

## 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 7 – 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 1st 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. 2nd exit D513 Caen & straight on through many lights
14.4	O with a T rex on it. 1st exit to carry on along beach
14.6	1st 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 3rd exit D513
19.5	O 1st 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	2nd exit to Caen then on past the station
21.6	1st 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 1st 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	At end of this section of the cycle path it bends right. Cross over at crossing to rejoin the cycle path on the other side.

35.7	At the end of the cycle path it joins the Avenue de Tourneville. Continue on to cycle path alongside the left hand side of the road.
36.6	The path bears right alongside the Quai de la Londe.
36.8	The GPX file finishes here at the end of the quay. If you are following the GPX, you'll need to switch to the one appropriate to your hotel. There are several bars around the quay.
	<b>To Hotel Campanile</b> – 10 Rue de la Gare, 14000 Caen
	Continue to follow the cycle path through the car park around the end of the quay and back along the other side facing the direction you just came on.
37.2	At the end of the quay, cross Avenue Victor Hugo at crossing TR to another crossing and follow cycle path next to the river.
37.5	Cross the road and TL across Pont Winston Churchill using the cycle lane. At end of bridge SO Rue de la Gare.
37.6	The hotel is on your right before the next road junction.
	<b>To Ibis Styles</b> – 33 Rue de Bras 14000 Caen
	Continue in the direction you were heading on Rue des Prairies Saint-Gilles
37.7	No entry sign but bikes are allowed to continue on
37.8	T TR Avenue de la Liberation Lts TL Rue Montoir Poissonnerie Lts TR Rue de Geôle
38.0	X TR Rue des Teinturiers T TR Rue Gémare
38.2	X TL Rue des Croisiers (narrow street)
38.3	BR BL (effectively SO) to Rue Saint Sauveur. At cobbles TL Rue Demolombe.
38.4	X SO (cobbles in all directions) then immediately TR Rue de Bras (tarmac). Hotel is on your left.

	<b>Hotel des Quatrans</b> – 17 Rue Gémare 14000 Caen
	Continue in the direction you were heading on Rue des Prairies Saint-Gilles (follows same route as the Ibis Styles one until 38.0)
37.7	No entry sign but bikes are allowed to continue on
37.8	T TR Avenue de la Liberation Lts TL Rue Montoir Poissonnerie Lts TR Rue de Geôle
38.0	X TR Rue des Teinturiers T TR Rue Gémare then immediate left. Hotel is on your left

Tomorrow, retrace your route back to the Café Gondrée and continue on the cycle path back to the ferry port.