

ITINERARY FOR BIKE RIDE 2025

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 Friday 4th July between 17:00-19:00

Please bring your main bag to The Royal British Legion, Legion Road, Hayling Island. PO11 9ES between 17:00-19:00 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.

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Departure Saturday 5th July

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

Assemble at the Brittany Ferries Office – follow signs to ferry check in and you will see us on the right. We will group together before heading over to a check in lane.

YOU MUST BE HERE NO LATER THAN 06:45.

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 08:00 and is due to arrive at 15:00 (French time).

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 a rucksack (with label) you will be able to offload it onto the luggage van here.

It is then a 33 mile cycle to our overnight stop in Lisieux.

The mandatory check in is at 17.1 miles at L'Oree de Village Bar on the left.

We are all staying at the Kyriad Hotel
984 Avenue Georges Duval 14100 Lisieux

Bikes will be stored in the conference room where you will also find your luggage.

Sunday 6th July – departure time 09:00

Lisieux to Evreux 56 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 12.7 miles at the bar on the corner

We are using 2 hotels tonight – please check your rider card

The Greet Hotel 10, Rue Georges Bernard, 27000, Evreux
The Hotel De L'Orme 13, Rue Des Lombards, 27000 Evreux 27000

Bike Storage is in the conference room at The Greet
De L'Orme the bikes are stored in a secure room

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Monday 7th July – departure time 08:30

Evreux to Rueil-Malmaison 67 miles

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

The **Mandatory** Check in is at 17.5 Bar on Right “Aux Garennes”

We are all staying at the B&B Hotel, Rueil-Malmaison Gare
17 Rue Francois Jacob, 92500 Rueil-Malmaison

(DO NOT FOLLOW SIGNS FOR THE B&B HOTEL NANTERRE)

Bikes are stored in the underground secure car park to the rear of the Hotel
Luggage in a secure room by reception

You have a chance to go into Paris – see separate notes

Tuesday 8th July – departure 07:30

Rueil-Malmaison to Rouen 93 miles

PLEASE PUT YOUR LUGGAGE ONTO THE LUGGAGE VAN /LEAVE YOUR ROOM KEY AT RECEPTION

The **Mandatory** check in is at 13.2 miles- Brassiere Café Des Sports

PLEASE BE AWARE THAT WE WILL BE SHARING SOME OF THE ROUTE WITH THE TOUR DE FRANCE

We will be using three hotels in Rouen.

Hotel Litteraire Gustav Flaubert 33, Rue Du Vieux Palais, 76000 Rouen
Bikes in the underground car park and luggage by reception

Ibis Styles Rouen Centre Cathedrale 9, Place De la Republique, 76000 Rouen
Bikes underneath the hotel

Brit Hotel Comfort Rouen Centre 33, Boulevard Gambetta, 76000, Rouen .
Bike storage in conference room

**THE RIDE LEAVES FROM THE RIVER TOMORROW PLEASE REFER TO THE ROUTE NOTES.
THERE WILL BE A SUPPORT TEAM THERE TO GUIDE YOU.**

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Wednesday 9th July – departure 09:00

Rouen to Honfleur 51 Miles

PLEASE ENSURE YOU PUT YOUR BAG INTO THE LUGGAGE ROOMS BEFORE YOU DEPART AND LEAVE YOUR ROOM KEY AT RECEPTION

MANDATORY check is at 11.8 miles Café De La Poste

We are using two Hotels in Honfleur

Ibis Budget Centre 2 Rue de Vases, 14600, Honfleur

Ibis Styles Centre 3, Quai de la tour, 14600 Honfleur

The bikes are being kept in the Salle de Carnot, which is on the route notes.

The ride will leave from the front of the Ibis Styles tomorrow

Thursday 10th July – departure 10:00

Honfleur-Caen 37 miles

PLEASE ENSURE YOU PUT YOUR BAG WHERE YOU COLLECTED IT YESTERDAY AND LEAVE YOUR ROOM KEY AT RECEPTION

It's fancy dress day for our last full day of cycling. It is a short day, please note you cannot check in to the hotel until 15:00

There is no mandatory check in today

We are all staying at the Mercure Caen Cote De Nacre - 2, Place Boston, 1400 Caen.

Party Night

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

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Friday 11th 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 in the front car park where support should be waiting. 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!