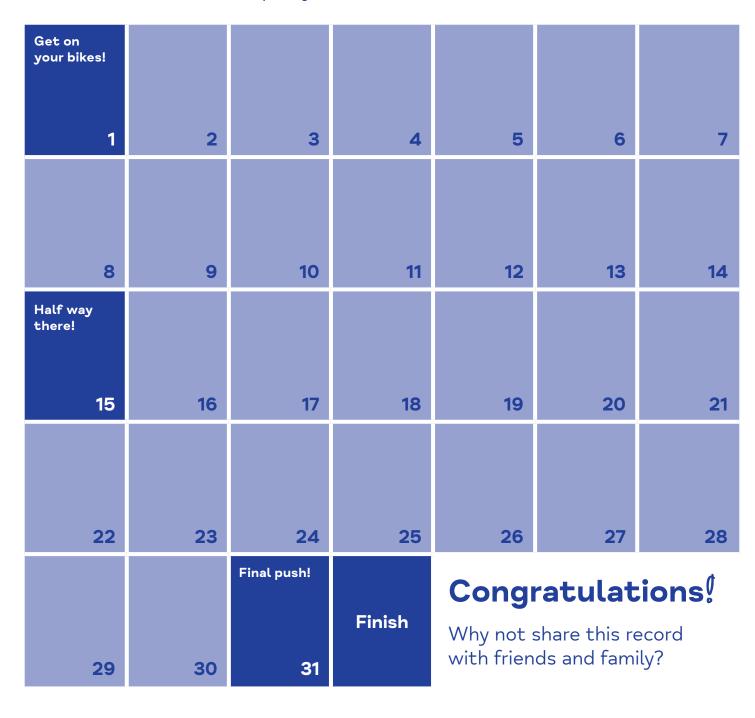
Mind's London to Paris virtual cycle challenge 2023

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.



mind.org.uk





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!





Ashford to Calais
27 miles (no cycling on the ferry!)
Completed on day:

Stage Calais to Hesdin
54 miles
Completed on day:

Stage Hesdin to Amiens
51 miles
Completed on day:

Stage Amiens to Chantilly
65 miles
Completed on day:

Stage 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.