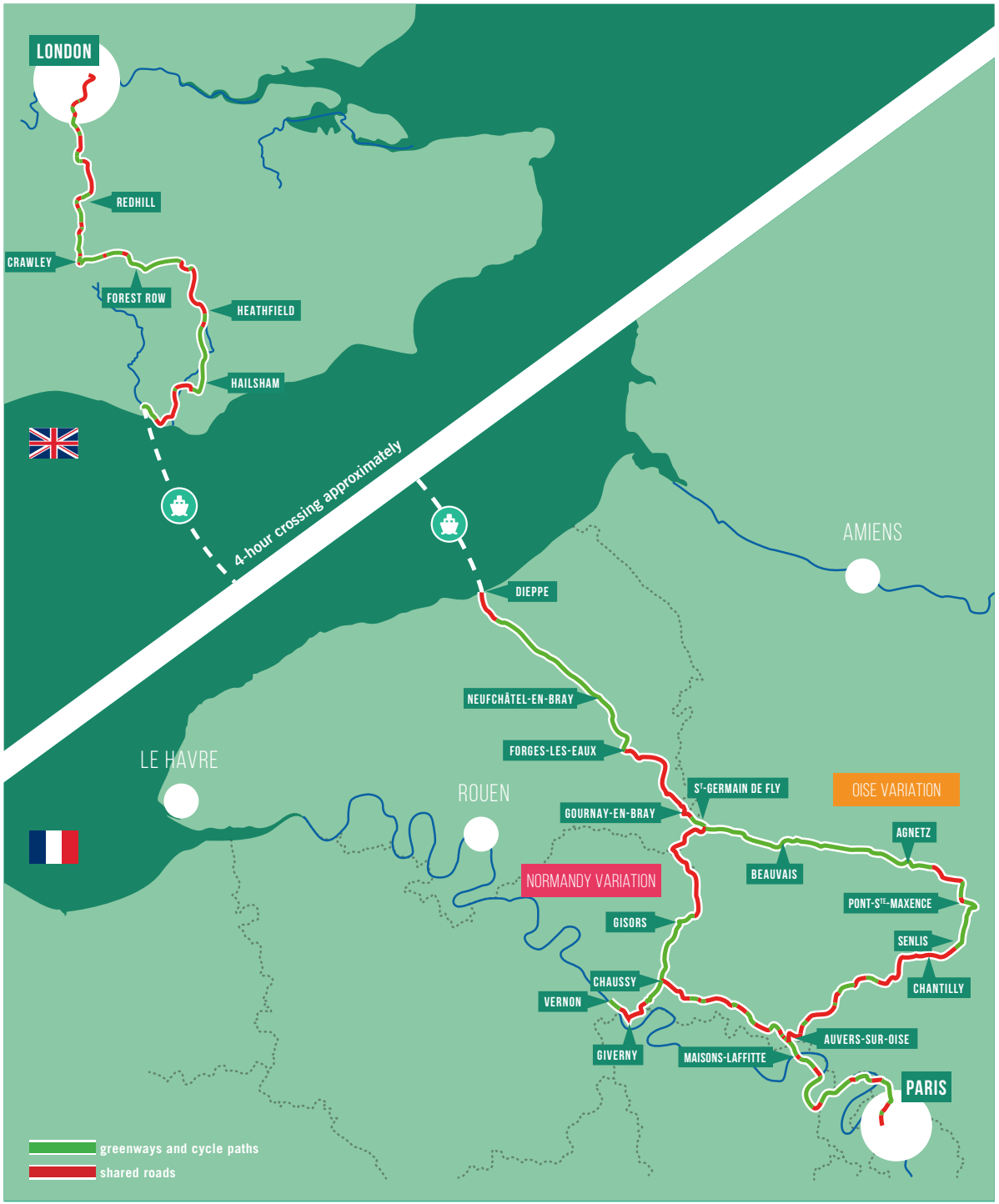
AVENUE VERTE LONDON-PARIS

Linking two of Europe's most beautiful capital cities by bike

Route map for tour operators

406 km - Normandy variation – 10 days/9 nights
472 km - Oise variation – 15 days/14 nights

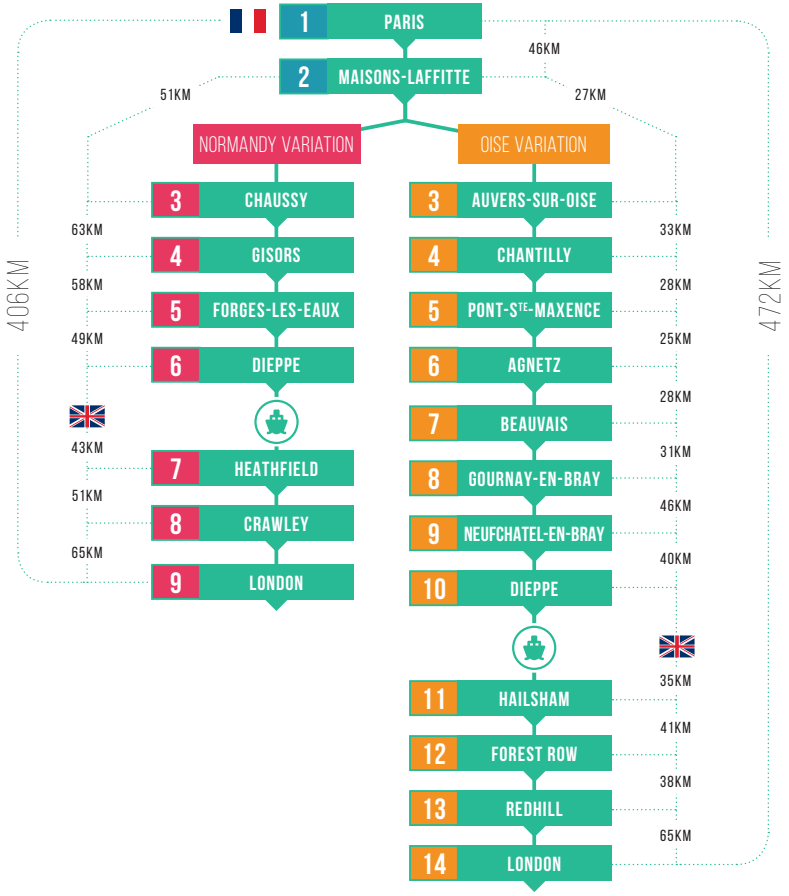


THE ROUTE

The Avenue Verte London-Paris® is a cycle route which will encourage you to spend time exploring charming hidden corners of France and Great Britain, with the added pleasure of unexpected encounters along the way. It's a journey which gives you the chance to immerse yourself in the urban environment just as much as in the natural world – many of the landscapes you traverse offer their local flavours with the colourful spectacle of fields, forests, lakes and coastal scenery.

Two variations are available on your route from Paris to London, either via the banks of the Oise river (Picardy – 472km / 295miles) or following the Epte valley (Normandy – 406km / 254 miles).

On the French side, you will recognise the landscapes in the valley of the Seine which inspired the Impressionist painters, you will pass through the protected natural landscape of the Regional Natural Park of French Vexin, you will discover the manor houses, chateaux and abbeys of the Epte and Oise valleys, you will savour the gastronomic delights of the Bray region and admire the impressive cliffs along the Alabaster Coast. On the English side, you will travel through the southern counties praised by the poets before reaching the tumult of London and the Thames.



GENERAL INFORMATION

This brochure gives a description of each stage with the main places to visit, a selection of establishments chosen for the quality of their services for cyclists: addresses of accommodation, restaurants, bicycle renters and repairers, and all sorts of other useful information such as distances, gradients, and road surfaces.

These information sheets are aimed primarily at a clientele from commercial operators: individuals looking for a break of a week to 10 days, combining cycling with the discovery of cultural, historical or gastronomic heritage. The list of service providers given is not exhaustive and can be supplemented simply by emailing **avenuevertelondonparis@gmail.com**

INTRODUCING « ACCUEIL VÉLO »

"Accueil Vélo" is a sign guaranteeing a quality welcome and service to cyclists all along French cycle routes. Be they providers of accommodation, restaurants, bicycle renters or repairers, managers of tourist attractions, or tourist offices, they are all located within 5 km of the l'Avenue Verte London-Paris® route and have been trained to adapt their reception to the needs of cycle tourists, whether they are passing through or staying in the area.

Note: 'Accueil Vélo' accommodation can sometimes transfer luggage to your next place of stay as well as prepare packed lunches.

'Accueil Vélo' tourist offices have a basic repair kit available

DIFFICULTY OF THE ROUTE AND ROAD SURFACES

The Avenue verte London-Paris® is accessible to almost everybody, and particularly to families. The route is generally flat and over 50% of it is on greenways (often on old railway lines). There are occasional inclines particularly in Vexin and the department of Eure in France.

All terrain road bikes are the most suitable for the route, which has varied surfaces (tarmac, sand or compacted gravel on the greenways, etc.)

TRAIN + BIKE

The train is a practical and fast option if you want to skip stages in the route. Departing from Paris, the RER line A or D (Chantilly, Creil) and many suburban transilien and TER lines (Paris St-Lazare and Gare du Nord stations), offer free parking for bikes and serve several stations along the route: Saint-Denis, Chatou, Saint-Germain-en-Laye, Maisons-Laffitte, Conflans-Sainte-Honorine, Cergy-Pontoise, Vernon-Giverny, Serqueux, Dieppe. In England the route also passes several station along its way: Brighton, Newhaven, Eastbourne (via Polegate), Tunbridge Wells, East Grinstead, Crawley, Gatwick Airport, Wimbledon, and various stations in London.

Your return journey can be arranged from Saint-Pancras station in London (Eurostar).
To reserve bicycle accommodation aboard:
www.eurostar.com/fr-fr/voyage/preparez-votre-voyage/bagages/velos

CROSSING THE CHANNEL BY FERRY

The crossing between Dieppe and Newhaven is run by Transmanche Ferries. Both their ferries 'Le Côte d'Albâtre' and the 'Seven Sisters' are fitted with stabilisers to make your journey more comfortable. There is plenty of seating so that you can enjoy a sea view during the 4-hour crossing. You will also find a bar on board, as well as food, games for children and adults, a shop and lounges where you can relax, and even cabins for those who feel tired and want to sleep.

Booking at :
ww.dfdsseaways.fr or
transmancheferries.com

GUIDE REFERENCE BOOKS

There are two reference guide books in French on the Avenue Verte London Paris®:

De Paris à Londres à vélo par les voies vertes
Editions Ouest-France - 2015 - Price : 14,90€

Reference guide books in other languages:

