

Cycling Safaris

DUBLIN TO PARIS

6 - 11 JUNE 2015



The purpose of this document is to give participants more details on what to expect in terms of the on ride organisation. It is not meant to be an exhaustive account of each moment of the ride and neither is it a definitive guide, as we reserve the right to make changes to the program in light of operational requirements.

TOUR ITINERARY

DAY 1 Sat June 6

DUBLIN TO ARKLOW

(90kms)

The cycle starts in UCD at 7.30am sharp. Latecomers will have to make their own way to Arklow

Today's cycle will be the hilliest of the five day trip as we cycle on backroads through Wicklow. Although the route will not take us over the Sally Gap there will be an opportunity to do so for those teams that really wish to. However it is worth noting that with 5 days cycling to do, this should only be undertaken by those who are very competent cyclists.



DAY 2 Sun June 7

ARKLOW TO ROSSLARE

(85km)

This is the shortest day as we leave Arklow and follow the coast to Wexford town passing Curracloe whose beaches were used as the set for the filming the D Day landing scenes in Saving Private Ryan. Tomorrow we cycle past the actual beaches. After lunch we cycle to the Ferry Port at Rosslare. Here we board the ferry with our bikes. We have time to relax in our cabins before dinner. We wake up in French territorial waters next morning and disembark at Cherbourg.



DAY 3 Mon June 8

CHERBOURG TO BAYEAUX

(108kms)

The ferry arrives at Cherbourg at 11am.

You will need to have your passport for inspection after disembarkation. We will then collect the passports and redistribute them in Bayeux to save you carrying them on the bikes.

Unfortunately Cherbourg is in a bowl and it requires a climb to get out of the town. We will take the least steep of the options but it is approx a mile long. There then follows a lovely ride through pleasant rural countryside passing Norman villages to reach the coast. The road hugs the famous Utah Beach, where we stop for lunch, before heading back in land through more pleasant villages to reach the unspoilt medieval town of Bayeux.



DAY 4 Tue June 9**BAYEAUX TO EVREUX****(168kms)**

With a longer ride, a **7.30am start** will be made. This may be adjusted in agreement with the rest of your team/guide depending on the likely time required for completing this section of the ride.

This is easily the longest section of the ride. Leaving Bayeux we continue on more quiet country roads, bypassing the busy city of Caen. The day sees a change in the style of architecture as the Norman villages of Calvados give way to the timber framed Tudor style of the Eure region made famous by local cheeses (Camembert/Livarot)

DAY 5**Wed June 10 EVREUX TO PARIS****(105kms)**

An 8.00am start leaving Evreux, we wind our way through more small villages on our way to the town of Beynes where we will stop for lunch, a little village just before Versailles.

We will then make our way through three separate parks to avail of quiet roads and cycle paths to arrive at the Eiffel Tower, one of the great symbols of Paris for our finish. The last night's accommodation and dinner will be in our hotel, in the shadow of the mighty Eiffel Tower!

This is the official end of our trip

DAY 5 Thur June 11**HOMEWARD BOUND**

Airport busses depart every half hour for CDG airport from Montparnasse station, which is a brief taxi journey away. There is a taxi rank outside the hotel.

Our hotel in Paris is well located beside the Eiffel Tower and close to metro stations

TOUR PRICE

€1065.00

TOUR INCLUDES

- 5 night's accommodation. 4 nights in hotels and 1 night en suite cabin on ferry.
- 4 breakfasts (*), 5 lunches, 5 dinner, snack stops / feed stations en route (breakfast on ferry not included)
- Luggage transfer between hotels, ferry, back up van
- Service of an experienced guide on the bike on approximately 1 guide per 10 cyclists
- Service of an experienced bike mechanic in the back up van
- Transport of your bike back to Dublin
- Training programme and tips from qualified coach

Flight from Paris back to Dublin not included in the tour price. This is organised separately by each participant.

ACCOMMODATION

The accommodation is allocated on a twin-sharing basis. The lists below are the hotels that we have previously used to give an idea of the kind of accommodation used on a trip. A confirmed list of the Hotels for the 2015 trip is sent to each participant one month before departure

Arklow	Arklow Bay Hotel	www.arklowbay.com
Ferry	Oscar Wilde Ferry	www.irishferries.com/ships-oscarwilde.asp (Please note there are no single cabins)
Bayeaux	Novotel Bayeaux	www.novotel.com/gb/hotel-0964-novotel-bayeux/index.shtml
Evreux	Hotel de l'Orme	www.hotel-de-lorme.fr/
Paris	Grenelle Paris Tour Eiffel	www.hotel-eiffel.com

MEALS

Breakfast

This is included every day in your hotel, except when you are on the ferry when you can get your own breakfast in the Left Bank Restaurant (to be paid individually).

