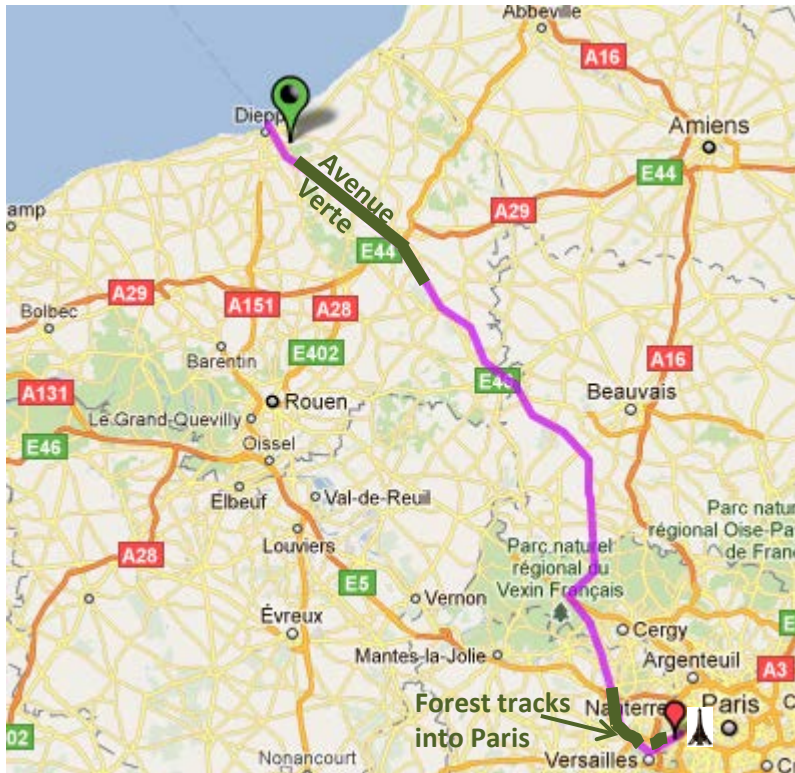


A low traffic cycle ride from Dieppe to Paris

Devised and regularly updated by Donald Hirsch

PRINTABLE GUIDE

Riders of this route, please send feedback/suggestions to donaldhirschparis@gmail.com . If you've not got any comments, two lines saying where you stayed and what it was like will help keep the accommodation ratings accurate



OR Paris to Dieppe?

Tips for doing this route [backwards](#)

PLUS FOR LONDON TO NEWHAVEN YOU CAN FIND LOW TRAFFIC DIRECTIONS [HERE](#)

I have also separately posted:

- [An introduction](#) to this route with further notes including linking it to London.
- An [accommodation](#) guide
- Some optional [variations](#)
- Some [notes](#) from other riders
- [GPX](#) files

Distance: 129 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 seven 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](#)

*Or following three optional [variations](#) with a bit more traffic and fewer hills in places, it's 126 miles.

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

Sheet 2 – Avenue Verte to Forges les Eaux (28 miles)

