UK, NETHERLANDS

London To Amsterdam Cycle – NEW For 2026







ACTIVITY	ACCOMMODATION	CHALLENGE FACTORS	DURATION:	GRADE
Cycle	Hotel	Long Day	3 days	

Cycling from London to Amsterdam – the bike capital of the world – is a classic European cycle experience and a wonderful challenge to achieve in only two days.

Passing through the picturesque countryside of rural England, we cross the Channel and continue across the flat landscape of Dutch Zeeland. The sight of Amsterdam with its network of canals, cobbled streets and wonderful architecture will evoke a real sense of excitement. We celebrate our achievement with a night in Amsterdam before heading home by train.

DETAILED ITINERARY

Day 1: London – Harwich

An early start from north-east London 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 fields and villages of rural Essex. The route is reasonably flat and will take us through quieter countryside, passing through Maldon and Colchester, before heading to our destination. Here we have dinner at the yacht club at Harwich before catching the overnight ferry to the Hook of Holland. Night on ferry.

Cycle approx 82 miles

Day 2: Harwich – Amsterdam

We arrive into the Hook of Holland early in the morning and head towards Amsterdam. Our route takes us across

the flat, cycle-friendly lands of Holland, hugging the sandy beaches and dunes of the coast. We pass the resort towns of Ter Heijde and Scheveningen, on the outskirts of The Hague, and head north through Katwijk aan Zee, an ancient town at the mouth of the River Rhine that was once the northern frontier of the Roman Empire.

We leave the coast at Zandvoort's long sandy beach and head east and inland, passing through Haarlem, which for centuries has been the 'tulip centre'. Not far from Amsterdam now, we ride past the waterways and parks of Europe's bike capital to our central finish point.

We check into our hotel and have a well-earned shower and rest, before celebrating our achievement in this vibrant city. Night hotel. *(Breakfast on ferry not included).*

Cycle approx 55 miles

Day 3: Amsterdam – London

The morning is free for sight-seeing and exploring Amsterdam, or simply relaxing in one of the city's many cafés. We then take an afternoon train back to London, connecting onto Eurostar in Brussels. *(Lunch not included)*

WHAT'S INCLUDED

- All transport from London to Amsterdam return (by ferry and train)
- Accommodation on a twin share basis in hotel / shared cabin on ferry
- All meals except where specified
- Discover Adventure crew (leaders, mechanics and drivers; number dependent on group size)
- Full vehicle support throughout the trip
- Route information
- Standard bike return for your collection at St Pancras following group Eurostar
- **We offset 100% of the carbon emissions from your trip**

WHAT'S EXCLUDED

- Travel insurance
- Any meals specified 'not included' in the itinerary
- Bicycle, cycle helmet (compulsory) and water bottles
- Optional Discover Adventure bike courier return to home service
- Personal spending money, souvenirs and drinks
- Any applicable surcharges as per Terms and Conditions

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.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

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

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Terrain

The cycling is mainly undulating in the UK and flat in The Netherlands! Distances range from 55 – 82 miles. We ride mainly on small country roads and purpose built cycle paths; road surfaces vary from smooth tarmac to paving-stoned tracks. Road bikes are the most suitable on this trip.

Electric Bikes

In the last few years e-bikes have become increasingly popular. At Discover Adventure we see them as a great tool for inclusivity, and a great enabler for people to get out cycling – at home and on our trips – especially when continuing riding (or starting again) in older age or through health problems.
With charity challenges being at the heart of our business, we know that e-bikes are being used by beneficiaries of various charities to aid recovery, and that they enable participation in events raising funds for those charities.
E-bikes must, however, be used with caution on a multi-day, high-mileage trip and are in no way a substitute for training. Please talk to us well in advance if you have one you wish to ride on this challenge, so that we can ensure that it is

suitable for the challenge, and that you are aware of the pros and cons.

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.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the FCO's advice on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you will all necessary information 6 weeks prior to depature to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the NaTHNaC Travel Health Pro website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-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.

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.

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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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 13 Nov 2026, and the challenge is subject to change.