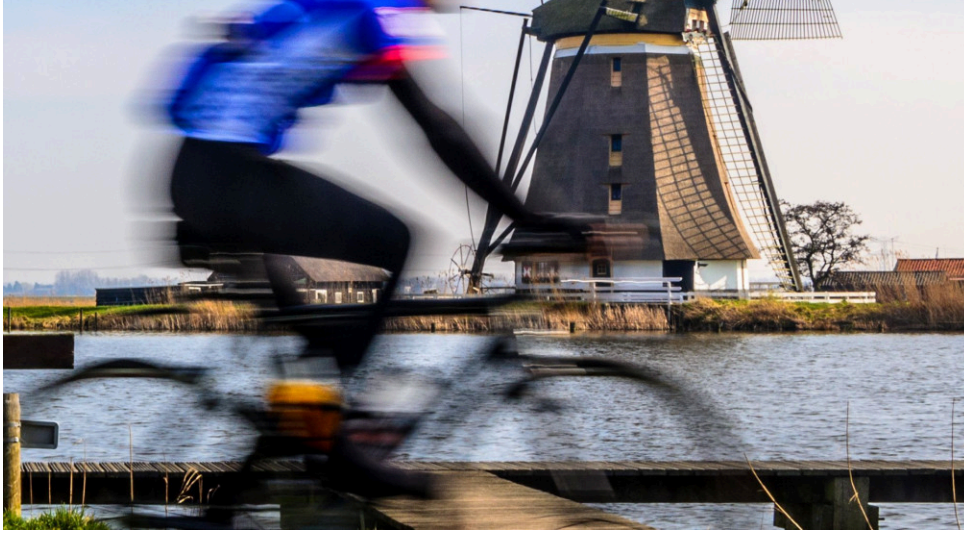


## London To Bruges Cycle – NEW For 2024



Duration: 4 days

Ride from London to the canals and cobbled streets of Bruges, one of Europe's best-preserved medieval cities and known as the 'Venice of the North.' A wonderful cycling experience through the bike-friendly Low Countries.

We take the scenic route, heading out of London on quiet roads to Harwich, and cross by ferry to the Hook of Holland, before crossing low-lying Dutch Zeeland on fabulous cycle paths over a series of islands and sea barrages – a stunning ride which demonstrates some impressive engineering. From beautiful Vlissingen we take another ferry and, after a short, flat morning through West Flanders, follow canals into fairy-tale Bruges.

### DETAILED ITINERARY

#### Day 1: London – Harwich – Hook of Holland

An early start from north-east London allows us to avoid the worst of the morning traffic before reaching the outskirts of London and 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 before catching the overnight ferry to the Hook of Holland. Night on ferry.

**Cycle approx 82 miles**

#### Day 2: Hook of Holland – Vlissingen

Today's ride is beautiful, and likely to invoke a deep respect for the experts of land reclamation! Our route takes us south across the peninsulas and islands of Zeeland, the westernmost and least-populated province of The Netherlands. Quiet roads and cycle paths lead us over bridges and protective sea-barrages, giving us a wonderful

viewpoint into this area of man-made hills - once a marshy mudscape appearing only at low tide. It's all very scenic, with beaches and windmills, small ports and cobbled quays, and small towns and villages with traditional architecture. Passing Middleburg, the province capital, just a few more miles brings us to historic Vlissingen. Night hotel.

**Cycle approx 108km (67 miles)**

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### Day 3: Vlissingen – Bruges

A morning's ride completes our challenge! We leave Vlissingen's port with a lovely ferry crossing across the estuary of the Scheldt River to Breskens. Leaving the coast, we ride flat, quiet roads towards the attractive town of Sluis and the border into Belgium. Here we cruise flat and largely traffic-free canal paths, enjoying the scenery, until we come into central Bruges. Famed for its canal networks, this 'Venice of the North' has some beautiful medieval buildings; the impressive historic centre is a World Heritage Site. An afternoon wander is a very pleasant way to wind down after the efforts of the last few days! Night hotel.

**Cycle approx 38km (24 miles)**

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### Day 4: Bruges – London

Free to explore until we transfer from Bruges to connect to our Eurostar for the return to London, where you will be reunited with your bike.

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## WHAT'S INCLUDED

- All transport from London to Bruges return (by ferry and train)
- Accommodation on a twin share basis in hotel / shared cabin on ferry
- All meals except where specified
- Snacks and water provision on cycle days
- Discover Adventure crew (number dependant on group size)
- Full vehicle support throughout the trip
- Maps and route information

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Bicycle, cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs and drinks
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

## GRADE | YELLOW

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 (see icon) are also taken into account.

[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.

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#### 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.

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#### 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](http://www.gov.uk/foreign-travel-advice).

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## Accommodation

We usually stay in hotels or lodges of a 2-3\* standard or equivalent. Standards may vary between the hotels but they are generally comfortable and convenient for our route. Hotels are often on the outskirts of towns to minimise unnecessary extra mileage and avoid traffic.

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## 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.

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## 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.

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## Sustainable Travel

We are committed to an ethos of responsible travel here at Discover Adventure; this means sustainable tourism, ethical travel, community engagement, cultural respect, wildlife protection, fair trade practices, carbon footprint reduction and more. We have been on a 30-year journey with this as one of our core principles, and it continues to evolve; you can keep up to date with what we are up to and what all of this translates into on a DA trip [here](#).

From 2024, we will offset our entire carbon footprint, including the flights, via a carbon credit scheme ([see more here](#)).

We must do all we can to be on the right side of history. Our offsetting brings peace of mind to many of our customers, but we think it is essential that our customers are aware of their impact; with this in mind, we encourage our participants to donate to World Land Trust's Buy an Acre project when they book an adventure.

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## Group Dynamic

Our brilliant group dynamic is fundamental to us. We have become synonymous with it over our 30 years of adventure:

the supportive nature and group camaraderie are always listed as one of the trip highlights in our feedback. You'll meet people of widely varying backgrounds, motivations and experiences. Under these unique circumstances, you are more likely to open up about your story and form lifelong friendships. You'll likely find something that resonates with everyone in the group. This is a unique way of travelling, after all, and that's what brings you all together.

We have travellers from 18 – 80 across all of our challenges, with the average age of our participants being in the mid-40s.

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## **Inclusive Travel**

Over the years, people of all abilities have achieved personal goals on our adventures that they may have previously assumed were out of their reach.

We must be aware of any circumstances that may affect your ability to take on the trip, whether you have concerns about fitness, health conditions or disability. This way, we can ensure we are providing the best advice and support. You will be asked to sign a medical declaration upon booking. Whilst we will always try our best for you, by the nature of adventure, not all of our challenges are accessible, and we are not an operator specifically offering adapted adventures. If you would like to have a confidential chat with the team about anything before booking, please give us a call or an email; we will be more than happy to help.

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## **PREPARING FOR THE CHALLENGE**

### **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.

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### **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 with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For](#)

[Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

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## 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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## 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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## 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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## Group Size

Your booking is part of a group challenge and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical London to Paris groups run with approximately 30-40 participants whilst all other Euro cycles run with approximately 15-20, however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run however occasionally it may be possible to still to run the challenge with less than the minimum numbers, subject to a small group supplement. If we



think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

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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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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 27 Jul 2024, and the challenge is subject to change.