



CYCLE FOR LIFE

23rd September to 26th September 2020

PARTICIPANT PACK



Cycle for Life
23-26 September 2020

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INTRODUCTION

On behalf of all 17 of the Cancer Support France associations, I would like to thank you for taking part in this, the sixth, CSF Cycle for Life. Your participation will help us in raising awareness of CSF and, additionally, raising funds to support our training initiatives. We hope that you will have great fun cycling with us across diverse scenery in the Charente area of France, from Rochefort on the Atlantic to Angoulême, it's historic capital.

We have put together as much information as possible to make the ride as easy as we can. The bike ride itinerary gives a fixed start time and location, suggestions for lunch points, restaurants and picnics, evening meals and accommodation. Don't forget, there is no obligation to cycle the whole route, you can join and drop out to suit you.

Whilst each participant must make their own arrangements for eating and accommodation, the heart of this event is enjoyment. We hope that everyone taking part will share lots of laughs, sample great food and drink, meet our CSF members and take back happy memories of their personal Cycle for Life. Plans for refreshment stops will be updated as we near the start date, so do keep an eye on our Facebook page www.facebook.com/activityforlife

Cycle for Life is definitely not a race! The route is chosen to enable different abilities, ages and levels of fitness and you can undertake the trip at your own pace. There is plenty to see and do along the route and if you want to go at a quicker speed that is fine. We only ask that, if you need support from our volunteers and transport vehicles, you please tell us in advance and respect the arranged start and end point times given.

Please be aware that there may be a short distance between the end point and your chosen accommodation - this might mean cycling with your rucksack or seeing if one of our local volunteers can help. Again, if you require support, we do need to know in advance to ensure that we have a volunteer in place for you. In addition, if you would like help in transporting your personal items, we would ask that you label your rucksack/luggage clearly, this will help to avoid any confusion and ending up with the wrong pyjamas...!

Cycle for Life is organised by many volunteers and I would like to thank them all for their effort and time which is freely given. This is the only CSF event specifically to support the National association which, like all CSF associations, relies entirely on donations. If you feel able to raise some funds for us too, then we would be most grateful. For French tax payers, donating through our page on Alvarum gives tax advantages, have a look here:

<http://www.alvarum.com/cancersupportfrance/cycleforlife-2020>

To help us in our goal of increasing visibility of CSF across France, please do also consider ordering a CSF T-shirt. As well as promoting Cancer Support France a T-shirt really helps you identify your fellow cyclists!

Finally, whatever YOUR motivation to take part in the CSF Cycle for Life, I hope it will be a great experience and one that you will want to repeat as I know that others have done.

Wishing you a safe and enjoyable ride!

Pat Lockett - President Cancer Support France (National)



Before the ride

Personal fitness for the event

This is not an endurance test and there is no pressure on time taken or even whether you finish every stage. However, it is generally advised to practice some general cycling to get 'bike fit' and here's a helpful article by **Freewheeling France** on protecting your joints especially if you are an irregular cyclist.

<https://www.freewheelingfrance.com/blog/cycling-and-your-joints.html>

Booking accommodation & meals

Please make haste in booking your accommodation to avoid disappointment. A sample selection of accommodation suggestions are listed in this pack, but if you are having difficulty finding somewhere suitable please email Sasha at admin@cancersupportfrance.org

We have also suggested some meal and refreshment stops and, as we get closer to the start date, Sasha will be asking if you wish to join in the group evening meal so that she can book ahead. If you have dietary requirements, do please give Sasha plenty of notice as this may restrict the restaurant choice.

Insurance

CSF members are covered under the Association policy. If you would like information about joining CSF - please email admin@cancersupportfrance.org

Our recommendations for things to bring

- Cycle helmet (**mandatory**)
- Bottle holders for bike, or a rucksack incorporating a water supply system like a Camelback.
- Bike fit for purpose (i.e. tyres suitable for some uneven surfaces, dirt & mud – a multi terrain bike (VTT) is recommended).
- Own puncture repair kit and spare inner tubes, bicycle lock.
- Small first aid supplies and medicines.
- Fully charged mobile phone (and charger)
- CSF T-shirt, please contact Sasha at admin@cancersupportfrance.org
- There is a lack of shade along some stretches so sun protection and sunglasses are advised.

