

# 2009 Loire Challenge Route

25 – 27 September 2009



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# 2009 LOIRE CHALLENGE

25 – 27 September 2009

	Miles
Day 1 Rouen - Le Mans	171.4
Day 2 Le Mans - Amboise	178.8
Day 3 Amboise - Amboise	165.2
<b>Total</b>	<b><u>515.4</u></b>

**This event has been organised and marshalled by the members of the Rotary clubs of Bedford Park and Milton Keynes Grand Union. Both clubs are very active and meet in their own towns for Breakfast every Thursday morning. Either would really welcome a visit from you. To find out more what else these clubs do and the benefits of getting involved, please speak to any of the marshals. Alternatively telephone Rob Oakley (Bedford Park) 07721 336329 or Preston Ayres (Milton Keynes Grand Union) 07789 055599.**

## **Maps - important note**

Page references are to the latest 3.16 miles to 1 inch (1:200,000) Michelin France 2009 (almost A3 size) no. ISBN 978-2-06-714119-3. Earlier 1:200,000 editions will be fine. Page references apply also to 2008 edition but page numbers vary slightly for 2007 and earlier editions.

**You must make yourself aware of the start procedures set out in full at the foot of the Calais - Rouen route notes**

## **Emergency Telephone Numbers**

- 15 SAMU (emergency medical services)**
- 17 Police, Gendarmerie**
- 18 Fire Brigade**
- 112 All emergencies**

## Guidance Notes for Route Instructions

1. Whilst these notes assist, together with comprehensive arrowing added at junctions by the marshals, the responsibility for following the correct route is that of the participants.
2. Follow the road on which you are travelling unless the route guidance indicates otherwise.  
Remember at times the road you are on might go left or right, but would clearly be the more main of the roads (white lines and road surface often assist you)
3. The following abbreviations and terminology mean:

Section	=	Individual reference number for each junction/instruction
TR	=	Turn Right
TL	=	Turn Left
SO	=	Straight on
O	=	Roundabout
Via	=	Pass sign on entering town (without further instructions there)
Enter	=	Pass sign on entering town (with a further instruction in town)
SP	=	Signpost for direction of travel (but do not necessarily go as far as this town)
Inter	=	Mileage from previous note
Cum	=	Cumulative mileage since start of day
Lights	=	Traffic lights
T	=	T Junction at end of road (cannot go straight on)
Rd Junc	=	Turning off road to R or L (but feasible to go straight on)
X rds	=	Crossroads
Care	=	Care for cyclists <b>and</b> drivers (difficult junction or hazard)
Stop	=	<b>Stop</b> - yes, you must obey the road signs
RH / LH	=	Right Hand / Left Hand (lane)
DNM	=	<b>Do Not Miss</b> (probably a hidden or not obvious junction)
!	=	<b>Warning hazard ahead - slow down</b> (could be dangerous junc, gravel, speed hump, anything!)

Colour coding - **Danger in red, climbs in blue, downhill in pink**

**At O we arrow only the exit road from the O. Thus continue round until arrowed off the O  
If possible, approximate direction of departure will be shown on an advance arrow.**

In providing these notes and any other guidance/information the organising individuals, Rotary clubs and Extra Mile Challenges do not accept any liability whatsoever in the event of accident or injury arising during the course of the event or at any other time. It is the responsibility of each individual cyclist and driver to exercise all requisite prudence and care for their own and others' safety at all times.

**Note 1** - in France road numbers change when crossing from one "Departement" to the next.

**Note 2 - Drivers - always give cyclists a wide berth. If the road is narrow, be patient and pass cyclists only when it is safe to do so.**

## CALAIS TO ROUEN (c135 miles)

Approx driving time to outskirts of Rouen - just over 2 hours

At Calais initially follow signs A16 to **Boulogne**. Total toll cost (in April 2009) Euros 7.10

Continue on **A16** to Abbeville and then follow **A28** to **Rouen**. 5 miles short of Rouen A28 becomes N28

**Care** in 90 kph limit, **speed camera** just before entrance to tunnel.

**Set trip to zero at entrance to tunnel**

**Initial part of instructions are to Novotel Rouen Sud**

Section	Inter Miles	Cum Miles	Instructions & Signposts
1		0.0	0.0 Follow N28 through tunnel
2	1.2	1.2	1.2 From this junction to 1st set of lights easiest to keep in <b>left hand lane</b> (if poss)
3	<b>0.0</b>	1.2	1.2 SO N28 SP Rouen Centre, Autre Directions
4	0.6	1.8	1.8 SO N28 SP Rouen Centre, Autre Directions
5	0.3	2.1	2.1 <b>Keep Left</b> SP Paris, Caen, Le Havre, through small tunnel & over river
6	0.6	2.7	2.7 SP A13 Le Mans
7	<b>0.1</b>	2.8	2.8 <b>Keep Left</b> SP Sotteville L H Lane
8	0.2	3.0	3.0 SO @ lights & SO @ numerous lights Boulevard de L'Europe
9	0.4	3.4	3.4 SO @ O / lights (move to outside/left hand lane)
10	0.2	3.6	3.6 <b>Take Left Turn Lane &amp; TL @ lights SP (hidden) Grand Quevilly</b> (across tram lines into Rue d'Elbeuf)
11		3.6	3.6 Then SO for ages(!) over numerous lights, becomes Avenue des Canadiens
12	1.1	4.7	4.7 SO @ O / lights SP A13 Caen & then SO @ numerous lights
13	0.7	5.4	5.4 Past Hotel Stars (on left)
14	0.8	6.2	6.2 Past <b>Elf fuel</b> /McDonalds on left and then <b>TL @ 2nd</b> set of lights and immed TR SP Novotel
15	0.2	6.4	6.4 Past Campanile & then TL into Novotel car park

**Instructions to Hotel Ibis Rouen Champs de Mars**

		1.8	Follow instructions 1 - 4 above
16	0.2	2.0	<b>R H Lane</b> N15 Vernon-Pontoise
17	0.2	2.2	TR @ Lights SP Dieppe, Le Havre & <b>immed</b> TR into Ibis underground car park. <b>CARE Height Restriction. Remove bikes from roof and lock separately in car park (not in room at request of hotel)</b> .

**Instructions for Friday morning, Ibis to start at Novotel**

18	0.0	0.0	TR out of Ibis car park onto small service road
19	<b>0.1</b>	0.1	<b>Care</b> Join main road @ Lights & <b>immed do a U-Turn in front of No Entry signs - Care traffic from Right</b> . River should now be on your right
20	<b>0.1</b>	0.2	Miss 1st slip road & <b>Take slip road Right N28, A13 before Shell filling station &amp; Over river</b> .
21	0.4	0.6	SP A13 Le Mans This is section 6 above. Follow sections 7-15 to start at Novotel car park.

### Important messages

- 1 The Friday start is at the Novotel car park.
- 2 There is FUEL available about 300 yards from the Novotel.

**\*\*\* MANDATORY START PROCEDURE - See below \*\*\***

**On safety ground the daily start procedure will follow that applied in 2008.** This is because previously, by the afternoon, the faster cycling teams were up to 60 miles ahead of the slower teams. To reduce this spread and keep the event more compact, we will allocate all teams to groups (A,B or C) and stagger the start times. From experience we will endeavour to put the expected slowest teams in group A, the expected fastest teams in group C and others in group B. **You will only be allowed to start in the times allocated to the group in which your team is classified.** We may change your group for day 2 and/or day 3 and will notify you of any change. This will create a better chance of marshals being closer to more cyclists (should they be required) and has the added bonus of reducing the time pressure on the marshals putting out the arrows. Start times are shown at the head of the route notes for each day (**and note that they do vary on Day 3**).

