



The Tour de Sez 2018 Itinerary

1. What You Can Expect

Ahead of the Tour

The Tour de Sez prides itself on the support it offers to all participants, both with regards to cycling proficiency and fundraising. The Road Captains provide multiple weekly training rides, designed for all levels of ability, instructing them on road safety and aiding them in improving their confidence and overall health and fitness. The Tour de Sez Committee provides a great many opportunities for fundraising as well as the tools to assist you in `one common goal, fundraising for the Sarah Groves Foundation and thus improving the lives of young people both in Guernsey and further afield.

Further to the training and fundraising, participants can expect to be invited and very much encouraged to get involved with a wide variety of Tour de Sez socials events, these often double-up as fundraising events and a fantastic opportunity to bond with fellow participants as well as to have a great time! Examples include quiz nights, gig nights, events in Sark, "training" weekends in Jersey, private cinema evenings, and much, much more!

During the Tour

The Tour de Sez is now an established cycling event with many improvements being made from the previous outings. We pride ourselves on the support we provide and on ensuring the challenges, enjoyment and, above all, safety of our riders and staff are catered for at all times. The Tour de Sez boasts an array of highly skilled individuals in their respective areas, including Road Captains, Medics, Mechanics, and Support Staff.

The pelotons are constantly headed and footed by safety vehicles, as well as Road Captains, ensuring the groups remain safe and continue to progress at a comfortable pace to reach the daily checkpoints. At the checkpoints, riders will receive carefully selected nutritious food and refreshments.

The Tour takes the riders through some beautiful and serene countryside as well as stopping at some of Europe's most iconic cities. The route is largely flat, enabling even the cycling novice to complete each day's itinerary; however, a comprehensive support team is on hand to assist any riders who require it.





2. Route and Check Points

The Route for the Tour de Sez 2018, the daily checkpoints and their respective distances are outlined below.

Start	Finish	Distance (miles)	Date
Guernsey	St Malo	(Ferry)	7 th September
St Malo	Avranches	42	7 th September
Avranches	Mont Bertrand	33	8 th September
Mont Bertrand	Caen	32	8 th September
Caen	Deauville	28	8 th September
Deauville	Trouville	40	9 th September
Trouville	Dieppe	39	9 th September
Dieppe	Treport	20	9 th September
Treport	Berck	40	10 th September
Berk	Alquines	39	10 th September
Alquines	Dunkirk	31	10 th September
Dunkirk	Bruges	45	11 th September
Bruges	Zelzate	28	11 th September
Zelzate	Antwerp	30	11 th September
Antwerp	Arendonk	37	12 th September
Arendonk	Gemert	36	12 th September
Gemert	Kleve	30	12 th September
Kleve	Dreumel	37	13 th September
Dreumel	Schelluinen	28	13 th September
Schelluinen	Rotterdam	25	13 th September
Rotterdam	Amsterdam	45	14 th September
Amsterdam	Rennes	(Train)	15 th September
Rennes	St Malo	40 miles	16 th September
St Malo	Guernsey	(Ferry)	16 th September





3. Daily Schedule

Each day will vary due to the different distances and arrival times/locations at the daily destination. Each day will, however, begin with an optional morning yoga/stretching session before breakfast. Breakfast will be supplied in the hotel or in a pre-arranged location nearby. The tour will travel for between 20 and 40 miles before stopping at a checkpoint. Food and refreshments will be provided from the support vehicles at the checkpoint. Upon arrival at the daily destination, riders are free to do as they wish in the evenings. Options will be made available by the Support Team on some evenings for group entertainment. The evening meal will be supplied at the hotel or in a pre-arranged location nearby. This will be detailed in the Full Itinerary, issued well in advance of the Tour de Sez departure date.

4. Accommodation

Accommodation will be provided for every rider every night. In most instances the accommodation provided will be based on dual occupancy with 2 single beds (with the exception of those couples who have agreed to one shared double bed). However, in some locations twin-bedded accommodation is in short supply and it will be necessary on those occasions for a few people to share a double bed or for a triple/quadruple occupancy room to be used. This situation will be kept to an absolute minimum and the inconvenience will be shared around from one night to the next. Couples will be given priority on double rooms. While there will be some choice of who you share with, the final decision for room occupancy will be made by the committee. As much planning in advance as possible will take place to avoid confusion and conflict at the time.

5. Menu

Please be advised that a buffet style service will be provided for all breakfasts and evening meals at the hotels or pre-arranged locations nearby, unless stated otherwise in the Full Itinerary. Options for vegetarians and non-vegetarians will be available. If you have any specific dietary requirements, please ensure that you have clearly stated this on your Registration Form and/or made clear (in writing) to the Tour de Sez Committee.

6. What Next

Registration! If you wish to register for the Tour de Sez 2018, or if you have any further questions, please do get in touch. The best place to reach us is via our Facebook page: "Tour de Sez 2018" or by e-mail tourdesez@gmail.com. We look forward to hearing from you, cycling with you, and making some incredible memories with you which we promise will last a lifetime!

