London to Bordeaux

25th - 29th August 2026



Overview

- Total 5 days
- Hotels
- Difficulty:
- Cycling 4 days
- England & France
- 25th - 29th August 2026

Cycle from one of the most iconic landmarks in London to Bordeaux, 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 by the More Adventure team, with your luggage transferred from each of the hotels to the next and back to the UK, so all you need to do is turn up and ride!

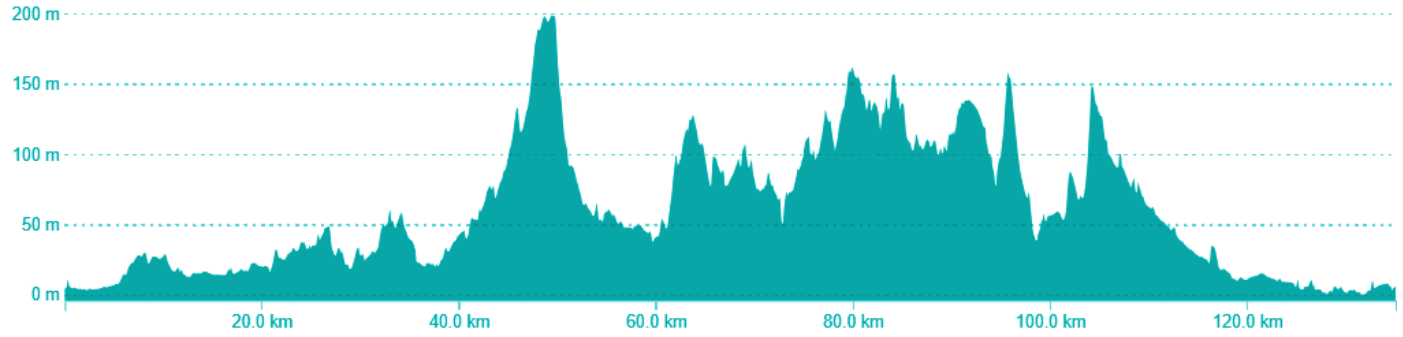
Highlights

- 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

Proposed Itinerary

Day 1: The Shard, London – Portsmouth

136km & 1500m ↑ / 83 miles & 1900 feet ascent



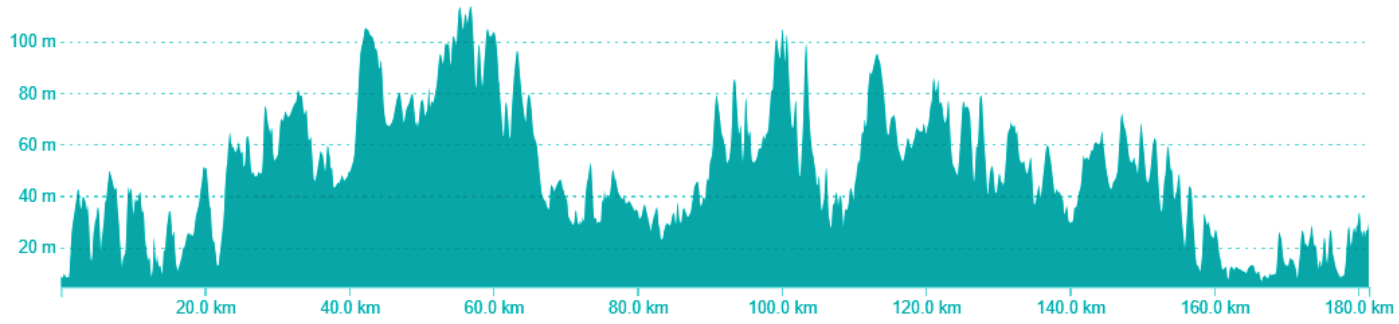
We meet in front of an icon of London, The Shard. After a trip briefing, photos and loading luggage onto the support vehicle, we cycle southwest, leaving the city behind as we enter rural Surrey.

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

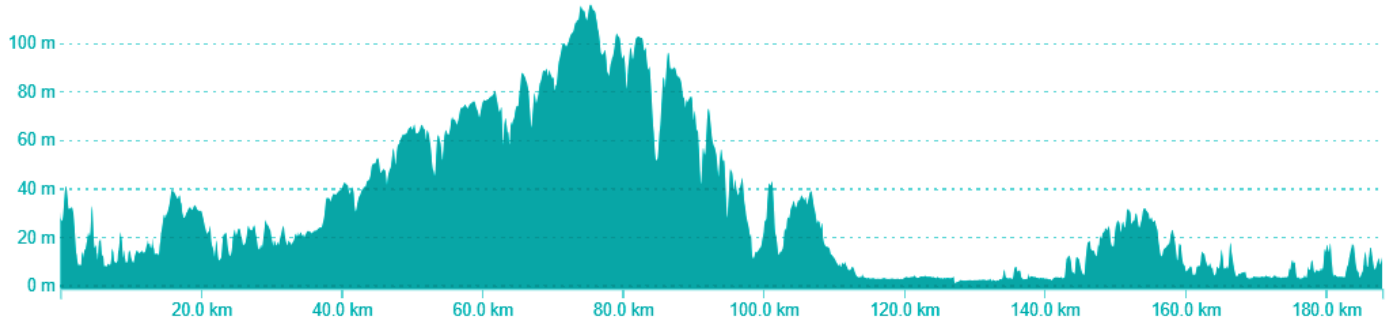
182km & 1800m ↑ / 113 miles & 5800 feet ascent