Avenue Verte - London to Paris By bike
Edition Sustrans - 2015 - Price : 12,95£

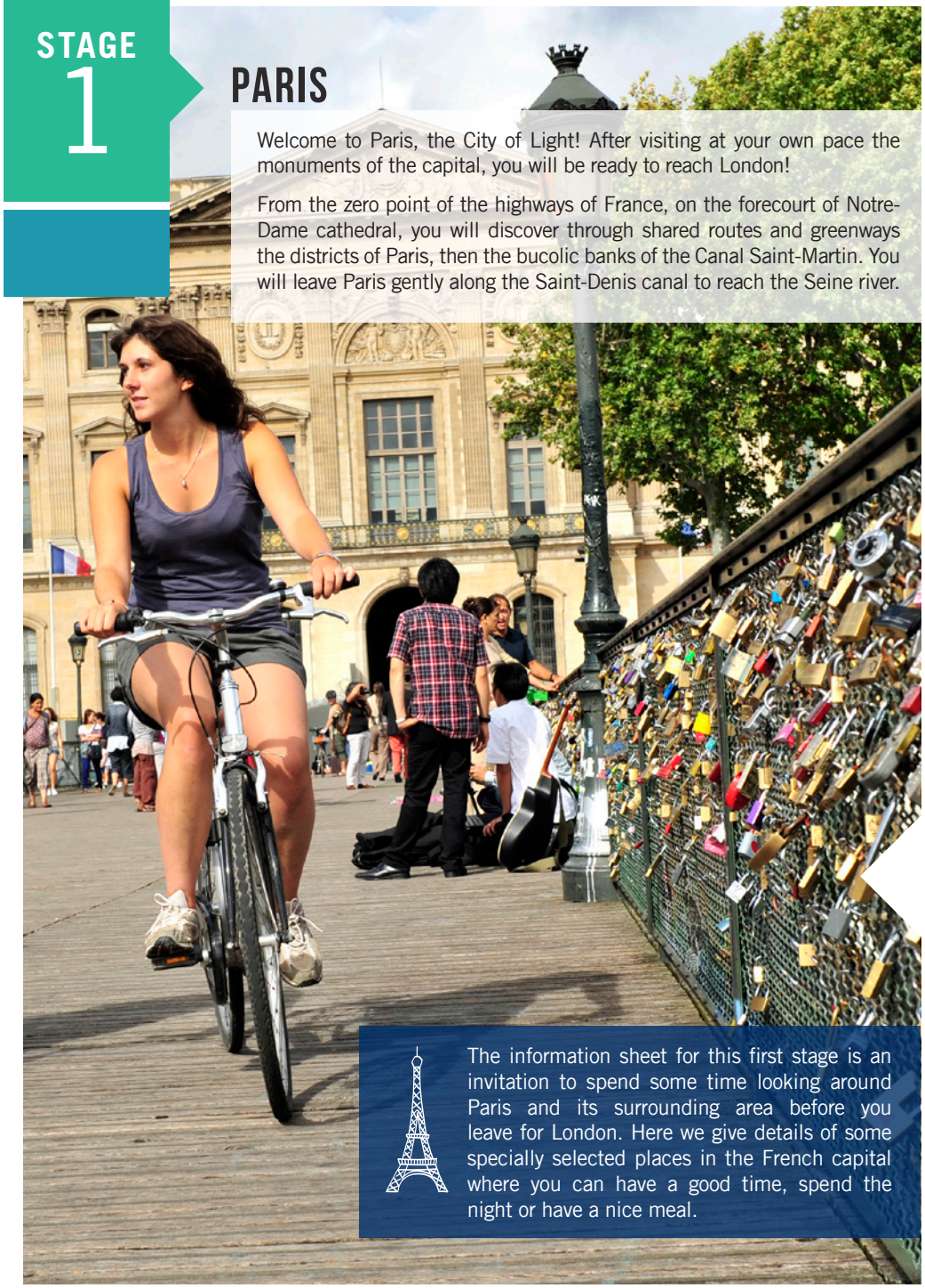
Parigi- Londra in bicicletta
Edition Edicicloeditore - 2014 - Price : 16€

STAGE 1

PARIS

Welcome to Paris, the City of Light! After visiting at your own pace the monuments of the capital, you will be ready to reach London!

From the zero point of the highways of France, on the forecourt of Notre-Dame cathedral, you will discover through shared routes and greenways the districts of Paris, then the bucolic banks of the Canal Saint-Martin. You will leave Paris gently along the Saint-Denis canal to reach the Seine river.



The information sheet for this first stage is an invitation to spend some time looking around Paris and its surrounding area before you leave for London. Here we give details of some specially selected places in the French capital where you can have a good time, spend the night or have a nice meal.

THE HIGHLIGHTS

Notre-Dame cathedral and the Saint-Martin canal / Paris

Notre-Dame cathedral on the city isle marks the historic heart of the capital. Apart from its breath-taking nave, its magnificent stained-glass windows and its gargoyles and chimeras, Notre-Dame is a living spiritual place, which is much frequented. Close by, the Saint-Martin canal is ideal for a stroll along its shady banks or a browse in the plethora of colourful shops along the quayside.

The Saint-Denis canal and Street Art Avenue / Saint-Denis

Seine Saint-Denis and the North east of Paris are places full of creativity, especially as far as urban art is concerned. Many internationally renowned artists embellish the walls of the Plaine Commune area with their works of street art. Realising this, the idea came of creating Street Art Avenue along the Saint-Denis canal, from the Porte de la Villette to Saint-Denis railway station.

www.tourisme-plainecommune-paris.com/decouvrir/destination-creative/street-art

Saint-Denis Basilica Cathedral

Located on the edge of Paris, the basilica cathedral designed by Abbot Suger in the 12th century was the first gothic masterpiece. Built upon the tomb of Saint-Denis and enlarged over the centuries, the basilica became the royal necropolis from the 6th century, so it now has a collection of over 70 royal sculpted tombs unique in Europe. You can spot this impressive monument once you arrive at the Saint-Denis canal. It disappears once more into the landscape to reappear when you reach the Stade de France.

+33 (0)1 55 870 870 • infos@plainecommunetourisme.com

ALONG THE WAY

ACCOMMODATION

Hôtel du Nord
47 rue Albert Thomas - Paris
+33 (0)1 42 01 66 00
www.hoteldunord-leparivelo.com

Hôtel Ibis Paris La Villette***
31-35 quai de l'Oise - Paris
+33 (0)1 40 38 04 04
www.ibis.com

Mercure Paris La Villette****
216 avenue Jean Jaurès - Paris
+33 (0)1 44 84 18 18
www.mercure.com

Ibis Budget **
53-61 rue de la commune de Paris - Aubervilliers
+33 (0)8 92 68 32 61
www.ibis.com

Hôtel B&B Paris Saint Denis Pleyel **
36 boulevard de la Libération
Saint Denis
+ 33 (0)8 92 70 22 16
www.hotelbb.com

Courtyard by Mariott ****
34 boulevard de la libération - St-Denis
+33 (0)1 58 34 91 10
www.courtyardsaintdenis.com

RESTAURANTS

Beaucoup
7 rue Froissart – Paris 3
+33 (0)1 42 77 38 47
www.beaucoup-resto.com

Daroco
6 rue Vivienne – Paris 2
+33 (0)1 42 21 93 71
www.daroco.fr

Le café-caché (104)
5 Rue Curial – Paris 19
www.cafecache.fr

Que Du Bon
22 rue du Plateau
Paris 19
+33 (0)1 42 38 18 65
www.restaurantquedubon.fr

L'Auberge Saint-Roch
33 rue Saint Roch
Paris 1
+33 (0)1 42 61 40 83

ADDITIONAL INFORMATION

BICYCLE RENTAL

Vélib' Métropole
Vélib' Métropole offers a wide range of plans to meet all your travel needs.
+ 33 (0)1 76 49 12 34
www.velib-metropole.fr

TOURIST INFORMATION OFFICE

Congrès de Paris Tourist Information Office
+33 (0)1 49 52 42 63
www.parisinfo.com

Plaine Commune Grand Paris Tourist Information Office
+33 (0)1 55 870 870
www.plainecommunetourisme-paris.com
Tourist information point Basilique
Tourist information point Saint-Denis Stade de France
Tourist information point Puces Paris Saint-Ouen

MARKETS

Saint-Denis : The biggest market in Ile-de-France with 250 traders, a veritable "world market": Tuesdays, Fridays and Sunday mornings - Place Jean Jaurès.

RAILWAY STATIONS

Saint-Denis L'Ile-Saint-Denis: SNCF line H
Stade de France- Saint-Denis : RER D
La Plaine Stade de France : RER B

STAGE 2

PARIS > MAISONS-LAFFITTE

Your journey starts from the square in front of Notre-Dame cathedral, zero point for the highways of France. After cycling along the roads of the capital discovering its sights, you will follow the charming Saint-Martin canal. This greenway gets you out of Paris without too much difficulty and takes you past fascinating isles and parks, into the world depicted by the Impressionists. The Seine will be your private guide taking you to Maisons-Laffitte, and many curiosities lie along your way.

46 KM

32 km of greenways and cycle paths

14 km of shared roads

THE HIGHLIGHTS

The Chateau of Malmaison

Relive the great moments of the Domaine National de Malmaison, which still echoes with its famous occupants' footsteps. You'll see Bonaparte's office, the Council Room, Josephine's bedroom and other places as they originally looked.

+33 (0)1 41 29 05 55 • musees-nationaux-malmaison.fr/chateau-malmaison
contact.malmaison@culture.gouv.fr

The Chateau of Saint-Germain-en-Laye

Overlooking the Seine valley, this palace has lived through the great events of history over the centuries. A former royal residence for the kings of France, these days it houses the National Archaeological Museum. Walk through the gardens, designed by Le Notre and enjoy a panoramic view over the whole of the West of Paris from the terrace.

+33 (0)1 39 10 13 00 • musee-archeologienationale.fr

The Chateau of Maisons-Laffitte

The Chateau of Maisons-Laffitte is a listed national monument. An architectural masterpiece by François Mansart, it was used as inspiration for the chateaux of Vaux-le-Vicomte and Versailles. The building embodies a perfect illustration of classic 17th century French architecture. Come and take a guided tour, or visit the exhibitions, take in a concert or join a workshop.

+33 (0)1 39 62 01 49 • www.chateau-maisons.fr
chateaudemaisons@monuments-nationaux.fr

ALONG THE WAY

RESTAURANTS

Foodentropie
75 Allée des Parfumeurs
92000 Nanterre
+33 (0)6 26 81 20 54
www.foodentropie.com

Le Fruit Défendu
80 Boulevard de Belle Rive
92500 Rueil-Malmaison
+ 33 (0)1 47 49 60 60
www.lefruitdefendu.com

Le Pavillon des Berges
172 Avenue Hoche 92000 Nanterre
+33(0)1 47 25 86 94
www.le-pavillon-des-berges.fr

Restaurant Fournaise
Ile des Impressionnistes
3 rue du Bac - Chatou
+33 (0)1 30 71 41 91
www.restaurant-fournaise.fr

REPAIRS

Vélo Shop 80 Rue Maurice Thorez 92000 Nanterre
+33 (0)1 47 21 78 23 www.eveloshop.fr

Cycle Naturel 2, avenue Jean Jaurès Sartrouville
+33 (0)1 39 66 01 99
cycle-naturel.wifeo.com

USEFUL ADDRESSES REST STOP

ACCOMODATION

Hôtel Restaurant Ibis Maisons-Laffitte***
6, rue de Paris
Maisons-Laffitte
+33 (0)1 39 12 20 20
H3437@accor.com
www.ibishotel.com

Quality Suites Maisons-Laffitte Paris Ouest***
16-18, rue de Paris
Maisons-Laffitte
+33 (0)1 39 62 11 91
www.choicehotels.fr/fr/quality-suites-maisons-laffitte-paris-ouest-maisons-laffitte-hotel-fr349

RESTAURANTS

Le Tastevin
9, avenue d'Eglé - Maisons-Laffitte
+33 (0)1 39 62 11 67
www.letastevin-restaurant.fr

La Plancha
5, avenue Saint-Germain - Maisons-Laffitte
+33 (0)1 39 12 03 75

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Nanterre Tourist Office
+33 (0)1 47 21 58 02
www.ot-nanterre.fr

Rueil-Malmaison Tourist Office
+33 (0)1 47 32 35 75
www.rueil-tourisme.com/fr

Bougival Tourist Office
+33 (0)1 39 69 21 23
www.tourisme-bougival.com

Saint Germain - Boucles de Seine Tourist Office
+33 (0)1 30 87 20 63
www.saintgermainenlaye-tourisme.fr

Maisons-Laffitte Tourist Office
+ 33 (0)1 39 62 63 64
www.tourisme-maisonslaffitte.fr

MARKETS

Tuesday, Friday and Sunday mornings: Saint-Germain-en-Laye
Wednesday and Saturday mornings: Maisons-Lafitte
Tuesday, Friday and Saturday mornings:Rueil-Malmaison

RAILWAY STATIONS

Épinay-Sur-Seine, Gennevilliers : RER C
Chatou, Le Vésinet, Le Pecq, Sartrouville, Maisons-Laffitte, Rueil-Malmaison, Nanterre Ville : RER A

AVENUE VERTE LONDON-PARIS

NORMANDY VARIATION

STAGE 3

NORMANDY VARIATION

MAISONS-LAFFITTE > CHAUSSY (VILLARCEAUX)

This stage takes you into a haven of green open spaces. Your journey through Saint-Germain-en-Laye forest will bring you to Conflans-Ste-Honorine and thence to the heart of the Vexin Natural Regional Park which will delight you with its lovely unspoilt landscapes. Old villages, manor houses and chateaux, pretty private homes and of course the natural world are all awaiting you.

51 KM

20 km of greenways and cycle paths

31 km of shared roads

THE HIGHLIGHTS

Conflans-Sainte-Honorine, capital of inland water transport

Stop off at the Museum of Batellerie and inland waterways. It is unique of its kind and dedicated to the history of the navigation of inland waterways, presenting the rich heritage of this riverside boating town. You can explore the old town too during your visit.

+33 (0)1 34 90 39 50 • www.musee-batellerie-conflans.fr

Cergy-Pontoise Leisure Island

With over 250 hectares (625 acres) of water and greenery, the island offers a panoply of activities suitable for all ages. Its six magnificent lakes make this a paradise for water sports.