Breakfast is available from 6.30am in the French hotels and special arrangements are made for an early breakfast in Arklow. Please allow time to take breakfast before departure – it is important to ensure you take on board necessary calories for strenuous exercise.

Lunch

Lunch stops are organised to take place in Café's/pubs. Much like the snack stops these are organised to take place on a rolling basis, so each group will arrive and partake of lunch that is already prepared. In France these will typically consist of a filled baguette, snack and drink. This will minimise the waiting times and help to ensure cyclists do not get cold.

Dinners

We will all eat together each night as a group at either 7.30pm or 8.00pm. Dinners are organised to take place together as one group. It is therefore imperative that you arrive at dinner at the designated time to ensure this runs smoothly.

After dinner each evening a briefing will take place regarding the next day.

Snack Stops

For each day of cycling there will be a snack station both in the morning and afternoon. This will be a good opportunity to refill with water, take on board some food/energy bars etc. These stops will be organised so as when coupled with the lunch stops we ensure a chance of refuelling every 25-30kms.

For the longer day an extra snack stop will be utilised in the morning to keep the breaks consistent and in the event of extremely hot weather extra water stops may be utilised.

These stops will be on a rolling basis – ie each group will come in together and leave together, with no need to wait for subsequent groups. It is important when cycling long distance to make breaks relatively short so as not to allow the muscles to cool down.

If you have a particular brand of snack or energy drink that you prefer when cycling please remember to bring it with you

GROUP, GUIDE AND BACK UP SERVICE

Teams

Each team will have approx. 10-12 members and their own guide for the duration of the event.

It is important to remember that this is not a race or an individual event..

You must remain with your guide and group at all times during the cycle. There will be no solo cyclists.

This is important for a number of reasons, not least of which is the requirement to know where each participant is throughout the ride. This ensures that no one individual gets lost, everyone has the support of a guide and that in the event of an incident proper support can be given as quickly as possible.

Your guide will have the route and tour information needed each day.

Each team will operate as a unit, cycling together, looking out for one another and supporting each other in achieving this fantastic goal. We want everyone to complete this challenge, enjoy the experience, making new friends whilst supporting a fantastic cause.

You must be ready each morning at the designated time to set off.

This cycle is a challenge that involves 4 days of strenuous exercise. It is therefore important that the cycling is undertaken at a pace that is well within oneself. It is better to ride all 4 days slowly than to complete 2 days quickly and then need to give up! Some patience may need to be exercised in terms of waiting for slightly slower members of your team.

Medical

Please ensure that your guide is made aware of any medical conditions that you have or any medication that you are taking. If during the course of the event you have any concerns about your health or well-being, please ensure you let your guide know.

Mechanical Support

This ride will have a support vehicle driven by our bike mechanic with tools and spares.

Only spares for standard bike sizes will be brought along, so if your bike is an unusual brand/size then you should bring necessary spares.

It is expected that **your bike is serviced and suitable for this ride** and that you carry basic puncture repair equipment to facilitate a quick return to riding. If your bike requires attention owing to being improperly prepared for this event then you will be expected to pay for all parts and servicing costs.

LUGGAGE AND BIKE TRANSFERS

Luggage Transfer

All luggage will be loaded into the support vans in the morning to be transported to your hotel. It is your responsibility to ensure your luggage is brought to reception each morning in time for departure and have removed items required for the day (such as sun cream, mobile phone, rain gear etc).
Each team will stay in the same hotel.

Please see below for guidance on what to bring.

Overnight Bike Storage

Each hotel has a different way in which they intend to deal with this - some have meeting rooms they will put bikes in, some have secure garages etc. Please be sure to follow the instructions of your guide and ensure your bike is stored correctly - this will also save time in locating your bike the following morning.

Bike Return/Collection

With the exception of those bringing their bikes on the plane, all bikes will be loaded into vans at the end of the ride. Please ensure that a label gets attached to your bike.

No items other than bikes can be taken in our vans back to Dublin.

Our bike shop will be open from 9.00am to 6.00pm Monday to Friday and 10.00am to 2.00pm on Saturday. Collections should be made at your earliest convenience from this date. Due to limited storage space we reserve the right to levy a storage charge on your bike if it is not collected within 1 week of the finish of the event.- bikes can be collected from Belfield Bike Shop, UCD Dublin 4. Tel: 01 716 1697 (see above map for directions).

If your bike is going back with you on the plane then please be sure to understand the requirements of the airline in terms of preparation.

