



# Cycling Safaris

## THE IRISH HOSPICE FOUNDATION DUBLIN TO PARIS September 2009

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.

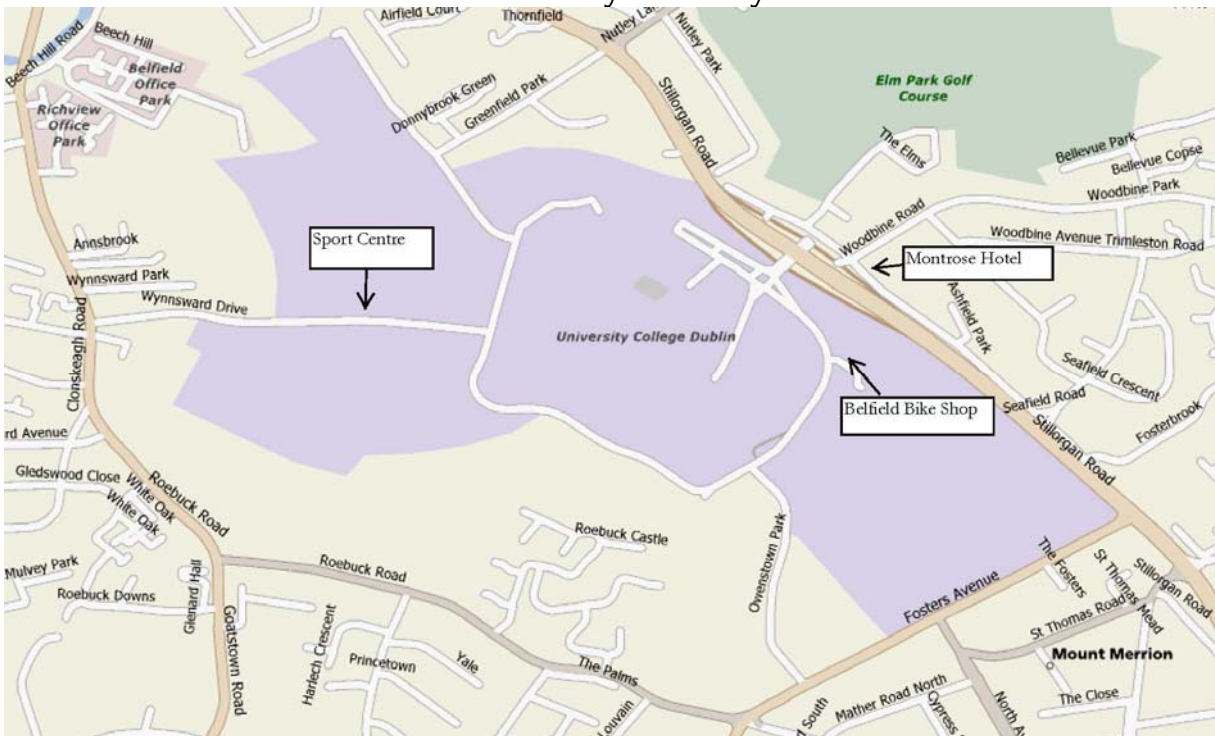
The following details will help you in planning your cycle

- ❖ Tour Itinerary
- ❖ Accommodation & Meals
- ❖ Group, Guide & Back up service
- ❖ Luggage & Bike transfers
- ❖ What to bring
- ❖ Health & Safety

### TOUR ITINERARY

**DAY 1**                      **SUNDAY 13<sup>th</sup> SEPTEMBER**                      **DUBLIN TO GOREY (103kms)**

The cycle starts in the car park of the Sports Centre in UCD at 7.30am sharp.  
Latecomers will have to make their own way to Gorey



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There is a large car park besides the sports centre and UCD have offered to open the centre to allow opportunities for changing, toilet etc prior to departure.

For those travelling to Dublin the Montrose Hotel [www.montrosehotel.ie](http://www.montrosehotel.ie) have offered a special rate for participants for the Friday & Saturday night before the tour start. €69.00 room only, €79.00 single room including breakfast, €89 twin sharing including breakfast. Please contact Mary Meehan at [mmeehan@montrose.ie](mailto:mmeehan@montrose.ie) / 01 2693311 directly to make a booking and quote the following Reference CYCLE 120909.

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 MONDAY 14<sup>TH</sup> SEPTEMBER GOREY TO ROSSLARE ( 75kms )**

We will depart from Gorey at 8am to allow plenty of time to arrive at Rosslare by 2pm. This will facilitate the loading of the bikes in plenty of time for the Ferry departure at 15.30.

This is the shortest leg of the cycle following the undulating coast road to Wexford town and then on to Rosslare. On arrival on the ship you will be able to check in to your cabins. The boat has several restaurants, bars, a cinema, café etc..

**DAY 3 TUESDAY 15<sup>TH</sup> SEPTEMBER 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 before heading back in land through more pleasant villages to reach the unspoilt medieval town of Bayeux.

**DAY 4 WEDNESDAY 16<sup>TH</sup> SEPTEMBER 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 THURSDAY 17<sup>TH</sup> SEPTEMBER 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 Versailles where we will stop for lunch. 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.

