

St Malo Route 3(West)

St Malo > D168 > Ploubalay > D786 > D768 > Plancoet > D798 > D28 > St Aydes > Pleven > St Aubin > la Poterie > Lamballe (50km)

D768 > Moncontour > D35 > Pignon Blanc > St Herve > D7 > D41 > Grace-Uzel > Treve > Loudeac (97k)

D778 > la Cheze > D14 > D14a > D1 > D792 > Collinee > le Gouray > Plenee-Jugon > Jugon-les-Lacs (156k)

D792 > Plancoet and retrace into ST MALO (200km)

Haute-Flèche (Cherbourg >> Orbec)

Cherbourg > N13 > Valognes > D24 > Periers (59km)

D900 > St Lo > D11 > D71 > Caumont > D54 > Aunay-s-Odon > D6 > Thury-Harcourt (79km) [138Km]

D6 > Falaise > D39 > D38 > D4 > Livarot > D4 Orbec (77km) [215km]

Basse-Flèche (Orbec >> St Malo)

Orbec > D46 > Vimoutiers > D916 > Trun > D245 > Bierre Chinchamps > D29E > D245 > Bazoches Au Houleme (60km)

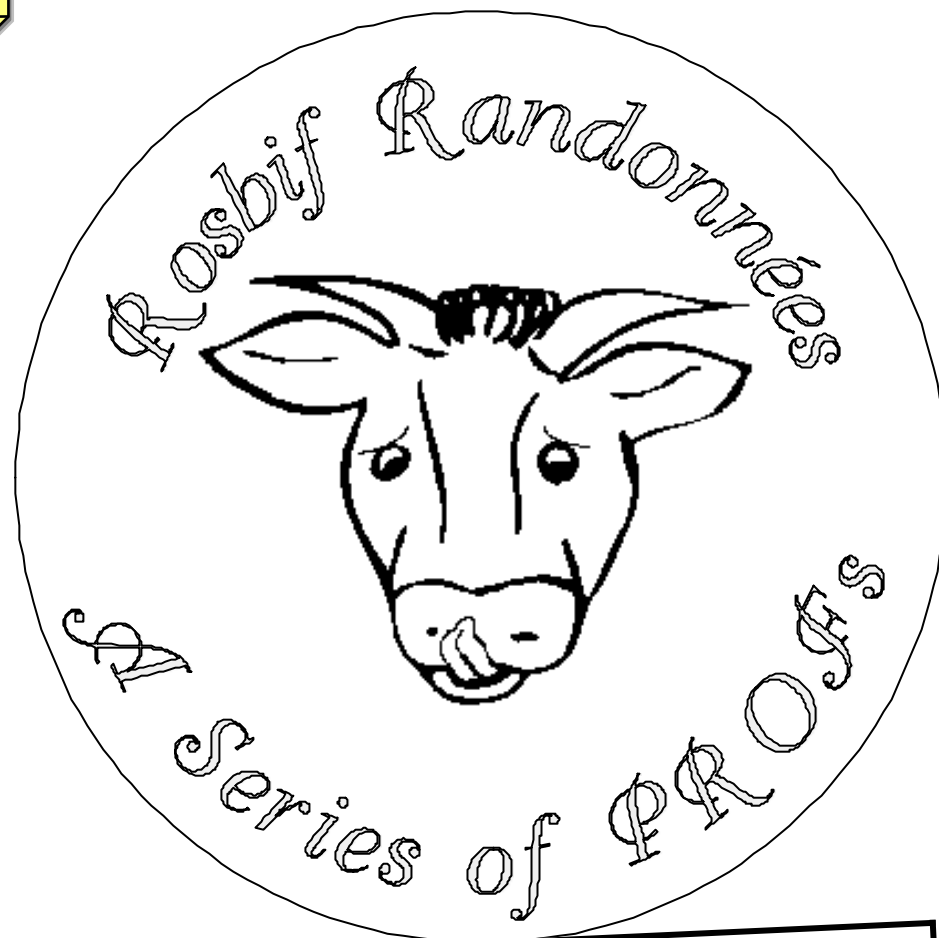
D121 > Rabodanges > D249 > les Tourailles > D216 > D294 > D43 > Messei > D53 > D368 > La Chapelle Biche > D25 > D157 > Mortain (75km) [135km]

D977 > St Hilaire du Harcouet > D30 > Pontorson > D797 > D155 > St Malo (85km) [210km]

Should you wish to enter any or even all of these events please do so using the standard AUK form enclosing £2.50 for each ride. Two SAE will be required, one to return your brevet after validation, and one to get the card to you in the first place!

It is probably best to start with the Cherbourg circular as it is the most detailed ride, and then work your way up to the more independent flèche.

Remember to enter in plenty of time!



1 x Circular from Cherbourg
2 x Orbec Fléchettes
3 x Circular from St Malo

'La Transmanche 200' (Michelin maps 231 or 54 are required)

The Route: Circular from Cherbourg

Stage 1 (45km)/ From the dock follow the signs for Centre Ville.