**Note** - The first team cyclist each day **MUST** report to the start marshal and the last cyclist each day (and also the vehicle crew) **MUST** report to the finish marshal. This is crucial so that we know which teams are still cycling.

## Day 1 - Rouen to Le Mans (171.4 miles)

For summary of Day 1 route - see foot of day 1 route instructions.

**MANDATORY START TIMES Group A 7.00 to 7.15, Group B 7.30 to 7.50, Group C 8.20 to 8.30**

**It is crucial that you finish cycling by 18.30 latest. Marshals will be removing route arrows throughout the day on that basis.**

Section	Page	Inter miles	Cum miles	Road	Narrative
1	14		0.0		<b>CYCLISTS ONLY - TL out of Novotel car park</b>
2		<b>0.1</b>	0.1		Cut through public car park, <b>care</b> across road, SO onto cycle track in forest SP Chemin de La Mare Sansoure Sahurs Circuits ABC
3		1.2	1.3		Slight Right at multiple junction - still on cycle tracks
4		2.5	3.8		<b>Care</b> - TL at end of cycle track onto road
5		1.7	5.5	D13	<b>Care busy O</b> 2nd exit @ O SP Oissel (your vehicle joins at this point)
6			0.0		<b>VEHICLES ONLY - TL out of Novotel car park</b>
7		<b>0.1</b>	0.1		TR @ T Avenue de L'Université & Enter Petit Courdonne
8		<b>0.1</b>	0.2	D938	3rd exit @ O SP A13, A28
9		0.4	0.6	D938	2nd exit @ O SP A13 & <b>immed</b>
10		<b>0.0</b>	0.6	D418	3rd exit @ O SP Technopôle du Madrillet Est
11		2.3	2.9	D18E	<b>RH Lane</b> SP A13 (A28)
12		1.7	4.6	D13	<b>3rd exit @ O SP Oissel (your cyclist joins from 1st exit)</b>
13		0.6	5.2		Enter Oissel sur Seine
14		0.2	5.4		Stop TR @ X rds SP Hotel de Ville
15		0.5	5.9		1st exit @ O
16		0.3	6.2		Under A13
17		0.4	6.6		<b>1st of many speed humps</b> & Via Hameau des Roches
18		0.9	7.5		Via Hameau du Four a Choix
19		2.5	10.0		Enter Orival
20		<b>0.1</b>	10.1		<b>Fork R off D18</b> (if road bad condition, continue & TR @ T in 0.1)
21		0.2	10.3		<b>Care Stop</b> TR @ T onto main rd SP Le Nouveau Monde
22		0.4	10.7	D132	3rd exit @ O SP La Londe, over railway crossing & <b>climb for 1.5</b>
23		2.4	13.1	D132	2nd exit @ O SP St Ouen du Tilleul
24		0.6	13.7		Via Le Moulin
25		0.2	13.9		Enter St Ouen du Tilleul
26		<b>0.1</b>	14.0	D38	Stop TR & <b>immed</b> 2nd exit @ O SP Mairie
27		0.4	14.4		Via Bosc Roger en Roumois
28		0.2	14.6		Stop SO @ X rds
29		0.5	15.1		<b>Various traffic calming</b>
30		0.3	15.4		SO @ X rds in town SP Bosnormand
31		2.1	17.5	D38	Stop SO @ offset X rds SP Bosguerard de Marcouville
32	27	1.3	18.8		Via Bosguerard de Marcouville
33		2.0	20.8	D124	2nd exit @ O SP Boissy le Châtel
34		1.2	22.0		Enter Boissy le Châtel
35		0.4	22.4		SO @ X rds (over D582)
36		<b>0.1</b>	22.5	D38	<b>DNM TL @ rd junc</b> SP Bonneville Aptot
37		0.9	23.4		Over A28
38		0.3	23.7		Via Bonneville Aptot
39		2.3	26.0		Via Le Bec Hellouin
40		0.2	26.2		<b>Down for 0.7</b>
41		0.5	26.7		Enter Pont-Authou
42		0.2	26.9	D137	SO @ Lights @ Xrds SP St Georges du V
43		0.5	27.4	D38	Over railway & TL @ Rd junc SP Authou
44		0.7	28.1	D38	1st exit @ O SP Livet s Authou <b>Care Narrow rd</b>
45		1.2	29.3		Via Livet s/Authou & <b>traffic calming</b>
46		0.6	29.9		<b>Climb for 0.7</b>
47		1.8	31.7		<b>Down for 0.5 (Hairpin at 0.4)</b>
48		1.9	33.6		Enter St Georges du Vièvre
49		0.2	33.8		Stop TL @ T
50		<b>0.1</b>	33.9	D137	SO @ X rds & <b>immed Fork L SP Lieurey</b>
51		3.5	37.4		Enter Lieurey (nb this distance 3.5 is estimated)
52		0.4	37.8		TL @ X rds in centre of village SP A28, Bernay

## Day 1 - Rouen to Le Mans (171.4 miles)

For summary of Day 1 route - see foot of day 1 route instructions.

53		0.6	38.4	D27	1st exit @ O SP Le Havre 55
54		0.3	38.7	D28	TL @ X rds SP Thiberville
55		3.7	42.4		Via St Aubin de Scellon
56		2.4	44.8	D28	2nd exit @ O SP Thiberville & enter Thiberville
57		0.5	45.3	D28	SO @ X rds @ Lights SP St Germain la C
58		<b>0.1</b>	45.4	D145	Stop SO @ X rds SP St Germain la C
59		3.0	48.4		Via Le Planquay
60		3.5	51.9	now D2	Via St Germain La Campagne
61		1.9	53.8	D519	Stop TR @ T SP St Martin de Bienfaite
62		1.2	55.0		Enter St Martin de Bienfaite
63		0.2	55.2	D47	TL @ Rd junc SP Fervaques
64		0.4	55.6	D47	Stop TR @ T SP Fervaques
65		0.2	55.8		Fairly steep climb for 0.6
66		5.7	61.5		Enter Fervaques
67		<b>0.1</b>	61.6		(Must) TR @ Rd junc (SO No entry)
68		<b>0.1</b>	61.7		At speed hump TL @ Rd junc SP Livarot (NOT sharp L) & down
69		<b>0.1</b>	61.8	D64	TL @ T SP Notre Dame de Courson & 150yds keep SO (R of green trees)
70	36	3.2	65.0		SP Notre Dame de Courson
71		0.4	65.4	D64	Enter Notre Dame de Courson
72		0.9	66.3		SO @ X rds @ Lights SP Les Moutiers H
73		1.5	67.8	D16	Via Les Moutiers Hubert
74		0.3	68.1	D33	Stop TR @ T SP Vimoutiers
75		1.6	69.7		TL @ Rd junc SP Pontchardon
76		0.3	70.0	D248	Enter Pontchardon
77		<b>0.8</b>	70.8		Stop TR @ X rds SP Vimoutiers (& keep L) & climb for 1.0
78		1.0	71.8	D246	<b>DNM Keep L (Turn off D248) No SP</b>
79		0.6	72.4		Care Stop SO @ X rds SP Guerquesalles
80		1.5	73.9		Keep R & down for 1.1
81		0.2	74.1	D16	Enter Guerquesalles
82		<b>0.1</b>	74.2	D26	TL @ T SP Chambois
83		4.7	78.9		Fork L SP Fresnay le S off main road
84		1.3	80.2		Via Survie
85		1.5	81.7	D26	Via St Pierre la Rivière
86		0.6	82.3		Care Stop SO @ X rds SP Exmes
87		3.2	85.5	D14	Uphill for 0.5
88		0.2	85.7		Care Stop TR @ T SP Exmes
89		0.3	86.0		Stop SO @ X rds SP Le Pin (off D14)
90		2.0	88.0		Care Downhill for 0.9 AND TWISTY
91		<b>0.0</b>	88.0	D926	TR @ X rds Cedez le Passage sign SP L'Encerchement
92		0.4	88.4	D26	<b>40 yds SO @ X rds to join main rd</b>
93		3.6	92.0		TL @ Rd junc SP A88 Almenêches
94		<b>0.1</b>	92.1		Enter Almenêches
95		<b>0.1</b>	92.2		Stop TR @ T SP A88 Mortrée
98		0.5	92.7		TL @ T in centre of ville SP A88 Mortrée & DNM immed TR SP A88
99		0.6	93.3		<b>Médavy</b>
100		0.3	93.6		Via Le Mesnil
101		0.9	94.5	D26	Over railway crossing
102		1.0	95.5		Enter Médavy
103		0.8	96.3		SO @ Rd junc SP Mortrée
104		0.4	96.7		Under A88
105		0.3	97.0	D26	Magnificant small château on R
106		1.0	98.0		Enter Mortrée
107		4.2	102.2	D26	Care Stop SO @ X rds SP Alençon
108	56	1.0	103.2		Via Méhéran
109		1.6	104.8		Stop SO @ X rds SP La Croix de Médavy (over D908)
110		4.8	109.6	D1	Climb for 1.4
					SO @ Tank (!) & down for 3.1
					TR @ X rds SP Colombiers (becomes D532)

