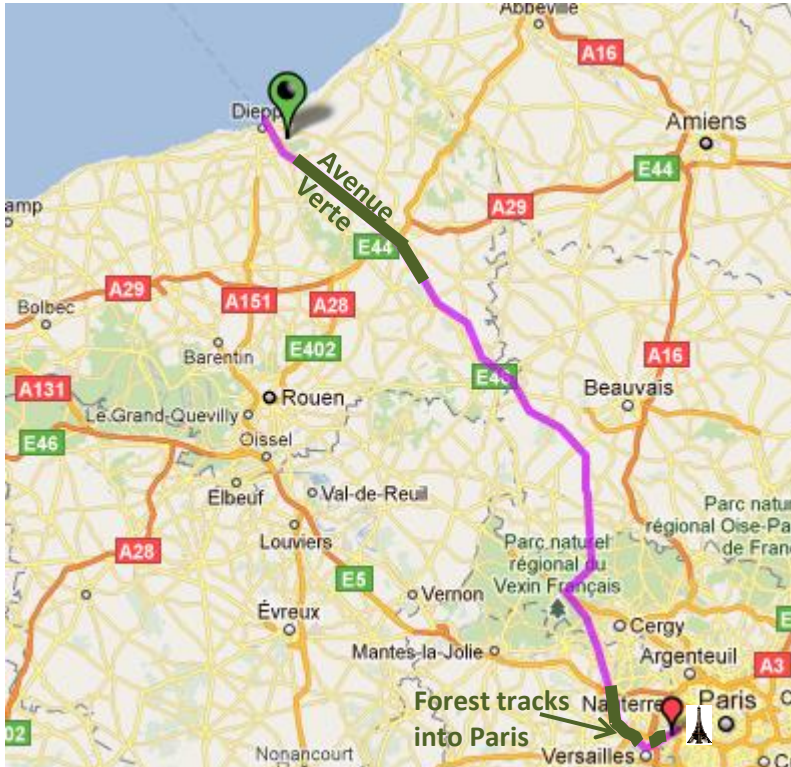


A low traffic cycle ride from Dieppe to Paris

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](#)

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: 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](#)

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

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 1 – Dieppe port to Avenue Verte (6 miles)

DIRECTIONS

-After exiting ferry port, immediately right, keeping cliffs on your left, to town centre. Keep going till first bridge **A** (don't cross it): turn left .

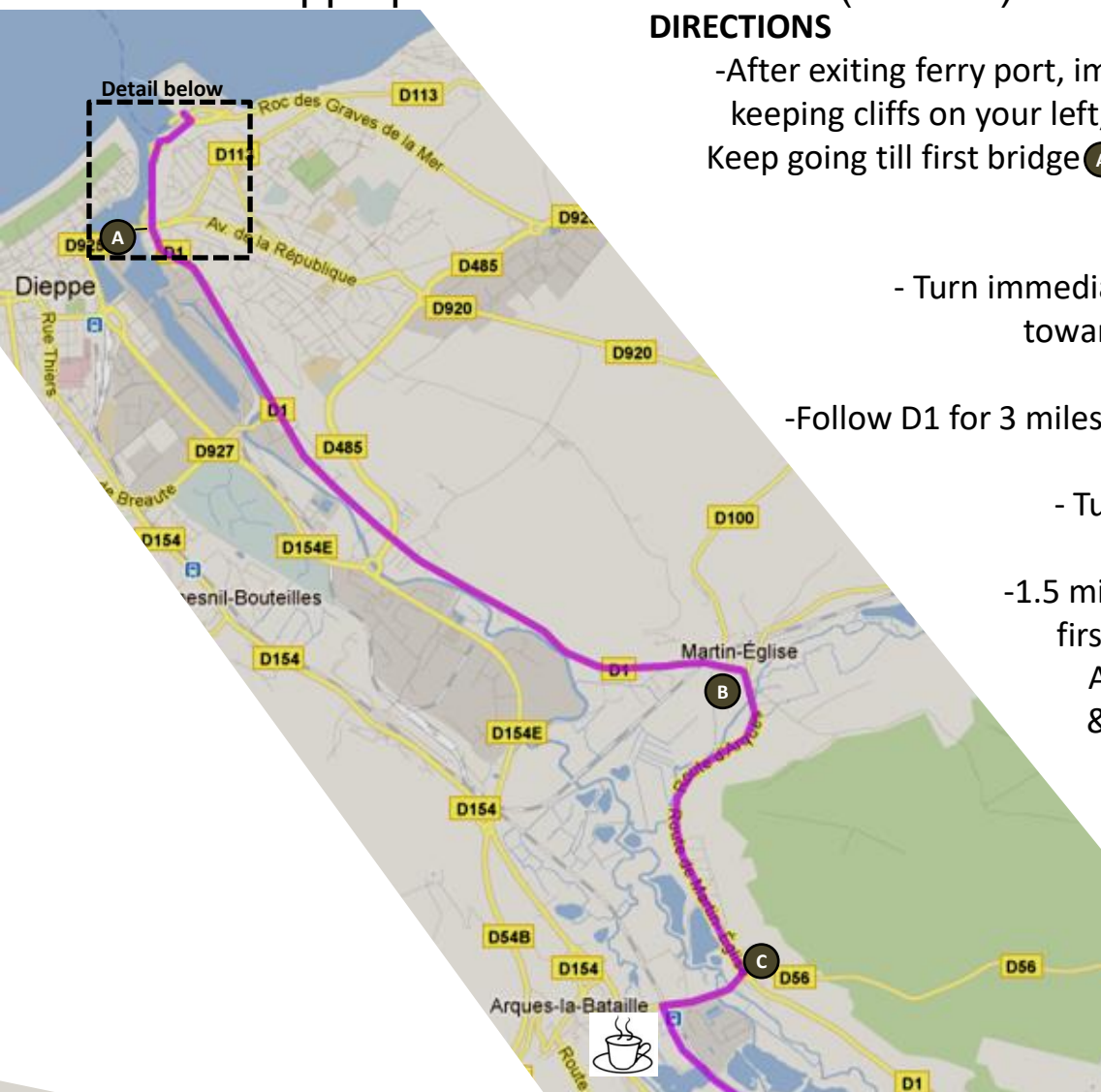
- Turn immediately right on D1 towards Martin Eglise

