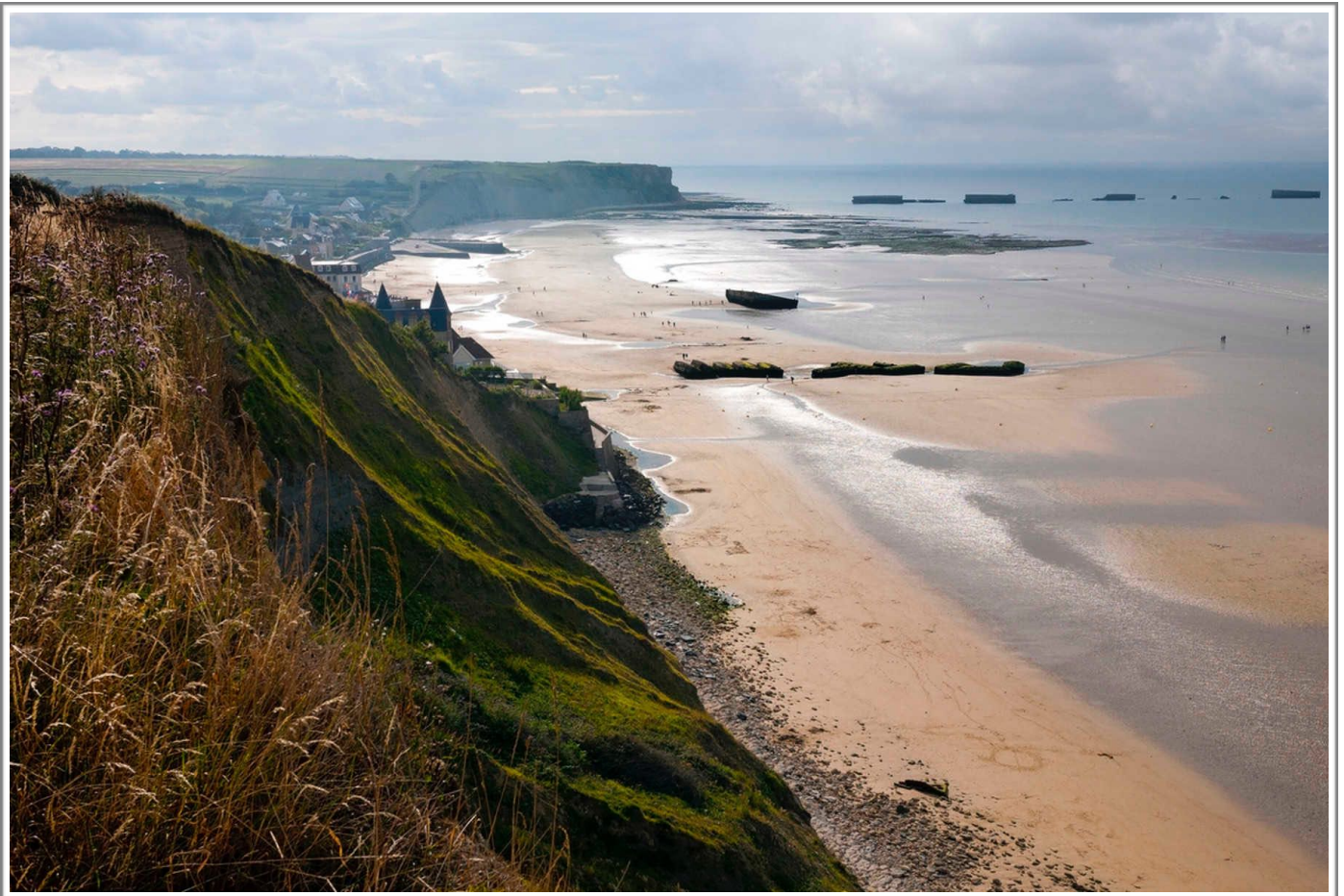


DIGNO GO
GOURMET BIKE TOURS

NORMANDY

LUXURY



Day 1

Today's Ride: 15 Miles (700' Elev. Gain)

Meet us in Caen, the capital of Lower Normandy. Transfer to a restaurant in Creully, a village in the Calvados department. Then, get on your bicycle and head out to Arromanches-les-Bains where you can see the remains of the Mulberry harbour. Continue on to the Longues-sur-Mer battery, an impressive display of intact German defences. Later, arrive at Château La Chenevière and dine at the hotel gourmet restaurant.

Day 2

Today's Ride: 29 Miles (900' Elev. Gain)

Short Option: 18 Miles (700')

Long Option: 39 Miles (1,300')

On your second day, follow easy routes through the Norman countryside on your way to Bayeux. Once in town, stroll through medieval Bayeux, famous for its 11th century tapestry and cathedral. Before lunch, discover the 230 feet Bayeux tapestry and learn about the Norman conquest of England as well as the Battle of Hastings. In the afternoon, ride back to your hotel for some downtime by the pool. For dinner, transfer to Port-en-Bessin-Huppain, a fisherman town on the seafont.

Day 3

Today's Ride: 32 Miles (1,100' Elev. Gain)

Short Option: 14 Miles (500')

Long Option: 38 Miles (1,500')

Take a minivan transfer to the Normandy American Cemetery and Memorial at Colleville-sur-Mer (15 minutes). Meet with our favorite guide for an explanation of the D-Day landings on June 6th 1944. Learn about various famous soldiers as you stroll through the 9,386 white marble markers. Then, get on your bike and ride to Grandcamp-Maisy for lunch on your own. In the afternoon, make a stop at the Pointe du Hoc, a German stronghold on 100 foot cliffs before you arrive back at your hotel.

Day 4

Today's Ride: 40 Miles (1,900' Elev. Gain)

Short Option: 19 Miles (800')

Long Option: 50 Miles (2,500')

Cycling in Normandy continues inland to the Château de Canisy. Pedal through cool and shadowy forests to the Château de Balleroy, a 17th century manor. Tour the château, property of Malcom Forbes, owner of Forbes magazine. For lunch, you're on your own in town. In the afternoon, cycle toward Saint-Lô, the capital of the Manche department. Later that day, arrive at the Château de Canisy, a family estate, property of Count and Countess de Kergorlay and your home for the night. In the evening, you have dinner in the dining room of the château, a one of a kind experience.

Day 5

Today's Ride: 26 Miles (300' Elev. Gain)

Short Option: 13 Miles (150')

Long Option: 39 Miles (900')

Drive to the Mont-Saint-Michel (1h00), a UNESCO World Heritage Site and rocky tidal island off the coast of Normandy. Once on site, take a stroll through the monastery. From the Mont-Saint-Michel, ride an easy route through Mont-Dol and Cherrueix, quaint Brittany villages. End your ride at Château Richeux, a 1920 villa outside of Cancale. In the evening, eat at the hotel restaurant in an amazing dining room with views on the bay of Cancale, the oyster capital of Brittany.

Day 6

Your tour of Normandy and Brittany comes to an end at the Rennes train station.

Trip Accommodations

4 & 5 Star Hotels



Chateau la Cheneviere ** (3 Nights)**

Phone: +33 (0)2 31 55 25 25

www.lacheneviere.com



Chateau de Canisy ** (1 Night)**

Phone: +33 (0)1 44 05 09 81

www.canisy.com



Chateau Richeux ** (1 Night)**

Phone: +33 (0)2 99 89 64 76

www.maisons-de-bricourt.com

Included/Not Included

Price Includes

- All breakfasts, 1 lunch and 4 dinners
- Multiple daily routes
- A fully equipped bicycle: the Fuji Absolute 1.1 Disc
- Handlebar bag, helmet and water bottle
- Garmin GPS with easy to follow directions
- 1 leader for every 5 guests
- Snack & drinks during the day
- Gratuities at hotels and restaurants
- Guided tours, tastings and entrance fees
- A leader offering minivan support
- Luggage transfers
- Porterage
- Minivan transfers during the trip
- Local guides and experts
- An email a few days prior to your trip

Price Excludes

- Transportation to & from pick-up/drop-off locations
- Pre or post trip lodging
- Minibar, massages, non scheduled activities, etc
- Alcoholic beverages
- Road bike or e-bike
- Gratuities for your Leaders

Meeting & Departing Information

Meeting Location

Meet your DIGnGO Trip Leaders, in front of the Caen train station **ticketing office** at 11.15 AM. From here, shuttle 45 minutes to the start of our first bike ride. Be sure to wear your cycling outfit so you are ready to ride.

Arriving Late to the Meeting Location

If you have a delay on the first day of the trip, please email or call your trip leaders as their contact information will be emailed to you 48 hours prior to the trip start.

If you arrive late to the meeting location and do not see your trip leaders, you may take a taxi to the first night's hotel.

End of the Trip

The trip ends at the Rennes train station. DIGnGO Trip Leaders provide transportation, arriving at about 12.00 PM. Please make sure to book a train no earlier than 12.30 PM.

How to get to the Meeting Location

Trains run from Paris to Caen many times a day. You may buy your train ticket(s) at the train station, on your date of travel but we recommend that you buy it before. To make a reservation, EU citizen should go to www.voyages-sncf.com/en/. If you leave outside of the EU, go to www.raileurope.com. Please note that tickets become available 3 months in advance. Delays can occur if there are any timetable changes or the railway company has scheduled track maintenance.

How to Get to Downtown Paris From the Airport

The cost of a taxi to get to downtown Paris is around \$85. For taxi service we recommend that you either book a taxi before your arrival online with this company www.taxisg7.com or that you take a taxi at your arrival.

Travel Essentials

How to Pack

Due to the limited space in our minivan, we ask you to limit the number of bags you bring to 1 suitcase and 1 carry-on luggage. In order to deliver your bags to your room, we ask that each bag has a clear luggage identification tag.

What to Wear for Dinner

Please remember that whether you dine at a Michelin-starred restaurant or at a local bistro you should feel comfortable. Men should wear dress pants with a shirt or a polo. Jackets are not required. Women should wear a dress, skirt, dress pants with a nice top. Sneakers, shorts and jeans are not recommended for dinners.

What to Wear while on the Bike

In order to feel comfortable, we recommend that you buy a pair of padded cycling shorts. There are many brands out there but a good quality one is best if you don't want to feel sore after a day of biking. We also recommend wearing a cycling jersey. In case of bad weather, a windbreaker and a rain jacket will keep you warm and dry.

Meals

Dinners are a combination of amazing local restaurants and gourmet meals. The first lunch is included. 4 lunches and 1 dinner are not included, for you to try local cuisine on your own. Alcoholic beverages are at your own expense.

Spa Treatments

Please note that spa treatments are not included in the trip price. If you wish to make an appointment, we recommend that you call your hotel and make a reservation ahead of time. However, make sure to book an appointment after 5.00 PM.

Tips & Gratuities

Please note that your trip leaders also rely on tips. Gratuities may be given at your discretion at the end of the trip according to the trip leaders professionalism. Industry standard is 5-10% of the trip price per team of leaders.

Destination Facts

Climate

It has a mild humid temperate climate with warm summers and no dry season.

To convert from Fahrenheit to Celsius in your head you can subtract 30 from the Fahrenheit figure and halve the result.

Average	Jan	Feb	Mar	Apr	May	Jun
High F	48	49	54	57	64	69
Low F	37	37	40	41	47	51
Prec. (In)	2.6	1.9	2.1	1.9	2.3	2.3
Average	Jul	Aug	Sep	Oct	Nov	Dec
High F	73	74	69	62	53	47
Low F	55	56	51	47	41	37
Prec. (In)	2.1	2.4	2.2	2.9	2.9	3

How to Dial Internationally

All phone numbers provided by DIGnGO are listed using the following format:

+ Country Code (0)# ## ## ## ##

Wherever you are calling from, make sure to dial + or 00 - *country code of country to which you are calling (ex. 33 for France) - local number.* If you see a (0), you must drop this digit when dialling the number.

Electric Current

Please note that in Europe electricity runs on a 220-volt. Most higher-end electronics have built-in voltage adapters so the voltage difference doesn't matter, however, you will still need a plug adapter. Before traveling to Europe, check the voltage of the electronics you will bring along with you. Your electronics will display the voltage in which your device operates. It will be printed near the plug or on the power brick.

Documents, Cancellation & More

Travel Documentations/Visa

All guests must have passports valid for six months following the departure date. Even though a visa is usually not required if you are staying less than 90 days in the country, you are advised to check with the consulates of the countries you will visit to determine which documents you must obtain.

Travel Insurance

Contact our office to receive a copy of the All-Inclusive plan full description of coverage.

Cancellations & Refunds

In case of cancellation, the cancellation fees are as follows:

- 91+ days before departure: Non refundable amounts
- 90 to 61 days before departure: 30% of the trip price
- 60 to 31 days before departure: 50% of the trip price
- 30 to 0 days before departure: 100% of the trip price

In case of cancellation, please note that exceptions to this policy cannot be made for any reason.

On the rare occasions when DIGnGO must cancel a trip, all payments received to date will be refunded, which constitutes full settlement. DIGnGO is not responsible for any personal expenses incurred in preparation for any cancelled trips.

Transfers

You may transfer from one trip to another up to 91 days before the departure of the trip, after that our cancellation policy applies.

Itinerary Changes

In some rare unforeseen circumstances some activities, restaurants, hotels, etc... might change. In case of hotel, we will make sure you get to stay in a hotel of the same standards.

Valuables

Valuables are 100% your responsibility. During the trip, do not leave any valuables in DIGnGO vans as we do not assume responsibility for any damage, loss or if they are stolen.

Frequently Asked Questions

Can you pick me up at a different location?

No, everyone is coming from a different location so your trip leaders will meet all of you at the starting location.

At the end of the trip, can you drop me off at a different location?

No, your leaders can't go to different locations, that is the reason why there is a drop off location for everyone.

I have to take a train at 7.30 AM & drop off time is 12.00 PM, can the trip leaders take me early?

Unfortunately we cannot accommodate multiple shuttles. If you need to go earlier, contact the front desk of your hotel as they will be glad to book a taxi for you.

Do you recommend bike shoes for riding?

It takes time to get used to riding with bike shoes and unless you are used to riding with bike shoes, sneakers are fine. However, if you decided to bring your bike shoes, you also need to bring your own pedals.

Should I bring a helmet?

Helmets are included but if you would rather bring your own, you're welcome to do so.

Can I adjust my bicycle stem?

Our touring bikes come with an adjustable stem allowing you to raise the handlebar so you have a more upright riding position.

What do you mean by multiple daily routes?

Each day we offer a range of mileage options and you decide how much activity you want to do.

Do you include alcoholic beverages?

DIGNGO includes alcohol during some activities. However, during lunch and dinner, it is not included and it is your responsibility to pay the bill.

How does it work for extras at the hotel?

Extras are your responsibility and the bill needs to be settled before you leave the hotel.

Should I bring my luggage down or leave it in the room when we change hotel?

Please bring it down to the lobby or have the staff of the hotel bring it down for you. Your trip leaders will then take care of the bags.

Should I carry my helmet, seatpost bag and water bottle in the room at night?

Please do, those are yours for the entire week and in order not to mix them with everyone else, we ask to bring all the materiel with you in the room. The only thing that you need to give your trip leaders is the Garmin GPS as they need to charge it for the next day.

Is there a minivan along the route during the day?

Yes, do not hesitate to ask for a ride if you need one.

Can I ride at my own speed?

Each bike has a Garmin GPS with pre-loaded routes allowing you to find your way.

Do we start cycling early?

Most days, you start cycling between 8.30 & 9.00 AM

How to ride pain-free?

A pair of padded cycling shorts is definitely a great investment.



Cycling Safety

The Rules

- Wearing a helmet on a DIGnGO trip is required.
- While you're riding your bike, ensure that you are using good judgment and being aware of your surroundings. The unexpected can happen in an instant and maintaining alertness will ensure that you, and those around you, are safe.
- Do not wear headphones while riding as they will likely drown out important sounds and distract your attention.
- Avoid riding side by side but instead try to "ride single file". Leave enough space between yourself and the rider in front of you for a car to fit.
- If you are traveling downhill, increase the distance between yourself and others to ensure your ability to stop, should someone ahead of you brake suddenly.
- Be courteous to other riders and motorists, especially near intersections, driveways, parked cars, and other places as they may not be aware of you.
- In some countries, you will find intersections with no traffic signals. In that case, please note that other vehicles have the right away.
- Stop at all red lights and stop signs.
- Make sure to yield to pedestrians.
- As you are about to turn, communicate your intention to others around you by using recognised hand signals.
- Avoid road obstacles such as potholes, rocks, etc. While going over rough terrain, such as gravel, sand, or rocks, make sure to downshift.
- While riding downhill make sure that you are using both brakes in order to control your speed and avoid "glazing over".

Pre & Post Trip Lodging Options

Room Rate Guide

(Per Night)

0 to 100€.....	€
101€ to 200€.....	€€
201€ to 300€.....	€€€
301€ to 400€.....	€€€€
401€ to 900€.....	€€€€€

Caen

Hotel Mercure

www.mercure.com | Rates: €

Hotel Ivan Vantier

www.ivanvautier.com | Rates: €€€€

Le clos St Martin

www.maisondhote.com | Rates: €€

Paris

Hotel Le Meurice

www.dorchestercollection.com | Rates: €€€€€

Le Bristol Paris

www.lebristolparis.com | Rates: €€€€€

Hotel Particulier Montmartre

www.hotel-particulier-montmartre.com | Rates: €€€€€

Hotel Sofitel Paris Faubourg

www.sofitel.com | Rates: €€€€€

Hotel Keppler

www.keppler.fr | Rates: €€€€

Hotel Le Six

www.hotel-le-six.com | Rates: €€€€

Hotel Bel Ami

www.hotelbelami-paris.fr | Rates: €€€€

Hotel Daniel Paris

www.hoteldanielparis.com | Rates: €€€€

Hotel Villa Madame

www.hotelvillamadameparis.com | Rates: €€

DIGnGO's Packing List

Travel Documents

- This document
- Passport
- Visa
- Air transportation confirmation details
- Rail transportation confirmation details
- Pre/post trip lodging confirmation details
- Cash (€)
- Credit Cards

Electronics

- Plug adapter
- Cell Phone & charger
- Camera & charger

Cycling Clothing

- Padded cycling shorts
- Cycling jersey
- Cycling Jacket
- Bike shoes & pedals
- Sneakers
- Cycling gloves
- Rain jacket
- Cycling pants
- Arm warmers

- Leg warmers
- Shoe covers & booties
- Cycling headband or cap

Personal Items

- Medication
- Eyeglasses, contacts, contact lens solution
- Sunscreen
- Swimsuit
- Travel journal/notepad and/or reading material
- Bike Helmet