## Day 1 - Rouen to Le Mans (171.4 miles)

For summary of Day 1 route - see foot of day 1 route instructions.

111	0.6	110.2	D532	SO off main road SP St Nicolas les B
112	1.2	111.4	D204	TL @ T SP Colombiers
113	0.3	111.7	D532	SO @ X rds off main road SP Cuissai
114	0.9	112.6		Enter Cuissai
115	0.2	112.8	D532	Care Stop SO @ X rds Blind SP Cuissai (to R of church)
116	0.5	113.3	C8	TL @ T SP St Denis sur/S
117	1.9	115.2		Follow rd to R No SP
118	0.1	115.3		TL @ T No SP
119	0.3	115.6		TR @ X rds SP 1.8kms Gare de St Denis
120	0.3	115.9		Follow rd to L (Slight care on mileages from here to section 124)
121	0.2	116.1		Past 40 sign
122	0.4	116.5		TL @ Rd junc & over railway crossing
123	0.2	116.7	N12	Care Stop TR onto main rd
124	0.3	117.0	D350	Care TL @ X rds SP St Céneri le Gerai
125	3.3	120.3	D350	Care Stop SO @ X rds SP St Céneri le Gerai (over D1)
126	2.0	122.3		Enter St Céneri le Gerai
127	0.2	122.5	D101	TR @ T SP St Léonard des B & down. Slow to take in the beauty of this village.
128	0.2	122.7		TL downhill in village centre SP St Léonard des Bois & over river & climb for 0.9
129	0.4	123.1	D146	TR @ Rd junc SP St Léonard des Bois
130	1.9	125.0		Downhill for 1.1
131	0.8	125.8		Enter St Léonard des Bois
132	0.3	126.1	D112	TR @ T SP Gesvres (river Sarthe on R)
133	0.4	126.5		DNM Fork L off main rd No SP or rd number & uphill for 0.9
134	1.7	128.2		SO @ X rds No SP
135	0.9	129.1	D204	TL @ T SP St Paul le Gaultier
136	1.4	130.5		Downhill for 1.7
137	1.5	132.0		Enter St Paul le Gaultier
138	0.2	132.2	D105	Care Stop SO @ X rds SP St Georges le Gaultier
139	1.6	133.8		Enter St Georges le Gaultier
140	0.2	134.0		Care Keep to R of church SP Sainte Anne & immed TL D120 SP Douillet & downhill for 0.6
141	1.2	135.2		Follow rd to R
142	0.9	136.1		Stop SO @ X rds SP Douillet
143	1.7	137.8		Enter Douillet
144	0.1	137.9	D120	TL @ T SP Fresnay s/Sarthe & downhill with care
145	0.3	138.2	D173	TR & TR SP Montreuil le Chetif & up for 0.3
146	1.0	139.2		Climb for 0.3
147	0.7	139.9	D173	Follow rd to L SP Montreuil le Chetif
148	0.5	140.4		Enter Montreuil le Chetif
149	0.1	140.5	D120	Care Stop SO @ X rds SP Ségrie
150	4.0	144.5	D5	TL @ T SP Ségrie & DNM in 100 yds TR (very sharp)@ Rd junc No SP
151	1.6	146.1	C4	Stop SO @ X rds SP Neuvillalais
152	0.5	146.6		SO to join main rd No SP
153	0.4	147.0	D82	TL @ Rd junc SP Mézières
154	1.1	148.1		Enter Mézières s/s Lavardin
155	0.1	148.2	D82	Give Way SO @ X Rds & follow D 82 through village
156	0.8	149.0		Climb for 0.7
157	1.3	150.3	D82	Fork R SP La Chapelle St Frey
158	2.4	152.7		Enter La Chapelle St Frey
159	0.2	152.9	D82	Follow rd to L SP La Bazoge
160	0.9	153.8	D242	Fork L SP La Bazoge
161	1.0	154.8	D242	Follow rd to R @ X rds SP La Bazoge
162	1.1	155.9		Follow rd to L
163	0.5	156.4		Enter La Bazoge
164	0.3	156.7		Stop TL @ T No SP

## Day 1 - Rouen to Le Mans (171.4 miles)

For summary of Day 1 route - see foot of day 1 route instructions.