-Follow D1 for 3 miles to Martin Eglise **B**

- Turn right, still D1.

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

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



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.

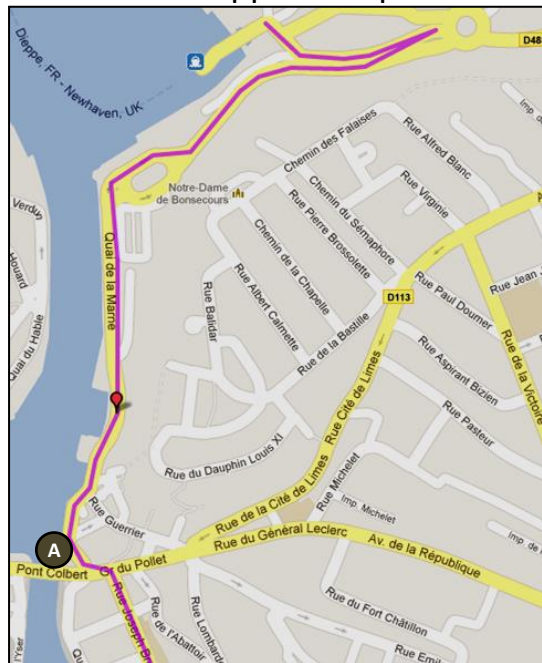


Cafe du Gare at start of Av Verte opens 730am for coffee, and croissant etc at nearby bakery.

Variation: you can join the Av Verte later to save time, but you'll miss a pretty stretch – see

Variations

Detail: Into Dieppe from port



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

DIRECTIONS

- Follow Av 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, which take you under the bridge then immediately right, running in same direction as railway. At the end, turn right up the 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. TL and
take underpass to reach
B Sofhotel, then
rt opposite
hotel .



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.**

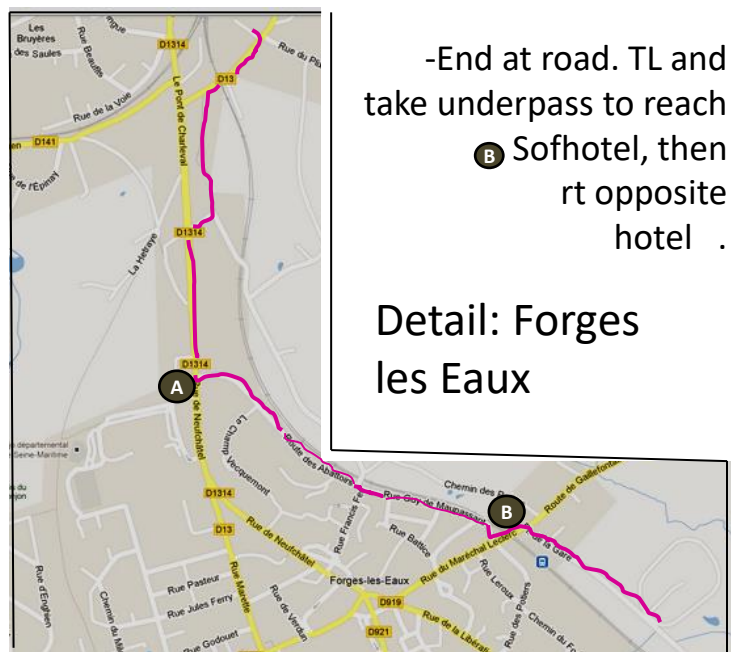
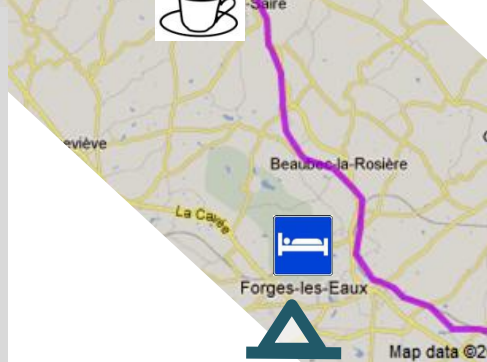
Route section: miles 6-34

Route profile: flat

Traffic : none

Features to note:  two nice cafes on Avenue Verte, at  st 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 the road opposite the tourist office that passes Hotel de St Denis, to reach underpass under railway to reach Sofhotel, then turn right



Sheet 3 – Forges les Eaux to Gournay en Bray (15 miles)

