

Brittany Challenge 21 - 25 September 2017

Cycle Miles

Day 1 Chartres - Port Brillon (Rennes)	170.7
Day 2 (Rennes) Caulnes - Rennes	174.2
Day 3 Rennes - Courseulles (Caen)	164.8
Total	<u><u>509.7</u></u>

Important notes

Maps - The route can be highlighted on Michelin France Tourist and Motoring Atlas 1:200,000 / 3.16 miles to 1 inch (best to buy almost A3 size, not A4). Page references are to the 2016 edition Number ISBN 978-2-06-720950-3. 2017 will have a different ISBN. Earlier 1:200,000 editions will be fine.

Distribution of final information packs and goody bags - we will make these available for collection in the Bedford/Milton Keynes area from Sunday 17 September. For teams unable to collect these in advance, they will be available in the reception at Novotel, Chartres on the Thursday evening before dinner - it is not critical to receive this in advance of the Thursday evening.

Start procedures

You must make yourself aware of the start procedures set out in full at the foot of the Calais - Chartres route notes. Day 1 start is from Chartres Novotel car park. From Friday to Sunday Breakfasts are from 06.00.

Emergency Telephone Number

The main emergency number in France is 112

Organisers

This event has been organised and marshalled by 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 welcome a visit from you. To find out more about the clubs, their activities and speaker programmes, please speak to any of the marshals or Google their websites. Alternatively telephone Rob Oakley (Bedford Park) 07721 336329 or Preston Ayres (Milton Keynes Grand Union) 07789 055599.

Routes on www.ridewithgps.com

The following links provide all routes used. These routes can be downloaded onto a Garmin.

Thursday	https://ridewithgps.com/routes/20995907	Drive - Channel Tunnel to Chartres Novotel
Friday	https://ridewithgps.com/routes/20596872	Cycle - Chartres to Port Brillet
Friday	https://ridewithgps.com/routes/21106399	Drive - Port Brillet to Rennes Novotel
Saturday	https://ridewithgps.com/routes/21106508	Drive - Rennes to Caulnes
Saturday	https://ridewithgps.com/routes/20601051	Cycle - Caulnes to Rennes
Sunday	https://ridewithgps.com/routes/20602940	Cycle - Rennes to Courseulles sur Mer
Sunday	https://ridewithgps.com/routes/21125292	Drive - Courseulles to Caen
Monday	https://ridewithgps.com/routes/21125623	Drive - Caen to Channel Tunnel

Important Notes to Route Instructions

1. On receipt of these directions, it is essential to print in colour in entirety - you will need them on the challenge

2. Just before getting on your bike, read notes for your planned mileage. They contain important warnings and "care" notifications and give guidance to the severity of elevations.

3. Whilst comprehensive arrowing is added at junctions by the marshals, the responsibility for following the correct route described here is that of the participants.

4. Follow the road on which you are travelling unless the route guidance indicates otherwise. At times the road you are on might go left or right, but despite no arrows would clearly be the obvious road to follow (white lines and road surface often assist you).

5. 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
Enter	=	Pass sign on entering 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 and drivers (difficult junction or hazard)
GW, Stop	=	Give Way or Stop - yes, you must obey the road signs
RHL/LHL	=	Right Hand Lane / Left Hand Lane
DNM	=	Do Not Miss (probably a hidden or not obvious junction)
!	=	Warning hazard ahead - must slow down (could be dangerous junc, gravel, speed hump, anything!)

Colour coding - Danger in red, climbs shown blue, down shown green

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.

Road numbers - we provide where we can. They are normally on sign posts. They are shown on all kilometre stones. Virtually all roads in France have road numbers. The numbers change when crossing "Departement" borders.

Daily cycle finish times - these are shown at the top of each page. **You must finish cycling by that time.** To assist teams to achieve this finish time, these directions provide guidance at interim positions required from 14.00 each day. We will remove arrows based on these interim timings. If you are at risk of falling behind this schedule, the whole team should drive forward for a while to get ahead of this schedule.

Gradient of climb - an indication is given for each climb. This is normally around the **maximum** gradient (but there may be an additional short spike).

Disclaimer 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 comply with all legal requirements and to exercise all requisite prudence and care for their own and others' safety at all times.

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.**
Cyclists - wave team cars through when possible, particularly on a long stretch of narrow road.

Calais to Chartres (213 miles) Approx driving time (no delays/stops) 3hrs 30mins

***** MANDATORY CYCLE START PROCEDURE & DINNER ARRANGEMENTS - See below *****

Autoroute to Rouen, directions avoid city centre, then Autoroute / Route Nationale to Chartres via Evreux & Dreux

	Inter	Cum		
Section	Miles	Miles	Road	Instructions & Signposts
1	0.0	0.0		Set trip at top of ramp
2	0.4	0.4		Follow signs A26, Calais par A16
3	0.8	1.2	A16	Keep L SP Boulogne, Rouen
4	0.7	1.9	A16	Join A16
5	7.6	9.5		Radar 130 kph (in dry)
6	13.4	22.9		Take ticket (for Péage)
7	41.3	64.2	A28	Fork R SP Le Tréport
8	0.6	64.8		Péage €8.10 (in April 2017)
9	0.2	65.0	A28	Keep R SP Le Tréport
10	1.2	66.2		Radar 110 kph
11	29.0	95.2		Radar 130 kph (in dry)
12	2.4	97.6	A28	Keep L SP Rouen
13	12.8	110.4	A28	Keep L SP Rouen
14	14.2	124.6	N28	Continue SO, road becomes N28
15	2.8	127.4		Radar 70 kph & enter tunnel
16	1.5	128.9	N28	Keep L SP Rouen Centre
17	0.5	129.4	N28	Keep L SP Rouen Centre
18	0.2	129.6		DNM Keep R SP A150 Cergy Pontoise & under tunnel
19	0.3	129.9		SO @ Lights SP Vernon & immed Keep R with church on your R
20	0.2	130.1	D6015	Keep R SP Paris Péage & Keep R (with river Seine on your R)
21	1.8	131.9	D6015	2nd exit @ O SP A13
22	1.3	133.2	D6015	2nd exit @ O SP A13
23	2.7	135.9	D7	1st exit @ O SP A13
24	1.4	137.3	D7	1st exit @ O (excl gated entrance) SP A13
25	0.7	138.0	D7	3rd exit @ O SP A13
26	0.2	138.2	D7	2nd exit @ O SP A13
27	0.3	138.5	D7	2nd exit @ O SP A13
28	0.2	138.7		Keep L & 2nd exit @ O SP Paris & under Autoroute
29	0.3	139.0	A13	1st exit @ O SP Vernon
30	7.4	146.4	A154	(mileage approx) RHL Fork R SP Evreux
31	0.3	146.7		Péage €2.10
32	4.4	151.1	N154	Continue SO, road becomes N154
33	6.8	157.9		Radar 110 kph
34	3.9	161.8		Something that looks like it may be radar 110 kph
35	1.7	163.5	N154	DNM Keep L SP Dreux
36	11.6	175.1		Radar 110 kph
37	5.1	180.2	N12	4th exit @ O SP Dreux 14
38	0.9	181.1	N12	2nd exit @ O SP Dreux 12
39	1.9	183.0	N12	2nd exit @ O SP Dreux
40	2.3	185.3		Radar 110 kph
41	2.7	188.0		Fork R SP Dreux & immed Keep R again SP Dreux Centre
42	0.4	188.4	D828	2nd exit @ O SP Chartres
43	0.2	188.6	D828	2nd exit @ O SP Chartres
44	0.4	189.0	D828	2nd exit @ O SP Chartres
45	1.0	190.0	D828	2nd exit @ O SP Chartres
46	0.8	190.8	D828	2nd exit @ O SP Chartres
47	0.3	191.1	N154	Keep R to avoid O SP Chartres (or 1st exit @ O)
48	15.0	206.1		Radar 110 kph
49		206.1		Please note, any arrows spotted today are for Friday cycle and hence will take you away from our hotels!

50	1.4	207.5	N154	TL @ rd junc SP Chartres Centre
51	1.5	209.0		SO @ X rds @ Lights by Credit Agricole
52	0.9	209.9		SO @ X rds @ Lights & under railway
53	0.3	210.2	N154	TL @ X rds @ Lights SP Paris
54	0.3	210.5		SO @ rd junc @ Lights
55	0.3	210.8		SO @ X @ Lights
56	0.2	211.0		TL @ X rds @ Lights SP Paris
57	0.2	211.2		SO @ X rds @ Lights
58	0.4	211.6		TOTAL Fuel - small forecourt but cheap!
59	0.3	211.9		1st exit @ O SP La Madeleine
60	0.3	212.2		DNM 2nd exit @ O SP Chambre de Commerce et L'Industrie
61	0.5	212.7		At traffic island, TL @ rd junc to Novotel (& Petit Dej)

If you see arrows near Chartres, they will be for tomorrow's route heading **away from the hotels!**

Address Novotel Chartres, 5 Ter, Avenue Marcel Proust, 28000 - Chartres

On arrival at Novotel, please report to marshals in Novotel hotel reception

*****DINNER & HOTELS*****

Dinner for all is at Novotel, Chartres at 7.45pm followed by a mandatory safety & information presentation

Thursday night we stay at Novotel Chartres & Petit Dej Hotels. Dinner & breakfast for all will be at Novotel (breakfast from 06:00). To find Petit Dej, drive into Novotel car park, turn right and keep going. The Petit Dej is in effect an annexe to Novotel. The full Novotel address and post code is shown above. Full hotel addresses (for Satnav) are shown for each hotel on the relevant day's directions

***** MANDATORY CYCLE START PROCEDURE*****

On safety grounds the daily start procedure will follow that applied in previous years. This keeps the field more compact (which improves safety and friendliness) and reduces the likelihood of cyclists catching the marshal arrowing teams. Your cycle team will be allocated a start group, A, B, C or D (based on anticipated cycle speeds). We will endeavour to put the expected slowest teams in group A, the expected fastest teams in group D and others in group B or C. **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. Start times are shown at the head of the route notes for each day.

