

General notes

Distances are in miles.

O & o= big & mini roundabouts, T=T junction, GW=give way, TR & TL mean Turn Right or Left, BR & BL mean Bear Right or Left, SO=Straight On, X=Crossroads

Day 1 – Caen to Evreux

	At passport control. Leave the ferry port along with the rest of the traffic, making your way to the left hand lane of the two lanes until you get to the traffic lights next to La Broche D'Argent. Turn sharp left just before the lights then immediately go over to the right hand side and into what appears to be the car park of Le Phare hotel. At the end of the short car park turn right onto the road next to the canal. Zero speedo here.
	Stay next to canal as road bends away right
2.8	Stay on towpath to Pegasus Bridge and turn left to cross the bridge
3.0	At the roundabout straight on to D514
3.3	At the roundabout take the 2 nd exit D37 to Ranville. Pass straight through Ranville past all lights and turnings.
5.4	GW. Turn left onto main D513 up first climb of the day
6.2	TR onto D224 Bavent
7.0	o 2 nd exit straight on
7.2	o 1 st exit onto D224 Robehomme.
7.9	T. TR onto D95 then at 8.3 left back onto D224 Robehomme
9.4	Follow main road round right at unmarked fork
12.1	GW in Goustranville. Turn left onto main D675 Dozule.
13.6	TR onto D49 Putot-en-Auge. Stay on D49 through Putot and on through Beuvron-en-Auge. (very pretty vilage for a break).
17.1	The L'Oree de village bar on the left at the end of the village is a compulsory check point. You MUST stop here to be checked in by support.
17.7	TL onto minor D117 Rumesnil
21.2	At Stop in Rumesnil turn right onto D85 Cambremer

21.4	Stop. SO over the main D16 staying on D85 Cambremer You are now on the famous "Route de Cidre"
22.0	TL onto D85 ^A St Ouen-le-Pin
22.5	BR uphill staying on D85 ^A St Ouen. Nice view at the top.
23.5	Cider farm on the right but there is a long way to go today
23.6	Crossroads. Straight on D85 ^A St Ouen on Route de Cidre
25.9	At Stop in St Ouen. Left onto D151 La Boissiere.
26.9	GW. SO over the D59 staying on D151 Manerbe.
27.7	Bar on left in Le Pre-d'Auge - they will be open today for the ride
28.9	BR on D151 Lisieux
32.0	O 2nd exit to go left then 3 more O's straight on Centre Ville onto cobbles
32.5	Lights SO towards Cathedral. Just past the Hotel de la Place on right there is a large bar on the corner at the end of a pedestrian precinct. There is also a bar between the hotel and the precinct.
32.6	Carry on along same road which starts to go uphill on cobbles
32.7	TR into Ave Victor Hugo part way up the hill before 1st lights
32.8	Large complex O with bollards. 1 st exit downhill on Blvd St Anne sign Caen, Carmel.
32.9	O 3 rd exit toward Alencon then BR past tourist office
33.1	o 1 st exit under railway bridge
33.2	Lights TL onto D164 Beuvillers.
33.5	Lights SO
33.6	Stay on D164 as it bears left
33.9	SO under motorway
34.5	Keep SO where D164 goes off right
34.7	Turn off right to keep SO along lane where main road bends sharp left (chemin des loges)
35.7	T TL Cross over river (35.9) up into Glos on C1
36.1	GW TR then immediately left into Rue de Courtonne
36.5	Sharp left bend back on yourself next to Atos building. No entry ahead.
36.7	Stop TR over railway
38.4	Stop SO past church.

