



## **Ashford Tri Club 2012 Trip to France**



### **Background**

If you've cycled in France before, you will know that it a very different experience to cycling in UK: the roads are far superior, the drivers are bike-friendly and the weather is usually more pleasant. If you haven't, why not give it a try? *Join us on a 5-day trip to the Calvados region of Normandy during early summer of 2012.*

### **Where to, when and how?**

We will travel by car early on Saturday 2 June and return on the night of Wed 6 June giving us 5 full days there (but only need to take 1 day of leave from work, thanks to Bank Holiday 4/6 and Jubilee Holiday 5/6). Driving time from Calais to our base at Falaise is about 3hrs, mostly by autoroute. Vehicles can be shared to keep costs of fuel and ferry down. (Falaise is of significant interest as being the birthplace of William the Conquerer & more recently for the Battle of the Falaise Pocket after the Normandy landings during WW2. ( [http://en.wikipedia.org/wiki/Falaise,\\_Calvados](http://en.wikipedia.org/wiki/Falaise,_Calvados) )

### **Why there?**

Bike: The area has pretty countryside with a good mix of relatively flat as well as rolling countryside making excellent cycling terrain for all levels of rider.

Swim: There's a lake a short drive away as well as a large indoor pool facility within walking distance of our base.

Run: As with most areas in France, there are endless opportunities to put some miles into those new Azics !

### **Where will we stay and what about meals?**

We will be based at the Falaise municipal campsite (right under the watch of William's castle) <http://www.falaise.fr/tourisme/le-camping> which has level grassed pitches, usual ablution and washing facilities and 2 tennis courts. Meals can be knocked up on your own camp stove or you may choose to share the 'kitchen duties' amongst a couple of friends. Croissants for breakfast are a short stroll up the road. Alternatively, there are several places to eat out in the town. And for those who may be distressed by the idea of camping, you may choose to book your own B&B or similar (chambre d'hote).

### **What will we do each day?**

*Drink wine and eat cheese!* But apart from that, the general rule-of-thumb in the past has been to leave after breakfast around 9am for a considerable bike ride which would include a light lunch en route.

Later in the day, there's the choice of a run or a visit to the local pool.

However, it should be noted that ***everybody is entirely free to do their own thing and do as much or as little as they wish***. No doubt, folks will have different wishes and depending on the size of the party, there may well be more than 1 group forming each or some days to do different activities (or no activity at all!)

### **How much? How much!**

Total cost depends on number travelling together and choice of accommodation and meals (Approx shared costs of around £200 for ferry crossing & fuel to be split amongst the number in a vehicle). Campsite about £5 per day per pitch; meals depends on your choice of self-cater or eat out). So travel and accommodation could cost as little as £100 if 3 shared a vehicle, then add what you plan to spend on meals – self cater or eat out.

### **Tell me again!**

In summary, therefore:

Depart: Early Saturday 2/6/12 by car/ferry

Return: Night Wed 6/6/12

Base: Falaise Campsite, Normandy ( <http://www.falaise.fr/tourisme/le-camping> )

Meals: Self-catering or eat out at nearby eateries

Accommodation: Own tent (or B&B if you prefer)

Costs: Total cost depends on number travelling together and choice of accommodation and meals. Travel and accommodation could cost as little as £100 if 3 per vehicle, then add cost of your meal choice – self-cater or eat out.

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**For further details or to register your interest**, please email Chris Sardo at [c.sardo@cant-col.ac.uk](mailto:c.sardo@cant-col.ac.uk)

An informal meeting will be arranged in due course to discuss and coordinate the trip.