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 Chartres to Rennes (Cycle finishes at Port Brillet 170.7 miles)						
MANDATORY START TIMES Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10, Group D 8.30-8.40. From 14:00 time cut-off points are shown achieving 18:15 cycle finish. Marshals will remove arrows on this basis						
Section	Page	Inter miles	Cum miles	Road	Narrative	Latest Time
Summary of Day 1 and Key Information Start: Novotel Chartres Finish Cycling: Port Brillet & drive to Rennes						
Day 1 Facts 170.7 miles 9,886 ft elevations 14 climbs noted totalling about 10.5 miles						
We start from the Novotel car park and in less than a mile we are in the countryside. No long climbs today but a few short ones and some are pretty steep - see below! The 10,000 ft of elevations will be evenly spread out across the team. We travel due west and cycle through many forests to provide a little protection (either from the hot sun or perhaps a westerly breeze). We spend many miles in the Commune du Parc du Peche – look out for chateaux, ruins and fish lakes. By choosing the best roads to cycle, we finish short of Rennes in a town square by a cafe in the village of Port Brillet. We then have a 40 minute drive to our one hotel in Rennes (where we stay for two nights).						
1	69		0.0		Start is Novotel car park (by hotel) - set vehicle trip to zero	
2		0.1	0.1		Stop TR at T No SP	
3		0.4	0.5		1st exit @ O SP Paris	
4		0.4	0.9	D32	! busy 3rd exit @ O SP Champhol	
5		0.2	1.1	D823	2nd exit @ O SP Champhol	
6		1.8	2.9	D6	1st exit @ O SP St Prest	
7		0.6	3.5	D6	2nd exit @ O SP St Prest Centre	
8		0.3	3.8		!! Bad speed ramp on downhill	
9		0.0	3.8		100 yards over railway crossing	
10		0.3	4.1		Follow rd to L & over river Eure	
11		0.1	4.2	D6 2	2nd exit @ O SP Leves 4	
12		0.8	5.0	D340 1	DNM TR @ rd junc SP Poisvilliers & climb for 0.6 (7%)	
13	49	0.8	5.8	D340	! SO @ X rds (over fast main road D906) SP 7.5t	
14		1.3	7.1		Enter Poisvilliers	
15		0.1	7.2		! Stop SO @ X rds No SP (our way)	
16		0.2	7.4	D133	! Stop TL @ T Rue du Village	
17		0.0	7.4	D133	150yds Stop TR @ rd junc SP Fresnay le Gilmert 4	
18		0.2	7.6		Over Autoroute	
19		0.5	8.1		Follow rd to R No SP	
20		1.7	9.8		Enter Fresnay le Gilmert	
21		0.5	10.3	D133	Follow rd to L (by X rds sign) & SO @ X rds to leave Fresnay	
22		1.3	11.6		Enter Briconville & over railway crossing	
23		0.1	11.7		GW SO @ rd junc No SP	
24		0.2	11.9	D121	Follow rd to R SP Clévilliers	
25		0.1	12.0	D121	Follow rd to L SP Clévilliers	
26		0.4	12.4		! Over railway crossing at an angle	
27		0.2	12.6		Enter Clévilliers	
28		0.3	12.9	D148 D134	! Stop TL @ X rds poor visibility, gravel maybe SP Châteauneuf en Thymerais & over railway crossing & TR @ rd junc SP Bilheux 4.5	
29		2.8	15.7		Enter Bilheux	
30		0.5	16.2		Enter Écublé	
31		0.1	16.3		Stop SO @ X rds No SP our way	
32		2.4	18.7	D26	GW TL @ T No SP our way	
33		1.1	19.8		Enter Châteauneuf en Thymerais	
34		0.1	19.9		Stop SO @ X rds No SP	
35		0.1	20.0	D939	Stop SO @ rd junc (up main road) No SP our way	
36		0.2	20.2	D928	TL @ X rds @ Lights SP Le Mans	
37		0.2	20.4		TR @ rd junc (or 1st exit @ O) SP Stade Houdard	
38		0.0	20.4		DNM 100 yds TL @ X rds No SP Rue du Point du Jour	
39		0.7	21.1	D140 15	TL @ X rds SP Hauterive 4	
40		2.2	23.3		Enter Hauterive	
41		0.2	23.5	D133	GW TL @ T SP Jaudrais	
42		0.0	23.5	D140 15	100 yds TR @ rd junc SP Jaudrais 3.5	
43		1.7	25.2		GW TL @ T	
44		0.5	25.7		Enter Jaudrais	
45		0.1	25.8	D30	Stop SO @ rd junc SP Brezolles	
46		0.3	26.1	D140	Stop TL @ rd junc SP Senonches 7	
47		0.6	26.7	D320 3	DNM Fork R SP Les Épinières	
48		1.0	27.7	D320 3	Follow rd to L SP La Motte 1.7	
49		1.1	28.8		Follow rd to L No SP	
50		0.5	29.3	D20	Stop TL @ T No SP	

Day 1 Chartres to Rennes (Cycle finishes at Port Brillet 170.7 miles)					
51		0.8	30.1	D319 2	TR @ rd junc SP Autres Directions & immed keep SO
52		0.7	30.8		Enter Senonches
53		0.2	31.0	D319 2	! Treat as GW SO @ X rds SP Autre Directions
54		0.2	31.2	D941	1st exit @ O SP La Ferté Vidame
55		1.0	32.2		Enter Tardais
56		5.4	37.6		Enter La Ferté Vidame
57		0.5	38.1		! TL @ rd junc over cobbles SP Chapelle de Reveillon 3.5t no lorries
58		0.3	38.4		GW TL @ X rds SP Foret des Mousseuses-Arboretum & leave town & look to your L after junc
59		0.3	38.7	D4	DNM TR @ rd junc SP Marchainville 7 (road becomes D11)
60	48	4.0	42.7	D11	Enter Marchainville
61		0.3	43.0	D11	TR @ rd junc SP Longny au P 7 & descent for 2 miles
62		4.3	47.3		Enter Longny au Pérche & chicane
63		0.5	47.8	D8	GW Big O Take exit to Feings (before church)
64		0.1	47.9	D8	DNM TR @ rd junc SP Feings & climb for 0.6 (9%)
65		2.1	50.0		Down for 0.9 (6%)
66		0.9	50.9		Climb for 1.3 (6%)
67		3.2	54.1	D5	TR @ X rds SP Feings 4
68		1.5	55.6		Climb for 0.3 (8%)
69		0.8	56.4		Enter Feings
70		0.1	56.5	D281	Stop TL @ X rds SP Villiers s/s Mortagne 3.5 & climb for 0.7 (9% max) & then down
71		1.9	58.4	D281	Enter Villiers sous Mortagne & SO @ O SP vers RN12
72		1.4	59.8	D312	! GW TL @ T SP Mortagne au P 3 & then SO @ rd junc
73		0.8	60.6	D930	2nd exit @ O SP Alençon & over N12
74		0.0	60.6	D205	100 yds 2nd exit (3rd road) @ O SP St Hilaire le Châtel & down for 1.7 (7%)
75		1.5	62.1		Enter St Hilaire le Châtel
76		0.1	62.2	D205	Stop SO @ rd junc No SP & in 30 yds Follow rd to R ! Do not cut bend SP Ste Céronne
77		0.3	62.5		Enter Ste Céronne lès Montagne
78		0.1	62.6		TL @ rd junc by cross No SP & climb 0.3 (14%)
79		0.8	63.4		Climb for 0.3 (11%)
80		0.3	63.7	D273	TL @ T SP Bazoches s/ Hoëne 5 & down for 1.3 (5%)
81		1.5	65.2	D932	TR @ T SP Moulins la Marche 10
82		0.1	65.3	D251	DNM TL Sharp @ rd junc SP Bzoches s/H 3
83		1.4	66.7		Enter Bazoches sur Hoëne
84		0.5	67.2	D408	Stop TR @ X rds SP Sées
85		0.2	67.4	D251	DNM TL @ rd junc SP Le Mêlé s/S 10
86		2.0	69.4	D227	DNM TR (effectively SO) @ rd junc SP Laleu
87		0.0	69.4	D227	50 yds Follow rd to L SP Sées
88		2.3	71.7	D227	Enter Laleu & ! Stop SO @ X rds SP Montchevrel 4
89		0.2	71.9	D516	TL @ rd junc SP St Aubin d A
90		1.7	73.6		! Stop SO @ X rds (over D4) SP La Saussaie
91		1.2	74.8	D214	GW TR @ T No SP
92		0.7	75.5	D518	TL @ rd junc SP Aunay Les B 1
93		0.5	76.0		Enter Aunay les Bois
94		2.0	78.0	D31	Stop TL @ T SP Essay 1
95		0.1	78.1		Enter Essay
96		0.0	78.1	D42	100 yds Stop TR @ T SP Alençon
97		0.4	78.5		Down 10% in town with care !
98		0.1	78.6	D42	Follow rd to R SP Sées
99		0.2	78.8	D31	Fork L @ Lights SP Ménil Erreux 6
100		1.4	80.2	D309	TR @ X rds SP Bursard 0.2
101		0.2	80.4	D759	Stop TL @ X rds SP St Gervais du P
102		2.5	82.9		Over A28 & railway & enter St Gervais du Perron & TL @ T No SP
103		0.4	83.3	D138	TL @ T No SP
104		1.1	84.4		Enter Vingt Hanaps
105		0.4	84.8		DNM TR @ X rds SP Maison de la Rando Vignobles & steep climb for 0.4 (14%)
106	47	0.2	85.0		Enter Vingt Hanaps (again)
107		0.7	85.7		Over D438
108		0.4	86.1		TL @ X rds No SP
109		0.1	86.2		TR @ rd junc SP Les Chauvieres

