

TRIP ITINERARY · CYCLING · UK, FRANCE, BELGIUM & THE NETHERLANDS

LONDON TO AMSTERDAM

Four countries in four days: Kent, the Belgian coast, magical Bruges and the canals and cycle lanes of the Netherlands, finishing in Amsterdam.

5 days	4	294 miles	Hotels	★★★☆☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Pedal from the capital of the UK through France and Belgium into the Netherlands, finishing in the magnificent city of Amsterdam. Fully supported and guided, with no sponsorship required.

Cycle through four countries in just four days! This fantastic trip will see you pedalling from the capital of the UK, through France, Belgium and finally The Netherlands. Over four days you will cycle around 300 miles with plenty of time to soak up the different landscapes and cultures we pass through. Each evening we'll be staying in hotels giving you the chance to shower and relax before the following day's ride.

Upon arriving into Amsterdam on Day 4, we'll have a celebratory group meal. You will then have the following day to explore this vibrant city before travelling back to London on the train.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Riding through the Garden of England, Kent
- ✓ Catching a ferry from Dover to Calais, France
- ✓ Wandering around the historic city of Bruges, a UNESCO Heritage Site
- ✓ Cycling along the flat, open cycle lanes of Belgium and The Netherlands
- ✓ Picturesque canals, boats and windmills
- ✓ Exploring the incredible city of Amsterdam

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/london-to-amsterdam-cycle/

DAY BY DAY

DETAILED ITINERARY

1

77 MILES · 4,100 FT CLIMBING | OVERNIGHT: CALAIS | FERRY CROSSING

DAY 1: JOIN TOUR IN LONDON, CYCLE TO CALAIS

We meet early at Blackheath Common and after a short cycle through the outskirts of London, our route passes through Kent to the port at Dover. We will arrive at the ferry for a late afternoon crossing to Calais during which we'll have dinner. Once in Calais it is a short cycle to our hotel for a well-earned rest.



2

76 MILES · 550 FT CLIMBING | OVERNIGHT: BRUGES

DAY 2: CALAIS – BRUGES

After breakfast, we begin our ride east, skirting around the town of Dunkirk, before crossing the border into Belgium. Our route then follows the Belgian coast to our overnight stop, Bruges. Bruges is the capital city of the West Flanders region, the historic city centre of which is a UNESCO Heritage Site.



3

86 MILES · 1,500 FT CLIMBING | OVERNIGHT: VLAARDINGEN | BRESKENS FERRY

DAY 3: BRUGES – VLAARDINGEN

Don't let the mileage put you off today! During the first 25 miles we cycle northeast to Breskens where we take a foot passenger ferry crossing the Western Scheldt estuary to Vlissingen. Once over, our route crosses several similar inlets but this time on bridged roads. When we say there are very few hills today, we really mean it – we should fly along the second part of the ride (provided the wind is kind)! Our ride today ends at Vlaardingen on the outskirts of Rotterdam, the second-largest city in The Netherlands and one of the largest ports in the world.



4

55 MILES · 300 FT CLIMBING | OVERNIGHT: AMSTERDAM | CELEBRATION MEAL

DAY 4: VLAARDINGEN – AMSTERDAM

Leaving Rotterdam behind, our route today heads northeast, skirting around the Netherland's governmental hub of The Hague. You'll know we're getting close as we pass Amsterdam's airport in the southwest of the city. A further ten miles and we reach the capital city of Amsterdam, one of the most cycle-friendly cities in the world! You made it! This evening we should have plenty of time to check into our hotel, grab a shower and have a final celebratory group meal in a nearby restaurant.



5

FREE DAY | TRAIN HOME

DAY 5: AMSTERDAM

Your bicycle and main piece of luggage will be transferred from Amsterdam to London St Pancras Station. You have the day to explore the sights of Amsterdam before getting a train from Amsterdam to London in the afternoon. Here, the trip ends. If you wish to fly or travel to a different onward destination, you will need to take your bike and luggage with you.

*Single room supplement is £180, this can be added upon booking.



THE ROUTE

LONDON TO AMSTERDAM



Day 1 · London → Calais	**77 miles**
Day 2 · Calais → Bruges	**76 miles**
Day 3 · Bruges → Vlaardingen	**86 miles**
Day 4 · Vlaardingen → Amsterdam	**55 miles**

GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader(s)
- ✓ Support driver / bicycle mechanic
- ✓ Support vehicle(s)
- ✓ 4 x night's hotel accommodation
- ✓ 4 x breakfasts
- ✓ 4 x buffet-style lunches
- ✓ Ferry crossing from Dover to Calais
- ✓ Ferry Crossing from Breskens to Vlissingen
- ✓ All luggage transported during your trip
- ✓ Bicycle and main luggage transfer back to London from Amsterdam
- ✓ GPX files of the full route (emailed when the trip is confirmed)

NOT INCLUDED

- × Bicycle and Helmet
- × Transport to and from pick-up and drop-off points
- × Eurostar train back to London from Amsterdam
- × Evening meals, drinks and snacks
- × Optional excursions in Amsterdam
- × Personal Travel Insurance

Single room: +£225, added when you book.

Getting home: Book your own train back from Amsterdam; we bring your bike and main bag to London St Pancras.

GOOD TO KNOW

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. You will be cycling through rolling countryside which will 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 through England is the hardest and longest but once over to France, there are very few hills but the mileages are still considerable on Day 2 & 3. 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

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. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. 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

It is essential that you obtain travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and 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 including 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

Meals each evening tend to cost between £15 and £20. You will also need to budget for any excursions, travel around Amsterdam and lunch on day 5. You will need Euros to spend in France, Belgium and The Netherlands.

ACCOMMODATION

Accommodation for this trip is in good quality, comfortable hotels based upon twin sharing. All have hot water showers and excellent amenities. A single room supplement may be possible for an extra cost, this can be added upon booking (based upon availability).

FOOD

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches 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 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 two 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 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 weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day 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, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other (if required). 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. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

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Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.