

BOURNEMOUTH - BORDEAUX - BÉZIERS

Having been introduced to cycle touring by Saturday morning rides from Christchurch to Burley and back (20 miles), and having been emboldened by John Higginson's book "Cycling the Loire", we now ride longer distances on France's uncrowded side roads in the lazy days of summer.

Charity Ride - September 2007 Bournemouth-Bordeaux-Béziers



Life
Registered Charity No. 274144

Julia's House
The Dorset Children's Hospice

Registered Charity No. 1067125

Our two previous rides, the length of the Loire and a trip in the Cévennes and Languedoc-Rousillon, are described in the Summer 2006 and the Spring 2007 newsletters of Wessex CTC at www.bournemouthctc.org/. This ride is expected to appear in the Spring 2008 issue.

Egged on by our friends, we decided to raise money for charity by seeking sponsorship before departing. We planned the trip, using the CTC database to research ideas for suitable, traffic-free routes and sightseeing opportunities. We also designed the map-logo, and printed it as a poster and on to our T-shirts.

As our fellow-members of the Christchurch Bicycle Club will testify, we are neither super-fit nor in the first flush of youth (our combined age = 121 years) and our bikes are certainly not super-fast (Saracen Panorama steel-framed tourers, with some additional lower gears for tackling the inclines). But, this is not a ride to be undertaken by newcomers to cycling, since some days turned out to be much longer and harder than we planned. With hindsight, we should have allowed a more time for sightseeing and done less riding each day. Also, the route includes one or two stretches, which, for us, were decidedly "hairy", so proceed at your own risk.

In almost unbroken sunny weather from the day we left, and with only one puncture stop, we cycled from the English Channel at Cherbourg (3 Sept) to the Mediterranean at Valras-Plage, near Béziers (23 Sept).

Although highly enjoyable overall, there were low points including:

- a. navigating the entry to and departure from Bordeaux and Toulouse and
- b. days when our bodies were saying "enough", but our destination was still more than an hour's ride away.

Highlights of the journey included our first glimpse of Le Mont St Michel and seeing the delightful chateaux in the Médoc. But paddling in the Med and celebrating there with champagne was the crowning moment! The French national Jet-ski championships finals were even taking place there as we arrived, so the town was "en-fête", adding to our sense of achievement.

SOME ESSENTIAL RULES FOR TOURING IN FRANCE

- which we sometimes overlooked to our cost.

- 1 Don't overestimate ability for gradients and distances: there always seems to be more of both on the ground than is marked on the map.
- 2 Book accommodation ahead for Sundays and Mondays and don't schedule Mondays as rest days - "France is closed".
- 3 Don't choose 'one-horse' towns in which to spend the night; the only hotel is sub-standard, the only restaurant is closed for refurbishment and you only find out when you get there!
- 4 Get out of the sun for at least an hour around noon GMT (2 p.m. local summer time), and remember that after lunch: hills are steeper, panniers heavier and kilometres longer.

ROUTE DESCRIPTION, HINTS and WARNINGS

(Detailed directions and accommodation are in the next Section)

Day 1 Bournemouth - Poole - Cherbourg - Briquebec - St-Sauver-le-Vicomte - la Haye-du-Puits - Lessay - Créances 71 km

Undulating countryside after leaving the ferry port, initially some busy roads. Visit Briquebec château ruins (market day = Monday). Pick up *piste cyclable* (former railway track) then level, if unexciting, cycling to Lessay - visit the priory church.

Hint:

1. Short cut leaving ferry port: use the pedestrian/cycle gate in the fence just after the customs/police post, to cross the railway line to the cycle track on Boulevard Félix Amiot to get to Rond-Point Minerve and Avenue Aristide Briand.

Day 2 Créances - Pirou - Gouville-sur-Mer - Tourville-sur-Sienne - Orval - la France - Cérences - la Haye-Pesnel - Lofif - (Avranches) - Pontaublout - Céaux 90km

Generally quiet roads through undulating countryside; a few steeper ascents/descents. A succession of hamlets and villages through "carrot-country", lovely views across estuary of *la Sienne*. Later on, mouth-watering glimpses of le Mont-St-Michel.