+33 (0)1 30 30 21 55 • www.cergy-pontoise.iledeloisirs.fr

Museum of French Vexin / Théméricourt

Interpretation centre for the area, the museum of French Vexin is housed in the outbuildings of the chateau of Théméricourt in the midst of a lovely wooded estate.

+33 (0)1 34 48 66 00 • www.pnr-vexin-francais.fr

The Domaine of Villarceaux / Chaussy

Situated in the commune of Chaussy, the Domaine of Villarceaux is a jewel of local heritage, where buildings and gardens of all periods from the Middle Ages stand side by side, listed as Historic Monuments in 1941.

+33 (0)1 34 67 74 33 • www.villarceaux.iledefrance.fr

ALONG THE WAY

RESTAURANTS

L'instant Partagé
102 bld de l'Oise - Vauréal
+33 (0)1 34 46 98 45
linstant-partage.fr

Le Rohan
1 place d'Amboise - Vigny
+33 (0)1 30 39 25 80
www.lerohan.com

Le clos du Pétillon
2 rue du moulin
Théméricourt
+33 (0)1 30 39 76 38
www.leclosdupetillon.fr

REPAIRS

Vélostation
53 rue F. Combe - Cergy
+33 (0)1 30 32 13 67
www.veloservices.fr

Ecolocomotion
8 rue Nationale
Cour des arts - Vauréal
+33 (0)9 52 86 21 14
www.ecolocomotion.com

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Le Relais de Chaussy 3 épis
4, Grande Rue - Chaussy
+33 (0)1 75 81 02 38
contact@aurelaisdechaussy.com
www.aurelaisdechaussy.com

L'oecocentre de la bergerie de Villarceaux – 2 épis
Hameau de Villarceaux - Chaussy
+33 (0)1 34 67 08 80
contact@bergerie-villarceaux.org
www.bergerie-villarceaux.org

Les jardins d'Epicure***
16, grande rue - Bray-et-Lû
+33 (0)1 34 67 75 87
info@lesjardinsdepicure.com
www.lesjardinsdepicure.com

RESTAURANTS

Restaurant de la Bergerie
Hameau de Villarceaux - Chaussy
+33 (0)1 34 67 08 80
contact@bergerie-villarceaux.org
www.bergerie-villarceaux.org

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Conflans-Sainte-Honorine Tourist Office
+33 (0)1 30 90 99 09
www.conflans-tourisme.com

Andrésy Tourist Info Point
+33 (0)1 34 01 11 78
www.andresy.com

Cergy-Pontoise Tourist Office – Porte du Vexin
+33 (0)1 34 41 70 60
www.ot-cergypontoise.fr

French Vexin Musem Tourist Info Point
Maison du Parc
95450 Théméricourt
+33 (0)1 34 48 66 00
www.pnr-vexin-francais.fr

MARKETS

Maisons-Laffitte: Wednesday and Saturday mornings in the covered market
Cergy le haut: Sunday mornings

RAILWAY STATIONS

RER : Maisons-Laffitte (A), Conflans-Sainte-Honorine (A), Cergy préfecture (A), Cergy Saint Christophe (A), Cergy-le-Haut (A)
Transilien Lines: Conflans-Sainte-Honorine (J), Cergy préfecture (L), Cergy Saint Christophe (L), Cergy-le-Haut (L)

STAGE 4

NORMANDY VARIATION

CHAUSSY > GIVERNY > GISORS

This stage has both intimacy and grandeur. Here the little bridges, windmills and fortified castles of the peaceful Epte Valley contrast with the touristic bustle of the village of Giverny. The many miles of greenway created between Gasny and Gisors provide the ideal opportunity to really appreciate the bucolic landscapes punctuated by the river and several lakes. But don't forget that you are also on the old frontier between France and Normandy which takes you towards the legendary chateau of Gisors.

63 KM

48 km of greenways and cycle paths

15 km of shared roads

THE HIGHLIGHTS

The House and garden of Claude Monet / Giverny

Get close to Monet, when the famous painter throws wide the doors of his house and garden, which was one of his greatest sources of inspiration. Who hasn't seen Monet's 'Water Lilies'? Here you will find yourself amidst living paintings…

+33 (0) 2 32 51 28 21 • contact@fondation-monet.com - www.fondation-monet.com

The Museum of the Impressionists / Giverny

From permanent and temporary exhibitions, this museum aims to explain the origins, the geographical extent and the influence of impressionism. We no longer count the masterpieces which you may admire here.

+33 (0)2 32 51 94 65 • contact@mdig.fr - www.mdig.fr

The castle ruins at Château sur Epte

Founded in 1087 by William Rufus, Duke of Normandy, this edifice was one of the ducal castles guarding the Epte river, which formed the frontier with the kingdom of France. Today it is private property and visits can be made on request to the "Héritage Historique " association, which owns and runs it.

heritage.historique@gmail.com • www.heritage-historique.fr

Gisors, capital of Norman Vexin

An old medieval town, Gisors has streets and alleys with an impressive array of old buildings, including the imposing moated castle which overlooks the town.

+33 (0)2 32 27 60 63 • www.tourisme-gisors.fr

ALONG THE WAY

RESTAURANTS

Les jardins d'Epicure
16 grande rue - Bray-et-Lû
+33 (0)1 34 67 75 87
www.lesjardinsdepicure.com

Restaurant Ancien Hôtel Baudy
81, rue Claude Monet - Giverny
+33 (0)2 32 21 10 03
www.restaurantbaudy.com

La Capucine
80, rue Claude Monet - Giverny
+33 (0)2 32 51 76 67
www.la-capucine.com

Le Moulin de Fourges
38 rue du Moulin 27630 Fourges
+33 (0)2 32 52 12 12
moulindefourges.com

REPAIRS

La P'tite Reine
3, rue Dauphine - Gisors
+33 (0)6 08 02 76 59
laptitereine.e-monsite.com

USEFUL ADDRESSES REST STOP

HÉBERGEMENTS

Caravaning de l'Aulnaie
Rue du fond de l'Aulnaie - Dangu
+33 (0)2 32 55 43 42
etangcampingdangu@orange.fr
campingdelaulnaie-dangu.com

Hôtel Moderne**
1, place de la gare - Gisors
+33 (0)2 32 55 23 51
speed.hotel@orange.fr
www.hotel-moderne-gisors.com

Château de la Rapée Hôtel-Restaurant***
27140 Bazincourt-sur-Epte
+33 (0)2 32 55 11 61

RESTAURANTS

Le Cappeville
17 Rue Cappeville - Gisors
+33 (0)2 32 55 11 08

Le Moulin de Moiscourt
36 Rue de Moiscourt - Gisors
+33 (0)2 32 27 23 64

Château de la Rapée Hôtel-Restaurant***
27140 Bazincourt-sur-Epte
+33 (0)2 32 55 11 61

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Giverny Tourist Information Office
Parking du Verger, Chemin du Roy, Giverny
www.nouvelle-normandie-tourisme.fr
+ 33 (0)2 32 51 39 60

Vexin Normand Tourist Office
+33 (0)2 32 27 60 63
www.tourisme-gisors.fr

MARKETS

At Gisors, Monday all day and Friday mornings.

RAILWAY STATIONS

Vernon-Giverny
Gisors

LUGGAGE TRANSFER SERVICE

Taxis Ponteau Taxis de Gisors
2 rue du Colonel O'Diette - Gisors
+33 (0)2 32 55 28 25

STAGE 5

NORMANDY VARIATION

GISORS > FORGES-LES-EAUX

After leaving Gisors the route climbs up the Epte Valley between the wooded hills of Norman Vexin and the Picardy plain. The lanes which you take then lead you into the Brayons District. Be bold and climb to the top of Sainte-Hélène hill to admire the unusual so-called 'buttonhole' geography of the Bray region, which you will cross next.

58 KM

4 km of greenways and cycle paths

54 km of shared roads

THE HIGHLIGHTS

Réserve naturelle régionale des larris et tourbières / Saint-Pierre-es-Champs

Espace naturel exceptionnel connu pour la côte Sainte-Hélène et son célèbre tilleul pluricentenaire. Un sentier d'interprétation jalonné par des balises, une table d'orientation et un calvaire réalisés par des artistes céramistes locaux permet d'accéder à la statue de l'ermite qui habitait à proximité du tilleul. Le site des tourbières constitué de 8 étangs se découvre en cheminant sur un parcours sur pilotis.

The Abbey Church and Sainte Chapelle / Saint-Germer-de-Fly

Although it doesn't attain the same dimensions as the great cathedrals, the 12th century abbey church still has its place amongst the masterpieces of early gothic art due to its elevation to four floors and the decoration ornamenting the choir linked to the central nave.

The Resistance and Deportation Museum / Forges-les-Eaux

With two floors, this museum retraces the dark years of the Second World War in the Bray area with a multitude of period objects and documents (weapons and uniforms, aviation equipment, posters and the like). Numerous eyewitness accounts from resistance fighters and deportees.

+33 (0)2 35 90 64 07 • museedelaresistance@free.fr
www.musee-resistance-deportation-forgesleseaux.fr

Casino and ForgesSpa / Forges-les-Eaux

The Domaine de Forges open its doors to a world of relaxation. Place your bets at the casino or enjoy the facilities at the ForgesSpa, and don't forget that you can play a round of golf and make use of the many leisure opportunities for young and old alike. Hotels and restaurants also on site.

+33 (0)2 32 89 50 50 • contact@domainedeforges.com • www.domainedeforges.com

ALONG THE WAY

RESTAURANTS

L'Auberge de l'Abbaye
5, Place de l'Abbaye
Saint-Germer-de-Fly
+33 (0)3 44 82 50 73
www.aubergedelabbaye60.fr

La Planche au bœuf
19 RN 31 – Saint-Germer-de-Fly
+33 (0)3 44 82 50 44
www.restaurant-planche-au-boeuf.fr

La Table de Sophie
38, place de la Gare
Ferrières en Bray
+33 (0)2 35 09 86 72
www.latabledesophie.fr

REPAIRS

Re Cycle
Gournay-en-Bray
+33 (0)6 83 43 45 10

Beauvélo
78, avenue de la République
Beauvais
+33 (0)3 60 29 55 35
www.beauvelo.org

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Hôtel Le Continental***
Avenue des Sources
Forges-les-Eaux
+33 (0)2 32 89 50 50
hotel-lecontinental@partouche.com
www.domainedeforges.com

Hôtel Restaurant La Paix**
15, rue de Neufchâtel
Forges-les-Eaux
+33 (0)2 35 90 51 22
contact@hotellapaix.fr
www.hotellapaix.fr

Hôtel Restaurant Sofhotel**
57, rue du Maréchal Leclerc
Forges-les-Eaux
+33 (0)2 35 90 44 51
contact@sofhotel.com
www.sofhotel.com

RESTAURANTS

La Table de Forges
Avenue des Sources
Forges-les-Eaux
+33 (0)2 32 89 50 50
www.domainedeforges.com

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Bray Area Tourist Office
Saint Germer de Fly
+33 (0)3 44 82 62 74
www.ot-paysdebray.fr

Gournay-en-Bray Tourist Office
+ 33 (0)2 35 90 28 34
www.gournayenbray-tourisme.fr

Forges-les-Eaux Tourist Office
+ 33(0)2 35 90 52 10
www.forgesleseaux-tourisme.fr

MARKETS

Gournay-en-Bray: Tuesday and Friday mornings
Forges-les-Eaux: Thursday and Sunday mornings

RAILWAY STATIONS

Gisors
Serqueux

STAGE 6

NORMANDY VARIATION

FORGES-LES-EAUX > DIEPPE

This stage begins in the heart of the Bray area, veritable picture postcard Normandy with its cattle and its apple orchards. It was here on the former Dieppe to Paris railway line that the Avenue Verte London-Paris was born. Furthermore the places through which you pass still have reminders of their railway past with the houses of level crossing keepers, old railway stations now put to new uses, signs and marker posts… As the miles pass, you will sense the scent of sea air get stronger. And what a finishing line with the impressive white chalk cliffs of the Alabaster Coast!

49 KM

44 km of greenways and cycle paths

5 km of shared roads

THE HIGHLIGHTS

Mathon Durand Museum / Neufchâtel-en-Bray

Housed in a 16th century timber-framed house once owned by the bourgeoisie, the Mathon Durand museum of Arts and Traditions presents the history and traditions of Neufchâtel-en-Bray and the Bray area through its fine collections, stretching from prehistory until the beginning of the 20th century. Listed Museum of France..

