A low traffic cycle ride from Dieppe to Paris
Devised and regularly updated by Donald Hirsch

PRINTABLE GUIDE

Distance: 127 miles

Nature of ride: Paved cycleway, minor roads, forest tracks mainly very firm surface (see video). Suitable for any bike including road bikes.

A mix of flat and hilly, with a few significant climbs

Hills
- First 35 miles flat
- Miles 35-95 mainly gently rolling, plus six hills of 40-80m ascent – see “route profile” on each page of this guide. (These hills feel moderate to experienced riders but many have found this stretch strenuous – especially those weighed down by luggage)
- Miles 95-130 flat or downhill EXCEPT climbs at miles 103 (45m), 107 (90m) and 119 (45m)

Where to stay:
Hotels and campsites shown on maps and listed with recommendations in accommodation guide

Suggested maps to take:
IGN Green Topo 1:100K Maps 107 and 108 cover all but a short section near Forges
Available from Stanfords, Long Acre, Covent Garden or good bookshops, or http://www.mapsworldwide.com/c/158/0/ign-maps-top-100-series.htm

GPS users
Download a file from here – more accurate than the GPX info on bikely.com where the forest track routes are more approximate
DIRECTIONS

- At rbt exiting ferry, immediately right to “centre ville”. Keep going till first bridge (don’t cross it): turn left.

- Turn immediately right on D1 towards Martin Eglise

- Follow D1 for 3 miles to Martin Eglise

- Turn right, still D1.

- 1.5 miles later, turn right first rbt, towards Arques la Bataille & Avenue Verte.

- Not far (500m) after this turn, just after level crossing, left onto Av Verte.

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Route section: miles 0-6

Route profile: flat

Traffic: lightly used town then country roads

Features to note: supermarkets on D1 going out of Dieppe last chance to buy picnic for Av Verte. Closed Sunday.

Cafe du Gare at start of Av Verte opens 730am for coffee, and croissant etc at nearby bakery.

Variation: you can join the Av Verte later to save time, but you’ll miss a pretty stretch – see Variations.
Sheet 2 – Avenue Verte to Forges les Eaux (28 miles)

**Route section:** miles 6-34

**Route profile:** flat

**Traffic:** none

**Features to note:** two nice cafes on Avenue Verte, at St Vaast d’Equiqueville (8 miles along, turn left at sign saying PK 149 000, then in 100m left Rue de l’Eglise – closed Weds) and at Nesle Hodeng (21 miles along, right next to route – also serves meals with local cuisine). The town of Neufchatel at 18 miles also has facilities.

**Forges les Eaux:** To get to the centre of this nice town, keep straight on rather than left at point A. To return to the route leave town on D919 towards Gaillefontaine and turn right after level crossing, opposite Sofhotel.

**DIRECTIONS**

- Follow Avenue Verte for 18 miles to Neufchatel en Bray and 8 more to where disused rw ends 2 miles before Forges

- Keep following Av Verte signs, later turning right up hill (REMEMBER TO CYCLE ON RIGHT AFTER LONG OFF-ROAD SECTION!) See Forges detail map from here.

- Cross rw bridge at top of hill; immediately bear left on tarmac path

- After 400m, swing right with Av Verte, soon coming to main road. Leave Av Verte here*: left on this road past supermarket

- In 400m, first left marked towards motorway.

- Straight on for 1km, soon with railway on your left.

- End at road nr Sofhotel.

**Detail: Forges les Eaux**

*NB: The official signed route to Paris diverges here, but criss-crosses my route a bit. To follow my route, ignore the official signs.*
Route section: 34-49 miles

Route profile: Rolling country roads through Bray region, with two significant hills: after La Belliere (50m) and before Menerval (40m)

Traffic: Very light

Features to note: You could avoid both hills if you’re at the end of a long day – if you’re willing to go a mile along a fast road (first hill) and forego a view (second hill) see Variations 2 and 3

**DIRECTIONS**

- After turning right opposite Sofhotel, continue on this small road, for a mile

- Right at end to cross rw. Immediately left, following direction of rw. In a mile, end at T-junction at D61.