Hint:

2. To avoid Avranches, as you approach on D31, which turns away leftwards, ensure you keep straight on towards *Gare SNCF* and follow foreshore roads through le Val-St-Père to D43E and Pontaubault.

Day 3 Céaux - le Mont-St-Michel - St-James - Forêt Domainale de Fougères - Fougères 63 km

Fairly level start towards le Mont; allow at least 3 hours for visiting, preferably more. Afterwards, generally quiet roads through undulating countryside until entering Fougères.

Day 4 Fougères - Billé - Taillis - Vitré - Torcé - Taillis - Retiers - Forges-la-Forêt - Senonnes - Pouancé 107 km

Fougères and its castle merit a half-day visit and probably Vitré should get the same attention. The dolmen de la Roche aux Fées should not be missed. A long day's ride, because of the lack of advertised accommodation, Retiers would have been far enough. Regrettably, no time to visit Pouancé and its castle.

Hint:

3. Ensure you leave Fougères on the D179. The freebie town map puts you on the D798 (which is a 4-letter road, especially on a wet and windy day!!)

Day 5 Pouancé - St-Mars-la-Jaille - la Régéserie - Ancenis - Bouzillé - St-Remy-en-Mauges - Beaupréau - Andrezé - St-Maucaire-en-Mauges - Cholet (La Séguinière) 100 km

Gently rolling countryside at first, but hillier towards the Loire and particularly so afterwards. Unlovely approach to Ancenis, around the back of the airfield and past the rubbish dump, and down to the railway marshalling yard, but we avoided the busy-looking D923.

Hint:

4. Cholet is the nearest large town to the *Château & Grand Parc du Puy du Fou*, home to an annual extravaganza using thousands of actors, watched by tens of thousands of spectators - and they all need B+B, so accommodation can be at a premium for miles around.

Day 6 Cholet (La Séguinière) -St-Laurent-sur-Sèvre - St-Amand-sur-Sèvre - la Châtaigneraie - Vouvant - (Fontenay-le-Comte) 81km

Today's route is specifically to visit the house-we-very-nearly-bought in 2005, so is fairly indirect, passing through pleasant countryside with few hills until the swoop down to la Châtaigneraie and the more broken landscape in and around the Forêt de Mervent-Vouvant.

Warning:

5. Soon after leaving la Séguinière, the unmanned railway crossing at les Sorinières is absolutely not for public use, if the warnings and gates are anything to go by. The option is a 4 km detour via St-Christophe-du-Bois. The choice is yours.

Day 7 Vouvant (Fontenay-le-Comte) - Velluire - l'Île-d'Elle - Marans - Charron - Esnandes - Marsilly - Neuil-sur-Mer - la Rochelle 80 km

Spend a while in the pleasing honey-coloured town of Fontenay-le-Compte, with its roman fountain-well. Then it's a much flatter ride, partially beside the lazy River Vendée, partially beside the canals that criss-cross the Marais Poitevin. The fortified church of Esnandes contains a most unusual 18th century counting table. Thankfully, we had the wind behind us on these wide-open stretches and notched up good speeds.

Hint:

6. Avoid following the temporary direction signs for la Rochelle in Nieul-sur-Mer. They send you up to the windmill and down the motor road to join the D104 dual carriageway in to the city!

Day 8 Sightseeing Day in la Rochelle

Visit the old city and port area, with Town Hall, Clock Tower, Chain Tower and other fortifications.

Day 9 la Rochelle - Aigrefeuille-d'Aunis - Muron - Tonnay-Boutonné - St-Savignen - Saintes 81km

Fairly level, if somewhat tortuous departure from la R, to Aigrefeuille (market day = Tuesday). Much more traffic and hills approaching Saintes.

Hint:

7. To exit La R eastwards, pick up the cycle track from Rue de Périgny, over the canal & railway, thro social housing to r'b'ts crossing E602 / N137 near Périgny.

Day 10 Saintes - Thénac, - Gémozac - Lorignac - St-Bonnet-s-Gironde - Braud-et-St-Louis - Blaye 81 km

Historic city, worth a half-day visit. After leaving, open rolling country, little traffic. Once you see the Gironde estuary, some steep little hills most of the way to Blaye (pronounced "Bligh")

Hint:

8. Use the IGN map 1:100 000 *Carte de Promenade*, sheet 46, to find level farm roads beside the canals and ditches to avoid the switchback D146 / D18 / D255.

Day 11 Blaye - Ferry - Lamarque - Pauillac - Lamarque - Margeaux - Parempuyre - Bordeaux 83 km

Allow at least an hour or two to visit Vauban's citadelle. The gently rolling road to Pauillac is an optional trip, passing a number of châteaux. Similar conditions, possibly more traffic southwards from Lamarque to Blanquefort / Bruges on the outskirts of Bordeaux.

Hint:

9. Check the bac (ferry) crossings times: infrequent out of season. Departure point near the Tourist Info kiosk.

10. Essential to obtain a street-map of the city, or allow 2 hours for getting lost!! Look for the Boulevard(s) and know the names of the *Porte* nearest your hotel.

Day 12 Sightseeing Day in Bordeaux

Allow at least a day to see some of the sights (and recover from the traumas of getting in to the city).

Day 13 Bordeaux - la Brède - St Michel-de-Rieutfort - Landiras - Balizac - Villandraut - Préhac - Lucmau 81 k

Initially rolling countryside, through vines, then level roads in unexciting forest of varying density and tree types. Small villages, some with interesting church façades, but few and far between, so book accommodation in advance.

Day 14 Lucmau - Captieux - Giscos - Lartigue - Allons - Houeillès - Durance - Réaup-Lisse - Mézin - Fourcés - Condom 85 km

Level roads through more sparsely-inhabited forests, ending in a surprisingly sharp little climb in to Réaup-Lisse, thence undulating / hilly to Condom. Fourcés is an unusual circular bastide village with a very welcoming bar/hotel.

Day 15 Sightseeing Day - Montreal / Condom Area

Potential excursions to villages of Larressingle, Vopillon, Cassaigne and/or Gallo-roman villa near Montreal were scrubbed. The downpours kept us in Condom and mainly indoors.

Day 16 Condom - la Romieu - Lectoure - Miradoux - Flamarens - St-Antoine - Auvillar - Castelsarrasin 85km

Day starts with 3 km of uphill in heavy traffic and the ascent to Lectoure is steep. Otherwise, moderate climbs and long, gentle descents through delightful countryside with wonderful views, sharing the road with pilgrims en-route to Santiago de Compostela. Busy traffic on the D953 before Auvillar and D12 causeway in to Castelsarrasin.

Hint:

11. Allow an hour or so to visit the church and towers of la Romieu and count the cats around the square. And another hour to visit brick-built, old Auvillar.

Day 17 Castelsarrasin - B  nis - Bourret - Verdun-s-Garonne - Grenade - Merville - Aussonne - Cornebarrieu - Blagnac - Toulouse 70 km

Mainly quiet, flat roads through farming & market gardening and orchards until Cornebarrieu. Cycle path along the D1 to the aerospace bus stops.

Hint:

12. Cross this tarmac and the pedestrian/cycle bridge over the D902. We were fortunately guided from there, turning straightaway right and on through Blagnac, to the Garonne and taking the towpath/promenade to the city centre.

Day 18 Sightseeing Day in Toulouse

At least a day is needed to do justice to the city.

Day 19 Toulouse - Port-Lauragais - Castelnaudry - Bram 85 km

Canal du Midi towpath is tarmac surfaced for 40 km or so, until Seuil de Naurouze, after Port-Lauragais: Beaten earth thereafter, so passable in dry weather, but rutted and "rooted". We tried the parallel roads but the wind strength forced us back to the shelter of the trees beside the towpath. Flattish, but busy D33 from Castelnaudry onwards; used but not recommended.