Day 1 Chartres to Rennes (Cycle finishes at Port Brillet 170.7 miles)					
110		0.4	86.6		SO @ X rds SP Carrefour du Rendez-Vous 2
111		1.1	87.7		TR @ T No SP
112		0.2	87.9		TL @ rd junc (NOT sharp L) SP Cr de la Branloire & Carrefour de la Branloire (D226) 2.9
113		1.1	89.0		Follow rd to R
114		0.7	89.7	D226	Stop TL @ X rds No SP
115		1.3	91.0	D26	Stop TR (SHARP) @ X rds SP Point D'Eau & nice down for 1.7 (6%)
116		2.6	93.6	D908	! Stop TL @ X rds SP Carrouges & lovely gradual descent for 3.6
117		3.6	97.2		Gradual climb for 1.5 (up to 6%)
118		1.5	98.7		Descent for 1.6
119		1.6	100.3		Climb for 0.5 (6%)
120		1.6	101.9	D909 A	2nd (maybe 3rd) exit @ O SP Alençon
121		0.2	102.1	D909	1st exit @ O SP Flers & enter Carrouges
122		0.4	102.5	C6	DNM Hidden TL @ X rds SP Lignièrès o Couptrain & down for 0.7
123		0.2	102.7	D16	! Cobbles SO @ O & then more cobbles Attractive chateau with moat on L. Time to view?? In a couple of miles road becomes D3
124		3.5	106.2	D221	Stop TL @ T SP Ciral & immed TR @ rd junc SP St Samson 7
125		1.4	107.6		Climb for 1.3 (up to 6%)
126		3.1	110.7		Enter St Samson
127	67	1.3	112.0		2nd exit @ O SP Pré en Pail
128		0.1	112.1		Enter Pré en Pail
129		0.3	112.4		Follow rd to R Rues des Troenes
130		0.2	112.6	D244	3rd exit @ O SP Toutes Directions
131		0.2	112.8	D176	GW TL @ T SP Autres Directions
132		0.0	112.8	N12	50 yds 1st exit @ O SP Laval
133		0.1	112.9	D20	DNM TL @ rd junc SP Villaines la Juhel
134		0.0	112.9	D20	50 yds TR @ rd junc SP Villaines la Juhel 15 & climb for 1.1 (up to 6%) & half mile break & further climb
135		5.1	118.0	D218	TR @ rd junc SP Villepail 2 & down for 1.0 (6%)
136		1.1	119.1		Enter Villepail
137		0.1	119.2		DNM TL @ rd junc SP Villaines la Juhel 7
138		0.2	119.4	D256	TR @ rd junc SP Loupfougères 9
139		2.5	121.9	D256	Stop SO @ X rds (over D13) SP Loupfougères 6
140		1.1	123.0	D256	Stop SO @ X rds (over D219) SP Loupfougères 4
141		1.9	124.9	D113	Stop TR @ T No SP
142		0.3	125.2		Enter Loupfougères
143		1.3	126.5	D256	TL @ rd junc SP Champgenéteux 5
144		2.7	129.2		Enter Champgenéteux
145		0.2	129.4	D147	Stop TL @ T & Keep L
146		0.0	129.4	D20	100yds Stop TR @ X rds SP Bais 5
147		1.4	130.8		Down for 1.1 (7%)
148		0.9	131.7		Enter Bais
149		0.2	131.9	D35	GW TL @ T with care ! SP Bais-Centre
150		0.5	132.4	D20	TR @ rd junc SP Ste Gemmes le Robert 7
151		0.1	132.5	D241	TR @ X rds SP Hambers 4
152		2.2	134.7		Enter Hambers
153		0.2	134.9		2nd exit @ O No SP
154		0.0	134.9	D241	100 yds SO over cobbles to D241 SP Jublains 6
155		0.3	135.2	C6	SO @ X rds SP Montourtier 12
156		3.4	138.6	VC4	! Stop SO @ X rds (over D7) SP Montourtier 6t
157	66	2.1	140.7		GW SO @ X rds (over D129) SP 13t
158		1.7	142.4		Enter Montourtier
159		0.1	142.5	D207	Follow rd to R SP Belgeard 6
160		0.0	142.5	D519	50 yds TL @ rd junc SP La Bazouge des Alleux
161		2.5	145.0		! Stop SO @ X rds (over D24) SP 13t
162		0.7	145.7		Enter La Bouzouge des Alleux
163		0.1	145.8	D12	TR @ X rds No SP
164		2.4	148.2		Enter Martigné sur Mayenne
165		0.2	148.4	D12	SO @ O No SP
166		0.2	148.6	D12	2nd exit @ O SP Mayenne
167		0.2	148.8	D12	2nd exit @ O SP Montgiroux 3.5
168		2.0	150.8	D620	DNM TL @ rd junc SP Sacé
169		1.2	152.0		Climb for 0.7 (max 7%)
170		0.5	152.5		Enter Sacé

Day 1 Chartres to Rennes (Cycle finishes at Port Brillet 170.7 miles)						
171		0.1	152.6		Follow rd to R (one way) No SP	
172		0.1	152.7	D250	TR off one way system SP Montflours	
173		1.3	154.0		Enter Montflours	
174		0.1	154.1	D250	SO @ X rds SP St Jean sur Mayenne 6	
175		3.5	157.6	D131	TR @ T & over river Mayenne SP St Jean sur Mayenne	
176		0.1	157.7	D162	TL @ O SP St Germain le Fouilloux	
177		0.3	158.0	D162	2nd exit @ O SP Changé	
178		0.3	158.3	D133	1st exit @ O SP St Germain le Fouilloux 3	
179		1.4	159.7		Enter St Germain le Fouilloux	17:30
180		0.3	160.0	D133	2nd exit @ O SP St Ouën des Toits	
181		3.4	163.4	D115	Stop TL @ T SP St Ouën des T 4	
182		0.7	164.1	D115	2nd exit @ O SP Laval	
183		0.2	164.3	D115	2nd exit @ O SP St Ouën des T 3	
184		1.4	165.7		Enter St Ouën des Toits	
185		0.4	166.1	D30	TR @ T SP Le Bourgneuf la Forêt 6	
186		0.0	166.1	D115	20 yds DNM TL @ rd junc SP Olivet 2.5	
187		1.3	167.4		Enter Olivet	18:00
188		0.2	167.6	D576	TR @ rd junc SP Port-Brillet 5	
189		2.4	170.0		Enter Port Brillet	
190		0.5	170.5		Stop & SO	
191		0.2	170.7		TR into Day 1 Cycle Finish. Car Park on R and also Le Brillet Pontin Bar, Restaurant & Auberge	18:15
192	Drive to Hotel Novotel Rennes Alma, Allée d'Ukraine, 35200 Rennes. We all stay for two nights and eat Friday there - Dinner 20.00, followed by briefing. Saturday dinner is scatter in town - why not book a restaurant this evening for tomorrow. Approx driving time 45 minutes (36.7 miles). This route will NOT be arrowed. Both days Breakfast is from 06.00					
193			0.0		TR out of car park & reset trip to zero	
194		0.1	0.1	D576	Stop SO, over railway crossing & Turn Slight R (lake on your R) SP St Pierre la Cour	
195		0.2	0.3	C5	At end of lake, TL @ rd junc SP La Gravelle	
196		0.5	0.8		Follow rd to L SP La Gravelle 5	
197		1.4	2.2		Follow rd to L No SP	
198		0.7	2.9	D57	TR @ T SP La Gravelle 2	
199		1.9	4.8	D57	2nd exit @ O SP A81	
200	65	0.2	5.0	N157	DNM Keep L SP Rennes & Keep L again onto N157	
201		19.1	24.1		Radar 110 kph	
202		9.6	33.7		Radar 90 kph Road becomes N136 at Rennes Ring Road ("Rocarde")	
203		2.6	36.3		DNM Leave N136 at Junc 6b Porte D'Alma & immed Keep L	
204		0.2	36.5		3rd exit @ O	
205		0.2	36.7		TL into Novotel car park	
206					To obtain FUEL nearby - Route NOT arrowed	
207			0.0		Set trip to Zero, TL out of Novotel car park & immed SO @ O SP P1,P2	
208		0.2	0.2		1st exit @ O SP P1,P2	
209		0.0	0.2		80 yds TL @ O SP P1,P2	
210		0.3	0.5		3rd exit @ O SP Rocarde Est	
211		0.0	0.5		20 yds TR into Total FUEL	
212					To return to Novotel, Rennes - Route NOT arrowed	
213			0.0		Set trip to zero, TR out of Total Fuel	
214		0.0	0.0		50 yds SO @ O SP P1,P2	
215		0.3	0.3		1st exit @ O	
216		0.0	0.3		80 yds 3rd exit @ O SP P3,P4,P5	
217		0.2	0.5		2nd exit @ O SP P3,P4,P5	
218		0.0	0.5		50 yds TR into Novotel car park	

Day 2 Cycle - Caulnes - Rennes (174.2 miles)

START TIMES FROM RENNES ALL IN VEHICLE (No Marshals) Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10, Group D 8.30-8.40. Report to Marshals at Caulnes to be timed out. Must finish cycling by 18.30

