



# 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**

---

### 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)**

---

### 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)**

---

### 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.

---

## 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
-

## 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

## 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

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.

---

#### Food & Dietary Requirements

We like to support local businesses and will source food locally. Lunches will be in restaurants along the route and dinners are usually eaten at the hotel. Do make sure you eat enough to give you the energy for your exertions. 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.

---

## 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 groups run with approximately 35-40 participants 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.**

---

## 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 post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums 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.

---

# 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.

---

## 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.

## 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. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

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.

## 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.