38.5	BR on D75 Marolles
39.0	TL onto D75 ^B Marolles
40.3	TR on "La Route Neuve" - small brown & white sign on right round the corner. We are on this narrow lane for 5 miles so be aware of other road users and don't spread across the road in a large bunch.
42.5	X SO towards Thiberville
43.2	Stop SO towards Thiberville (small sign)
45.0	GW BL to merge onto the main road just before entering town.
45.1	Enter Thiberville. Bars both sides of the road and more to come.
45.2	Stop TR to pass right next to the church. You pass car parks to your right with more bars and restaurants set back. You are about halfway in the day so a good time for a decent break.
	No road number signs at 45.2 but you are now on D138 Bernay
48.8	Up over the motorway on D138 Bernay
51.7	O 3 rd exit D138 Bernay.
52.6	o 2 nd exit straight on D138 Autres directions
52.7	TR. Sign Autres Directions
53.8	Lights TL into mini one way system around large odd roundabout.
52.9	Take the 2 nd exit from the large roundabout to go right over railway (sign for Beaumesnil & Conches). Road then bends left past the station.
53.0	O 2 nd exit to go left past hypermarket toward Beaumesnil & Conches.
53.3	TL on right hand bend towards Fontaine L'Abbe. You are now on D24 leaving Bernay alongside the railway.
57.0	BR at fork with no signs up slight hill to stay on the D24
58.2	In Fontaine L'Abbe carry straight on along D24 Serquigny
59.5	GW. Then o 1st exit SO
59.8	TL - no entry opposite
59.9	TR alongside the railway
60.2	Sharp left bend up over railway
60.3	BR onto fast main D133 towards Beaumont le Roger

63.2	O 2 nd exit SO into Beaumont
63.6	o 2 nd exit SO. Shops and bars
64.0	BR onto D123 (sign Romilly 10) (now back on old route)
65.3	Fork off right towards Grosley-sur-Risle Eglise
66.6	TL Sign for La Houssaye
67.5	Under railway viaduct criss-crossing over the river
68.2	Steep hill up through the trees
69.3	TR Small green & white sign Vallee de la Risle
69.6	Pass painted water tower.
69.8	Turn sharp left onto D35 Romilly (back of signs facing you)
71.3	Stop SO on D35 Collandres
71.6	GW SO onto C6 Collandres
71.8	Stop SO into Collandres
71.9	TL at blue & white chevrons into Rue des Ferriers towards Le Tilleul-Dame-Agnes (sign behind you on left as you turn). The road goes up over the railway, runs alongside it then bears away left.
73.2	X TR onto D142 and into Le Tilleul-D-A
	TR at traffic Islands towards Louversey on Rue de Tilleul
74.0	Sharp left bend by pond towards Louversey
75.2	In Louversey go SO the first stop
75.3	Stop TR No sign but this is the D32.
76.5	O 2 nd exit onto C6 Burey
77.2	Lights SO onto D167 St Elier. Carry on through La Croisille
80.3	T TL onto main D830 then 200yds later TR onto D129 towards Glissoles. Les Tonnelles bar on the right in Glissoles is a popular near end of ride watering hole avoiding hotel prices. There is another in Bonneville itself and yet another between the 2 hotels in Evreux.
83.7	Turn off right and follow this road into Le Moussel alongside the railway
85.2	Stop TR onto Rue Grande (the sign is behind you)
85.3	TL into Rue Felix Doucerain
85.7	T. TL (sign Route D'Evreux) You are now on D55 into Evreux Carry straight on at several sets of lights
87.6	Pass under a railway tunnel then on through more lights until...

88.0	Lights TL at the Cadran building onto dual carriageway. Continuing for the town centre hotels...
88.2	O 1 st exit towards Centre Ville. Continue SO into town bearing right onto Rue de Verdun still following Centre Ville signs and on through 2 more sets of lights. TL at the cathedral onto Rue de Horloge.
88.7	TR after the Hotel de Ville (town hall), go straight over the crossroads and the Ibis is in front of you on the right hand side.
	For the Hotel de L'Orme turn left just before the Ibis into Rue Bonville Dupuis, go SO the crossroads (bar on left). Take left turn following signs for the hotel which is on the right hand side. The 2 hotels are about 5 mins walk apart with a good bar halfway between them. For the Normandie hotel go just past the Ibis and take the next left into Rue Buzot and the hotel is across the road where Rue Buzot ends at the main road a few yards along All 3 hotels are very close together.
	Ibis Budget 10 Rue Georges Bernard 27000 De L'orme 13 Rue des Lombards 27000 Normandie 37 Rue Edouard Fercy 27000

