

Den Bosch to Copenhagen

Trip code: DC



Overview

Total 6 days

Hotels

Difficulty: ★★★★★★

Cycling 5 days

The Netherlands, Germany & Denmark

8th - 12th June 2023

Take your F!Tness to the next level by joining our ride from Dassault Systemes in Den Bosch through three countries to Copenhagen...all in five days cycling! This is the second leg of an incredible journey across Europe through The Netherlands, Germany and Denmark. Beautiful cycle lanes, UNESCO Heritage sites, island hopping Danish-style and reaching the Baltic Sea - this ride is not to be missed. It is fully supported so all you need to do is turn up and cycle!

Fix your bicycle, Improve your performance, and Transform yourself to take on this adventure.

Highlights

- Cycling through three countries in five days
- Riding along perfect cycle lanes of The Netherlands
- Stopping for coffee at Bremen City Hall, a UNESCO Heritage site
- Crossing the Femer Bælt from Puttgarden to Rødby by ferry
- Exploring the Danish islands of Lolland, Falster and Zealand
- Stunning cycle lanes along the Baltic Sea beaches northeast of Hamburg
- Finishing the ride in style in Copenhagen

Detailed Ride Itinerary

Day 1: Den Bosch to Hengelo

94 miles & 1000 feet ↑ / 152km & 300m ↑
We meet at Dassault Systemes offices in Den Bosch where you'll meet the More Adventure team. Those that have had their bicycles transferred to Den Bosch by the More Adventure team will have already been reunited with their bicycles the night before. Here we'll load the support vehicles, take some team photos then we'll set off. Our route heads northeast following the river Meuse before crossing the river Waal to the north of Beuningen. The river Waal is the major waterway connecting the port of Rotterdam to Germany. Just south of the route lies the city of Nijmegen which is the second oldest city in The Netherlands and also the first city to fall into German hands in 1940. We leave the river Waal at Pannerden before heading northeast towards Doetinchem. Our overnight stop is on the outskirts of Hengelo.



Day 2: Hengelo to Wildeshausen

100 miles & 1900 feet ↑ / 160km & 600m ↑

After breakfast we continue our ride northeast towards the town of Oldenzaal then Denekamp. Denekamp is the last town we'll pass before the German border and also the birthplace of Hennie Kuiper, an ex-professional cyclist whose accomplishments included a gold medal in the 1972 Munich Olympic road race in addition to twelve appearances in the Tour de France. We cross the border at around fifteen miles entering the small town of Nordhorn, our first settlement in Germany. A few miles later we'll cross the Dortmund–Ems canal, a 269-kilometre waterway opened in 1899 to reduce demand on the railway network between Dortmund and the seaport of Emden. We tackle our main climb of the day midway through the day, climbing two miles up to the town of Berge to reach our highpoint of the day at 280 feet. Shortly after this we'll reach Quakenbrück, situated on the river Hase, before heading northeast once again to Visbek. The final nine miles are a blast, a brilliant long and straight road for you to perfect your peleton as we ride into Wildeshausen, our overnight stop.

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Day 3: Wildeshausen to Hamburg

95 miles & 2000 feet ↑ / 153km & 625m ↑

We leave Wildeshausen and head northeast through farmland towards the small town of Delmenhorst and into the outskirts of Bremen. It is the largest city on the River Weser, the longest river flowing entirely in Germany and a major cultural and economic hub of northern Germany. Once we've crossed the river we'll stop at the cobbled squares beneath the fine Gothic architecture of Bremen City Hall, a UNESCO Heritage site and the perfect place for a mid-morning coffee. We continue northeast following the river Wörpe to the town of Zeven. We'll soon enter the outskirts of Germany's second largest city, Hamburg, and cross the mighty Elbe, a major European river. Our overnight stop is Hamburg.

Day 4: Hamburg to Fehmarn

107 miles & 3000 feet ↑ / 172km & 900m ↑

After breakfast we pedal northeast through the suburbs of Hamburg towards Bargteheide. We ride through open farmland to the town of Bad Oldesloe, capital of the Stormarn district situated on the river Trave. Here we'll stop for our morning coffee. We follow the river Trave as it meanders through the German countryside to Lübeck, a major port famous for its extensive Brick Gothic architecture and UNESCO World Heritage Site status. The old part of the town is situated on an island enclosed by the Trave and boasts many fine buildings and narrow cobbled streets, we'll hopefully have time for some photos as we pass through. From Lübeck we ride north to reach the Baltic Sea at Timmendorfer Strand then along stunning cycle lanes, passing through Neustadt in Holstein alongside miles of beach. Once we reach the tip of the mainland, our route crosses the sea on the Fehmarn Sound Bridge onto the island of Fehmarn where we'll spend the night.

Day 5: Fehmarn to Copenhagen

107 miles & 2700 feet ↑ / 172 km & 900m ↑

Our day begins with a short ride to a ferry port where we leave Germany behind and enter Denmark, crossing the Fehmarn Belt on a forty-five minute crossing, landing in Rødby at the most south-westerly point on the island of Lolland. Once we've disembarked the ferry our route continues northeast through open farmland to the small town of Maribo, we then leave Lolland at Guldborg by crossing a small bridge to the island of Falster. We finally reach the island of Zealand at Vordingborg, an old ferry town whose symbol is the twenty-six metre tall Goose Tower in the remains of an old royal castle. We skirt around the Præstø Fjord before turning north and onto our climb of the day. After lunch we descend back down to the sea, reaching the seaport town of Køge, home to the oldest town hall in Denmark and numerous well preserved half-timber buildings. The final twenty miles of the ride follow the Køge bayline, becoming slightly busier as we enter the outskirts of Copenhagen. The ride will end in the city before a short ride to our hotel for the evening. We'll have a team celebratory meal and a few drinks in the city - congratulations, you made it!



The end of the trip

Your bicycles and luggage will be driven back to the UK for pickup, they will be ready for pickup a couple of days after the trip has ended. Return transport from Copenhagen is not provided so you'll need to arrange this yourself. If you're travelling elsewhere then please get in touch to see if we can help with the transportation of your bicycle and luggage.

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)
- Support vehicle
- 5 x night's hotel accommodation
- Ferry crossing from Germany to Denmark
- 5 x breakfasts
- 5 x buffet-style lunches
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Bicycle transfer from the UK to Den Bosch
- Bicycle transfer from Copenhagen back to the UK
- GPX files of the route (if requested)



Not Included

- Bicycle and Helmet
- Travel to Den Bosch
- Return travel from Copenhagen
- Evening meals, drinks and snacks
- Insurance

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Trip Notes

Bicycle transfers from the UK

Your bicycles will be transferred from the UK to Den Bosch for the beginning of the ride then returned to the UK from Copenhagen once the trip has ended. There will be two pickup/dropoff locations in the UK and these will be confirmed a little closer to the trip. If you are flying with your bicycle or travelling from somewhere other than the UK then we can store any bicycle boxes in the support vehicle for the duration of the trip.

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 on most days 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.

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).



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 MOREADV10 for 10% off.

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 Copenhagen, and lunch on Day 6. You will need Euros to spend in The Netherlands, Germany and Denmark.

Accommodation

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 £325, 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. 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 it is essential 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 weather. 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.

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 two experienced and qualified cycle leaders 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 20 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.