165	0.0	156.7	D14B	100yds SO @ X rds SP Souillé
166	0.6	157.3		Over D338 and A28
167	0.8	158.1	C403	TR @ Rd junc Route de la Bouselle
168	2.4	160.5		Stop TL @ T No SP & over narrow bridge
169	0.5	161.0		Enter Neuville sur Sarthe
170	0.1	161.1	C2	Fork R SP St Pavace
171	0.9	162.0	D47	Stop TR @ T SP Sargé
172	0.2	162.2	D265	TL @ Rd junc SP Sargé
173	0.9	163.1	D300	TR @ T SP Sargé
174	0.1	163.2	D265	Under A11 & <b>immed TL @ Rd junc SP Sargé</b>
175	1.5	164.7	D265	TR @ T SP Sargé
176	0.1	164.8		Enter Sargé
177	0.1	164.9		2nd exit @ O Rue de Ballon
178	0.5	165.4		2nd exit @ mini O
179	0.0	165.4		SO @ X rds SP Le Mans
180	0.4	165.8	D265	2nd exit @ O SP Yvré l'Évêque
181	0.8	166.6	D91	TL @ T SP Yvré l'Évêque
182	0.8	167.4		Enter Yvré l'Évêque
183	0.1	167.5		SO to join main rd SP Centre Ville
184	0.3	167.8		1st exit @ O SP Béner
185	0.4	168.2	D314	Stop TR @ T SP Béner
186	0.7	168.9		3rd exit @ Large O SP Le Mans Centre
187	0.5	169.4		Enter Béner
188		169.4		<b>CARE CARE VEHICLES 2.5m height limit after R Turn</b>
189		169.4		<b>Bikes &amp; Low Vehicles only</b>
190	0.3	169.7		TL @ X rds @ Lights SP Changé <b>Height Restriction 2.5 m</b>
191	0.5	170.2		TR @ Rd junc SP Novotel
192	0.2	170.4		SO @ X rds @ Lights
193	0.1	170.5		TL @ X rds over tramway & <b>immed TR into Novotel</b>
194	0.9	171.4		<b>Additional mileage for cyclists @ start - thus TOTAL 171.4</b>
195				<b>ROUTE FOR HIGH VEHICLES - Replace section 190 and subsequent sections with:</b>
196	0.3	169.7		SO @ X rds @ Lights
197	0.1	169.8		Enter Le Mans
198	0.2	170.0		SO @ X rds @ Lights
199	0.3	170.3		<b>TL @ X rds @ Lights</b> SP Toutes Directions onto dual carriageway
200	0.2	170.5		Over railway bridge
201	0.3	170.8		<b>DNM Fork R by Carrefour SP Espal</b>
202	0.1	170.9		3rd exit @ O under height restriction 3.3m SP Chartres
203	0.1	171.0		1st exit @ O over tramway SP Espal
204	0.2	171.2		Turn Sharp R into Novotel @ Lights
205				<b>For those staying @ Mercure, here is your return route</b>
206		0.0		<b>Novotel to Mercure</b>
207		0.0		TL out of Novotel car park & TL @ X rds @ Lights (across tramway)
208	0.2	0.2		Give Way 3rd exit @ O under 3.3m height restriction
209	0.1	0.3		1st exit @ O SP Tours
210	0.5	0.8		SO @ X rds @ Lights
211	0.5	1.3		SO @ X rds @ Lights SP Laval Alencon
212	0.1	1.4		<b>RH Lane (not underpass)</b>
213	0.1	1.5		2nd exit @ O SP Angers
214	0.3	1.8		RH Lane SO @ Lights (& under flyover)
215	1.2	3.0		<b>Turn Sharp R 20 yds before Lights</b> SP Hotel Mercure Batignolles
216	0.1	3.1		TR into Mercure car park
217				<b>Return Mercure to Novotel</b>
218		0.0		TR out of Mercure car park
219	0.1	0.1		<b>LH Lane TL @ T</b> Rue du Polygou
220	0.1	0.2		TL @ Rd junc Rue des Fusains

## Day 1 - Rouen to Le Mans (171.4 miles)

For summary of Day 1 route - see foot of day 1 route instructions.

221	0.1	0.3	Stop TL @ T & immed Fork R & immed LH Lane TL @ X rds @ Lights SP Stade St Exupéry onto Ring Rd
222	1.2	1.5	SO @ X rds @ Lights SP Tours
223	0.2	1.7	RH Lane 2 exit @ O SP Tours
224	0.4	2.1	SO @ X rds @ Lights SP Sablons
225	0.3	2.4	SO @ X rds @ Lights No SP
226	0.5	2.9	Over bridge & TR @ Rd junc SP Sablons
227	0.1	3.0	2nd exit @ O SP Espal
228	0.3	3.3	TR @ Lights into Novotel car park

**Novotel car park is Saturday start**

**Friday dinner is scheduled for 8 pm - we are all at the Novotel**

**Summary of Day 1** - Northern France can contain many miles of straight roads and open farmland. Not so for 2009. Most of the roads used are in wooded areas with bends and undulations (and a few climbs). This is French countryside and its villages at its best - remarkably quiet, typical French architecture, fascinating roof lines and buildings - restored.....and inevitably some un-restored ones.

At 123 miles we visit St Ceneri le Gerai, surely one of the most beautiful villages in France and well worth slowing down for a mile or so just to take in the breathtaking views and a few photos. Following this we traverse the Alpes Mancelles west of Alençon, not as high as the main Alps but a worthy challenge towards the end of the day. We rate day 1 as the toughest cycling day of the challenge this year.

## Day 2 - Le Mans to Amboise (178.8 miles)

For summary of Day 2 route - see foot of day 2 route instructions.

**MANDATORY START TIMES Group A 7.00 to 7.15, Group B 7.30 to 7.50, Group C 8.20 to 8.30**

**Today you must finish cycling by 18.30 latest**

Section	Page	Inter miles	Cum miles	Road	Narrative
1	56		0.0		<b>Zero trip</b> TL out of Novotel & immed TR @ X rds @ Lights SP Espal
2		<b>0.1</b>	0.1		SO @ Lights
3		<b>0.1</b>	0.2		TR @ T SP Changé
4		0.5	0.7		2nd exit @ O SP Changé
5		0.9	1.6	D152	1st exit @ O SP Changé
6		0.6	2.2		Over D323 & enter Changé
7		0.3	2.5	D92	TR @ X rds @ Lights SP Autre Directions
8		0.2	2.7		SO @ X rds @ Lights No SP
9		0.2	2.9	D92	2nd exit @ O SP Ruaudin
10		1.0	3.9		2nd exit @ O SP Ruaudin
11		1.5	5.4	D92	Enter Ruadin & 3rd exit @ O SP Ruaudin Centre
12		0.3	5.7		2nd exit @ O SP Mulsanne
13		0.4	6.1	D92	1st exit @ O SP Arnage (I think)
14		0.9	7.0	D92	2nd exit @ O SP Arnage
15		0.2	7.2	D338	3rd exit @ O SP Tours - joining halfway down the Mulsanne straight & past the 2nd chicane on the straight
16		2.0	9.2	D140	1st exit @ O SP Arnage (Mulsanne corner)
17		1.4	10.6		Banked L bend (Indianapolis corner)
18		0.2	10.8	D139	Stop TL @ X rds SP Laigné (leave race track, Arnage corner goes R)
19		1.4	12.2		TL @ X rds No SP
20		1.1	13.3		Enter Mulsanne
21		0.4	13.7		2nd exit @ O Rue des Violettes (over D338)
22		<b>0.1</b>	13.8		1st exit @ O SP Bus
23		<b>0.1</b>	13.9		TL @ X rds SP Teloché
24		0.2	14.1		Follow rd to R SP Teloché
25		0.2	14.3	D140	2nd exit @ O SP Teloché
26	74	1.0	15.3		Enter Teloché
27		0.2	15.5	D140	2nd exit @ O SP Autre Directions
28		0.3	15.8		Give Way SO @ X rds SP Autre Directions
29		<b>0.0</b>	15.8	D140	<b>in 50 yds TR @ Rd junc</b> SP St Mars d'Outillé
30		<b>0.1</b>	15.9		Stop SO @ Rd junc
31		0.3	16.2	D140	Fork L SP St Mars d'Outillé
32		1.5	17.7		Over A28
33		0.9	18.6		Enter St Mars d'Outillé
34		0.4	19.0		Follow rd to R SP Le Grand Lucé
35		<b>0.1</b>	19.1	D32	Stop TL @ T SP Le Grand Lucé
36		<b>0.0</b>	19.1	D32	<b>in 50 yds</b> Stop SO @ X rds SP Le Grand Lucé
37		0.8	19.9		Fork R <b>off D32</b> SP Foret de Bercé
38		2.4	22.3		SO @ O
39		0.4	22.7		SO @ O

## Day 2 - Le Mans to Amboise (178.8 miles)

For summary of Day 2 route - see foot of day 2 route instructions.