Warning:

13. You may be diverted off the tarmac towpath if *amenagement* is in progress. Follow the signed *deviation* and/or the local roads, not the opposite earth towpath, unless you wish to test your nerves, sense of balance and physical strength.

Hint:

14. At Seuil de Naurouze leave the towpath to visit the octagonal remains of the 17th century feeder system for the Canal du Midi and the monument to its architect, Jean-Paul Riquet.

Day 20 Bram - Carcassonne - Tr  bes - Puich  ric - Homps - Argens-Minervois - St Marcel-sur- Aude - Cuxac-sur-Aude - Coursan 98 km

We used the busy D33 to avoid the major canal loops, but preferred the slower, earth-surfaced towpath to Carcassonne. Thereafter, undulating roads close to the canal, sometimes busy as far as Homps.

Hint:

15. The side road from Herminis, through Serres towards Carcassonne is blocked by high metal gates at the *manoir* and ditches prevent access to the towpath or

the D33 in the vicinity. Carcassonne is much easier to cross North-South than East-West.

Warning:

16. The D303 eastwards from Carcassonne is hilly but easily cycleable, but it joins the fast and busy N113 on a long, sweeping bend. The gap in the dual carriageway separator is a welcome refuge. The minor road opposite is blocked so one has to use the main road for 1 km in to Tr  bes.

Day 21 Coursan - Salles-d'Aude - Fleury-d'Aude - Port Chichoulet - Valras Plage 25 km

Valras Plage - St-Germaine - Vendres - Courgasse - B  ziers 26 km

Quiet, flat minor roads until close to the seaside resort of Valras.

After Valras, mixture of surfaces and traffic and minor hills. Towpath from Courgasse in to B  ziers, via the staircase of 9 locks.

Warning:

17. Care needed crossing busy N9 and careful navigation to find minor road to towpath at Courgasse.

Day 22 B  ziers - Les Br  nines - Lespignan - Fleury-d'Aude - Vinassan - Narbonne 32 km

After retracing the towpath to Courgasse, undulating, mainly quiet roads through vines and woods, with sea glimpses.

Day 23 Narbonne - Perpignan

Didn't fancy dicing with the traffic on Route N9. So stayed 2 nights in Narbonne and used train from there to Perpignan on following morning.

Day 24 Narbonne - Perpignan - Bournemouth 5 km

Morning train to Perpignan

Cycle to airport

Afternoon Flight from Perpignan Airport to Southampton Airport,

Train to Bournemouth,

Cycle home from station.

ROUTE DIRECTIONS

Abbreviations & Explanations

L	Left	R	Right
SO	Straight on	X	Cross
N	Route Nationale - avoided if possible	D	Route Départementale - usually good to use
C	Route Communale - usually good to use	(33)	Estimated cumulative distance, km, in this section
PisteCyc	Piste Cyclable = Cycle Path	R'b't	Roundabout
"A xxx"	Avenue xxx	"B xxx"	Boulevard xxx
"Ch xxx"	Chemin xxx	"Co xxx"	Cours xxx
"R xxx"	Rue xxx	??	detail unknown
bold	Planned but not used	**	Highly recommended accommodation / service
<i>italics</i>			

N B - distances in the daily titles are as recorded and adjusted for computer inaccuracy. Distances in brackets are as measured on the map - see number 1 in "Essential Rules".

Day 1 Bournemouth - Poole - Cherbourg - Créances 71 km
 By car to Ferry Port
 N13 / D900 Martinvast, Briquebecq, PisteCyc St Sauveur-le-Vicomte, La Haye du Puits, Lessay, D652 / D72 Créances.
 Accommodation Jan & Dave Tarbuck,
 Le Mesnil de Créances,
 50710 Créances.
 French phone: 02 33 47 85 35

Day 2 Créances - Céaux 90km
 D72 Pirou, Anneville, Gouville-s-M,
 D268 / D344 / D68 Tourville-s-Sienne, D650 Le Pont de la Roque,
 D437 Orval, Le Pont de Hyenville, D439 / D35 La France, Cérences, Le Loreur, Le Repas, La Haye-Pesnel, Les Chambres, D41 / D105 / D973 Lolif, **Avranches**, D43E Pontaubault, D313 / D113 Céaux.