Section	Page	Inter miles	Cum miles	Road	Narrative	Latest Time
Summary of Day 2 Cycle and Key Information Start: Caulnes Finish: Novotel Rennes						
Day 2 Facts 174.2 miles 7,388ft elevations 8 climbs noted totalling 7.6 miles						
The strategy of driving to Caulnes means that we reach the north Brittany coast after just 38 miles of cycling. We follow the coast almost to Cap Fréhel and turn back south alongside Frenaye Bay. We return to the coast by St Janut before dropping inland to take a quiet bridge across the river Rance south of St Suliac. Now heading north we re-join the coast on the eastern edge of St Malo at 89 miles. Do not be misled into believing that the coastline is flat - some of our elevations (and fantastic views) are on the coastal cliffs. We finally leave the coast today at 105 miles, continuing our ride through the undulating picturesque countryside, cycling right back to the Novotel car park. Tonight, you have to dine out out (the hotel restaurant is closed) giving you the chance to do a little sightseeing in Rennes.						
1			0.0		Drive to Caulnes with whole team in vehicle - should be less than 40 minutes. Route to Caulnes NOT arrowed	
2			0.0		Zero trip. Stop TR out of Novotel car park	
3		0.2	0.2		1st exit @ O SP Lorient Rocarde Ouest & join ring road (Rocarde)	
4		3.5	3.7	N12:N1012	Exit Junc 11 SP St Brieve, Brest	
5		0.4	4.1		Take L fork	
6		1.6	5.7	N12	Join N12 from N1012 spur	
7	64	6.0	11.7		Shell FUEL (if you forgot to top up)	
8		5.0	16.7		Radar 110 kph	
9		5.6	22.3	N12	Keep L, stay on N12	
10		5.8	28.1	D766	Exit N12	
11		0.3	28.4	D766	Stop TR @ T SP Dinan	
12		0.6	29.0		Enter Caulnes	
13		0.4	29.4		TL into Station car park SP Gare SNCF. Report to Start marshals. Cycling starts here. Have a good day	
14		0.0	0.0		Zero trip on vehicle at car park exit. ! SO @ X rds Care crossing D766 SP Pont Bascule 2	
15		0.2	0.2	D25	Stop TR @ T	
16		0.5	0.7		Climb for 1.1 (max 7%)	
17		2.9	3.6		Enter Guitté	
18		0.2	3.8	D89	! Stop Poor visibility TL @ X rds SP Dinan	
19		1.5	5.3	D89	Follow rd to L SP Yvignac	
20		0.5	5.8		Follow rd to L No SP	
21		0.3	6.1	D39	TL @ T SP Dinan	
22		1.1	7.2	D39	Under D766 & then 1st permitted exit @ O SP Yvignac	
23		2.8	10.0		Enter Yvignac la Tour	
24		0.4	10.4		Stop TL @ T No Sp	
25		0.1	10.5	D89	! DNM TR (Hidden) @ X rds SP Plélan le Petit by church with very interesting tower & then SO (NOT R)	
26		3.0	13.5		Enter Languédias	
27		0.1	13.6		! Bad speed ramp	
28		0.1	13.7		DNM TR @ rd junc Rue de L'Avenir	
29		0.2	13.9		GW TL @ T No SP	
30		0.0	13.9		40 yds ! Bad speed ramp	
31		0.1	14.0		Stop TR @ X rds SP Moulin-Étang 3.5t	
32		0.3	14.3		! Narrow bridge vans with caution 2.5m width	
33		0.9	15.2		TL @ T No SP	
34		0.1	15.3	D19	! GW TR @ T No SP	
35	44	1.1	16.4		Enter Plélan le Petit	
36		0.4	16.8	D19	! Stop SO @ X rds SP St Méloir des Bois	
37		1.4	18.2	D89	SO @ X rds No SP	
38		1.2	19.4		Enter St Méloir des Bois	

Day 2 Cycle - Caulnes - Rennes (174.2 miles)

START TIMES FROM RENNES ALL IN VEHICLE (No Marshals) Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10, Group D 8.30-8.40. Report to Marshals at Caulnes to be timed out. Must finish cycling by 18.30

Section	Page	Inter miles	Cum miles	Road	Narrative	Latest Time
39		0.2	19.6	D89	TL @ rd junc SP Plorec s/Arguenon	
40		1.3	20.9	D89	! Stop 1/2 R over X rds SP Plorec s/Arguenon	
41		1.8	22.7		GW TR @ T No SP & enter Plorec s/Arguenon	
42		0.1	22.8	D68	Round church (new layout being created on recce) to leave junc on D68 SP Pléven & Down for 0.9 (8%)	
43		1.4	24.2		Enter Pléven	
44		0.3	24.5	D28	TL @ X rds SP Landébia	
45		0.0	24.5	D68	100 yds TR @ rd junc SP Landébia	
46		0.6	25.1	D16	GW TR @ T SP Landébia	
47		0.9	26.0		Enter Landébia	
48		0.2	26.2		! Over Ruf railway crossing	
49		0.5	26.7	D89	2nd exit @ O No SP	
50		1.0	27.7	D89	Stop SO @ X rds (over D768) SP Héanbihen	
51		0.6	28.3	D89	Follow rd to L SP Héanbihen	
52		2.2	30.5	D17	GW TL @ T SP Héanbihen	
53		0.3	30.8		Enter Héanbihen	
54		0.2	31.0	D17	Follow rd to L SP Pléneuf val André	
55		0.1	31.1	D13	TR @ X rds @ Lights SP Matignon 8	
56		0.1	31.2	D89	TL @ X rds SP Plurien	
57		0.9	32.1		Follow rd to L & climb for 1.1 (9% max)	
58		1.2	33.3	D89	! Stop poor visibility SO @ X rds SP Plurien (cross D14)	
59		2.5	35.8	D89	SO @ X rds (over D786) SP Plurien & enter Plurien	
60		0.2	36.0		1st exit @ O SP Camping	
61		0.2	36.2	D89	TL @ T No SP & immed Follow rd to L SP Sables d'Or	
62		0.3	36.5	D34	TR @ T SP Sables d'Or les Pins	
63		0.6	37.1		Enter Sables d'Or les Pins	
64		0.4	37.5		SO @ O & enter Sables d'Or les Pins Commerce Fréhel	
65		0.3	37.8		Follow rd to R No SP	
66		0.3	38.1		Climb for 0.6 (12%)	
67		2.1	40.2	D34	Enter Pléhérel Plage & DNM TL @ rd junc SP Cap Fréhel	
68		1.4	41.6	D34	SO @ rd junc	
69		2.0	43.6	D34	1st exit @ O SP Dinard	
70		0.7	44.3		DNM TL @ rd junc SP Fort La Latte	
71		1.0	45.3		TR @ rd junc SP Cidres Femiers Bretons	
72		0.6	45.9	D117	Follow rd to L SP Matignon	
73		1.6	47.5	D34	TL @ T SP Erquy	
74		0.0	47.5		60 yds DNM TL @ rd junc Rue de la Saudraie	
75		0.2	47.7		Follow rd to R SP La Vallée & Down for 0.6 (8%)	
76		1.5	49.2	D786	GW TL @ X rds SP (cycle) St Malo 43 & over bridge & climb for 0.8 (6%)	
77		1.6	50.8		Climb for 1.8 (incl 0.3 down) (6% max)	
78		1.3	52.1		Enter Matignon	
79		0.2	52.3		GW Join one-way system & continue round until TR for D794 SP St Potan	
80		0.4	52.7		DNM TL @ rd junc SP Communauté de Communes	
81		0.1	52.8		Follow rd to L No SP	
82		0.5	53.3		SO @ X rds	
83		0.4	53.7		Stop SO @ X rds Rue du Petit Train	
84		0.7	54.4		Stop SO @ X rds 3.5t	
85		0.6	55.0		Stop SO @ X rds 3.5t	
86		0.2	55.2		TL @ X rds SP Toutes Directions	
87		0.1	55.3	D786	2nd exit @ O SP Dinard	
88		0.7	56.0		Follow rd to R	
89		0.6	56.6		Over bridge & Climb for 0.8 (4%)	
90		1.1	57.7	D62	TL @ rd junc SP St Jacut de la Mer	
91		0.6	58.3		Enter St Jacut de la Mer	

Day 2 Cycle - Caulnes - Rennes (174.2 miles)

START TIMES FROM RENNES ALL IN VEHICLE (No Marshals) Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10, Group D 8.30-8.40. Report to Marshals at Caulnes to be timed out. Must finish cycling by 18.30

Section	Page	Inter miles	Cum miles	Road	Narrative	Latest Time
92		0.7	59.0		! Bad speed ramp	
93		0.1	59.1	D62	2nd exit @ O SP Jacut de la Mer Centre	
94		0.5	59.6	D26	1st exit @ O SP Ploubalay	
95		1.5	61.1	D26	2nd exit @ O SP Plessix-Balisson	
96		3.2	64.3		Enter Plessix-Balisson	
97		0.0	64.3		100yds ! Speed ramp	
98		0.1	64.4	D26	Follow rd to R SP Dinan	
99		0.0	64.4	D26	100yds Follow rd to R SP Dinan	
100		2.0	66.4		Enter Languenan	
101		0.1	66.5	D28	TL @ X rds SP Pleslin-Trigavo	
102		0.1	66.6		1st exit @ O No SP	
103		1.8	68.4		Enter La Rougerais	
104		0.1	68.5	D28	2nd exit @ O SP Plesnin-Trigavo (cross D2)	
105		1.6	70.1		Enter Pleslin	
106		0.3	70.4	D366	2nd exit @ O & immed Follow rd to R SP Plouer s Rance	
107		1.1	71.5	D366	1st exit @ O SP Dinan	
108		1.1	72.6	D12	2nd exit @ O SP St Malo & over N176	
109		0.3	72.9	D366	Enter Plouer sur Rance & 3rd exit @ O SP Les Landes	
110		0.3	73.2		SO @ X rds @ Lights SP Châteauneuf d'Ille et Vilaine	
111		1.2	74.4		Enter Port St Hubert	
112		0.4	74.8		Over river Rance & enter Port St Jean	
113		0.6	75.4	D366	Keep L & over bridge (over N176)	
114		0.6	76.0		Enter La Ville es Nonais	
115		0.2	76.2	D407	DNM TL @ X rds SP Saint Suliac, 3.5t	
116		0.5	76.7		Follow rd to L & then R	
117		0.4	77.1	D7	TL @ T SP St Suliac	
118		1.2	78.3		Enter Saint Suliac & 100 yds SO @ X rds SP St Malo	
119		0.2	78.5	D117	TR @ X rds SP St Malo	
120		1.0	79.5		<i>Climb for 0.6 (5%)</i>	
121		0.2	79.7	D117	Follow rd to L SP St Jouan 2.6	
122		0.3	80.0		Enter St Père	
123		0.2	80.2	C13	TR @ rd junc SP St Père 2.4 & under D137	
124		0.6	80.8	D5	TL @ X rds SP La Chapelle de la Lande	
125		1.1	81.9		SO @ X rds (over D4) SP (cycle) St Malo	
126		0.0	81.9		100 yds DNM SO @ rd junc (do NOT go L) No SP	
127		0.6	82.5		! Stop TR @ X rds No SP	
128		0.4	82.9	D74	Stop TL @ X rds SP La Motte Rouxel	
129		0.5	83.4		Over railway crossing	
130		0.7	84.1		TL @ X rds SP La Croix de Bois	
131		0.8	84.9		Stop SO @ X rds (over D2) SP Le Pont Prin @ 500m	
132		1.4	86.3		TR @ T No SP & immed TL @ rd junc Route de la Massuère	
133		0.3	86.6	D155	! TL @ T No SP	
134		0.3	86.9		Enter St Malo	
135		0.4	87.3	D355	1st exit @ O SP Cancale	
136		0.4	87.7		TL @ X rds SP Saint Ideuc	
137		0.5	88.2		1st exit @ O SP Rothéneuf & then Follow rd to L	
138		0.5	88.7		Follow rd to L	
139		0.3	89.0		Enter St Malo (again)	
140		0.3	89.3	D201	GW TR @ T SP Cancale (hidden)	
141		4.5	93.8		<i>Climb for 0.8 (4%)</i>	
142	45	3.0	96.8	D201	TR @ T & enter Port Mer	
143		0.5	97.3		Enter Port Picain	
144		1.2	98.5		Enter Cancale	
145		0.1	98.6		2nd exit @ O SP Toutes Directions	
146		0.3	98.9		SO @ X rds @ Lights SP Rennes (no, we are not nearly home)	
147		0.4	99.3		2nd exit @ O No SP	