Route section: miles
34-49

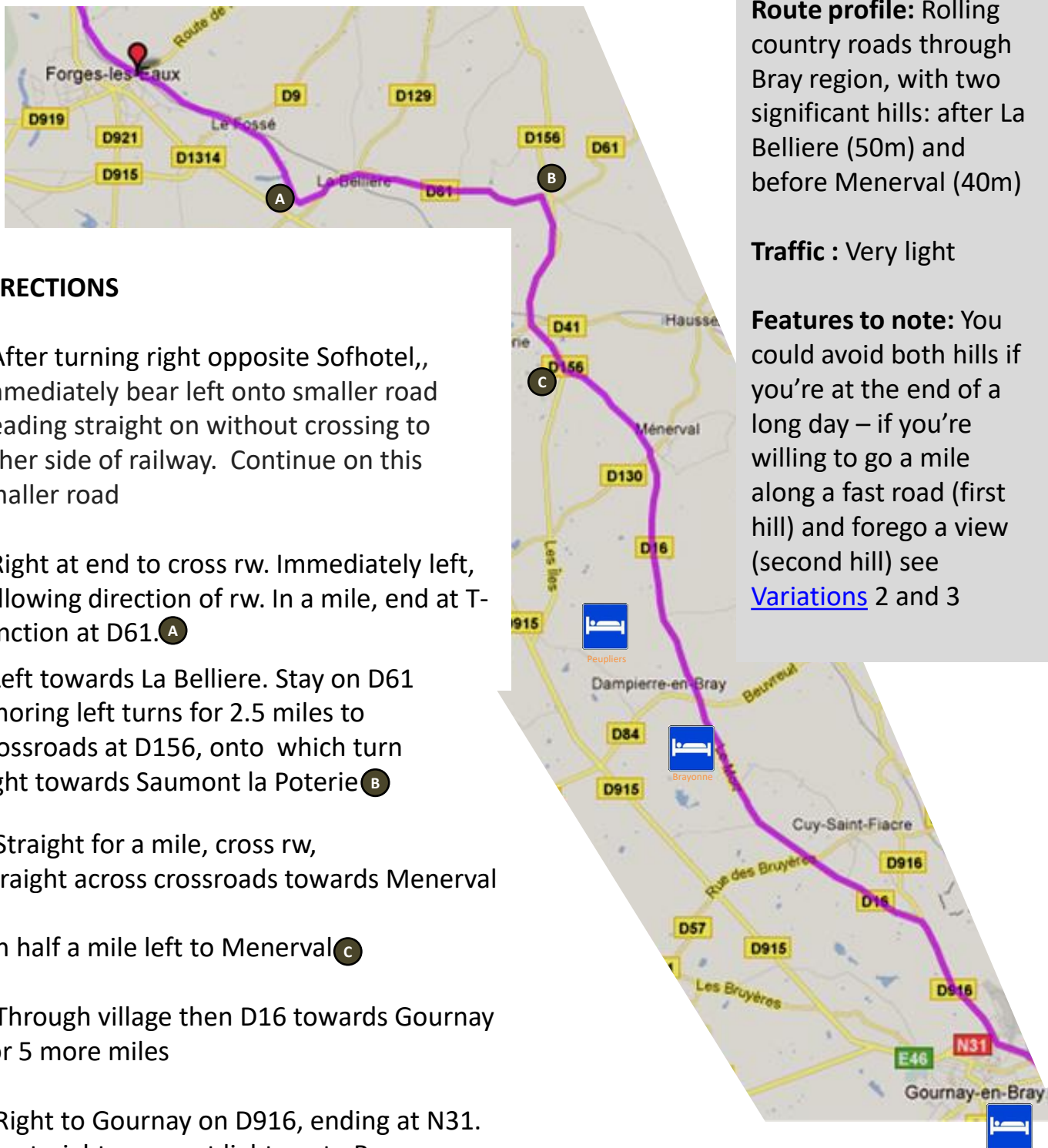
Route profile: Rolling country roads through Bray region, with two significant hills: after La Belliere (50m) and before Menerval (40m)

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,, immediately bear left onto smaller road heading straight on without crossing to other side of railway. Continue on this smaller road
- Right at end to cross rw. Immediately left, following direction of rw. In a mile, end at T-junction at D61. **A**
- Left towards La Belliere. Stay on D61 ignoring left turns for 2.5 miles to crossroads at D156, onto which turn right towards Saumont la Poterie **B**
- Straight for a mile, cross rw, straight across crossroads towards Menerval
- In half a mile left to Menerval **C**
- Through village then D16 towards Gournay for 5 more miles
- Right to Gournay on D916, ending at N31. Go straight across at lights onto Rue d'Abrevoir

