

ITINERARY FOR BIKE RIDE 2022

This is an important document - please have it with you each day

If you're a first timer - welcome to the Bike Ride. If you've been before - welcome back. The following few words explain how we get you to France and back and set out some timings and highlights of the route. The route notes provided will take you to that evening's destination via suggested and mandatory stops. If the notes say "check in" please stop and make yourself known to the support crew person ticking people off - that way we know you're safe. The route notes are intended to be the means of getting you from A to B. At certain places you **may** see one of our fluorescent signs on the road indicating which way to go. These will only be put out at places where there may be doubt. They won't be at every turn and junction - look for an "H" and an arrow on a day-glow background. If all else fails and you do get lost, we have provided some words in French on the back of the rider card that goes on your bike saddle. The purpose of this is to show it to a native on the route and get them to call the support crew who, by this time, may be worried about you. Support crews are available if you have a problem, and their objective is to do everything possible to help you complete the Ride. Bear in mind however that they have also paid to take part. If you do find you need assistance, then contact the Support Crew and let them know the following.

1. **Using the Route Notes** identify your last known position by the page number and paragraph on that page.
2. If you are in a town or near an identifiable feature make sure you say what or where this is.
3. The nature of the problem you are having. Clearly if there has been a Rider injury this will take priority over all other considerations including at times 'on route support'.

THE SUPPORT CREW NUMBER IS 07971 490250

Be self - sufficient where you can be and ensure you keep your water bottles full.

Utilise support stops and also cafes in towns.

Bike Storage in hotels is as secure as possible but keep your bike safe by bringing a lock.

Please adhere to each days start time and do not leave earlier than the requested time. Our support teams work hard to ensure that they are available at set points on the route. If you leave ahead of other riders, then support may not be in place and you may miss the check in.

Registration and Bag Drop Saturday 2nd July 16:00-18:00

Please bring your main bag to The Royal British Legion, Legion Road, Hayling Island. PO11 9ES between 4pm-6pm only.

You will be given 3 rider card labels. The 2 sided information card (with the French translation) should be attached to the saddle of your bike.

Attach one of the other cards to your luggage and place into our luggage van.

You will have a spare card should you need it for a rucksack on the ferry.

You will be asked to record your sponsorship pledge and confirm your charity.

The bar will be open should you wish to stay for a drink.

Departure Sunday 3rd July – arrive by 06:30

You are expected to make your own way to the Portsmouth Ferry port.

On arrival head for Brittany Ferries departures-Caen. You will see the Support team to guide you.

Please have your passport with you.

We will cycle in a group from the Brittany Ferries check in booth to the vessel.

PLEASE ENSURE YOU DISMOUNT AND WALK YOUR BIKE ON TO AND OFF THE SHIP ACROSS THE LINKSPAN.

The ferry departs at 08:15 and is due to arrive at 15:00 (French time) at Ouistreham

On arrival in France after going through passport control please head to the car park and wait for support.

It is a short 7.5 mile ride to this evening hotel.

Everyone is staying at the Hotel Kyriad Caen Nord, Impasse des Ormes, Boulevard du Bois,14200 Herouville-Saint -Clair

Bike storage is in the underground secure room

There are restaurants nearby for you to enjoy dinner at your leisure.

Monday 4th July – departure time 08:00

Caen – Evreux 89 miles

PLEASE ENSURE YOU PUT YOUR BAG INTO OUR LUGGAGE VAN OUTSIDE THE HOTEL BEFORE YOU DEPART AND LEAVE YOUR ROOM KEY AT RECEPTION

The Mandatory check in point is at 30 miles at Le Patio Bar, Lisieux

All riders and support are staying at the Greet Hotel 10 Rue Georges Bernard, Evreux 27000

Bike Storage is inside the hotel

The ride will leave from outside the hotel at 08:45 tomorrow.

Tuesday 5th July – departure time 08:45

Evreux – St Quentin En Yvelines 59 miles

PLEASE ENSURE YOU PUT YOUR BAG INTO OUR LUGGAGE VAN OUTSIDE THE HOTEL BEFORE YOU DEPART AND LEAVE YOUR ROOM KEY AT RECEPTION

The Mandatory check in will be at 17.5 miles at the bar at the end of the village on the right AUX GARRENNES.

We are using 2 hotels tonight. Please refer to your rider card.

Ibis Budget, Saint Quentin Yvelines-Velodrome 1, Place De La Paix Celeste, 78180 Montigny- Le-Bretonneux

Those staying in The Ibis Budget, we will secure your bikes in the luggage van overnight

Campanile, Saint-Quentin-En-Yvelines, 2 Place Georges Pompidou, 78180, Montigny-Le- Bretonneux
Bikes are being stored in a meeting room (ask at reception).

For your information it is a 5-minute walk to the train station where you can get a train into Versailles in 10 minutes and Paris in 20 minutes

Wednesday 6th July – departure 08:00 St Quentin En Yvelines - Rouen 90 miles

We will be departing at 08.00 – Support will direct you to the start (see route notes)

PLEASE ENSURE YOU PUT YOUR BAG INTO OUR LUGGAGE VAN OUTSIDE THE HOTEL BEFORE YOU DEPART AND LEAVE YOUR ROOM KEY AT RECEPTION.

If the luggage van is not at your hotel when you leave, please put your luggage in the same place you collected it from yesterday.

The Mandatory Check in today is at 14.8 miles at Bar Coutinho

We are using 2 hotels tonight. Please refer to your rider card.

Brit Hotel – 33, Boulevard Gambetta, 76000 Rouen

Mercure Rouen Centre Cathedrale, 7, Rue Croix de Fer-76000 Rouen

Bike storage arrangements

Brit Hotel - Inside meeting room (ask reception)

Mercure Hotel – Bike storage underground, luggage in hotel.

Thursday 7th July – departure 08:30 Rouen to Le Havre 75 Miles

PLEASE ENSURE YOU PUT YOUR BAG INTO OUR LUGGAGE VAN OUTSIDE THE HOTEL BEFORE YOU DEPART AND LEAVE YOUR ROOM KEY AT RECEPTION.

If the luggage van is not at your hotel when you leave, please put your luggage in the same place you collected it from yesterday.

We will be leaving at 08:30 from the Bridge – see route notes

MANDATORY check in is at 22.7 miles after leaving the ferry from Jumieges on the left side.

All riders are staying at The Mercure, Chau Georges Pompidou, 76600 Le Havre

Bikes will be stored in the secure underground car park

Friday 8th July – departure 09:00 Le Havre - Caen 52.5 miles

PLEASE ENSURE YOU PUT YOUR BAG INTO OUR LUGGAGE VAN OUTSIDE THE HOTEL BEFORE YOU DEPART AND LEAVE YOUR ROOM KEY AT RECEPTION

It's fancy dress day for our last full day of cycling. A slightly later start as it's a shorter distance today. A suggested coffee break is at the beautiful town of Honfleur at 14 miles.

MANDATORY check is at 11.6 miles after exiting the Pont De Normandie

All riders and support are staying at the Ibis and Mercure which are next to each other

1 Rue de Courtonne Cs 43086, 14000 Caen

Bikes will be stored in the secure underground car park

The Party starts at 7.30pm for pre-dinner drinks in the Mercure

Saturday 9th July The Journey Home

YOU NEED TO LEAVE THE HOTEL BY 6.45am LATEST

A small take-away breakfast will be available from 06.00

(There will be the option to purchase food and drink on board the ferry if you miss breakfast)

Depart from the hotel at 06:45 at the latest having put your luggage on the van.

Follow the Towpath 10 miles all the way to the Port in OUISTREHAM

(New riders – see map on last page or follow one of our regular riders who have done this many times!)

YOU NEED TO BE AT THE PORT BY 07.45 AT THE VERY LATEST

PLEASE MAKE SURE YOU HAVE YOUR PASSPORT WITH YOU.

The Ferry leaves at 08.30. If you are late it will NOT wait for you.

We are due into Portsmouth at 13.15 local time.

After immigration formalities make your own way to Hayling via the cycle paths out of Portsmouth.

We then re group at the Langstone Technology Park which has been specially opened for us to pass through so please respect this and stay on the perimeter road only.

We expect to cross the Hayling bridge at about 14.30 and will then cycle down the Island, ending at the Royal British Legion for a drink or two before collecting our bags.

Friends and family are all welcome to come along.

IMPORTANT ADVICE

- Please have a copy of your passport, GHIC card and travel insurance document with you when you are cycling. In the event of an accident or emergency the authorities will require sight of these. Your GHIC card will get you basic treatment in France. Travel insurance will cover any long - term care, repatriation etc. It may also cover you for losses or theft.
- If involved in an emergency phone 112 from your mobile for French emergency services
- To contact support phone **07971 490250**
- If you are on prescription drugs, please bring sufficient for your time away.
- Please bring your own headache, upset stomach potions, etc. Although limited supplies will be carried by support, they will only be made available in exceptional circumstances and then entirely at your risk.
- Most towns we cycle through have a pharmacy
- If you feel rough tell support
- Please always wear your helmet – it's a lifesaver
- Lock your bike at each way stop and overnight hotel
- Support vehicles carry a limited quantity of spares and tools. You are required to undertake your own repairs and pay for items used.
- If you have a non-standard bike, please bring your own supply of spares/tools and give them to one of the support crews ensuring they are labelled with your name.
- Remember, if you get lost, your rider information card has some words in French on the back that say please write down where I am and please phone one of these numbers for me. That will put you in touch with support so they can come and find you.
- Please don't prop your bikes up against support vehicles. They have either been supplied by a rental company or by the owner. We don't want them scratched or dented.
- Please identify your luggage and bike with the labels provided
- Eat breakfast, lunch and dinner and drink plenty of water but no more that 1L an hour
- Support vehicles will carry supplies of water, squash and energy drink. There may also be limited amounts of sweets and flapjacks...but remember....like this ride....
-FLAPJACKS MAY HAVE TRACES OF NUTS!!

Enjoy the ride!

For new riders. The tow path to the ferry starts round the corner from the hotel.
Once you are on it, keep going. The water should be on your right hand side.
Half way you cross Pegasus Bridge.
You will eventually arrive at the port.