- Left towards La Belliere. Stay on D61 ignoring left turns for 2.5 miles to crossroads at D156, onto which turn right

- Straight for a mile, cross rw, straight across crossroads towards Menerval

- In half a mile left to Menerval

- Through village then D16 towards Gournay for 5 more miles

- Right to Gournay on D916, ending at N31. Turn left*

*Tip: For Le Cygne hotel in Gournay, turn right not left here, then left after 100m into rue Dumahel Daniel by Big Mat shop. Straight on down this road to the end, arriving at hotel car park and bike garage. If back entrance to hotel locked, phone number shown on door: owners will be with you immediately. See inset map on next page.

Nice large house for sale – take a look!
Sheet 4 – Gournay to St Germer de Fly (4 miles)

**DIRECTIONS**

- Stay on N31 for 500m

- At first crossroads, left then immediately right towards Villers sur Auchy – D21

- Half a mile later, take first right (actually straight on minor road rather than bending left). 150m later, join another road going right, then 150m after this left on disused railway

- After 2 miles, you come very close to the main road through trees on your right. Half a mile later, right on small road (D104 - see photo), passing coach park immediately on left before coming to the main road in 100m. Cross it onto D129 into St Germain de Fly

- In village by Abbey, left, still on D129, towards Le Coudray

**Features to note:** A new railway path cuts out two miles and a hill from the previous route.

St Germer is a lovely village with its abbey. There are no significant places for the next 27 miles, so take advantage of the shop to stock up here (but closed lunchtime) or at the one four miles further on in le Coudray – (closed Mondays).
DIRECTIONS

- Follow D129 11 miles through Le Coudray, Lalandelle, Le Vauroux, La Houssoye to Jouy la Grange, ending at T junction.

- Turn right D129 towards Marines

- A mile later in Jouy sous Thelle follow signs to Marines: left D129 at mini-rbt. 250m later fork right D3

- Continue on D3, later D28, all the way to Marines

- Follow road winding down through town. Where D28 goes left towards Us, don’t take this but go straight on, on a smaller road (to right of old brick building in photo).

-200m later fork left (rue de Santeuil), then in half a mile go under bypass.

INSET: MARINES

Route section: miles 53-81

Route profile: Rolling country roads, rising to plateau of Vexin region. Hills a mile out of St Germer (80m), just before La Houssoye (60m) and shortly before Monneville (50m) are not too steep, but this stretch can feel pretty strenuous. Open plateau after Jouy can be tiring in headwinds.

Traffic: Light D roads – can be a bit busier north of Marines on weekends

Features to note: Not many places to stop, but friendly little supermarket at le Coudray and a lovely boulangerie in Jouy sous Thelle (left at mini roundabout after church). At Marines stop at the friendly Kington Lounge (on square on your right) for lunch or a beer; or for a meal at La Trattoria 200m before point C; or Le Berbere (reviving Moroccan tagine): turn right at C - Rue General de Gaulle, and its 100m along on left.
DIRECTIONS

- After crossing bypass \( A \), straight on along small road to village of Santeuil, 1m. There, keep right downhill past church to end

- Left at end ( D51) 1.5 miles to Le Perchay

-Continue straight, crossing D66, then another 1.5 miles on D51 to rbt at dual carriageway

- Left on small D51E to Le Bord’ Haut de Vigny

-After 1m, right at rbt to Vigny \( B \)

- Wind down through Vigny following road. Proceed (D169) 2 miles to Longuesse.

-Right by church, and 300m later left D81 to Sagy (1.5 miles).

-Through Sagy on D81. 100m after right turn marked “D81 Saillancourt Menucourt”, turn left up rue des deux Granges (still D81 but not marked as such)

-Cross main road and straight on for 1.5 miles: through Saillancourt to Menucourt

- Straight on through Menucourt, passing straight over two mini-rbts, the second marked to Eglise (divert left here for shops and supermarket). Keep on up hill past church, despite the no through road signs, ignoring lefts to Boisemont

- Through barriers to traffic-free section, then at first lights \( C \) right towards Triel

- Up short sharp hill past water tower (you’re at the top now!)

