

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 5 Épône to Rouen

Leave from the entrance to les Jardins d'Épône hotel, TL	
0.1	O 2 nd Exit Bvd Renard Benoit
0.3	TR Pl de la Gare, follow 1 way system, then TL to stay on Pl. de la Gare.
0.5	Lts TR onto D113 and continue over all Lts
4.5	TR Decheterie building - Chem des Larrons - (you are now back on the old route.) Under bridge then TL at Rue de La Vacouteurs, then first left, then right at GSE distribution (pink building).
4.9	BR at Rue de la Tuillerie - you must join cycle path before the wall and go under bridge. Continue round until the river is on your right.
5.8	Mantes la Jolie sign under bridge, stay on cycle path for 3 miles. If you need a bar leave the cycle path and head into town, then retrace your steps.
8.2	At the end of the cycle track BL heading inland, there is a stadium type building on your right. Turn 1 st right and onto cycle track at sign Aqualunde - white wavy side to building. At end of steps TL to stay on cycle path heading for Rosny sur Seine.
8.8	Hospital on right, Before Traffic lights get on right hand cycle path and cross over the Zebra crossing and TR for Rosny sur Seine staying on cycle path with traffic on your right, there are woods and then playing fields on your left. Follow path to O then follow cycle path back across the main road and take the 3 rd exit to Bonnières/Rosny sur Seine. Follow the road through Rosny sur Seine. Bars etc. 36.2 SO through all lights.

11.2	Lts SO over D113 cycle lane on right then join road again. Enter Rollerboise. Lts straight over, next Lts straight over.
12.9	BR at au fil de l'eau sign (Mericourt) staying next to the river – do not go up the hill.
	Mandatory stop shortly after the junction. Places to stop and stock up nearby in Rollerboise
13.5	Enter Mericourt – bumpy road, beware of bollards.
14.3	BL Mousseaux s'seine, follow road round to right 'Grand Rue'.
14.7	At X sharp left turn uphill – Bonnières sur seine, pig of a hill!
15.6	TL at the top and follow road out of Mericourt
16.2	X SO and immediately left - Salle des fetes sign and follow road into Freneuse
16.7	O 3 rd exit. Lts TR onto cycle path and follow road through Bonnières sur Seine. (bars etc).
17.8	BR D201 Bennecourt and right again over railway bridge and over Seine. Enter Bennecourt.
18.2	O 2 nd exit and follow narrow 1 way road through village signs Giverny
18.7	O 1 st exit D201 Limitez Villez
20.6	T TR D201 Limitez-villez cycle path on right
20.9	TL Giverny/Vernon
21.2	T TL D201 Vernon, follow road Giverny/Vernon
22.0	TL D5 Vernon, Monet's garden on right. Do not use the cycle track as it goes off route into town.
22.6	O SO Vernon
23.4	O SO D5 Vernon, 23.9 Enter Maniotot, stay on D5
25.0	O 2 nd exit towards Gisors and Beauvais but if you have not eaten you may want to go to the main part of Vernon for lunch (over the river). If you do this return to this roundabout and take the turn for Gisors and Beauvais D181.

25.5	Lts TL towards Les Andelys (white sign). You are now on the D313 which you follow through Pressagny, Notre Dame-de L'Isle and Port Mort towards Les Andelys. There is a nasty little climb out of Port Mort.
34.7	O SO – do not turn right onto this main road. Immediately after this roundabout turn right towards Bouafles. Follow this road on through Bouafles and Vezillon towards Les Andelys.
36.8	O TR Les Andelys D313
37.1	O 1st exit D313 Gournay
37.4	TL Petit les Andelys next to the office de Tourisme, then follow signs for Val St Martin
37.8	TL D313 towards Muids along a long flat road near the river. Stay on D313
43.3	Enter Muids which is a long strung-out village. When you get to the church there is a bar opposite which has become popular as an afternoon break stop over the years. After the church TR onto D313 towards Ande, Louviers and Rouen and follow road bearing left.
44.3	Just after leaving town take the right fork onto D65 towards Pitres, cycling through the forest
45.9	At the complex 5 way junction opposite the long building in Herqueville TR at T junction then immediately fork off left on D19 to and through Connelles. Carry on through Amfreville along the river.
51.5	Fork left off the D19 onto the D20 just after Le Val Pitan to Pitres, over railway crossing
52.1	Cross small river bridge into Pitres bear right just after the bridge, still on D20 Rue de la Ravine
52.2	Lts TL onto Rue Bourgerue and SO Rue de la Geole past the school (cyclists only)
52.6	T TR Rue du Taillis and follow this road up and out of town, past Lidl, T TR again.
55.9	O straight over the D13 continuing on D95 Franqueville
57.0	O SO D95 Franqueville
57.8	TL D291 Grande Rue St Adrien Celloville

58.0	TL D291 Rue du Becquet narrow, steep downhill lane – take care
59.0	Bear left, follow road
59.5	Enter St Adrien
59.7	Lts TR (windmill in front of you). D6015 Fairly busy road.
60.7	Enter Les Gravettes
61.0	La Poterie sign
61.1	Lts TL onto cycle path – pink pots, cycle path signs. Follow the cycle path down the hill, TR and stay on it all the way to Rouen. Pass under railway bridge.
64.6	BR on the Quai du pre aux loups (not the river cycle path which continues straight on – concrete bollards), 64.7 BL and follow the road, until you reach the main road, TL continue on the pavement until the pedestrian crossing, cross over the D6015 and TR, cycle on the pavement (cycle path), joining the service road, the Ibis hotel is on the left.

In the morning retrace the steps to the river cycle path and go through concrete bollards and continue along the path with the river on your left until you arrive at the Pont Guillaume le Conquerant where the ride will begin. (about a mile) We are due to meet another group of cyclists here.

IBIS HOTEL CHAMPS DE MARS

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