

Day 6 – Le Havre to Caen

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

	<p>Route starts from outside The Mercure Hotel.</p> <p>Please be aware of the many diagonal railway tracks which cross the road in this huge and busy port. Our route minimises them but they are still there and deadly if you are in a group and not paying attention.</p> <p>The roads in the port are very busy with heavy traffic and large lorries so please stay on the new cycle paths where possible.</p>
0.0	Set off in the left lane then take the first left then after the bollards get into the right hand lane
0.1	Lights TR over the bridge (green sign Car Ferries)
0.2	Large O with black and yellow buoy. Take the 4th exit (the one after the port entrances). Sign for "Le Docks".
	SO through many lights passing large ENSM building
0.8	O 1 st exit right - sign St Nicholas
0.9 & 1.0	o 2 nd exit SO Quartier St Nicholas
1.3	O 3 rd exit to go left onto Boulevard Amiral Mouchez
1.7	Lights SO Toutes directions green sign.
2	Lights TR just past the Total garage.
2.4	Be careful as you approach a series of lights and railway crossings all together near the 2 tall chimneys. Go left at the last lights from the middle lane onto the dual carriageway - Avenue du 16 th Port.

Route notes for 2022 Hayling Cycle Ride

2.9	Lights SO, cycle lane on right after lights
3	Large O Take the filter lane to go right and ignore the Pont de Normandie straight on sign – stay on cycle lane.
3.6	Follow flashing lights left or right around huge lock gates. There are more railway tracks here. TL
3.9	
4.5	O 3 rd exit - Pont de Normandie sign. Beware of trucks in this area. Get on cycle track and continue
6.0	O 1 st exit - Pont de Normandie. Follow cycle track around, it becomes hidden behind a grass bank between it and the busy road, stay on it and follow signs for Pont de Normandie. It will lead you into the car park rest area called "Aire de la Baie de Seine".
9.0	Check in at the rest area. At the far left hand corner of this car park there is a filter out onto the cycle track at the side of the motorway. You pass to the right of the toll booths and onto the bridge. it is over a mile climb to the top.
10.7	In the middle at the top. Next turn caused chaos in the past so beware.
11.6	As you come down you leave the bridge cycle track at the second and last of 2 slip tracks off. This is the last possible exit and has the word "obligatoire" on the sign. Pass to the right of the large development sign, merging with another path. Check in with support again here Carry on out of the rough car park along the straight road
12.3	T TR
12.7	T TL onto Boulevard Judovia
13.0	O SO (no sign here but road is Rue Alfred Luard)
13.7	Sharp left bend then over a cobbled bridge at 13.8

Route notes for 2022 Hayling Cycle Ride

14.0	TR over another cobbled bridge
14.1	T TR
14.2	Just before you cross a bridge (actually a lock gate) there is a wide cobbled walkway off left next to the yacht basin with many bars for a break. After crossing the bridge turn right next to the water then after a few yards sharp left round a bend. You are now on D513 towards Trouville.
14.6	As you leave Honfleur there is a cycle track for a while behind a stubby hedge on the right You now stay on the undulating and bendy D513 all the way to Trouville which is your next chance of a break.
23.7	O's. In Trouville you come down to sea level and a clutch of roundabouts all together crossing over the river and yacht basin. There is a bar on your right before the first one. Cross straight over 2 O's into Deauville (the river is the boundary) staying on D513.
23.8	O This is the 3 rd of the 3 O's. Take 1 st exit to turn right past the Ibis hotel on your left, alongside the yacht basin on your right. Follow this road round left onto the sea front and along through lights and O's. There is a cycle track on your right. Eventually you come to a Stop with no entry ahead.
25.6	Stop TL (no entry ahead).
25.7	GW TR You are now back on D513 entering Benerville-sur-mer
28.0	As you leave Benerville the road begins to climb.
29.0	O In Blonville. 2 nd exit D513 Caen & straight on through many lights.
30.1	O With a T rex on it. 1 st exit to carry on along beach. If you think T Rex is a big monster wait till you meet the 430ft one just up the road.
30.3	o 1st exit bearing right alongside the beach

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31.0	Bear away from the beach on narrow one way street uphill through shops
31.2	Sharp right bend by church
31.4	Merge back onto 2 way road continuing up long steep hill
32.4	Enter Auberville at the top of the hill. Last nasty of the ride done- yippee.
32.7	O 1 st exit D513 Cabourg then at 32.9 O 2 nd exit D513 Cabourg.
33.4	Begin long bendy downhill into Houlgate with panoramic views.
35.3	O 1 st exit into town. Cobbles & speed bumps.
35.5	Bend left next to beach on D513 Caen. Another bar here.
35.8	Lights. Over railway and on along the beach.
36.3	Into another one way system in Dives-sur-mer
36.5	Bend right - sign Autres Directions. Straight on at lights at 36.7
37.0	Lights BR Sign for Cabourg and Caen
37.3	o 2 nd exit to Caen then on past the station
37.5	o 1 st exit sign Caen & car ferry next to Total garage & Lidl
37.6	o SO staying on D513 and again at 37.8
37.9	Lights SO
38.0	Fork right finally leaving the D513 to join D514 - sign for car ferry
39.6	Large PMU bar on right
42.0	o with boat on top. 2 nd exit D514 Caen
42.5	Cycle track on the right hand side. Good for a mile.

Route notes for 2022 Hayling Cycle Ride

43.5	Get off the cycle track as you enter Sallenelles & road bears left
46.1	O 1 st exit Ouistreham car ferry
46.4	o Straight on D514 Benouville
46.7	Over Pegasus Bridge. Café Gondree on left.
	TL next to Café Gondree and cycle down the towpath. It crosses a couple of roads and eventually comes through a small car park and onto Avenue de Tourville.
51.5	Keep SO until the road bends round to the right into a large open area with water and car parks in the middle. The 2 main hotels (Mercure and Ibis) are together at the end of this area on the right. You can find the other hotels using the map provided.
52.5	You have arrived - well done. There is a large bar across the square. Mercure & Ibis Centre (Port de Plaisance) 6 Place Courtonne 14018
	The party starts at 19:30 tonight at The Mercure.
	Saturday morning... Breakfast available from 6am - you need to leave by 7am at the latest. Follow the towpath all the way to the port in Oustrieham (about 10 miles) The ferry departs at 08:30 with or without you!