Help for Heroes ~ Big Battlefield Bike Ride 2010 spending 6 days cycling 375 miles across northern France and Belgium **DAY 7** – Ypres to Dunkirk via **DAY 1** – depart **DAY 3** – Dieppe to **DAY 5** – Arras to Ypres via Vimy Dikkebus and Bambecque before from HMS Amiens via Grandcourt, Ridge, Vermelles, Festubert, Cauillon and Crouv **Fromelles and Ploegsteert** being transported by Royal Navy back Victory via ferry **HELP** for to Caen to Dover HEROES **DAY 4** – Amiens to Arras **DAY 6** – Ypres to Dunkirk via **DAY 2** – arrive at Caen, take bus via Albert, Somme, Boezinge, Bray Dunes, join up with to Fecamp then cycle to Dieppe Little Ships 70th Anniversary via various D-Dav and BEF Thiepval and Beaumont Celebration in Dunkirk before returning Hamel evacuations including St Valeryto Ypres via Poperingeliburg en-Caux Southend-on-Sea 0 Eindhoven OCardiff OBristol Bridgend Reading O Slough Bergen D Terneuzen Gillingham,O OMargate Barry op Zoom Weston-Super-Mare Basingstoke Woking Bruage Antwerpeno Düs Oostendeo Maidstone Crawley Bridgwater nstanle Dunkerque \$20 E19 E313 0 Geleen 46 Tauntor Gent Aalst Hasselt Southampton Calais O Leuven Hastings Brighton Bambecque leger Kortrijk Tiverton Offeer 0 Maastrichto Portsmouth Exeter Boulogne-sur-Mer Dikkebu Brussel Bognor **O** Tourcoing Eastbourne Liege Aacher Bruxelles Regis Fromelle Olleo **O** Exmouth Newton Tournai S Béthuneo Abbot Teignmouth Fromelles Charleroi o Namur Torbay Mons Vimv **HMS Victory** 01 Douai Ridae Maubeuge CambraiO Abbeville Doullens O Thiepva. Grandcou Bastop Amiens Charleville-Mézières Vimy Ridge Cauillon E411 St Valery Saint-Quentin Cherbourg-Octeville Caux Sedan uxembourg Le Havre CBolbec Rouen Beauvais Complègne Valognes Longwy Pont-Audeme Thionville O Bayeux Jersey Thiepval Reims Overnight stop Caen Évreux Lisieux Saint-Lô E40 Coutances O Memorial visit Chalons-en-Champ Meaux Paris Granville Vire Perros-Guirec OChelles Dreux Versailles O OAntony Saint-Malo Flers E17 annion Evry o Melur

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