

44th Annual Tour des Trois Vallees

27th June – 29th June 2015

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 DFDS Seaways 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. Ensure you bring your passport. It is your responsibility to ensure you have organised travel and accommodation.

Car Parking at Newhaven: A Pay and Display Car Park is available on the West side of the railway line by the ferry terminal. You can either pay at the machine or pay inside the Passenger Terminal. Alternatively park just outside Newhaven and cycle in.

Newhaven Group Travel: Please read your travel agreement to check your travel time. All passengers will board from the same terminal, situated west of the railway crossing. Tickets state that we should arrive 90 minutes before sailing. Proceed through the check-in to keep the area clear for other cyclists. Foot passengers will need to wait at the terminal from where they will be transported onto the ferry by bus.

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

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

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.

Insurance: You are responsible for organising your own travel insurance. Also recommend you obtain a European Union card 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 2016 event.

Windsor Hotel: Use bike storage area behind the hotel. On the Sunday, breakfast is generally available from 6.30 am – please let Reception know if you are planning an early breakfast.

Arrival at Dieppe: Stay clear of vehicles when disembarking! CDC Dieppe may be there to greet us and supply 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.

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

Maps and Routes:

A Dieppe Map is available for download from the website showing locations of the port, HQ and Windsor Hotel. A brief outline of the cycle routes is available in the Route Guide. More detailed information of the routes can be found by following the links. Route sheets are available on our website. There are currently no gpx files. If anyone

wishes to create them from the route details then let me have them and I will share them on the website. Naturally any such files would be untested.

Friday 26th June

Newhaven Travel: Remember to bring your confirmation of travel. Arrive in plenty of time for the 9 am sailing as there will be a large group of cyclists.

Check-in for meal: Glen and I will be travelling on the Friday 9 am ferry, if you are booked for the Sunday 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. **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 or at the Saturday reception.

Saturday 27th June

Newhaven Travel: Group ticket holders should bring confirmation of travel. Arrive in plenty of time for the 9 am sailing as there will be a large group of cyclists.

Check-in for meal: As Glen and I are travelling on the Friday ferry, if you are booked for the meal, please confirm your meal reservation at the 5pm reception. We specifically need to know if anyone has dropped out and verify that everyone requiring a vegetarian meal has been catered for. **Please use your number and distance from the start list to check-in for your meal.** We will also distribute any additional information for the weekend / changes to the itinerary.

Reception: 5.00pm at the Town Hall (see map). It is requested that all participants attend this reception where you will be welcomed by City representatives and members of CDC Dieppe.

Sunday 28th June

Event HQ: Salle Paul Eluard by the Town Hall (see map). 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. If you don't want to carry the booklet, make sure you tear off the tombola number if you wish the opportunity of winning a prize ... it could be a bike!

Start times: Event HQ is open from 06.00. If you are starting very early then the HQ does have food and drinks available for a small charge. 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.

44th Annual Tour des Trois Vallees

27th June – 29th June 2015

www.dieppetour.com

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. This year's 60km route does not indicate a lunch stop though CDC Dieppe have advised that some refreshments will be provided. Be prepared that you may need to carry some food with you.

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 Educatif Guy Weber on the Avenue Verte so look out for the signs. A light snack is provided. The 60km ride doesn't appear to visit the Parc Guy Webber but I am advised that refreshments will be provided for the 60km riders. I am currently uncertain whether this may need to be carried with you. I will publish any further information on the website if I hear anything more.

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: This year Alex Southern has organised the Sunday Meal at the Windsor Hotel.

Individual requests for seating have been noted and tables allocated accordingly. Any vacancies will be announced at the reception on Saturday.

In order to cater for the full house, please arrive at the Windsor Hotel on the seafront, no earlier than 19.30pm to be seated for the meal at 20.30pm. Please ensure that you book in with Alex, Anne & David, who will advise you of your table upstairs. Vegetarians will be given a coloured card to place on the table. This will identify you to restaurant staff so we can ensure everyone gets the correct meal.

Monday 29th June

Monday Activities: There is a wonderful swimming pool complex on the seafront so remember your swimwear if this may be of interest. Please note that the pool do not permit Bermuda style shorts. Another popular option is to travel by train to Rouen.

Most Hotels 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.

Friendship Ride: Come and join the Friendship Ride on Sunday 6th September with around 30 guest cyclists from Normandy and Picardie riding 60km or 100km around East Sussex starting from the South Downs Youth Hostel at Southease at 8.30 am. Enjoy a very leisurely day with ride leaders, lunch in the village hall and a prize giving reception at the end. Entry is £6. For additional information contact Paul Fox at paulrenard.maison@btinternet.com.

Organisers: Thanks to the meal organisers: Alex Southern and David and Anne Dodds. Without their support, the group meal would not be possible.

Thanks to Michael and Mo for offering to assist Dieppe CDC with registration again this year.

Also a special thank you to Jez Coan for the design of our adverts – we once again opted for a larger advert in the Cycle magazine and have additionally advertised in Cycling Active. We believe that these adverts have successfully encouraged some new riders to join us. Thanks also to everyone who has recruited friends and family. The numbers attending this year's event speak for themselves!

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.