Day 2 – Evreux to Versailles

	From the entrance of the Ibis Hotel turn right on Rue Buzot.
0.1	At the traffic lights TR onto Rue Lepouze. Continue SO through 2 sets of traffic lights and up the hill.
0.7	TL at the traffic lights and go over the railway then bear left up a slope (sign Paris). Continue on the major N13 up the hill passing a water tower on the left. As you approach a flyover turn right at the roundabout and left at the 2 nd roundabout for Le Coudray D671.
2.4	BL in Le Coudray towards La Trinite. This road leads to Cracouville.
4.5	In Cracouville continue on D671 to La Trinite
5.6	SO after the stop then left onto the C41 towards Le Val David
6.3	In Le Val David turn left to face the war memorial then immediately right. You are now on D67 (although there is no sign to say so initially) go straight across cross roads. Stay on the D67 through La Houssaye-du-Cormier and onto Le Cormier.
9.2	In Le Cormier the D67 bends sharp right and on to Boisset.
10.3	SO the D141 staying on D67 Epieds. Follow D67 through Epieds, down a long downhill, then into Garennes.
17.3	In town you get to a stop sign at the D836
	The bar on your right Aux Garrennes is an ideal first break stop. STOP ANYWAY to be checked in.
	TL onto the D836 Bueil, cross the river then TR onto C959 Guainville.
18.3	At stop sign go SO onto D115 ¹⁰ Guainville and on through Les Berteaux.
19.2	Bend left over the bridge staying on D115 ¹⁰
20.0	TR onto D115 ² Gilles then...
20.1	TL onto D115 ¹⁰ Gilles
21.1	In Gilles SO
21.3	Stop TR
21.4	Then road bends sharp left following D115 Le Mesnil Simon
22.9	In Le Mesnil TL onto main D928 then...

23.0	TR onto D115 Tilly
23.3	TL onto D115 ⁸ Tilly
24.9	TR at T into Tilly
25.0	Stop TL into Grand Rue
25.1	TR after church onto D115 Boissets
26.7	SO roundabout then...
27.0	TR on D115 to Gressey
29.0	TL then immediately TR onto D112 Richebourg
30.6	TL onto the main D983 then...
30.8	TR onto D45 which you follow through Tacoignieres (32.1) to Orgerus
33.8	In Orgerus TR at T (food – boulangeries)
34.2	Take the 2 nd exit at roundabout on D42 Garancieres. Go through Behoust.
36.9	In Garancieres go round a sharp left bend
37.2	O SO on D42 Boissy-sans-Avoir. Pass through Boissy.
40.2	O SO onto D42 Vicq
40.8	As you enter Vicq TL – easily missed (green post box on left, pedestrian crossing sign on right)
40.9	TL again into Rue du Radet
41.0	TL at the triangular island junction with no signs
42.1	SO (sign Saulx-Marchais) then...
42.2	BL into Rue de La Tuilerie - bumpy road
42.6	Stop SO, and on over the D11 (42.9) (sign Beynes 3)
44.6	TR in Beynes as the main D119 merges from the left with no give way on either road
	It is recommended that you find somewhere to eat in Beynes as our usual stop at the airport is closed this year. The Brasserie du Chateau in the main street is open and another one (possibly a Japanese restaurant) which is a few yards beyond the point where we turn up the hill should be open. On the corner as you turn up the hill there is a small commercial centre on your right. There is a pizza place in there which may be open but we were unable to check this. Stay on D119 as it twists through Beynes (don't turn off left!)
45.2	Just after leaving Beynes turn left off dual carriageway onto D119 Thiverval & Plaisir. Follow this bendy road uphill past the airport and along the top.
46.7	O SO

47.3	O SO
48.5	TL onto D119 Chavenay and continue following the D119 Chavenay
50.0	Go under the bypass then just after merging with it, TR onto D74 to Chavenay
50.8	o 2 nd right into Rue des Claves. The road then bends sharp left just after the bar (51) (don't go straight on here!).
51.2	At the end of the village fork right onto D97 Villepreux
51.4	o SO
52.4	O SO (sign Vieuxpreux). Follow this twisty road through Villepreux (sign Rennemoulin & Noisy-le-Roi) then...
53.2	TR at roundabout uphill on the D12 Versailles
54.5	O 2 nd exit to go left on main D11 Versailles
	Stay on this road through many lights and on under the motorway bridge (56)
	Continue on the D11 through many lights and junctions through St. Cyr L'Ecole until you come up to a set of lights at the even more major D10. (If you do not want to go to Versailles park turn right here and follow the directions to the hotel)
57.0	There are 2 lanes here and you must be in the left hand one or you will be forced right so you need to be in the middle of the traffic – yuk
57.2	A cycle track begins alongside this busy road – get up onto it. After a long straight section you come to a slip road just before a traffic light junction (58.7) on a gradual right hand bend.
58.7	There is a sign for Parc & Matelots here which shows you have to take the slip road off right then turn left to cross the dual carriageway at lights and into the Palace grounds. The small gate should be open even if the large ones are not. There is a pay booth just inside the grounds – bikes are free. SO down until you get to a car park at the ornamental lake. Go through the gates to your right, round the end of the lake (view of Palace up to right), through the gates on the other side and you are next to a café which is the finish. (59).