+33 (0)2 35 93 06 55 • musee.neufchatelenbray@orange.fr

The Château of Mesnières-en-Bray

For 500 years the Béthune valley has been home to the Château of Mesnières, a fine example of Renaissance architecture. A tour lets you visit the gallery of the stags, the hall of the four drums, originally a music room, the card room with its 19th century paintings, and the superb gardens, which are kept by students from the professional college of horticulture and forestry which is located on the estate.

+33 (0)2 35 93 10 04 • groupes.mesnieres-en-bray@orange.fr • www.chateau-mesnieres-76.com

Dieppe Castle-Museum

Perched atop a cliff with a fine view of the seafront and the town, the castle-museum has an encyclopaedic collection retracing the history of the town of Dieppe and its maritime heritage. In this medieval building, you will find rooms on a nautical theme displaying models of ships, maps, navigation instruments, paintings and engravings, and furniture, all giving you a glimpse of the past.

+33 (0)2 35 06 61 99 • chateau-musee@mairie-dieppe.fr

ALONG THE WAY

RESTAURANTS

Au Quai Gourmand
409 Route de Saint-Saire
Nesle-Hodeng
+33 (0)2 35 93 49 14

Les Tables de la Gare
Rue de la Gare
Neufchâtel-en-Bray
+33 (0)02 35 94 83 04

Restaurant Le Grand Cerf
9 Grande Rue Fausse Porte
Neufchâtel-en-Bray
+33 (0)2 35 93 00 02
www.hotel-grandcerf.fr

REPAIRS

Intersport
Zone d'Activités
du Pays de Bray
Neufchâtel-en-Bray
+33 (0)2 32 97 48 50

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Hôtel Restaurant Les Arcades***
1-3 Arcades de la Bourse - Dieppe
+33 (0)2 35 84 14 12
contact@lesarcades.fr
www.lesarcades.fr

Hôtel Aguado***
30 Boulevard de Verdun - Dieppe
+33 (0)2 35 84 27 00
aguado@hotelsdieppe.com
www.hoteldieppe.com

Hôtel de l'Europe***
63 Boulevard de Verdun - Dieppe
+33 (0)2 32 90 19 19
europe@hotelsdieppe.com
www.hotel-europe-dieppe.com

RESTAURANTS

L'O2 Mer Restaurant
101 Boulevard de Verdun - Dieppe
+33 (0)2 35 86 57 42

La Marmite Dieppoise
8, rue Saint Jean - Dieppe
+33 (0)2 35 84 24 26
lamarmittedieppoise@orange.fr
www.marmitedieppoise.fr

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Bray Eawy Tourist Office
+33 (0)2 35 93 22 96
tourisme.brayeawy.fr

Talou Cliffs Tourist Office
+33 (0)2 35 84 00 62
www.tourisme-falaisesdutalou.com

Dieppe Maritime Tourist Office
+33 (0)2 32 14 40 60
www.dieppetourisme.com

MARKETS

Neufchâtel-en-Bray: Saturday morning
Envermeu: Saturday morning
Dieppe: Tuesday, Thursday and Saturday mornings

RAILWAY STATIONS

Serqueux
Dieppe

STAGE 7

NORMANDY VARIATION

NEWHAVEN > HEATHFIELD

This first stage over the Channel is very striking! Soon the tall cliffs, the pretty port-side houses and the coastal landscape give way to the impressive Seven Sisters Country Park. The green of the meadows, the blue of the seas and the white of the chalk create a harmonious ensemble. But civilisation isn't far away in charming little towns through which we pass on our way.

43 KM

21 km of greenways and cycle paths

22 km of shared roads

THE HIGHLIGHTS

The Royal Pavilion / Brighton

If you're in Newhaven, you can't miss Brighton! Eating fish and chips on Brighton Pier looking out over the sea will make you feel very British. Don't forget to visit the Royal Pavilion, a wonderful bit of eccentricity built by George IV in the 19th century. You'll be amazed by its exotic oriental décor.

+44 3000 290901• visitor.services@brighton-hove.gov.uk

brightonmuseums.org.uk/royalpavilion/

Seven Sisters Country Park

Along the Sussex coast between Seaford and Eastbourne, the Seven Sisters Country Park includes 700 acres of alabaster cliffs and chalk meadowland crossed by the river Cuckmere. It has to be one of the most impressive coastal landscapes in England. This park was founded to conserve and enhance this area of outstanding natural beauty where the flora and fauna are also protected..

countrysidemanagement@eastsussex.gov.uk • www.sevensisters.org.uk

+44 3456 080193

The Cuckoo Trail

Created on the old Cuckoo Line, a railway line which ran between Polegate and Tunbridge Wells, this well-known greenway crosses the Weald. Since it was completed in 1990, it has been a very popular route as it is safe and well connected to local villages. The Cuckoo Trail also has many outdoor artworks along the way.

ALONG THE WAY

RESTAURANTS

Wingrove House
High Street - Alfriston
+44 1323 870276
www.wingrovehousealfriston.com

The George Inn
High Street - Alfriston
+44 1323 870319
www.thegeorge-alfriston.com

The Old Oak
Arlington
+44 1323 482072
www.oldoakinnarlington.co.uk

REPAIRS

The Tri Store
49 Grove Road – Eastbourne
+44 1323 417071
www.thetristore.com

Cycle Revival
Hailsham Road - Heathfield
+44 1435 866118
www.cyclerevival.co.uk

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Horam Manor Touring Park
Horam - Heathfield
+44 1435 813662
camping@horam-manor.co.uk
horam-manor.co.uk

Iwood B&B
Mutton Hall Lane - Heathfield
+44 1435 863918
audrey@iwoodbb.com
www.iwoodbb.com

RESTAURANTS

The Gun
Gun Hill I Near Horam - Heathfield
+44 1825 872361
www.elitepubs.com/the-gun

Three Cups Inn
Three Cups Corner - Heathfield
+44 1435 830252
threecupsinn.co.uk

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Visit Brighton
+44 1273 290337
www.visitbrighton.com

Seaford Tourist Information Centre
+44 1323 897426
seaford.tic@lewes.gov.uk

Eastbourne Tourist Information Centre
+44 1323 415415
www.visiteastbourne.com

RAILWAY STATIONS

Brighton
Newhaven
Polegate

STAGE 8

NORMANDY VARIATION

HEATHFILED > CRAWLEY

The old railway line has sadly gone here so you get to Groombridge by the pretty lanes which crisscross the High Weald. The start of this stage offers an abundance of viewpoints over the valleyed landscape before once more joining a converted railway line: Forest Way, a veritable straight line drawn across an unspoilt wooded landscape. Then Worth Way leads you right into the ultra-modern town of Crawley.

51 KM

27 km of greenways and cycle paths

24 km of shared roads

THE HIGHLIGHTS

Royal Tunbridge Wells

Royal Tunbridge Wells has been a spa town since the 17th century thanks to its mineral-rich spring waters. It rapidly rivalled Bath, also known for its spa water and its fine architecture, as being 'The place to be'. The historic area around the spa known as The Pantiles is the emblem of the town with its elegant colonnades providing a covered walk populated with boutiques and cafés. The city is full of antique shops, art galleries and book shops.

www.visittunbridgewells.com

Spa Valley Railway / Groombridge

Leaving from the stations of Eridge and Groombridge, this tourist line crosses the unspoilt landscape of Kent for about 5 miles (8 km) to arrive at Tunbridge Wells. The old steam locomotive is a charming mode of transport for a trip back in time. Every detail has been kept authentic from the station master to the mechanics, all of whom are volunteers dressed in period uniforms.

+44 1892 537715 • www.spavalleyrailway.co.uk

Groombridge Place Gardens

A veritable adventure park for the whole family, Groombridge Place consists of different worlds which will please adults and children alike, including six themed gardens, outdoor games inspired by Robinson Crusoe, an animal park, as well as canal cruises through the heart of a magic forest.

+ 44 1892 861444 • office@groombridgeplace.com • www.groombridgeplace.com

ALONG THE WAY

RESTAURANTS

The Crown Inn
Station Road - Groombridge
+44 1892 864742
www.thecrowngroombridge.com

The Gallipot Inn
Gallipot Hill - Hartfield
+44 1892 770008
the-gallipot-inn.co.uk

REPAIRS

Cycle Revival
Hailsham Road - Heathfield
+44 1435 866118
www.cyclerevival.co.uk

Evans Cycles
50-52, The Broadway – Crawley
+44 1293 543880
www.evanscycles.com

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Holiday Inn Express London Gatwick-Crawley
Hotel - Restaurant
The Squareabout Haslett Avenue East
Crawley
+44 8719 429032
reservations@hiexpresscrawley.co.uk

Premier Inn London Gatwick Airport South (London Road)
Hotel - Restaurant
London Road I Lowfield Heath
Crawley
+ 44 8715 278408
www.premierinn.fr

Premier Inn London Gatwick Airport East (Balcombe Road)
Hotel - Restaurant
1066 Balcombe Road I Pound Hill
Crawley
+44 8715 278410
www.premierinn.fr

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Royal Tunbridge Wells Tourist Information Centre
+44 1892 515675
touristinformationcentre@tunbridgewells.gov.uk

East Grinstead Tourist Information Centre
+44 1342 410121
tourism@eastgrinstead.gov.uk

Crawley Tourist Information Town Hall
+44 1293 438000
comments@crawley.gov.uk

RAILWAY STATIONS

Tunbridge Wells
Eridge
East Grinstead
Three Bridges

STAGE 9

NORMANDY VARIATION

CRAWLEY > LONDON

Stand by for culture shock on this final stage of the journey! We've come to a different world, full of unashamed modernity. The impressive cycle route which skirts Gatwick airport is both emblematic and memorable. The deafening roar of landings and take-offs will however soon be forgotten as your route soon brings you through the midst of bucolic lakes covered with lilies as far as Redhill. Being both city and a region, Greater London welcomes you for the final miles.

65 KM

5 km of greenways and cycle paths

60 km of shared roads

THE HIGHLIGHTS

Gatwick International Airport

The UK's second biggest airport sees more than 40 million passengers flying off to over two hundred destinations worldwide. The proximity of the 'Avenue Verte London-Paris' is maybe surprising as we travel for several miles beneath the aeroplanes flying over our heads as they take off and land.

The parks of Greater London

Royal Parks or simple common land, the parks are in fact the green lungs of the London conurbation. The eight royal parks, like Hyde Park, Regent's Park or Kensington Garden, are indeed extraordinary. The biggest and certainly the most amazing is Richmond Park. Crossed by the Thames cycle route, the NCN4, this park, close to central London, is listed as a national nature reserve and has been home to a population of deer for over three hundred years.

Tower Bridge / London

Opposite the Tower of London where the royal jewels are kept, the iconic Tower Bridge has stood over the Thames since 1894. This lifting bridge is 268 metres long with two neo-gothic towers as supports. Tower Bridge is indubitably one of the symbolic monuments of the British capital.

Big Ben / London

Big Ben is the nickname given to the bell in the clock tower of the palace of Westminster, where you will find the Houses of Parliament. This 96-metre-high tower, built between 1858 and 1859 on the banks of the Thames, is without doubt the most famous clock in the world. It's also the arrival (or departure) point for the Avenue Verte London-Paris.

ALONG THE WAY

RESTAURANTS

The Tudor Rose
270 Coulsdon Road - Coulsdon
+44 1737 553368
www.tudorrosecoulsdon.co.uk

Le Grand Londres possède une multitude d'offre de restauration qui saura à coup sûr vous satisfaire.

REPAIRS

Evans Cycles Waterloo Cut
77-81, The Cut
Waterloo London
+44 2079 284785
www.evanscycles.com

On your bike
The Vaults, Montague Cl, London
London Bridge
+44 2073 786669
london@onyourbike.com

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Qbic Hotel London City
42, Adler Street - London
+44 2030 213300
reservationslcy@qbichotels.com
qbichotels.com/london-city

George Hotel
58-60 Cartwright Gardens, Russel Square
London
+44 2073 878777
reception@georgehotels.co.uk
www.georgehotels.co.uk

Hotel Premier Inn
15A Great Suffolk Street Southwark
London
+44 8715 279332
www.premierinn.fr

The Lavander Guest House
18 Lavender Sweep - London
+44 2075 852767
info@thelavenderguesthouse.com
www.thelavenderguesthouse.com

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

London Tourist Office
+44 8701 566366
www.visitlondon.com

MARKETS

Borough Market, London Bridge railway station: Thursday, Friday and Saturday
New Covent Garden Food Market: from Monday to Saturday

RAILWAY STATIONS

Redhill
Victoria Station
St Pancras International

London abounds with places for tourists to visit and sensational experiences. Cycling is being facilitated more and more by local authorities, so there are several guidebooks with ideas on how to explore the city by bike, and keep fit into the bargain!

