast	What3Words	Timings	Notes
Forges Town Hall	Collated.Frozen.Superbly	05:00 – 08:00	The town hall is a 15 min walk

CP#	What3Words	Distance	Open	Closes
Start – Forges les Eaux	Solid.Dreadlocks.Homelike		06:00	
1 Dampierre en Bray	Bubbly.Dispensing.Left	11 miles	06:30	09:00
2 Neuf March	Tailors.Retaken.Flaky	15 miles	09:00	12:00
3 Gisor	Narrowly.Scrimp.Snoring	12.9 miles	10:30	15:00
4 Chaussy	Wellies.Insolent.Frogs	15.7 miles	12:00	18:00
Finish/Base Camp – Jambville	Gone.Monk.Banter	14.9 miles	15:00	

Base Camp	What3Words	Timings
Base Camp Parking Everyone must park in this area No team Vehicles allowed on site.	Imposes.Homework.Metro	A 15-minute walk to our Basecamp
Base Camp Jambville - Entrance to site. Walking only.	Penny.Blinks.Trucked	Open from 15:00
Our Base Camp site. This is where the Finish/ Startline and tents will be.	Gone.Monk.Banter	A 15-minute walk from the parking area.
Base Camp Breakfast	Ordering.Reddish.Trend	10 min walk from Basecamp.Walk between the Orangerie and the Chateau door is on the left.

Team Notes: Make sure you take the time to stock up on treats and supplies - they are a fantastic reward after you've finished your leg. Today is also THE day to complete your personal admin. Make sure you're stretching and treating any hotspots before they become blisters - at the end of today, you'll be so close to Paris, we'd hate for you not to be able to complete the last day.

Base Camp Notes: Base Camp will be open from 15:00, as with Day 2 runners will run onto the finish line at Base Camp. There will be a Team Captains' briefing at 21:00. Team Captains are expected to attend or send a rep if they are unavailable. Dinner is provided and will be available between 18:30 and 21:30.



day 3 - route description

Day/Leg	Distance	Ascent/descent
D3/L1	11 miles	+181ft

You'll run from Basecamp at 06:00, remember you have 3 hours to complete the leg. After leaving Forges les Eaux, the first few miles are flat before you start to encounter a little 'up and down'. There are no significant climbs but it will test the legs after 2 days running. You're on tarmac open roads for the whole leg however they are minor roads, so do be aware of other road users and make sure you have your Hi-Viz. If you choose to run as a group, make sure you're safe approaching corners.

Remember they drive on the other side on the road in France and be mindful of this, especially on corners and run in a way so you can see what is approaching.

Team Notes:

It's another early start and the supermarkets won't be open yet. There is a supermarket in Dampierre-en-Bray (CP1) that opens at 08:00 so you will be able to pick up any supplies and treats you might need for the day after Runner 1 has finished and Runner 2 sets off. There is a petrol station in Forges les Eaux that opens at 07:00, giving you time to reach CP1 before your teammate. Otherwise, there are petrol stations at Gournay-en-Bray, between CP1 & CP2.

Be aware you may be driving along the same roads your teammates are running, give them plenty of space or find alternative routes where possible.

And please be considerate of the villages and other road users.

Day/Leg	Distance	Ascent/descent
D3/L2	15 miles	-224ft

Leaving Dampierre-en-Bray you're back on the roads of Northern France please make sure you are paying attention and running on the correct side of the road. After about 4 miles you'll enter the town of Gournay-en-Bray, where you'll need to be aware of traffic and road crossings. Then you're back on quieter country roads until you reach the beautiful Saint-Gerner-de-Fly about 3 miles from your finish line. The route descends 220ft across the leg, but there are some hills you'll see both the up and down on.

Team Notes:

Gournay-en-Bray is a busy town there's even a Lidl and Intermarche Super Market so plenty of opportunities to restock. If you're looking to stretch your legs, the Collegiate Church of St Hildevert, built in the 12th Century is famous for its Romanesque capitals ornate decoration and ancient religious sculptures. Please be aware you may be driving along the same roads as the runners, give them plenty of space or find an alternative route where possible.

Day/Leg	Distance	Ascent/descent
D3/L3	12.9 miles	-88ft

There's a mile or so to settle you in, but there's a big hill just round the corner! In just over 2 miles you climb 328ft. The good news

is you come down again over the next 7 miles. The last 3 miles are pretty flat as you come into the town of Gisors.

