



France tour to Dourdan – May 17th-21st 2023



Bikes and luggage in the trailer and setting off

Bikes on the trailer

- Picking up the minibus and trailer Tuesday 16th 5:00pm from Sawbridgeworth
- Drop bike + main bag at Barry and Julieann's from Sunday, Monday or by 6:00pm Tuesday...
- ...or if you cant get to B&J's, you can drop at Ewan or Adrian's in Dunmow on Sunday or Monday.

Meet up

- 5:30am start at Co-op car park – with day-bag only please
- Eurotunnel crossing at 8:20am arriving Calais at 09:55am local time
- Alencon stop for lunch/wander c. 1:30 - 2:00pm
- Arrive Niort 6-7:00pm (target) (approx. 7-8hrs drive from Calais)

Coming home

- Dourdan departure 4:30pm (c.4hr drive to Calais)
- Calais departure 10:20pm, arriving 9:55pm local but could be earlier
- Dunmow by 11:30pm - Take bikes home or store o/night if not possible
- Van due back by 08:30 Monday

Luggage

- Soft bags only please
- 15kg limit per person for main bag
- + Day bag (e.g. 30ltr rucksack)



Evening meals

- Mid-range restaurants
- Smart casual
- Typical “Formula” or “Prix Fixe” menus - 3 courses
- Menus typically change daily/weekly/monthly – so will share menus ahead as received – (samples)
- Wine/Beers on top (usually)
- Sit down 7:30pm

On the road?

- Ride briefing will be at breakfast (from 07:30)
- Start riding at 08:00 and typically finish by 17:00
- Van will drop a pin at preferred location (usually on the route).
- Toilets ideally located where we stop as well as cafes, but not guaranteed, so stop as you need
- You can get on the minibus at any stop.
- Minibus will aim to wait until last riders in, but will run a “sweep-up” if needed
- Day broken down into 25-30mile chunks. Finishing near town centres so will try to find a place for a beer...before heading to hotel
- Park bikes in agreed safe areas
- Dinner
- Have a mechanical/Accident. Call the support van and let WhatsApp Group know

Appendices

- 1 - Tools
- 2 - Spares
- 3 - First Aid List
- 4 - Food List
- 5 - Risk Assessment
- 6 - Room and co-pilot/van rota
- 7 - Where are we staying?
- 8 - Sample Packing list
- 9 – The trailer

Appendix 1 - Tools

Item	By	Item	By
Allen key set	Ewan	Spoke spanner	Ewan
Hex key set	Ewan	Spanners for axle (14mm)	Ewan
Cable cutter	Ewan	Zip ties	Ewan
Cassette removal tool	Ewan	Track pump x2	Ewan
Chain whip	Ewan	Electrical tape	Ewan
Large adjustable spanner	Ewan	Various screwdrivers	Ewan
WD40/GT 85 x 2	Ewan	Chain oil	Ewan
Chain tool	Ewan	Rags	Ewan
		Wet wipes	Ewan

Note: Barry to bring Campag specific

Appendix 2 - Spares we are taking

Item	By	Item	By
Front wheel – rim brake	?	Spare bike (medium)	n/a
Front wheel – disc brake	Julieann?	Puncture repair kit x 2	Take your own
Rear wheel – rim brake	?	Quick release skewers x 2	Ewan
Rear wheel – disc brake	Julieann?	Spare chain – 10 speed	Ewan
Brake cable x 1	Ewan	Spare Chain – 11 speed	Ewan
Gear cable x 1	Ewan	Some spare links	Ewan
Spare tyres x 2 (25mm)	Ewan	10 & 11 speed quick links	Ewan
Spare tyres x 2 (28mm)		Universal hanger	Ewan

Notes:

1. Everyone responsible for taking their own spare tubes. Suggest x 2 minimum
2. Tubeless equipment to be provided by anyone riding tubeless for themselves
3. Barry to bring Campag specific

Appendix 3 - First Aid Items we are Taking

Item	By		Item	By
Antihistamine tablets	Adrian		Tape	Adrian
Wound dressings x 4	Adrian		Scissors	Adrian
Large bandage/sling	Adrian		Disposable gloves	Adrian
Compression bandage	Adrian		Antiseptic wipes	Adrian
Paracetamol	Adrian		Antiseptic cream	Adrian
Ibuprofen	Adrian		Plasters (assorted)	Adrian

Notes:

1. Everyone responsible for taking their own health specific medication

Appendix 4 - Catering Items we are taking – anything else you think we should take?

Item	By		Item	By
Water carrier	Ewan		Paper plates	Adrian
Table	Adrian		Cleaning Cloths	Adrian
Food crates x 3	Adrian		Anti-bac spray	Adrian
Chopping boards x 2	Adrian		Plastic bowls (for food)	Adrian
Bread knives x 2	Adrian		Cool box /Ice	?
Knives x 6	Adrian		Bin liners	Adrian
Scissors x 2	Adrian		Duct Tape	Adrian

Appendix 5 - Indicative food items we aim to take/buy in France – Missing?

