



NORMANDY BIKE TOUR

OLD WORLD VILLAGES AND THE HISTORIC BEACHES OF THE
D-DAY LANDINGS

Join us in Normandy where D-Day beaches meet 1000-year-old châteaux and rides skirt the coast to visit some of France's most important historical sites. Enjoy a morning visit to Honfleur, a quaint fishing village renowned for its unique architecture and easy pace of life and a private cider tasting accompanied by a bountiful Trek Travel picnic. Each afternoon, lounge on the beaches of Trouville and watch the sunset as you walk along the boardwalk. Ride to historical World War II sites—Pointe du Hoc, Juno and Omaha beach—and learn firsthand the strategy of the D-Day invasion. The beauty and drama of the region will only become more enchanting as your trip unfolds.

From
\$5199

Rider Type
Leisure / Recreational

Hotel Style
Luxury

Duration
6 days | 5 nights

Start | End
**Trouville, France |
Bayeux, France**

Dates
2021/Jul/Aug

TRIP WOWS

Linger through the picturesque fishing port of Honfleur; so beautiful that it was painted by many great artists such as Eugène Boudin & Claude Monet

Taste traditional apple cider at a family estate farm during a classic Trek Travel picnic

Visit the most important D-Day World War II sites including the American Cemetery and Omaha Beach on a private guided tour with a local historian

Enjoy the charming coast of Deauville on horseback

Visit Beauvron-en-Auge, a village consistently acclaimed as the cutest village in France



DAILY ITINERARY

2021

Day

1

TODAY'S RIDE:

Beuvron-en-Auge to Trouville

Approximately 19 miles with 1,200 feet of climbing

DESCRIPTION:

History is both brutal and beautiful, and nowhere is this more apparent than the white-cliffs and castles that speckle the Normandy coast in northern France. Welcome to this walk back in time, where wars have ravaged the coastline and oversized regal outposts loom large. Your guides will meet you at Cures Marine Trouville Hotel at 11:00 for a shuttle to Beuvron-en-Auge, a village that is consistently acclaimed as the cutest village in France. After a short round of introductions, your guides will familiarize you with your Trek bicycle and ensure a comfortable fit before we enjoy the first of many delicious meals together at a small local bistro. Your guides will discuss the rules of bike safety and specific cycling tips for riding in Normandy before we embark on the first meandering ride through this beautiful and intriguing region. Our hotel is in Trouville-sur-Mer, built in 1912 and once the biggest casino in Europe. This region used to be a vacation hotspot for Parisian elite looking to get away with limited fanfare. Tonight, we'll meet for cocktail hour and dinner at the hotels restaurant, toasting to a week of adventure ahead!

HOTEL:

Cures Marines Trouville Hotel
Thalasso & Spa

INCLUDED MEALS:

Lunch | Social Hour | Dinner

Day

2

TODAY'S RIDE:

Trouville to Honfleur Loop

Approximately 33 miles with 2,000 feet of climbing

SHORT OPTION:

Trouville to Honfleur

Approximately 23 miles with 1,400 feet of climbing

AVID OPTION:

Deauville to Honfleur to St-Gatien-des-Bois Loop

Approximately 44 miles with 2,500 feet of climbing

DESCRIPTION:

Wake up to freshly-baked pastries and a creamy café au lait that's so typically French. Today you'll cycle past timber-framed homes, through fields and forests on your way to the town of Honfleur. This seaside port town is appreciated for its changing light that provides just the right amount of romance you'd expect from a charming French town. Renowned painters such as Eugène Boudin and Claude Monet have sought to capture this ever-changing light on their still canvas. Once in Honfleur, you'll have the chance to explore on your own and discover the ideal lunch spot; lunch today is on your own but your guides will be happy to recommend their favorite spots in town. After lunch, you'll have the chance to continue to explore this stunning town as you shop for antiques, or return to Trouville either by bike or shuttle. Today you'll ride through Deauville, a city known as the "City of Horses" for its passion and pastime of horse racing. Deauville is well-known as a luxurious getaway with elegant hotels, restaurants, and relaxing seaside cafés. This afternoon, opt-in for an optional horseback ride along the coast or simply stroll along the famous boardwalk known as "les planches" and enjoy the luxury shopping of Deauville's haute couture boutiques. Tonight you are free to explore the various dining options found in Trouville-sur-mer; whether you are looking for an elegant haute-cuisine experience or a casual stroll through the impeccable fish market of the town, your taste buds will not be disappointed.