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 *Lac 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 Chapelle-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

189km & 1000m ↑ / 115 miles & 3500 feet ascent



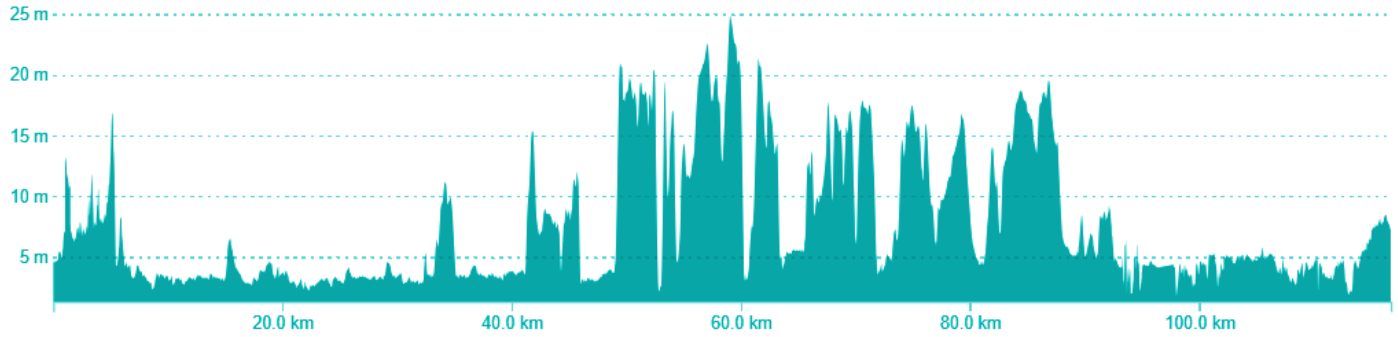


Today is an easier ride which begins by crossing the city of Nantes, perched on the end of the river Loire. The sixth largest city in France, Nantes became the largest port in France during the 17th Century and was responsible for nearly half of the French Atlantic slave trade in the following century. 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

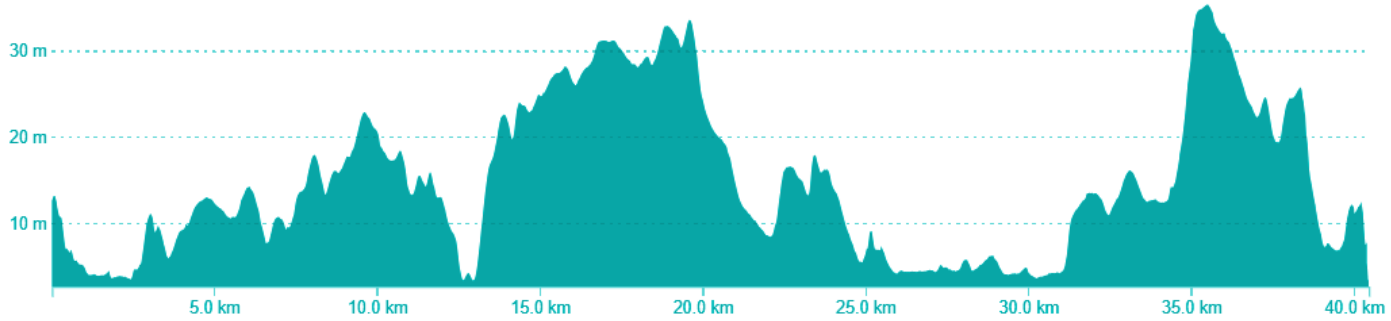
158km & 700m ↑ / 96 miles & 2250 feet ascent

Part 1 to the ferry



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.

Part 2 from the ferry



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.

Your bicycles will be dropped off at a convenient location for you to pick up at your convenience. Individual door-to-door dropoffs may also be available (depending on the location) for an extra charge.

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

- Support driver
- Support vehicle throughout
- 3 x nights hotel accommodation (based upon single rooms)
- Ferry crossing from Portsmouth to St Malo
- 1 x cabin accommodation on the ferry (single occupancy)
- 3 x breakfasts
- All luggage transported during your trip
- GPX files of the route
- Joining instructions and kit lists
- Bespoke webpage for further information and booking
- Risk Assessments and Event Insurance



Not Included

- Getting to start location
- Lunches and evening meals
- Return flight from Bordeaux
- Bicycle and helmet
- Breakfast on the ferry
- Personal ride snacks
- Personal travel insurance

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Trip Notes

Bicycle transfers

Once the trip has ended your bicycles will be loaded back onto the support vehicle and transported back to the UK to be picked up at a location in London within a couple of days. Dates and times of the dropoff are yet to be confirmed.

