

# Bath to Bordeaux Cycle

Trip code: BB



## Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 England & France

 April - September

Cycle from one iconic city to another! Over four days you'll ride through Somerset, Wiltshire and Hampshire, 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!

*"My second trip with More Adventure and another fantastic experience! Faultless planning and execution from the leaders throughout. A real challenge with long distance days and a few lumps, but a fair challenge! Thanks again to the More Adventure team."*

**Matthew, 2018**

## Highlights

- Getting a team photo in front of the iconic Royal Crescent, Bath
- Cycling through Somerset, Wiltshire and Hampshire
- Arriving at the ferry in Portsmouth
- Waking up on the ferry in France
- 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: Join tour in Bath, cycle to Portsmouth (90 miles)

We meet in Bath for a trip briefing and load the support vehicle with luggage. After a short cycle through the outskirts of Bath, our route passes along country lanes to Salisbury. Once we've had lunch we'll continue our ride southeast to Portsmouth for our evening meal before boarding 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 (113 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 (117 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
- 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
- Ferry from Royan to Soulac-du-Mer
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Bicycle and main luggage transfer back to Bath (other locations can be considered so get in touch)
- GPX files of the route (if requested)



## Not Included

- Bicycle and Helmet
- Return transport from Bordeaux to the UK
- Transfers to Bordeaux Airport
- Breakfast on the ferry
- Evening meals, drinks and snacks
- European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do))
- Personal Travel Insurance

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## Trip Notes

### Trip suitability

You will be cycling for between six and eight 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!

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](mailto: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](http://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).



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 5% off.

You must also bring a UK Global Health Insurance Card (GHIC) (<https://www.ghic.org.uk/Internet/startApplication.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

The first night is spent on the ferry in comfortable twin cabins with hot showers and comfortable beds. 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

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. 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](#). Bike boxes and bags can be transported on the support vehicle throughout the trip if needed.

## 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 10 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 (we recommend you have adequate travel insurance before booking any trip)

1. Scroll to the bottom of the trip page
2. Click 'Book Now' and fill out your personal details
3. Fill in your medical and Next of Kin details
4. **Congratulations - you've now secured your place!**
5. You will receive a confirmation email and further information about the trip