

ITINERARY FOR BIKE RIDE 2023

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. 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 Friday 7th July 17:00-19:30

Please bring your main bag to The Royal British Legion, Legion Road, Hayling Island. PO11 9ES between 5.00pm-7.30pm only.

You will be given 3 rider card labels. Attach one to the saddle of your bike, 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.

Please ensure that you bring 3 copies of your duplicate list with you.

Departure Saturday 8th 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 teams 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.

Caen – Lisieux 33 miles

Having set out from the ferry terminal, hopefully by about 15.45 we proceed to Lisieux on our 33-mile route through the French countryside.

The Mandatory check in point is at 17.1 miles Beuvron-En-Auge at the L'Oree de Village Bar at the end of the Village.

The Hotel being used in Lisieux is the Mercure hotel on the outside of the Town.

Bike storage is in a secure room to the left side of the hotel past the swimming pool. You will also be able to collect your luggage from here.

Sunday 9th July – departure time 09:00

Lisieux – Evreux 54 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 9.9 miles at Café Bar Le Bernay, Thiberville on the left hand side

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

Bike Storage is in secure underground car park. Luggage is in secure room inside the hotel.

Monday 10th July – departure time 08:30

Evreux – Chartres 61 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 21.9 miles at Le Potes Iront, Ezy Sur Eure on the right by the roundabout.

All riders and support are staying at the B&B hotel in Chartres

Bike storage is in a secure area in the car park, baggage will be in a meeting room behind the restaurant.

Tuesday 11th July – departure 08:15

Chartres - Lisieux 86 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 today is at 23.1 miles Café Des Halles on the right as you enter the village.

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

Originals City Hotel Cathedral (Interhotel)

Bikes will be in a secure garage at the rear of the hotel, you will collect your baggage from here.

Manoir de L'éveche

Bikes in secure garage to the rear of the hotel. Baggage will be inside.

Wednesday 12th July – departure 08:45

Lisieux to Bayeux 65 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 08:45 from the front of the Originals hotel

MANDATORY check in is at 22.5 miles at the Royal Bar/Tabac on the left

We are using 3 hotels tonight

Hotel De Brunville & Spa – bikes in meeting room and baggage in hotel restaurant

Novotel – bikes in meeting room, luggage near front desk

Hotel Reine Mathilde – bikes in secure area (ask at reception), bags in room

Thursday 13th July – departure 09:00

Bayeux - Cherbourg 66 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.

It's fancy dress day for our last full day of cycling.

MANDATORY check is at 20.8 miles at the Brasserie Le Versailles straight in front as you enter the town

All riders and support are staying at the Mercure in Cherbourg

Bikes to be stored at the rear of the hotel in a meeting room, collect your luggage from here.

Meet for pre-dinner drinks at 7.00pm before dinner at 8pm in the Mercure

Friday 14th July The Journey Home

YOU NEED TO LEAVE THE HOTEL BY 10.00am LATEST

Depart from the hotel at 10.00 at the latest having put your luggage on the van and leave your key at reception.

PLEASE MAKE SURE YOU HAVE YOUR PASSPORT WITH YOU.

The Ferry leaves at 12.00 If you are late it will NOT wait for you.

We are due into Portsmouth at 16.45 local time.

After immigration formalities make your own way to the Hayling ferry at Eastney and cross over to the Ferryboat Inn. The ferry will be doing a shuttle service and this will cost £3 each. You will then wait for the support teams to arrive. The whole cycle group will then cycle along the seafront and up Selesmore Avenue making our way to the British Legion at about 18:30. Family and friends can greet you for a well deserve drink.

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.
- 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!