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

***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: miles 6-34

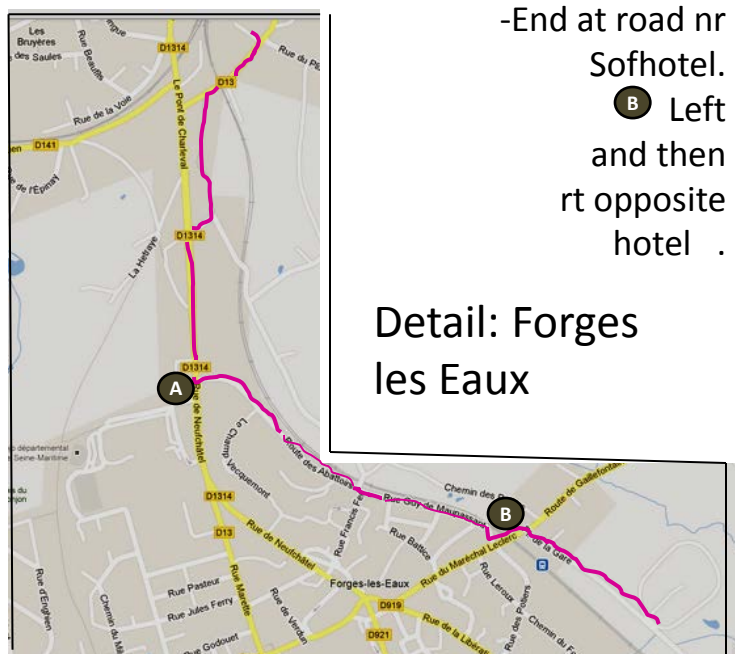
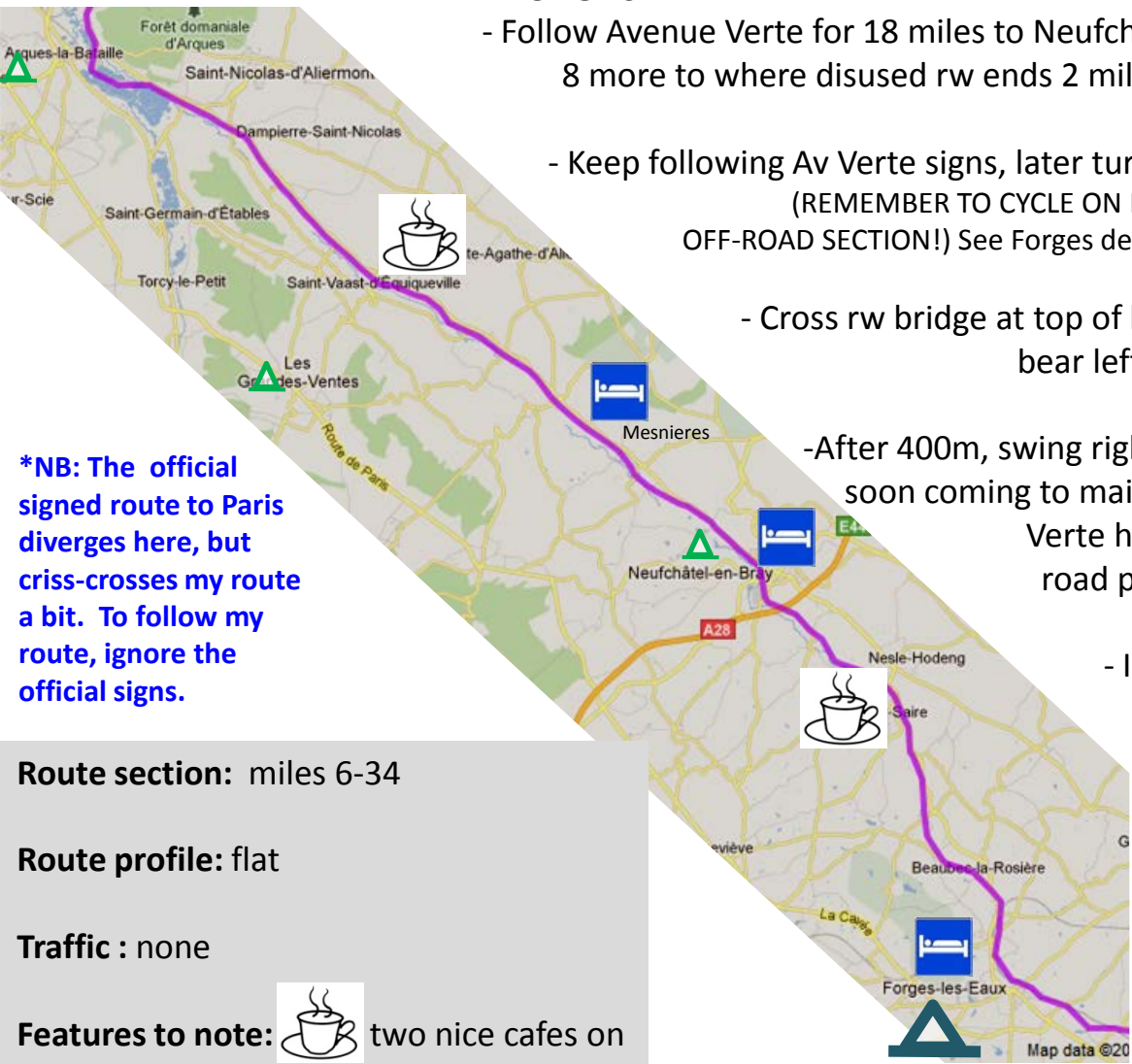
Route profile: flat

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

- In 400m, first left marked towards motorway. **A**
- Straight on for 1km, soon with railway on your left.
- End at road nr Sofhotel. **B** Left and then rt opposite hotel .



Detail: Forges les Eaux

Sheet 4 – Gournay to St Germer de Fly(6 miles)

DIRECTIONS

- Stay on N31 for 500m

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

- 2.5 miles to top of hill (Auchy).