Support team

This trip will be led by one highly experienced and qualified leader who will drive the support vehicle. They are first aid qualified and hold other relevant outdoor qualifications. They will offer assistance where necessary, transfer all luggage from one hotel to the other, set up the buffet lunches and be on hand should anyone need a break from cycling.

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 mountainous terrain with numerous sustained climbs. If you are unable to keep a moderate pace or you simply want a break, you will be picked up and travel in one of the support vehicles.

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

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 a training plan visit https://www.trainingpeaks.com/ who offer free and paid training programmes (you can also get a British Cycling member discount).

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 still be chilly. Our recommendations on what clothing to bring are included in the clothing and equipment list below. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. We also highly recommend bringing electrolyte powders or tablets to replace salt and electrolytes whilst cycling.

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. On this ride we will also be joined by a highly experienced emergency department doctor.

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

Insurance

It is essential you obtain travel insurance for this trip and personal travel medical 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). Yellow Jersey offer cycling-specific travel insurance cover (see below).

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 including 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 MOREADV10 for 10% off.

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.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels, all have hot water showers and excellent amenities. It is hoped that you will have a single room but there may be a couple of instances where this is not possible due to availability so you will share with one other member of the party. Many of the hotels do not release availability for summer until the bulk of the winter season has ended but further details of the accommodation will be released in due course. On the ferry you'll also have a cabin with hot showers.

Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices.

Lunches will be eaten in cafes along the way, at your own cost. There will also be the opportunity to stop at shops along the way to buy snacks and drinks.

Evening meals will be at local restaurants each evening.

Nutrition on this trip will be absolutely crucial so please test and bring some bars and gels that you're familiar with as purchasing them in France may prove challenging. **Due to the heat** we recommend bringing electrolyte tablets or powders to use in your drinking water.

Equipment

We recommend road bicycles for this trip, please contact us if you are unsure whether your bike is suitable. 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 leaders will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Continental Grand Prix 4-Season).

We do not provide helmets but it is essential 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 but please bring a 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, snacks and some bicycle spares whilst cycling. This could be a saddle bag, frame fit bag or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day, but it's a good idea to be as self-sufficient as possible. For ease of access bring a smaller 'grab-bag' with carabiner for items you may need throughout the day, everything else can be stored in your larger bag on the support vehicle.

Equipment & Clothing

You will need the following clothing and equipment:

FOR CYCLING

- ☐ Passport & insurance
- ☐ Cycling helmet
- ☐ Cycling shoes
- ☐ Fleece/jumper
- ☐ Cycling shorts
- ☐ Cycling leggings
- ☐ Neoprene shoe covers / booties
- ☐ Buff / neck warmer
- ☐ Base layer (not cotton)
- ☐ Waterproof top
- ☐ Windproof top
- ☐ 2 x water bottles
- ☐ 4 x spare inner tubes
- ☐ Snacks for cycling
- ☐ Camera
- ☐ Sunglasses
- ☐ Sun protection
- ☐ Warm hat and gloves
- ☐ Saddlebag for personal items whilst cycling
- ☐ Front and rear bicycle lights
- ☐ Any medication you require
- ☐ Waterproof bag/case for mobile phone/electrical items

TO BE CARRIED ON SUPPORT VEHICLE

- ☐ One large rucksack/holdall
- ☐ One small 'grab-bag' for items that can be accessed at various point during the day
- ☐ A change of clothes for the evenings
- ☐ Change of cycling shorts/base layer
- ☐ Any chargers and adapters for electrical items
- ☐ Wash bag
- ☐ Underwear
- ☐ Bicycle lock
- ☐ Chargers/batteries for mobile phones
- ☐ Karabiner for hanging 'grab-bag' in the back of the van
- ☐ Spare rear derailleur hanger

It is essential that all riders wear a cycling helmet. You need the provision to carry a minimum of **1.5 litres of water** when cycling. This can be in the form of cycle-mounted bottles or in Camelback-style backpacks.

We recommend you bring clothing that you are comfortable cycling in. This may include (but is not limited to) padded cycling shorts/leggings, a 'wicking' t-shirt/long sleeved base layer, and a lightweight waterproof. There is a chance we may be arriving into our hotel at dusk or in poor visibility and there are a few tunnels on this ride so please bring high-visibility clothing, and front and rear bicycle lights.

There is limited space on the support van so we recommend that you keep clothing and luggage to a minimum. No laundry will be available on this trip.

Please ensure you bring a two-prong EU adapter for any electrical items and chargers you wish to bring. This charger from Anker is excellent and allows for multiple charges. There may be the opportunity to charge small electrical items (phones, mp3's etc.) on the van whilst cycling. You will need to bring a lead with a USB connector **or** a 12v cigarette car charger. Please note that due to demand, this facility is subject to availability. Another option could be this battery from Anker.