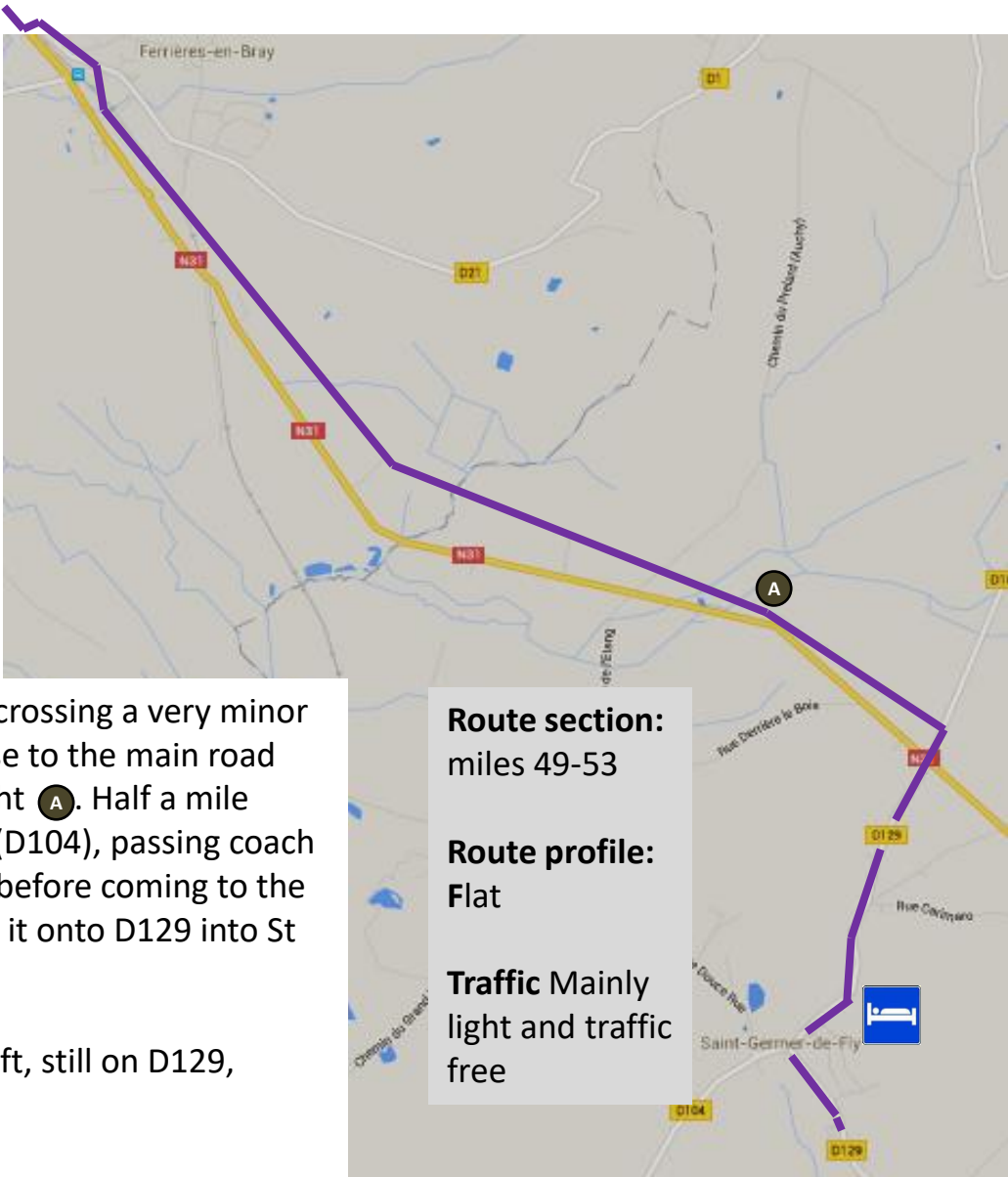


Sheet 4 – Gournay to St Germer de Fly (4 miles)

DIRECTIONS

- GO THROUGH GOURNAY EN BRAY USING INSTRUCTIONS ON SHEET 4A (RECENTLY CHANGED)

THIS TAKES YOU TO A TRAFFIC FREE RAILWAY PATH. THE FOLLOWING PICKS UP THE ROUTE FROM WHERE YOU GET ONTO THIS PATH.



- After 2 miles (including crossing a very minor road), you come very close to the main road through trees on your right **A**. Half a mile later, right on small road (D104), 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

Route section:
miles 49-53

Route profile:
Flat

Traffic Mainly
light and traffic
free

Features to note The railway path cuts out two miles and a hill from a previous version of the route.

The new route through Gournay is necessary because of a change in layout of the bypass to the north that makes it problematic to use. It's a nice market town.

There are few shops for next 30 miles. Worth stocking up with food/snacks if you need to in Gournay.

St Germer is a lovely village with an impressive abbey.

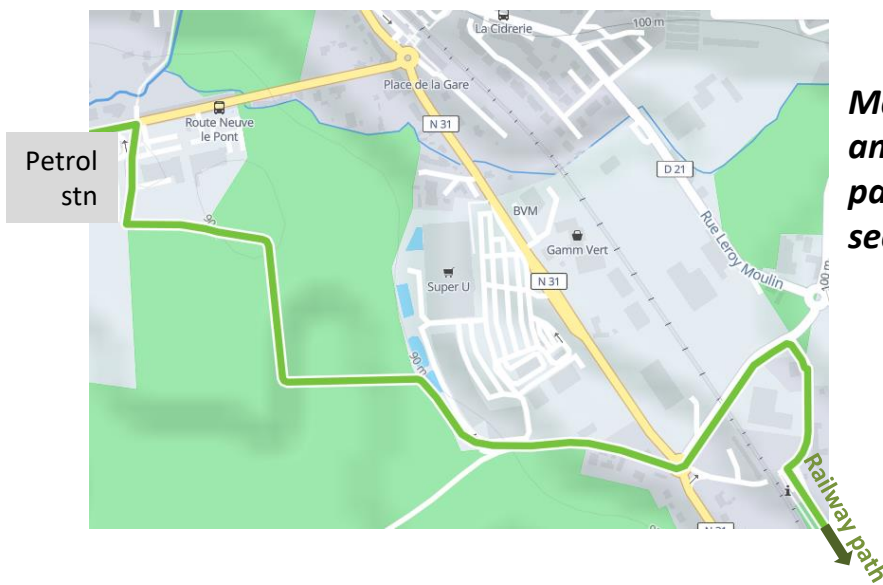
Sheet 4a – new route through Gournay

Note (July 2023): I haven't cycled this new section myself, and have relied on the official route and Google Street View to give instructions. Please could I have feedback to confirm it works and has accurate instructions, or to suggest amendments. Thanks

In principle all this section should be marked with the official Avenue Verte signs, but not sure if it is, consistently?

