

41st Annual Tour des Trois Vallees

23rd - 25th June 2012

www.dieppetour.com

General: Please help by carefully following the instructions below. To ensure the continuing success of this event it is important that we maintain good relationships with our hosts in CDC Dieppe. The Transmanche ferry terminal rarely deal with such a large number of cyclists so please comply with their boarding instructions and arrive promptly in accordance with their instructions.

Car Parking: A Pay and Display Car Park is available on the West side of the railway line by the ferry terminal. Alternatively, park a short way from Newhaven and cycle in. Allow enough change for £5 per 24hrs of parking.

Travel Documents: Please read your travel agreement and ensure you bring anything they have requested. Ensure you bring your passport. It is your responsibility to ensure you have organised travel and accommodation.

Saturday 23rd June

All passengers: All passengers travelling from Newhaven to Dieppe will board from the same terminal, situated west of the railway crossing. Proceed straight through the check-in to keep the area clear for other cyclists. Foot passengers need to remain in the main booking office area to await transport to the ferry.

Arrival at Dieppe: Stay clear of vehicles when disembarking! CDC Dieppe will greet us and may have additional information for the weekend. Take care on the metal bridge between the ferry terminal and town centre – it is extremely *slippery and dangerous* when wet.

Check-in for meal: Glen and I will be travelling with you on the ferry this year, if you are booked for the meal, please come to find us in the self-service restaurant during the first hour of the journey. We may move to a more comfortable area afterwards. If you are unable to meet us there, please confirm your meal reservation at the reception. **Please use your number and distance from the start list to check-in for your meal.** Any additional information for the weekend / changes to the itinerary will be distributed by us here.

Windsor Hotel: Individual room allocations will be available in the hotel reception. Use bike storage area behind the hotel.

Reception: 5.00pm at the Salle Paul Eluard (see map). It is requested that all participants attend this reception where you will be welcomed by City representatives and members of CDC Dieppe. For cyclists travelling on the Saturday ferry, it will be necessary to go **straight to the reception** before checking into your Hotel. They will wait for us to arrive if the ferry is delayed. Although it is unfortunate we cannot check-in first, it is unavoidable.

Dieppe Map: Available on the website.

Saturday 60k ride: Route details for the Saturday afternoon ride have been provided on the web site. You will need to pay for your entry on the day – I have let Dieppe CDC know the names of people who anticipate riding this event.

Sunday 24th June

Windsor Hotel: Breakfast is normally served from 06.30.

Event HQ: Salle Paul Eluard by the Town Hall. Your entry fee is paid. Check in using your number and distance from the start sheet. Your start card includes a refreshment ticket for lunch and a tombola number that you will need at the end of the ride. Please download a map from the web site if you have access.

Start times: Event HQ is open from 06.00. All riders should start between 06.00 and 09.00. It's up to you to arrive at the start and ride with those of your choice. If you are looking for companionship on the ride we recommend you arrive early so that you can find someone suitable to ride with. There's no need for anyone to be left on their own. Walkers should meet at HQ by 8.45 for a 9 am start.

Route: Routes are marked on the road surface or on the side of the road. We recommend you carry a map with you as it is your responsibility to get yourself back to the start safely. Suitable maps include map 304 (Local 1/175,000 series), map 513 (Regional 1/275,000 series) or the old Michelin map 52 (now out of print). Shops are generally open until midday.

Spare: Bring at least one spare inner tube and a good cycle lock.

Finish time: Please finish in time for the prize presentation at the Event HQ at 5.00pm.

Lunch: The lunch venue at St Aubin le Cauf is once again at Parc naturel éducatif Guy Weber. It is on the Avenue Verte so look out for the signs. A light snack is provided.

Walkers: The walk is approx. 16km. You should wear appropriate footwear - preferably walking shoes or boots. Take a small backpack as you will be given food and drink at the start which you must carry. Ensure you have clothing suitable for the conditions.

Presentation: Please don't arrange evening meals too early. It is important to attend the presentation at Event HQ to show our appreciation for all the hard work that goes into this event by CDC Dieppe. Several prizes generally come our way, plus a glass of wine each.

Sunday Evening Meal at Hotel Windsor: Michael and Mo are again organising the meal. The Hotel is situated on the seafront. For those who have pre-booked (refer to start sheet), the meal will start at 20.30 so arrive at 20.00 to select your seat. Check-in as you enter the restaurant. Vegetarians should make themselves known to the restaurant staff when seated. If you wish to sit with specific people, please nominate one person to email me a list of all the names of your group by 9th June latest. You must check that each person knows they are part of your group before you contact me. It is STILL important you arrive in plenty of time otherwise you may need to sit separately. This forward planning makes things easier for everyone.

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Monday 25th June

Monday Activities: There is a wonderful swimming pool complex on the seafront so remember your swimming gear if this may be of interest. Hotel Windsor generally allow guests to store their luggage in the Hotel until departure.

Return ferry: Check-in for the ferry according to the information you have been sent.

Non-cyclists: Non-cyclists will need to check in separately inside the passenger terminal.

Additional Information

Euros: Please bring enough plus extra for emergencies in case you or your bike break down.

Passport: EU regulations dictate that passports must be valid for 6 months after your date of return.

Cycle Lights: Recommended for anyone intending to cycle early morning or late evening.

Insurance: You are responsible for organising your own travel insurance. Also recommend you obtain a European Union card (previously E111) from local DHS or Post Office for basic health cover. Check that your card is in date.

Event Entry Fee: If a strike should cancel the trip, refunds will be held over to 2011 event.

Friendship Ride: Friends from Dieppe are visiting England on 8th/9th September. On Sunday 9th September there will be a cycle ride from Alfriston Youth Hostel (near Eastbourne) at 9.00am. If you require any further information please contact Paul Fox on 02087 455333. If you are able to assist with leading any routes then please let Paul know.

Organisers: Thanks to Michael and Mo Bedford for assisting us with the organisation of this year's event; a special mention for Jez Coan who designs our adverts.

Finally: Check your details on the sheet are correct and read the instructions again so you know exactly what is required - then enjoy the trip.