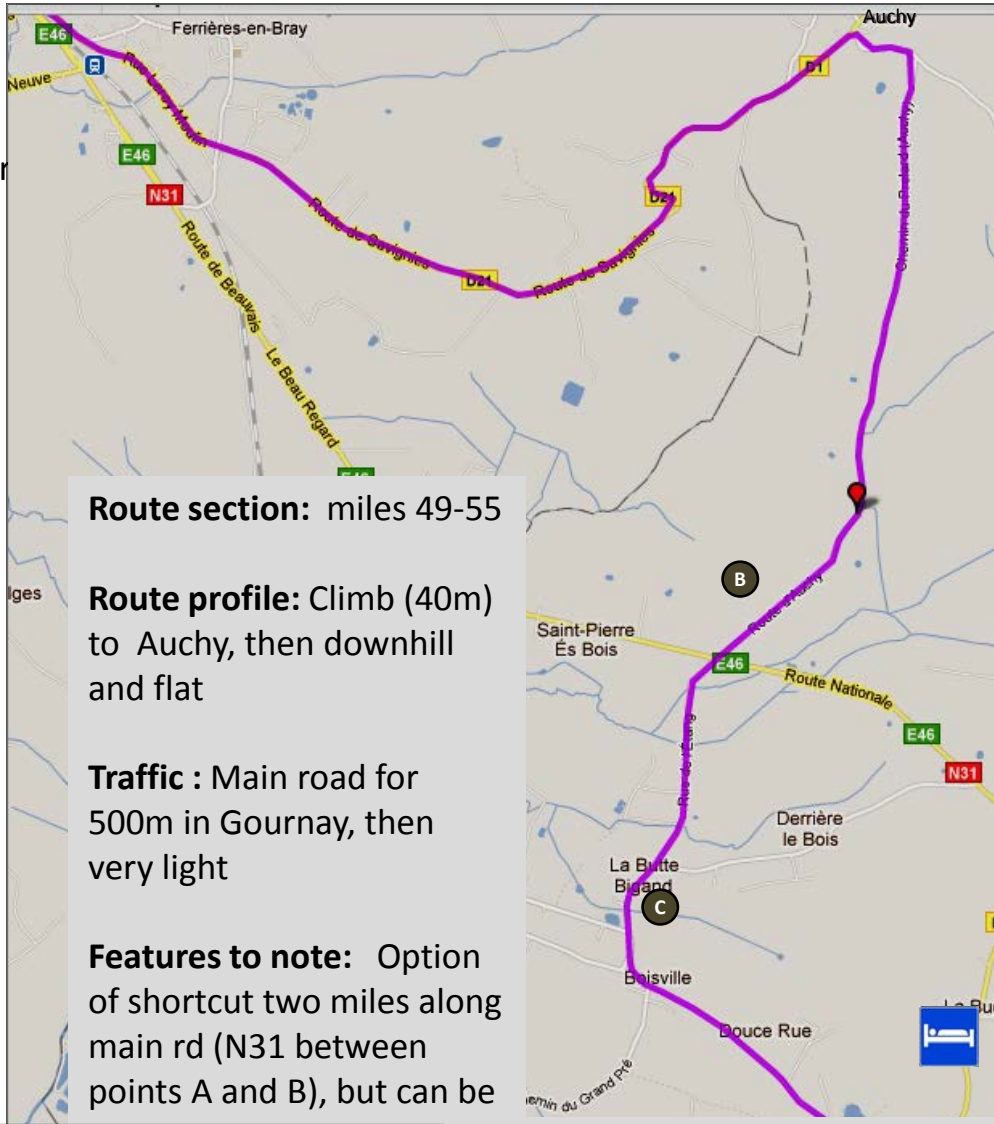
- Right marked C4 Orsimont.

-300m later right again down small lane to double back to N31.

-Cross **B** to small unmarked road and follow it for 700m.

-Veer left at end **C**

-Into St Germer de Fly, going left at rbt to Centre Bourg



Route section: miles 49-55

Route profile: Climb (40m) to Auchy, then downhill and flat

Traffic : Main road for 500m in Gournay, then very light

Features to note: Option of shortcut two miles along main rd (N31 between points A and B), but can be

Inset: Gournay



busy (see [Variations](#)), and you'll miss a nice view of the countryside.

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 (or at the one four miles further on in le Coudray – closed Mondays).

