

# London to Hannover

Trip code: LHR



## Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 England, The Netherlands & Germany

 14th - 18th May 2020

Cycle from London to Hannover! Over four days you'll ride through Essex, catch an overnight ferry to the Hook of Holland, then ride along incredible cycle lanes of The Netherlands and Germany to our final destination - Hannover. It is fully supported and guided by the More Adventure team, with your luggage transferred from each of the hotels to the next and back to the UK, so all you need to do is turn up and ride!

## Highlights

- Riding rural roads of Essex
- Catching an overnight ferry in Harwich and waking up in The Netherlands
- The incredible cycle lanes of The Netherlands
- Visiting the university city of Utrecht in The Netherlands
- Crossing the border from The Netherlands to Germany
- Ivy covered cottages, medieval heritage and the ruins of a castle at Tecklenburg
- Arriving at the iconic city of Hannover, Germany

# Detailed Ride Itinerary

## Day 1: London to Harwich

**84 miles & 2700 feet ↑ | 135km & 800m ↑**

Our ride starts in London. Here we'll take some team photos and load up the support vehicle before heading east out of the city and into Essex. During our ride we skirt around Chelmsford and also stop for lunch in the pretty town of Maldon. Our ride today ends at Harwich where we'll have an evening meal before boarding the overnight ferry to the Hook of Holland.



## Day 2: Hook of Holland to Deventer

**111 miles & 1500 feet ↑ | 178km & 500m ↑**

After a good night's rest and breakfast on the ferry we begin our longest ride of the trip. From the Hook of Holland our route takes us east, skirting Rotterdam then through the beautiful city centre of Utrecht. It features a medieval old town, canals, Christian monuments, a well-respected university, and in 2020 will host the start of the Vuelta a Espana cycling race. A gradual climb leads to Amersfoort from which we descend to the river IJssel and to our overnight stop, Deventer. Deventer is home to Holland's oldest library, the Atheneumbibliotheek, and also Holland's oldest park, the Worplantsoen.

## Day 3: Deventer to Osnabrück

**97 miles & 2500 feet ↑ | 155km & 750m ↑**

We leave Deventer to the east towards the city of Oldenzaal. We'll cross the border into Germany, our third and final country of the trip just before lunch. Our route follows the Dortmund-Ems-Kanal through Riesenbeck before a climb up to the spectacular town of Tecklenburg. Aside from pretty little lanes framed by ivy covered cottages and medieval heritage, Tecklenburg is most famous for its Castle, built by the Countess Anna von Tecklenburg-Schwerin. Our overnight stop this evening is Osnabrück, which is known as *Friedensstadt* ("city of peace") due to the part it played in negotiations at the end of the Thirty Years War.

## Day 4: Osnabrück to Hannover

**87 miles & 3600 feet ↑ | 138km & 1100m ↑**

Our final day's ride leaves Osnabrück to the east towards Rodinghausen. It's a relatively undulating ride, with the biggest climb after Porta Westfalica and lunch. We'll soon hit the outskirts of Hannover, the capital and largest city of the German state of Lower Saxony. Here we'll have a celebratory meal before our final evening together in the city.

## Day 5: Hannover to London

Your bicycles and luggage will be driven back to the UK for pickup (location and time TBC). You will catch a flight back from Hannover to collect your bicycle and luggage from the designated pickup point.

*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 leaders and support driver(s)
- 3 x night's hotel accommodation
- 1 x night ferry cabin accommodation
- Ferry crossing from Harwich to Hook of Holland
- 3 x breakfasts
- 4 x buffet-style lunches
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Bicycle and main luggage transfer back to London
- GPX files of the route

## Not Included

- Bicycle and Helmet
- Transfers to Hannover Airport
- Breakfast on the ferry on Day 2
- 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 is hilly in places 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 8+ 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). Yellow Jersey provide general travel insurance (see below for a More Adventure discount).



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 5% 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 in Hannover. You will need Euros to spend in The Netherlands and Germany.

## Accommodation

On the first night you'll be sleeping in a ferry cabin on board our overnight ferry to the Hook of Holland. Hotel accommodation for this trip is based upon twin rooms in good quality, comfortable hotels with hot water showers and excellent amenities. A single room supplement may be possible and this costs an extra £230, this can be added upon booking (based upon availability).

## Food

Breakfast will be eaten in the hotels and will generally be continental-style with hot drinks and juices, except on Day 2 which will be eaten on the ferry. Lunches will be laid out for you to help yourself at each of our buffet 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 but you will have 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 [saddle bag](#), [frame fit bag](#) or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day.

## 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, at least one other 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 16 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*