	To get to the Campanile Hotel, Saint Quentin en Yvelines, 2 Place Georges Pompidou, 78180...
0.0	Retrace your steps back to the Matelot gate
0.5	TR and stay on cycle path back to the D11
1.9	Get onto the road and Continue along D10 (there is a cycle path on the side of the road), through St. Cyr L'Ecole, slightly uphill. Continue over a railway bridge.
2.7	Before the next railway bridge look to cross over the D10 and join the cycle path on the left side when it starts. Follow the cycle path.
3.8	When you get to the railway station on your left take the right hand cycle path and follow it round to the right then left and up the slip road. At the top SO the dual carriageway using the pedestrian crossing onto another cycle path. TL on the bridge, O SO under the arches and continue forwards, the hotel is past the theatre on your right (4.2). For the velodrome turn right after the pedestrian crossing and follow cycle path to roundabout with large blue arch. Turn first left from cycle path into hotel car park, the velodrome can be reached round the back. (0.5)
	Departure 08:00 tomorrow

Day 3 Versailles to Rouen

	Leave hotel round 1-way system and under glass arches and up slope to roundabout and follow cycle path to roundabout with blue arch.
0.5	Join road round roundabout and take 1 st exit Bois D'arcy/Versailles.
0.8	At traffic lights TL D127 Bois D'arcy
1.2	Traffic lights SO
1.4	Traffic lights SO Fonteray Le Fleury
1.5 & 1.6	Traffic lights SO
1.8	Traffic lights SO cycle path (use cycle path over railway and downhill)
2.2	Traffic lights SO
2.3	O 2 nd exit D11
3.1	O 1 st exit Villepreux village
4.4	O 2 nd exit D161 villepreux village follow red road through village
5.2	O 2 nd exit D97 Chaveney, follow road
6.1	O SO
6.4	Stop turn sharp right uphill, St Nome la Breteche D70E (on wall of house)
7.3	O D307 Feucheroles get on cycle path on right of road
8.8	Traffic lights, continue on cycle path
9.1	Traffic lights TR Feucheroles, stay on road through village past church on left and uphill.
10.2	O SO
10.7	O take 3 rd exit signposted Les Alluets Le Roi
11.9	Bear off left to go SO where road bends right
13.1 & 13.6	Stop SO
14.3	Stop SO towards Ecquevilly
15.9	Sharp right bend. Long fast downhill with give way at the bottom. Beware
17.5	GW. Straight over into Ecquevilly. New road layout, with great care walk across busy road. Then straight on.
17.6	T TL at white gates.

17.7	TR next to purple boulangerie. Pass to the right of the building with a clock on the top then bear round left down to a Stop.
17.9	Stop TR onto Rue St Antoine
18.3	T TR continuing down out of town
18.7	Stop TL onto what is the D43
18.9	O 2 nd exit straight over, on over motorway & D43 now becomes dual carriageway
19.6	Lights SO Cycle track begins on right.
	You now carry SO through zillions of lights and O's heading for Meulan on the D43. Pass under the railway at 21. This next section is very busy but sadly unavoidable as we cross over the Seine.
22.2	Road bends left then right through several lights towards Meulan.
22.5	Lights. Cross the river now on the D14 over the two bridges.
23.0	Lights. Now in Meulan. SO now on old route from Paris.
23.1	Lights SO under railway arch.
23.4	Lights SO still on D14 now towards Seraincourt and Oinville. This road becomes the D913 towards Oinville.
23.8	O SO towards and through Oinville
26.8	At the end of the village the café on the left hand side (Le Moncient) is the first official break and check stop of the day.
	Stop to be checked in by support
	After the break carry on through Breuil-en-Vexin but beware you non-French readers of the daft and dangerous "Priority a droite" French road rule. A 4x4 shot out from the right as we drove through on the recce. Most French towns have replaced this daft rule with apparently silly stops next to side roads on the main roads in towns and villages but this town has yellow warning signs written in French - beware.
28.5	SO where D913 goes off left on right hand bend. You are now on D130 to Sailly. (30.5) Stay on D130 where Drocourt goes off left.
31.4	O 2 nd exit on D142 Villers (yes there are 2 D142's - ho hum)

