

ITINERARY FOR BIKE RIDE 2017

This is an important document - please have it with you each day

If you're a first timer - welcome to the Bike Ride. If you've been before - welcome back. The following few words explain how we get you to France and back and set out some timings and highlights of the route. The route notes provided will take you to that evening's destination via suggested and mandatory stops. If the notes say "check in" please stop and make yourself known to the support crew person ticking people off - that way we know you're safe. The route notes are intended to be the means of getting you from A to B. At certain places you **may** see one of our fluorescent signs on the road indicating which way to go. These will only be put out at places where there may be doubt. They won't be at every turn and junction - look for an "H" and an arrow on a day-glow background. If all else fails and you do get lost, we have provided some words in French on the back of the rider card that goes on your bike saddle. The purpose of this is to show it to a native on the route and get them to call the support crew who, by this time, may be worried about you. Support crews are available if you have a problem and their objective is to do everything possible to help you complete the Ride. Bear in mind however that they have also paid to take part. If you do find you need assistance then contact the Support Crew and let them know the following.

1. **Using the Route Notes** identify your last known position by the page number and paragraph on that page.
2. If you are in a town or near an identifiable feature make sure you say what or where this is.
3. The nature of the problem you are having. Clearly if there has been a Rider injury this will take priority over all other considerations including at times 'on route support'.

THE SUPPORT CREW NUMBER IS 07971 490250

Be self sufficient where you can be and ensure you keep your water bottles full. Utilise Support stops and also Patisseries in towns.

Bike Storage in Hotels is as secure as it is possible but keep your bike safe by bringing a lock.

Departure Sunday 9th July

Riders assemble at the Royal British Legion to register and record pledges. Registration will start at 15:00 and finish at 16:00. Riders are expected to make their own way to the Ship and Castle at Portsmouth Ferryport. You may catch the Hayling ferry or cycle around.

Allow an hour for this Journey. An alternative check-in point will be set up here. Those going direct to the port check in at the Ship & Castle from 17.00-18.00. **Wherever you check in, please attach the 2-sided rider information card to the saddle of your bike and the other to your bag(s). Please have your passport with you, not in a bag.**

From here we will cycle in a group to the Brittany Ferries check in booth around 18.30. Cabin keys will be handed out by the check-in staff.

PLEASE ENSURE YOU DISMOUNT AND WALK YOUR BIKE ON TO AND OFF THE SHIP ACROSS THE LINKSPAN.

The ferry departs at 20.15 and is due to arrive at 08.15 (French time) at St Malo.

On arrival in France after going through passport control you will head to the roundabout, just before this you will turn right into a marina car Park where you will off load overnight bags.

As it's a relatively short day you may choose to spend some time exploring the historic walled town of St Malo.

Monday 10th July St Malo – St Briec 46 miles

ENSURE YOU PUT YOUR OVERNIGHT BAG ON THE LUGGAGE VEHICLE AT THE PORT

Bear in mind that this is a relatively short days' ride so there is plenty of time to enjoy the day. Having set out from the ferry terminal, hopefully by about 08.30, we proceed to St Briec on our 46-mile day through the French countryside. The **Mandatory** check in point is at the Le Vieux Chateaux Hotel in Le Guildo at 13.5 miles. The Hotels being used in are the Campanile in Langueux and the Ibis Styles in St Briec town Centre.

Those staying at the Ibis will need to make their way back to the Campanile tomorrow morning for an 8.30am start. Directions can be found on the route notes.

Bike Storage as Follows-

Campanile - Bikes and Baggage inside Hotel

Ibis Styles - Bikes stored in underground Car Park and luggage in Hotel

Tuesday 11th July St Briec- Vannes 70 miles

Please ensure that your luggage is placed on the support van. Do not leave it in the hotel unless told otherwise.

We are setting out from the Campanile Hotel at 08.30. Please assemble here.

The MANDATORY check in will be at 12.7 miles at the Laetitia Bar in Gausson

The route notes will bring you in to Vannes , the Hotels are adjoining

Bike Storage arrangements as follows:

Kyriad Hotel/ Best western

Both Hotels will store Bikes in a secure Room in the car park at the rear of the Kyriad. Baggage can also be collected from here.

There is a restaurant in the Best Western Hotel. It is however worth the 10 minute walk to the port, there are many lovely restaurants here.

Wednesday 12th July Vannes – Rennes 72 miles

We will be departing at 8.30am from the Car park at the rear of the Kyriad

Check in today is at 23.3 miles at the Le Pont Du Roc Bar

There is building work in front of the Ibis in Rennes so please be aware of this when looking for the Hotel.

