



ColaLife Caen to Cannes 2017 - #C2C2017

Ride card

Day	From	To	km	Ascent (m)	Decent (m)	Net ascent (m)		
1	21-Sep-17	Portsmouth	Caen				Overnight ferry	
2	22-Sep-17	Ouistreham (Caen)	L'Aigle	112	616	420	196	6 h 16 min (112 km)   via D45 † 616 m · ‡ 420 m 
3	23-Sep-17	L'Aigle	Orléans	152	256	347	-91	7 h 44 min (152 km)   via D939 † 256 m · ‡ 347 m 
4	24-Sep-17	Orléans	Nevers	197	125		125	8 h 29 min (166 km)   via D951 ⚠ This route has restricted usage or includes private roads. † 197 m · ‡ 125 m 
5	25-Sep-17	Nevers	Paray-le-Monial	117	135	76	59	5 h 56 min (117 km)   via D116 † 135 m · ‡ 76 m 
6	26-Sep-17	Paray-le-Monial	Yzeron	110	1,420	952	468	7 h 17 min (110 km)   via D385 † 1,420 m · ‡ 952 m 
7	27-Sep-17	Yzeron	Montélimar	157	385	1,011	-626	8 h 15 min (157 km)   via N7 ⚠ This route has restricted usage or includes private roads. † 385 m · ‡ 1,011 m 
8	28-Sep-17	Montélimar	Aix-en-Provence	155	570	448	122	8 h 17 min (155 km)   via D7N † 570 m · ‡ 448 m 
9	29-Sep-17	Aix-en-Provence	Le Luc	84	463	494	-31	4 h 44 min (83.9 km)   via DN7 † 463 m · ‡ 494 m 
10	30-Sep-17	Le Luc	Cannes	73	606	777	-171	4 h 39 min (73.4 km)   via DN7 † 606 m · ‡ 777 m 
11	01-Oct-17	Nice	UK					Flight home
Totals			1,157	4,576	4,525	51		