**MANDATORY START TIMES Group A 7.00 to 7.15, Group B 7.30 to 7.50, Group C 8.20 to 8.30**

**Today you must finish cycling by 18.30 latest**

Section	Page	Inter miles	Cum miles	Road	Narrative
40		0.5	23.2		SO @ O
41		0.7	23.9		Stop 2nd exit @ O Route Forestière de Grammont (over D96)
42		0.4	24.3		3rd exit @ O SP Futaie des Clos
43		0.8	25.1		1st exit @ O (direction 2 o'c) SP Futaie des Clos, Jupilles
44		0.8	25.9		Give Way SO @ Rd junc No SP
45		0.4	26.3		Enter Jupilles
46		0.2	26.5	D61	TL @ T SP Beaumont Pied de Boeuf & <b>immed TR on D61</b> SP Beaumont Pied de Boeuf
47		0.8	27.3	D73	Follow rd to R SP Beaumont Pied de Boeuf
48		1.8	29.1		Enter Beaumont Pied de Boeuf
49		0.3	29.4	D73B	Stop SO @ Rd junc SP Château du Loir
50		4.8	34.2		Enter Château du Loir
51		0.4	34.6		TR @ X rds Rue Jagard
52		<b>0.1</b>	34.7		TL @ Rd junc & <b>immed SO @ X rds by Salons Expositions &amp; Follow Rd to L</b>
53		<b>0.1</b>	34.8		TR @ T No SP
54		0.5	35.3	D305	3rd exit @ O SP A28
55		1.6	36.9	D305	3rd exit @ O SP Vaas
56		0.3	37.2		Over A28
57		2.2	39.4		Enter Vaas
58		0.5	39.9	D305	SO @ X rds SP Le Lude
59		1.6	41.5		Over railway crossing
60		2.6	44.1	D188	TL @ X rds SP La Chapelle aux Choux
61		1.8	45.9		TR @ Rd junc SP Le Lude (hidden)
62		2.3	48.2		<b>Care</b> Give Way TL @ X rds SP up road Peugeot
63		0.7	48.9	D307	Give Way TR @ T (NOT hard R) SP Pontvallain
64		1.2	50.1	C4	TL @ Rd junc SP Luché Pringé
65		0.4	50.5		Follow rd to L
66		1.9	52.4	D214	Stop TL @ X rds SP Luché Pringé
67		2.5	54.9		Via Le Port des Roches
68		0.7	55.6	D13	TL @ T SP Luché Pringé
69		0.5	56.1		Enter Luché Pringé
70		0.4	56.5	D54	TL @ Rd junc SP Le Lude
71		<b>0.1</b>	56.6		Over river Loir
72		0.2	56.8	D158	TR @ Rd junc SP Thorée les Pins
73		2.1	58.9	D306	Stop SO @ X rds SP Thorée les Pins
74		0.2	59.1		Enter Thorée les Pins
75		0.3	59.4	D224	<b>DNM TL @ Rd junc</b> SP Les Cartes
76		1.4	60.8		Enter Les Cartes
77		0.2	61.0	D224	Follow Rd to R SP Vaulandry
78		<b>0.1</b>	61.1	D224	TL @ X rds SP Vaulandry
79		2.1	63.2	D104	TR @ T SP Vaulandry
80		0.2	63.4	D224	TL @ Rd junc SP Vaulandry
81		1.9	65.3	D138	Stop TL @ T SP Genneteil
82		<b>0.1</b>	65.4	D195	TR @ Rd junc SP Vaulandry

## Day 2 - Le Mans to Amboise (178.8 miles)

For summary of Day 2 route - see foot of day 2 route instructions.

**MANDATORY START TIMES Group A 7.00 to 7.15, Group B 7.30 to 7.50, Group C 8.20 to 8.30**

**Today you must finish cycling by 18.30 latest**

Section	Page	Inter miles	Cum miles	Road	Narrative
83		2.1	67.5		Enter Vaulandry
84		0.3	67.8	D139	Follow Rd to L & out of village on D139
85		1.7	69.5	D139	<b>Care</b> Stop SO @ X rds SP Lasse
86		3.6	73.1		Enter Lasse
87		0.2	73.3	D139	TR @ Rd junc SP Toutes Directions
88		0.9	74.2	D139	3rd exit @ O SP Mouliherne
89		2.5	76.7	D79	Stop TR @ T SP Mouliherne
90		1.6	78.3		Enter Mouliherne
91		<b>0.1</b>	78.4	D58	TR @ X rds SP Autre Directions
92		<b>0.1</b>	78.5	D62	TR before memorial SP La Lande-Chasles
93		2.3	80.8		<b>DNM TL @ Rd junc</b> (2nd turn on L) No SP Enter Route Forestière de Vendanger
94		2.1	82.9		Stop TR @ X rds No SP
95		1.6	84.5	D129	TL @ Rd junc SP St Philbert du Peuple
96		2.5	87.0	D53	Give Way TR @ T SP Longué & enter St Philbert du Peuple
97		0.2	87.2	D129	TL @ X rds by church SP Blou
98		1.4	88.6		Follow rd to L No SP
99		0.7	89.3		Enter Blou
100		0.2	89.5	D206	Must TR SP Tongue & <b>in 50 yds TR in front of church across bad drain SP Vernantes</b>
101		<b>0.1</b>	89.6	D129	Stop TR @ T SP Neuillé
102		1.4	91.0		Enter Neuillé
103		2.0	93.0	D767	Stop TL @ X rds SP Vernantes & <b>climb for 1.0</b>
104		1.7	94.7		TR @ X rds SP Le Gué de Louet
105		0.8	95.5		Give Way TR @ T Route de Saint Aubin
106		0.2	95.7		SO @ X rds No SP
107		0.4	96.1		Give Way TL (sharp) @ T No SP
108		3.1	99.2		Enter La Breille les Pins
109		<b>0.1</b>	99.3	D85	TR @ T SP Brain s/Allonnes
110		<b>0.1</b>	99.4	D155	<b>TL @ Rd junc</b> SP Maison des Pins Rue des Loges
111		1.9	101.3	D155	Stop SO @ X rds SP Courleon & <b>climb for 0.6 &amp; gentle climb for further 1.0</b>
112		1.9	103.2		TR @ T SP Bourgueil
113		0.9	104.1		SO @ Rd junc No SP
114		1.7	105.8		<b>Uphill for 0.7</b>
115		2.4	108.2		<b>Care</b> Stop SO @ X rds SP Centre Ville
116		0.3	108.5	D35	Give Way TR @ X rds No SP
117		0.8	109.3	D749	2nd exit @ O SP A85
118		0.9	110.2	D749	2nd exit @ O SP A85
119	90	<b>0.1</b>	110.3		Enter Bourgueil
120		0.3	110.6	D749	1st exit @ O SP A85
121		1.1	111.7		Over A85
122		0.4	112.1	D749	2nd exit @ O SP Tours
123		<b>0.1</b>	112.2		Enter Port Boulet
124		0.3	112.5		SO @ X rds @ Lights SP La Poste
125		0.3	112.8	D749	SO @ X rds @ Lights SP Avoine

## Day 2 - Le Mans to Amboise (178.8 miles)

For summary of Day 2 route - see foot of day 2 route instructions.