Coronavirus

At the time of writing, 25th June 2020, cyclists can cycle in groups of up to 10, with spacing of 10 metres between them "on the road". When taking breaks, the usual social distancing should be adhered to and suitable precautions taken - hand washing, disposal of tissues etc.

Current advice from the Fédération Française de Cyclisme can be found here:

<https://www.ffc.fr/la-federation/sante/se-proteger-proteger-les-autres-face-au-covid-19/>

Fundraising

We would love you to raise funds for us. Any donations or sponsorship raised will go towards the national training programme, which is at the heart of maintaining the services provided by CSF to English-speakers in France. The National association has no method of raising its own funds and relies entirely on donations. The Cycle for Life is the only national fundraising event.

Cycle for Life is primarily about having fun and raising awareness of the associations and the support they can give. It's also a great opportunity for CSF members to meet fellow volunteers from other regions.

If you, or your friends would like to make a donation or raise sponsorship, it is easy to set-up and contribute via: <http://www.alvarum.com/cancersupportfrance/cycleforlife-2020>

(this is the equivalent of the *Just Giving* site) where the Cycle for Life event is already listed.

If you would like a sponsorship form, do ask Sasha on admin@cancersupportfrance.org

Transport to/from start points

Local accommodation

If you have a short distance to travel between the start/finish point of any stage and your accommodation, CSF volunteers will be on hand to assist with transport of bikes and luggage. However, **do please tell us in advance** so that we can ensure someone is on hand to help you.

We have made some suggestions for transport below, do contact Sasha (admin@cancersupportfrance.org) if you have any difficulties which we have not covered, bearing in mind we do not know the start and end point of all of the participants. As our members are volunteers, we need to prepare well ahead when support is needed.

Train options to the start at Rochefort

You can pre-book **with your bike** to Rochefort from Bordeaux. **As at 25th June 2020** there were two direct trains on Tuesdays at 11H45 or 16H45 and the journey takes around 2 hours. There was also a train from Bordeaux at 07H45 on Wednesdays which would get you to Rochefort in good time for the start. Train prices including your bike are €15 one way.

Coming from the north-east, there is a TGV from Paris to La Rochelle, via Tours, Poitiers and Niort which connects to à TER to Rochefort. And from northern France, there is a direct train from Nantes to Rochefort. Bordeaux could also be accessed **with bikes** from Toulouse, Montpellier, Beziers and Narbonne.

In fact, almost all TGV and Intercités trains take bikes if a place is reserved when you book your ticket.

The local TER trains (which serve all the start and end points along the route) do have dedicated bicycle space which is only available on a first come first served basis. From Angoulême there is a TER to Rochefort - change at Saintes - for example. Otherwise:

IF your bike can be fully folded, it can travel on any train;

OR if the bike can be dismantled (wheels and possibly pedals removed) to fit into a carrying case of 120cm x 90 cm (on sale at Decathlon) it will be treated as luggage.

In either of these situations, the bike space can usually be reserved in advance.

Here is the SNCF (French rail) website which can also be accessed in English:

www.oui.sncf

Transport options at the end at Angoulême

Angoulême is serviced by the TER rail network and there is a TGV station outside the town which links to Bordeaux in around 40 minutes, the TER takes around 1H30. Bikes can be pre-booked on the TGV, on the TER bikes can travel free in a dedicated bike area, but only up to the limit of space available and a place cannot be reserved in advance.

The Bordeaux TGV at 15H29 and then at 16H27 links with a train to Toulouse

There is a TER train back to Rochefort at 15H01 which takes 4H26.