Staples	Lunch	Lunch	Condiments	Drinks
Oat / Cereal bars	Pain au chocolat	Meat – (Ham/chicken)	Mustard	Water – large
Flapjacks	Croissants	Cheese (sliced and whole)	Branston	Soft drinks
Crisps (selection)	Danish pastries	Chicken drumsticks	Mayonnaise	Sprite
Nuts	Bananas	Pate	Butter	Fanta
Chocolate bars	Apples	Baguettes	Ketchup	Coke Zero/Pepsi
Biscuits	Carrot sticks	Bread (for sarnies)- wholemeal/granary	Salt and Pepper	Squash
Kit-Kats	Cucumber	Baps/Rolls	Salad Cream	Sugar free and full fat
Sweets	Salad tomatoes	Sausage / sausage rolls	Nutella	
Jaffa Cakes	Bagged salad	Quiche	Jam	
Dried fruit	Dips (Hummus etc)	Surprise items ...	Pickles	

Note: Fresh foods will be bought in France

Appendix 6 - Rooms and co-pilot rota

	A		B
15	Barry	16	Julieann
2	Ewan	14	Kevin
1	Adrian	3	Alan
7	Louise	13	Angela
6	Lucy	11	Jenny
12	Simon	10	Martin

4	Mark
5	Keith
8	Rob
9	Colin

Segment	Driver	Co-pilot/Helper
Thurs 1	Barry	Adrian*
Thurs 2		
Thurs 3		
Thurs 4		
Fri 1	Barry	
Fri 2		
Fri 3		
Fri 4		
Sat 1	Barry	
Sat 2		
Sat 3		
Sun 1	Barry	
Sun 2		

Appendix 7 - Where are we staying?

