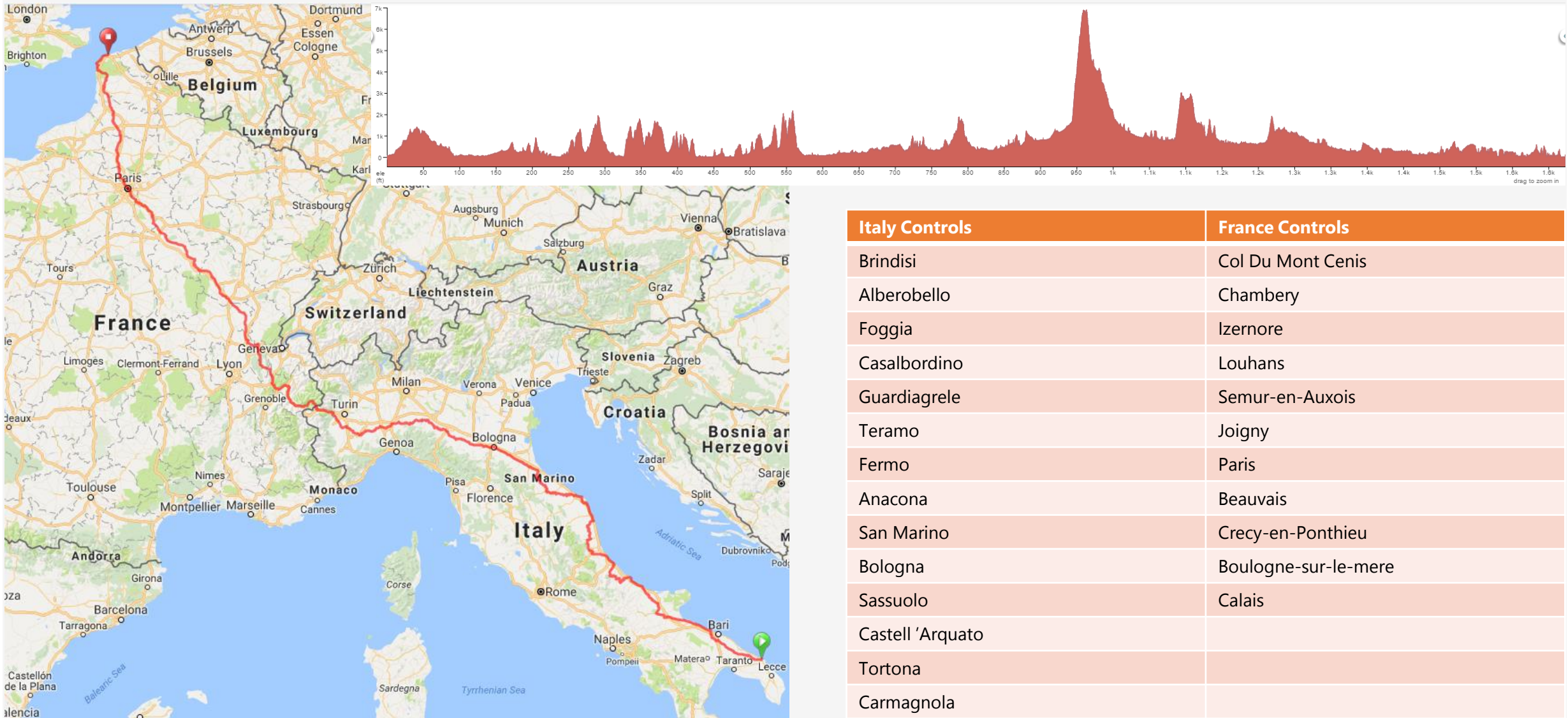


Brindisi to Calais – June 2016

1,623 miles in 9 days (and nights!)