	Stay on the D142 Villers until you climb up to Villeneuve
33.8	Just after the Villeneuve village turn off left towards Cherence
34.2 & 35.5	X SO towards Cherence.
35.8	At this junction keep SO (sign D100 route-des-Cretes). After passing Cherence this road has some spectacular views of the Seine Valley. It is worth pulling in to one of the viewing points on your left for a look.
39.4	GW TR downhill on the D913 for a short way
39.5	TL onto C3 (becomes C4) to Gommecourt
40.4	Stop SO now on D200 Limetez-Villez
42.7	Stop TR (ignore the no right turn sign which applies to lorries)
43.5	Stop TL onto D5 Vernon
44.2	O SO past Monet's garden and on to Vernon. Do not use the cycle track as it goes off route into town. As you enter the town follow the road as it passes a sports field on the left then bends left then right up to a roundabout at 46.7.
46.7	O The route takes the 2 nd exit towards Gisors and Beauvais but... there are a number of places to eat in the main part of Vernon, which is over the river from this roundabout but they are off route. if you take this option come back to this roundabout and turn towards Gisors and Beauvais.
47.2	Lights TL towards Les Andelys (white sign)
	You are now on the D313 which you follow through Pressagny, Notre Dame-de L'Isle and Port Mort towards Les Andelys. There is a nasty little climb out of Port Mort.
56.5	O SO - do not turn right onto this main road
	Just the other side of the roundabout turn right towards Bouafles. Follow this road on through Bouafles and Vezillon towards Les Andelys.
58.6	O TR into Les Andelys.
59.2	Turn off left to Petit Les Andelys next to sign above shop "Pain Patisserie". Follow the one way system round past the church then follow signs for Val St Martin.
60.6	TL onto D313 towards Muids along a long flat road near the river

63.9	Enter Muids which is a long strung out village. When you get to the church there is a bar opposite which has become popular as an afternoon break stop in recent years. They are expecting us. After the church turn right onto D313 towards Ande, Louviers and Rouen.
66	Just after leaving town take the right fork onto D65 towards Pitres
67.5	At the complex 5 way junction opposite the long building in Herqueville TR at T then immediately fork off left on D19 to and through Connelles. Carry on through Amfreville along the river
73.2	Fork left off the D19 just after Le Val Pitau to Pitres, over railway crossing
73.8	Cross small river bridge into Pitres BR just after the bridge
73.9	Lights TL onto Rue Bourgerue. The road bears to the right past the school (cyclists only).
74.3	T TR and follow this road up out of town to another T Junction then TR again
74.8	O Take 2 nd exit over this main road junction onto the D20 YMare. The initial gradual gradient up through the trees gets steeper near the top but it is the last serious climb before Rouen. As you emerge from the trees you will see a water tower some distance ahead. Head for it going straight past all junctions as the road becomes the D95 passing right next to the tower which is on your right.
77.7	O Stay on D95 Franqueville
81	O As you enter Franqueville take 3 rd exit (sign D94 Belbeuf)
81.7	O SO along D94
82.1	O TR towards Le Mesnil Esnard
	In Le Mesnil Esnard go straight on at all 4 mini roundabouts and along Rue Pasteur and into Bonsecours
83.7	Main road junction with no entry opposite. TL downhill on steep bendy road with panoramic view of Rouen and the Seine.
85.2	Lights TL onto D6014 Rouen and down into town. Beware of being forced right at lights at 86. Continue past Mercure and Ibis hotels on your right.

86.4	TR into Place de la Republique, the Ibis styles is on your left.
	For the Mercure Cathedrale continue up this road and take Rue Saint -Romain on your left. TR into Rue Croix de Fer.
	IBIS STYLES ROUEN CENTRE CATHEDRALE, 9 PLACE DE LA REPUBLIQUE, ROUEN 76000
	MERCURE CENTRE CATHEDRALE, 7 RUE CROIX DE FER, ROUEN, 76000
	Tomorrows ride will leave from the front of the Ibis Styles at 8.30am.

