

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, Lts=Lights

Day 4 – Lisieux to Bayeux

	Join the service road outside the hotel and Turn Right, this avoids the roundabout. After the roundabout join D406. O take the third exit called 'Centre Aquatique' - Chemin de Thillaye.
1.0	T TL on Rue Joseph Guillonneau, 'Centre Aquatique' and then SO three small roundabouts. Stay on this road becomes Blvd. Pasteur.
1.9	Lts SO stay on road.
2.1	Lts SO and same again
2.5	O First exit, Caen, then o SO.
2.6	o TR on to D151 Le Pré d'Auge, stay on D151 beware of ramps.
5.0	SO D151
5.8	SO stay on D151 uphill.
6.6	Enter Pré d'Auge
7.0	SO stay on D151
7.7	X SO on D151
8.1	Enter Saint-Ouen-le-Pin
8.8	TR at Y shape junction with Water tower. D85a to Rumesnil and Dozule
10.9	X SO to Dozule D85a (narrow road)
12.6	T TR on to D85 Dozule
13.0	X SO stay on D85
13.2	Enter Rumesnil TL onto D117 to Le Ham
16.7	T TR onto D49 Beuvron on Auge
16.8	TL D117 to Le Ham & Troarn
17.9	T TR D78 Le Ham & Troarn, stay on D78

Route notes for the 2019 Hayling Cycle Ride day 4

19.9	Enter Le Ham
21.4	Stay on D78
21.7	Enter St Pierre de Jonquet
24.2	SO through Troarn
24.7	Le Royal Bar/tabac on left mandatory check in – Boulangerie etc.
	Continue on D78 becomes D95 to Varaville
27.4	TL D236 to Bavent – small road.
28.0	Enter Bavent
28.3	T TL on Rue de Lavoir
28.5	O second exit to Ranville.
28.7	O 1 st exit D244
29.5	T TL on to main D513, Caen.
30.3	TR D37 to Ranville
31.2	Enter Ranville
31.9	o SO
32.3	O 2 nd exit Ouistreham
32.6	O SO
32.8	Cross Pegasus bridge and turn right onto cycle path. Stay on the cycle 'North' all the way to the beach, turn sharp left with the ferry port on your right.
38.1	At the Tourist information office on the beach turn left towards Avenue de la Mer. (lots of places to eat, drink here)
37.2	TR on to D514.
	We stay on the D514 coast road all the way through, Luc-Sur Mer, Lagrune sur Mer, St. Aubin-Sur-Mer, Bernières sur Mer, Courseulles-Sur-Mer, Ver sur Mer, Asnelles, Arromanches-les-Bains, Longues-Sur Mer,
63.5	X you can TR and take a ride round the small fishing port of Port-en-Bessin, or...
63.5	X TL to Bayeux on D6, Church on your right.
64.0	O SO on to D6, follow this road in to Bayeux.
68.5	X SO on D613 then immediately TR on to cycle path, cycle alongside D613

69.0	The Novotel Hotel is on your Left at the next roundabout. TL then TR into hotel.
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