The Route



| Italy Controls | France Controls |
|------------------|----------------------|
| Brindisi | Col Du Mont Cenis |
| Alberobello | Chambery |
| Foggia | Izernore |
| Casalbordino | Louhans |
| Guardiagrele | Semur-en-Auxois |
| Teramo | Joigny |
| Fermo | Paris |
| Anacona | Beauvais |
| San Marino | Crecy-en-Ponthieu |
| Bologna | Boulogne-sur-le-mere |
| Sassuolo | Calais |
| Castell 'Arquato | |
| Tortona | |
| Carmagnola | |

The Statistics

| Day | From | To | Start | Finish | Mov h:m | Tot h:m | Distance | Elevation |
|-----------------|------------|------------|-------|---------------|---------------|---------------|---------------|------------------|
| 1 (Sat) | Brindisi | Foggia | 12:45 | 00:40 | 10:02 | 11:55 | 156m | 4,371 ft |
| 2 (Sun) | Foggia | Teramo | 08:26 | 02:34 | 15:30 | 18:08 | 208m | 12,122 ft |
| 3 (Mon) | Teramo | Ostra | 07:48 | 21:22 | 10:45 | 13:35 | 131m | 8,335 ft |
| 4 / 5 (Tue/Wed) | Ostra | Carmagnola | 07:26 | 19:26 | 31:00 | 36:00 | 398m | 20,124 ft |
| 6 (Thu) | Carmagnola | Chambery | 08:19 | 23:03 | 12:20 | 14:45 | 162m | 12,740 ft |
| 7 / 8 (Fri/Sat) | Chambery | Pierrelaye | 07:16 | 19:38 | 30:00 | 36:20 | 388m | 16,693 ft |
| 9 (Sun) | Pierrelaye | Calais | 02:06 | 17:17 | 13:30 | 15:10 | 180m | 8,803 ft |
| Totals | | | | 196:32 | 123:07 | 145:53 | 1,623m | 79,712 ft |