For more information on train travel with your bike, have a look at this from Freewheeling France which also includes a photo of the dedicated bike storage space:

<https://www.freewheelingfrance.com/planning-a-trip/bikes-and-french-trains.html>

NOTE: For those people wishing to leave their car at the end at Angoulême, CSF has agreed to find a means to transport them with their bikes to Rochefort on Tuesday 22nd September.

If you would like to take advantage of this offer, please contact Sasha as soon as possible so that we have an idea of numbers and the necessary arrangements can be put in place.

Cyclists using this service will be asked to contribute to the costs which we estimate would be little more than the cost of the train ticket.

The Route

General information & recommendations

In planning the route we have assumed a very gentle pace, and the estimated arrival times allow for a relaxed lunch break and an hour of refreshment stops.

We do ask everyone to register in the morning and also check in on arrival at the day's destination. If for any reason you are not able to do this, please ensure that you telephone one of our members so that we know you are safe. We do not ask people to cycle together as we want you to go at your own pace, you will be given a daily note of the telephone numbers of our lead riders and support drivers in case you need assistance.

The route we will be following is La Flow Vélo. You can find the full route on their website here:

<https://www.laflowvelo.com>

We will be cycling in reverse, from the Atlantic, and for logistical reasons and ferry timings have opted to avoid the Ile d'Aix to Rochefort section.

And here is a better interactive map:

<https://www.visugpx.com/FqjeMNQUCR>



The route was opened in April 2018 and has continued to be upgraded with most sections easily accessible by the end of 2019. La Flow Vélo website keeps up to date with unexpected problems and this Pack will be updated as time goes on if necessary. You may find this description of cycling the route when it had just opened of interest, but do bear in mind that it has been improved since that date:

<https://www.freewheelingfrance.com/bike-routes-in-france/la-flow-velo.html>



The route is mainly tarmac or compacted grit/gravel. Tyres of 25mm width or more are most suitable for comfort and traction - road racing tyres may sink in a bit if the route is damp. It is well waymarked with signs every 200 – 400 metres. The normal sign is a white background with green markings. Note the circular blue “La Flow Velo” logo. There are some places where other cycle routes cross or join the route but do not carry the logo.



In some places the route is provisional for one reason or another. In this case the signs are black on a yellow background. Again, note the “La Flow Velo” logo.

Although the route is one of the growing network of French dedicated cycle routes, some of the route will be along roads so please keep in mind that it is safer to cycle single-file and if turning or changing direction to give clear hand indications well in advance. Full information on the French Highway Code is given in English here by Freewheeling France :

<http://www.freewheelingfrance.com/planning-a-trip/rules-for-cycling-in-france.html>

Please stay as hydrated as possible in hot weather. Please drink plenty of water before you set off, (minimum half a litre) and keep drinking water regularly along the way and always **before** you feel thirsty. Tea, coffee and alcohol can all aggravate dehydration. Fruit snacks like apples and oranges can help. If possible, some electrolyte drink (like Gatorade) will help replace salts and minerals.

CSF will be providing each cyclist with 1 50cl bottle “still” water every morning with further water available at drinks/break stops

We urge you **not** to rush the route, but take plenty of breaks and enough time has been allowed in the route planning to do this. However, if you feel that you need to stop cycling and cannot continue, volunteers with support vehicles are in the area and can be contacted via your lead-riders.

Registration

Except on the first day, or otherwise stated, this will be from 9.30am every day. Please make yourself known to the lead rider or a CSF member at start and end points to allow us to keep track of riders and not lose anyone en-route!

Accommodation

Some suggestions for accommodation are detailed in each stage below. Please note that these are suggestions only, we have no personal experience of them. Where prices are quoted these are just to give an idea, taken from a variety of different websites.

Rochefort is a delightful port situated on the estuary of the Charente around 10km inland from the Atlantic. It developed as a town in the mid 17th century when Louis XIV decided to build an important naval base here. The old centre can be seen today, laid out in straight lines with many of the original buildings intact. Along with the Arsenal, one of the oldest (1666), is the Corderie Royale which provided ropes for the French Navy. The historic transporter bridge is a short cycle ride from the town centre.