- Just over a mile later, right on D2 to Triel sur Seine, down long hill to river

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**Route section:**  miles 81-97

**Route profile:** Small roads through quiet valleys and villages. A steady climb (80m ascent) through Menucourt and up to Boisemont.

**Traffic:** Very quiet except 1 ½ miles on busier D-road after Boisemont.

**Features to note:** Long descent to Triel is fun, but take care!
DIRECTIONS
- At bottom of hill turn left through town
- Keep on D190 towards Poissy for 1 mile (ignore first river crossing at D2 in Triel)
- Just before the bridge passing over road, cross the road you’re on to take path uphill on left. Double back on yourself to cycleway over bridge.
- Cross river; take 1st exit off bridge, leaving cycleway. Double back at rbt as if going back over bridge towards Triel. After going under the D1 (that you just left) follow small right turn (A) and see photo) marked camping
- Follow road to river (see inset map), turn rt along bank.
- Continue 1m along bank. Road turns into path, which later diverts a bit away from river then back again, then becomes road that swings right past white houses then swings left. 50m later, turn right under a small, low underpass underneath the railway.
- Walk 30m up one-way st., then left Rue de Verdun
- Follow road through villages 1½ mi to 5-way junction: B tl D164 towards Poissy (ie you don’t have to go up the steep hill in front of you!)
- Reaching D153, left towards Poissy. In just under ½ mile, first rt on Rue de Migneaux C signed Poissy Beauregard and Centre Hospitalier
- Up hill, later becoming steep. Joining road at top, keep on in same direction. Ignore rt turn to hospital; swing right with road at next junction. Straight ahead for 500m, crossing large rbt (exit marked “la Poste”) and over minor traffic light, eventually reaching 14-story tower block at end.
- In front of tower block, right signed COSEC and immediately left. Keep on to end ignoring 2 left turns. Right at T-jn then where this road ends, left Rue Jean Moulin. Follow this to main rd (rue de Chambourcy)

Route section: miles 97-104

Route profile: Almost all flat, but watch out for short (45m ascent) but particularly steep (15%) hill shortly after point C.

Traffic: Fairly light along town road out of Triel, quiet along Seine. On busy D153 you soon join cycle lane. Take care at end, joining sometimes busy Rue de Chambourcy.

Features to note: After the banks of the Seine and quiet villages you get a contrasting glimpse of an outer suburban housing estate – but soon you’ll be in peaceful forests. Consider getting food/ refreshment in Villennes: next place to do so is Versailles.
NOTE: These are the first of five forests and parks ending a mile from the Eiffel Tower. Follow directions carefully and you shouldn’t get lost, but if you do, don’t try to take awful main roads into Paris: ask directions to one of the following in order to pick up the route again:

- “Les haras” (=riding stables) in Foret de St Germain (Point A on this sheet);
- Route des Princesses and later Route Royale in Foret de Marly (B and C on this sheet)
- Parc de Versailles Porte St Antoine (Sheet 9, B)
- Route de l’imperatrice (start of sheet 10)
- Porte Blanche into Parc de St Cloud in Marnes La Coquette (sheet 10 point B)
- Théâtre guignole (puppet theatre), Parc de St Cloud (sheet 10 point C)
- Passerelle de l’Avre (end of sheet 10)

Route section: miles 104-112

Route profile: Largely flat except long hill (90m climb) on Route des Princesses (beware false summit!)

Traffic: Mainly none; D7 very quiet

Features to note: As the route names imply, these were royal hunting forests
DIRECTIONS

- Half a mile after passing under motorway, cross a main road, then immediately over dual carriageway and turn right onto it A, via slip road, signed Versailles Roquencourt. Join a cycle path at bottom of slip road.

- Follow cycle path alongside road for a mile*, and off the dual carriageway towards Versailles

- After 300m, continue straight along the road you’re on by following cycle path down then up continuing on path same direction

- Follow road bending left after 2/3 of a mile B to roundabout ½ mile later

- Straight on to smaller road, rue du Colonel Bange.

- At end, right then immediately left Av du General Mangin, later veering left C to become Av de Villeneuve l’Etang

- At top of hill reach major junction. Head across main road and into small Route de l’Imperatrice signposted Marnes la Coquette

Route section: miles
112-116

Route profile: Flat, gently down into Versailles and up hill (45m) at the end your last climb!