HOTEL:

Cures Marines Trouville Hotel
Thalasso & Spa

INCLUDED MEALS:

Breakfast

Day

3

TODAY'S RIDE:

Trouville to Cambremer Loop

Approximately 42 miles with 2,400 feet of climbing

SHORT OPTION:

Trouville to Cambremer

Approximately 19 miles with 1,400 feet of climbing

AVID OPTION:

Trouville to Cambremer with add-on Loop

Approximately 49 miles with 3,100 feet of climbing

DESCRIPTION:

Normandy's countryside is rough, rugged, and unabashedly gorgeous. After a savory breakfast at the hotel, we'll set out for today's ride along some of the famed cider route. Cider is a uniquely popular alcoholic drink in the region, as the weather and terroir make for perfect apple growing and brandy-making. Perhaps stop for an impromptu tasting at the renowned Pierre Huet estate, who have been in the cider making business since 1865 and learn the secrets of their trade. Lunch today will be as a group in the village of Cambremer, an old village boasting with charming timber framed houses that are so typically French. This afternoon, choose to relax at the hotel and take some personal time. Tonight's activity is a true showstopper, as we gather for dinner at the hotel's Michelin-starred restaurant, 1912, for a once-in-a-lifetime experience.

HOTEL:

Cures Marines Trouville Hotel
Thalasso & Spa

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

4

TODAY'S RIDE:

Trouville to Port-en-Bessin

Approximately 50 miles with 1,700 feet of climbing

SHORT OPTION:

Trouville to Courseulles-sur-Mer with Shuttle

Approximately 35 miles with 1,100 feet of climbing

DESCRIPTION:

Today the group will wind their way west toward the village of Port-en-Bessin, stopping along the way to admire the beautiful views. The flexible timing of the day gives you the opportunity to stop and explore in the manner you prefer. In our traverse we will pass by Pegasus Bridge, a site of utmost importance for the Normand battles in WWII, described by many as the 'turning point' in the D-Day landings. We'll stop in Courseulles-sur-Mer and share a lunch of local specialties in a favorite sea-side restaurants. This afternoon, plunge into the heart of history at the Arromanches 360 Circular cinema. Located on the Arromanches clifftops, the theatre dominates the remnants of one of the two artificial Mulberry harbors set up by the Allies. From here, you can continue riding, or shuttle to our home for the next two nights, the elegant Château La Chenevière. Take some time to acquaint yourself with the hotel's exceptional gardens and tastefully decorated interiors. This evening we'll gather for succulent gastronomic cuisine at the restaurant Le Botanist.

HOTEL:

Château La Chenevière

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

5

TODAY'S RIDE:

Port-en-Bessin to Omaha Beach to Military Cemetery Loop

Approximately 36 miles with 1,600 feet of climbing

SHORT OPTION:

Port-en-Bessin to Omaha Beach to Military Cemetery

Approximately 23 miles with 800 feet of climbing

AVID OPTION:

Port-en-Bessin to Omaha Beach to Military Cemetery Loop

Approximately 42 miles with 1,500 feet of climbing

DESCRIPTION:

Today will be among the most memorable history lessons of your life, as we meander along the coast focusing on the World War II sights. Start your morning in awe of the courageous sacrifice made by thousands of young soldiers and visit the rows upon rows of white crosses at the American war cemetery. You'll learn about the tragic events that took place at Omaha Beach, where more than 3,000 men were killed in a matter of hours. Through the stories and commentary told by our private guide, you'll learn first-hand about the amazing history of this important site. This morning will close with a visit to the home of the LeBrec's, where you'll try some of their family apple cider and enjoy a Trek Travel picnic. Although now well-known for their tasty beverages, this estate home was occupied by over 300 Germans during the Second World War. After D-Day, it was the home to hundreds of American soldiers. Post-lunch, you'll make your way to Le Pont d'Hoc, where large craters formed by the bombs during World War II and old bunkers are left intact. You will also visit the German Cemetery, which provides a dramatic visual contrast to the American Cemetery. Afterwards enjoy a scenic and rolling ride through the countryside or decide to shuttle back to the hotel. This evening, with a view of the garden as your backdrop we'll gather for drinks before enjoying a quintessentially French meal together.

