

# 45<sup>th</sup> Annual Tour des Trois Vallees

## Weekend of 25<sup>th</sup>/26<sup>th</sup> June 2016

[www.dieppetour.com](http://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 inside the Passenger Terminal.

**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. If you booked to travel with a bike but are now travelling as a foot passenger, you will need to board with the other foot passengers.

**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 2017 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 so the hotel can make staffing arrangements.

**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. Dieppe CDC are not in

a position to provide gpx files. If anyone wishes to create gpx files from the route details then they can be shared via our Facebook group. Naturally any such files would be untested. It is **strongly** recommended that you utilise the issued route sheet as following the route is your responsibility.

## Friday 24<sup>th</sup> June

**Newhaven Travel:** Remember to bring your confirmation of travel. Arrive in plenty of time for your chosen sailing as there will be many cyclists on each crossing.

**Check-in for meal:** Glen and I will be travelling on the Friday morning ferry. If you are able to check in for the meal with us then that would probably be quicker and easier for you than confirming the meal at the afternoon reception. We will probably base ourselves somewhere near the bar area. This year's entry list will be in alphabetical order so **there are no numbers to remember** (only the regulars will understand this comment). Any additional information for the weekend / changes to the itinerary will also be distributed.

## Saturday 25<sup>th</sup> June

**Newhaven Travel:** Remember to bring your confirmation of travel. Arrive in plenty of time for your chosen sailing as there will be many cyclists on each crossing.

**Check-in for 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. This year's entry list will be in alphabetical order so **there are no numbers to remember** (only the regulars will understand this comment). Any additional information for the weekend / changes to the itinerary will also be distributed.

**Reception:** 5.00pm at the Salle Paul Eluard near 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 26<sup>th</sup> June

**Event HQ:** Salle Paul Eluard by the Town Hall (see map). Your entry fee is paid. 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

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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 generally marked on the road surface or on the side of the road **but** we recommend you carry a map with you as it is your responsibility to get yourself back to the start safely. Suitable maps can be downloaded from the internet; a map is also provided on each route sheet so please ensure sure you print this out. Shops are generally open until midday.

**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 at Parc Naturel Educatif Guy Weber on the Avenue Verte so look out for the signs. A light snack is provided.

**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 once again organised the Sunday Meal at the Windsor Hotel. Anne & David Dodds have kindly offered to help.

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 27<sup>th</sup> 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:** Why not come and join the Friendship Ride on Sunday 4th September. We generally have 30 - 40 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](mailto:paulrenard.maison@btinternet.com). The more the merrier. If you are able to offer assistance escorting our French friends then that would also be appreciated.

**Organisers:** Finally, thanks to the meal organisers: Alex Southern, 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 both the CTC's Cycle magazine and Cycling Active. We believe that these adverts have successfully encouraged 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!

If you have enjoyed the weekend then it would be lovely to encourage more people along next year. I will endeavour to bring along some cards for riders to distribute when you return home. If you are able to advertise in this way then please ask me for some cards.

**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.