Accommodation Logis Hotel Au P'tit Quinquin
 (Les Forges)
 50220 CEAUX
 French phone: 02.33.70.97.201

Day 3 Céaux - Fougères, via le Mont-St-Michel 63 km
 D113 Courtils D288 La Barre, D275 / D976 Le Mont St Michel (12) (sightseeing morning),
 D280 Brée (21), D80 / D30 La Croix-Avranchin, St James (33) , D998 / D798 La Tricherie (46.5), D19 le Bordage (47.5), C?? Forêt Domainale de Fougères (sightseeing), Fougères.

Accommodation Taverne Hotel Du Commerce
 Place de l'Europe
 35300 Fougères
 French phone: 02.99.94.40.40

Day 4 Fougères - Pouancé 107 km
 Fougères (sightseeing)
 D179 Bille, Taillis, Vitré (29) (sightseeing),
 D108 / D110 Monperron, Torcé, Vergéal, Bais (44), Marcillé- Robert (52), D48 / C?? (La Roche aux Féés), Retiers, D41 Forges la Forêt, D41 Eance, D231 Senonnes, D72 Pouancé

Accommodation Marie Jo & Yannick Brousse,
 La Saulnerie,
 49420 Pouancé
 French phone: 02 41 92 62 66

Day 5 Pouancé - Cholet (La Seguinere) 100 km
D878 La Chapelle Glain, St Mars la Jaille, @ La Regéserie, L+R C???
La Rigaudière, La Roche, La Pousse-moitière, Ancenis (44),
D763 / D751 Bouzillé, D252 / D152 / D17 Montrevault (66), D17 / D752
Beaupréau (75), D752 / D?? Andrezé, R D91 X D752 St-Maucaire-en-
Mauges (85), D91 / C?? St-André-de-la-Marche, L Rue St Paul, L
D156 Etablière, R C?? La Seguinère.
Accommodation Madame Magda Tricoire-Verkerke
38 Rue du Manoir,
49280 La Seguinere.
French phone: 02 41 56 93 29
(Mob 06 87 61 51 40)

Day 6 Cholet (La Seguinere) - Vouvant (Fontenay-le-Comte) 81km
Av CDG, R D753 400m L (les Sorinières), L D202 le Cormier, L
N160, R ?? (la Tremblaie) le Puy-St-Bennet, R D752 St Laurent-s-
Sevre (14), D111 Trieze Vents, St Amand-s-Sevre (28), D34 La
Pommerai-s-Sevre, D27 St Mesmin, D8 (Les Anglais / L' Aubrière,
D49a Menonblet), D49 St Pierre-du-Chemin, D938 ter {**Private**
deviation - La Tardière, Ronde Fougère (58),} La Chataigneraie, D19
Lorge Fougereuse, R D30 St Maurice des Noués, Le Viviers
(vouvant), L D31 2kms white house on LHS.
Accommodation Carole Smyth
Les Pousses Vielles
85120 Vouvant-Mervent
French phone: 02 51 52 68 05
smythcarole@aol.com

Day 7 Vouvant (Fontenay-le-Comte) - la Rochelle 80 km
D31 le Nay, FR 700m R D65 les Quillères, L D65 (Parc Zool'que)
Fontenay le Comte (15).D115 Biossais, Boisse, Chaix, Velliure, Le Gué
de Velliure (31), L'Ile-d'Elle (38), Tabarit, Marans, D105 Charron,
Esnandes, Marsilly (58), D106 Nieul-s- Mer, La Rochelle
Accommodation Hôtel de Bordeaux,
43 rue St Nicolas,
17000 La Rochelle
French phone: 05 46 41 31 22
hbordeaux@wanadoo.frwww.hotel-bordeaux-
fr.com