AVENUE VERTE LONDON-PARIS

OISE VARIATION

STAGE 3

OISE VARIATION

MAISONS-LAFFITTE > AUVERS-SUR-OISE (ENNERY)

You'll begin this third stage in a verdant setting. Cross through the royal forest of Saint-Germain-en-Laye to reach Conflans-Ste-Honorine, a proud river port marking the confluence of the Oise and Seine Rivers. The itinerary takes you along the edge of the Oise Valley, with its succession of remarkable towns and villages. This charming valley has inspired some of the greatest painters, including Van Gogh, Cézanne and Daubigny.

27 KM

13 km of greenways and cycle paths

14 km of shared roads

THE HIGHLIGHTS

Conflans-Sainte-Honorine, capital of inland water transport

Stop off at the Museum of Batellerie and inland waterways. It is unique of its kind and dedicated to the history of the navigation of inland waterways, presenting the rich heritage of this riverside boating town. You can explore the old town too during your visit.

+33 (0)1 34 90 39 50 • www.musee-batellerie-conflans.fr

Cergy-Pontoise Leisure Island

With over 250 hectares (625 acres) of water and greenery, the island offers a panoply of activities suitable for all ages. Its six magnificent lakes make this a paradise for water sports.

+33 (0)1 30 30 21 55 • www.cergy-pontoise.iledeloisirs.fr

Château d'Auvers-sur-Oise / Auvers-sur-Oise

Château of Auvers offers the "Impressionist Vision" experience, plunging the visitor into the world of Impressionist painting. It is an immersive, emotional and sensory experience. The layout and scenography integrate innovative technology and lighting: projections, mappings, morphing, giant screens and much more.

+33 (0)1 34 48 48 48 • www.chateau-auvers.fr • info@chateau-auvers.fr

ALONG THE WAY

RESTAURANTS

La Cavallina
1, rue Pierre Scheringa – Cergy
+33 (0)1 34 24 19 74
restaurantlacavallina@yahoo.fr
www.lacavallina.fr

Hostellerie du Maupertu
25, route d'Auvers - Pontoise
+33 (0)1 30 38 08 22
restaurant@maupertu.com
+33 (0)1 39 50 18 08

REPAIRS

Vélostation
53 rue F. Combe - Cergy
+33 (0)1 30 32 13 67
www.veloservices.fr

Ecolocomotion
8, rue Nationale, Cour des arts - Vauréal
+33 (0)9 52 86 21 14
www.ecolocomotion.com

M Ride Store
ZAC des Beaux Soleils
9,Chaussée Jules César - Osny
+33 (0)1 34 42 60 98
contact@mridestore.com
www.mridestore.fr

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Le Green des Impressionnistes***
4, rue du parc - Ennery
+33 (0)1 34 41 00 31
contact@green-des-impressionnistes.com
www.green-des-impressionnistes.com

Gîte des Ecuries d'Auvers
3 épis GdF
5 bis, rue de la Bourgogne
Auvers-sur-Oise
+33 (0)6 84 81 67 52
gite@giteauvers.com
www.legiteauvers.com

RESTAURANTS

Le Relais des peintres
6, rue du Général de Gaulle
Auvers-sur-Oise
+33 (0)1 30 36 70 74
www.relaisdespeintres.fr

Nuage de Saveurs
5, rue Marceau - Auvers-sur-Oise
+33 (0) 1 34 48 06 42
contact@nuagedesaveurs.fr
www.nuagedesaveurs.fr

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Tourist Office of Conflans-Sainte-Honorine
+33 (0)1 30 90 99 09
www.conflans-tourisme.com

Tourist Info Point at Andrésy
+33 (0)1 34 01 11 78
www.andresy.com

Tourist Office of Cergy-Pontoise Porte du Vexin
+33 (0)1 34 41 70 60
www.ot-cergypontoise.fr

Tourist Office of Auvers-sur-Oise Sausseron Impressionnistes
+33 (0)1 30 36 71 81
www.tourisme-auverssuroise.fr

MARKETS

Maisons-Laffitte: Wednesday and Saturday mornings in the covered market
Pontoise : Saturday mornings
Auvers-sur-Oise : Thursday and Saturday mornings

RAILWAY STATIONS

RER : Maisons-Laffitte (A), Conflans-Sainte-Honorine (A), Cergy préfecture (A), Pontoise (C)
Transilien Lines : Conflans-Sainte-Honorine (J), Cergy préfecture (L), Pontoise (H and J) and Auvers-sur-Oise : (H)

STAGE 4

OISE VARIATION

AUVERS-SUR-OISE > CHANTILLY

Exploring the right and left banks, the itinerary of this fourth stage alternates between the charming holiday residences on the banks of the Oise and the powerful industrial sites of Persan and Beaumont-sur-Oise. Your pedalling legs will also bring you to the timeless Royaumont Abbey and the remarkable Château de Chantilly.

33 KM

12 km of greenways and cycle paths

21 km of shared roads

THE HIGHLIGHTS

L'Isle-Adam

Discover L'Isle-Adam, Balzac's "earthly paradise" and one of the "Most Beautiful Detours of France", where museums, a riverside beach and a full events calendar make for a delightful stay. Take your time to take advantage of the guided tours and cruises organized by the Tourist Office.

+33 (0)1 34 69 41 99 • www.tourisme-isle-adam.net

Abbaye de Royaumont / Asnières-sur-Oise

From the ruins of the abbey church that overlooked the monastery up until 1792, to the sumptuous and wonderfully restored libraries, Royaumont Abbey is a magical site whose reflection in the canals and ponds of its park has lost none of its magic, nearly eight centuries after its construction.

+33 (0)1 30 35 59 00 • www.royaumont.com

Château de Chantilly

Surrounded by waters, the Château de Chantilly is the magnificent setting of countless masterpieces and precious manuscripts assembled by the Duke of Aumale, the greatest collector of his time. The château has hardly changed since the duke bequeathed it to the Institut de France in 1886. Prolong your visit with an exploration of the park: "an exceptional panorama of the Western gardening arts, designed by André Le Nôtre".

+33 (0)3 44 27 31 80 • www.domainedechantilly.com

ALONG THE WAY

RESTAURANTS

La taverne de Beaumont
2, avenue Carnot
Beaumont-sur-Oise
+33 (0)1 30 35 94 20
www.la-taverne-de-beaumont.fr

Aux bonnes m'Asnières
26, rue Pierre Brossolette
Asnières-sur-Oise
+33 (0)7 85 42 38 87

Chez Fanny
126, rue de Paris - Viarmes
+33 (0)1 34 09 34 74

RÉPARATEURS

Chantilly Vélo
16 place Omer Vallon - Chantilly
+33 (0)3 65 09 18 56
chantilly.velos@gmail.com
chantilly-velos.com

Pro Bikes 95
Rue du Général de Gaulle - Parmain
+33 (0)9 67 42 01 65
cycles-95@wanadoo.fr
www.probikes95.com

Tof Bike Services
24 vieux chemin de Paris - Luzarches
+33 (0)6 11 20 26 57
kitoub68@gmail.com
www.tof-bike-services.com

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Château de Montvillargenne**
Avenue François Mathet - Gouvieux
+33 (0)3 44 62 37 37
www.chateaudemontvillargenne.com

Hôtel du Parc - Best Western**
36 avenue du Maréchal Joffre
Chantilly
+33 (0)3 44 58 20 00
www.hotel-parc-chantilly.com

Hôtel le Chantilly***
9 place Omer Vallon - Chantilly
+33 (0)3 44 21 42 84
+33 (0)6 24 31 92 64
www.hotel-lechantilly.com

RESTAURANTS

La Capitainerie - Les Cuisines de Vatel Lieu-dit le Château - Chantilly
+ 33 (0)3 44 57 15 89
www.domainedechantilly.com/fr/capitainerie/

Le Vertugadin
44 rue du Connétable - Chantilly
+33 (0)3 44 57 03 19
vertugadin.com

Restaurant Le Cob
36 avenue du Maréchal Joffre - Chantilly
+33 (0)3 44 54 22 64
www.hotel-parc-chantilly.com

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

l'Isle Adam, la Vallée de l'Oise et des 3 Forêts Tourist Office
+ 33 (0)1 34 69 41 99
www.tourisme-isle-adam.net

Royaumont – Carnelle – Pays de France Tourist Office
+33 (0)1 34 68 09 90
www.tourisme-asnieres-sur-oise.fr

Chantilly Tourist Office
+33 (0)3 44 67 37 37
www.chantilly-tourisme.com

MARKETS

L'Isle-Adam : Tuesdays, Fridays and Sunday mornings

Chantilly : Bois Saint-Denis (Tuesday and Friday mornings) ; Place Omer Vallon (Wednesday and Saturday mornings)

RAILWAY STATIONS

Transilien lines Pontoise - Creil : Auvers-sur-Oise (H), Valmondois (H), L'Isle-Adam Parmain (H), Champagne-sur-Oise (H), Persant Beaumont (H)
Ligne Transilien Paris-Nord - Persan-Beaumont : Nointel-Mours, Viarmes.
TER Paris-Nord - Persan Beaumont - Beauvais.
Direct train Paris Nord : Auvers during season (30 min.)
Transilien Paris-Nord - Persant-Beaumont : Viarmes
TER Paris-Nord - Creil and Paris Nord - Amiens : Chantilly-Gouvieux.

STAGE 5

OISE VARIATION

CHANTILLY > PONT-STE-MAXENCE

Your pedalling journey will take you into the heart of the Oise - Pays de France Regional Nature Reserve, emblematic of the southern Oise landscapes and atmospheres. Along the way, discover municipalities and forests sharing the same rich historic heritage: the Château de Chantilly, the Potager des Princes («Princes' Kitchen Garden»), Senlis Cathedral, Royal Moncel Abbey, the forests of Chantilly and Halatte... An itinerary tailormade for history enthusiasts and nature lovers alike.

28 KM

9 km of greenways and cycle paths

19 km of shared roads

THE HIGHLIGHTS

Le Potager des Princes / Chantilly

Listed as a "Remarkable Garden", the site comprises a symphony of 26 different gardens, including the famous flower-filled vegetable garden. In 2013, Yves and Annabel Bienaimé created Europe's first "Living Museum of Miniature Farmyard Animals", a veritable conservatory of farmyard animals, including miniature rabbits, sheep, hens, a goat, a pony, a donkey and a horse.

+33 (0)3 44 57 39 66 • www.potagerdesprinces.com

Senlis, a royal and medieval city.

The city where Hugh Capet was crowned King of the Francs, Senlis boasts no less than 51 historic monuments and listed sites within an area of only 45 hectares. Be sure to discover Notre-Dame de Senlis Cathedral, an exceptional illustration of the Gothic style's evolution. The "Land of Art and History, from Senlis to Ermenonville" allows you to explore 2,000 years of architecture and local history.

+33 (0)3 44 53 06 40 • www.senlis-tourisme.fr

La forêt d'Halatte

Formerly known as the Forest of Senlis, this beech and oak forest covers 4,300 hectares, lying on a vast plateau at an average altitude of 100 m. The forest is named after Mont Alta (140 m), the second highest "peak" after Mont Pagnotte (220 m). This is one of the three forests of the Oise - Pays de France Regional Nature Reserve..

