

Mind's London to Paris virtual cycle challenge 2023

Complete the 300-mile distance across the month of July, riding your way, daily or, over weekends - wherever you are! Use this tracker to record your daily rides.

You'll find all the distances for each stage of your tour over the page. You could split the distance out evenly every day. That's 9.7 miles per day.

You have a whole month so plan your rides and rest too.

Get on your bikes!						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Half way there!						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		Final push!	Finish	<h2>Congratulations!</h2> <p>Why not share this record with friends and family?</p>		
29	30	31				

mind.org.uk

Mind is a registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.



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REGULATOR**



Virtual tour tracker

There are six stages in this virtual London to Paris cycle. Using your daily tracker, work out when you hit each stage. See if you reach the Champs-Élysées before the Tour de France riders do!



Stage

1

London Tower Bridge to Ashford

67 miles

Completed on day:

Stage

2

Ashford to Calais

27 miles (no cycling on the ferry!)

Completed on day:

Stage

3

Calais to Hesdin

54 miles

Completed on day:

Stage

4

Hesdin to Amiens

51 miles

Completed on day:

Stage

5

Amiens to Chantilly

65 miles

Completed on day:

Stage

6

Chantilly to Paris Champs-Élysées

36 miles

Completed on day:

Total distance: 300 miles

Congratulations! Download a badge for each leg of your journey on our website to keep or share. Thank you for joining the fight for mental health.