Day 2 Cycle - Caulnes - Rennes (174.2 miles)

START TIMES FROM RENNES ALL IN VEHICLE (No Marshals) Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10, Group D 8.30-8.40. Report to Marshals at Caulnes to be timed out. Must finish cycling by 18.30

Section	Page	Inter miles	Cum miles	Road	Narrative	Latest Time
148		2.0	101.3		DNM TR @ rd junc SP St Malo	
149		0.4	101.7	D155	TL @ X rds @ Lights SP Cancale (hidden) & under bridge & SO	
150		2.1	103.8		Enter Saint Benoit des Ondes	
151		0.6	104.4		Over river bridge	
152		0.2	104.6		Enter Vildé la Marine	
153		0.2	104.8	D7	1st exit @ O SP La Fresnais	
154		1.0	105.8		Enter La Fresnais	
155		0.3	106.1		Stop SO @ X rds (cross D75) No SP	
156		0.1	106.2		Over railway crossing	
157		0.4	106.6		Stop R & L (over D4) Rue de la Machine	14:00
158		1.1	107.7	D75	TL @ rd junc SP Lillemer 2	
159		0.9	108.6		Enter Lillemer	
160		0.3	108.9	D8	! Stop TR @ X rds SP St Guinoux 3	
161		0.5	109.4	D75	Stop TL @ T SP Plerguer 4.5	
162		1.3	110.7	D75	2nd exit @ O SP Le Mont St Michel & over N176	
163		0.2	110.9	D75	3rd road @ O SP Plerguer	
164		0.7	111.6		Enter Plerguer	
165		0.3	111.9		! Over Ruf railway crossing	
166		0.3	112.2		2nd exit @ O SP Miniac Morvan	
167		0.3	112.5		Stop SO @ X rds No SP	
168		0.2	112.7	D75	Stop SO @ X rds SP Le Tronchet	
169		0.6	113.3		SO (& Slight L) over multiple junc SP Le Tronchet	14:30
170		1.5	114.8		Enter Le Tronchet	
171		0.5	115.3	D9	! TL @ rd junc (Do NOT cut) SP Bonnemain	
172		0.9	116.2	D9	Stop SO @ X rds SP Bonnemain 5	
173		1.2	117.4	D9	! Poor visibility Stop SO @ X rds SP Bonnemain	
174		1.2	118.6		Enter Bonnemain	
175		0.4	119.0	D9	Fork R by memorial & church & take D9 to Cuguen	
176		0.4	119.4		Over railway crossing	
177		0.8	120.2	D9	! Stop SO @ X rds (cross D795) SP Cuguen	15:00
178		3.4	123.6	D9	Stop TR @ T SP Cuguen	
179		0.4	124.0		Enter Cuguen	
180		0.1	124.1	D83	Stop TL @ T SP Mont St Michel	
181		0.1	124.2	D285	TR @ rd junc SP St Léger des Prés	
182		1.1	125.3	D796	Stop TL @ X rds SP Bazouges la P	
183	65	4.2	129.5		Enter Bazouges la Pérouse	15:30
184		0.3	129.8		Stop SO @ X rds SP Toutes Directions	
185		0.2	130.0	D90	Stop TR @ X rds SP Sens de Bgne & <i>Down for 1.3 (4%)</i>	
186		3.6	133.6		Enter St Rémy du Plain	
187		0.2	133.8	D794	TL @ T SP Sens de B 5	
188		2.8	136.6		Enter Sens de Bretagne	16:00
189		0.4	137.0	D794	TL @ T SP St Aubin 14	
190		0.5	137.5	D794	! Stop SO @ X rds SP A84 12	
191		1.3	138.8	D97	TR @ rd junc SP Gahard 4	
192		2.2	141.0		Enter Gahard	
193		0.2	141.2	D92	TL @ X rds SP Ercé Près L 5	
194		0.4	141.6	D92	TR @ T SP Ercé Près L 5	
195		2.8	144.4		Enter Ercé Près Liffré	16:30
196		0.3	144.7		1st exit @ O No SP	
197		1.7	146.4	D97	DNM TL @ rd junc SP Chasné s/I	
198		0.9	147.3		Enter Chasné sur Illet	
199		0.1	147.4		1st exit @ O No SP	
200		0.1	147.5	D25	TL @ rd junc SP Mouazé	
201		0.3	147.8	D97	3rd exit @ O SP St Sulpice la Forêt 3	
202		1.3	149.1		Enter St Sulpice la Forêt	
203		0.6	149.7	D528	TL @ X rds SP Abbaye	

Day 2 Cycle - Caulnes - Rennes (174.2 miles)

START TIMES FROM RENNES ALL IN VEHICLE (No Marshals) Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10, Group D 8.30-8.40. Report to Marshals at Caulnes to be timed out. Must finish cycling by 18.30

Section	Page	Inter miles	Cum miles	Road	Narrative	Latest Time
204		0.1	149.8	D227	TR @ T SP M1-Forêt 5	16:55
205		4.7	154.5	D92	! Stop TR @ X rds SP Acigné 6	
206		4.6	159.1		Enter Noyal sur Vilaine & 2nd exit @ O SP Noyal sur Vilaine Centre 2	17:30
207		0.3	159.4		FUEL available (relatively cheap)	
208		0.3	159.7		2nd exit @ O No SP	
209		0.3	160.0		SO @ X rds @ Lights No SP	
210		0.1	160.1		Over N157	
211		0.1	160.2	D292	2nd exit @ O SP Châteaugiron	
212		0.1	160.3		DNM Turn 1/2 R @ rd junc SP Le Chene Rond	
213		1.4	161.7		Over railway	
214		0.5	162.2	VC10	TR @ X rds SP Route des Grées	
215		0.6	162.8	D32	Stop TL @ T No SP	
216		0.6	163.4	VC107	DNM TR @ rd junc SP Route de la Cheminée & Keep R	
217		0.6	164.0	VC101	TL @ T SP Route du Nugué	
218		0.8	164.8		GW TR @ T No SP	
219		0.0	164.8		80 yds TL @ rd junc opposite 70 No SP	
220		0.2	165.0		GW SO @ X rds (cross D463) SP 10t en transit	
221		1.8	166.8		! Stop SO @ X rds (cross D34) & enter Vern sur Seiche	18:00
222		0.5	167.3		3rd exit @ O Rue de la Maillardiere	
223		0.3	167.6		TL @ T SP Mairie	
224		0.1	167.7		1st exit @ O Avenue de Chalotais	
225		0.0	167.7		40 yds SO @ O No SP	
226		0.2	167.9		3rd exit @ O No SP by end of 30 zone	
227		0.1	168.0	D34	2nd exit @ OSP Noyal Châtillon	
228		1.2	169.2		DNM At brow TR @ rd junc by Transports Gardan	
229		0.7	169.9		Follow rd to L No SP	
230		0.3	170.2		Stop SO @ X rds SP L'Angerais I a II	
231		1.3	171.5		SO @ X rds No SP	
232		0.7	172.2		GW TL @ X rds No SP	
233		0.2	172.4	D82	1st exit @ O SP Rennes	
234		0.2	172.6		Over Rocarde (the N136)	
235		0.2	172.8		TL @ rd junc @ Lights SP Rocarde Sud	
236		0.7	173.5		SO @ X rds @ Lights	
237		0.1	173.6		TR @ rd junc SP P1,P2	
238			173.6		Total FUEL available	
239		0.1	173.7		2nd exit @ O SP P1,P2	
240		0.3	174.0		1st exit @ O No SP	
241		0.0	174.0		80 yds 3rd exit @ O SP P3,P4,P5	
242		0.2	174.2		2nd exit @ O SP P3,P4,P5	
243		0.0	174.2		50 yds TR into Novotel car park	18:30

Saturday dinner is your choice. Suggest you visit Rennes - poss book a table before leaving the UK. The hotel restaurant is closed. No briefing tonight but you should collect your team's Bulletin sheet at Novotel, Rennes from about 6.30. Also watch What's App this evening for any late notifications. Start (cycling) from Novotel car park on Sunday morning.