Day 4 – Rouen to Le Havre

	Leave the hotel turning right along the river, passing several bridges and traffic lights following signs for Dieppe, Le Havre (N15)
1.5	Where the road splits three ways we need the middle road which is the D982 for Canteleu and Duclair. Be careful as the road is very wide and busy. Go straight on under the flyover (middle lane) then just past the Esso garage.
2.4	TR onto D51 Maromme and...
2.7	SO at 1 st roundabout
3.1	At next roundabout go straight on under the motorway and stay on the D51 into Maromme
4.8	Continue SO until junction where you turn right sign SHED (new road layout, roadworks during recce), go past the Super U on the left
5.1	TL at the third set of lights onto D51 Le Houlme (Allianz on right) Stay on the D51 through Le Houlme (6.5) and on towards Malaunay.
7.1	Stay on D51 Malaunay at the right hand bend
7.5	Turn off left onto D124 Fresquiennes (Rue de Fresquiennes) and up your first nasty climb of the day
8.5 & 9.7	Keep on the D124 Fresquiennes at the junctions
11.3	In Fresquiennes TR at the church then...
11.4	Left at roundabout onto D504 Limésy then...
11.5	TL onto D124 Limésy Follow D124 Limésy and beware hairpin bends at 14.6 and 15.1 on steep downhill
15.1	SO on D124 Limésy then...
15.3	TL onto D53 Limésy
17.8	After another climb follow D53 into Limésy centre (straight on at crossroads)
18.0	Just after village centre BR on D53 Cideville
18.3	BL still on D53 Cideville
19.1 & 19.8	SO D53 Motteville

20.8	Just after going over the railway go hard right
21.6	O SO on D20 ^A Flamanville This road becomes D336 Flamanville then...
22.6	SO D336 St. Marie-des-Champs
23.2	Turn sharp right onto the narrow road over the railway Beware of getting wheel stuck on crossing!
23.4	SO the main N29 into Ectot-les-Baons
23.7	Take the left fork into Route de Valleville then...
24.0	TL onto D240 into Ectot-les-Baons (again)
24.3	O 2 nd exit onto Rue de Croix de Baons (left of the church)
24.9	T TL onto D55 Baons Follow this road over the motorway and on into Yvetot
27.0	In Yvetot bear left over the railway
27.1	Lights SO down one way street Cross a pedestrian crossing 20 yds from a T junction
27.3	T TR (not before it) onto main D6015 then immediately left at lights (sign centre ville)
27.6	At the end of this street BL at the first give way then 10yds later the route goes right at the second give way. At this junction TR and continue along the main street through the town. The check in point is opposite the church. Plenty of cafes and patisseries for a morning break. STOP HERE so the support crew can check you in.
27.7	Lights TR onto D131 Cany-Barville
27.9, 28.1 & 28.2	Lights SO passing under the railway then...
28.5	o TL onto D5 Ourville
31.5	In Hautot-le-Vatois turn off left after the church onto D110 Ecretteville then...
31.7	TR onto D240 Fauxville-en-Caux
35.7	As you approach Fauxville go right onto the main D926
35.9	TL at the roundabout (Super-U supermarket on corner) onto D149 into Fauxville
36.4	Stop SO on D149 Yébleron
36.6	TR onto D228 Hattenville about 200yds past the church Stay on the D228 which becomes the D28 missing Hattenville then...