ALONG THE WAY

RESTAURANTS

Hostellerie de la Porte Bellon
51 rue Bellon - Senlis
+33 (0)3 44 53 03 05
www.portebellon.fr

Courtepaille – Hôtel Ibis
72, Avenue Gén. de Gaulle - Senlis
+33 (0)3 44 66 26 66

Le Scaramouche
4 place Notre Dame - Senlis
+33 (0)3 44 53 01 26
le-scaramouche.fr

Le Julianon
5 Place Gérard de Nerval - Senlis
+33 (0)3 44 32 12 05
www.le-julianon.fr

REPAIRS

La Bicyclette
Rue du Général de Gaulle - Senlis
+33 (0)3 44 53 68 20
bicyclette.sachaseb@hotmail.fr
www.la-bicyclette-senlis.com

USEFUL ADDRESSES REST STOP

ACCOMODATION

Hôtel Ibis*
72, Avenue Gén. de Gaulle
Senlis
+33 (0)3 44 66 26 66

Hostellerie de la Porte Bellon*
51 rue Bellon - Senlis
+33 (0)3 44 53 03 05
www.portebellon.fr

Top' Meublés Locations
199/217 quai Arsène Berdin
Pont-Sainte-Maxence
+33 (0)6 78 99 61 94
top.appart.locations@gmail.com
www.top-appart-hotel.com

RESTAURANTS

Gusto'Crasy
783 Rue Louis Pasteur
Pont-Saint-Maxence
06 50 41 50 58
www.gusto-crasy.fr

Le Bistro chic
2 place Charles Dupuis - Les Ageux
+33 (0)3 44 64 41 81
+33 (0)6 76 52 23 24
www.facebook.com/lebistrochic

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Chantilly Tourist Office
+33 (0)3 44 67 37 37
www.chantilly-tourisme.com

Senlis Tourist Office
+33 (0)3 44 53 06 40
www.senlis-tourisme.fr

Pays d'Oise et d'Halatte Tourist Office
+33 (0)3 44 72 35 90
www.oisehalatte-tourisme.eu

MARKETS

Chantilly : Tuesdays, Wednesdays, Friday mornings and Saturday mornings
Senlis : Tuesday and Friday morning
Pont-Sainte-Maxence : Tuesday and Friday morning

RAILWAY STATIONS

Transilien Paris-Nord - Persan-Beaumont : Viarmes.
TER Paris Nord - Creil and Paris-Nord - Amiens – RER D : Chantilly-Gouvieux.
TER Paris-Nord - Creil - Compiègne - St-Quentin and TER Paris Nord - Creil - Beauvais : Pont-Sainte-Maxence.
Intercité Paris – Amiens : Clermont (45 min.)

STAGE 6

OISE VARIATION

PONT-STE-MAXENCE > AGNETZ

Heading now towards Clermont, the itinerary passes through a wholly different environment, that of the vast Sacy Wetlands. Located between the Oise River Valley, the Picard Plateau and the rugged terrain of the Clermontois, this fragile ecosystem is particularly well-protected. Be sure to stop by Clermont to discover the many charms of the old town perched atop its knoll, before entering the foliage of another royal forest, that of Hez-Froidmont.

25 KM

5 km of greenways and cycle paths

20 km of shared roads

THE HIGHLIGHTS

Abbaye Royale du Moncel / Pontpoint

Founded in 1309 by King Philip the Fair, Royal Moncel Abbey invites you to discover its marvellous Gothic heritage, including its vast vaulted cellars (covering 500 m²), the frescos adorning the nuns' refectory and its magnificent framework of Halatte Forest timber. Discover the exhibition "Women, Lives, an Abbey" presenting the day-to-day life of the Clarisses (nuns of the Order of Saint Clare) during the Middle Ages and stroll about the 6-hectare park with its ancient trees.

+33 (0)3 44 72 33 98 • www.abbayedumoncel.fr

Ville de Clermont

Perched atop its hill, Clermont flourished during the Middle Ages around its seigniorial castle. The town has managed to preserve its exceptional heritage, the result of its long history alternating periods of great wealth and turbulence. Admire the ruins of its 12th-century keep, the old Porte Nointel gate, Saint-Samson Church (12th to 18th centuries) and the Chapelle des Lardières.

La forêt de Hez-Froidmont

A royal property starting in 1218, it was renamed the Hez-Froidmont Forest in 1871 upon the French state's annexation of various ecclesiastic and seigniorial woods. Covering 2,837 hectares, the forest comprises principally beech and oak, including several "Remarkable Trees", with numerous marked trails and a botanical path.

+33 (0)3 44 92 57 57 • ag.picardie@onf.fr

ALONG THE WAY

RESTAURANTS

Crêperie Le Saloon
849 rue de Labruyere - Sacy-le-Grand
+33 (0)9 81 22 26 35

Le Ptit Bouchon
23 rue des Sables - Clermont
+33 (0)3 44 50 16 62

REPAIRS

Cycle Walle
8, rue Neuve – Breuil-le-Vert
+33 (0)3 44 50 19 15
cycleswalle@gmail.com
www.cycles-walle.com

Au vélo
422, Route de Paris – Breuil-le-Vert
+33 (0)3 44 50 34 10
www.auvelo.com

USEFUL ADDRESSES REST STOP

ACCOMODATION

Hôtel-Restaurant Clermotel***
60, Rue des Buttes - Agnetz
+33 (0)3 44 50 09 90
www.clermotel.fr

Hôtel Akena**
156 rue des Buttes - Ramecourt
Agnetz
+33(0)3 44 50 69 59
www.hotel-akena-clermont-oise.fr

RESTAURANTS

Auberge du J'y Cours
466 Avenue Philippe Courtial
Agnetz
+33 (0)3 44 51 15 19
j-y-cours@orange.fr
auberge-du-j-y-cours.webnode.fr

L'Oiselet
60, Rue des Buttes - Agnetz
+33 (0)3 44 50 09 90
www.clermotel.fr

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Pays d'Oise et d'Halatte Tourist Office
+33 (0)3 44 72 35 90
www.oisehalatte-tourisme.eu

MARKETS

Pont-Sainte-Maxence : Tuesday and Friday mornings (Place du Maréchal Delattre de Tassigny)

Clermont : Saturday mornings (Place Vohburg)

RAILWAY STATIONS

TER Paris-Nord -> Creil -> Compiègne -> St Quentin and TER Paris Nord -> Creil -> Beauvais : Pont-Sainte-Maxence.
Intercité Paris – Amiens : Clermont (45 minutes).

STAGE 7

OISE VARIATION

AGNETZ > BEAUVAIS

Snaking between the Thérain River Valley and the Picard Plateau, the itinerary becomes wonderfully bucolic, entering what was once the garden of the bishops and counts of Beauvais. Indeed, Château de Bresles, today's town hall, was the dignitaries' former summer residence. The old royal road then takes you to the astonishing church of Saint-Ouen de Therdonne, overlooking the surrounding fields. Finally, you arrive in Beauvais, with its magnificent cathedral and numerous monuments..

28 KM

21 km of greenways and cycle paths

7 km of shared roads

THE HIGHLIGHTS

Village de Bresles

A pleasant town, home to Château de Bresles, the former summer residence of the counts of Beauvais and today's town hall. Be sure to discover Saint-Gervais Saint-Protais Church, with its Carolingian nave.e.

La Cathédrale Saint Pierre / Beauvais

A veritable masterpiece of Gothic Art, Saint-Pierre de Beauvais Cathedral is unique in its genre. The cathedral boasts the world's highest Gothic chancel, dating from the 13th century and rising 49 metres. Quite an exploit at the time of its construction! Never finished, the edifice lacks a nave, lending it a rather singular silhouette. During the summer months and the Christmas season, a sound-and-light show, "The Immense, Eternal Cathedral of Beauvais", is projected onto the southern portal. A free, open-air and out-of-the-ordinary way to cap your evening in Beauvais!
+33 (0)3 44 15 30 30 • www.beauvaistourisme.fr

La Maladrerie Saint-Lazare / Beauvais

A remarkable example of medieval hospital architecture, dating back to the 12th and 13th centuries. This heritage treasure stands out for its immense size and the richness of its architecture, and has managed to preserve its three distinct sections, each serving a separate function: the farm to the north, the central ecclesiastic lodging with its Romanesque chapel, and the hospital to the south, with the entire ensemble situated within a walled estate of over three hectares. This historic site also offers garden lovers a modern vision of the medieval garden.
+33 (0)3 44 15 67 62 • www.maladrerie.fr

ALONG THE WAY

RESTAURANTS

Le Castello
1 Place du 11 Novembre - Bresles
+33 (0)3 44 07 83 60

Maestro
Route Nationale 31 - Bresles
+33 (0)9 54 95 84 40

REPAIRS

Beauvelo
78, Avenue de la République - Beauvais
+33 (0)3 60 29 55 35
contact@beauvelo.org
www.beauvelo.org

Pro Cycles
138, rue Saint-Just-des-Marais - Beauvais
+33 (0)3 44 45 10 32
procycle@orange.fr
www.auvelo.com

Fun Bike
47, rue Saint-Pierre - Beauvais
www.funbike60.com
+33 (0)9 81 49 86 07

USEFUL ADDRESSES REST STOP

ACCOMODATION

Eco-cottage du Moulin, Cottage Nature, Le Colombier
1, Grande Rue - Saint-Léger-en-Bray
+33 (0)3 44 47 67 17 www.domaineducolombier.com

La maison du randonneur
2, rue de Rainvillers Saint-Léger-en-Bray
+33 (0)3 44 47 67 17 www.ledomaineducolombier.com

Hôtel de la cathédrale***
11-13, rue Chambiges - Beauvais
+33 (0)3 44 04 10 22 - www.hoteldelacathedrale.fr

Hôtel Mercure** Ouverture été 2018**
Quartier cathédrale Cour Scellier - Beauvais
mercure.accorhotels.com/Beauvais

La Salamandre
10 Rue Marcelle Guedelin - Beauvais
+33 (0)6 14 87 59 53 - www.lasalamandre-beauvais.fr

Le Rhino Rayé
6 rue Jules Michelet - Beauvais
+ 33 (0)6 75 83 44 66 - www.lerhinoraye.fr

RESTAURANTS

Angèle 59 rue Desgroux - Beauvais - +33 (0)3 44 07 24 20

Le Kiosque 17 Avenue de la République - Beauvais
+33 (0)3 44 48 22 33 - www.restaurant-kiosque-beauvais.fr

Le Senso 25, rue d'Agincourt - Beauvais
+33 (0)3 64 19 69 06 - lesensorestaurant.free.fr

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Beauvais Tourist Office
+33 (0)3 44 15 30 30
www.visitbeauvais.fr

MARKETS

Bresles : Thursday mornings, « Marché des Saveurs » every last friday of the month, place du Linciau

Beauvais : Wednesday and Saturday mornings

RAILWAY STATIONS

TER Paris-Nord - Creil - Beauvais
TER Paris Nord - Persan-Beaumont - Beauvais

STAGE 8

OISE VARIATION

BEAUVAIS > GOURNAY-EN-BRAY

This stage principally follows an old railway transformed into a greenway, passing through a lovely landscape full of attractions, from the gates of Beauvais to the wet meadows of the Pays de Bray. Departing from the SNCF railway station in Beauvais, the itinerary follows the Thérain River, passing right by the Saint-Paul amusement park. Laughs and thrills guaranteed! The route then offers a succession of varied bucolic scenery, with ponds and picturesque farms and cottages reminiscent of nearby Normandy.

31 KM

29 km of greenways and cycle paths

2 km of shared roads

THE HIGHLIGHTS

Jardin du peintre André Van Beek

With its bridges, cascades and ponds adorned with some 150 water lilies, the magical atmosphere of this vibrant water garden offers André van Beek all the myriad effects of light inspiring his oeuvre. The imposing clumps of dahlias, hydrangeas and perennials are deftly arranged to create captivating perspectives and colours.

+33 (0)3 44 82 20 18 • www.andrevanbeek.com

Abbatiale de Saint-Germer-de-Fly

Straddling the border between Normandy and Picardy, this former Benedictine abbey was founded in 661. The 12th-century abbey church, built entirely of calcareous clay from the Pays de Bray, wonderfully illustrates the transition from the Romanesque to the Gothic style. A replica of the Sainte-Chapelle of Paris constructed by Saint Louis and a perfect example of the High Gothic style, the Sainte-Chapelle de Saint-Germer-de-Fly is situated in an extension of the abbey church.

+33 (0)3 44 82 62 74 • www.ot-paysdebray.fr

Marché de Gournay-en-Bray

Dating all the way back to 1830, the Gournay-en-Bray market is a veritable institution. It was originally created to satisfy the ever-growing needs of the nearby capital, with mounds of veal, butter, eggs, poultry and game carted off to Paris every Tuesday. Today, the market is held twice weekly, on Tuesday and Friday mornings. Find a wide variety of fresh local produce from the Pays de Bray in a convivial, colourful atmosphere.

