

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

Port-en-Bessin to Herouville Thursday 11th July 35 miles

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| | This is a very short day so please enjoy visiting the D-Day beaches/Museums along the way. Leave the hotel with the canal on your right. Follow road to the top. |
| 0.2 | TL onto D514. Stay on this road through Longues Sur Mer, Tracy sur Mer |
| 6.1 | O 2nd exit Arromanches |
| 6.5 | BR D514 |
| 6.8 | BL D514B |
| 7.0 | TR uphill |
| 7.5 | Mandatory check in Arromanches War Museum car park |
| 8.3 | La Guerre, stay on D514 coast road cycle path through Ver-sur-Mer, Courseulles-sur-Mer, Bernières-sur-Mer, Saint-Aubin-sur-Mer, Lagrune-sur-Mer, Luc-sur-Mer. The coast is on your left. At times there is a separate cycle path along the beach (see green cycle signs). You will pass Gold, Juno and Sword beaches. |
| 20.8 | Opposite Rue de Goulet take the cycle path on the left (this will allow you to stay on the path through the forthcoming one way system) |
| 21.8 | BL on the cycle path towards the coast (if you're on the road here, dismount and cross the road to take the cycle path) |
| 21.9 | TR onto Boulevard Maritime the sea is now on your left |
| 25.0 | You are at the Plage Riva-Bella. There are plenty of places to eat here |
| 25.3 | Pass the tourist information on your right, take the cycle path on your left when the road bends to the right (to avoid a one-way system) |
| | The path bears right to go south along the Caen canal. Follow the path alongside the canal all the way to Pegasus bridge. |
| 29.1 | Pegasus bridge, time for a drink at Café Gondrée! |
| | Return to towpath continuing on to the Pont de Colombelles |
| 32.3 | Leave the cycle path TR D226 Route de Colombelles – uphill |
| 32.6 | (keep left) to stay on D226 – you're going under the bridge in front of you |

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| 33.6 | Lights TL Avenue du Gen de Gaulle D60 |
| 33.9 | Lights SO cycle path on right |
| 34.3 | TR Bd Henri Becquerel D401 |
| 34.5 | SO |
| 34.7 | O 2nd exit Place de Boston (west side, 1 st exit is east side) |
| 34.8 | TL, then immediately TR Hotel Mercure on left 2 Place de Boston, Herouville-Saint-Clair. |
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| | Tomorrow, retrace this route back to the ferry port - 8.6 Miles |