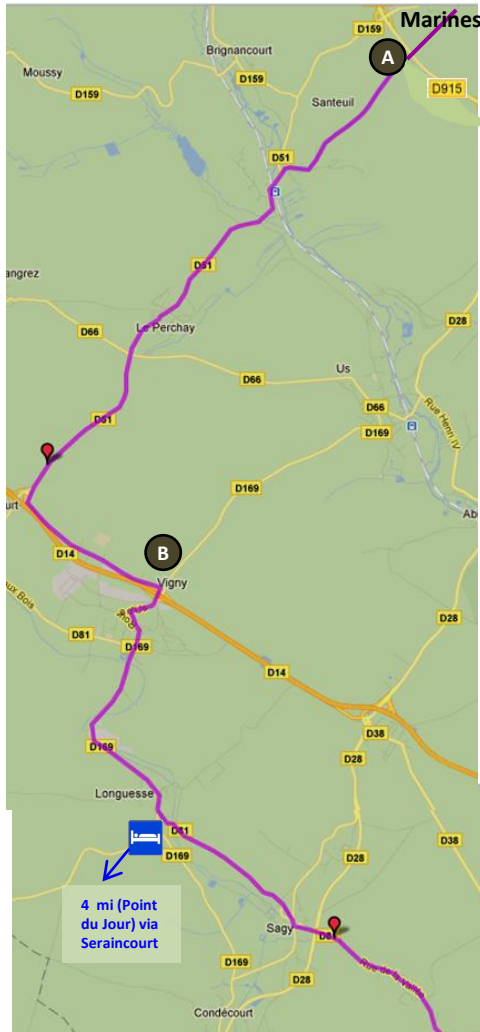
Instructions, following from end of Sheet 3

- Ahead For 400m along Rue Abrevoir, then Rue Boucher
- In town ctr, left in front of Pharmacie Principale
- Ahead for 200m. Right down Pass Bourgeois marked no through road
- At the end, left along paved path by another no through rd sign
- Along this path 100m cross river, then in another 100m TR on first small road
- In 2 blocks left on main rd. After 100m past petrol stn, right at cycle sign.
- Follow bike route signs and carry on along the cycle path in a series of 100-200m zigzags, ending in a small road – see map.
- Cross N31 at roundabout, taking 3rd exit, a cycle lane segregated from the road, dipping under the railway
- After 200m take first right (turning sharply back on yourself), then 200m later, turn left onto cycleway alongside railway. **From here, follow instructions on sheet 4.**



**Map: zigzag path
and route to railway
path, ending this
section**

Sheet 6 Marines to Triel sur Seine (16 miles)



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

- 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!)

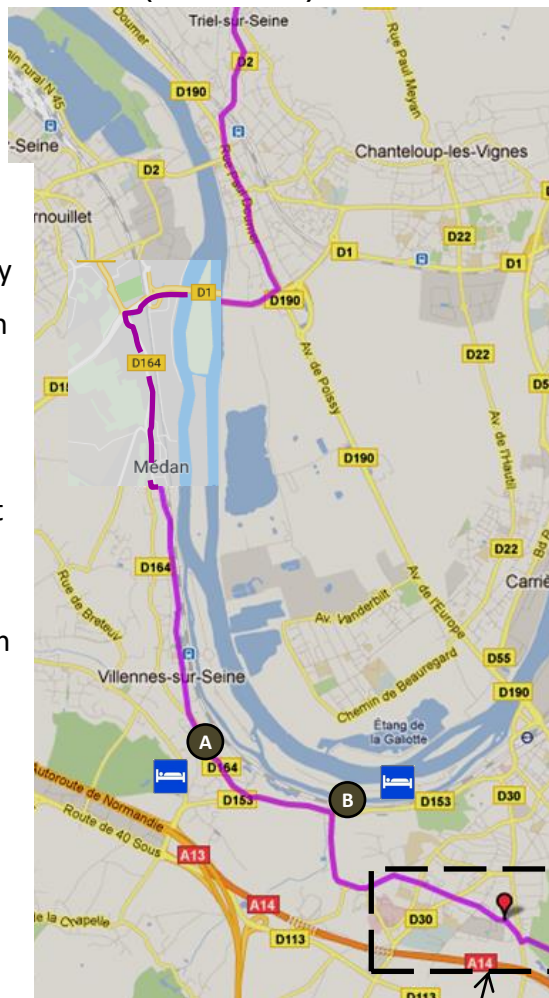
- Just over a mile later, right on D2 to Triel
sur Seine, down long hill to near river



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

DIRECTIONS

- At main road at bottom of hill (D190) 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 at first opportunity, to cycleway over bridge. Take care:it's sometimes busy
- Cross river. Take second right marked to roundabout with left turn to Medan. Take this left off the roundabout. (D164).
- In a mile, after two small no-entry left turns, take the third left turn down a small road, then turn right into Rue de Verdun.
- Follow road through villages 1½ mi to 5-way junction: **A** turn left D164 towards Poissy (ie you don't have to go up the steep hill in front of you!) – Rue de Poissy
- Reaching D153, left towards Poissy. In just under ½ mile, first rt on Rue de Migneaux **B** 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 on Av du Marechal Lyautey 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 (Rue St Barthelemy) then where this road ends, left Rue Jean Moulin. Follow this to main rd (rue de Chambourcy)