At the traffic lights R, over bridge, L and 1st R, (cobble) Rue des Tribunaux to the Place de Verdun. SO into Rue Gambetta to Place H-Greville. L into Rue E-Zola to Rond-Point de Poole. Straight over sp Barneville-Carteret. In 3km R D64 - le Saussey - Carrefour des pelles - cross D22 to Vasteville - cross D37 - 1st L sp vars D37 immediately R D117. At T(D4), R&L. At T(D204), R&L. Cross D23 to T. L&R into les Pieux. 2nd exit off one-way. At T, R next L. D117 le Roze - le Poux - Surtaineville to Beghin - R le Brisay - 2nd R, 1st L to T where R D201 - At T, L Beaubigny (fork to R) - la Vallee - At T, R - les Moitiers into **Carteret 45km**.

Stage 2 (42km)/ D902(rue de Republique) towards Valognes. R before Road Bridge - At T, R next L - Cross D904 - D130 - St Maurice-en-Contentin - la Trigale. Cross D50 - follow round 'S' bend and continue to cross roads where straight over on D264 into Bresneville. R onto D127. Cross D15. Through la Croix Blondel - Neuville-en-Beaumont - St Sauveur-de-Pierrepont - under railway bridge to St Nicholas-de-Pierrepont - Bolleville. L onto D903 to la Haye-du-Puits. In town R onto D900. 2nd L onto D142 - Mobecq - R sp Vesley - le Puits-Ruault - L sp Périers - fork to R - cross D24 and continue to T where R. **Périers. 87km**

Stage 3 (55km)/ Retrace to D24 where R for 15km to St Jores where cross D903 and R onto D138 - Pont-Aunoy - Francquetot where L onto D223 to Cretteville. R onto D67 - In Beuzeville-la-Bastille L to junction with D70. R through Chef-du-Pont to Ste Mere- Eglise. Under road bridge to Xrds where SO. D15 to Ravenoville. L onto D14 to **Quettehou. 142km**

Stage 4 (40km)/ In town L to D902 where R sp Barfleur. L D56 - le Tronquet - Bonhomme to junction with D24. L. At 1km bear R to continue on D56 to fly over N13 through St Martin-le-Greard to cross D900. Go under railway bridge and L sp Couville. At about 8km L onto D317 into **Benoitsville 182km**

Stage 5 (18km)/ R onto D904 towards Cherbourg. L onto D3 through Octeville to the Rond-Point de Poole and retrace to the **Place de Verdun 200km**



CAFE du THEATRE
Place du General de Gaulle, Cherbourg

The routes based on St Malo each have a part of P-B-P about them; including the control towns of Loudeac, Tinteniac and Fougeres. Michelin map no. 59 refers.

These routes aim to provide a general FLAVOUR of the region. Going off route does not equate with cheating; however opting for the main road bash does defeat the object and has the result of cheating yourself out of the joy of the tour. Remember the object is to enjoy.

St Malo Route 1(South)

St Malo > D2 > Grd Froty > Chateau Malo > D74 > St Pere > D275 > St Guinoux > D7 D8 > Roz Landrieux > D78 Benouis > Villeioie D75 > les Ombres > Lanhelin > D73 COMBOURG (40k)

D13 la Chapelle-aux-Filtzmeens . D81 Quebriac > Tinteniac. D81 > la Chapelle-Chaussee > Romille > D68 Pleumeleuc > D31 > Bedee > Iffendic > St Goulay > St Malon-s-Mel > Comper. D141> D2 > D31 > MAURON(10 6k)

D307 > D52 Tremorel > Lanrelas D793 > Broons. D19 > Tremeur > Megrit > Plelan-le-Petit > D44 > CORSEUL(162k)

D44 > Languenan > D28 Preslin D366 Ville-es-Nonais > D7 > D117 St MALO (200km)

St Malo Route 2(East)

St Malo D155 St Benoit des Ondes > le Vivier-s-Mer > D797 St Broladre > La Poultiere > le Palais. Left, Right, Straight over, Left, Right, Right into BEAUVOIR (43k)

Cross D976 onto D80 > les Pas > Bree > les Challiers > Left onto D30 > St James. Cross D998 onto D14 > St Georges-de-Reintembault > Louvigne-du-Desert > D14 > D134 > Landivy. D31 > la TANNIERE (94k)

D33 > D806 > Fougeres. N12 > Romagne > D18 > St Sauveur des Landes > St Hilaire-des-landes > Baille > St Marc-le-Blanc > Chauvigne > Rimoux > Left onto D796 BEZOUGES-la-PEROUSE (144k)

D796 > les Trois-Croix. Right onto D87. L > Cuguen. Left onto D83. R onto D85. L onto D9 > Terre-Rouge > Bonnemain > le Tronchet. R onto D75 > Plerguer > St Guinoux. Left & Right onto D8. L onto D275 > St Pere > D74 > Chateau Malo > Grd Froty > D2 St MALO (200km)