

London to Amsterdam in a Weekend

Trip Code: LAW



“We were all very well looked after, with very good and plentiful buffet lunches en route. I thought at the time that I would have no hesitation in booking another ride with More Adventure” **Bernie, London to Amsterdam Rider 2015** ”

 Total 3 days

 Hotels

 Difficulty: 

 Cycling 2 days

 UK & Holland

 May - September

Overview

Cycle from London to Amsterdam in a weekend - arrive in style for an evening in one of the most iconic cities in Europe. Using an overnight ferry we have managed to squeeze this amazing journey into just 3 days. You will have 2 full days of cycling plus time on the 3rd day to explore Amsterdam, not to mention the celebration evening when we arrive into Amsterdam.

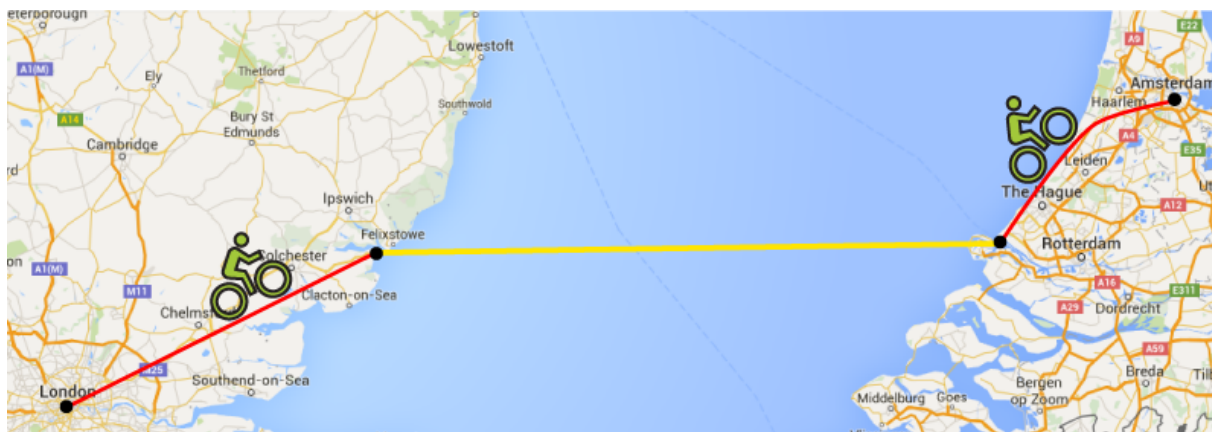
Highlights

- Riding through London
- Arriving at historic docks in Harwich
- Waking up on a boat in a different country!
- The fantastic traffic-free cycle lanes in Holland
- Picturesque canals, boats and windmills
- The incredible city of Amsterdam

Detailed Itinerary

Day 1: London to Harwich, overnight ferry to The Netherlands (86 miles)

We'll meet in London for an initial trip briefing from the More Adventure team. From here we begin cycling through the outskirts of East London into the glorious countryside of Kent. We'll skirt around the city of Chelmsford before stopping for lunch in the pretty town of Maldon. Our route then heads towards Colchester before arriving at the port of Harwich. Here we'll have an evening meal in a local restaurant then jump on the ferry for our overnight journey to The Netherlands.



Day 2: Hook of Holland - Amsterdam (54 miles)

After an evening's sleep in the ferry's cabins, we'll be showered and ready to begin cycling in The Netherlands. The fantastic cycling lanes and lack of hills should make today a relatively straightforward and enjoyable ride. Our route skirts around the administrative centre and capital city of The Hague before entering the outskirts of Amsterdam. Our cycling journey ends in the vibrant city centre where we'll take some team photos before heading to our hotel to freshen up. You'll have earned a few drinks by this point, so we'll go out for a celebratory meal and enjoy this wonderful city.

Day 3: Amsterdam - London (0 miles)

Your main piece of luggage will be transferred by the More Adventure team to London, so after breakfast you will have the full day to experience the sights of Amsterdam. There's plenty on offer, with an array of museums, delightful restaurants and seemingly endless canals to keep you entertained for hours! In the afternoon you'll catch a train from the main station for connecting trains back to London where you'll be met by the More Adventure team with your bicycles and luggage. Here the trip ends...what a journey!



Included

- Cycle Leader/s and Support Driver/s
- Overnight ferry from Harwich to Holland (with sleeping cabin & Showers)
- 1 x night's hotel accommodation in Amsterdam
- 1 x breakfasts
- 2 x buffet-style lunches
- First Aid Cover
- All luggage transported during your trip
- Bicycle and main luggage transfer back to London from Amsterdam
- GPX files of the route (if requested)



Not Included

- Bicycle and Helmet
- Transport to and from pick-up and drop-off
- Breakfast on the ferry day 2
- Evening meals, drinks and snacks
- Optional excursions
- European Health Card (www.ehic.org.uk/Internet/home.do)
- Insurance

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.



Trip Notes

Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. On the first day 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.

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!**

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.

A link to our trip grades that explains in depth our star rating is here:
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.

You must also bring a European Health Card (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

Meals each evening tend to cost between £10 and £15. You will also need to budget for any excursions, travel around Amsterdam and lunch on Day 3. You will need Euros to spend in Holland.

Accommodation

Our first evening is spent on the ferry in cabin accommodation with hot showers, towels and comfortable beds. Our accommodation in Amsterdam is of a good standard with comfortable beds and ensuite with hot showers.

Food

Breakfast in Amsterdam and lunches on cycling days are provided, these are continental-style and will be served in the hotel. Breakfast on Day 2 is not included and is eaten in the ferry restaurant before disembarking.

Lunches will be laid out for you at designated spots and will be buffet-style. If you have any dietary requirements, please let us know when making the booking. Please be aware that snacks (including energy bars, powders etc.) or drinks are not included. There may be the opportunity to purchase these but we cannot guarantee this.

Evening meals will be eaten in local restaurants in Harwich and Amsterdam, and are not included in the trip cost. Please allow between £15 and £20 per meal.

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 AW2; 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 days cycling and for evening meals. Better to “have and not need than to need and not have”!

Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. 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 12 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, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