Inset: top of steep hill to forest

Route section: miles 97-104

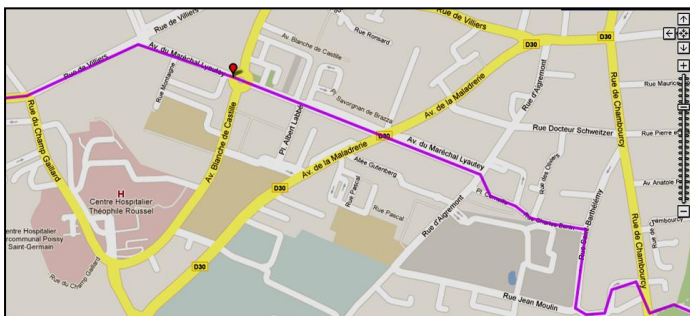
Route profile: Almost all flat, but watch out for short (45m ascent) but particularly steep (15%) hill shortly after point B.

Traffic : Fairly light along town road out of Triel, then quiet villages. Busy D153 has cycle lane. Take care at end, joining sometimes busy Rue de Chambourcy.

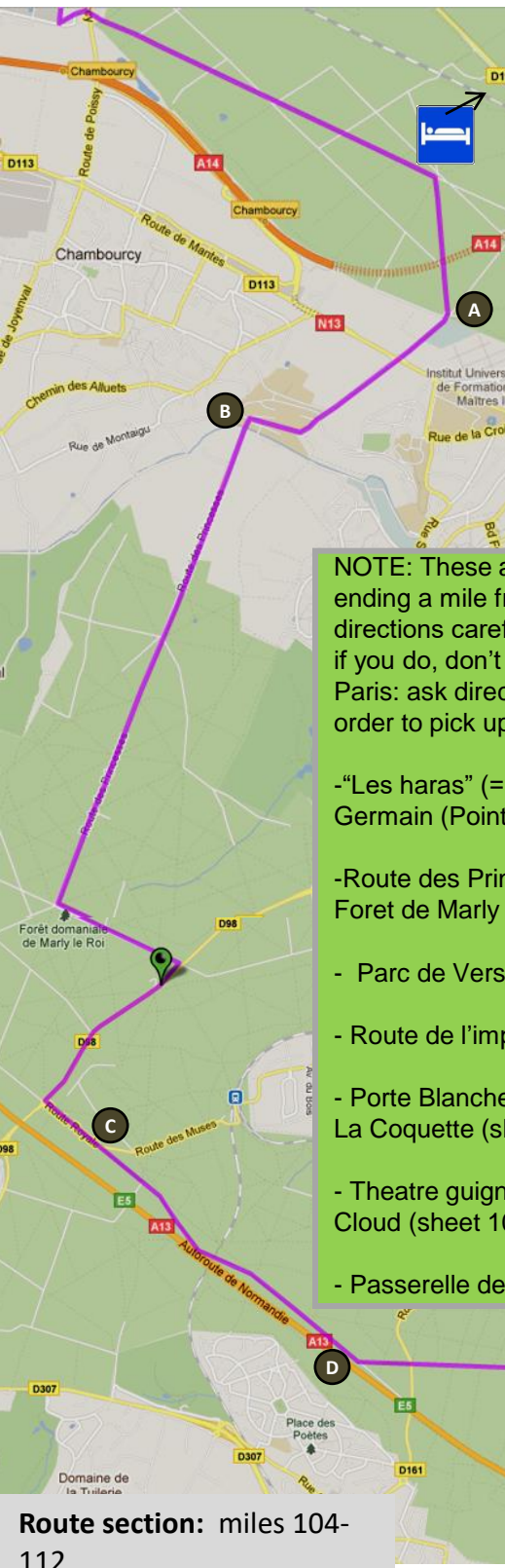
Features to note:

The route has changed from an earlier version, cutting out a rather desolate stretch by the Seine.

After 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.

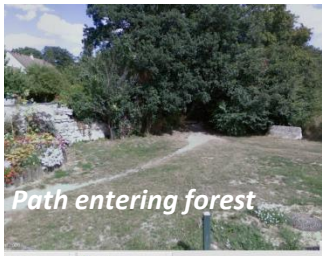


Sheet 8 Foret de St Germain and Foret de Marly le Roi(8 miles)



DIRECTIONS

- Right along Rue de Chambourcy for 50m. Cross it carefully to take small footpath (don't worry: it soon gets bigger!) 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 . Turn rt, heading towards buildings 600m away (though sometimes not visible through trees)



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)

- 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

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

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 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