Day 3 - Rennes to Courseulles (164.8 miles) & then drive to Caen (12 miles)

MANDATORY START TIMES Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10 and Group D 8.40. Today you must finish cycling by 18.00 latest (Note, earlier than Days 1 & 2)

Section	Page	Inter Miles	Cum Miles	Road	Narrative
Day 3 Summary & Key Information, Start:Novotel Rennes, Finish: Juno Memorial Museum, Courseulles					
Day 3 Facts 164.8 miles 8,948 ft elevations 17 climbs noted totalling 21.4 miles					
Today we cycle along 30 miles of the Normandy coast and will pass by three of the D-Day Landings beaches many monuments, a few tanks, pontoon bridges and the Arromanches caissons. Note we have more climbs Check out the few that are steep (albeit short), an example is the climb to the top of the Barrage de Vezins : (miles). Our first 135 miles traverses quite undulating farmland, a few small forests and many Michelin class "green" (picturesque) roads. We finish by the Juno Museum at the coast and have a 12-mile drive to our 2 hotels. They are both north of Caen. just over a mile apart.					
1	65		0.0		TL out of Novotel car park. Zero vehicle trip.
2		0.0	0.0		50 yds 2nd exit @ O SP P1,P2
3		0.2	0.2		2nd exit @ O SP Centre Ville
4		0.1	0.3		2nd exit @ O Avenue du Canada
5		0.2	0.5		2nd exit @ O (Slight R) Boulevard de L'Yser
6		0.5	1.0		SO @ X rds @ Lights x2 No SP @ 1st, SP Gare SNCF @2nd
7		0.1	1.1		RHL SO @ X rds @ Lights Boulevard Oscar Leroux
8		0.2	1.3		SO @ X rds @ Lights Boulevard Oscar Leroux
9		0.3	1.6		2nd exit @ O Boulevard Oscar Leroux
10		0.1	1.7		2nd exit @ O SP Centre Ville
11		0.4	2.1		2nd exit @ O Boulevard Leon Grimault
12		0.1	2.2		! Bad speed ramp
13		0.2	2.4		Centre lane SO @ X rds @ Lights SP Ecopole Sud Est
14		0.3	2.7		2nd exit @ O SP Ecopole Sud Est
15		0.1	2.8		TR @ X rds @ Lights Rue de Châteaugiron
16		0.2	3.0		SO @ X rds @ Lights
17		0.2	3.2		! Over railway crossing at an angle
18		0.1	3.3		SO @ X rds @ Lights
19		0.0	3.3		100 yds SO @ X rds @ Lights & under Rocarde (N136)
20		0.0	3.3		20 yds SO @ X rds @ Lights & enter Chantepie
21		0.2	3.5	D286	DNM LHL TL @ X rds @ Lights SP Chantepie Centre
22		0.0	3.5		100 yds 2nd exit @ small O SP Group Scarlare
23		0.3	3.8		SO @ mini O SP Autre Commerce
24		0.1	3.9		Church on L, & Follow rd to L SP Office Notarial
25		0.0	3.9	D286	Immed TR @ X rds SP Domloup
26		0.2	4.1	D286	2nd exit @ O SP Domloup
27		0.3	4.4		2nd exit @ O SP cycle 11
28		0.2	4.6		GW SO @ rd junc No SP
29		0.1	4.7		GW SO @ rd junc Avenue d'Orient
30		0.9	5.6	D286	DNM TL @ rd junc SP Noyal s/Vilaine
31		1.5	7.1	D32	3rd exit @ O SP Cesson Sévigné & over railway
32		0.0	7.1	D286	Immed TR @ rd junc SP Noyal s/Vilaine
33		1.5	8.6	D286	TL @ T SP Noyal s/Vilaine
34		0.2	8.8	D286	TR @ X rds SP Noyal s/V
35		0.2	9.0		Enter Noyal sur Vilaine
36		0.1	9.1	D292	1st exit @ O SP Châteaugiron
37		0.7	9.8	D92	3rd exit @ O SP Noyal Centre
38		0.1	9.9		Over N157
39		0.2	10.1		2nd exit @ O SP Centre Ville
40		0.2	10.3		1st exit @ O SP Maison St Alexis
41		0.1	10.4		3rd exit @ O No SP
42		0.0	10.4	D286	100 yds TR @ T No SP
43		1.1	11.5	D286	Over railway

Day 3 - Rennes to Courseulles (164.8 miles) & then drive to Caen (12 miles)

MANDATORY START TIMES Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10 and Group D 8.40. Today you must finish cycling by 18.00 latest (Note, earlier than Days 1 & 2)

Section	Page	Inter	Cum	Road	Narrative
44		0.7	12.2	D286	Enter Brécé
45		0.3	12.5	D286	Under railway
46		0.1	12.6	D286	Fork L past church SP Servon s/V
47		0.1	12.7	D286	Follow rd to L SP Servon s/V & under railway
48		0.8	13.5	D101	1st exit @ O SP Servon s/Vilaine & over river Vilaine
49		0.3	13.8		Enter Servon sur Vilaine
50		0.2	14.0		2nd exit @ square about SP La Bouëxière 7 & <i>gradual climb (with undulations) for 3.5 (4% max)</i>
51		3.7	17.7		Enter La Bouëxière
52		0.9	18.6		1st exit @ mini O SP Dourdain
53		0.2	18.8	D100	2nd exit @ O SP Dourdain 6
54		1.3	20.1		<i>Climb for 0.5 (7% max)</i>
55		2.0	22.1		<i>Climb for 0.6 (6% max)</i>
56		0.8	22.9	D26	DNM TL Sharp @ X rds SP Gosné
57		2.5	25.4		Under A84
58		0.2	25.6	D812	TR @ T SP Gosne 0.5 & enter Gosné
59		0.1	25.7	D102	TL @ X rds SP Mézières s/Couesnon
60		0.2	25.9	D102	Past church, SO @ X rds SP Camp de la Lande D'Ouée
61		3.0	28.9	D23	Stop SO @ X rds (cross D794) SP St Ouen des A 5
62		0.5	29.4		Enter Mézières s/Couesnon
63		0.1	29.5		2nd exit @ O No SP
64		1.3	30.8	D102	<i>Climb for 0.8 (6% max)</i>
65		1.0	31.8		Enter Saint Ouen des Alleux
66		0.1	31.9		2nd exit @ O No SP
67		3.3	35.2		Enter Baillé
68		3.1	38.3	D102	3rd exit @ O (cross D155) SP St Brice en Coglès
69		0.3	38.6		Enter St Brice en Coglès
70		0.6	39.2		GW SO @ X rds Rue Pasteur
71		0.1	39.3		Lof church & immed TR in front of Café de la Place
72		0.1	39.4	D102	Stop TL @ X rds SP A84 Caen
73		1.9	41.3		Enter La Selle en Coglès
74	45	2.0	43.3	D15	Stop TR @ X rds SP Montours 3
75		0.2	43.5		Over A84
76		0.9	44.4	D102	TL @ X rds SP Le Ferré 5
77		1.0	45.4		TR @ rd junc by stone cross
78		1.0	46.4		Follow rd to L No SP
79		0.4	46.8	D798	Stop TL @ T No SP & enter Le Ferré
80		0.3	47.1	D16	TR @ rd junc immed after church SP Parking Rue St Georges
81		0.2	47.3	VC5	DNM TL @ rd junc (15 yds after 50 sign)
82		0.7	48.0		SO @ rd junc No SP (NOT to La Mondrie)
83		1.2	49.2	D570	! Stop SO @ X rds SP Montjoie St Martin 2
84		0.8	50.0		Follow rd to L No SP
85		0.2	50.2	D570	GW SO @ offset X rds SP Montjoie St Martin 0.6 (cross D30)
86		0.3	50.5	C101	Enter Montjoie St Martin
87		0.6	51.1		Follow rd to L No SP
88		0.4	51.5	D78	GW TR @ T No SP
89		0.2	51.7	D78	TR @ rd junc SP St Laurent de Terregatte 4.5
90		0.4	52.1		<i>Climb for 0.5 (6% max)</i>
91		0.7	52.8	D78	TL @ T SP St Laurent de Terregatte 2.5
92		1.3	54.1		Enter St Laurent de Terregatte
93		0.2	54.3	D78	Follow rd to L & then R SP Ducey
94		0.8	55.1	D582	TR @ X rds SP Vezins 4 & <i>Down for 0.9 (8%)</i>

Day 3 - Rennes to Courseulles (164.8 miles) & then drive to Caen (12 miles)

MANDATORY START TIMES Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10 and Group D 8.40. Today you must finish cycling by 18.00 latest (Note, earlier than Days 1 & 2)

