

ITINERARY FOR BIKE RIDE 2018

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 1st July

Riders assemble at the Royal British Legion to register and record pledges.

Registration will start at **17.30** and finish at **18.30**. Riders are expected to make their own way to the Ship and Castle at Portsmouth Ferry port. 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 **19.00-20.00**

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 20:30

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 22.45 and is due to arrive at 06.45 (French time) at Caen

On arrival in France after going through passport control you will head to the car park to drop off your overnight bag.

Monday 2nd July Caen – Evreux 89 miles

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

Having set out from the ferry terminal, hopefully by about 07.30, we proceed to Evreux on our 89-mile day through the French countryside. The **Mandatory** check in point is at 17.1 miles Beuvron-En-Auge at the L'oree de Village Bar at the end of the Village.

The Hotels being used in Evreux are the Ibis Budget, Hotel De L'orme and the Hotel Normandie.

The ride will leave from the Ibis Budget at 08:45 tomorrow.

Bike Storage as Follows-

Ibis Budget - Bikes and Baggage inside Hotel

Hotel De L'orme - Bike Storage and Baggage inside Hotel

Hotel Normandie - Bike storage in secure area in garden and baggage inside hotel

Tuesday 3rd July Evreux - Versailles 59 miles

Departure 08.45 from the Ibis Budget. Please assemble here

Please ensure that your luggage is placed on the support van.

Do not leave it in the hotel unless told otherwise.

The **Mandatory** check in will be at 17.3 miles at the Bar on your right **AUX GARRENNES**

The route notes will bring you into St **QUENTIN EN YVELINES** to the Campanile Hotel

Bike and Luggage Storage – Secure Room inside the hotel

For your information it is a 5-minute walk to the train station where you can get a train into Versailles in 10 minutes and Paris in 20 minutes

Wednesday 4th July Versailles - Rouen 85.2 miles

We will be departing at 08.00 from the front of the Campanile

Please place your luggage on the van.

The **Mandatory** Check in today is at 23.2 miles at the **Café Le Moncient**

The **Bar at Muids** at 60.4 miles is expecting us for an afternoon drink.

Bike and storage arrangements in Rouen

Ibis Styles - Bikes in Garage under Hotel, Bags will be inside the Hotel

Mercure Cathedrale - Bikes in underground car park, Bags will be inside Hotel

Thursday 5th July Rouen - Le Havre 72 Miles

WE WILL BE LEAVING AT 08.30 from the front of the Ibis Styles

MANDATORY check in is at 28 miles in Yvetot opposite the Church

The organised lunch stop is at LE RELAIS DE ST SAUVEUR AT 52.5 MILES

Bike and Luggage storage

Mercure - Bikes in the underground garage, baggage will be inside hotel

Ibis Centre - Bikes in garage, baggage will be inside hotel

The ride leaves from the front of the Mercure tomorrow at 09.15

Friday 6th July Le Havre - Caen 52.5 miles

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

Departure point will be from the Mercure at 09.15

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

THE MANDATORY CHECK IN IS AT 11.6 MILES AFTER EXITING THE PONT DE NORMANDIE

You have plenty of time to enjoy coffee at your leisure, Honfleur is a beautiful port.

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

The Party starts at 7.30pm

The whole ride will be staying in the Ibis or Mercure which are next to each other

BIKE AND BAGGAGE STORAGE

All Bikes to be stored in the underground car park and baggage will be inside the hotel.

Saturday 7th July The Journey Home

YOU NEED TO LEAVE THE HOTEL BY 07.00 LATEST

Breakfast is available from 06.00

Depart from the hotel at 07.00 at the latest having put your luggage on the van.

Follow the Towpath 10 miles all the way to the Port in OUSTRIEHAM.

(New riders – see map on last page or follow one of our regular riders who have done this many times!)

YOU NEED TO BE AT THE PORT BY 07.45 AT THE VERY LATEST

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

The Ferry leaves at 08.30. If you are late it will NOT wait for you.

We are due into Portsmouth at 13.15 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 14.30 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!**

For new riders. The tow path to the ferry starts round the corner from the hotel.
Once you are on it, keep going. The water should be on your right hand side.
Half way you cross Pegasus Bridge.
You will eventually arrive at the port.