ALONG THE WAY

RESTAURANTS

La p'tite cour
4, rue de l'église - Rainvillers
+33 (0)3 44 05 97 62

La planche au boeuf
19 RN31 - Saint-Germer-de-Fly
+33 (0)3 44 82 50 44
www.restaurant-planche-au-boeuf.fr

L'Auberge de l'Abbaye
5, Place de l'Abbaye
Saint-Germer-de-Fly
+33 (0)3 44 82 50 73
www.aubergedelabbaye60.fr

Le Marcel
40, rue de L'abbaye
Saint-Paul
+33 (0)3 44 79 37 27
borislecourt@gmail.com

REPAIRS

Beauvelo
78, Avenue de la République
Beauvais
+33 (0)3 60 29 55 35
contact@beauvelo.org
www.beauvelo.org

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Hôtel Le Saint Aubin***
550, chemin vert
Gournay-en-Bray
+33 (0)2 35 09 70 97
hotel-saintaubin@orange.fr
www.hotel-saintaubin.fr

Hôtel de Normandie**
21, Place Nationale - Gournay-en-Bray
+33 (0)2 35 90 01 08
alain.beaupuits@wanadoo.fr
www.hoteldenormandie.fr

Hôtel Le Cygne**
20, rue Notre-Dame - Gournay-en-Bray
+33 (0)2 35 90 27 80
hotel.le.cygne@orange.fr
www.hotellecygne.fr

RESTAURANTS

La Table de Sophie
38, Place de la Gare
Ferrieres-en-Bray
+33 (0)2 35 09 86 72
www.latabledesophie.fr

La Grange
2, Côte de Saint Aubin
Gournay-en-Bray
+33 (0)2 35 90 00 41
lagrange76220.e-monsite.com

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Beauvais District Tourist Office
+33 (0)3 44 15 30 30
www.visitbeauvais.fr

Pays de Bray Tourist Office
Saint-Germer-de-Fly
+33 (0)3 44 82 62 74
www.ot-paysdebray.fr

Gournay-en-Bray District Tourist Office
+33 (0)2 35 90 28 34
www.gournayenbray-tourisme.fr

MARKETS

Beauvais : Wednesday and Saturday mornings (Place des Halles)

Gournay-en-Bray : Tuesday and Friday mornings

RAILWAY STATIONS

TER Paris Nord -> Creil -> Beauvais ou TER Paris-Nord -> Persan-Beaumont -> Beauvais : Beauvais (1h15).
Paris -> Gisors -> -> Serqueux -> Dieppe : Gournay-en-Bray.

STAGE 9

OISE VARIATION

GOURNAY-EN-BRAY > NEUFCHÂTEL-EN-BRAY

This stage takes you into the Norman section of the historic Pays de Bray region. . It was here on the former Dieppe to Paris railway line that the Avenue Verte London-Paris was born. Furthermore the places through which you pass still have reminders of their railway past with the houses of level crossing keepers, old railway stations now put to new uses, signs and marker posts...

46 KM

18 km of greenways and cycle paths

28 km of shared roads

THE HIGHLIGHTS

The Resistance and Deportation Museum / Forges-les-Eaux

With two floors, this museum retraces the dark years of the Second World War in the Bray area with a multitude of period objects and documents (weapons and uniforms, aviation equipment, posters and the like). Numerous eyewitness accounts from resistance fighters and deportees.

+33 (0)2 35 90 64 07 • museedelaresistance@free.fr
www.musee-resistance-deportation-forgesleseaux.fr

Casino and ForgesSpa / Forges-les-Eaux

The Domaine de Forges open its doors to a world of relaxation. Place your bets at the casino or enjoy the facilities at the ForgesSpa, and don't forget that you can play a round of golf and make use of the many leisure opportunities for young and old alike. Hotels and restaurants also on site.

+33 (0)2 32 89 50 50 • contact@domainedeforges.com • www.domainedeforges.com

Mathon Durand Museum / Neufchâtel-en-Bray

Housed in a 16th century timber-framed house once owned by the bourgeoisie, the Mathon Durand museum of Arts and Traditions presents the history and traditions of Neufchâtel-en-Bray and the Bray area through its fine collections, stretching from prehistory until the beginning of the 20th century. Listed Museum of France..

+33 (0)2 35 93 06 55 • musee.neufchatelenbray@orange.fr

ALONG THE WAY

RESTAURANTS

La Table de Forges
Avenue des Source
Forges-les-Eaux
+33 (0)2 32 89 50 50
www.domainedeforges.com

L'Hippodrom'Café
126 avenue des sources
Forges-les-Eaux
+33 (0)2 35 90 53 65

Au Quai Gourmand
409 Route de Saint-Saire
Nesle-Hodeng
+33 (0)2 35 93 49 14

REPAIRS

Re Cycle
Gournay-en-Bray
+33 (0)6 83 43 45 10

Intersport
Zone d'Activités du Pays de Bray
Neufchâtel-en-Bray
+33 (0)2 32 97 48 50

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Hôtel Restaurant Le Grand Cerf**
9, Grande rue Fausse Porte
Neufchâtel-en-Bray
+33 (0)2 35 93 00 02
contact@hotel-grandcerf.fr
www.hotel-grandcerf.fr

Hôtel Restaurant Les Airelles**
2, Passage Michu
Gournay-en-Bray
+33 (0)2 35 93 14 60
les-airelles-sarl@wanadoo.fr
www.les-airelles-neufchatel.com

RESTAURANTS

Les Tables de la Gare
Rue de la Gare
Neufchâtel-en-Bray
+33 (0)2 35 94 83 04

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Gournay-en-Bray District Tourist Office
+33 (0)2 35 90 28 34
www.gournayenbray-tourisme.fr

Forges-les-Eaux Tourist Office
+ 33(0)2 35 90 52 10
www.forgesleseaux-tourisme.fr

Bray Eawy Tourist Office
+33 (0)2 35 93 22 96
tourisme.brayeawy.fr

MARKETS

Neufchâtel-en-Bray : Saturday mornings

Envermeu : Saturday mornings

Dieppe : Tuesday, Thursday and Saturday mornings

RAILWAY STATION

Serqueux

STAGE 10

OISE VARIATION

NEUFCHÂTEL-EN-BRAY > DIEPPE

During this 10th stage, you'll leave behind the Pays de Bray and its delights (its Neufchâtel cheese, farmhouse butter and cream, ciders and apples…), while the fresh sea air increasingly fills your lungs. Before reaching the coast, you'll pedal along the great fishing ponds and lakes of the Dieppe backcountry, the perfect setting for a peaceful break before the hustle and bustle of the city. A few kilometres of not-always-pleasant urban biking in Dieppe will be more than compensated by the impressive spectacle of the white chalk cliffs of the Alabaster Coast!

40 KM

35 km of greenways and cycle paths

5 km of shared roads

THE HIGHLIGHTS

The Château of Mesnières-en-Bray

For 500 years the Béthune valley has been home to the Château of Mesnières, a fine example of Renaissance architecture. A tour lets you visit the gallery of the stags, the hall of the four drums, originally a music room, the card room with its 19th century paintings, and the superb gardens, which are kept by students from the professional college of horticulture and forestry which is located on the estate.

+33 (0)2 35 93 10 04 • groupes.mesnieres-en-bray@orange.fr
www.chateau-mesnieres-76.com

Impressionist Dieppe

Beginning in the late 19th century, the painters Renoir, Monet and Pissarro, not to mention Degas, Boudin and Blanche enjoyed staying in the Dieppe region. A few of their greatest masterpieces were inspired by the quality of the light and the region's striking landscapes. Permanent tourist information panels set up in the town of Dieppe, in the same exact locations where the painters set up their easels, allow you to journey back in time.

Dieppe Castle-Museum

Perched atop a cliff with a fine view of the seafront and the town, the castle-museum has an encyclopaedic collection retracing the history of the town of Dieppe and its maritime heritage. In this medieval building, you will find rooms on a nautical theme displaying models of ships, maps, navigation instruments, paintings and engravings, and furniture, all giving you a glimpse of the past.

+33 (0)2 35 06 61 99 • chateau-musee@mairie-dieppe.fr

ALONG THE WAY

RESTAURANTS

Auberge de la Forêt
15, route de Saint Nicolas
Arques-la-Bataille
+33 (0)2 35 85 53 06
www.aubergedelaforetarques.fr

Cristal d'Or
Place de la Lombardie
Arques-La-Bataille
+33 (0)2 35 83 56 84

REPAIRS

Intersport
Zone d'Activités du Pays de Bray
Neufchâtel-en-Bray
+33 (0)2 32 97 48 50

Vélo Service
27, rue Stalingrad – Dieppe
+33 (0)2 35 04 92 40
acrept.fr/veloservice

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Hôtel Restaurant Les Arcades***
1-3 Arcades de la Bourse - Dieppe
+33 (0)2 35 84 14 12
contact@lesarcades.fr
www.lesarcades.fr

Hôtel Aguado***
30 Boulevard de Verdun - Dieppe
+33 (0)2 35 84 27 00
aguado@hotelsdieppe.com
www.hoteldieppe.com

Hôtel de l'Europe***
63 Boulevard de Verdun - Dieppe
+33 (0)2 32 90 19 19
europe@hotelsdieppe.com
www.hotel-europe-dieppe.com

RESTAURANTS

L'O2 Mer Restaurant
101 Boulevard de Verdun - Dieppe
+33 (0)2 35 86 57 42

La Marmite Dieppoise
8, rue Saint Jean - Dieppe
+33 (0)2 35 84 24 26
lamarmittedieppoise@orange.fr
www.marmitedieppoise.fr

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Bray Eawy Tourist Office
+33 (0)2 35 93 22 96
tourisme.brayeawy.fr

Talou Cliffs Tourist Office
+33 (0)2 35 84 00 62
tourisme@falaisesdutalou.fr
www.tourisme-falaisesdutalou.com

Dieppe Maritime Tourist Office
+33 (0)2 32 14 40 60
www.dieppetourisme.com

RAILWAY STATION

Dieppe

STAGE 11

OISE VARIATION

NEWHAVEN > HAILSHAM (HELLINGLY)

This first stage over the Channel is very striking! Soon the tall cliffs, the pretty port-side houses and the coastal landscape give way to the impressive Seven Sisters Country Park. The green of the meadows, the blue of the seas and the white of the chalk create a harmonious ensemble. But civilisation isn't far away in charming little towns through which we pass on our way.

35 KM

14 km of greenways and cycle paths

21 km of shared roads

THE HIGHLIGHTS

The Royal Pavilion / Brighton

If you're in Newhaven, you can't miss Brighton! Eating fish and chips on Brighton Pier looking out over the sea will make you feel very British. Don't forget to visit the Royal Pavilion, a wonderful bit of eccentricity built by George IV in the 19th century. You'll be amazed by its exotic oriental décor.

+44 3000 290901• visitor.services@brighton-hove.gov.uk
brightonmuseums.org.uk/royalpavilion

Seven Sisters Country Park

Along the Sussex coast between Seaford and Eastbourne, the Seven Sisters Country Park includes 700 acres of alabaster cliffs and chalk meadowland crossed by the river Cuckmere. It has to be one of the most impressive coastal landscapes in England. This park was founded to conserve and enhance this area of outstanding natural beauty where the flora and fauna are also protected.

countrysidemanagement@eastsussex.gov.uk • www.sevensisters.org.uk • +44 3456 080193

The Cuckoo Trail

Created on the old Cuckoo Line, a railway line which ran between Polegate and Tunbridge Wells, this well-known greenway crosses the Weald. Since it was completed in 1990, it has been a very popular route as it is safe and well connected to local villages. The Cuckoo Trail also has many outdoor artworks along the way.

ALONG THE WAY

RESTAURANTS

Wingrove House
High Street - Alfriston
+44 1323 870276
www.wingrovehousealfriston.com

The George Inn
High Street - Alfriston
+44 1323 870319
www.thegeorge-alfriston.com

The Old Oak
Arlington
+44 1323 482072
www.oldoakinnarlington.co.uk

REPAIRS

Evolution Cycles
24 Meads Street - Eastbourne
+44 1323 737320
info@evocycles.co.uk
www.evocycles.co.uk

Black Bikes
The entreprise Centre - Station Parade - Eastbourne
+44 1323 730535
bb@blackbikes.uk.com
www.blackbikes.uk.com

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Travelodge Hellingly
Eastbourne Hotel
A22 Boship Farm Roundabout
Hellingly
+44 8719 848484
www.travelodge.co.uk

Fontmills Farm Campsite
North Street - Hellingly
+44 1435 813930
camping@fontmills.co.uk
www.fontmills.co.uk

Fontmills House Bed and Breakfast
North Street - Hellingly
+44 1435 812703
fontmillshouse.co.uk

Hydro Hotel
Mount Road - Eastbourne
+44 1323 720643
www.hydrohotel.com

RESTAURANTS

The Kings Head
Lower Horsebridge - Hailsham
+44 1323 843712

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Visit Brighton
+44 1273 290337
www.visitbrighton.com

Seaford Tourist Information Centre
+44 1323 897426
seaford.tic@lewes.gov.uk

Eastbourne Tourist Information Centre
+44 1323 415415
www.visiteastbourne.com

RAILWAY STATIONS

Brighton
Newhaven
Polegate

STAGE 12

OISE VARIATION

HAILSHAM > FOREST ROW

The Cuckoo Trail, a former railway track, will take you towards Groombridge, which you'll finally reach by following lovely country roads crisscrossing the High Weald. The start of this stage offers an abundance of viewpoints over the valleyed landscape before once more joining a converted railway line: Forest Way, a veritable straight line drawn across an unspoilt wooded landscape. Then Worth Way leads you right into the ultra-modern town of Crawley.