Day 8 SIGHTSEEING DAY IN LA ROCHELLE

Day 9 la Rochelle - Saintes 81km
St Rogatien, D108 / D204E / D204 Aigrefeuille d'Aunis (25), D112 /
D939 / D112 /D117 Muron, D112 Tonnay Boutonne, D739E / D114 St
Savinien, Taillebourg, Saintes.
Accommodation ** Hotel L'Avenue,
114 ave Gambetta,
17100 Saintes.
French phone: 05 46 74 05 91

Day 10 Saintes - Blaye 81 km
D6 Thénac, Gemozac (21), D143 Champagnolles, D247 La Foye,
Lorignac (31), D145 E / D145 St Dizant-du-Gua, St Thomas-de-Conac,
St Sorlin-de-Conac, St Bonnet-s-Gironde, D146 / D18 St Ciers-s-
Gironde (61), D256 Braud-et-St Louis, D255 onwards, Blaye
Accommodation Auberge du Porche,
5 rue Ernest Régnier,
33390 Blaye.
French phone: 05 57 42 22 69

Day 11 Blaye - Bordeaux 83 km
Bac, Port de Lamarque, D5 Lamarque, D2 Cussac, Beychevelle,
Pauillac,
return to Cussac-le-Vieux, (**side trip - D2E9 Fort Médoc**),
D2 Arcins, Margaux, Siran, D209 Macau, Médoc, Parempuyre,
Blanquefort,
D210 "A du 11 Novembre", "A des 4 Ponts", L under Autoroute, "A
du Gen de Gaul", Bruges, L "A d'Aquitaine", "A de Tivoli",
R, N210 "B Pierre 1er", "B de Pres Wilson", "B Antoine Gautier", "B du
Mar Leclerc", "B Georges V", L, "R de Patay".
Accommodation ** Mme. Martine Peiffer,
83 rue du Patay,
33000 Bordeaux.
French phone: 05 56 99 41 74

Day 12 SIGHTSEEING DAY IN BORDEAUX**Day 13 Bordeaux - Lucmau 81 k**

"R de P", X "B Geo V", "R Gaston Lespiault", X N250 "Co Mar Gallieni", "R François Coppée", R, L, "Co de Reims", L, R, "R Eugene Olibet", L, "R Emile Combes", R, N10 "Co Gambetta", 400m, L, "R Lamartine", "R Peydavant", R'b't SO, R'b't L, "R de Pacaris", 500m, R'b't, R, "Ch de Leysottte", 900m, R'b't, SO, "R Yvon Mansencal", under A630, R, "Av du Gen Leclerc", L, "Ch Brignon", R'b't SO, L "R Jules Michelet", R, "R Ferdinand Soors", R "Ch de Couhins", L, "Ch / R de Martillac" to Le Breya / Martillac (18), D109 La Brède, D220 / D108 / D109 St Selve, Jeansotte, D109 / D115 St Michel-de-Rieutfret, C?? Chât de Landiras, D115 Landiras (334), D11 Balizac, D110 Villandraut (54), D114 Préhac, Lucmau.

Accommodation M. François-Xavier Bureau,
la Palombière, 54 le Bourg,
33840 LUCMAU.
French phone: 05 56 65 87 25

Day 14 Lucmau - Condom 85 km

D114 Captieux, D10 Giscos, C?? Lartigue, D10E Allons, D154, Houeillès (28), D154 Durance, D283 Réaup-Lisse, D149 Mézin (56), D5 / D29 Fourcés, D114 Condom.

Accommodation Le Relais de la Tenareze,
22 ave d'Aquitaine,
32100 Condom.
French phone: 05 62 28 02 54

Day 15 SIGHTSEEING DAY MONTREAL / CONDOM AREA**Day 16 Condom - Castelsarrasin 85km**

D931 Mahourat, D41 La Romieu, D166 Tressens Marsolan, C??/GR65 Espasot, D7 Lectoure (23), N21 D23 Miradoux, Flamarens, D953 St Antoine, D88 Auvillar, D12 Castelsarrasin.