Or, if you have time, take an extra day and board the ferry to the Île d'Aix, a tiny island just 2 kms long with almost no traffic. It was heavily fortified to protect the Rochefort naval base and the forts are still visible today. Napoleon had a house built here, not one he managed to use as he made an unexpected detour into exile on St Helena!

For those who may wish to stay overnight in **Rochefort** the evening of **Tuesday 22nd September**, then hotel accommodation is varied and plentiful. Near the start you will find, with a range of prices, Villa des Demoiselles, Hotel Mercure Rochefort La Corderie Royale, Ibis Rochefort and Hotel Rocafortis. Camping is also possible with a number of campsites, the two closest being Camping Le Bateau and Camping Municipal Le Rayonnement.

Hotels

<https://www.villadesdemoiselles.com/>

<https://all.accor.com/hotel/B2Q7/index.fr.shtml?dateIn=&nights=&compositions=1&stayplus=false#origin=mercure>

<https://all.accor.com/hotel/1423/index.fr.shtml?dateIn=&nights=&compositions=1&stayplus=false#origin=mercure>

<https://hotelrocafortis.fr/>

Camping

<http://www.campinglebateau.net/>

<https://www.ville-rochefort.fr/camping-municipal-le-rayonnement>

Stage 1. Wednesday 23rd September 2020 (Rochefort to Saint Savinien)

Saint Savinien is a particularly attractive town, being situated on a promontory overlooking the Charente.

With the river ever present and an old town of narrow streets waiting to be explored, it is a relaxing stop-over.

Approximate distance 35 kms

Registration from 12.00pm

Arrangements for lunch for those who would like this will be added shortly.

Departure time 1.30pm

Start point: Restaurant Le Cap Nell, 1 Quai Joseph Belot (this is situated by the Bassin de Plaisance and there is ample parking). It has a website here with a map:

<http://www.capnell.com/>

For those arriving by train, it is not far from the station.

Afternoon pause (15 km): possibly Romegoux

Finish point (5pm): Le Barrage Café, 2 Rue du Champéroux, 17350 Saint-Savinien

Evening meal suggestions:

Hotel St Savinien, 27 Rue du Champéroux, 05 46 90 20 33

<http://www.le-stsavinien.com/>

Restaurant Le Bec Fin, 11 Rue des Bateliers, Le Port, 17350 Le Mung, 05 46 90 28 44

https://www.tripadvisor.com/Restaurant_Review-g2139465-d5895305-Reviews-Restaurant_Le_Bec_Fin-Le_Mung_Charente_Maritime_Nouvelle_Aquitaine.html

Accommodation suggestions - Saint-Savinien - Wednesday 23rd September

De Charme et D'Eau (on the river) not far from Le Barrage, 18 Rue Du Centre 17350 ST SAVINIEN, 06 23 88 01 75

<http://www.charme-et-eau.fr/>

Quai des Fleurs, 49 Quai des Fleurs, 17350 Saint Savinien, 06 71 17 17 68 49

<http://www.quaidesfleurs.eu/en/>

(on some Sat-Navs it appears under its cadastral address: 49, Quai Claude Quessot)

Hotel Le Saint-Savinien, 27 Rue du Champéroux, 05 46 90 20 33

<http://www.le-stsavinien.com/>

Camping Isle aux Loisirs, 102 Route de Saint-Savinien, 17350 Le Mung, 05 46 90 35 11

<https://www.ileauxloisirs.com/>

They have mobile homes to rent as well as camping

Stage 2. Thursday 24th September (Saint-Savinien to Cognac)

Cognac needs little introduction having given the name of the town to the world famous brandy produced here. As well as the distilleries which can be visited, do take a walk around the old town: here the narrow streets are a mix of medieval timber framed houses that once housed the workers and the grander mansions of the wealthy merchants. Points of interest include the window called 'King's balcony' which is half way along Rampe du Chateau. Approximate distance 60km

Registration from 9.00am

Departure time 9.30am

Start point: Cross back on the D18 to the Car park immediately to the left of the bridge

Morning refreshment stop (23 km): Saintes - Place Blair - café Le P'tit Bacchus which has a bakery next door.

