

# Bruges Cycling Weekend

Trip code: BC



## Overview

 Total 4 days

 Hotels

 Difficulty: 

 Cycling 4 days

 France & Belgium

 May - September

Experience the cycling bliss of Belgium whilst being based in Bruges, arguably one of the most beautiful towns in Northern Europe. Over four unique cycling days you'll explore fabulous canal paths and cycle lanes, visit medieval the cobblestone streets of Ghent, cycle through the Menin Gate in Ypres, and have plenty of time to relax in the restaurants and bars of Bruges each evening. During this trip we'll be based in a lovely hotel just a few hundred metres from the popular market place in the town centre.

## Highlights

- The ancient centre of Bruges, a UNESCO World Heritage site
- Relaxing after a day's ride under the towering 13th century belltower in Bruges
- Riding along the perfect canalside cycle lanes of Belgium
- Exploring war memorials, cemeteries and the historical town centre of Ypres
- Crossing St Michael's bridge and exploring the sights of Ghent
- Visiting Gravensteen Castle, the *Castle of the Counts* in Ghent

# Detailed Ride Itinerary

## Day 1: Dover - Bruges (57 miles)

We meet in Dover where we'll load luggage onto the support van then get a morning ferry to Dunkerque. Once we've arrived in France we'll cycle to the Belgian border then along the beautiful coast before cutting inland to Bruges. Here we'll have our first evening meal and spend our first night in this magical city.

## Day 2: Ghent Loop (64 miles)

This morning we head south out of the town to join and follow the *Ghent-Bruges* canal southeast to the city of Ghent, one of

Belgium's best kept secrets. We'll cross over St Michael's bridge and into the centre of this vibrant and historic city to Gravensteen Castle, the *Castle of the Counts*. This beautiful medieval castle was built in 1180 by count Philip of Alsace and boasts a moat, turrets and arrow slits, an imposing and impressive piece of history at the confluence of the *Lieve* and *Leie* canals. We'll leave the city the north through the town of Evergem then skirting around Maldegem, briefly joining the *Leopardsvaart* canal, then back to Bruges.

## Day 3: Ypres Loop (79 miles)

Our ride today begins through the delightful south-western suburbs of Bruges and through beautiful woodland to the small town of Aartrijke. From here we head through farmland through Torhout then stop for coffee at the village of Gits. We'll stop at two very different cemeteries this morning, the immaculate Passendale New British Cemetery and the dramatic German War Cemetery of Langemark, both stark and moving reminders of the region's battles during World War I. A few miles on we enter the beautiful city of Ypres through the iconic Menin Gate, a memorial to just nearly fifty-five thousand soldiers killed in the battle of Salient-Ypres. We'll stop for lunch under the imposing *Cloth Hall*, a UNESCO World Heritage site, and soak up the atmosphere of the stunning *Grote Markt*. After lunch we cycle along several incredible canalside cycle paths and country lanes back to Bruges for our third and final evening in the city.

## Day 4: Bruges - Dunkerque - Dover (58 miles)

Our final day's ride leaves Bruges to the west alongside the *Gent-Bruges-Ostende* canal, a popular route out of the city. We'll stop for lunch in the pretty town of Veurne, with cobbled streets and typical Flemish architecture lining the main square. We continue west to Dunkerque where we'll board our ferry back to Dover. Here, the trip ends and we say our farewells.



## Included

- Cycle guide(s) on all rides
- Support vehicle throughout
- Bicycle mechanical support
- Return ferry with bicycle from Dover to Dunkerque
- 3 x night's hotel accommodation
- 3 x breakfasts
- 4 x cycling routes
- Luggage transfer from Dover to Bruges
- Luggage transfer from Bruges to Dover
- GPX files of the routes

## Not Included

- Bicycle and Helmet
- Transport to and from Dover
- Lunches, evening meals & drinks
- Entrance to Gravensteen Castle (€10)
- 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 four and six hours each day but this is not a race! This is a group trip and we like to cycle as such, the pace will be determined by your Cycle Leader. On Day 1 & 4 you will be self-guided using Garmin bike-mounted GPS systems with the routes pre-loaded (provided), the support vehicle will however be nearby to assist at all times. The rides on Day 2 & 3 will be guided by a More Adventure leader.

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.

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time. 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.

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

Lunches tend to cost between £8 - £10 and meals each evening tend to cost around £15-£20. You will also need to budget for any excursions, travel around Bruges and Ghent (including a visit to Gravensteen Castle which is 10 Euros). You will need Euros to spend in France and Belgium.

## Accommodation

Accommodation for this trip is in a good quality, comfortable hotel. It has hot water showers and excellent amenities.

## Food

Breakfast will be continental-style with hot drinks and juices. Lunches will be either in cafe's along the routes, we will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals are not included in the price but we will endeavour to eat out as a group at a local pub/restaurant in Bruges. 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 experienced and qualified cycle leaders who will either guide the group or drive the support vehicle on all rides. They will guide and encourage the group, and help deal with any bicycle mechanicals.

*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