

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

	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 1 st 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 1 st exit D982 Lillebonne
35.0	Enter Caudebec en Caux
35.7	O 2 nd exit lots of bars and restaurants - great place for lunch
36.0	O 2 nd 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 3 rd exit Centre ville
50.1	o SO through town.
50.2	o SO
50.6	O 2 nd exit D373 (no sign)
52.3	Stop TR D373 Lillebonne and enter Lillebonne
52.4	O 2 nd exit D373 into the town.
53.0	o 2 nd exit in Lillebonne
53.1	o TL 2 nd exit.
53.2	O 3 rd exit D982 (SO under railway bridge)
54.1	Stop TR
	Enter St Jean de Folleville
54.7	O 1 st 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 1 st exit – cycle sign
69.0	O 3 rd 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 1 st 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 3 rd exit D982 (Large busy complicated O next)
72.0	O 2 nd exit D982 Rue de Verdun, continue on road over all traffic lights, cycle lane on right of road.
	Through town Graille
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 Chaussée du 24e Territorial and SO traffic lights.
76.0	Traffic lights TL Chaussée Georges Pompidou - hotel is on your left.

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