

# London to Cologne Cycle

Trip code: LC



## Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 England, France, Belgium, The Netherlands, Germany

 May - September

Cycle from one iconic cathedral to another, riding 352 miles through five countries in four days! This varied and exciting route begins at St Pauls Cathedral in London, through Southern England and to the port of Dover. Here we'll cross the English Channel to Calais then cycle to our hotel for the evening. The following day we'll begin a further three days through France, Belgium & The Netherlands before crossing the German border, ending our ride at the foot of a Gothic masterpiece - Cologne Cathedral.

It is fully supported and guided by the More Adventure team, with your luggage transferred from each of the pre-booked hotels to the next and back to the UK, so all you need to do is turn up and ride!

## Highlights

- Riding through Kent, the Garden of England
- Picturesque Flemish villages and landscapes of Belgium
- Cycling to the river Rhine
- Arriving at Cologne Cathedral, a UNESCO World Heritage Site
- A full day to explore the fascinating city of Cologne, Germany's fourth largest city

# Detailed Ride Itinerary

## Day 1: St Pauls Cathedral - Dover - Calais (82 miles & ↑ 4000 feet)

We meet in front of an icon of London, St Pauls Cathedral. After a trip briefing, photos and loading luggage onto the support vehicle, we'll begin our ride southeast out of the city. We'll soon reach the outskirts of the city and enter Kent where the roads open up and we can enjoy the Garden of England as we approach Dover. We'll catch a ferry from Dover to Calais where a further four miles takes us to our overnight hotel.



## Day 2: Calais - Aalst (110 miles & ↑ 1100 feet)

We begin our second day following the coast on flat roads northeast of Calais. The route shortly crosses the border into Belgium and into the pretty town square of Veurne. From here our route continues along Belgian roads and cycle lanes to our overnight stop in Aalst on the banks of the Dender River. This quaint Belgian town has an ancient textile industry which still thrives today.

## Day 3: Aalst - Elsloo (91 miles & ↑ 2000 feet)

Our route today begins by skirting around Brussels then onto Leuven, the capital of the province of Flemish Brabant to the east. Here we'll stop for coffee at the impressive Gothic town hall before continuing through quaint Belgian villages and farmland to cycle along the Albert Canal. We cross our third border into The Netherlands to our overnight stop at Elsloo on the banks of the River Meuse.

## Day 4: Elsloo - Cologne (69 miles & ↑ 1700 feet)

We leave The Netherlands behind today as we cross the border into Germany and to the town of Geilenkirchen, just 20km north of Aachen. Continuing east, we cross the river Rur through the town of Linnich. We soon reach the outskirts of Cologne, the fourth largest city in Germany, where we'll head to the river Rhine before navigating our way to the double-spires of the impressive cathedral. From here it's a short ride to our hotel for the evening where we'll have a celebratory meal and explore the sights of the city.

## Day 5: Cologne - London

Your bicycles and luggage will be driven back to the UK so you have a full day to explore Cologne. A thorough exploration of the cathedral is a must, along with a visit to one of the many museums in the city before your evening flight back to London Heathrow. Here you'll be met by the More Adventure team who will hand back your bicycles and luggage and the trip comes to an end.

*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*

## Included

- Cycle leader(s) and support driver(s)
- 4 x night's hotel accommodation
- 4 x breakfasts
- 4 x buffet-style lunches
- Ferry from Dover to Calais
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Bicycle and main luggage transfer back to London Heathrow
- GPX files of the route (if requested)



## Not Included

- Bicycle and Helmet
- Transfers to Cologne Airport
- Flights from Cologne to London Heathrow (approx £45)
- Evening meals, drinks and snacks
- European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do))
- Insurance

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## Trip Notes

### Trip suitability

You will be cycling for between eight and ten hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

The first day of this trip has the most climbs but once we get over into France there are far less hills to climb. The second day is the longest (110 miles) but with very little climbing involved.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in, particularly for the first day's ride!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

A link to our trip grades that explains in depth our star rating is here: [www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

### Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.



## Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.

## Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles includes all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code **MOREADV5** for up to 15% off.

You must also bring a European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do)) which are free and give you access to free healthcare anywhere in Europe.

**Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient.** The insurance company's 24 hour emergency contact number will need to be seen by your leader.

## Money

Evening meals each evening tend to cost between £15 and £20. You will also need to budget for any excursions, travel around Cologne, and lunch on day 4. You will need Euros to spend in France, Belgium, The Netherlands and Germany.

## Accommodation

Accommodation for this trip is in a excellent quality, comfortable hotels. They have hot water showers and excellent amenities.

## Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included and we will give you the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

## Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW3 Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

## Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

## Luggage

Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

## Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

*This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip