



LONDON TO AMSTERDAM CYCLE CHALLENGE IN AID OF MIND

UK, NETHERLANDS • CYCLE • YELLOW 1

ABOUT THE CHALLENGE

Cycling through the picturesque countryside of rural England, we cross the Channel and continue across the flat landscapes of France and Flanders in Belgium. Stopping in the magical city of Bruges en route is a real highlight. We continue into The Netherlands and the low-lying fields of Dutch Zeeland, protected from the sea by huge barrages, and head north to Amsterdam. After 4 long days of cycling, the sight of Amsterdam's canals, cobbled streets and wonderful architecture will evoke a real sense of excitement and achievement!

LONDON TO AMSTERDAM CYCLE CHALLENGE FOR MIND • 5 DAYS

Day 1: London – Dover – Calais

An early start from Blackheath Common allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It is not long before we are among the rolling fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored. We head through Tonbridge and follow country roads across the hills of the North Downs to Dover and the coast. Taking the ferry to Calais, we have dinner on board and cycle the short distance to our hotel in Calais.

Night hotel. (Dinner on ferry not included)

Cycle approx 128km (80 miles)

Day 2: Calais – Bruges

After a hearty breakfast, we ride parallel to the coast from Calais towards historical Dunkirk, known best for the British evacuation in the Second World War. Our terrain is fairly flat, which will feel good after yesterday's hills! The Belgian border lies roughly at today's halfway mark; we cross it near the small town of Hondshoote. We continue along the flat roads of Flanders, passing dairy farms and polders – low-lying areas reclaimed from the sea. We will see many dikes and canals which protect the land, which is now extensively farmed and dotted with small villages. This area was of great strategic importance during the First World War, and much of the land was deliberately flooded in 1914 to halt the German advance. We pass preserved WW1 trenches just outside Diksmuide. There are a few low hills approaching Bruges, but then we are in this 'Venice of the North,' famed for its canals. The historic centre is a World Heritage Site and an evening wander is a very pleasant way to wind down after our day's efforts! Night hotel.

Cycle approx 134km (83 miles)

Day 3: Bruges – Breda

Leaving the city, we ride north, crossing into The Netherlands at the small town of Sluis, and continuing to Breskens. A short ferry ride takes us across to the busy port of Vlissingen, in Zeeland. Here we ride east along the low-lying peninsula, formerly an island, which is protected from flooding by a series of sea barrages. Back on the 'mainland' we ride northeast through open fields of crops, passing small towns and villages. There are some low hills which stretch our legs before reaching the busier streets of Breda. Night hotel.

Cycle approx 148km (91 miles)

Day 4: Breda – Amsterdam

Our last day is another long one, but mainly flat as we head north through intensively farmed fields, which stretch for miles along our route. Most of this region is artificially created by man-made dikes holding back the sea. These polders are huge and the many villages, and intensive agriculture that takes place, is a testimony to man's ingenuity and skill. We pass the historic town of Woerden, known for its Gouda cheese-making, en-route to the suburbs of Amsterdam. We then savour the experience of pedalling into one of the most cycle-friendly cities in Europe, passing canals and fascinating buildings on our way to the heart of the city and the end of our rewarding challenge! This evening we have a big celebration to mark our achievements. Night hotel.

Cycle approx 145km (90 miles)

Day 5: Amsterdam – London

We have free time to enjoy the sights of Amsterdam – a wonderful place simply to wander – before meeting at the well-known Centraal Station for our Eurostar journey back to London. (Lunch and Dinner not included)

CHALLENGE INFORMATION

DETAILED INFORMATION

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels convenient to our route. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

There may be a limited number of single rooms subject to request, on a first-come first-served basis, after you have booked. Extra charges will apply.

Accommodation

Accommodation is in shared cabins on the ferry, and a 2-3* hotel in Amsterdam; rooms are on a twin-share basis.

Food & Dietary Requirements

The food provided is plentiful and will give you plenty of energy. Lunches are generally buffet-style while dinners are usually eaten at the hotel. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew, including mechanics. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is well-marked, making you lunch and sorting out any mechanical problems. Support vehicles are with the group all of the time, and carry all luggage and spares.

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 communication devices (eg phones, radios and/or emergency satellite phones), 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.

PREPARING FOR THE CHALLENGE

Clothing

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, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).



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

Please note: This document was downloaded on 22 May 2019, and the challenge is subject to change.