Sheet 5 – St Germer de Fly to Marines (28 miles)

DIRECTIONS

- Turn right next to abbey onto D129 towards Le Coudray

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

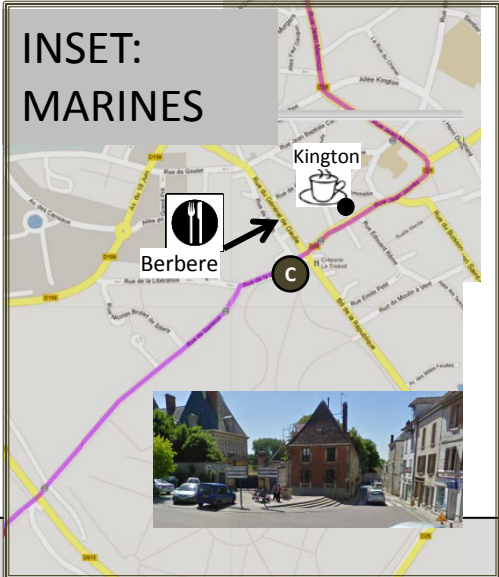
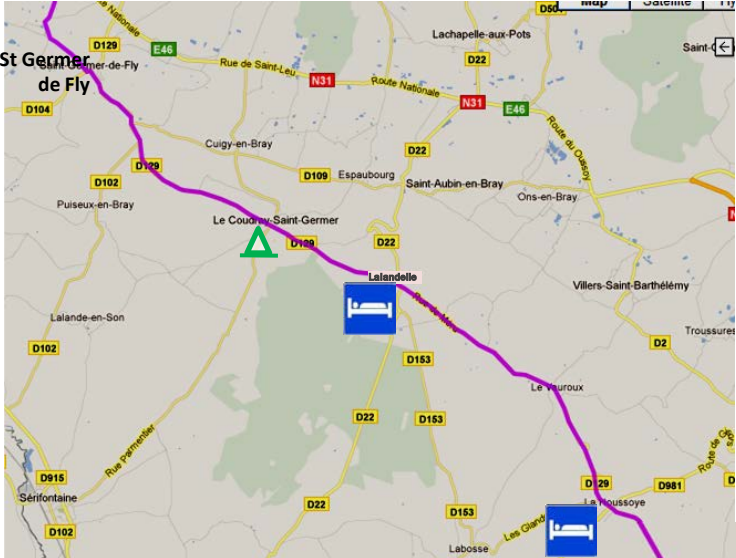
- **A** Turn right D129 towards Marines

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

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

- Follow road winding down through town. Where D28 goes left towards Us **C**, 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. **D**



Route section: miles 55-83

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 in La Houssoye, set menu lunch at the bar/tabac “good”; a lovely boulangerie in Jouy sous Thelle (left at mini roundabout after church). At Marines stop at the delightful Cafe Kington (on square on your right) for coffee; or for meal at La Trattoria 200m before point C; or Le Berbere (reviving Moroccan tagine): turn right at C - Rue General de Gaulle, and it's 100m along on left at number 23.

Sheet 6 Marines to Triel sur Seine (16 miles)

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



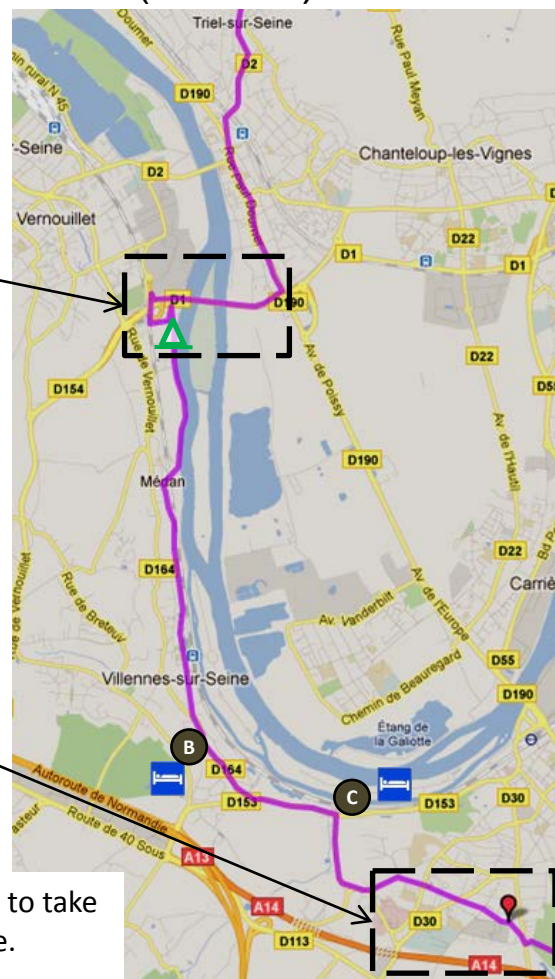
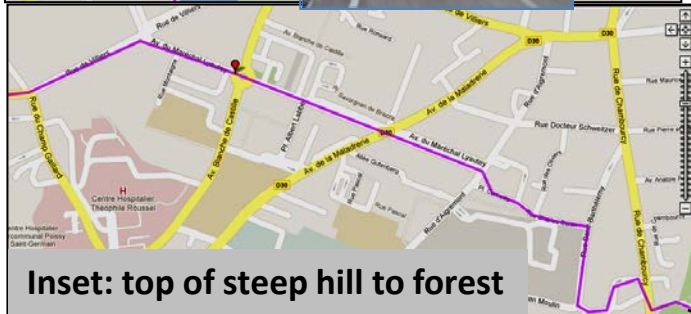
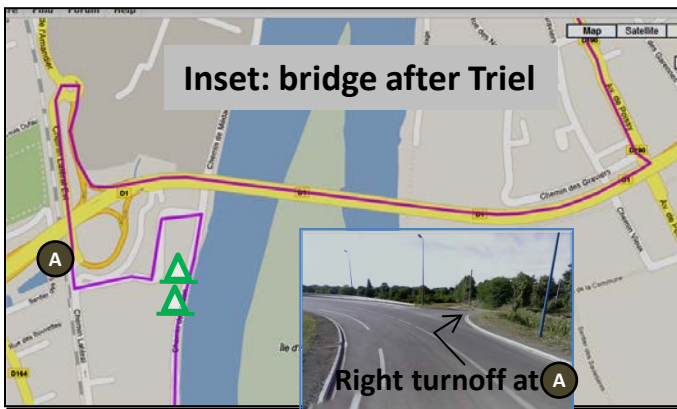
Route section: miles
83-99