Suggested lunch stop (36 km): Chaniers - cross the river by a chain link ferry to river side cafés where water will also be available for the afternoon (see below)

Afternoon pause: There is nothing easily available on the route and it is suggested that people ensure they collect adequate water at the lunch stop. It would be possible to cycle around 1km (and back) into Salignac-sur-Charente if necessary

Finish point (5pm): Quai Maurice Hennessy

Accommodation suggestions - Cognac - Thursday 24th September

Hotels:

Maison Gaudin, 16 Rue du Palais, 16100 Cognac, 06 76 93 23 16

<http://maisongaudin.wifeo.com/>

Hotel Heritage, 25 Rue d'Angoulême, 16100 Cognac, 05 45 82 01 26

<http://hotelheritage.fr/>

Ibis Cognac, 24 Rue Elisée Mousnier, 16100 Cognac, 05 45 82 19 53

https://all.accor.com/hotel/1108/index.en.shtml?utm_campaign=seo+maps&utm_medium=seo+maps&utm_source=google+Maps

Camping:

Camping Cognac, Boulevard de Châtenay, route de Sainte Sévère, 16100 Cognac, 05 45 32 13 32

<https://www.ville-cognac.fr/Cognac-campsite.html>

Restaurant - Cognac - Thursday 24th September

At Place Francois 1er, there are several pavement restaurants cafes, so suggest that is a good meeting point.

Le Coq d'Or, 33 Place Francois 1er, 05 45 36 10 29

<https://m.facebook.com/lecoqdorcognac/>

Brasserie La Renaissance, 25 Place Francois 1er, 05 45 82 06 89

<https://brasserie-la-renaissance-restaurant-brasserie.business.site/>

Le Globe, 15 Place Francois 1er, 05 45 82 00 56

<https://www.brasserie-traiteur-cognac.fr/>

Bike Shops:

V-BIKE La Boutique des Cyclistes, 88 Rue Claude Boucher, 09 82 21 91 20

Stage 3. Friday 25th September (Cognac to Angoulême)

Angoulême is situated on a plateau which dominates the surrounding Charente valley and the meandering river. It is known for its paper industry and now is known as the capital of the Comic Strip or Bande Dessinée with an interesting National Comic Strip and Image Centre. It also has a paper museum tracing this long history. The cathedral dates from the 12th century with a particular unusual facade. The Old Town is full of narrow streets, mainly pedestrianised and many restaurants are found here within the old amparts.

Approximate distance 61 km

Registration from 9.00am

Departure time 9.30

Start point: Quai Maurice Hennessy, adjacent to the Pont Neuf

Morning refreshment stop (18 km): Le Bout des Ponts

Lunch stop (31 km): Possibly Vibrac (tbc) Vibrac has its own 13th century Château which is the subject of a project to raise funds for its restoration. This is being done by asking for donations, making the donors part owners of the Château and thus interested in progress. Have a look here, fascinating:

<https://dartagnans.fr/en/projects/chateau-de-vibrac/campaign>

Afternoon pause (43 km): Possibly Trois Palis (tbc)

Finish point (5pm): The Parc de Fregeneuil to the west of the town, just off the Flow Vélo route.

