**Day 5 – Rouen to Le Havre**

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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|   | Return to the cycle path where you arrived at Pont Guillaume le Conquérant. These notes start from the car park sign by the railway crossing. The building has an A on it. |
| 0.8 | Cycle along the promenade until you reach the concrete blocks creating a barrier across the path. There is a large grey concrete bridge in front of you (Pont Flaubert). Leave the pier. Go through the barrier making your way over to the right, over the railway and turn immediately left onto the cycle path – green cycle sign on ground at start of it and go under bridge. Stay on the cycle path as it heads away from Rouen. |
|  1.7 | TL into Boulevard de l’Louest remaining on the cycle path. You will see the petrol station on the other side of the dual carriageway. |
|  | Enter Canteleu and continue along the road. |
| 6.7 | Cross over to the left hand side and follow the yellow cycle path and take the path beside the river towards Duclair (green sign). |
| 11.4 | Arrive at Sahurs ferry, board and cross over the river. Distances in these notes include the ferry crossing (c 0.2 miles). |
| 11.6 | Exit ferry and TR, follow road with river on your right. (lots of bars etc) |
| 13.2 | Enter Les Grottes |
| 13.4 | Stop SO |
| 14.3 | TL D93 Mauny then immediately right D265 Yville Sur Seine up steep hill through forest. |
| 16.4 | X SO Jumièges D45E, windy road, chateau on left. |
| 16.8 | Enter Yville sur Seine, bear right. |
| 17.0 | TL D265 Jumièges, straight on follow signs for Bac (not port) |
| 18.0 | Stop TL Jumièges (green cycle sign) Board ferry (distance c 0.3 miles). |
| 18.3 | Bear left off ferry D65 Jumièges |
| 18.6 | TL (green cycle sign) Jumièges |
| 22.4 | BR staying on main road |
| 23.2 | BL staying on main road |
| 23.4 | BR staying on main road |
| 23.6 | TL and into Jumièges |
| 23.8 | TL onto paved road before car park area to head for the next ferry |
| 24.5 | Arrive ferry **Check in is at the bar on the left. This is a compulsory check point. You MUST stop here to be checked in by support.** |
| 24.6 | Exit ferry (c 0.1 miles) and TR to Heurteauville cycling with the river on your right. |
| 25.2 | BL away from river then TR following the cycle signs – you should be riding parallel to the river and will eventually get back to it. |
| 26.7 | Les Citots |
| 26.8 | TR Honfleur – cycle sign |
| 27.7 | TL Rue du passage du trait (narrow country lane) |
| 28.2 | TR D65 and stay on road. |
| 29.4 | TR – Rue de Seine – green cycle sign, blue chevron |
| 29.5 | At Seine TL Quai H Laue Tertre |
| 29.7 | BL and up slight hill Rue de la République to Brotonne. |
| 30.0 | O TR D65 Rue Victor Hugo |
| 31.0 | Enter Notre Dame de Bliquetuit |
| 31.1 | O SO D65 – cycle sign. |
| 32.3 | TL **do not** go over bridge. Join D490, busy road but very short |
| 32.8 | O SO |
| 33.4 | Cross over the Pont de Bretonne – cycle path on right – fab views. |
| 33.9 | O 1st exit |
| 34.2 | TR D37 (you’re doing a big ‘U’ turn to cross under the main road you’ve just been on) |
| 34.8 | O 1st exit D982 Lillebonne |
| 35.0 | Enter Caudebec en Caux  |
| 35.7 | O 2nd exit lots of bars and restaurants - **great place for lunch** |
| 36.0 | O 2nd exit D81 Villequier - Avenue Winston Churchill, cycle path on left alongside river. |
| 38.2 | Enter Villequier still on cycle path. |
| 38.3 | Join D81 cycling on the road for a short distance. |
| 39.2 | Car park on left hand side of road, re join the cycle path here. This lovely route will take you along beside the river and will be away from the road for several miles. It will also save you a big hill climb! |
| 45.4 | End of the cycle track **(There is a little track off left here leading to a car park and primitive loos! Support should be here)** |
|  | Otherwise bear right onto a country road and follow it to Petitville. |
| 48.2 | O TL D281 |
| 49.7 | O SO D281 |
|  | Enter Notre Dame de Gravenchon |
| 49.9 | O 3rd exit Centre ville |
| 50.1 | o SO through town. |
| 50.2 | o SO |
| 50.6 | O 2nd exit D373 (no sign) |
| 52.3 | Stop TR D373 Lillebonne and enter Lillebonne |
| 52.4 | O 2nd exit D373 into the town. |
| 53.0 | o 2nd exit in Lillebonne |
| 53.1 | o TL 2nd exit. |
| 53.2 | O 3rd exit D982 (SO under railway bridge) |
| 54.1 | Stop TR |
|  | Enter St Jean de Folleville |
| 54.7 | O 1st exit then immediately TL following green cycle signs, continue, the road becomes windy. |
| 55.6 | Stop TR Le Grand Route D982 |
| 57.5 | TR Chateau de Tancarville, BL and continue. |
| 58.3 | TR, **take care, busy bit of road under Tancarville bridge** |
| 59.4 | Join cycle path on right before the bend. Use path to cross the main road before the roundabout and rejoin the D982 to Le Havre. This road is mostly used by cyclists, there is little traffic. |
| 61.5 | BR over bridge, Le Havre, and continue on road bearing left, running alongside motorway on your left. |
|  | Continue on D982 Le Havre (Route De Felaises) |
| 64.5 | Enter St Vigor d’ Ymonville (café on left) |
| 68.9 | O 1st exit – cycle sign |
| 69.0 | O 3rd exit (you’re going back parallel to the road you just came on) and follow to end of track. Cross over the D982 to continue on the cycle path on left hand side. |
| 70.9 | O 1st exit – cycle path changes to right hand side of the road. |
| 71.5 | O SO and into Harfleur (bars etc) |
| 71.6 | Traffic lights SO BL. D982 |
| 71.7 | Take bridge over river |
| 71.8 | O 3rd exit D982 **(Large busy complicated O next)** |
| 72.0 | O 2nd exit D982 Rue de Verdun, continue on road over all traffic lights, cycle lane on right of road. |
|  | Through town Graville |
| 74.0 | Traffic lights TL, (Pizza Resto) into Rue Armand Barbes. |
| 74.2 | T TR, follow road Ave Jean Jaurès leading into Rue Deminoff |
|  | Traffic lights TL into Cours de la République – cycle path on right. Allee Aime Cesaire. Shops and trams. Stay on cycle path. |
| 75.7 | TR into Chausée du 24e Territorial and SO traffic lights. |
| 76.0 | Traffic lights TL Chaussé Georges Pompidou - hotel is on your left. |

Hotel Mercure, Le Havre Centre Bassin, Chaussee Georges Pompidou, 76600, Le Havre.