However it will be necessary to cycle a further small distance to reach the hotel where it will be easier to organise the packing and storage of bikes for transportation back to Dublin.

The last nights dinner will be in a local restaurant

This is the official end of our trip

## DAY 6

FRIDAY 18<sup>th</sup> SEPTEMBER

HOMeward BOUND

For those leaving on this date a bus is arranged to depart the hotel at 14.00 for the airport.

If you are not leaving on the Friday then you are responsible for making your own way to the airport.

Airport busses depart every half hour for CDG airport from nearby Montparnasse station. The Journey takes approx. 1 hour.

For Beauvaix airport, the departure from Paris is located at the bus park on the Boulevard Perring, near the hotel Concorde Lafayette ( for more details see [www.aeroportbeauvais.com](http://www.aeroportbeauvais.com)).

## ACCOMMODATION

The accommodation is allocated on a twin-sharing basis. All rooms have been allocated and you will be sharing a room with someone in your own team.

The hotel list is as follows

### Gorey

Amber Springs Hotel [www.amberspringshotel.ie](http://www.amberspringshotel.ie)

### Ferry

Oscar Wilde Ferry [www.irishferries.com/ships-oscarwilde.asp](http://www.irishferries.com/ships-oscarwilde.asp)

### Bayeaux

Hotel de Brunville [www.hotel-le-brunville-bayeux.com](http://www.hotel-le-brunville-bayeux.com)

### Evreux

Hotel de l'Orme [www.hotel-de-lorme.fr](http://www.hotel-de-lorme.fr)

### Paris

Hotel Jardins Eiffel [www.hoteljardinseiffel.com](http://www.hoteljardinseiffel.com)

## Single Supplements

For those who requested their own room the single supplement charge is 160 euro.

This charge needs to be paid directly to Irish Cycling Safaris by **31<sup>st</sup> August**.

Contact Marion Gaskin on 01 260 0749 ([marion@cyclingsafaris.com](mailto:marion@cyclingsafaris.com))

If you have not paid by 31<sup>st</sup> August then it will be assumed that you no longer wish to be in a single room and will therefore be paired up as a twin share with someone else.

## MEALS

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### **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 Gorey. 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 a light lunch that is already prepared. 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.

#### *Gorey*

7.30pm a buffet dinner in the Amber Springs Hotel

#### *Ferry*

8.00pm a buffet dinner in the Left Bank Restaurant

#### *Bayeaux*

8.00pm dinner in our hotel

#### *Evreux*

8.00pm dinner in a local restaurant

#### *Paris*

8.00pm dinner in a local restaurant

### **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.

### Teams

Based upon the questionnaire that you have filled out you will be allocated to a team based upon your ability. Each team will have approx. 10 members and their own guide for the duration of the event.

If requested we will endeavour to keep friends and those who cycle regularly with each other in the same group. However if you do have a preference to be in the same team as another participant you must email Marion **before the 31<sup>st</sup> of August** ([marion@cyclingsafaris.com](mailto:marion@cyclingsafaris.com)). We cannot guarantee that we will be able to accommodate all individual requests but we will do our best.

*It is important to remember that this is not a race or an individual event, but a charity cycle as a group.*

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.

Movement between groups may be possible on the ride with the agreement of your guide and tour organisers

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.

Each morning we will stagger the start to avoid bunching in the towns. This will also give more time to slower groups. Each evening your guide will let you know what time your team will set off the following morning.

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

This cycle is a challenge that involves 5 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 5 days slowly than to complete 3 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.

### Doctor/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 number of support vehicles as well as a 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 on 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.

The van of bikes will arrive back in Dublin at 10am on Saturday 19<sup>th</sup> of September. Our shop will be open from 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.

The bikes can be collected from Belfield Bike Shop, UCD Dublin 4. Tel: 01 716 1697 (see above map for directions). The normal hours of business of the shop are Monday to Friday 9-6 and Saturday 10-2.

Please be sure to bring ID with you when collecting your bike. The shop staff will not know you and will not release a bike to you without your ID matching the name on the tag.

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

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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.

**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 Lipsalve & Sunglasses**

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

**Rainjacket** – 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.

**Bike Jersey(s)** – see previously sent information on specific bike clothing

**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.

**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.

- 1) All cyclists will wear helmets
- 2) All cycles are to be serviced prior to departure
- 3) This is not a race. It is important that the cycling is carried out at a pace that is comfortable.
- 4) 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.
- 5) You are to remain with your group at all times.
- 6) You must follow the instructions of your guide.
- 7) Make sure you drink plenty of water whilst riding and take the opportunity to refill your water bottle at the snack stops.
- 8) Be careful not to drink too much alcohol. This dehydrates you and will seriously affect your ability to cycle the next day.
- 9) 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.
- 10) 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.
- 11) 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.
- 12) Be sure to advise your guide and the tour doctor 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.
- 13) 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.
- 14) No-one is to use their mobile phone or ipod while cycling
- 15) Take care on arriving/leaving towns especially after a long day in the saddle as accidents often occur when you are tired and weary.
- 16) Finally remember in France to cycle on the right hand side of the road!