**St Quentin en Yvelines – Rouen**

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

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|  | TR outside the hotel to join the one-way system around the Place Georges Pompidou heading towards the arches but do not go under them. We’ll assemble by the fountain at the north end of the square. From there go through the small tunnel under the building to the west signed Étienne Marcel. |
| 0.1 | TR at Traffic lights – Bois d’arcy |
| 0.2 | O TL and join cycle path on right. Stay on cycle path towards Trappes (running beside railway) for 2 miles Avenue de pres, crossing over a number of roads. |
| 2.2 | TR towards Trappes centre and over bridge, still on cycle path. |
| 2.5 | Traffic lights straight on |
| 2.6 | Traffic lights bear left over motorway bridge |
| 2.8 | O 2nd exit Rue Paul Langevin |
| 3.2 | O 2nd exit Ave Henri Barbusse (Elancourt) |
| 3.4 | TR at Traffic lights D23 Elancourt – cycle path on right. |
| 3.5 | Traffic lights Straight on |
| 3.7 | O 2nd exit D23 Elancourt |
| 4.0 | O 2nd exit D23 then **immediately** BR 4.1 D23 **onto slip road.** |
| 4.3 | Arrive Elancourt continue |
| 4.5 | o straight over on D23 |
| 4.8 | o Straight over D23 Ergal (Route de Monfort) |
| 5.7 | Enter Ergal |
| 5.9 | O 1st exit D23 (Portchartrain) Beware speed bumps |
| 7.4 | Enter Jouars |
| 7.5 | O TR D15 Mere, Rte de Jouars |
| 8.0 | TL D23 Mere Montfort (support in layby) |
| 9.5 | O 1st exit Neauphle D34 |
| 11.0 | TR Jouars  |
| 11.6 | O 3rd exit D191 Thoiry (Route de Beynes) |
| 12.0 | O 1st exit Beynes D191  |
| 13.5 | Enter Moque Paniel D191 |
| 14.8 | Enter Beynes on D191. |
|  | **Check in is at Bar Coutinho as you cycle through. This is a compulsory check point. You MUST stop here to be checked in by support.** |
|  | Continue on D191 and then BL to join the D119 to Thoiry and continue. |
| 21.0 | Enter Marcq, continue |
| 21.8 | TR Rue d’Andelu |
| 21.9 | BL over bumps |
| 23.1 | Enter Andelu |
| 23.3 | T TR Grande Rue follow road bearing left  |
| 23.6 | X TL Jumeaville D158, stay on road for 2 miles |
| 25.6 | Enter Jumeaville D158 and continue through village stopping at Stop signs! |
| 27.5 | X straight over D158 Guerville |
| 28.5 | Enter Boinville en Mantois |
| 28.6 | T TR To Guernville D158 |
| 29.0 | Stay on D158 bearing left |
| 29.9 | Enter Guerville, Continue on D158 |
| 31.0 | Enter Hameur des Castors |
| 31.9 | Enter Mantes le ville under green bridge |
|  | At Traffic lights TR and get on cycle lane on right hand side. At blue cycle sign enter layby and continue. |
| 32.1 | Decheterie building - TR Chemin des Lammes. Under bridge then TL at Rue de La Vacouteurs, then first left, then right at GSE distribution (pink building). |
| 32.5 | BR at Rue de la Tuillerie – you must join cycle path before the wall and go under bridge. Continue round until the river is on your right. |
| 32.8 | Mantes la Jolie sign under bridge, stay on cycle path for 3 miles. If you need a bar leave the cycle path and head into town, then retrace your steps. |
| 35.9 | At the end of the cycle track BL heading inland, there is a stadium type building on your right. Turn 1st right and onto cycle track at sign Aqualunde – white wavy side to building. At end of steps TL to stay on cycle path heading for Rosny sur Seine. |
| 33.4 | Hospital on right, Before Traffic lights get on right hand cycle path and cross over the Zebra crossing and TR for Rosny sur Seine staying on cycle path with traffic on your right, there are woods and then playing fields on your left. Follow path to O then follow cycle path back across the main road and take the 2nd exit to Rosny sur Seine. Follow the road through Rosny sur Seine. Bars etc. |
| 36.2 | At Traffic light straight over D114 cycle lane on right then join road again. Enter Rollerboise. Traffic lights straight over, next Traffic lights straight over be prepared to BR just before hill (Mericourt ) Au filde l’eau sign. |
| 37.3 | Enter Mericourt – bumpy road, beware of bollards. |
| 38.2 | BL Mousseaux s’seine, follow road round to right ‘Grand Rue’.  |
| 38.6 | At X sharp left turn uphill – Bonnieres sur seine, pig of a hill! |
| 39.1 | TL at the top and follow road out of Mericourt. |