**MANDATORY START TIMES Group A 7.00 to 7.15, Group B 7.30 to 7.50, Group C 8.20 to 8.30**

**Today you must finish cycling by 18.30 latest**

Section	Page	Inter miles	Cum miles	Road	Narrative
126		0.2	113.0		Cross river Loire
127		1.2	114.2	D7	TL @ Rd junc SP Huismes
128		1.5	115.7		Via Avoine
129		1.2	116.9		2nd exit @ O No SP
130		1.8	118.7		Give Way 2nd exit @ mini O No SP
131		<b>0.1</b>	118.8	D7	2nd exit @ mini O SP Rigny-Ussé
132		0.6	119.4		Via Huismes
133		1.4	120.8		Enter Rigny-Ussé
134		<b>0.1</b>	120.9	D16	TL @ Rd junc by Ussé Château SP Bréhémont <i>Photo call?</i>
135		0.7	121.6	D16	Follow rd to R SP Bréhémont <i>Nb few parking spaces in next 3.9</i>
136		3.9	125.5		Via Bréhémont <i>Space for handover</i>
137		3.1	128.6	D57	Give Way TR @ X rds SP Lignièrès
138		1.2	129.8		Via Lignièrès & <b>climb for 0.8</b>
139		3.0	132.8		Enter Azay le Rideau
140		0.2	133.0		1st exit @ mini O SP Le Château
141		0.5	133.5		Under D751
142		0.3	133.8		TL @ X rds SP Centre Ville
143		<b>0.1</b>	133.9		TR @ X rds Rue Nationale <b>Care Busy town</b>
144		<b>0.1</b>	134.0		Over river (Château on L)
145		0.3	134.3		Enter Cheille
146		0.2	134.5	D17	TL @ X rds SP Saché
147	91	0.5	135.0	D17	<b>DNM TL @ Rd junc SP Saché</b>
148		2.7	137.7		Enter Saché
149		0.6	138.3		<b>Speed hump</b>
150		<b>0.1</b>	138.4		TR @ T SP Le Château
151		0.9	139.3		<b>Climb for 0.7</b>
152		2.0	141.3	D8	TL @ T No SP
153		0.8	142.1		Enter Thilouze
154		0.4	142.5	D19	TR @ X rds SP Villeperdue
155		2.5	145.0		Enter Villeperdue
156		0.5	145.5	D21	TL @ Rd junc SP Vers D910
157		<b>0.1</b>	145.6		Over railway
158		0.9	146.5		Over A10
159		0.9	147.4		<b>Great care Fast traffic</b> Stop SO @ X rds SP Louans
160		3.7	151.1	C9	Enter Louans & <b>immed TL @ T SP St Branchs</b>
161		0.3	151.4		Fork R SP St Branchs
162		2.6	154.0		Enter St Branchs & <b>DNM immed TL @ Rd junc Rue de Pont-Picot</b>
163		0.4	154.4		Stop TR @ T opposite Le Diable des Plaisirs
164		<b>0.0</b>	154.4		<b>In 100yds Stop TR in one-way system &amp; in further 100 yds Stop TL in one-way system</b>
165		0.2	154.6	D32	Fork R SP Esvres
166		<b>0.1</b>	154.7	D85	SO SP Esvres
167		3.6	158.3		Over railway crossing
168		<b>0.1</b>	158.4		Enter Esvres L'Indre
169		0.2	158.6	D17	TR @ T SP Vers D943
170		0.2	158.8		<b>Climb for 0.5</b>
171		1.5	160.3	D943	Stop TR @ T SP Cormery
172		0.4	160.7		Enter Truyes
173		<b>0.1</b>	160.8	D45	TL @ Rd junc prob a new oval shape O by Sept to Trutes Centre

## Day 2 - Le Mans to Amboise (178.8 miles)

For summary of Day 2 route - see foot of day 2 route instructions.

**MANDATORY START TIMES Group A 7.00 to 7.15, Group B 7.30 to 7.50, Group C 8.20 to 8.30**

**Today you must finish cycling by 18.30 latest**

Section	Page	Inter miles	Cum miles	Road	Narrative
174		0.1	160.9	D45	Follow rd to L SP Athée s/c
175		0.1	161.0	D82	TL @ Rd junc SP Azay s/c
176	75	1.9	162.9		Over A85
177		1.2	164.1	D82	Follow rd to R SP Azay s/c
178		0.0	164.1		<b>In 100yds Follow rd to L SP Azay s/c</b>
179		0.9	165.0		Via Les Serraults
180		0.7	165.7		Enter Azay sur Cher
181		0.3	166.0	D82	<b>Care</b> Stop SO @ X rds SP Centre Ville
182		0.2	166.2		Follow rd to R SP St Martin le Beau
183		0.3	166.5		Over river Cher
184		1.2	167.7	D82	2nd exit @ O SP Montlouis s/Loire
185		0.0	167.7	<b>notD82</b>	<b>in 70 yds</b> 2nd exit @ O SP Montlouis s/Loire & over railway
186		0.3	168.0		2nd exit @ mini O Rue d'Azay SP Montlouis
187		0.7	168.7		Enter Le Cormier
188		0.2	168.9		2nd exit @ O No SP
189		0.3	169.2		Fork R into one-way system
190		0.1	169.3		<b>Care</b> Stop SO @ X rds Rue de la Closerie
191		0.5	169.8		Stop TR @ X rds Rue de Chapitre (hidden)
192		0.3	170.1		Enter La Chapitre
193		0.3	170.4	D40	Stop TL @ X rds
194		0.6	171.0	D751	1st exit @ O SP Lussault s/Loire
195		3.1	174.1		Via Lussault sur Loire
196		1.4	175.5		Enter Amboise
197		1.2	176.7		SO @ Rd junc @ Lights No SP <b>FUEL AT NETTO</b>
198		0.5	177.2		TR @ Rd junc @ Lights SP Bléré & uphill for 0.7
199		0.7	177.9		TL @ X rds @ Lights SP CFAI Centre
200		0.5	178.4		TR @ X rds @ Lights SP Chenonceaux & uphill for 0.4 to finish
201		0.1	178.5		TR @ Rd junc SP Etap Hotel, Novotel
202		0.3	178.8		TR into Novotel car park. Finish of Day 2

### Saturday dinner is scheduled for 8pm at Novotel Amboise

The day's route – within 5 miles of the start you are imagining yourself doing 200mph down the famous Mulsanne straight . We sweep right at Mulsanne corner and continue between the permanent Armco for the run down to the heavily banked Indianapolis left-hander and onto Arnage. The race track turns sharp right at the Arnage corner cross roads but we go left here and seek the tranquillity of the French countryside. At 78 miles we pass through the forest of Pontmenard and the next 25 miles are interesting and on fairly narrow roads; we will be expecting patience and care from leap-frogging vehicle drivers as they pass their fellow cyclists. At 121 miles the views of the Usse château are fantastic – we turn left in front of the château and it is imperative to look back as we travel away. We leave the banks of the river Loire to detour to the south of Tours and return to the river for an easy last 6 miles into Amboise. The small sting in the tail is the final 1.6 mile climb from the riverside to the Novotel (which I can assure you looks *down* onto the château at Amboise, beautifully lit up at night)! At 179 miles, this is the

**Note that Day 3 start times vary from those for Day 2**

### Day 3 - Amboise to Amboise (165.2 miles)

For summary of Day 3 route - see foot of day 3 route instructions.