<https://www.parcdefregeneuil.fr/restaurant>

Accommodation - Angoulême - 25th September

Hotels:

Ibis Budget Angouleme Centre, 179 Avenue Gambetta Angle, Rue de l'Éperon, 16000 Angoulême, +330892683178

https://all.accor.com/hotel/2554/index.en.shtml?utm_campaign=seo+maps&utm_medium=seo+maps&utm_source=google+Maps

Campanile Saint Yrieix, 114 Rue de Royan, 16710 Saint-Yrieix-sur-Charente, 05 45 69 78 95

<https://angouleme-nord-saint-yrieix.campanile.com/en-us/>

Hotel Saint Antoine, 2 Rue du Gond, 16000 Angoulême, 05 45 68 38 21

<https://www.angouleme-hotel.com/>

Camping:

Camping Plan d'eau, 1 Rue du Camping, 16710 Saint-Yrieix-sur-Charente, 05 45 92 14 64

<http://www.camping-angouleme.fr/>

Restaurants - Angoulême - 25th September

La Braise, 5 Rue des 3 Notre Dame, 16000 Angoulême, 05 45 95 52 60
<https://m.facebook.com/pages/La-Braise/148863028498840>

Quai No.8, 8 Chemin de Halage, 16000 Angoulême, 05 45 92 27 85
<https://quai-n8.com/>

Le River 102, 102 Rue de Bordeaux, 16000 Angoulême, 05 45 39 07 94
<http://leriver102.com/>

Bike shop:

Mondovelo Angouleme Autocycles, 132 Boulevard de Bretagne,
<https://www.mondovelo.fr/magasins/112-mondovelo-angouleme>

Stage 4. Saturday 26th September (A morning circular ride around Angoulême)

Approximate distance 20 km

Registration from 9.30am

Departure time 10.00am

Start point: Plage du Plan d'eau de la Grande Prairie

Morning Refreshment stop (Km): Tbc

Finish point and Welcome Lunch! Plage du Plan d'eau de la Grande Prairie

Important Contact Numbers

Contact	Number
Sasha Henderson (CSF Admin)	07 89 30 71 14
Pat Lockett (CSF National President)	06 35 93 89 68
Dick Smith (CSF Vice-President and President CSF Charente-Maritime)	07 77 69 62 60
Penny Parkinson (CSF)	06 66 59 84 52
SAMU (medical emergency)	15
European emergency number usable from any telephone to connect to all emergency services, even without inserting a PIN or having credit	112

Please sign and date the declaration form on the next page

You can scan and return to Sasha at admin@cancersupportfrance.org

Or print out and bring with you to hand in at the start of your ride





All participants are required to sign the following declaration as part of the Cycle for Life 2020 registration process:

You are responsible for ensuring that you are physically fit enough to undertake cycling any distance or take part in events. That medical advice should be sought from a general practitioner if you are in any doubt as to your physical ability to participate in the event. You agree Cancer Support France does not accept liability for personal injury, loss or damage to personal effects to any participant, or to a third party.

You accept that cycling on a public highway carries its own risks and accept that Cancer Support France strongly advises the wearing of cycle helmets at all times when riding.

You must ride your cycle responsibly at all times.

If you are not a member of CSF you will ensure that you have suitable insurance cover.

If you are hiring cycles or equipment, it is your responsibility to keep these items safe from damage, loss or theft, use it in a proper manner and not subject it to any misuse or unfair wear and tear.

It is the rider's responsibility for their own safety. Cycling involves personal risk and you must ride responsibly. Injury(s) and/or death associated with the sport of cycling may result from weather, excessive speed, collision with inanimate objects or other persons, rider inexperience, error or abuse of equipment.

You must not cycle under the influence of alcohol, strong medication, other drugs or fatigue.

I consent that photographs taken during the Cycle for Life 2020 may be used to publicise these events and the work of the charity.

I acknowledge that I have read and agree with the above.

Individual (Adult) Declaration:

Signature..... Date.....

Parental Declaration:

I give permission for my son/daughter under 18 years of age to participate in the 'Cycle for Life 2020' and I take full responsibility for their safety and well-being. I have read and understood that all the above factors will also apply to my son/daughter.

Name of participant:.....

Name of Parent.....

Parent Signature..... Date.....