| 40.1 | X Straight over and immediately left - Salle des fetes sign and follow road into Freneuse. |
| 40.6 | O take 3rd exit. at Traffic lights TR onto cycle path and follow road through Bonnieres sur Seine. (bars etc) |
| 41.6 | BR D201 Bennecourt and right again over railway bridge and over Seine. Enter Bennecourt.  |
| 42.0 | O 2nd exit and follow narrow 1 way road through village signs Guerny |
| 42.5 | O 1st exit D201 Limitez Villez,  |
| 44.3 | BL D201 Limitez villez |
| 44.5 | T TR D201 Limetez-villez cycle path on right. |
| 44.8 | X straight on D201, past church on right.  |
| 45.1 | Turn left D201 Vernon Rue de L’eau, BR and then left. Follow road Giverny/Vernon. |
| 45.6 | Enter Giverny, TL D5 Vernon, Monets garden on right. 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. |
| 47.7 | O the route takes the 2nd exit towards Gisors and Beauvais but if you have not eaten you may want to go to the main part of Vernon for lunch (over the river). If you do this return to this roundabout and take the turn for Gisors and Beauvais. |
| 48.2 | Traffic 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. |
| 57.5 | O SO – do not turn right onto this main road. Immediately after this roundabout turn right towards Bouafles. Follow this road on through Bouafles and Vezillon towards Les Andelys. |
| 59.6 | O TR into Les Andelys  |
| 60.2 | Turn off left to Petit les Andelys next to the office de Tourisme, then follow signs for Val St Martin. |
| 61.6 | TL onto D313 towards Muids along a long flat road near the river. |
| 64.9 | 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 over the years. |
|  | After the church TR onto D313 towards Ande, Louviers and Rouen. |
| 67.0 | Just after leaving town take the right fork onto D65 towards Pitres, cycling through the forest. |
| 68.5 | At the complex 5 way junction opposite the long building in Herqueville TR at T junction then immediately fork off left on D19 to and through Connelles. Carry on through Amfreville along the river. |
| 74.2 | Fork left off the D19 just after Le Val Pitan to pitres, over railway crossing. |
| 74.8 | Cross small river bridge into Pitres bear right just after the bridge. |
| 74.9 | Traffic lights onto Rue Bourgerue. The road bears to the right past the school (cyclists only). |
| 75.3 | T TR and follow this road up and out of town to another T junction and TR again. |
| 75.8 | O Take 2nd 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. |
| 78.8 | O straight over on D95 Franqueville |
| 79.9 | TL D291 St Adrien Celloville |
| 80.4 | TL D291 |
| 80.5 | TR D291 Narrow, steep downhill lane – take care. |
| 81.5 | Bear left, follow road. |
| 82.0 | Enter St Adrien |
| 82.2 | Traffic lights TR (windmill in front of you). Fairly busy road. |
| 83.2 | Enter Les Gravettes |
| 83.5 | La Poterie sign |
| 83.6 | Traffic lights TL onto cycle path – pink pots, cycle path signs. Follow the cycle path down the hill, TR and stay on it all the way to Rouen with the river on your left. |
|  | You will go under various bridges. |
| 91.3 | Ride ends at Pont Guillaume le Conquerant. Support will be there to meet you and point you in the right direction. There are loos and bars here. |
|  | **Route to the Brit Hotel**Leave pier and cross over the 2 roads using the cycle path and traffic lights, then turn right remaining on the cycle path/pavement. There are various bars/shops on your left. Following alongside the D6015 Quai du Havre, Quai de la Bourse, Quai Pierre Corneille and Quai de Paris. Turn left into Boulevard Gambetta, follow the road over traffic lights and the Brit hotel is on your left. The bikes will be stored in a meeting room inside the hotel. |
|  | **Route to the Mecure**Leave pier and cross over the 2 roads using the cycle path and traffic lights, then turn right remaining on the cycle path/pavement. There are various bars/shops on your left. Following alongside the D6015 Quai de Havre, Quai de la Bourse, Quay Pierre Corneille, turn left into Rue de la Republique, then 4th left into Rue Saint Romain and 2nd right into Rue Croix de Fer. The Mercure is at the end on the left. Bikes are stored in an underground car park container. |

Mercure Rouen Centre Cathedrale, 7 rue Croix de Fer, 76000 Rouen

Brit Hotel, 33 Boulevard Gambetta, 76000 Rouen