Section	Page	Inter	Cum	Road	Narrative
<b>MANDATORY START TIMES Group A 7.00 - 7.15, Group B 7.40 - 8.00, Group C 8.30 - 8.40</b>					
<b>Today you must finish cycling by 17.45</b>					
1	75		0.0		TR out of Novotel car park & <b>Zero trip</b>
2		0.2	0.2		TL @ T No SP
3		0.6	0.8	D81	TR @ X rds SP Civray
4		4.0	4.8		Enter Civray de Touraine
5		0.9	5.7	D81	Follow rd to L SP Chenonceaux
6		<b>0.1</b>	5.8	D40	Stop TR @ T SP La Croix en T
7		<b>0.2</b>	6.0	D81	<b>DNM TL @ X rds</b> SP Tours & over <b>bumpy</b> railway crossing
8		0.5	6.5		Over river Cher
9		0.4	6.9	C12	3rd exit @ O SP Thoré & enter Thoré
10		1.0	7.9		Via Argy
11		0.6	8.5		Follow rd to L No SP
12		0.3	8.8		Give Way TL @ T No SP
13		0.9	9.7		Over A85
14		0.2	9.9		TR @ Rd junc SP Sublaines, Le Petit Villier
15		1.2	11.1		Follow rd to L SP Sublaines
16	91	1.3	12.4		Enter Sublaines
17		0.2	12.6		Stop SO @ X rds No SP
18		0.2	12.8	C2	SO @ Rd junc SP Cigogné
19		0.4	13.2		TR @ Rd junc SP Cigogné
20		2.1	15.3	D58	Give Way TL @ T SP Cigogné
21		0.3	15.6		Enter Cigogné
22		<b>0.1</b>	15.7	D58	3rd exit @ O SP Reignac
23		1.9	17.6		Enter Reignac sur Indre
24		0.6	18.2	D17	Stop TL @ X rds SP Azay s/I
25		1.6	19.8		Via Azay s/Indre
26		1.8	21.6		Via Les Hélas
27		0.5	22.1		Enter Chambourg s/Indre
28		0.3	22.4	D94	By church 2nd exit @ mini O SP St Quentin s/I
29		1.3	23.7	D94	TR @ Rd junc SP St Quentin sur Indrois
30		1.9	25.6	D31	TL @ T SP St Quentin s/Indrois
31		<b>0.1</b>	25.7		Enter St Quentin sur Indrois & over river & <b>climb for 0.4</b>
32		0.4	26.1	D10	TR @ Rd junc SP Genillé <b>Care Sunday market very busy</b>
33		3.6	29.7	D764	TR @ T SP Loches
34		0.2	29.9		Enter Genillé
35		0.6	30.5	D10	3rd exit @ O SP Chemillé s/I & <b>uphill for 0.9 (not too steep)</b>
36		4.4	34.9		Via Chemillé s/Indrois
37	92	1.5	36.4		Enter Montrésor
38		0.3	36.7	D760	Give Way TL @ T SP Villeloin
39		<b>0.1</b>	36.8		Follow rd to L SP Toutes Directions & <b>uphill for 0.7</b>
40		1.2	38.0		Via Villeloin Coulangé
41		1.3	39.3		Via Coulangé
42		2.5	41.8		Enter Nouans les Fontaines
43		0.4	42.2	D760	Stop SO @ X rds SP Écueillé <b>Care poor vision</b>

### Day 3 - Amboise to Amboise (165.2 miles)

For summary of Day 3 route - see foot of day 3 route instructions.

Section	Page	Inter	Cum	Road	Narrative
44		5.7	47.9		Over railway crossing
45		1.4	49.3		Enter Luçay le Mâle
46			49.3		<b>Ideally travel straight through Luçay on D960 until TL onto D33 at section 54 below</b>
47		0.3	49.6		<b>Probable deviation due to Sunday market - Turn Hairpin R</b> (by monument on R by green)
48		0.5	50.1		TL on crest by cream house number 17
49		0.2	50.3		Stop TL @ T by grey breeze block house No SP
50		0.3	50.6		TR @ T Rue de la Bonne Dame
51		<b>0.1</b>	50.7		TL @ Rd junc Rue du Chemin Vert
52		0.2	50.9		Give Way TL @ T
53		<b>0.0</b>	50.9	D960	<b>In 70 yds 1st exit @ O SP Valençay</b>
54		<b>0.1</b>	51.0	D33	TL @ Rd junc SP Villentrois
55		4.3	55.3		Enter Villentrois
56		0.5	55.8	D33	2nd exit @ O SP Lye
57		<b>0.1</b>	55.9	D37	TR @ Rd junc SP Valençay
58		4.9	60.8	D956	1st exit @ O SP Châteauroux & enter Valençay
59		0.3	61.1		Over railway crossing & <b>FUEL</b> (credit card m/c on pumps on R)
60		0.4	61.5		Follow rd to L SP Châteauroux
61		0.4	61.9		SO @ X rds @ Lights SP A20
62		0.4	62.3	D960	TL @ Rd junc SP A20
63		0.5	62.8		<a href="#">Uphill for 0.7</a>
64		4.2	67.0		Enter Poulaines
65		0.5	67.5	D15	TL @ X rds SP St Christophe en B <b>before church &amp; Keep L</b>
66		0.2	67.7	D15	TR @ Rd junc SP St Christophe en B
67		3.8	71.5	D25	Stop TL @ X rds No SP
68		0.2	71.7	D31	TR @ Rd junc SP Bagneux
69		1.1	72.8		Enter Bagneux
70		0.3	73.1		SO @ Rd junc No SP
71		1.8	74.9	D922	Stop TL @ T SP Villefranche
72		2.2	77.1		TR @ Rd junc SP La Calasserie
73		2.6	79.7		SO @ X rds SP Maray
74	93	2.5	82.2	D51	Stop TL @ T SP St Julien sur Cher
75		1.5	83.7		Enter St Loup sur Cher
76		0.3	84.0		TR @ X rds SP Romorantin
77		<b>0.1</b>	84.1		TL in front of church SP St Julien
78	92	3.2	87.3		Enter St Julien sur Cher
79		0.3	87.6		Stop SO @ X rds SP Forestar
80		1.6	89.2		Enter La Chapelle Montmartin
81		0.3	89.5		<b>Speed hump</b>
82		<b>0.1</b>	89.6	D51	TR @ Rd junc (round church) SP Chabris
83		3.8	93.4		Enter Chabris

### Day 3 - Amboise to Amboise (165.2 miles)

For summary of Day 3 route - see foot of day 3 route instructions.