WHAT TO BRING

This list is meant to be a guide and is not exhaustive, however it will give you an idea of the types of things you will need. Obviously you will need to take into account your personal preferences and common sense!

Bag - 1 piece of luggage per person clearly labelled. Soft sided luggages only please - no hard shell bags or suitcases.

Passport - This will be required at disembarkation in Cherbourg and for your return flight from Paris. Please ensure it is valid and up to date.

EHIC Card (Formerly known as E111) - although your travel insurance covers you adequately, the EHIC is useful as it entitles the holder to medical treatment in France without the need for payment up front and then making a subsequent insurance claim. They can be obtained free of charge from your local HSE office with production of your PPS number (on an official document such as a wage slip) and photo ID.

Bike Helmet - Everyone expected to wear one, no ifs or buts.

Sunscreen - make sure you have a factor high enough to suit. Remember you will be outside for much of the day.

Factored Lip salve & Sunglasses

Sea Sickness Tablets – if you have any concern about your sea legs it would be no harm to bring some along

Rain jacket – Although not necessarily expected, rain is always a possibility, especially on the Irish legs.

Bike Shorts(s) – for this type of riding it is worth investing in proper padded shorts.

Medication – ensure you bring any medication you normally use and make sure your guide is aware of any allergies/medical conditions.

Money – there is no need to bring excessive amounts (France is in the euro of course) as ATM's are available in all towns we stay in.

Toiletries – Not in excessive quantities. Advisable to also include **Earplugs**

Travel Adaptor – France is on the two-pin plug system and 220V, so you will need an adaptor for charging mobile phone etc.

Casual Clothes for evening wear – we will not be eating in fancy restaurants so there is no need for the cocktail dress or Tuxedo! Jeans, T-shirts etc are perfectly adequate.

It certainly is not necessary to bring different outfits for different days (France like Ireland is non-smoking, so clothes should manage more than one wear).

Cycling Mitts – these make long distance riding more comfortable and provide protection in the event of a fall (most people put their hands out to break the fall).

Mobile Phone and Charger – check prior to departure that your phone has plenty of credit on it and is able to make/receive calls internationally. On starting the cycle please put in our local back up staff and also your guides number please.

Flight confirmation – don't forget to pack your return flight confirmation details

HEALTH & SAFETY

Safety is of paramount importance on an event such as this. All participants are expected to behave in a responsible manner and follow the instructions of their guide. It is important to understand that if the health, level of fitness or conduct of a participant appears likely to endanger the safe, comfortable or happy progress of the ride; the client may be excluded from all or part of the ride without refund or recompense. If anyone commits an illegal act, they will be excluded from the ride, and we will cease to have any responsibility to/for them. In order to facilitate the ride a number of points are listed below. These are by no means exhaustive, but if followed will minimise likely problems.

- All cyclists will wear helmets
- All bikes are to be serviced prior to departure
- This is not a race. It is important that the cycling is carried out at a pace that is comfortable.
- We will be mainly utilising secondary and tertiary roads. However do not forget that these roads are open to traffic (and cycle paths to other cyclists). You will therefore be expected to obey all road signs, stop lights etc, ride within the law and show respect to other road users.
- You are to remain with your group at all times.
- You must follow the instructions of your guide.

- Make sure you drink plenty of water whilst riding and take the opportunity to refill your water bottle at the snack stops.
- Be careful not to drink too much alcohol. This dehydrates you and will seriously affect your ability to cycle the next day.
- Wear Sunscreen – even when the day does not necessarily look sunny. Long days in the saddle will provide plenty of discomfort without getting burnt or worse.
- Wear Sunglasses, not only will this prevent glare and protect your eyes from strong sunlight, it will also prevent insects from getting into your eyes.
- We will issue each of you with a credit card sized card that will have emergency phone numbers, the number of your guide and also the numbers of the accommodations. Please carry this with you on the trip so as to assist you in the event of any problems.
- Be sure to advise your guide of any medical conditions/medications. If you have any concerns about your health and well-being please seek advice from your doctor before joining the ride. Of course it would be frustrating to raise the money and have done the training not to do the ride, but small nagging injuries can become major ones if not treated. This cycle is a serious undertaking and should be treated with respect. Likewise if you have any concerns during the ride, then please see the doctor.
- When cycling in a group please be sure to warn those behind you of upcoming hazards (pot holes, cars etc) and allow time for those behind you to react to your change of speed/direction.
- No-one is to use their mobile phone or ipod while cycling
- Take care on arriving/leaving towns especially after a long day in the saddle as accidents often occur when you are tired and weary.
- Finally remember in France to cycle on the right hand side of the road!