**WATERLOO 200 RIDE – ITINERARY – RIDERS:**

**June 17** - Registration of Riders - *4.00pm – 8.*00pm - Esher RFC, 369, Molesey Rd, Walton on Thames, Surrey KT12 3PF

**June 18** **–** *6.00am* – Coach from Cobham Hilton – Seven Hills Rd South, Cobham, Surrey KT11 1EW – to Dover ferry Terminal.

*9.25am* **-** ferry to Calais.

*3.30pm* – approx. arrival at Thon Hotel, Avenue du Boulevard 17, B-1210 Brussels

*7.00pm* – Dinner in Hotel.

*9.30pm* – 11.00pm – Waterloo Film in Hotel private room.

**June 19 –** *5.00am –* Breakfast in hotel

*5.45am –* coach from ThonHotel to ASUB Waterloo Rugby Club, Stade du Pachy, Rue Th. Delbar, 1410 Waterloo

*6.15am* – arrive ASUB

*6.45am* – 4 ride groups have left ASUB for Dunkirk.

4.30pm – all 4 ride groups arrived at Dunkirk ferry Terminal.

*6.00pm* – Ferry departs for Dover

7.15pm UKT – Ferry arrives Dover

*8.00pm* – Riders/Crew Convoy arrives at DOYRMS – BBQ and drinks.

**June 20** -*7.00am* – Breakfast at DOYRMS

*8.00am* – Ride groups start.

*10.15am – 11.30am* – Shepherd Neame brewery for brunch/early lunch. 17 Court St, Faversham, Kent ME13 7AX

*3.00pm* – Blackheath re-group before 4 groups set off at short intervals for last stage to EIC.

*4.00pm* – EIC, 16 Saint James’ Square, London SW1Y 4LH – media finish.

*5.00pm* – Logistical finish and drinks reception at Hammersmith & Fulham RFC, Hurlingham Park, Hurlingham Road, Fulham, London SW6.

**RIDER INSTRUCTIONS/TIPS:**

* Please be as punctual as possible – all timings have to be met as we have a strict window to meet our deadlines.
* Fill water bottles before we meet to start cycling each day and check tyres etc. in good time.
* In Brussels, on June 19, take kit bag and musette on to coach to Ride start. Drop kit bags off with Lorry and store musettes with your own Ride Group van. Musettes are the small bags, ideal for holding shoes, creams, gels etc.
* If you want kit washed on June 19 evening at DOYRMS please hand it in soon after we arrive and make sure you put your name in your kit.
* There will inevitably be varying abilities within Ride groups – please work as a team and help your team members along.
* Read the safe cycling instructions and please pay attention to your Ride Captains and Crew leaders – riding in a peloton can be enjoyable and efficient but can also be dangerous if riders don’t follow the basic rules.
* Unless specifically instructed by Ride Captains or Crew, do not ride past lead car or stop with another rider’s mechanical. Each ride group has a mechanic to deal with problems but the peloton will always keep going and the rider with the mechanical will be taken back to the peloton. If in doubt, just keep cycling.
* We will have scheduled drink and food stops which Ride Captains will be aware of. If unscheduled stops are needed for comfort breaks, quick stretches etc, then the peloton should keep going but slow down until the rider/s concerned catch back up. This should only be done if desperate (!).
* Cycle safely, ride as a team and most importantly, enjoy yourself!