More tarmac running along this leg - you'll need the road shoes. But there are more towns and villages to stop at if you feel like you need or have time for an espresso and a croissant.ay and the uphill climb begins into CP4.

Team Notes:

The stronghold of Gisors is a fantastic town, the castle was built by the King of England William the Red, son of William the Conqueror in 1097! As well as the history there are supermarkets, cafes and plenty of places to restock your supplies ahead of our final day.

Day/Leg	Distance	Ascent/descent
D3/L4	15.7 miles	+141ft

There are some busier roads as you leave Gisors, so runners will need to pay attention to traffic. However once you've left town you join the Voi Verte de la Vallée de L'Epte, a greenway along the valley. For the next 11 miles, you'll run along a fabulous path between the road and the river. It's flat or even downhill until you reach the edge of the town of Brey-et-Lu. At this point you pick up another pathway and the uphill climb begins in your run into CP4.

Team Notes:

Gisors at the start of Leg4 is your best option to stop and grab supplies or treats on Day 3 and there's a very pretty gothic church,

but don't hang around too long make sure you leave time to drive to Chaussy, CP4. It's a small village and you might have to park down the road and walk back to the CP.

Day/Leg	Distance	Ascent/descent
D3/L5	14.9 miles	+403 ft

We've worked hard to develop this Leg, but it's still the toughest leg of the day and perhaps the whole of Run2Paris. There is some amazing but tough trail running along this leg so definitely talk within your team about who will take on this Leg! By this point, you'll already have completed 2 days of running (plus a night on the ferry and nights camping) and there's still no sign of Paris....well until tomorrow.

You'll face 400ft of ascent but you'll be rewarded with some of the prettiest views on the entire route. There's a steep downhill section where you'll get your first view of the Seine, then it's another climb as you approach basecamp in Jambville.

Team notes:

We camp in a large campsite and vehicles are not permitted on site. There's about a 10-15 minute walk from the car park to your tents, after 3 days running you won't want to be going to and from the car too many times. Really think about what you need and what can stay in the car. To make up for it, we're in a really beautiful spot and you'll have a great dinner before we crack on to Paris tomorrow

day 4 itinerary

Breakfast is served in one of the outbuildings in Jambville campsite, roughly a 5-minute walk from the campsite. Access to the buildings (via the stairs at the back) We've added an extra leg today - the team finish in Paris! Run2Paris is the ultimate team running event. You've supported each other 220 miles, but you've also faced personal challenges while running your Legs. For the last mile you reunite and run across the Pont de Bir Hakeim and to the Eiffel Tower as a team.

Breakfast	What3Words	Timings
Jambville	Ordering.Reddish.Trend	05:00 – 08:00

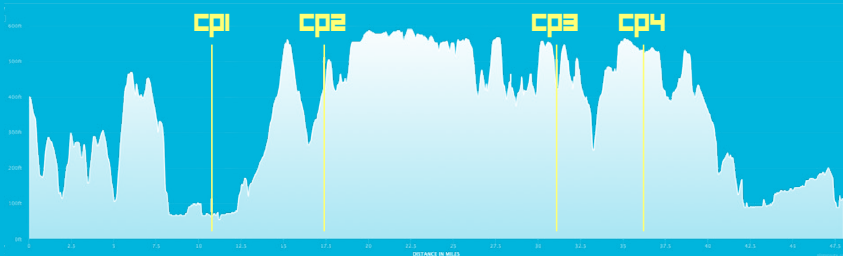
CP#	What3Words	Distance	Open	Closes
Start Jambville	Gone.Monk.Banter		06:00	
1 Triel sur Seine	Beats.Respond.Survived	11.5 miles	06:30	09:00
2 Orgeval	Plodded.Smiling.Luckier	6.4 miles	08:00	12:00
3 Parc Royal de Marly-le-Roi	Monkeys.Ring.Pumpkin	13.2 miles	10:00	15:00
4 Foret domaine de la Malmaison	Hands.Stunts.Caring	5.2 miles	11:00	*18:00
5 Last Mile meet up – Paris	Stereos.Aimless.Sprouts	11.2 miles	12:30	
Run2Paris Finish – Eiffel Tower	Electric.Grades.Muffin	1 mile		

***Runner 4 must arrive at and Runner 5 must depart from CP4 before 18:00.**

Notes: Parking on the streets is free in Paris on a Sunday. However it is a major European Capital, please leave lots of time to find a parking space. Some teams opt to leave the car at their hotel, then catch the Metro or an Uber to the meet-up point for the final mile.

