

London to Bordeaux (Glass to Grape)

Trip code: LB



Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 England & France

 20th - 24th September 2018

Cycle from one of the most iconic landmarks in London to Bordeaux in France. Over four days you'll ride across the South Downs in England, cross the channel on an overnight ferry from Portsmouth to St Malo, then cycle through vineyards and rural northwestern France to the wonderful city of Bordeaux. It is fully supported and guided by the More Adventure team, with your luggage transferred from each of the pre-booked hotels to the next and back to the UK, so all you need to do is turn up and ride!

Highlights

- Getting a team photo in front of the iconic Shard, London
- Crossing the South Downs National Park before arriving at the ferry in Portsmouth
- Waking up on the ferry in a new country
- Sampling delicious local cuisine from this incredible region
- Riding through one of the most famous wine regions of France, the *Pays de La Loire*
- Cycling along country roads and open farmland of Northern France
- Arriving in style at the stunning reflective pools in front of *Place de la Bourse*, Bordeaux

Detailed Ride Itinerary

Day 1: The Shard, London - Portsmouth (83 miles)

We meet in front of an icon of London, The Shard. After a trip briefing, photos and loading luggage onto the support vehicle, we cycle southwest, leaving the city behind as we enter rural Surrey. There will be a few hills to overcome as we enter the beautiful South Downs National Park, but we should arrive in plenty of time for an evening meal in Portsmouth and our overnight ferry to St Malo. After a hot shower on board, we'll retire for our first night in comfortable cabins.

Day 2: St Malo - La Chappelle-sur-Erde (116 miles)

After breakfast on board the ferry we will dock into St Malo early on Day 2. We'll leave St Malo and cycle south passing through the Forêt du Mesnil then onto the small town of Combourg, home to a beautiful chateaux overlooking lake *Tranquil*. Our route continues south, reaching the small town of Rennes at the confluences of two rivers - the *Ille* and the *Vilaine*. We'll soon reach our destination for the evening, La Chappelle-sur-Erde, just north of the city of Nantes. After an evening meal, and showers, we'll spend the night in our hotel, ready for the following day's ride.

Day 3: La Chappelle-sur-Erde - Rochefort (115 miles)

Today is an easier ride which begins by crossing the city of Nantes which is perched on the end of the river Loire. The sixth largest city in France, Nantes became the largest port in France during the 17th Century and was responsible for nearly half of the French Atlantic slave trade in the following century. After crossing the river Loire, our route heads southeast to the village of Vieillevigne before entering the small Roman town of Luçon. We skirt around *Le Baie de l'Aiguillon*, a popular nature reserve that's home to thousands of waterfowl including ducks, geese and swans. Our route ends in the small town of Rochefort, just south of La Rochelle and on the banks of the river Charente.

Day 4: Rochefort - Bordeaux (97 miles)

We begin today's ride by crossing the river Charente then heading south past Rochefort airport. Our route continues south to meet the Atlantic at the seaside resort of Royan where we'll catch an early ferry across the Gironde to Soulac-du-Mer. We'll then follow the Gironde estuary to the beautiful city of Bordeaux, a relatively flat final stretch to the end. Congratulations - you made it! After a few photos, we'll retire to our hotel for our final night of the trip for a celebratory meal and drinks.

Day 5: Bordeaux - London

Your bicycles and luggage will be driven back to the UK so you have a full day to explore Bordeaux. A thorough exploration of the cathedral is a must, along with a visit to the *Pont de Pierre* and one of the many museums in the city before your evening flight back to London. Here you'll be met by the More Adventure team who will hand back your bicycles and luggage and the trip comes to an end.



This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.

Included

- Cycle leader(s) and support driver(s)
- 3 x night's hotel accommodation
- 1 x night ferry cabin accommodation
- Ferry crossing from Portsmouth - St Malo
- 3 x breakfasts
- 4 x buffet-style lunches
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Bicycle and main luggage transfer back to London
- GPX files of the route (if requested)



Not Included

- Bicycle and Helmet
- Return flight from Bordeaux to London
- Transfers to Bordeaux Airport
- Breakfast on the ferry
- Evening meals, drinks and snacks
- European Health Card (www.ehic.org.uk/Internet/home.do)
- Insurance

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Trip Notes

Trip suitability

You will be cycling for between eight and ten hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 8+ hour cycles so you will know what is required. **You will need to get some hill practice in, particularly for the first day's ride!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles includes all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code **MOREADV5** for up to 15% off.

You must also bring a European Health Card (www.ehic.org.uk/Internet/home.do) which are free and give you access to free healthcare anywhere in Europe.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Evening meals each evening tend to cost between £15 and £20. You will also need to budget for any excursions, travel around Bordeaux, and lunch on day 5. You will need Euros to spend in France.

Accommodation

Accommodation for this trip on the first night is onboard the overnight ferry in comfortable self-contained twin cabins with ensuite bathroom. For the following three nights we'll be staying in excellent quality, comfortable hotels with hot water showers and excellent amenities. The single supplement for this trip is £230 and can be added upon booking (based upon availability).

Food

Breakfast on Day 2 will be eaten in the ferry restaurant before disembarking in France, there will be a wide selection available to fuel you for your second day's ride. Breakfast on the three subsequent mornings will be eaten in the hotels and will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included and we will give you the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW3 Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

Luggage

Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

This trip will run on a minimum number of 16 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip