

ITINERARY FOR BIKE RIDE 2024

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. Use the what3words app to give your location to support
4. 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 6th July 15:15-16:45

Please bring your main bag to The Royal British Legion, Legion Road, Hayling Island. PO11 9ES between 15.15-16:45 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.

Alternatively you can check in at The Ship & Castle located inside Portsmouth ferry port.

We will be here between 17:30-18:00.

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Departure Saturday 6th July

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

Meet at The Ship & Castle, 90 Rudmore Road, Portsmouth PO2 8DR

You will need to be here by 18:15 at the latest as we are expecting to head to passport check in around this time but this is down to Brittany Ferries confirming with us on the day.

Please have your passport with you.

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

The ferry departs at 20:15 and is due to arrive at 08:00 (French time) at St Malo

On arrival in France after going through passport control please head to the car park by the quay and wait for support. (See route notes for full instructions) If you have an overnight bag you will be able to offload it onto the luggage van here.

Sunday 7th July

St Malo-Rennes 50 miles

Having set out from the ferry terminal, hopefully by about 09:00 we proceed to Rennes.

The Mandatory check in point is at 24.7 miles Le Grand B Bar/Tabac in Combourg

The Hotel being used in Rennes is the Ibis Styles Rennes Centre Gare Nord - 15 Place de la Gare, Rennes 35000.

Bike Storage is in the Hotel underground car park

Monday 8th July – departure time 09:00

Rennes-Laval 52 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 26.4 miles in Vitre-Le Chene Vert Bar opposite the Railway Station

We are using 3 hotels in Laval – please refer to your rider card

The Ibis Styles - 8 Avenue Robert Buron Laval 53000

The Best Western Hotel de Paris - 22 Rue de la Paix Laval 53000

The Hotel du Maine - 98 Avenue Robert Buron Laval 53000

Bike storage

The Ibis - Bikes stored in Hotel underground Car Park

The Best Western Hotel De Paris - Bikes Stored in Hotel Underground Car park

Hotel du Maine - Bikes Stored in secure rear Garden

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Tuesday 9th July – departure 8:30

Laval-Flers 66 miles

PLEASE LEAVE YOUR LUGGAGE IN THE LUGGAGE ROOM IN YOUR HOTEL TODAY
LEAVE YOUR ROOM KEY AT RECEPTION.

The **Mandatory** Check in today is at 13.6 Miles Ecluse de Corcu

The Hotel being used in Flers is the Ibis Styles Flers Centre Gare - 23 Rue Jacques Durmeyer, 61100
Flers

Bike Storage – please keep your bike in your room

Wednesday 10th July – departure 08:15

Flers-Port En Bessin 74 Miles

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

MANDATORY check in is at 19.9 miles Bar De L'Isle-left after the Church

The Hotel being used in Port En Bessin is the Ibis -12, Quai Baron Gerard 14520 Port-En-Bessin

Bike Storage – please keep your bike in your room

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Thursday 11th July – departure 09:30

Port En Bessin-Caen 35 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.

MANDATORY check is at 7.5 miles Arromanches War Museum Car park

All riders and support are staying at the Mercure Caen Cote De Nacre - 2, Place Boston, 1400 Caen. (If you are a previous rider please note this is a different hotel to what we have used before)

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

Friday 12th July The Journey Home

YOU NEED TO LEAVE THE HOTEL BY 06:30am LATEST

Depart from the hotel at 06:30 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.

It is approx. 8.6 miles to the Port in OUSTRIEHAM. Retrace your Route from yesterday back to the ferry port

The Ferry leaves at 08:30 If you are late it will NOT wait for you.

We are due into Portsmouth at 13:30 local time.

After immigration formalities make your own way to Langstone. We will regroup at the Technology Park. **The area to the rear beside the Blue Portcabins.** After regrouping we will make our way to The British Legion. Estimated arrival is 15:00 subject to the ferry arriving on time and all other logistics involved in getting all cyclists over to the island.

Please inform the support team if you are making alternative arrangements.

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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 than 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!