

General notes

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, Lts=Lights

Day 6 – Honfleur to Caen

Head back towards the ibis styles hotel and continue past it on Quai de la Tour

0.3	BL and cross the bridge (lock gate), TR next to the water then sharp left around a bend. You are now on the D513 all the way to Trouville
0.7	As you leave Honfleur there is a cycle track for a while behind a stubby hedge on the right. Stay on the undulating and bendy D513 all the way to Trouville
9.7	In Trouville, come down to sea level and a clutch of roundabouts all together crossing over the river and yacht basin. SO 3 O's into Deauville staying on D513.
9.8	O 1 st exit to turn right past the Ibis hotel on your left, alongside the yacht basin on your right. Follow this road round left onto the sea front and along through lights and O's. Cycle track on your right.
11.8	Stop TL (no entry ahead)
11.9	GW TR. You are now back on D513 entering Benerville-sur-mer
12.7	As you leave Benerville the road begins to climb
13.3	In Blonville. 2 nd exit D513 Caen & straight on through many lights
14.4	O with a T rex on it. 1 st exit to carry on along beach
14.6	1 st exit bearing right alongside the beach
15.2	Bear away from the beach on narrow one way street uphill through shops
15.4	T TL following road
15.5	Sharp right bend by church
15.6	Merge back onto 2 way road continuing up long steep hill

16.8	Enter Auberville at the top of the hill. Last nasty of the ride done- yippee!
16.9	O 1st exit D513 Cabourg
17.1	O 2nd exit D513 Cabourg
17.6	Begin long bendy downhill into Houlgate with panoramic views
19.3	O 3 rd exit D513
19.5	O 1 st exit into town. Cobbles & speed bumps.
19.7	Bend left next to beach on D513 Caen. Another bar here.
20.0	Lts - over railway and on along the beach
20.5	Into another one way system in Dives-sur-mer
20.7	Bend right - sign Autres Directions
20.9	Lts SO
21.1	Lts BR Sign for Cabourg and Caen
21.4	2 nd exit to Caen then on past the station
21.6	1 st exit sign Caen & car ferry next to Total garage & Lidl
21.8	O SO staying on D513
22.0	Lts SO
22.1	Fork right finally leaving the D513 to join D514 - sign for car ferry
23.7	Large PMU bar on right
26.1	O with boat on top. 2nd exit D514 Caen.
26.7	Cycle track on the right hand side. Good for a mile.
27.5	Get off the cycle track as you enter Sallenelles & road bears left
30.2	O 1 st exit Ouistreham car ferry
30.5	SO D514 Benouville
30.7	Over Pegasus bridge. Café Gondrée on left. TL beside café Gondrée and cycle down the towpath to the Pont de Colombelles.
33.9	Leave the cycle path TR D226 Route de Colombelles – uphill.
34.2	(keep left) to stay on D226 – you are going under the bridge in front of you

35.2	Lts TL Avenue du General de Gaulle D60
35.5	Lts SO cycle path on right
36.0	TR Bd Henri Becquerel D401
36.2	X SO
36.3	2 nd exit Place de Boston (west side, 1 st exit is east side)
36.5	TL, then immediately TR Hotel Mercure on left 2 Place de Boston, Herouville-Saint-Clair