

## France

# Self-Guided Cycling Tour

### Tour description

Day 1	
Arrive Bayeux	
Day 2	55 km
Loop ride	
Day 3	60 km
To Caen	
Day 4	30 km
To Cabourg	
Day 5	50 km
To Honfleur	
Day 6	
Tour Ends	

## Tour Details

Daily from March 15 to November 15

Cost:	\$1450 per person
Single Supplement:	\$395
Bicycle rental:	\$175

Length: 6 days/ 5 nights

Grade: Moderate to Intermediate

Starts: Bayeux

Ends: Honfleur

## Active Journeys



## A Ride in Normandy

Normandy has many charms, from the beautiful countryside and the lovely local architecture to the historic highlights such as Mont Saint Michel and Chateau Gaillard, and certainly the attractive cliffs and beaches along the coast. Important sights such as the Normandy Landing beaches and the Bayeux tapestry are also a must see while travelling in Normandy. It is truly a region with something for everyone! On this trip we highlight the journey from Bayeux to Honfleur, considered to be by many the most spectacular part of Normandy.

Using quiet country roads, we travel along the coast stopping to take in the sense of history that this region inspires. With lush rolling pastures and cows grazing among the orchards, Normandy is also a wonderful location for fine French cuisine as you discover Norman specialties and its particular gastronomy.

## Fast Facts

- Lovely 2\*/3\* accommodations, always with private facilities
- 5 breakfasts
- Luggage transport
- Route notes, emergency hotline and maps

### E-Bike Info:

- E-bike rental: \$350
- Cannondale models available
- Limited supplies, reservations recommended at booking



## ITINERARY

### Day 1 Arrival in Bayeux

Bayeux has become famous throughout the English-speaking world thanks to a 68m-long piece of painstakingly embroidered cloth: the 11th C. Bayeux Tapestry, whose 58 scenes vividly tell the story of the Norman invasion of England in 1066. But there's more to Bayeux than this unparalleled piece of needlework. The first town to be liberated after D-Day (on the morning of 7 June 1944), it is one of the few in Calvados to have survived WWII practically unscathed. A great place to soak up the Norman atmosphere, Bayeux' delightful city centre is crammed with 13th- to 18th-century buildings, including lots of wood-framed Norman-style houses, and a fine Gothic cathedral. Bayeux also makes an ideal launch pad for exploring the D-Day beaches just to the north.



### Day 2 Loop on landing beaches 55 km

Take a circular ride to the landing beaches along to Omaha beach. Then continue the ride to the 'Pointe du Hoc' and see the German forts along the Normandy coast. Then, follow the sea-side routes to Colleville sur Mer and its very impressive American cemetery, before returning to Bayeux.



### Day 3 Bayeux - Caen 60 km

Ride to Arromanches where you can see some vestiges of the artificial harbour "Mulberry" floating in the sea conceived by Winston Churchill. Continue along the coast to Courseulles sur Mer and Juno beach where the Canadians landed and visit the memorial. Continue your ride to Caen with its majestic abbeys.

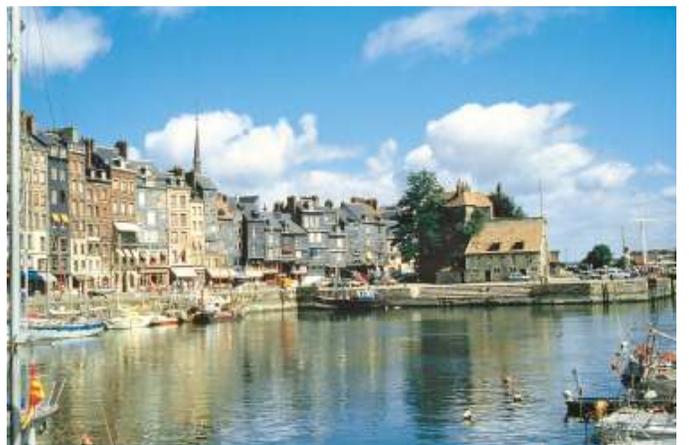
### Day 4 Caen - Cabourg 30 km

After having crossed the Pegasus bridge, where the English army won an important victory in 1944, it's time to enjoy a coastal ride and discover the magnificent "Côte Fleurie" and the charmingly elegant town of Cabourg. If you are looking for a good beach - indeed, a very good beach and certainly one of the best in this part of Normandy - Cabourg is perhaps the place you are looking for, well known for its gentle sandy beaches and resort type atmosphere.



### Day 5 Cabourg - Honfleur 50 km

Back to the "Pays d'Auge" area reaching the village of Beaumont-en-Auge with its colourful half timbered cottages before reaching Deauville. Deauville, lady of the French coast, with its most glamorous seaside resort, symbolizes elegance, prestige and sophistication. This is also the city of the horse and the gateway to Calvados. Continue by cycling along the coast to reach Honfleur and its charming harbour. Of all the beautiful destinations in Normandy, Honfleur is perhaps the most picturesque. Not surprisingly, images of sailboats and seascapes abound making the area a favourite among artists. In fact, Honfleur has been nicknamed the "city of painters" because it provides such a rich source of artistic material. There is much to see in this sleepy town, with its peaceful atmosphere and old-time feel. It is undoubtedly one of the must-see destinations in France.



### Day 6 End of tour

Tour ends after breakfast.

# What to Expect

## What will the weather be like?

The daytime temperature will be warm and sunny in the spring and fall. You can expect high 70's maybe even 80's (high 20's C), and cooler evenings. Sunscreen is a must during the day, as is a sweater for the cooler nights.

## How many hours of cycling a day?

Be prepared to ride between 3-6 hours daily, rarely on flat terrain. The French countryside is all hills. You are either going up or down in the countryside, relatively flat along the coast.

## How fit do I need to be?

The fitter the better, so you will enjoy the rides each day.

## What are the hotels like?

We use charming inns, 2 & 3\* accommodations, with twin-bedded rooms, all with private facilities in the standard itinerary and 3\* and 4\* in the superior.

**ABOUT INDEPENDENT HOLIDAYS:** You explore at your own pace, cycling along quiet roads. These holidays offer all the pleasures of riding point to point. Arrive at a new destination each day, without the hassle of carrying any luggage. Our detailed route notes and up-to-date maps, combined with the official marker posts ensure that you enjoy your holiday without the worry of finding the routes.



# Getting There

There are frequent international flights to France, closest airport is Paris. From Roissy CDG airport: taxi or shuttle transfer: Gare St Lazare train station > Bayeux train station.

On the return there are buses and trains back to main destinations in France.

# Extra Services

Bike rentals are not included in the price of this holiday. These are hybrid bicycles of 21 speed gears. All bikes come equipped with panniers, a handle-bar mounted map holder, repair kit, a pump and a lock. You can bring your own helmet or buy one from our local office.

Half board supplement (5 dinners) add \$350 per person

Extra hotel nights in Bayeux and Honfleur or by the airport or downtown can be arranged.

Tour can be upgraded to 3\*/4\* accommodations, add \$ 450 per person

# How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately.
- Deposit is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly a travel insurance provider.
- Ensure that you are in proper health for the trip chosen. Contact us for more information on vaccinations, inoculations, and fitness requirements.