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!

Sheet 7 Triel sur Seine to Foret de St Germain (7 miles)



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 Beaugregard 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 99-106

Route profile: Flat along Seine then steep hill after C (45m), then flat again.

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.

Sheet 8 Foret de St Germain and Foret de Marly le Roi (8 miles)

DIRECTIONS

- Right along Rue de Chambourcy for 50m. Cross it carefully to take small path into forest on left – opposite the sign for leaving Poissy.



- About 40m along narrow path, bend right and take long straight path (a bit bumpy at first, but soon gets smoother) for about 1 mile

-After a gentle uphill for a way, gently down to meeting of five paths – Etoile de Beaumont.

- Turn rt heading towards buildings 600 metres away

-Pass these buildings (A) (stables); bend right to cross busy N13.

- Straight on past agricultural college heading down hill on a long right-hand curve.

-At bottom (B) bear left, onto a path, heading towards the woods on long straight uphill track/road .

- Follow Route de Princesses, into Marly le Roi forest, for 1.5 miles

- At end, turn left, staying on main path, now Route Dauphine

- In 600m, right on D98 cycle path – In 2/3 of a mile, left at traffic island onto Route Royale. Soon road bends left: leave road here to take tarmacked path straight ahead (C)

- After 1½ mi angle left Route Plantee. (D) Straight on across a D road. 1 mi later path ends D7

- Turn right. In 2/3 of a mile under motorway

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)

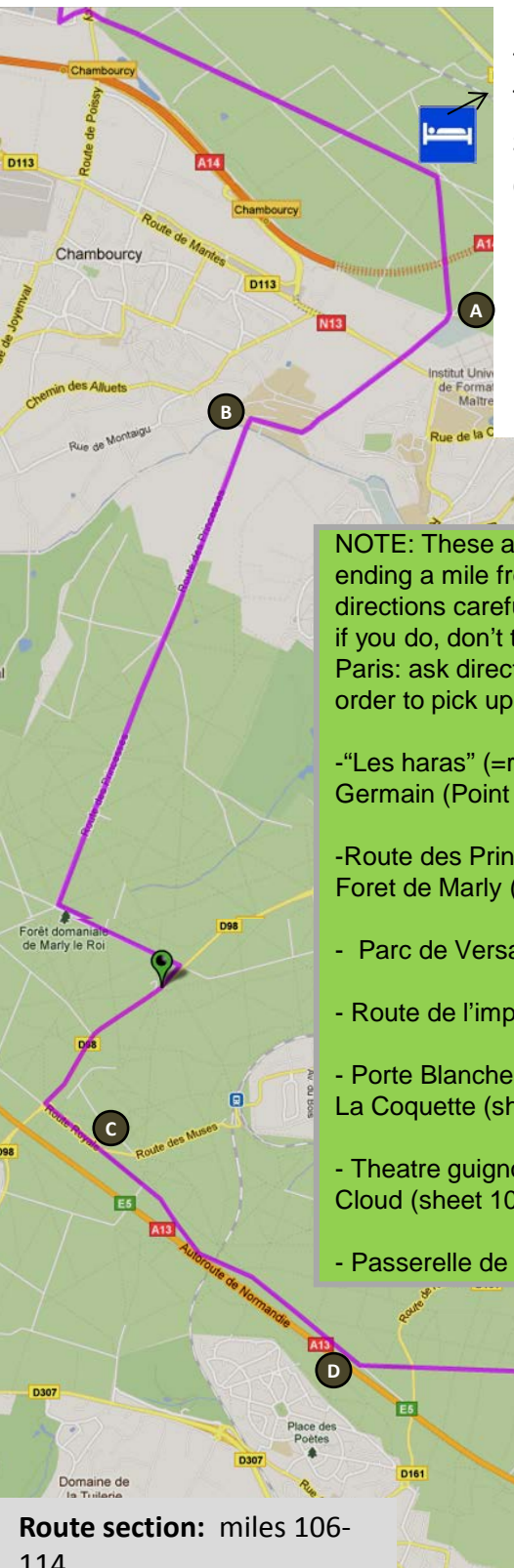
- Parc de Versailles Porte St Antoine (Sheet 9, B)