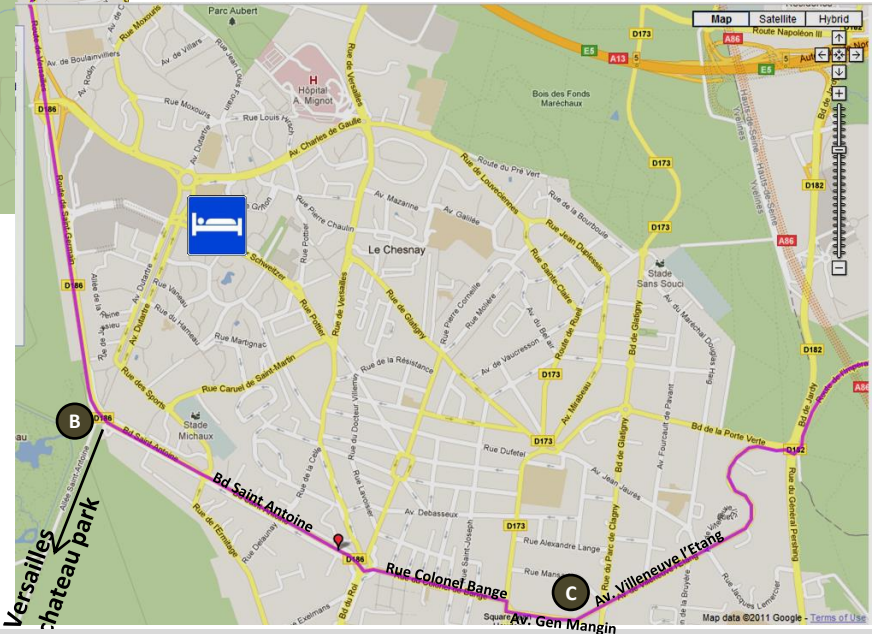
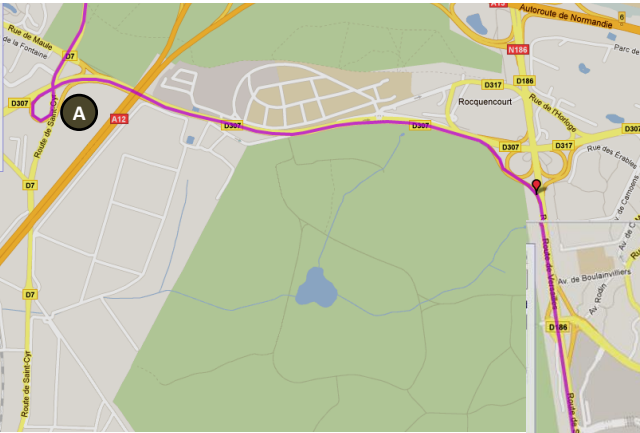
-At top of hill reach major junction. Head across main road and into small Route de l'Imperatrice signposted Marnes la Coquette

Route section: miles 112-116

Route profile: Flat, gently down into Versailles and up hill (45m) at the end of 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 116-123

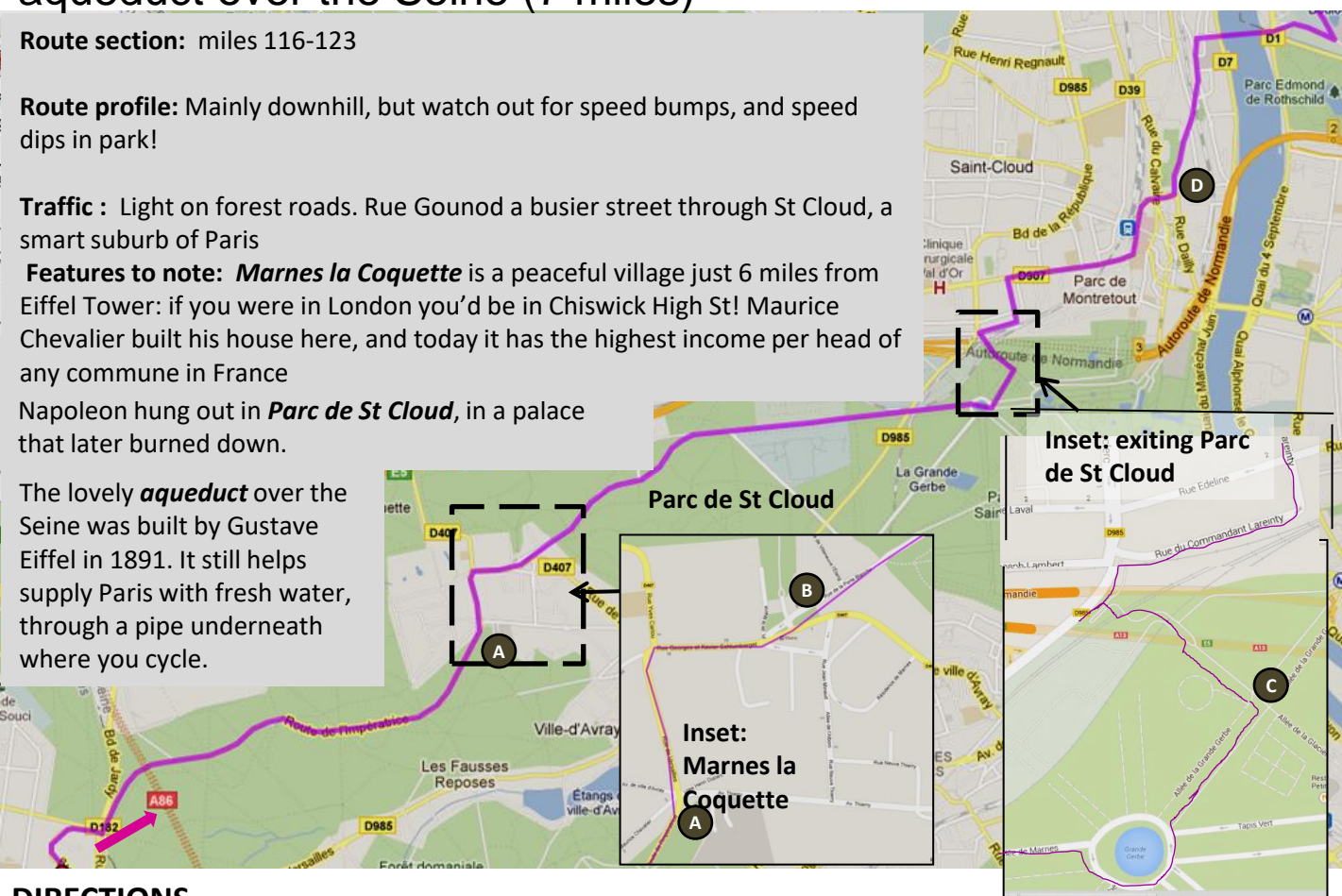
Route profile: Mainly downhill, but watch out for speed bumps, and speed dips in park!

