

# CAMEL 2 CASTLE -PADSTOW TO NANTES-



An stunning ride from Cornwall's River Camel to the Loire in Nantes. With an epic finish within the grounds of the famous Chateau des Ducs de Bretagne. Enjoy coastal cycle trails, historic towns and villages, beautiful French countryside and medieval charm of Nantes. A very manageable 280 miles in 4 days.

## DAY 1 (65 miles)

Get an early start, as we leave for our adventure from Prideaux Place in Padstow. We'll take the Camel trail, following the river, to Wadebridge. A nice gentle and traffic-free start to the day. From Wadebridge we leave the river and head south to St Austell to visit the hospice and take a well-earned mid-morning break. After crossing the estuary in Fowey, we take on a few cheeky climbs before descending into Looe, where we will stop for a hearty lunch. The route in the afternoon follows some beautiful coastal roads overlooking pristine beaches. After another short ferry ride, we'll arrive in Plymouth where there is the opportunity to shower and eat dinner before boarding the overnight ferry to Roscoff.

## CYCLING INFO

The first two days will be the most challenging. Day 1 you will encounter typical Cornish roads with some steep climbs, rewarding descents, narrow country lanes and stunning coastal views. The terrain in France is much flatter, although still undulating at times. The French roads are smooth and quiet and you will meander through sleepy villages and typical Brittany landscapes. Day 2 is the longest and the last day is the shortest, leaving time to navigate the busier roads leading into Nantes and to give us time to enjoy the Cathedral, the Chateau and all the medieval charm this historic city has to offer.

## DAY 2 (90 miles)

After breakfast on the ferry, we ride through the historic town of Roscoff before heading south and following the quiet roads that hug the coast with fantastic sea views. Visit the quaint town of Morlaix before heading inland and into the quiet French countryside. Enjoy smooth and open roads with barely any traffic. We stop for lunch in Carhaix before continuing on the rural backroads all the way to Pontivy.



## DAY 3 (70 miles)

Another very quiet and rural day. There are, as always, a few undulations, but perfect tarmac and minimal traffic make for an enjoyable ride. We will pass through a mixture of farming villages and historic cobbled towns as we continue our journey south. With nothing but open countryside between our rest stops, be sure to stock up on water, snacks and sweets from the support vans at the stops and on route. Our destination tonight is Redon, where we will stay in a 15th Century Chateau that is now a quiet countryside retreat. Enjoy the beautiful grounds, a delicious meal and a peaceful night's sleep before your last cycling day.

## DAY 4 (55 miles)

Our last day begins with beautiful canalside lanes as the early morning mist lifts and the sun rises over the surrounding farmlands. We follow the canal south before taking our final day's cycle route through the Forêt de le Gavre. We will regroup at lunch before our final push into the city of Nantes. Here we will encounter more traffic than we've seen all week, but rest assured there are dedicated cycle lanes that take us all the way into the heart of the city. Once in the centre we turn into the cathedral square. A great spot to soak up the atmosphere, take photos and regroup again. The last part of the ride we will cycle together in convoy, past the cathedral and finishing inside the grounds of Nantes' famous Chateau des ducs de Bretagne. That evening we will enjoy a celebration meal together.

## DAY 5

Enjoy a leisurely breakfast and some free time to explore Nantes before your arranged transport brings you back to the UK where your bikes will be returned by our crew.

### WHAT'S INCLUDED / EXCLUDED?

**INCLUDED:** All accommodation and food from lunch on day 1 to breakfast on Day 5; support crew and vehicles; mechanical and first-aid support; route information; bike transport back to the UK. Ferry crossing, return travel to Plymouth.

**EXCLUDED:** Travel to the start; onward travel from Plymouth; bike and helmet; dinner on day 1; lunch and dinner on day 5; personal spending money; travel insurance; bicycle insurance; gratuities.

### SUPPORT CREW

Our crew members are experienced, First Aid trained individuals who will help facilitate your trip so all you have to worry about is riding your bike... From transporting your luggage to organising meals, rooms and fixing your bike - we've got it covered.

The number of crew and support vans will depend on your group's size and /or requirements.



### FOOD & HOTELS

Accommodation will be in 2-3\* hotels that are chosen not just for their location, but also for your comfort, and proximity to local attractions. All rooms are on a twin-basis and all have en-suite facilities.

All food is included from lunch on Day 1 until the morning of Day 5 (Except for dinner on day 1). Breakfasts are served in the hotels; lunches and dinners will be in local restaurants. Support vans will also carry snacks and water, which will be available at all stops and on route where needed. Please let us know any dietary requirements in advance.