41 KM

21 km of greenways and cycle paths

20 km of shared roads

THE HIGHLIGHTS

Royal Tunbridge Wells

Royal Tunbridge Wells has been a spa town since the 17th century thanks to its mineral-rich spring waters. It rapidly rivalled Bath, also known for its spa water and its fine architecture, as being 'The place to be'. The historic area around the spa known as The Pantiles is the emblem of the town with its elegant colonnades providing a covered walk populated with boutiques and cafés. The city is full of antique shops, art galleries and book shops.

www.visittunbridgewells.com

Spa Valley Railway / Groombridge

Leaving from the stations of Eridge and Groombridge, this tourist line crosses the unspoilt landscape of Kent for about 5 miles (8 km) to arrive at Tunbridge Wells. The old steam locomotive is a charming mode of transport for a trip back in time. Every detail has been kept authentic from the station master to the mechanics, all of whom are volunteers dressed in period uniforms.

+44 1892 537715 • www.spavalleyrailway.co.uk

Groombridge Place Gardens

A veritable adventure park for the whole family, Groombridge Place consists of different worlds which will please adults and children alike, including six themed gardens, outdoor games inspired by Robinson Crusoe, an animal park, as well as canal cruises through the heart of a magic forest.

+ 44 1892 861444 • office@groombridgeplace.com • www.groombridgeplace.com

ALONG THE WAY

RESTAURANTS

The King Arms
High Street - Rotherfield
+44 1892 853441

The Nevill Crest & Gun
Eridge Road – Eridge Green
+44 1892 864209
www.brunningandprice.co.uk/nevillcrestandgun/

The Crown Inn
Station Road - Groombridge
+44 1892 864742
www.thecrowngroombridge.com

Lake Side Café
Horam Manor Farm - A267 - Horam
+44 1435 408015
www.lakesidehoram.com

REPAIRS

Cycle Revival
Hailsham Road - Heathfield
+44 1435 866118
www.thecyclingexperts.co.uk

USEFUL ADDRESSES REST STOP

ACCOMMODATION

The Roebuck Hotel
Wych Cross 1 - Forest Row
+44 1342 823811
roebuck.forestrow@oldenglishinns.co.uk
www.oldenglishinns.co.uk/our-locations/the-roebuck-forest-row

Brambletye Hotel
Lewes Road I The Square - Forest Row
+44 1342 824144
hotel@brambletyehotel.co.uk
www.brambletyehotel.co.uk

Brambletye Manor Barn B&B
Brambletye Lane - Forest Row
+ 44 1342 826866
brambletyemanorbarn@gmail.com
www.brambletyemanorbarn.co.uk

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

Royal Tunbridge Wells Tourist Information Centre
+44 1892 515675
touristinformationcentre@tunbridgewells.gov.uk

RAILWAY STATIONS

Tunbridge Wells
Eridge

STAGE 13

OISE VARIATION

FOREST ROW > REDHILL

This stage presents a real culture shock! After the peaceful Worth Way passing through forests and parklands, the itinerary suddenly enters the most modern of worlds. The impressive cycle route which skirts Gatwick airport is both emblematic and memorable. The deafening roar of landings and take-offs will however soon be forgotten as your route soon brings you through the midst of bucolic lakes covered with lilies as far as Redhill.

38 KM

31 km of greenways and cycle paths

7 km of shared roads

THE HIGHLIGHTS

Worth Way / East Grinstead

The Worth Way is a wonderfully natural greenway following a former railway. It begins behind the East Grinstead railway station. Its surface is occasionally uneven, but the path continues unbroken all the way to Crawley. A welcome breath of fresh air and verdure before all the urban hustle and bustle!

Gatwick International Airport

The UK's second biggest airport sees more than 40 million passengers flying off to over two hundred destinations worldwide. The proximity of the 'Avenue Verte London-Paris' is maybe surprising as we travel for several miles beneath the aeroplanes flying over our heads as they take off and land.

Town of Reigate

Adjoining great Redhill, Reigate is an elegant commercial town. The area's lovely windmills have been restored, lending a certain Dutch flavour to its charming landscapes.

ALONG THE WAY

RESTAURANTS

Hillside Inn
Balcombe Road
Crawley
+44 1293 883346
www.vintageinn.co.uk/restaurants/south-east/thehillsideinncrawley

Xenia Latin Loundge
London Road | Crawley Leisure Park
Crawley
+44 1293 551558
www.xenialounge.co.uk

REPAIRS

Evans Cycles
50-52 The Broadway – Crawley
+44 1293 543880
www.evanscycles.com

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Premier Inn Redhill
Reigate Hotel
15 Brighton Road | Salfords
Redhill
+44 8715 278930
www.premierinn.com

Travelodge Redhill Hotel
2 Redstone Hill
Redhill
+44 8719 848484
www.travelodge.co.uk

Best Western Reigate Manor Hotel
Reigate Hill
Reigate
+44 1737 240125
hotel@reigatemanor.co.uk
www.reigatemanor.co.uk

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

East Grinstead Tourist Office
+44 1342 410121
www.eastgrinstead.gov.uk

MARKETS

Borough Market, London Bridge railway station: Thursday, Friday and Saturday
New Covent Garden Food Market: from Monday to Saturday

RAILWAY STATIONS

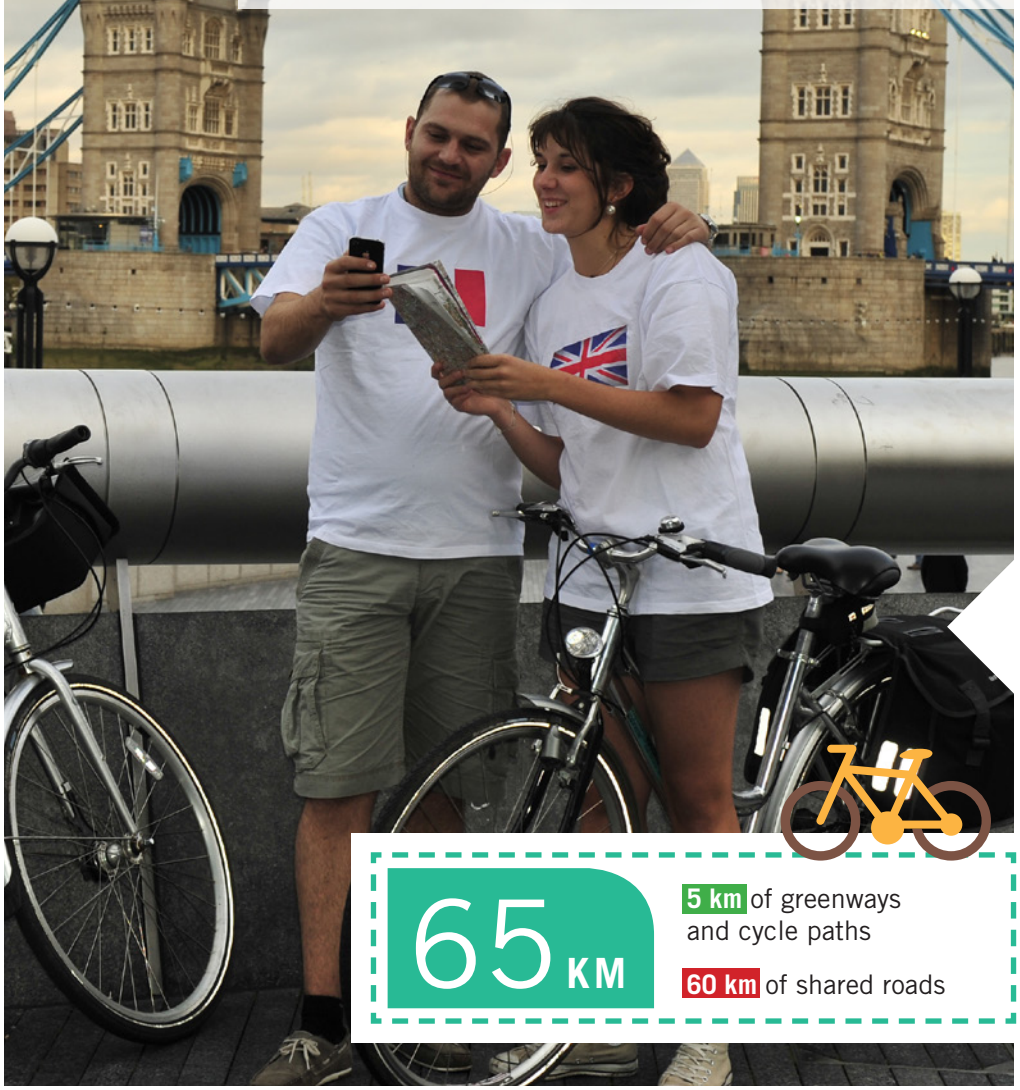
East Grinstead
Three bridge
Crawley
Gatwick Airport
Redhill

STAGE 14

OISE VARIATION

RED HILL > LONDON

Being both city and a region, Greater London welcomes you for thefinal miles. Crossed by the Thames and crisscrossed by numerous motorways and roads, this vast territory nevertheless offers a quintessentially British quality of life. Many wonderfully landscaped parks, veritable playgrounds for all generations, offer an astonishingly bucolic environment in the very heart of the metropolis. The Wandle Way will take you into London.



65 KM

5 km of greenways and cycle paths

60 km of shared roads

THE HIGHLIGHTS

The parks of Greater London

Royal Parks or simple common land, the parks are in fact the green lungs of the London conurbation. The eight royal parks, like Hyde Park, Regent's Park or Kensington Garden, are indeed extraordinary. The biggest and certainly the most amazing is Richmond Park. Crossed by the Thames cycle route, the NCN4, this park, close to central London, is listed as a national nature reserve and has been home to a population of deer for over three hundred years.

Tower Bridge / London

Opposite the Tower of London where the royal jewels are kept, the iconic Tower Bridge has stood over the Thames since 1894. This lifting bridge is 268 metres long with two neo-gothic towers as supports. Tower Bridge is indubitably one of the symbolic monuments of the British capital.

Big Ben / London

Big Ben is the nickname given to the bell in the clock tower of the palace of Westminster, where you will find the Houses of Parliament. This 96-metre-high tower, built between 1858 and 1859 on the banks of the Thames, is without doubt the most famous clock in the world. It's also the arrival (or departure) point for the Avenue Verte London-Paris.

ALONG THE WAY

RESTAURANTS

The Tudor Rose
270 Coulsdon Road - Coulsdon
+44 1737 553368
www.tudorrosecoulsdon.co.uk

Le Grand Londres possède une multitude d'offre de restauration qui saura à coup sûr vous satisfaire.

REPAIRS

Evans Cycles Waterloo Cut
77-81, The Cut
Waterloo London
+44 2079 284785
www.evanscycles.com

On your bike
The Vaults, Montague Cl, London
London Bridge
+44 2073 786669
london@onyourbike.com

USEFUL ADDRESSES REST STOP

ACCOMMODATION

Qbic Hotel London City
42, Adler Street - London
+44 2030 213300
reservationslcy@qbichotels.com
qbichotels.com/london-city

George Hotel
58-60 Cartwright Gardens, Russel Square
London
+44 2073 878777
reception@georgehotels.co.uk
www.georgehotels.co.uk

Hotel Premier Inn
15A Great Suffolk Street Southwark
London
+44 8715 279332
www.premierinn.fr

The Lavander Guest House
18 Lavender Sweep - London
+44 2075 852767
info@thelavenderguesthouse.com
www.thelavenderguesthouse.com

ADDITIONAL INFORMATION

TOURIST INFORMATION OFFICE

London Tourist Office
+44 8701 566366
www.visitlondon.com

MARKETS

Borough Market, London Bridge railway station: Thursday, Friday and Saturday
New Covent Garden Food Market: from Monday to Saturday

RAILWAY STATIONS

Redhill
Victoria Station
St Pancras International

London abounds with places for tourists to visit and sensational experiences. Cycling is being facilitated more and more by local authorities, so there are several guidebooks with ideas on how to explore the city by bike, and keep fit into the bargain!