



ICR The Institute of Cancer Research

## MJS Berlin To London July 2026



ACTIVITY

Cycle

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Long Day

DURATION:

8 days

GRADE



Our route takes us west through Germany and across The Netherlands, then by ferry to the UK and to London. Passing through rural countryside and small towns and villages, there are always new sights to enjoy and to motivate us to keep turning the pedals. We'll be averaging about 100 miles a day, with some rolling terrain; this is a tough undertaking, but one that will earn you an unforgettable sense of achievement as you reach the heart of London!



## DETAILED ITINERARY

### Day 1: Arrive in Berlin

On arrival in at the hotel in Berlin, time to set up our bikes and prepare kit for tomorrow, before dinner and a trip briefing.

Night hotel.

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### Day 2: Berlin – Magdeburg

An early start for an energising breakfast, and then we set off! The imposing Brandenburg Gate, one of Germany's best-known landmarks, forms an impressive back-drop to our start-point. We ride west out of the city towards Potsdam, on the Havel River. Our route today takes us predominantly southwest, crossing pockets of forested low hills that stretch our legs nicely. The towns and villages we pass through are small, usually with striking churches and historic buildings. While the terrain is predominantly rolling, the longer climbs come this afternoon, as we cross Saxony-Anhalt towards Magdeburg, the state's capital. After a long day in the saddle, we'll be happy to arrive in this historic city on the Elbe River.

Night hotel.

Cycle approx. 160km (100 miles)

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### Day 3: Magdeburg – Hanover

Another long day in the saddle, but a beautiful one, passing through forests and farmland, and picturesque villages and small towns with timber-framed houses and old stone churches. It's a day of two halves, with a hilly morning and a well-deserved flat afternoon. We head west across central Germany, taking a few low hills in our stride, and passing what used to be the border between East and West Germany after roughly 40 rolling kilometres. A long draggy climb brings us into the Elm hills, a range of limestone hills covered in beech forests. We cross these hills, before a well-earned sweeping downhill leaves the forest behind, and brings us into flat farmland dotted with villages. Entering the suburbs south of Hanover, we'll be glad to see the hotel – another challenging day overcome!

Night hotel.

Cycle approx. 160km (100 miles)

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### Day 4: Hanover – Münster

Our longest day in the saddle today, but there are only a few significant climbs among the rolling landscapes. Our morning is fairly flat, passing from suburban Hanover southwest through low wooded hills and farmland until we reach Hamelin (of Pied Piper fame). Here we cross the River Weser, and start climbing into the Teutoburg Forest. The next 30km is more strenuous, with beautiful twisting climbs and descents through forest and small towns nestled in the valleys, before coming back into flatter terrain again and riding almost due west through historic towns with striking buildings. We finally reach Münster, a bike-friendly city known for its culture and history.

Night hotel.

Cycle approx. 188km (115 miles)

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### Day 5: Münster – Arnhem

We cross the River Ems as we set off through the southern suburbs of Munster, and are soon riding through villages on smaller roads. After an easy climb between open crop fields, we enjoy many miles of gradual descent between farming communities. Our most significant milestone comes at approx. 75km, just over the half-way mark, as we leave Germany and enter the Netherlands! We cross at a point known for its birdlife, in particular flamingos – this Nature Reserve is the most northerly breeding ground for the Greater Flamingo. Now in the Netherlands, our route becomes even flatter as we spin towards the IJssel River, a tributary of the Rhein, and then to Arnhem.

Night hotel.

Cycle approx. 140km (88 miles)

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### Day 6: Arnhem – Hook of Holland

While finds dating back to the Stone Age have been found in and around Arnhem, the city is perhaps better known for its role in WW2 and in the film A Bridge Too Far. We head west, with another predominantly flat day ahead, taking us through many small towns, including Gouda - known not only for its cheese, but also stroopwafel (syrup waffles). We will cross many dikes and canals built to protect the land, now extensively farmed and dotted with small villages. Much of this day will be exposed, so we'll hope we don't get a head-wind as we cross this bike-friendly nation. In Hoek, we enjoy dinner in a restaurant before boarding the ferry for our overnight crossing.

Night on ferry.

Cycle approx. 160km (100 miles)

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### Day 7: Harwich – London

Back on British roads, we leave the port and head out on quieter roads. Our route is reasonably flat and will take us via Colchester and Maldon as we ride through the fields and villages of rural Essex. As we reach the outskirts of northeast London, we avoid the busier roads where possible, heading past increasingly- well-known sights to the centre and Buckingham Palace. From here a short cycle brings us to the Institute of Cancer Research office, where we can leave our bikes. We freshen up at our hotel, only a short walk away, and get ready for an evening to celebrate our week of achievements!

Night hotel.

Cycle approx. 140km (88 miles)

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### Day 8: Depart London

After breakfast, we say our farewells and head home, still buoyed by our achievements in the saddle!

*(Lunch not included)*

*Discover Adventure reserves the right to change the route or itinerary for safety reasons should the local conditions dictate.*

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## SPONSORSHIP TARGET

We ask for you to commit to raising a minimum of £2,000 for the Institute of Cancer Research



## WHAT'S INCLUDED:

- All hotel accommodation on a twin share basis
- All meals except where specified
- Pre-night accommodation and dinner in Berlin
- Dinner in Hook of Holland
- Overnight Hook of Holland to Harwich Ferry including breakfast
- Final night accommodation in London (twin share)
- Discover Adventure crew (number dependant on group size)
- Doctor (dependent on group size)
- Bike transfer from one location to the start in Berlin
- Vehicle support throughout the trip
- Route information

## WHAT'S EXCLUDED:

- Flights to Berlin
- Any meals specified 'not included' in the itinerary
- Celebration meal
- Travel insurance
- Bicycle, cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs and drinks
- Any applicable surcharges as per Terms and Conditions

# CHALLENGE INFORMATION

## DETAILED INFORMATION

### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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## PREPARING FOR THE CHALLENGE

### Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

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### Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

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### Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

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Please note: This document was downloaded on 8 May 2026, and the challenge is subject to change.