- Route de l'imperatrice (start of sheet 10)

- Porte Blanche into Parc de St Cloud in Marnes La Coquette (sheet 10 point B)

- Theatre guignole (puppet theatre), Parc de St Cloud (sheet 10 point C)

- Passerelle de l'Avre (end of sheet 10)



Route section: miles 106-114


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

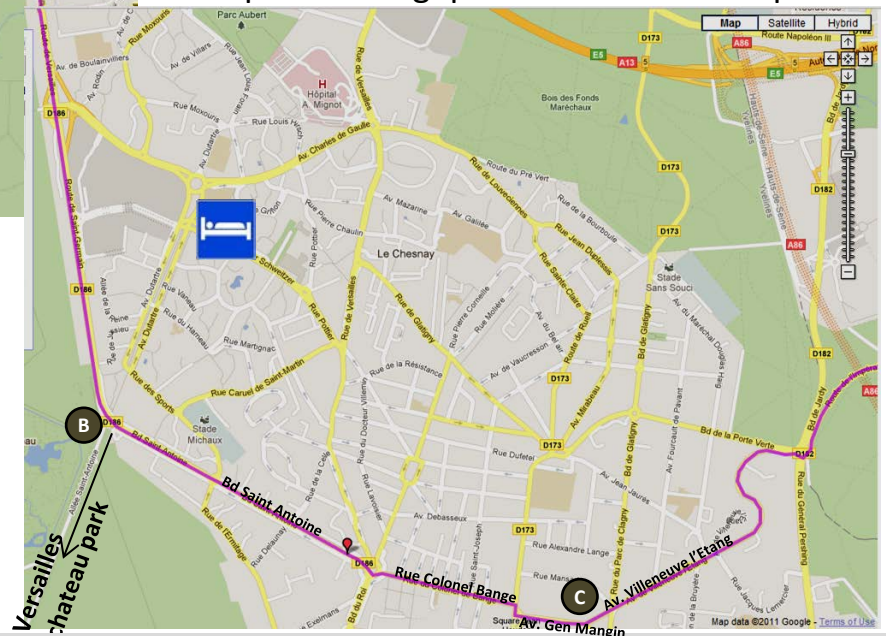
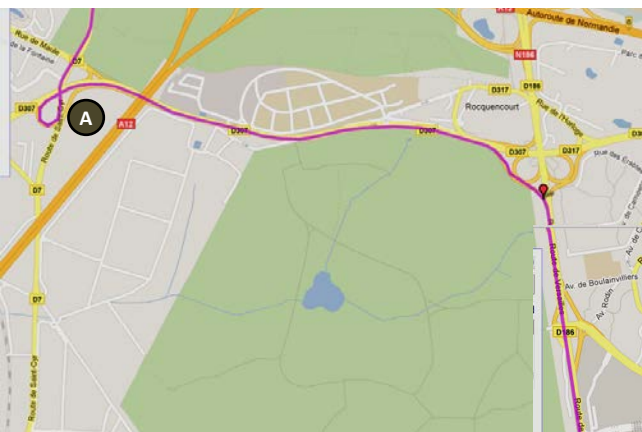
Sheet 9 Out of forests and through Versailles (5 miles)

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*,  ***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!
- 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 1/2 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 114-118

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.