40.2	GW SO onto the D11 Tocqueville
40.9	TL onto D75 Goderville
42.8	In St. Maclou TL onto D73 then...
42.9	TR onto D75 Goderville
44.2	In Gonfreville TL onto D452 Bréauté Beware turning is on a blind right hand bend
46.4	In Bréauté the road bends left then...
46.6	TR onto D52 (sign centre bourg)
46.8	SO main D910 onto D52 Bornambusc
49.3	In Manneville TR at the church onto D10 Goderville then...
49.4	TL onto D252 Ecrainville
50.2	TL on the brow of a hill onto a tiny lane called Chemin des Hérons
50.4	T TR onto Chemin des Perdrix
51.8	Take the second right into Rue du Presbytere which leads on into St. Sauveur d'Emalleville
52.1	Go right at the give way (church on right) Follow this bendy road and... Organised lunch stop at Le Relais de St Sauveur if you paid for this at check in (€16 euros)
52.6	Take 2 nd small exit at the roundabout signed Route de Vergetot
53.6	In Vergetot go right then...
53.7	TL just past the church (sign Turretot 6)
54.2	Go straight on at cross roads
54.9	BR sign Route de Vergetot
55.3	TR onto D125 Turretot then...
55.5	TL on sharp right bend (sign Le Remede)
56.7	T TL (no signs) then a few yards on bear off right downhill
57.7	Stop TR then...
57.9	TL onto D79 Mannevillette
58.1	Follow the road round sharp right passing Chateaux-du-Bec then...
58.3	TL onto D79 Mannevillette Stay on D79 Cauville (59.7) then...
59.9	O SO on the D79 Octeville-sur-Mer
63.2	O SO onto the minor road (Chemin du Fond des Allées)
64.2	Stop SO then...

64.7	T TR, then... T TR
65.2	Follow the road to the stop sign and go left (no signs)
65.4 & 65.6	Go SO at 2 roundabouts (no sign then signed Le Havre Centre) Pass hospital on right and continue straight through traffic lights and then...
66.1	TR onto Rue Denis Cordonnier (At Auchan traffic lights)
66.5	TL into Rue Maryse Bastie. (no left turn but cyclists can)!
66.7	Go left again at stop sign then...
66.8	TR into rue St Just opposite shop Myna Fleurs
67.1	O SO towards Dollemard & Ignauval
67.5	O SO (no signs)
67.8	Follow the road round left at lights
68.5	T BL (no sign but downhill)
69.5	O 2 nd exit by the Pharmacie (sign Le Havre Pont de Normandie) Stay on the main road following Le Havre signs until you come to a roundabout
69.8	O with the sea opposite TL and follow the seafront road which has an adjoining cycle/footpath
	We have not organised a stop along here but there are lots of bars on the beach if you want to stop for a drink and swim. Please lock your bike! In this location. (Bikes have been stolen from here in the past).
	Follow the remaining notes below to get to your hotel... Continue straight ahead along the cycle path. Continue past the marina. Pass the Total garage. Continue on cycle path bearing right. At the traffic lights TL onto Rue de Paris (cobbled road). Lights TR onto Place General de Gaulle, (the river will be on your left). At the traffic lights look left and you will see the Mercure . As it is a one way system you will need to dismount and walk to the hotel. Those staying at the Ibis continue walking past the Mercure hotel and turn right. Take 1 st left and the Ibis is on the right hand side.

Day 5 – Le Havre to Caen

	All riders make your way to the Mercure from where these notes start. Please be aware of the many diagonal railway tracks which cross the road in this huge and busy port. Our route minimises them but they are still there and deadly if you are in a group and not paying attention.
0.0	Set off in the left lane then take the first left then after the bollards get into the right hand lane
0.1	Lights TR over the bridge (green sign Car Ferries)
0.2	Large O with black and yellow buoy. Take the 4th exit (the one after the port entrances). Sign for "Le Docks".
	SO through many lights passing large ENSM building
0.8	O 1 st exit right - sign St Nicholas
0.9 & 1.0	o 2 nd exit SO Quartier St Nicholas
1.3	O 3 rd exit to go left onto Boulevard Amiral Mouchez
1.7	Lights SO Toutes directions green sign.
2	Lights TR just past the Total garage.
2.4	Be careful as you approach a series of lights and railway crossings all together near the 2 tall chimneys. Go left at the last lights from the middle lane onto the dual carriageway - now back on old route.
2.9	Lights SO
3	Large O Take the filter lane to go right and ignore the Pont de Normandie straight on sign.
3.6	Follow flashing lights left or right around huge lock gates. There are more railway tracks here. The 2 roads come together on the other side.
3.9	You are directed over to a cycle track which begins on the left hand side.
4.5	O 3 rd exit - Pont de Normandie sign. Beware of trucks in this area
6.0	O 1 st exit - Pont de Normandie. Very rough cycle track on right.
	You now go straight on along this long straight road through all lights until you get close to the bridge. Beware of trucks along here.