Accommodation Hotel Marceillac,
54 rue de l'égalité,
82100 Castelsarrasin.
French phone: 05 63 32 30 10

Day 17 Castelsarrasin - Toulouse 70 km

D45 Bénis, D26 Bourret, Mas-Grenier, Verdun-s-Garonne (27), Grenade (38), D65 Merville, Aussonne (49), - St Roch, Cornebarrieu (58) - *OR C?? / D2 (La Paquière)* - Blagnac (58), Toulouse.

Accommodation Etap Hotel / Ibis Toulouse Centre,
2 rue Claire Pauilhac,
31000 Toulouse.
French phone: 05 61 63 61 63

Day 18 SIGHTSEEING DAY IN TOULOUSE**Day 19 Toulouse - Bram 85 km**

Towpath [passing Labège, Montgiscard, Villefrance-de-Lauragais, St Rome (29)], Port Lauragais (41), Castelnau-dry (54), D33 Bram (70)

Accommodation Logis Hotel Le Clos St Loup,
69 ave du Razes, Bram,
11150 Aude.
French phone: 04 68 76 11 91

Day 20 Bram - Coursan 98 km

Towpath Carcassonne (20), D303 / D610 Trèbes, Marseillette, Puichéric, Homps (46), D124 Argens-Minervois (52), Roubia, Paraza, Ventenac-en-Minervois (59), St Nazaire-s-Aude, St Marcel-sur- Aude, D1118 Sallèles-sur-Aude, Cuxac-sur-Aude, Coursan (72)

Accommodation ** J. Yves / M. Christine Radiguer
Domaine de l'Ille Sainte Rose,
11110 Coursan.
French phone: 04 68 45 08 77
e-- illesaintrose@ifrance.com

Day 21 Coursan - Valras Plage 25 km

D31 Salles-d'Aude, Fleury, D618 Pont de Fleury, R, C?? La Batisse, C?? / D37E9 Port Chichoulet, After 800m, R, C?? / D37E10 (St Jean), Valras-Plage.

Valras Plage - Béziers 26 km

Retrace D37E10, La Yole, D37E9, L, C?? Vendres, C?? La Vidalle, L, R, D14 Courgasse, X Canal, R, C?? / "Ch des Ecluses", "Quai du Port NotreDame", Béziers Centre.

Accommodation Hotel du Champ de Mars
17 rue de Metz,
34500 Béziers
French phone: 04 67 28 61 42
e-- hotel-champdemars @wanadoo.fr

Day 22 Béziers - Narbonne 32 km

D19 / D14 Les Brénines, Lospignan, Fleury-d'Aude, D1118 / C?? Vinassan, D31 / D68 Narbonne,

Accommodation ** Hotel La Residence,
6 rue 1 Mai,
11100 Narbonne
French phone: 04 68 32 19 41

Day 23 Narbonne - Perpignan Estimated 62 km

N9, 3rd R'b't, 3rd exit, "A de Quatourze", 200m, R, 200m, R'b't under N213, SO, 200m, R'b't, SO, "A des Etangs", 200m, under A9, R, alongside autoroute, 1K, L on D105, Bages, Peyriac-de-Mer (14), R, L, "R des Corbiers", L on N9, R'b't, C?? Hameau du Lac, Sigean, D2009 / N9 / D75 La Palme (23), R "R San Brancat", X D709, X D627, D27 / D327 Leucate (32), Leucate Plage, D627 / D83 Coast road, St Laurent de la Salanque (52), D90 / D1 Clair, Bompas, D31 Perpignan.

Day 24 Narbonne - Perpignan - Bournemouth 5 km

Morning train to Perpignan
Cycle to airport
Afternoon Flight from Perpignan Airport to Southampton Airport,
Train to Bournemouth,
Cycle home from station.

Total Distance cycled - 1431 km