

## ITINERARY FOR BIKE RIDE 2019

**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.

Please adhere to each days start time and do not leave earlier than the requested time. Our support teams work hard to ensure that they are available at set points on the route. If you leave ahead of other riders then support may not be in place and you may miss the check in.

## Departure Sunday 7th 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.

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.**

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## Monday 8th 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.

All riders and support are staying at the Ibis Budget 10 Rue Georges Bernard, Evreux 27000

**Bike Storage is inside the hotel**

The ride will leave from the Ibis Budget at 08:30 tomorrow.

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## Tuesday 9th July

### Evreux - Chartres 74 miles

Departure 08.30 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 20.5 miles at the bar at the end of the village on the right **AUX GARRENNES**.

All riders and support are staying at the Mercure Hotel 3 Rue du General Koenig Chartres 28000

Collect your luggage from the secure room inside the hotel and take your bike to the back of the hotel in an outside secure area.

Departure tomorrow morning is at 08:00

**Wednesday 10<sup>th</sup> July**

**Chartres - Lisieux 88 miles**

We will be departing at 08.00 from the front of the Mercure Hotel.

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

The **Mandatory** Check in today is at 23 miles at the **Café des Halles**

All riders are staying at the Kyriad Hotel, 984 Avenue Georges Duval, 14100 Lisieux

**Bike and storage** arrangements in Lisieux:

Bikes and Luggage storage in room adjacent to the hotel restaurant.

We will be departing from here at 08:30 tomorrow.

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**Thursday 11<sup>th</sup> July**

**Lisieux – Bayeux 69 Miles**

We will be leaving at 08:30 from the front of the Kyriad Hotel.

**MANDATORY** check in is at 24.7 miles in Troarn, Le Royal Bar/Tabac

All riders and support are staying at The Novotel, 117 Rue Saint Patrice, 14400 Bayeux

**Bike and Luggage storage inside the hotel**

The ride leaves from the front of the Novotel tomorrow at 09.00

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**Friday 12<sup>th</sup> July**

**Bayeux - Cherbourg 66 miles**

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

Departure point will be from the Novotel at 09.00

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

The **mandatory** Check in is at 20.8 at the Brasserie la Versailles.

All riders and support are staying at the Mercure Hotel, Centre Port, 13 Quai de l'entrepot, 50100 Cherbourg

All Bikes to be stored in a room at the back of the Mercure.

**The Party starts at 8.00pm**

## Saturday 13<sup>th</sup> July The Journey Home

Check - out from the hotel by **12.00pm latest BUT luggage must be on the van by 11.30am.**

You are free to spend today at your leisure. For those wanting a short ride we have provided you with route notes out to the pretty town of Barfleur 17 miles away. Please note that this ride is not supported although you may see some of the team there having lunch.

**YOU NEED TO BE AT THE PORT BY 3.30pm AT THE VERY LATEST PLEASE MAKE SURE YOU HAVE YOUR PASSPORT ON YOUR PERSON AND NOT IN A BAG.**

**The FastCat leaves at 5.00pm. If you are late it will NOT wait for you.**

We are due into Portsmouth at 7.00pm 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 8.15pm and will then cycle down the Island, ending at the Royal British Legion where baggage can be collected from the Regency Room and the bar will be open. Friends and family are all welcome to come along to join us for a drink.

### 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 these. 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 ensuring they are labelled with your name.
- 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 and drink plenty of water but no more than 1L 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!**