HOTEL:

Château La Chenevière

INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

Day

6

TODAY'S ACTIVITY:

Departure

Farewell at 11:00 AM

DESCRIPTION:

This morning enjoy a leisurely breakfast or kit up early and enjoy a refreshing morning ride. During your ride you will have the opportunity to pop into Bayeux and admire the renowned Bayeux tapestry. Your Trek Travel guides have arranged transportation to the Bayeux train station in time to catch a late morning train to Paris. You'll say farewell to your guides at 11:00 AM at Château la Chenevière. Please do not schedule a train out of Bayeux before 12:00 AM on the last day of the trip to allow plenty of time for any unforeseen delays.

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- Five nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, four lunches and four dinners
- Two social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle, and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip
- Entrance fees for all activities, private tours, and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care, and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



CURES MARINES TROUVILLE HOTEL
THALASSO & SPA

TROUVILLE-SUR-MER, FRANCE

New hotel for 2021! Built in 1912 as the most beautiful casino in France, the elegant neo-classical building really stands out in Trouville, nicknamed "the Queen of beaches," and evokes the spirit of the artists who have trodden the famous boardwalk. Now transformed in a 5-star hotel, best in Trouville, it features a unique spa, Cures Marines, which is housed in the right-wing of the casino in the heart of Trouville and a stone's throw from Deauville. Its restaurant, Le 1912, boasts a Michelin star and offers a unique gastronomic experience.



CHÂTEAU LA CHENEVIÈRE

PORT-EN-BESSIN, FRANCE



Château La Chenevière is an 18th century chateau situated between Omaha Beach, where

the American forces landed on D-Day in 1944, and the historic town of Bayeux, famous for its tapestry depicting the Conquest of England by William the Conqueror in 1066. There are only twenty-nine rooms, each with a garden view and all individually decorated in a harmony of floral designs. The luxurious facilities will appeal to the most fastidious traveler. The dining room with its picture windows overlooking the park has a certain grandeur, but on an intimate scale. The cuisine is classic with all the distinctive flavors of Normandy and can be accompanied by any of the fine wines found in their impressive cellar.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Paris (CDG). From the Paris St. Lazare train station in central Paris, you may take a train, for approximately 30€, to the Trouville-Deauville station. It is recommended that you arrive one day early to make the 11:00 AM meeting time with your Trek Travel guides. Train schedules can be consulted and tickets can be booked directly online at www.voyages-sncf.com. From the train station, it is a five minute taxi ride to the first hotel.

Before: Paris, France

Paris is home to many of the world's best-known monuments and museums. A backdrop of many famous photos, the Arc de Triomphe sits majestically at the top end of the Champs-Élysées. You can go to the observation deck for an expansive view down the world-famous boulevard from Napoléon's huge triumphal arch—the largest in the world. The Arc isn't the only site that offers a great view of the city, however. Other monuments with impressive vistas include the view from the white dome of the Basilique du Sacré-Coeur de Montmartre, or from atop the 56 floors of the Tour Montparnasse, and of course at the summit of the most famous monument in Paris—the Tour Eiffel. We recommend the following accommodations for your pre-trip hotel:

Meeting Time And Location

Your Trek Travel guides will meet you at the Cures Marines Trouville Hotel Thalasso & Spa Hotel (Boulevard de la Cahotte, 14360 Trouville-sur-Mer, France) at 11:00 AM on the first day of the trip. If you have just checked in to the hotel, you can leave your luggage there, but please have your riding gear with you in a separate bag. After a quick round of introductions, you and your newfound friends will board your private coach to one of Normandy's quaint inland villages. After a professional bike fitting and peaceful lunch, you'll journey along quiet roads for your first ride of the week.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip starts with their names and contact details. If you cannot reach them, please call our first hotel, Cures Marines Trouville Hotel Thalasso & Spa Hotel (+33 2 31 14 26 00), and leave a message with your expected arrival time and contact details.

Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Château Chenevière, then take a private shuttle to the Bayeux Train Station arriving at approximately 11:15 AM. Please allow adequate time for ongoing travel connections and do not schedule a train before 12:00 PM.

HÔTEL LA DEMEURE

An oasis in the middle of the vibrant Latin Quarter on the left bank, this family-run hotel will make you feel comfortable and at home. 43 rooms.

www.hotel-paris-lademeure.com | ~\$210

HÔTEL LOUVRE MARSOLLIER

In the heart of historic Paris, located on a quiet street in the center of a prestigious neighborhood, this is a stylish hotel where Oscar Wilde lived in 1899. The hotel's website has some useful information and links to activities.

www.louvre-paris-hotel.com | ~\$185

HOTEL ROYAL SAINT HONORÉ

Located right on the main luxury shopping street and within walking distance to the Louvre, Opera, and the Tuileries, this 4-star hotel is a perfect spot to see the City of Lights. You can also enjoy a lunch or coffee at elegant on-site Café 221. Special rates for Trek Travel guests may apply – ask your trip consultant for more information.

www.royal-st-honore.com/en/ | ~\$360

VILLA LARA

After: Bayeux, France

Normandy is famous for many things and is a region of France rich in culture, history and gastronomic delight. Artists such as Monet have drawn inspiration from the terrain and have called Normandy "home." Normandy's religious roots are evident in the numerous abbeys, including le Mont St. Michel. This glorious landmark, perched on an island just offshore, is dedicated to Archangel Michael and has undergone some 500 years of development. And of course, volumes have been written about the historical D-Day landings and the battles on Normandy's beaches. Regardless of the region you visit, you're sure to stumble upon snippets of history, elegance and enlightenment as you journey through Normandy. Being the scene of vicious battles after the D-Day landings, Bayeux was largely destroyed. However there are still old narrow streets to wander down and the castle ramparts look impressive. Bayeux was also the first city of the battle of Normandy to be liberated by the allies. Its most prominent site, the famed tapestry of Bayeux depicting the events leading to the Normand conquest of England, was removed and saved during the WWII Normand battles. It is on display today in the Tapestry Museum of Bayeux. We recommend paying a visit to admire it. We also recommend the following accommodations for your post-trip hotel:

This luxury boutique hotel is located in the heart of the historic city, facing the 11th century cathedral and just a two minute walk from the famed Bayeux Tapestry Museum. Charming and elegant, it is a true sample of authentic french hospitality with rooms rates varying between 350-600€

www.hotel-villalara.com/en | ~\$400

DOMAINE DE BAYEUX

Ideally located in the centre of Bayeux, this small and quiet hotel is housed in an 18th century mansion overlooking its tree-lined park. This hotel is 300m from the Museum of Bayeux Tapestry, 600m from the Baron Gerard Museum and 900m from Notre Dame de Bayeux Cathedral. The property is just a five minute walk from Bayeux Train Station.

www.domaine-de-bayeux.com | ~\$150

LA MAISON DE MATHILDE

Located in the medieval centre of Bayeux, this guest house is dating back to the Middle Ages and features a sun terrace with views of the garden. With its charm, quiet rooms and wonderful restaurant, this is a great place to stay if you choose to spend some time in Bayeux.

www.hotel-bayeux-reinemathilde.fr/en | ~\$200

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 2 - Recreational
- Average Daily Mileage | 46
- Terrain | Undulating
- Average Daily Elevation | 2,500 feet
- Total Miles | 175
- Total Elevation | 7,800 feet

Averages and totals are calculated from our "Today's Ride" options.

On your Normandy trip, you will enjoy riding on secondary roads with occasional hills. Normandy is best

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Private cider tasting
- D-Day tour with a local historian
- Visit the Bayeux Tapestry
- Visit the most important D-Day World War II sites including the American Cemetery and Omaha Beach
- Horseback riding on the beach front of Deauville

suiting for our Type 2 Riders. Our Trek Travel guides can also easily accommodate Type 1 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 3+ Riders will enjoy the extra mileage the avid route options offer.

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.