

From La Manche To The Mediterranean By Bike: A Thrilling Cycling Adventure

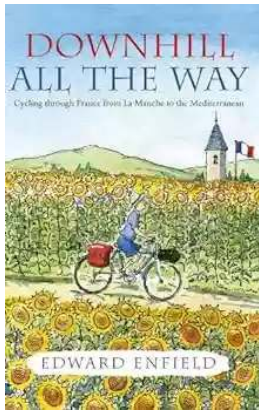


Are you ready for the ultimate cycling adventure? Strap on your helmet, grab your trusty bike, and join us on an exhilarating journey from La Manche to the Mediterranean. Get ready to experience breathtaking landscapes, iconic landmarks, and the sheer joy of pedaling your way across France.

Day 1: Starting the Journey

Our adventure begins in the quaint coastal town of La Manche. As you take your first pedal strokes, the crisp sea breeze fills your lungs as you embark on this unforgettable cycling expedition. The route takes you through charming coastal

villages and picturesque cliffside roads. Don't forget to take in the awe-inspiring views of the English Channel as you ride along the coast.



Downhill all the Way: From La Manche to the Mediterranean by Bike by Edward Enfield(Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 3937 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 225 pages
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Day 2: Exploring the Normandy Countryside

Leaving the coast behind, you delve into the stunning Normandy countryside. Rolling green fields, charming farmhouses, and sleepy villages become your companions for the day. Make a pit stop in historic Caen to immerse yourself in its rich medieval heritage. The city's ancient castle and enchanting old town will transport you back in time.



Day 3: Crossing the Loire Valley

Get ready to admire the majestic Loire Valley and its remarkable castles. As you pedal along the Loire River, you'll find yourself surrounded by vineyards and beautiful landscapes. Stop by the enchanting Château de Chambord, a grand Renaissance castle that will leave you in awe. Every turn in this region is a true visual feast for the eyes.

Day 4: Reaching the Heart of France

Your cycling journey takes you to the heart of France. The peaceful and idyllic scenes of the countryside will captivate you. Experience the charm of historic towns like Blois and Orleans as you pedal through narrow cobbled streets. Feel the connection with French history as you witness the impressive Cathédrale Sainte-Croix dominating Orleans' skyline.

Day 5: The Magic of Provence

Welcome to the enchanting region of Provence. As you enter this sun-kissed land, the beauty of lavender fields and vineyards will surround you. Take a moment to explore the charming streets of Avignon and discover the Papal Palace, a UNESCO World Heritage Site. Don't miss the opportunity to indulge in the delightful local cuisine and savor a glass of refreshing rosé wine.



Day 6: The Riviera Beckons

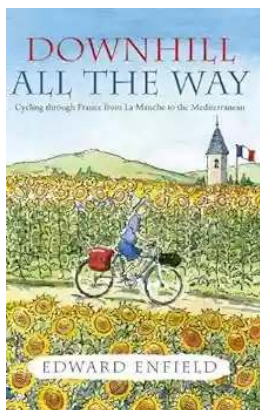
The final leg of our journey leads us to the sparkling French Riviera. Feel the invigorating sea breeze as you cycle down the coastal roads of Cannes and Nice. Along the way, you'll catch glimpses of luxurious yachts in the harbor and palm trees swaying in the breeze. Celebrate your incredible achievement with a dip in the crystal-clear Mediterranean waters.

Day 7: Arriving in the Mediterranean

As you cross the finish line, a sense of accomplishment and exhilaration fills the air. You've made it from La Manche to the Mediterranean on your bike! Take some time to relax and soak up the vibrant atmosphere of Nice. Indulge in delicious seafood, stroll along the Promenade des Anglais, and reflect on the unforgettable memories you've created.

: A Life-Changing Adventure

From La Manche to the Mediterranean, this thrilling cycling adventure takes you on an incredible journey through diverse landscapes, rich history, and stunning natural beauty. It's a chance to challenge yourself physically while immersing yourself in the wonders of France. So, grab your bike, gather your adventurous spirit, and embark on this once-in-a-lifetime experience. Prepare for the ride of a lifetime!



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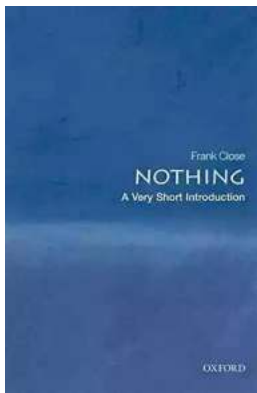
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'It had been so amazingly hot that I felt myself about to dissolve into a kind of crème brûlée on the road, so I bought some super-power Number 8 suncream.

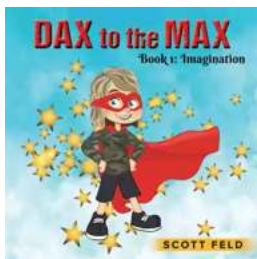
This had the word Bronzante on it, and must have contained some dye or other chemical because my knees stayed brown until February.'

Fed up with questions about what he was going to do when he retired, Edward decided to get on his bicycle and ride from Le Havre to the Mediterranean. He struggled in Normandy to get directions from old men tipsy on Calvados by 9 a.m., passed by prairies of corn and acres of sunflowers, and hit his stride on the towpath of the Burgundy canal. He explored the mystery of what an ouvrier eats for lunch, and was barred from a swimming pool because his trunks were too decent. Through the Rhône and down to Provence and the Camargue, Enfield is witty and informative as always.



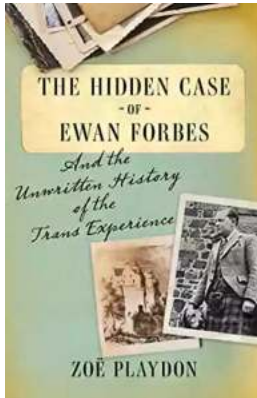
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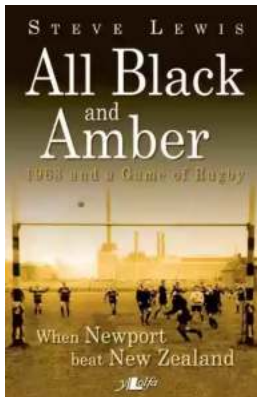
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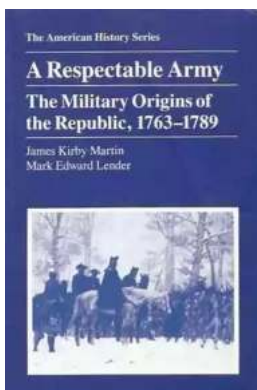
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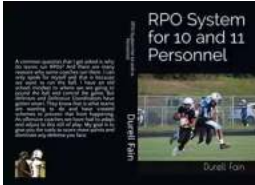
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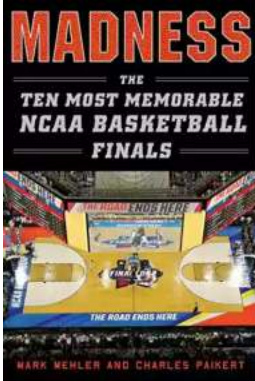
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