Everybody is staying at The Ibis, Bikes are stored in the underground car park to the rear of the Hotel and Luggage is to be found in the Breakfast room.

Thursday 13th July Rennes- Coutances 79 miles

WE WILL BE LEAVING AT 8.00am FROM THE HOTEL CAR PARK

Please make use of Patisseries and Boulangeries today

MANDATORY check in is at 26 miles at the Total Petrol Station (Bar inside)

Bike storage arrangements

For those staying at the Cositel- Bike storage is to the side of the Hotel and Baggage inside.

The restaurant at the Cositel will **not** be serving food so you will need to eat before arriving at the Hotel or walk / taxi in to Coutances where there are Restaurants. It is a 1km hilly walk.

For those staying at the Ibis Budget this is further out- Bikes stored in the Hotel or Luggage Van.

There is no Restaurant or Bar at this Hotel but there is one next door. Please eat in town or use the Restaurant adjacent to the hotel.

THE RIDE LEAVES FROM THE IBIS BUDGET TOMORROW AT 9.30AM

Friday 14th July COUTANCES- CHERBOURG 50 miles

It's fancy dress day for our last full days cycling.

Departure point will be from the Ibis Budget at 9.30am

For those staying at the Cositel the days route notes will take you to the Ibis to begin today's ride.

Check your water bottles are full for the first part of the day.

Bear in mind that this 'Le Quatorze' or Bastille Day so a public Holiday. There will not be so many bars and Restaurants open today, so please ensure you utilise support stops and where able use Patisseries etc.

MANDATORY check in is at 18 miles in La Haye du Puits at the PMU BAR in town

Then onward to Cherbourg and the prospect of our last night party at the Mercure Hotel.

We will all be staying in the same Hotel in Cherbourg

Hotel Bike Storage :
Room within the Mercure

Saturday 15th July The Journey Home

YOU NEED TO LEAVE THE HOTEL BY 10.30 AM LATEST

Depart from the hotel at 10.30am at the latest to allow you enough time to cycle 2 miles to the port. There are very obvious sign posts to the Port.

PLEASE MAKE SURE YOU HAVE YOUR PASSPORT ON YOUR PERSON AND NOT IN A BAG.

The Fast Cat leaves at 12.30pm

We are due into Portsmouth at 14.30 local time. After immigration formalities make your own way to Hayling via the cycle paths out of Portsmouth. We then re group at the Langstone Technology Park which has been specially opened for us to pass through so please respect this and stay on the perimeter road only. We expect to cross the Hayling bridge at about 16.00 and will then cycle down the Island, ending at the Royal British Legion for a Barbecue and perhaps a drink or two at the Reception organised for us before collecting our bags. Friends and family are all welcome to come along.

IMPORTANT ADVICE

- Please have a copy of your passport, EHIC card and travel insurance document with you when you are cycling. In the event of an accident or emergency the authorities will require sight of such documents. Your EHIC card will get you basic treatment in France. Travel insurance will cover any long term care, repatriation etc. It may also cover you for losses or theft.
- If involved in an emergency phone 112 from your mobile for French emergency services
- To contact support phone 07971 490250
- If you are on prescription drugs, please bring sufficient for your time away.
- Please bring your own headache, upset stomach potions, etc. Although limited supplies will be carried by support they will only be made available in exceptional circumstances and then entirely at your risk.
- Most towns we cycle through have a pharmacy
- If you feel rough tell support
- Please wear your helmet at all times – it's a life-saver
- Lock your bike at each way stop and overnight hotel
- Support vehicles carry a limited quantity of spares and tools. You are required to undertake your own repairs and pay for items used
- If you have a non-standard bike please bring your own supply of spares/tools and give them to one of the support crews.
- Remember, if you get lost, your rider information card has some words in French on the back that say please write down where I am and please phone one of these numbers for me. That will put you in touch with support so they can come and find you.
- Please don't prop your bikes up against support vehicles. They have either been supplied by a rental company or by the owner. We don't want them scratched or dented.
- Please identify your luggage and bike with the labels provided
- Eat breakfast, lunch and dinner
- Drink plenty of water - but no more than a litre an hour
- Support vehicles will carry supplies of water, squash and energy drink. There may also be limited amounts of sweets and flapjacks...but remember....like this ride....
-FLAPJACKS MAY HAVE TRACES OF NUTS!! **Enjoy the ride!**