



# WOMEN RIDE LONDON TO BRUGES CYCLE

UK, NETHERLANDS, BELGIUM • CYCLE • YELLOW 1

## ABOUT THE CHALLENGE

Part of our Women Ride series, encouraging women to get on their bikes. Designed to downscale some of the factors often cited by women as barriers to cycling, expect confidence-boosting support, a friendly non-competitive atmosphere and the buzz of achieving your challenge.

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.

Women Ride Training Weekend is **included in the cost** of this trip. Once you sign up, you will receive a code to register for the weekend for free. If you take part in the Training Weekend first and are then inspired to sign up, your Training Weekend payment will be discounted from your final trip cost.

## WOMEN RIDE LONDON TO BRUGES CYCLE • 4 DAYS

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

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 before catching the overnight ferry to the Hook of Holland. Night on ferry.

**Cycle approx 82 miles**

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### 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 which was 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 to Lille and connect to our Eurostar 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)
  - All meals except where specified
  - Accommodation on a twin share basis in hotel / shared cabin on ferry
  - Discover Adventure leaders, mechanics and drivers
  - Full vehicle support throughout the trip
  - Women Ride Training Weekend included in the trip cost
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## 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

## WOMEN RIDE CYCLE TRAINING WEEKEND

Included in the cost of our Women Ride London to Paris or Women Ride London to Bruges Cycle Series

This weekend will take place in and around the valleys and ridges of Salisbury and the New Forest. It is designed to boost your confidence and improve your cycling skills under the guidance of experienced leaders.



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 10 Dec 2019, and the challenge is subject to change.