

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

	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 2 nd exit Rue Paul Langevin
3.2	O 2 nd 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 2 nd exit D23 Elancourt
4.0	O 2 nd 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 1 st 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 3 rd exit D191 Thoiry (Route de Beynes)
12.0	O 1 st 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 1 st 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 2 nd 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 – Bonnières 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 3 rd exit. at Traffic lights TR onto cycle path and follow road through Bonnières sur Seine. (bars etc)
41.6	BR D201 Bennecourt and right again over railway bridge and over Seine. Enter Bennecourt.
42.0	O 2 nd exit and follow narrow 1 way road through village signs Guerny
42.5	O 1 st 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 2 nd 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 Pitran 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 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.
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.
	<p>Route to the Brit Hotel</p> <p>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, Quay Pierre Corneille and Quay 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.</p>
	<p>Route to the Mecure</p> <p>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.</p>

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

Brit Hotel, 33 Boulevard Gambetta, 76000 Rouen