Section	Page	Inter	Cum	Road	Narrative
95		0.9	56.0		! Downhill to narrow bridge over river Sélune
96		0.1	56.1	D565 E	TR @ rd junc SP Vezins 3
97		0.5	56.6		<i>Steep climb to top of dam 12% for 0.3</i> (worth it for the view and nice change point)
98		0.3	56.9	D85 EI	TR @ rd junc SP Les Biards 3.5
99		0.2	57.1		<i>Climb for 0.6 (12% max)</i>
100	46	1.7	58.8		TL @ T SP Les Biards 0.7 & immed Follow rd to R SP Bar Tabac 500m
101		0.5	59.3	D85	! GW poor visibility (uphill) TL @ T SP Isigny le B 4.5
102		0.2	59.5	D85	2nd exit @ O SP Isigny le Buat
103		0.6	60.1	D85	2nd exit @ O SP Isigny le Buat 2.5
104		1.3	61.4		Enter Isigny le Buat
105		0.3	61.7	D47	1st exit @ O SP Brécey 19
106		0.7	62.4	D500	DNM TL @ rd junc SP Le Mesnil-Boeufs 2
107		1.0	63.4	D500	Follow rd to R SP Le Mesnil-Boeufs 0.2 & enter Le Mesnil-Boeufs
108		0.5	63.9		! Down with bends for 0.5 (8%)
109		0.7	64.6	D500	L & R SP Montigny 1
110		0.5	65.1		Enter Montigny & <i>climb for 2.7 (max 6%)</i>
111		0.2	65.3	D999	! GW TL @ x rds (No SP our way)
112		2.3	67.6		Enter La Chapelle-Urée & <i>nice Down for 3.9 but watch the bends</i>
113		4.3	71.9		Enter Brécey
114		0.0	71.9	D999	100 yds 2nd exit @ O SP Villedieu les Poêles
115		0.5	72.4	D9	TR @ X rds SP St Pois (also shown as D911)
116		0.0	72.4	D39	50 yds DNM TL @ rd junc SP St Laurent de C
117		2.5	74.9		<i>Climb for 4.4 (average 4%, max 7%)</i>
118		0.1	75.0		Enter St Laurent de Cuves
119		0.8	75.8	D350	DNM TL @ X rds SP Coulouvray-Boisbenâtre 4.5
120		1.3	77.1	D563	SO @ X rds SP vers D32 2
121		1.0	78.1	D33	TL @ T SP Coulouvray-Boisbenâtre 3
122		0.1	78.2	D33 E	DNM TR @ rd junc SP Le Gast 3 (road becomes D81)
123		1.7	79.9	D81	Enter Le Gast
124		0.8	80.7		<i>Climb for 1.1 (max 7%)</i>
125		2.4	83.1		<i>Down for 1.4 (care on a couple of bends & in town)</i>
126		0.4	83.5		Enter Saint Sever Calvados
127		0.4	83.9	D524	TR @ T SP Vire
128		0.2	84.1	D81	TL @ rd junc SP Landelles et Coupigny
129		0.3	84.4		! Over RUF railway crossing
130	27	1.3	85.7		Enter Sept Frères
131		2.2	87.9		Enter Landelles et Coupigny
132		0.2	88.1	D297	! Stop TL @ T SP Pont Farcy
133		0.2	88.3	D297 A	Follow rd to R SP Pont Bellanger 6
134		0.9	89.2	D52	! Stop TL @ X rds SP Pont Farcy 5
135		3.0	92.2		Enter Pont-Farcy
136		0.0	92.2	D21	100 yds ! Stop SO @ X rds SP A84
137		0.9	93.1		Under A84
138		2.6	95.7	D374	Enter Tessy sur Vire
139		0.2	95.9	D13	GW TR @ X rds SP Torigni sur Vire
140		0.3	96.2	D359	Over bridge & TL @ X rds SP La Chapelle sur Vire 4.5
141		1.1	97.3	D359	Follow rd to L SP La Chapelle sur Vire 3
142		1.5	98.8		Enter La Chapelle sur Vire & Follow rd to L over river bridge & SO @ rd junc No SP
143		1.3	100.1	D396	GW TR @ T No SP

Day 3 - Rennes to Courseulles (164.8 miles) & then drive to Caen (12 miles)

MANDATORY START TIMES Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10 and Group D 8.40. Today you must finish cycling by 18.00 latest (Note, earlier than Days 1 & 2)

Section	Page	Inter	Cum	Road	Narrative
144		0.2	100.3		<i>Over river & climb for 1.1 (max 9%)</i>
145		0.7	101.0	D551	GW TL @ X rds SP Condé s/Vire 4
146		0.4	101.4		<i>Down for 0.7 (11%)</i>
147		0.7	102.1		<i>Climb for 0.5 (max 13%)</i>
148		0.9	103.0	D86	Stop TL @ X rds SP Condé s/Vire 0.7
149		0.2	103.2		Enter Condé sur Vire & <i>climb for 2.4 (4-7%)</i>
150		0.2	103.4	D551	Follow rd to R SP Torigni s/V
151		0.7	104.1	D551	2nd exit @ O SP St Jean de Baisants 6
152		1.2	105.3	D974	2nd exit @ O SP Saint Lo & over N174
153		0.4	105.7	D449	TR @ X rds SP St Jean de B 4
154		1.2	106.9	D286	GW TL @ T SP St Jean de B 2.5
155		0.0	106.9		100 yds DNM TL @ X rds SP La Chapelle St Pierre
156		1.8	108.7	D11	GW TL @ T SP Saint Lo 6
157		0.5	109.2		Enter La Barre de Semilly
158		0.0	109.2	D390	100 yds 1st exit @ O SP St Germain d'Elle 8
159		1.2	110.4	D90	TL @ X rds SP St Pierre de Semilly 0.6
160		0.3	110.7		Enter St Pierre de Semilly & immed TR @ rd junc (MUST take short cut to avoid a bad lip long way round) No Sp
161		0.5	111.2	D550	TR @ rd junc (after L bend) SP Brocante
162		0.8	112.0	D59	GW TL @ T SP Couvains 5
163		0.5	112.5	D195	! GW SO @ X rds SP St Georges d'Elle 2 (cross D972)
164		1.2	113.7		Enter Saint Georges d'Elle
165		0.1	113.8	D195	2nd exit @ O SP Cerisy la Foret 8
166		0.0	113.8	D195	40 yds DNM TL @ rd junc SP Couvains
167		0.5	114.3	D448	Follow rd to L SP Couvains 4
168		0.2	114.5	D448	Follow rd to L SP Couvains 3.5
169		0.5	115.0	D548	TR @ rd junc SP Couvains 2
170		0.6	115.6	D92	TL @ T SP Couvains 1.5
171		0.5	116.1		Enter Couvains
172		0.2	116.3	D59	TR @ X rds SP St Jean de Savigny 3
173		0.2	116.5	D59	Follow rd to R SP St Jean de Savigny 3
174		0.8	117.3	D59	Follow rd to L SP Cartigny L'Épinay 7
175		1.2	118.5	D59	SO @ offset X rds SP Cartigny L'Épinay 5
176		0.1	118.6	D59	GW TR @ T SP Cartigny L'Épinay
177		0.7	119.3	D29	Stop R & L SP Cartigny L'Épinay 4.5 (cross D66)
178		1.9	121.2	D29	Stop SO @ X rds (cross D15) SP Cartigny L'Épinay 1
179		0.2	121.4		Under railway
180		0.2	121.6	D113 B	DNM TL @ rd junc SP Castilly 5
181		1.2	122.8	D113 B	GW SO @ offset X rds SP Castilly 3
182		1.7	124.5	D113 B	TR @ rd junc SP Vouilly 3
183		0.9	125.4	D113 B	TL @ T SP Vouilly 1
184		0.7	126.1	D113 B	Stop SO @ X rds SP Monfréville 2 (cross D5)
185		1.3	127.4	D113	GW TR @ X rds No SP (& SO)
186		2.3	129.7	D113	2nd exit @ O SP Cherbourg & over N13
187		0.4	130.1		Enter La Cambe
188		0.0	130.1	D613	100 yds Follow rd to L SP Cherbourg
189		0.6	130.7	D113	TR @ rd junc SP Grandcamp Maisy 6
190		1.1	131.8		DNM TR @ rd junc SP Cricqueville e Bessin
191		1.5	133.3	D194	TL @ X rds SP Grandcamp-Maisy 4
192		1.4	134.7	D514	TR @ T SP Vierville s/Mer 9
193		1.3	136.0	D514	1st exit @ O SP Vierville s/Mer
194		3.9	139.9		Enter Vierville sur Mer

Day 3 - Rennes to Courseulles (164.8 miles) & then drive to Caen (12 miles)

MANDATORY START TIMES Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10 and Group D 8.40. Today you must finish cycling by 18.00 latest (Note, earlier than Days 1 & 2)

Section	Page	Inter	Cum	Road	Narrative
195		0.3	140.2	D517	DNM TL @ rd junc SP St Laurent s/Mer par la cote - this takes us past Omaha Beach
196		1.5	141.7		Enter St Laurent sur Mer
197		0.1	141.8		1st exit @ O SP Musée Memorial d'Omaha Beach & <i>climb for 1.2 (4%)</i>
198		0.8	142.6	D514	3rd exit @ O SP Colleville s/Mer
199		1.3	143.9		Enter Colleville sur Mer
200		0.2	144.1		2nd exit @ O SP Ste Honorine des Pertes
201		1.5	145.6		Enter Ste Honorine des Pertes
202		2.2	147.8		Enter Port en Bessin Huppain
203		0.4	148.2	D514	SO @ X rds @ Lights No SP
204		0.5	148.7		Enter Port en Bessin Huppain (again)
205		0.3	149.0	D514	SO @ X rds @ Lights SP Arromanches
206		0.1	149.1	D514	2nd exit @ O SP Blanked out on recce (poss Arromanches)
207		0.7	149.8		Enter Commes & <i>climb for 0.7 (7% max)</i>
208		2.1	151.9		Enter Longues sur Mer
209		0.2	152.1		SO @ X rds @ Lights
210		1.7	153.8		Enter Manvieux
211		0.7	154.5		Enter Tracy s/Mer
212		0.7	155.2	D514	3rd exit @ O SP Arromanches les Bains
213		0.3	155.5		Enter La Breche
214		0.1	155.6	D514	TR @ rd junc SP Arromanches & enter Arromanches les Bains
215		0.2	155.8	D514	TL @ rd junc SP Centre Ville (ps because of one-way roads, Garmin/ridewithgps cannot cope with our route in Arromanches!)
216		0.0	155.8		50 yds DNM TR @ rd junc SP Musée du Bebarquemont
217		0.1	155.9		TL @ X rds Rue du Colonel Renée Michel
218		0.2	156.1		Follow rd to R
219		0.1	156.2		TR @ rd junc SP Caen
220		0.1	156.3	D514	Follow rd to L & in 100 yds Follow rd to L (again) SP Caen & <i>climb for 0.5 (8% max)</i>
221		0.2	156.5	D514	Follow rd to L SP St Come de Fresnes
222	28	0.7	157.2		Enter St Come de Fresnes
223		0.2	157.4		! Bad speed ramp
224		0.3	157.7		Enter La Guerre
225		0.2	157.9		Enter Asnelles
226		3.1	161.0		DNM TL @ X rds
227		0.3	161.3		Follow rd to R SP Voie de la Division Way
228		0.4	161.7		TL @ rd junc in front of No Entry sign Avenue Louis Montrouge
229		0.1	161.8		TR @ T & past Gold Beach
230		0.2	162.0		Stop & SO
231		0.1	162.1		Stop & SO
232		0.3	162.4		! Stop TL @ X rds No SP & leave Ver s/Mer
233		1.4	163.8		Enter Graye s/Mer
234		0.1	163.9		SO @ X rds @ Lights
235		0.3	164.2		TL @ X rds @ Lights SP Normandie 1944
236		0.6	164.8		FINISH - TL into Centre Juno Beach car park (by the Museum dedicated to the Canadian heros)
237	Congratulations, you have completed the Brittany Challenge - you have an easy 12 mile drive to Caen hotels. If you finish early, you may choose to visit the Juno Museum.				
238	At the finish, please remove numbers from number belts and hand in to the finish marshals the number belts and the two hi-viz jackets (all together)				
239			0.0		To Hotels (this route is NOT arrowed)

