

# Harpenden to Amsterdam Cycle

Trip code: HA



## Overview

 Total 3 days

 Hotels

 Difficulty: 

 Cycling 2 days

 England & The Netherlands

 7th - 9th June 2018

Cycle from Harpenden to Amsterdam in two days and arrive in style for the Amsterdam Rugby 7's! Our ride begins at Harpenden Rugby Club where we'll begin our ride east through Essex to the ferry port of Harwich. After an evening meal we'll board the overnight ferry and arrive at the Hook of Holland. From here our route takes us along blissful cycle lanes to the incredible city of Amsterdam in time for the Amsterdam Rugby 7's.

It is fully supported and guided by the More Adventure team, with your luggage transferred throughout. On the final day your bicycle and luggage will be transferred back to Harpenden Rugby Club for you to collect once you've returned. All you need to do is turn up and ride!

## Highlights

- Riding through rural Essex
- Arriving at historic docks in Harwich
- Waking up on a boat in a different country!
- The fantastic traffic-free cycle lanes of The Netherlands
- Picturesque canals, boats and windmills
- The incredible city of Amsterdam
- Arriving in style at the Amsterdam Rugby 7's

# Detailed Ride Itinerary

## Day 1: Harpenden - Harwich (90 miles & ↑ 1500 feet)

We'll meet at Harpenden Rugby Club where we'll have a trip briefing and load up the support vehicles. We then begin our ride, leaving Hertfordshire behind and cycling through rural Essex to the port of Harwich. After a meal in a local restaurant, we'll board the overnight ferry for a few drinks and a good night's sleep.

## Day 2: Hook of Holland - Amsterdam (54 miles & ↑ 300 feet)

After an evening's sleep in the comfortable 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

The More Adventure team will be departing for the UK with your bicycles and luggage. You're then free to explore the city and the infamous Amsterdam Rugby 7's tournament. It is then your responsibility to make your own way home, your bicycle and main piece of luggage will be ready to be picked up from the club when you are.

*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)
- Ferry crossing from Harwich to Hook of Holland
- 1 x night cabin accommodation on ferry
- 1 x night's hotel accommodation
- 1 x breakfasts
- 2 x buffet-style lunches
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Bicycle and main luggage transfer back to Harpenden Rugby Club
- GPX files of the route (if requested)



## Not Included

- Bicycle and Helmet
- Transport back from Amsterdam
- Breakfast on the ferry
- 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 is the hardest and longest but once over to The Netherlands, there are no hills and a relatively small mileage.

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 drinks, snacks, breakfast on the ferry, and any excursions/travel around Amsterdam. You will need Euros to spend in The Netherlands.

## Accommodation

There are cabins on the ferry that all have hot showers and comfortable beds. On the second night you will be staying in a good quality, comfortable hotel in Amsterdam.

## Food

Breakfast on Day 3 will be continental-style with hot drinks and juices. Lunches on riding days 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.

*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