

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

Rennes to Laval Monday 8th July 52 miles

	The ride starts from outside the Hotel car park TR.
0.1	Lights TL
0.2	Lights TR Avenue Jean Janvier Over lights TR onto Quai de Richemont, (river on left) cycle path on right. SO next 6 lights. Road changes to Passage de Strasbourg and then Avenue Francois Chateau. River changes to be on the right along the way.
1.9	Do not go through the tunnel.
2.0	Lights SO get into left hand lane Lights TL Campus Beaulieu, Rue de Jango Reinhart
2.1	Lights TR Avenue General Leclerc
2.3	O 3 rd exit Polyclinique
2.8	o 1 st exit
3.0	O 2 nd exit Rue du Close Courtel
3.8	At the 4 th set of traffic lights turn right Courtel
4.2	O SO Thorigne/Fouillard (route de Fougères)
4.4	Traffic lights s/o cycle track on right
6.1	At the O take the 1 st exit Acigne (by Lidl)
6.3	Enter Thorigne Fouillard, o s/o
6.9	O 1 st exit Acigne
7.0	O 2 nd exit (SO)
7.7	O 2 nd exit D29 Acigne
9.0	Enter Acigne
9.1	O SO D29 and continue following signs for Centre Ville
9.6	T TL Rue du Grand Four, past the church
9.9	TR D29 Rue du Fort de la Motte, Chateaubourg (Vision and Audio shop)
10.6	X SO D29 Servon
13.2	Enter Servon
13.9	Go into square and pass the church on your left D33 Chateaubourg
14.0	o SO 2 nd exit D33
16.0	Enter Chateaubourg
16.7	O bikes can go straight on (church will be on left)
17.0	o TL D857 Vitre. Follow the D857 into Vitre through St Melaine and St Jean sur Vilaine (cycle path)
23.7	TR Poce Les Bois (C4)
24.5	GW TL towards church
25.5	Enter Vitre
25.7	GW TR Centre Ville
25.9	O SO
26.2	Lights SO
26.4	At the mini roundabout you will see Vitre train station on your right.

	EARLY LUNCH STOP. There is a bar opposite the train station Le Chêne Vert is the mandatory check in. There are several other bars and a patisserie in the immediate vicinity.
	o SO, O SO towards the cathedral (you can see it straight in front of you).
26.6	Immediately in front of the cathedral O 1 st exit Toutes directions
26.8	O TL Laval 3 rd exit
26.9	O TL Ernee, then TR Bourgneuf and Ernee.
	TR La Chappelle & Bourgneuf on D34. You are on this road for almost eight miles.
34.9	TR Launay-Villiers D158
35.3	Next left D279 Launay-Villiers
	Into Launay-Villiers and through village. TL at church onto D279 towards Port-Brillet (public toilets here).
36.3	TR Port-Brillet
38.5	TR D137 Port-Brillet centre.
	TR over railway line La Brulatte D137
41.8	TL just before motorway bridge–Les Terreries & VC La Vallée
42.5	TR after short climb Chemin de la Les Henrières (small road)
43.0	Unmarked T TR then TL after about 100 metres at white post Route des Chataigniers
43.5	At wooden cross TL and enter St Ìsle (watch out for humps in road)
45.4	T TR D576 St Berthevin – under tunnel
45.7	Go over motorway
47.5	O 2 nd exit St Berthevin
47.8	o 1 st exit Centre Ville
48.0	o s/o
48.2	o 3 rd exit
48.3	o SO x 3 D57 Ave General de Gaulle
48.9	o 2 nd exit
50.0	o 2 nd exit D57
50.3	o 3 rd exit
50.7	SO Bvd Jean Jaures
51.1	o 2 nd exit Rue de Haut Rocher
51.4	Lights SO Les Fourches
51.6	O 2 nd exit s/o
51.8	Lights TR Centre Ville Rue de Nantes
52.0	Lights TL Rue du Cardinal Suhard
52.1	Lights SO then BR
52.3	Lights SO
52.4	Lights SO BR over bridge. Roadworks in progress
52.6	Hotel de Paris (Best Western) on right. Continue on road for Ibis Styles and Hotel du Maine
52.9	Lights BL – Rennes, Ibis styles on right. Continue to end of road and hotel du Maine is on the right.

NB. The GPX file goes past the Best Western, Ibis Styles and then continues to the Hotel du Maine. Don't follow it blindly (unless you're staying at the Hotel du Maine).