Section	Page	Inter	Cum	Road	Narrative
84		0.6	94.0	D4	Stop TR @ X rds SP Romorantin
85		0.3	94.3		Over river Cher
86		1.0	95.3		Enter Gièvres
87		<b>0.1</b>	95.4	D128	2nd exit @ O SP Romorantin
88		0.3	95.7		Over railway crossing <b>Rough</b>
89		1.2	96.9	D128	2nd exit @ O SP Pruniers en Sologne
90		1.2	98.1	C18	<b>Care</b> Stop SO @ X rds SP Pruniers en S
91	76	0.6	98.7		Stop TL @ X rds & over river La Sauldre & enter Pruniers en Sologne
92		<b>0.1</b>	98.8	D20	Stop SO @ X rds SP Lassay sur Croisne
93		1.1	99.9		Over A85
94		2.0	101.9	D59	Stop TL @ T SP Lassay sur Croisne
95		<b>0.1</b>	102.0	D20	Follow rd to R SP Lassay sur Croisne
96		1.3	103.3		Via Lassay sur Croisne
97		2.5	105.8		Enter Mur de Sologne
98		0.4	106.2	D765	TL @ T SP Blois
99		0.3	106.5	D20	Turn dog-leg R/L (almost straight) SP Fontaines
100		<b>0.1</b>	106.6		Stop SO @ Rd junc No SP
101		6.5	113.1	D119	Give Way TR @ T SP Fontaines en Sologne
102		0.9	114.0		Enter Fontaines en Sologne
103		<b>0.1</b>	114.1		Give Way TR in front of church & <b>immed SO SP Romorantin &amp; immed TL SP Bauzy</b>
104		2.0	116.1		TR @ Rd junc 3.5t limit SP Bauzy 6.5 cycle. <b>Picturesque but VERY narrow for 2.9. VERY difficult for support vehicles to overtake. They can choose to ignore this R turn and meet cyclists at Bauzy (SO @ X rds section 109, cyclists arrive from R)</b>
105		0.8	116.9		SO @ Rd junc No SP
106		0.4	117.3		TL @ T No SP
107		1.7	119.0		Stop TL @ T (NOT Hairpin L) No SP
108		0.6	119.6		Enter Bauzy
109		0.2	119.8		TR @ X rds SP Neuvy <i>ps public WC here</i>
110		1.9	121.7	D923	Stop TL @ T SP Bracieux
111		2.4	124.1		Enter Bracieux
112		<b>0.1</b>	124.2	D923	1st exit @ O SP Bracieux Centre
113		0.4	124.6		TR @ Rd junc SP Autres Directions
114		<b>0.1</b>	124.7		TR @ T SP Mont près Chambord
115		<b>0.1</b>	124.8		SO @ O
116		0.2	125.0	D112	2nd exit @ O SP Chambord
117		2.1	127.1		Enter Parc du Chambord & 100yds <b>cattle grid</b>
118		2.1	129.2	D33	TL @ Rd junc SP A10 Paris
119		0.5	129.7	D112	TR @ Rd junc SP A10 Paris
120		0.7	130.4	D112	2nd exit @ O SP A10 Bordeaux
121		0.6	131.0		<b>Cattle grid.</b> Leave Parc & <b>follow rd to L</b> SP A10, Maslives
122		0.5	131.5		Via Maslives
123		1.9	133.4		Enter Montlivault & follow main rd through village
124		1.0	134.4	D951	TL @ T SP A10
125		3.7	138.1		Under bridge (100 years ago!)
126		1.7	139.8		1st exit @ O SP Tours
127		0.2	140.0		1st exit @ O SP Tours
128		0.2	140.2		<b>DNM SO (ie don't follow road to L)</b> SP Le Château, Centre Ville
129			140.2		<b>At this point recce went round Ring road (due to temp road closure for.....a cycle race). You will proceed SO through the centre of Blois, always keeping the river Loire on your R. Do not be enticed over the bridges. Blois will be busy, but enjoyable. At approx 1.5 miles we pick up detailed route again.</b>

### Day 3 - Amboise to Amboise (165.2 miles)

For summary of Day 3 route - see foot of day 3 route instructions.

Section	Page	Inter	Cum	Road	Narrative
130		1.5	141.7	D751	2nd exit @ O SP Montrichard
131		1.2	142.9		Large lay-by available for handovers
132		0.9	143.8	D173	<b>DNM Fork R SP Candé</b>
133	75	4.7	148.5		Enter Candé sur Beuvron
134		0.5	149.0	D751	Stop TR @ X rds SP Chaumont
135		3.2	152.2		Enter Chaumont sur Loire
136		0.4	152.6	D751	SO @ Rd junc @ Lights SP Amboise
137		2.5	155.1		Via Rilly sur Loire
138		1.5	156.6		Via Mosnes
139		0.5	157.1		SO @ X rds @ Lights
140		<b>0.1</b>	157.2		SO @ X rds @ Lights
141		4.6	161.8		Under D31
142		0.4	162.2		Enter Amboise
143		1.1	163.3		Do <b>NOT</b> Fork R over bridge
144		<b>0.1</b>	163.4		Give Way TL @ T (river still on your R)
145		0.2	163.6		TL @ Rd junc @ Lights SP Bléré & uphill for 0.7
146		0.7	164.3		TL @ X rds @ Lights SP CFAI Centre
147		0.5	164.8		TR @ X rds @ Lights SP Chenonceaux & uphill for 0.4 to finish
148		<b>0.1</b>	164.9		TR @ Rd junc SP Etap Hotel, Novotel
149		0.3	165.2		TR into Novotel car park. Finish of Day 3 & the Challenge

**Congratulations to the whole team. You have conquered the Loire Challenge. You all deserve a fantastic celebration tonight, so.....enjoy the wine-tasting, gala supper and exchange of stories of the Loire. Thank you for supporting us - from the entire organising team. See you next year.**

### Summary of Day 3 route

Today is a tour of the Loire valley and surrounding area. The first 60 miles are undulating leaving the remainder as not too demanding on day 3 muscles. (By now all cyclists know not to believe me totally when I say the terrain is "flat" or "not too demanding"). First magnificent building of day 3 is the chateau at Montresor (after 36 miles). This is viewed from the narrow streets of the village where you may spot Dr Nigel Brookes in the Café de la Ville. At 50 miles in Lucay we found the inevitable road closure to accommodate the local Sunday market (and about a mile detour). Other major chateaux for today are Valencay and Chambord. The latter is imposing standing in the grounds of its own Parc. We hope that our arrows will be acceptable here; maybe the riders should remember the route at the three junctions just in case. Just before Chambord we have found one particularly picturesque very narrow lane (at 116 miles) where we are advising the vehicles to by-pass (unless cycle speed is acceptable).

The river Loire is so beautiful that the last 30 miles of route run along its banks. This includes cycling through Blois, which we consider quite acceptable from our previous experience of visiting this city. When I say the last 30 miles, I exclude a repeat of that final 1.6 miles up to our hotel. Our final day cycle of 165 miles is the longest day 3 cycle in all our 7 years, but the least hilly (here I go again).

## The Route Home Amboise to the Tunnel

There are two alternative routes back to the tunnel. Both are approx **315 miles and about 5 hours driving time excluding** stops (and any delays). It is about 10 miles to the A10. At that point decide whether your route is via Paris (the Périphérique) or via Rouen (non-motorway through the town). Broad as it is long ie personal preference. Tolls apply on both routes.

Leave Amboise on D31 heading towards A10 and Chateau-Renault. This is the "high level" bridge over the Loire. Access from the waterside or from Novotel TR out of hotel and in 0.2 TL @ T and you are on the D31. In approx 10 miles, junction with A10.

### Via Paris

Take A10 in direction of Blois, Orleans

At Orleans continue on A10 to Paris

On outskirts of Paris, A10 merges with A6 and follow A6 to Périphérique. Target SP through Paris are A1 Lille & C de G airport.

Leave Paris on A1 Lille & follow A1 to Arras where you take A26 to Calais. Follow signs to Tunnel sous la Manche

### Via Rouen

Take A10 in direction of Tours

Before Tours, take A28 to Le Mans

At Le Mans, short stretch on A11 **but follow signs to A28 Rouen**

At end A28 (about 12 miles short of Rouen) TR onto A13 direction of Rouen, Paris, Elbouf.

**DNM junc 22 SP Calais D18E.** Follow Calais signs SO at a number of Lights & O (cheap fuel at Esso on R, card only). After about 6 miles Calais is slip road R and follow N28 which becomes A28.

At Abbeville, take A16 to Calais. Follow signs to Tunnel sous la Manche.

### Both routes

Beware the French authorities often have hidden radar speed checks in the last 50 miles before Calais - **you have been warned.**

### To everyone

**I thank you for entering and we hope it was fun (most of the time!). Please collect as much sponsorship as possible and send it to Preston by the end of November. We look forward to your return for a different 2010 Challenge. Please talk some of your friends into joining us (particularly if you think that they will be effective in raising lots of sponsorship!). Safe journey home. Finally, and most importantly, the organisers hope that you enjoyed the Loire Challenge and in all respects found it most rewarding.**