Celebration Party!	What3Words
FROG XVI, 110 bis Avenue Kléber, PARIS 75016	Tickets.Bonkers.Propose

Accommodation
Run2Paris does NOT provide accommodation on Day 4. There are hotels and hostels for every budget but it is your responsibility to arrange your accommodation



day 4 - route description

Day/Leg	Distance	Ascent/descent
D4/L1	11.5 miles	-338ft

The final day of our adventure starts on the trails, there are a series of steep climbs over the first 7 miles of the Leg. Some of these trails are tough going and can be muddy and because of the multitude of paths, navigation can be tricky. You will really feel like you've earned the medal that's waiting for you at the end of the day. You're rewarded with the final 3 miles as you run along the banks of the Seine into Treil sur Seine.

Team Notes:

The last day of Run2Paris begins with some quieter roads, but from the end of Leg 1 we start to approach the outskirts of Paris. There's a Carrefour across the river from CP1 the best chance to stop before we head into Paris.

Day/Leg	Distance	Ascent/descent
D4/L2	6.4 miles	-256ft

One of two shorter legs today. You have about 1 mile of flat running you cross the Seine at the very beginning of this Leg, but then a steep 479ft climb over the next 3 miles. It's a tough leg, but Paris and the finish line will call you in even.

Team Notes:

Make use of the Carrefour at the start of the leg. As there is a shorter section please section and the traffic will start building up, please make sure you arrive at the CP in time to welcome your teammate.

Day/Leg	Distance	Ascent/descent
D4/L3	13.2 miles	-46ft

This is one of the hardest legs on the event. Challenging terrain and navigation. There's a real mixture of terrain along this leg, including road sections, trails and lots of woodland trails. You will enjoy running through the stunning parks as we start to get closer to Paris. Take your time on this section, and keep checking the RunGo app as there are lots of options along the paths as you approach CP3.

There are some steep sections even though it's the final day, save your energy for that last mile!

Team Notes:

You may have to allow extra time to reach CP3 as the route makes its way through the woodlands. You'll need to cross the A13 or A14, so do give yourself time to navigate increased traffic. The suburb/town of Marly-le-Roi is just north of our checkpoint and makes a good last supply stop before the finish - a great chance to pick up some treats for the finish line!

Day/Leg	Distance	Ascent/descent
D4/L4	5.2 miles	+147ft

Much of this leg will take you through the parks of the Parisian suburbs, there are dozens of paths across each park so pay attention to RunGo to ensure you're headed in the right direction. There are also street sections for this leg, so you must be aware of other road users and increased traffic, especially after the quieter last 2 days.

As we get closer to central Paris, there are fewer places where your teammates can stop to deliver extra supplies, so make sure you've got everything you need for this penultimate solo leg.

Team Notes:

Traffic will be getting busier as you travel from CP3 to CP4. Again you may have to take a more circuitous route than the running route. There is plenty of parking at the checkpoint.

Day/Leg	Distance	Ascent/descent
D4/L5	11.2 miles	-381ft

The final solo leg starts with suburban roads/pavements, then there's a section through the parks. After 6 miles you'll cross the Seine and run through the Bois de Boulogne - Central Paris! The last 2 miles of your leg will be very busy you'll have to be aware of cars, buses, mopeds, bikes, scooters and everyone else out enjoying Paris on a Sunday.

Team Notes:

Teams: You have a choice to make at this point. You can head to your accommodation in Paris and then catch the Metro or an Uber to the final meeting point, or you can park at the meeting point. Parking on the street is free on a Sunday though you may have to circle the block a few times to find a parking space.

Either way please make sure you're there when Runner 5 arrives and you can tackle the last mile together.

Day/Leg	Distance
D4/L6	1 mile

The last mile is a celebration.

After 4 days of travelling as a team and running alone, all 5 teammates run the last mile together.

It won't be a quick mile - no Strava PBs up for grabs here. You'll have to deal with tourists and traffic. Please remember to keep an eye on RunGo right up to the finish line, you have come so far that it would be a nightmare to get lost now.

This is a mile to remember - enjoy the final steps across the Seine and on to the finish at THE EIFFEL TOWER!

You have Run2Paris!

It's amazing what you can achieve as a team

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