Traffic : Light on forest roads. Rue Gounod a busier street through St Cloud, a smart suburb of Paris

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, see picture (at "ten o'clock" from where you have come)



[NB, if you have a little bit of time, you can get a good view over Paris by continuing straight rather than half left off this rbt – view from next rbt, from where turn left to reach point C. OR for a spectacular view over the city, turn right rather than half left, to the "balustrade" rbt, then retrace your step (1/2 mile each way)]

- After 150m at bottom of hill by glass building, 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 (rue du Commandant Lariety), 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!), and watch out for steps/ramps changing sides.

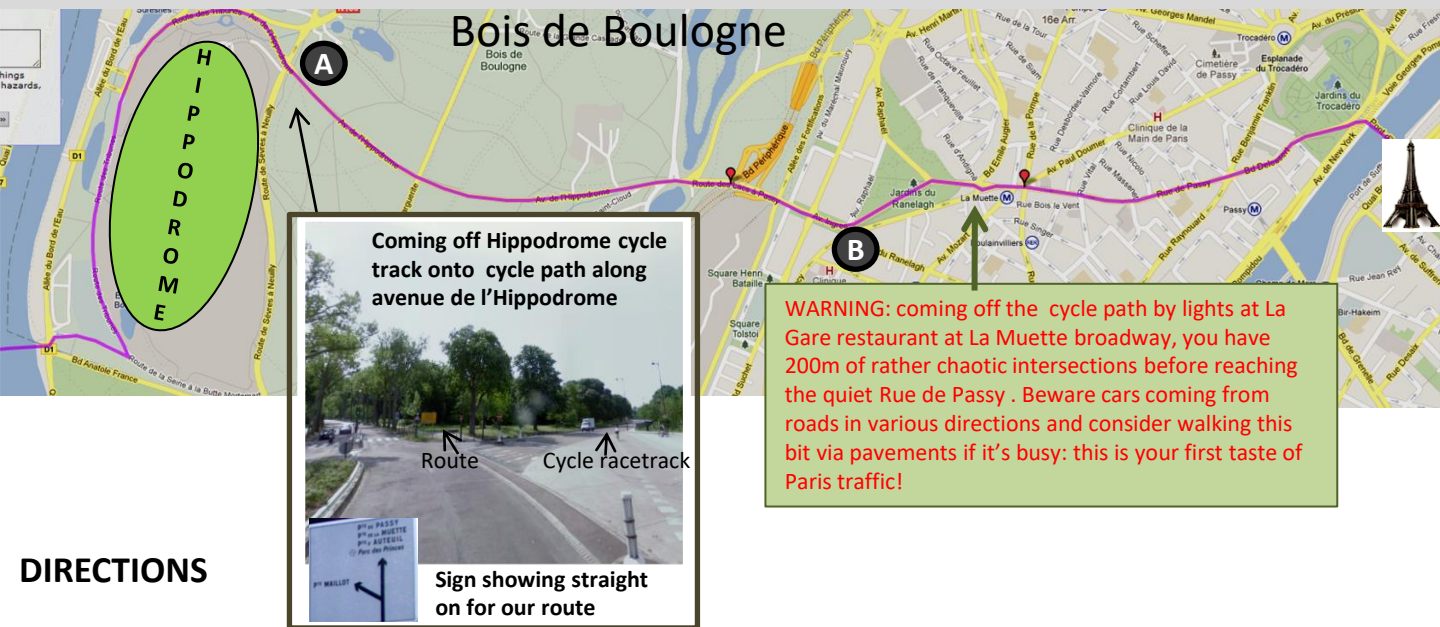
Sheet 11 Bois de Boulogne to Eiffel Tower (4 miles)

Route section: miles 123-127

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, recently dismantled, was 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 aqueduct, cross main road onto smaller one in same direction as aqueduct

-After 200m in this direction, turn left to join cycle racing track/road leading round outside of oval former 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 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!**

CYCLING IN PARIS

The map below shows cycle routes, though take care of traffic crossing these (many are lanes shared with buses). Leave plenty of time, so you can take your time at major crossings. *You can't take your bike on the Metro.*

My favourite route to Gare du Nord is shown as a blue dotted line on the map. Follow the south bank of the Seine until Pont de Concorde by national Assembly (fourth road bridge from Eiffel Tower). Cross this bridge, then turn right when you see a large cycleway (a full road reserved for bikes) running parallel to the river. Continue on this, eventually through a tunnel, then take the first left up to the road and continue in that direction a short way to Place du Chatelet. On the far end of this, by the Pont au Change bridge, turn left towards Republique. This takes you north, along Boulevard de Sebastopol for a bit over a mile. Not long before coming to Gare de l'Est in front of you, turn half left on Bd de Magenta, marked for bicycles to Gare du Nord.



Enjoyed this ride? I have produced this guide for free, but if you want to make a donation to a charity I'm involved with, promoting cycling, go to <http://www.justgiving.com/Donald-Hirsch>