Traffic: Cycle paths then quiet town roads

Features to note: Versailles chateau grounds are magnificent, and free to cyclists. Head straight on through gate rather than left at B (Allee St Antoine). Keep straight on through grounds to reach Grand Canal & view of palace in about half a mile. If you’ve time, you could spend several hours exploring this majestic park, but even nipping in to look is worthwhile.

*Warning: halfway along this dual carriageway stretch, take great care of cars turning into and out of a petrol station. They won’t be looking out for you, so keep safe by giving them priority!
Sheet 10 Foret de Fausses Reposes, Parc de St Cloud to aqueduct over the Seine (7 miles)

**Route section:** miles 116-123

**Route profile:** Mainly downhill, but watch out for speed bumps and speed dips!

**Traffic:** Light on forest roads. Rue Gounod a busier street

**Features to note:** *Marnes la Coquette* is a peaceful village just 6 miles from Eiffel Tower: if you were in London you’d be in Chiswick High St! Maurice Chevalier built his house here, and today it has the highest income per head of any commune in France.

Napoleon hung out in *Parc de St Cloud*, in a palace that later burned down.

The lovely *a.queduct* over the Seine was built by Gustave Eiffel in 1891. It still helps supply Paris with fresh water, through a pipe underneath where you cycle.

**DIRECTIONS**

- 1.5 miles along Route de l’Imperatrice to first road junction A. Straight on down Rue de Versailles into Marnes la Coquette

- Right at bottom. In 200m, opposite Mairie, left onto smaller road proceeding in same direction B and through toll gate into Parc de St Cloud

- Straight on for 1.5 miles (ignore left turns) to roundabout. Half left down path in picture (at “ten o’clock” from where you have come)

- After 150m at bottom of hill, turn left C. Continue through 2 underpasses under railways. In front of steps turn back on yourself right

- Exit park. Don’t join main road: instead, right into small road, then left after a block, meeting main Rue Gounod in 2 blocks. Right along this. In 600m, bend left. In 200m bend rt.

- Where road bends right again at lights, go left instead into smaller Avenue Andre Chevillon

- After 400m veer left uphill on Bd Jules Peltier. 300m later, right over footbridge - an old aqueduct, the “Passerelle de l’Avre”. Give way to walkers: technically you’re meant to dismount (Parisians don’t!). Take care down ramp on far side: it switches sides with the steps.
DIRECTIONS

-Keep in same direction as aqueduct: cross main road to a smaller one a bit along to the left.

-After 200m in this direction, turn left to join cycle racing track/road leading round outside of oval hippodrome horse race stadium

-Halfway round, pass windmill on right then 200m later carry straight on across lights to leave main racing track onto a cycle path alongside Avenue de l’Hippodrome (see photo)

- Continue on this for a mile to edge of Bois de Boulogne.

-Straight on to cross the big Boulevard Suchet via cycle crossings. Keep on along cycle paths in same direction along Avenue Ingres, bending left with the Ranelagh gardens on your left, later bending right.

- At La Gare restaurant, take road straight on crossing La Muette broadway (see warning above). 200m ahead, take Rue de Passy to the right of the clock.

- Half a mile later, continue straight ahead on Boulevard Delessert, winding down to the Eiffel Tower. CONGRATULATIONS!

WARNING: coming off the cycle path by lights at La Gare restaurant at La Muette broadway, you have 200m of rather chaotic intersections before reaching the quiet Rue de Passy. Beware cars coming from roads in various directions and consider walking this bit via pavements if it’s busy: this is your first taste of Paris traffic!
The map below shows cycle routes, though take care of traffic crossing these (many are lanes shared with buses). You can’t take your bike on the Metro. Probably the best route to Gare du Nord is along the south bank of the Seine until Pont de Concorde by national Assembly (fourth road bridge from Eiffel Tower) then north road, starting off on the segregated cycleway by the river, for another four road bridges to Pont de Change near Chatelet, from where the Boulevard de Sebastapol takes you all the way. All of this is on marked cycle lanes. On Sundays some of the embankment routes are closed to motor traffic.