Sheet 10 Foret de Fausses Reposes, Parc de St Cloud to aqueduct over the Seine (7 miles)

Route section: miles 118-125

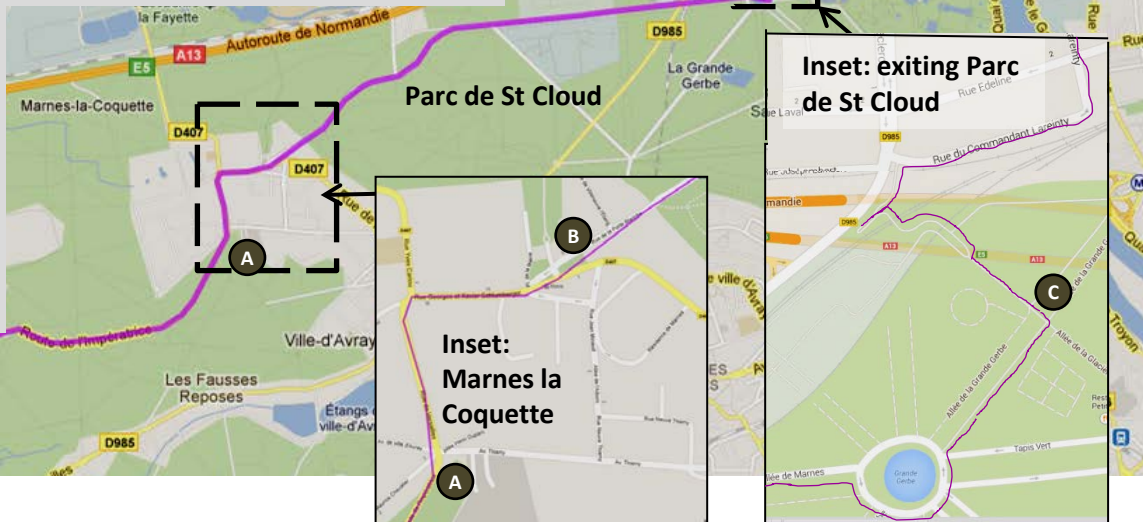
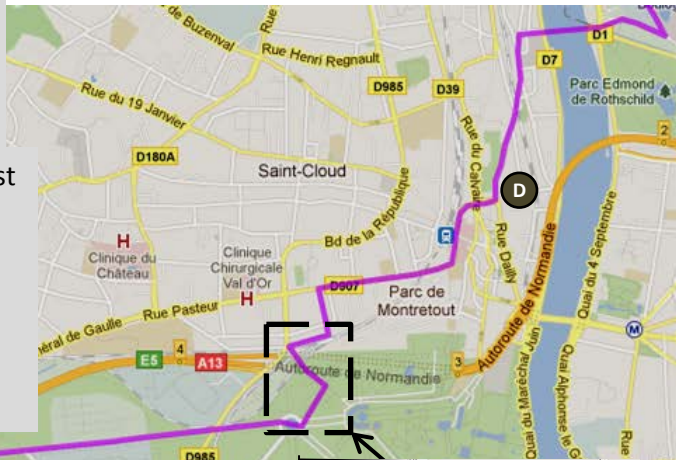
Route profile: Mainly downhill, but watch out for speed bumps and speed dips!

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 *aqueduct* 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 **D**
- 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.



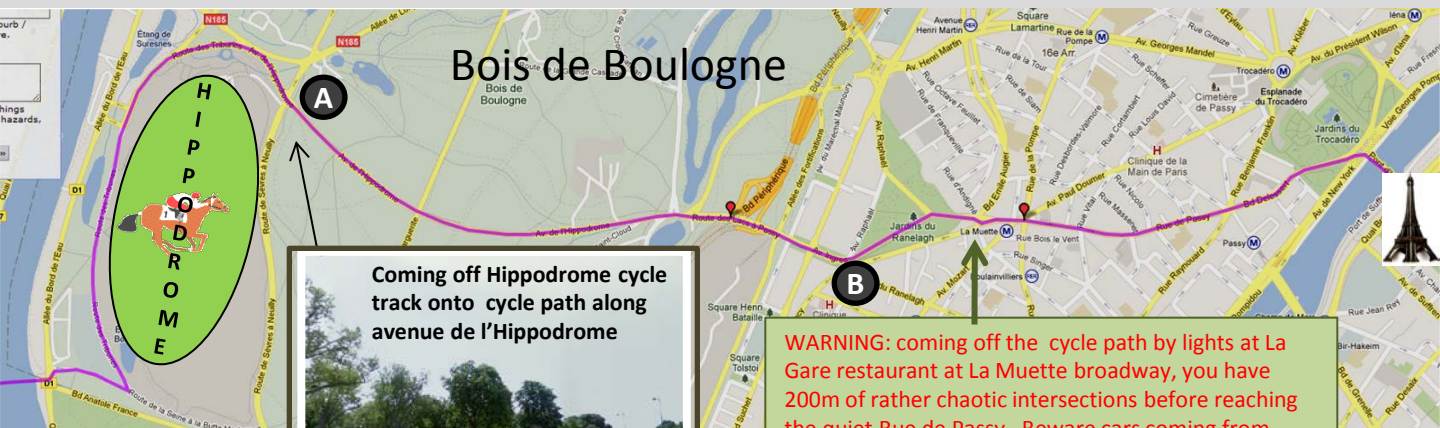
Sheet 11 Bois de Boulogne to Eiffel Tower (4 miles)

