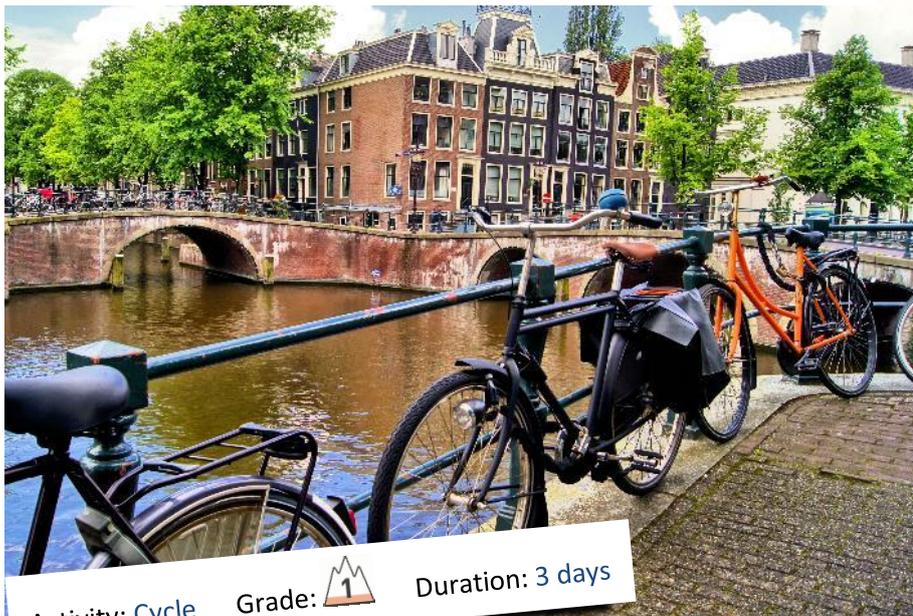


UK & The Netherlands

London to Amsterdam Cycle 



Activity: Cycle Grade:  Duration: 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.

Challenge Grading

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).
This ride is grade **Challenging (1)**
The main challenge lies in the distance, and the flat coastal roads if it's windy.
Many factors influence the Challenge Grading, such as terrain, distances, climate, living conditions, etc. The grade reflects the overall trip; some days are likely to feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.
Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

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 Suffolk. The route is reasonably flat and will take us through quieter parts of the Suffolk countryside through Malden and then Colchester before heading to our destination Harwich. Here we have dinner at the yacht club 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



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Cycling Information

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.

This ride is achievable for most people provided they train well in advance. We supply a thorough training guide on registration.

It is imperative that you supply your own helmet and wear it at all times while cycling, with straps done up.

Day 1 outline profile



It is likely to be windy on flat terrain, especially by the coast, and rain is always a possibility. Temperatures can vary so be prepared for all conditions.

Detailed Itinerary (cont)

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)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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Crew & Trip Support

Your trip will be led by experienced Discover Adventure leaders. They are chosen for their experience and knowledge, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

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.

Leader mechanics ride as support on cycle paths with no vehicle access. There will be a range of spares with a full tool kit.

It is not possible for us to carry spares for every eventuality so **it is vital that your bike is in good working order before departure.**



Accommodation & Food

Accommodation is in shared cabins on the ferry, and a 2-3* hotel in Amsterdam; rooms are on a twin-share basis. All food is included except where specified in the itinerary. Lunches are generous buffet-style with plenty of energy food to keep you going! Please let us know any dietary requirements well in advance.



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London to Amsterdam Cycle 2017 - 2018

2017 Dates	2018 Dates
12 - 14 May	11 - 13 May
22 - 24 Sept	21 - 23 Sept

Pricing Information

All costs are based on a minimum of 25 participants. Please refer to our website for latest prices and offers.

	REGISTRATION FEE Payable on registration	FUNDRAISING TARGET Payable 10 weeks prior to trip departure	TRIP COST Payable 8 weeks prior to trip departure
FUNDRAISING OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	You commit to raise the fundraising target . Your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Paid by your charity providing they have received all of the Fundraising Target
	£99.00	From £1100.00	N/A
PART - PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Your contribution (Part Payment Trip Cost) to the trip cost gives you a lower fundraising target. You commit to raise this target and your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Set contribution (Part Payment Trip Cost) paid by you at this time . Remaining costs paid by your chosen charity, providing they have received all of the Fundraising Target
	£99.00	From £600.00	From £250.00
SELF PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Raise as much as you can and 100% of your donations will go to your chosen charity	Paid by you
	£99.00	N/A	From £550.00

What's Included

- All transport from London to Amsterdam return (by ferry and train)
- All meals except where specified
- Celebration meal in Amsterdam
- Accommodation on a twin-share basis in hotel / shared cabin on ferry
- Discover Adventure leaders / mechanics / drivers
- Full vehicle support throughout the trip
- Maps and route information

What's Excluded

- Two meals as specified 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