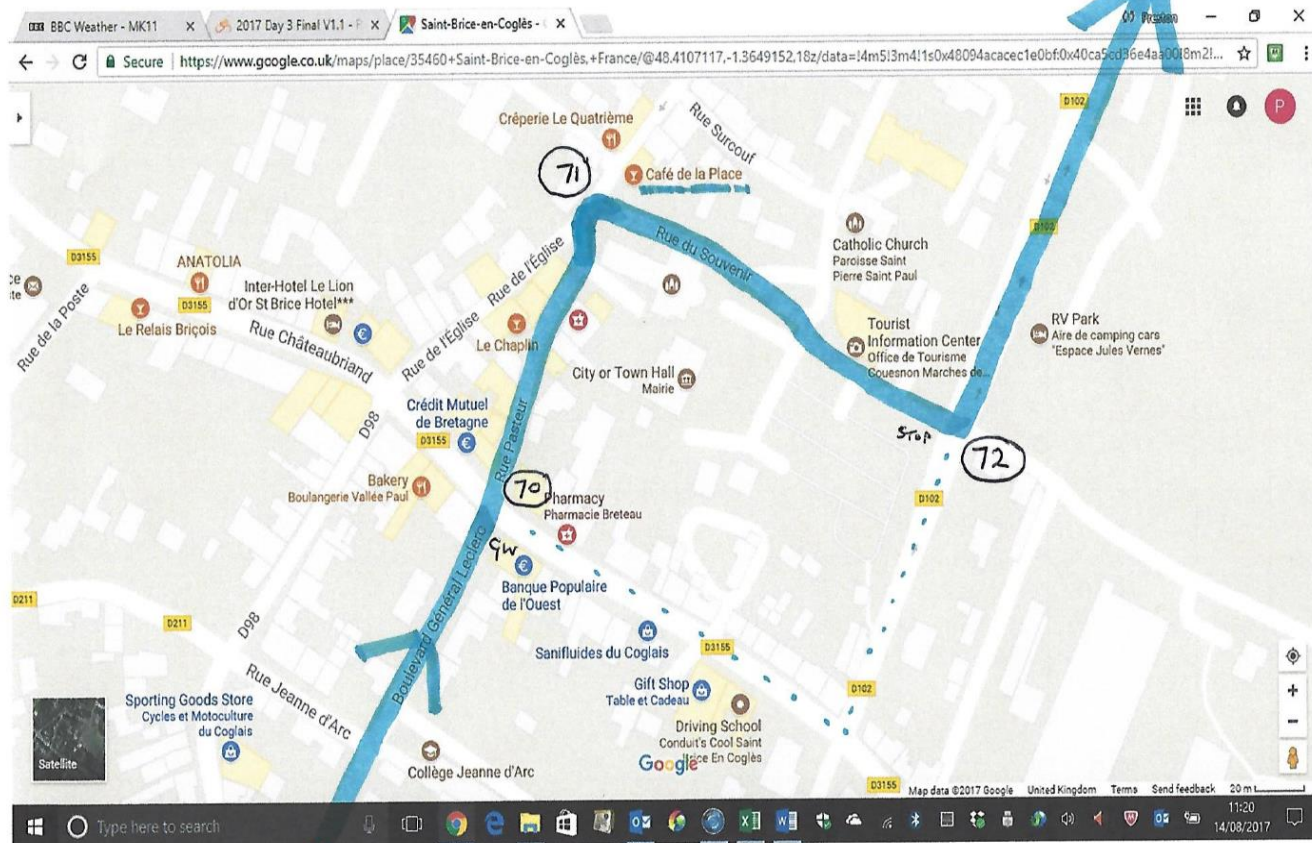
Day 3 - Rennes to Courseulles (164.8 miles) & then drive to Caen (12 miles)

MANDATORY START TIMES Group A 7.00-7.10, Group B 7.30-7.40, Group C 8.00-8.10 and Group D 8.40. Today you must finish cycling by 18.00 latest (Note, earlier than Days 1 & 2)

Section	Page	Inter	Cum	Road	Narrative
240			0.0		Zero Trip , TR out of Juno Beach car park
241		0.1	0.1		TL @ rd junc No SP & over bridge
242		0.1	0.2		TL @ T No SP
243		0.2	0.4		Follow rd to R (before port bridge) SP Caen (water on your L)
244		0.3	0.7		TR @ rd junc SP Caen
245		0.3	1.0	D12	GW TR @ T SP Caen
246		0.2	1.2	D79	2nd exit @ O SP Caen
247		0.5	1.7	D79	2nd exit @ O SP Caen
248		1.6	3.3	D404	3rd exit @ O SP Caen
249		3.2	6.5	D7	1st exit @ O (can use slip road) SP Caen
250		1.2	7.7		Radar 110
251		1.4	9.1		Esso FUEL at reasonable cost
252		0.8	9.9	D7	2nd exit @ O SP Caen
253		0.6	10.5	D7	SO @ X rds @ Lights
254		0.2	10.7	D7	SO @ X rds @ Lights
255		0.4	11.1	D7	SO @ X rds @ Lights
256		0.2	11.3		SPLIT JUNCTION - for Mercure Caen Cote de Nacre Hérouville Saint Clair, 2 Place Boston-Citis, 14200 Hérouville St Clair
257			11.3	D401	3rd exit @ O SP Hérouville St Clair
258		0.2	11.5		SO @ X rds @ Lights No SP
259		0.1	11.6		Mercure on L as you enter large oval about - complete almost a lap, take 4th exit Place de Boston & TL into Mercure car park
260			11.3		SPLIT JUNCTION - for Novotel Caen Cote de Nacre, 155 Rue de la Délivrante, 14000 Caen
261			11.3	D7	2nd exit @ O SP Autre Directions
262		0.4	11.7		SO @ rd junc @ Lights
263		0.2	11.9		SO at bone shaped O both parts (over top of ring road) SP Centre Ville
264		0.2	12.1		LHL Over tram track & immed U-Turn back on self @ O SP Novotel
265		0.1	12.2		Fuel on R
266		0.1	12.3		DNM TR into slip road SP Novotel
267		0.3	12.6		TR into Novotel car park

The Gala Dinner is scheduled for 8pm at the Mercure Hotel. Dress is smart casual and a strict seating plan provided as we have to sit in tables of 10 to ensure that all guests are accommodated in the banqueting suite. There are three ways to get from the Novotel to the Mercure - on foot (15 minute brisk walk), drive (5 min perhaps the easiest way is to take the tram. The tram station is just 2 minutes down the road from the Novotel Avenue Nicolas Copernic (Copernic is the tram stop name). You take Tram Route A in the direction Caen Campus 2 and you disembark at the third station named Citis (in Hérouville St Claire). The Mercure Hotel is across the road. Return trip you need direction Ifs Jean Vilar. Tickets are purchased on the tram platform boarding - €1.50 in coins per trip. The trams run every 20 minutes on a Sunday finishing at midnight.

Brittany Challenge Day 3 39.2 miles Sections 70 -72. Ridewithgps will not allow a trace of our route as it is confused about one-way roads in Saint Brice en Cogles



Route Home from Caen to the Tunnel 212 miles - just over 3 hours driving time (plus any delays). Consider a little sightseeing in Normandy in the morning. Our route is A13 east, A29 across the impressive Pont de Normandie which keeps us north of Rouen, A28 and A16

Section	Inter Miles	Cum Miles	Road	Instructions & Signposts
0	0.0	0.0		Use previous day instructions to get from your hotel to the dog bone O. Exit dog bone O following SP to Paris and NOW set trip to zero
1		0.0	N814	Continue along peripherique following SP Paris
2	1.4	1.4		Radar 70
3	1.9	3.3	A13	RHL exit peripherique at junc 1 up slip rd SP A13 Paris
4	2.5	5.8	A13	Keep L A13 SP Paris
5	9.5	15.3		Péage €3.50
6	19.3	34.6	A29	Fork R take A29 SP Calais
7	0.4	35.0	A29	Almost immed keep R SP Le Havre
8	0.8	35.8		Péage €1.10
9	11.3	47.1		Over Pont de Normandie
10	1.3	48.4	A29	Péage €5.40 & Keep L SP Le Havre
11	2.9	51.3	A29	Keep L SP Rouen
12	5.4	56.7		Take ticket
13	21.6	78.3	A29	Exit R SP Calais
14	22.7	101.0		Péage €8.10
15	1.4	102.4	A28	Merge onto A28
16	12.5	114.9	A28	Keep L SP Calais
17	20.0	134.9		Radar 130 (if not raining)
18	12.8	147.7	A16	Exit R SP Calais
19	0.6	148.3		Take ticket
20	0.2	148.5	A16	Keep L SP Calais
21	42.2	190.7		Péage €8.10
22	14.7	205.4		Radar 130 (if not raining)
23	6.1	211.5		Exit Junc 42 Tunnel sous la Manche & then Keep L
24	0.6	212.1		Arrive at passport control

Thank you for cycling the brilliant Brittany Challenge which we really hope you enjoyed and have made many new friends. Please collect as much sponsorship as possible and send it to Preston no later than end of November. We look forward to your return for a different and exciting 2018 Extra Mile Challenge (which will be our 16th challenge) - put the dates in your diary NOW 20-24 September 2018. Please help us find some new teams for next year to make 2018 even better and to raise even more sponsorship. Which of your friends can you encourage to join us? Have a safe journey home.