Day 1 – Niort – Wed 17th



Mercure Niort Marais Poitevin



27 Rue De La Terraudière,
80 Bis Av. de Paris,
79000
Niort

+33 5 49 24 29 29

Contact:
Christophe Jammot

Day 2 - Saumur – Thurs 18th



Originals Hotel - Le Londres



48 Rue d'Orléans,
49400
Saumur

+33 2 41 51 23 98

Contact:
Francois Chovet

Day 3 - Vendome – Thurs 19th



Hotel Vendome



15 Fbg Chartrain,
41100
Vendôme

+33 2 54 77 02 88

Contact:
Valerie Berrurier

Day 4 – Chartres –Saturday 20th



Residhome Chartres



2 ter Rue Pierre Mendès
France,
28000
Chartres

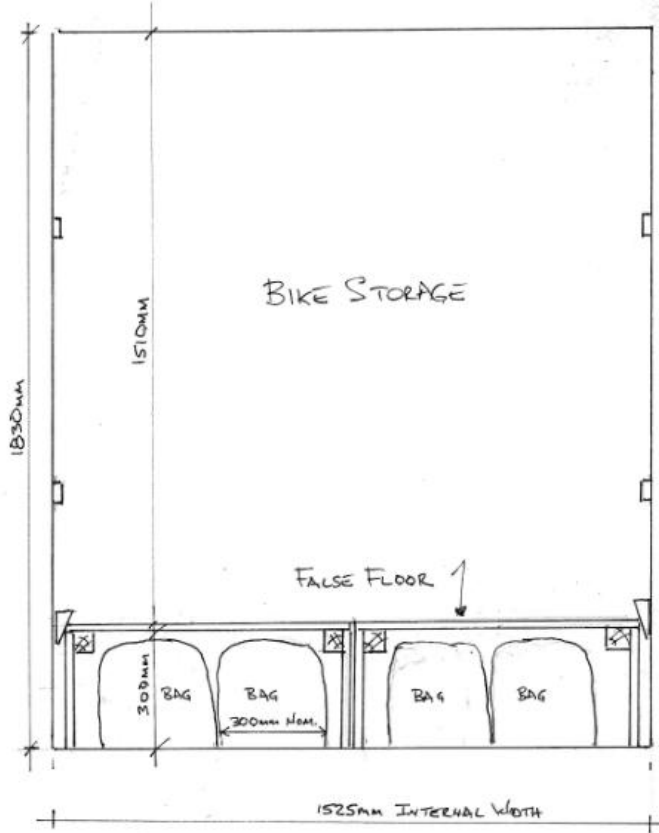
+33 2 37 33 63 80

Contact:
Ligia Marques

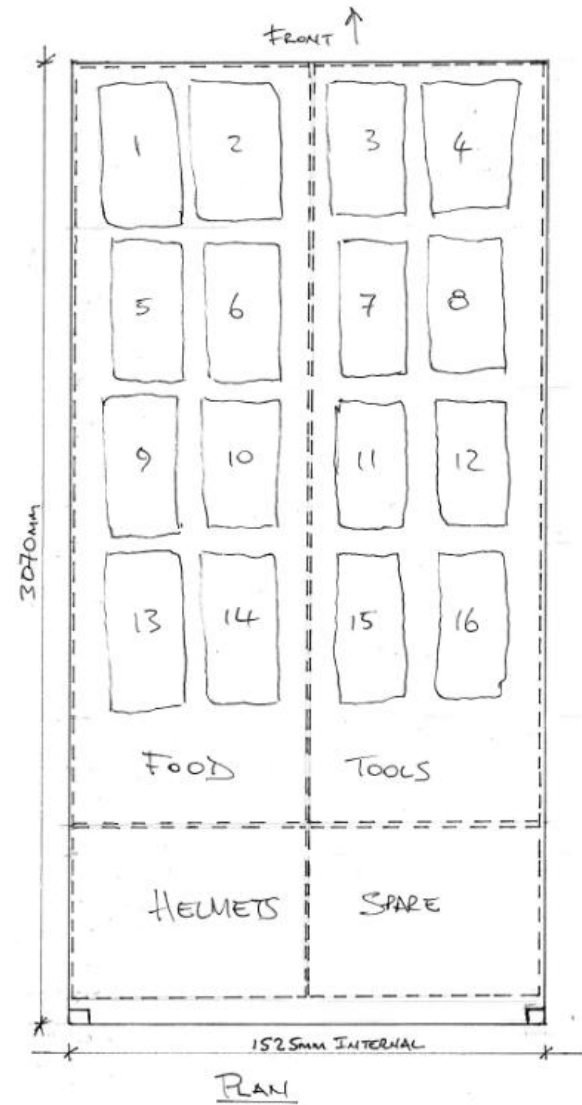
Appendix 8 – Packing List

Adrian's Packing List					
What	Where	Checked	What	Where	Checked
Bidons x 2	With bike	<input type="checkbox"/>	Lock(s) "D" and Cafe	Day bag	<input type="checkbox"/>
Mud guards	With bike	<input type="checkbox"/>	Helmet	Day bag	<input type="checkbox"/>
			Personal first aid kit	Day bag	<input type="checkbox"/>
4 x Cycling tops (DV top incl.)	Main bag	<input type="checkbox"/>	Bike Tools	Day bag	<input type="checkbox"/>
3 x Cycling shorts	Main bag	<input type="checkbox"/>	Lights	Day bag	<input type="checkbox"/>
1 x Arm Sleeves	Main bag	<input type="checkbox"/>	2 x Spare inner tubes	Day bag	<input type="checkbox"/>
1 x Gilet	Main bag	<input type="checkbox"/>	1 x Bike glasses (+ lenses)	Day bag	<input type="checkbox"/>
2 x Head bands	Main bag	<input type="checkbox"/>	3 x Jelly babies packets	Day bag	<input type="checkbox"/>
1 x Waterproof jacket	Main bag	<input type="checkbox"/>	1 x Hi-5 tablets	Day bag	<input type="checkbox"/>
2 x Caps	Main bag	<input type="checkbox"/>	Plug adapter	Day bag	<input type="checkbox"/>
2 x Gloves	Main bag	<input type="checkbox"/>	Sunscreen	Day bag	<input type="checkbox"/>
4 x Shirts (for dinner - casual/collar)	Main bag	<input type="checkbox"/>	Reading Glasses	Day bag	<input type="checkbox"/>
1 x Trousers	Main bag	<input type="checkbox"/>	Sunglasses	Day bag	<input type="checkbox"/>
2 x Shorts	Main bag	<input type="checkbox"/>	Phone	Day bag	<input type="checkbox"/>
1 x Swimming shorts	Main bag	<input type="checkbox"/>	Phone charger & USB cable	Day bag	<input type="checkbox"/>
1 x Jeans	Main bag	<input type="checkbox"/>	Back up battery & USB cable	Day bag	<input type="checkbox"/>
Underwear for 5 days	Main bag	<input type="checkbox"/>	Garmin & cable	Day bag	<input type="checkbox"/>
Earplugs	Main bag	<input type="checkbox"/>	Wallet / Cash	Day bag	<input type="checkbox"/>
Eye mask	Main bag	<input type="checkbox"/>	Passport	Day bag	<input type="checkbox"/>
Toiletries	Main bag	<input type="checkbox"/>	GHIC Card	Day bag	<input type="checkbox"/>
Chamois cream	Main bag	<input type="checkbox"/>	4 x Small plastic bags	Day bag	<input type="checkbox"/>
			Earphones	Day bag	<input type="checkbox"/>

Appendix 9 – The Trailer



CROSS SECTION THROUGH TRAILER



Appendix 9 – The ‘Official’ Bag – maximum dims of 325mm high, 325mm wide, 500mm long otherwise it may have to go in the mini-bus

