

London To Amsterdam For Stroke Association



ACTIVITY

Cycle

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Long Day

DURATION:

6 days

GRADE



Ride approx 350 miles through 4 countries, from London to Amsterdam, Europe's most cycle-friendly city! 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!

DETAILED ITINERARY

Day 1: Fly Jersey - London

We fly to London and transfer to our hotel for the evening. Night hotel.

(Lunch and dinner not included)

Day 2: 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 countryroads 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 3: Calais – Bruges

After a hearty breakfast, we ride parallel to the coast from Calais towards historic 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 Hondschoote. 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 4: 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 5: 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 6: Amsterdam – London – Jersey

The morning is free for sight-seeing and exploring Amsterdam, or simply relaxing in one of the city's many cafés. We then transfer to the airport for our flight to Jersey.

(Lunch and dinner not included)

GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure crew - 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 clear, 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 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.

Accommodation

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

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share, in hotels convenient to our route.

You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.

If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Food & Dietary Requirements

We like to support local businesses and will source food locally wherever we can. Lunches will be a mix of restaurants along the route or supplies will be purchased from local shops; dinners are usually eaten at the hotel. For larger sized groups we may opt to cater the lunches ourselves with a buffet style provision. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Having said that, despite working very hard with the hotels, it doesn't always translate into what we'd like for you. If this is the case on your trip, please chat to the crew at the time and they will do their best to find a solution. 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.

PREPARING FOR THE CHALLENGE

Challenge Grading

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[Trip grading explained](#)

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.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.



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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 19 Apr 2026, and the challenge is subject to change.