Route section: miles 125-129

Route profile: Flat along cycleways and city streets

Traffic : Mainly cycle paths. Round Hippodrome, the big hazard is high-speed cyclists: I recommend keep in single file to the left allowing them to pass you on inside. Crossing La Muette hazardous (see warning), then quiet city roads.

Features to note: The Hippodrome de Longchamp is a popular horse racing track. Passy is part of the genteel 16th arrondissement. About halfway down Rue de Passy there's a good street market on a side street on the right.



Coming off Hippodrome cycle track onto cycle path along avenue de l'Hippodrome



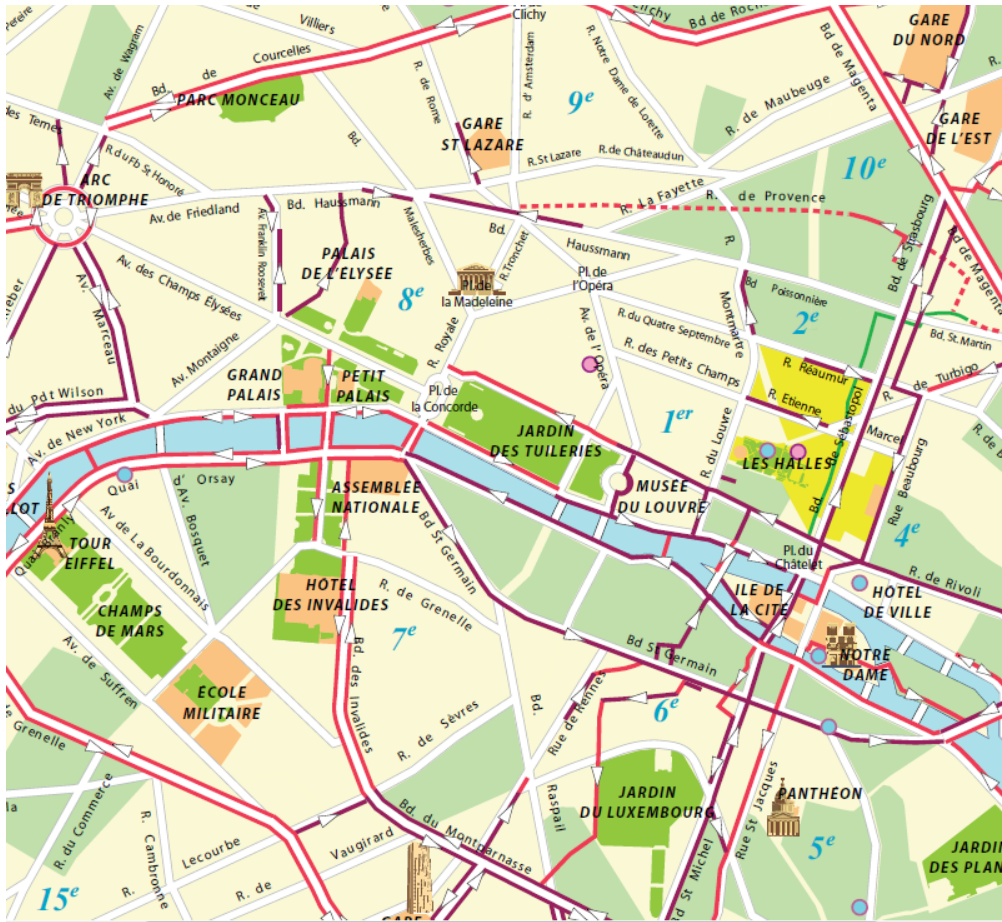
WARNING: coming off the cycle path by lights at La Gare restaurant at La Muette roadway, you have 200m of rather chaotic intersections before reaching the quiet Rue de Passy. Beware cars coming from roads in various directions and consider walking this bit via pavements if it's busy: this is your first taste of Paris traffic!

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 **A** (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 **B** with the Ranelagh gardens on your left, later bending right.
- At La Gare restaurant, take road straight on crossing La Muette roadway (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!**

CYCLING IN PARIS

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.



l.internaute.com/paris/sortir/dossier/velib-guide-velo/pistes-cyclables.pdf Unknown

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