9.0	O go off right into the car park rest area called "Aire de la Baie de Seine. Check in here. At the far left hand corner of this car park there is a filter out onto the cycle track at the side of the motorway. You pass to the right of the toll booths and onto the bridge. it is over a mile climb to the top.
10.7	In the middle at the top. Next turn caused chaos last year so beware.
11.6	As you come down you leave the bridge cycle track at the second and last of 2 slip tracks off. This is the last possible exit and has the word "obligatoire" on the sign. Pass to the right of the large development sign, merging with another path. Check in with support again here Carry on out of the rough car park along the straight road
12.3	T TR
12.7	T TL onto Boulevard Judovia
13.0	O SO (no sign here but road is Rue Alfred Luard)
13.7	Sharp left bend then over a cobbled bridge at 13.8
14.0	TR over another cobbled bridge
14.1	T TR
14.2	Just before you cross a bridge (actually a lock gate) there is a wide cobbled walkway off left next to the yacht basin with many bars for a break. After crossing the bridge turn right next to the water then after a few yards sharp left round a bend. You are now on D513 towards Trouville.
14.6	As you leave Honfleur there is a cycle track for a while behind a stubby hedge on the right You now stay on the undulating and bendy D513 all the way to Trouville which is your next chance of a break.
23.7	O's. In Trouville you come down to sea level and a clutch of roundabouts all together crossing over the river and yacht basin. There is a bar on your right before the first one. Cross straight over 2 O's into Deauville (the river is the boundary) staying on D513.

23.8	O This is the 3 rd of the 3 O's. Take 1 st exit to turn right past the Ibis hotel on your left, alongside the yacht basin on your right. Follow this road round left onto the sea front and along through lights and O's. There is a cycle track on your right. Eventually you come to a Stop with no entry ahead.
25.6	Stop TL (no entry ahead).
25.7	GW TR You are now back on D513 entering Benerville-sur-mer
28.0	As you leave Benerville the road begins to climb.
29.0	O In Blonville. 2 nd exit D513 Caen & straight on through many lights.
30.1	O With a T rex on it. 1 st exit to carry on along beach. If you think T Rex is a big monster wait till you meet the 430ft one just up the road.
30.3	o 1st exit bearing right alongside the beach
31.0	Bear away from the beach on narrow one way street uphill through shops
31.2	Sharp right bend by church
31.4	Merge back onto 2 way road continuing up long steep hill
32.4	Enter Auberville at the top of the hill. Last nasty of the ride done- yippee.
32.7	O 1 st exit D513 Cabourg then at 32.9 O 2 nd exit D513 Cabourg.
33.4	Begin long bendy downhill into Houlgate with panoramic views.
35.3	O 1 st exit into town. Cobbles & speed bumps.
35.5	Bend left next to beach on D513 Caen. Another bar here.
35.8	Lights. Over railway and on along the beach.
36.3	Into another one way system in Dives-sur-mer
36.5	Bend right - sign Autres Directions. Straight on at lights at 36.7
37.0	Lights BR Sign for Cabourg and Caen
37.3	o 2 nd exit to Caen then on past the station
37.5	o 1 st exit sign Caen & car ferry next to Total garage & Lidl
37.6	o SO staying on D513 and again at 37.8
37.9	Lights SO

38.0	Fork right finally leaving the D513 to join D514 - sign for car ferry
39.6	Large PMU bar on right
42.0	o with boat on top. 2 nd exit D514 Caen
42.5	Cycle track on the right hand side. Good for a mile.
43.5	Get off the cycle track as you enter Sallenelles & road bears left
46.1	O 1 st exit Ouistreham car ferry
46.4	o Straight on D514 Benouville
46.7	Over Pegasus Bridge. Café Gondree on left.
	TL next to Café Gondree and cycle down the towpath. It crosses a couple of roads and eventually comes through a small car park and onto Avenue de Tourville.
51.5	Keep SO until the road bends round to the right into a large open area with water and car parks in the middle. The 2 main hotels (Mercure and Ibis) are together at the end of this area on the right. You can find the other hotels using the map provided.
52.5	You have arrived - well done. There is a large bar across the square. Mercure & Ibis Centre (Port de Plaisance) 6 Place Courtonne 14018
	The party starts at 19:30 tonight at The Mercure.
	Saturday morning... Breakfast available from 6am - you need to leave by 7am at the latest. Follow the towpath all the way to the port in Oustrieham (about 10 miles) The ferry departs at 08:30 with or without you!