**CLOCK TO THE ROCK 2016 – FULL RIDE ITINERARY:**

**May 21** - **Big Ben to Portsmouth - 83.8m – 4336 feet climb**

*07.00 - 08.00* Registration at Wellington Barracks, entrance via West Gate, off Birdcage Walk, photo ID needed!

*08.30 – 09.00* – Ride commences via Big Ben

*11.30* approx – Lunch stop at Guildford RFC (mile 39)

*16.00* approx – Finish at Portsmouth RFC – meal served for all cyclists .

Parking available at Portsmouth RFC although limited.

*19.00* approx – Check in at Portsmouth ferry terminal (Brittany Ferries) for St Malo. Passport needed! Make sure you have overnight bag for ferry to hand as no access to SULLYVAN once on ferry.

**May 22** – **St Malo to Nantes – 109.6m – 5212 feet climb**

Breakfast on ferry optional . Food will be available after 8 miles of cycling .

*08.45* approx – disembark from ferry in St Malo – crew and riders will meet up where practical to load overnight bags. Breakfast will be served after just 8 miles and water bottles filled etc.

Regular drink stops as identified and facilitated by crew vehicles.

Lunch stop after approx 71 miles – on right on D59, just after D177.

Finish – Brit Hotel, 44360 Vigneux de Bretagne, 0033240571080

Dinner at 19.30 in Hotel .

**May 23 – Nantes to La Tranche sur Mer – 96.5m – 2891 feet climb**

*08.00* approx – start – low tunnel means vans and lorry need different route from riders.

After 10 miles, short ferry trip.

Lunch stop – at about 57 mile point on D38

Finish – Hotel Des Dunes, La Tranche sur Mer, 85360 La T s M, 003325130322

Dinner at 19.30 in Hotel

**May 24 – La Tranche sur Mer to Royan - 84.1m – 1903 feet climb**

*08.00* approx – start

Lunch stop after approx 53 miles on right as turn off D5.

\*\*\* At about 60 miles a long bridge will require crew vehicles to protect the peloton by using hazard lights and “taking the lane” – we will have instructions for riders and crew on the day.

Finish – Hotel Foncillon, Royan, 17200 Royan, 0033546384800

This Hotel has a tiny lift and bikes will be stored in a spare room – be warned!

Dinner – No formal dinner arrangements , there are a number of restaurants very close to the hotel , ROTL will subsidise cyclists who are free to dine at a restaurant of their choice .

**May 25 – Royan to Arcachon – 92.4m – 1910 feet climb**

*08.00* approx – start

Ferry journey almost immediately.

Regroup off ferry after 400 yards on right.

Lunch stop at about 49 miles on left layby.

Long straight flat day of cycling, not much navigation required today!

Finish – Roc Hotel, Arcachon, 33120 Arcachon, 0033557724848

Dinner in Hotel at 19.30.

**May 26 – Arcachon to Biarritz – 107.8m – 4313 feet climb**

*08.00* approx – start

A hilly but pretty start to last day of Stage 1 – drink stops will be needed and deserved.

Lunch stop after about 63 miles on left – Saint Girons

Finish – Hotel Florida, 64200 Biarritz, 0033559240176

Hotel in a busy and central part of town.

STAGE 1 COMPLETED – CONGRATULATIONS!!!

19.30 Group Dinner at Les Coulisses Restaurant 19 ave du marchal foch a 10 min walk from the hotel, to say goodbye to Stage 1 only riders . The restaurant is owned by Jerome Thion the former French 2nd row .

**May 27 – REST/TRANSFER DAY:**

*06.45*approx – transfer to Bordeaux airport for 10.10 flight home.

Stage 2 Riders will be collected and brought back from Bordeaux to Biarritz.

Free day for all riders to rest/recuperate but be aware the toughest day of the trip is tomorrow!!!

Dinner at 19.30 in the Hotel Florida .

**May 28 – Biarritz to Tafalla – 91.3m – 7182 feet climb**

*08.00* approx – start

Lumpy start – drink stops needed and deserved – look to regroup at top of hills within your ride groups and be careful on descents.

Lunch stop will be at about the 48 mile mark which marks the worst of the climbing done. THE WORST IS OVER FOR TODAY.

Finish – Hotel Hola, 31300 Tafalla, 0034948704405

Dinner at 19.30 in the Hotel.

**May 29 – Tafalla to Almazan – 100.5m – 5197 feet climb**

08.00 approx – start

Long steady climbing day out to about 63 miles then steady home.

Lunch stop after about 61 miles – sign for parking on right down a lay by, off C101.

Finish – Hotel Villa de Almazan, 2942200, Soria, 0034975300611

Dinner at 19.30 in the Hotel.

**May 30 – Almazan to Guadalajara – 78.1m – 4152 feet climb**

*08.00* approx – start

Not much navigation required today.

Lunch stop at about 45 miles on right in lay by just past electric station or suchlike.

Miles 50-53 tricky climb, lightened by nice views.

Finish – Hotel Pax, 19005 Guadalajara, 0034949248060

Dinner at 19.30 in the Hotel.

**May 31 – Guadalajara to Toledo – 95.5m – 3680 feet climb**

*08.00* approx – start

Lumpy start for 8 miles then eases off.

Lunch stop after about 61 miles – SULLYVAN to find a good spot on M305, around Equestrian centre on right.

Finish – Hotel Beatriz, 45005 Toledo, 0034925269104

Dinner at 19.30 in the Hotel.

**June 1 – Toledo to Puertollano – 100.5 miles – 3927 feet climb**

*08.00* approx – start

Leave hotel opposite way to entering – v tough 5miles followed by tough 5 miles then easier 10

Lunch stop at about 60 miles in Malago as we enter off N401 – look for the SULLYVAN

Finish – Hotel Tryp, 13500 Puertollano, 0034926410768

Hotel on narrow street – bag drop outside then park elsewhere, bikes in room on 1st floor.

Dinner at 19.30 in the Hotel.

**June 2 – Puertollano to Montilla – 109.3m – 6395 feet climb**

*08.00* approx – start

Ok start but a tough day

Lunch stop at about 66 miles as leave minor rd and hit A3000 – big parking area

Finish – Hotel Don Gonzalo, Montilla, 0034957650658

Dinner at 19.30 in the Hotel.

**June 3 – Montilla to Ronda – 82.4m – 5527 feet climb**

*08.00* approx – start

Lunch stop after about 46 miles on A365, just past Procavi building on right.

Miles 55-70 steady climbing with steeper bit 70-72 – then nice finish but narrow rds to hotel – bike drop away from hotel where riders will collect bags and take to hotel.

Finish – Hotel Polo, 29400 Ronda, 0034952872447

Dinner at 19.30 in the Abades restaurant a short walk from Hotel - maps will be provided .

**June 4 – Ronda to Gibraltar – 68.6m – 4429 feet climb**

*08.00* approx – start

Very hilly first leg – beautiful scenery but tough.

Lunch at 40 miles on left - by La Adelfila restaurant

Make sure passports are available before leaving lunch stop as wont see SULLYVAN till finish and we have the border to cross.

Re-group before border and cycle together to finishing reception at Europa point with Gibraltar RFC and sponsors.

Exact logistics tbc to get to hotel at:

Hotel O’ Callaghan Elliott, Gibraltar, 0035020070500

Post reception, change at Hotel, lounge/drink at pool bar and hold our own finishing reception in private room at Hotel.

JOB DONE! SPOIL YOURSELVES!

**June 5 – Leave Hotel for Home unless you have made other plans!**