Total hrs available

Moving 84% of total riding time

Ave 6hrs a day to check-in/out, shower, eat, repairs, call home and sleep

The Food



Italy

France

UK

The Weather

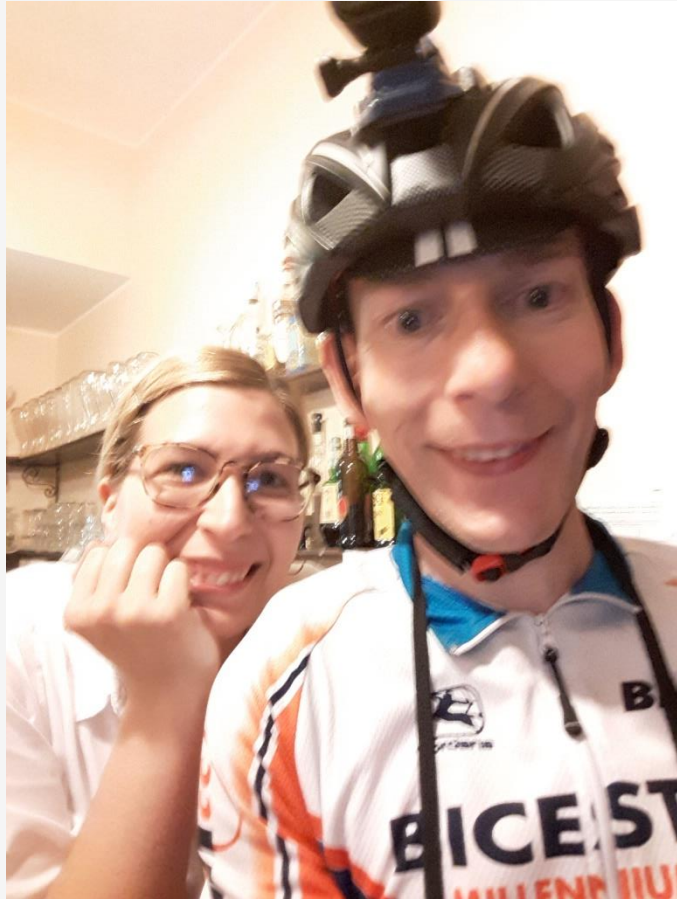


The Lingo

| NO SPEKA DI LINGO -or ANDIAMO A BRINDISI <u>BRINDISI</u> | |
|--|----------------|
| Look out! - ATTENZIONE! | |
| hello! - Ciao | |
| good morning - Buon giorno | |
| good evening - Buona sera | |
| goodbye, 'bye! - Arrivederci, ciao! | |
| Sorry, what? - Prego? come? | |
| Yes - Si | |
| No - No | |
| Thanks - Anytime - Grazie - Prego | |
| I don't understand - non capisco | |
| am I'm English - sono inglese | |
| do you speak English? - parla inglese? | |
| I'm lost - mi sono perduto | |
| - And | |
| How much is it? - Quant'è? | |
| A coffee, please - una caffè, per favore. | |
| beer - una birra (nazionale/estera) | |
| white coffee - un cappuccino, un caffè latte | |
| hot/cold chocolate - una cioccolata calda/fredda | |
| tea - un tè con latte | |
| milk (litre) - un litro di latte | |
| sugar - zucchero | |
| water - un acqua (minerale) | |
| wine - il vino bianco/rosso | |
| lemonade - una limonata | |
| milkshake - un frullato (often with fresh fruit and ice cream) | |
| ice cream - un gelato | |
| the bill - il conto, per favore | |
| bread - il pane | |
| roll - il panino | |
| cheese - il formaggio | |
| ham - prosciutto | |
| steak - una bistecca | |
| fish - pesce | |
| vegetables - carzoni | |
| soup - minestre | |
| desserts - dolci | |
| Excuse me - Scusi, la toilette, per favore? | |
| " the road to... - Scusi, la strada per Torino? | |
| straight on - dritto | |
| a destra - to the right | |
| to the right - a destra | |
| to the left - a sinistra | |
| Do you have a room? - Ma una camera? | |
| (For how many?) - per quante persone? | |
| for one, 2, 3, 4, 5, 6, 7 - per una persona, per due, tre, quattro, cinque, sei, sette | |
| for one night - per una notte | |
| bed/s - letto/letti | |
| with bath/shower/without - con bagno/doccia/senza | |
| the key - la chiave | |
| bike - bicicletta | |
| no dieci | |
| 20 - venti 10 - dieci | 50 - cinquanta |
| 30 - trenta 20 - venti | 100 - cento |
| 30 - trenta | 1000 - mille |
| 40 - quaranta | |

Italian on a page,
courtesy of the organiser

The people



Late night café bar

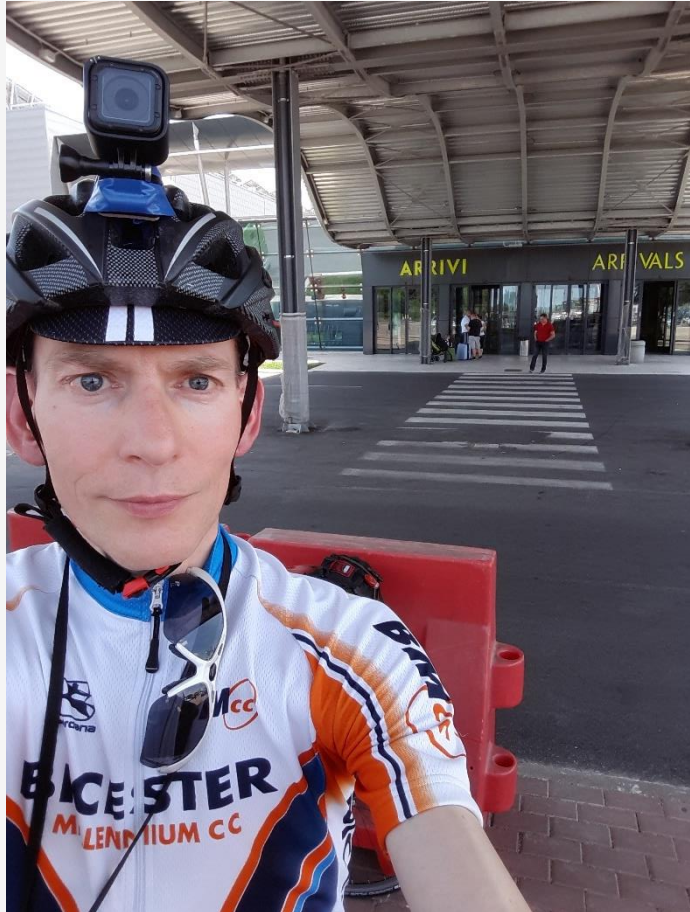


Col du Cenis

Che Bello
B&B



The Experience



Start



Rapid Aging

End

The Prize



And Next?

- London Edinburgh London 2017
- Trafalgar Trafalgar (3,100km)
- Wild Atlantic Way (2,100km)
- Transamerica
- Transcontinental

