

TRIP ITINERARY · CYCLING · NETHERLANDS & BELGIUM

TULIP & TRAPPIST

Overnight ferry to Holland, then five days on classic Dutch and Belgian bike paths through Bruges, Ghent, Antwerp, Breda and Amsterdam.

6 days	5	343 miles	Hotels	★★★☆☆	Spring & summer
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

A cycling adventure through Europe's heartland, blending history, culture and classic Dutch and Belgian bike paths, from fairy-tale Bruges to canal-lined Amsterdam.

Set out on an unforgettable cycling journey where every day brings a new blend of history, culture, and breathtaking landscapes. The adventure begins with an overnight ferry from Harwich to the Hook of Holland, setting the stage for five days of discovery on two wheels. From the windswept Dutch coast, ride south to Belgium's fairy-tale Bruges, then onward through medieval Ghent to the vibrant city of Antwerp. Turning north, the route crosses back into the Netherlands to charming Breda before leading into Amsterdam, a city of canals, art, and lively streets. The final day traces the waterways back to the Hook of Holland, where the ferry awaits to carry you home. Along the way, expect a tapestry of cobbled squares, Gothic spires, serene canals, and classic Dutch cycling paths — the perfect backdrop for an epic ride through Europe's cycling heartland.

★★★★★

"I've recently returned from a trip with More Adventure cycling in The Netherlands and Belgium... Tom and his team deliver a first class trip on all levels. Trips are well organised and the itinerary flows really well."

Nikki Fletcher · Google review

HIGHLIGHTS

- ✓ Overnight ferry with cabins from Harwich
- ✓ Bike-only ferries across the Dutch and Belgian waterways
- ✓ Fairy-tale Bruges and medieval Ghent
- ✓ Antwerp's Grote Markt and the Kalmthoutse Heide
- ✓ Canal-lined Amsterdam
- ✓ The North Sea coast via Zandvoort and Scheveningen

FROM **£1,475** per person · secure your place with a 40% deposit (£590)

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/tulip-and-trappist-cycle/

DAY BY DAY

DETAILED ITINERARY

0

OVERNIGHT FERRY | OVERNIGHT: FERRY CABIN | HARWICH

DAY 0: HARWICH FERRY

We meet in the evening where you'll be met by the More Adventure team and catch the overnight ferry to The Netherlands.

1

86 MILES · 650 FT CLIMBING | OVERNIGHT: BRUGES | BIKE-ONLY FERRIES

DAY 1: HOOK OF HOLLAND TO BRUGES

The overnight ferry arrives at 08:00, from here you'll cycle from the Hook of Holland to Bruges which starts with a ferry from Maassluis to Rozenburg. The route passes through charming towns and stretches of quiet countryside before reaching Vlissingen, where you can board another bicycle-only ferry across the Westerschelde to Breskens. From there, the ride continues through Zeeland's polders and dykes before crossing into Flanders and rolling into the medieval heart of Bruges.



2

68 MILES · 575 FT CLIMBING | OVERNIGHT: ANTWERP | VIA GHENT

DAY 2: BRUGES TO ANTWERP VIA GHENT

The ride begins in Bruges, winding along canals and quiet roads toward the vibrant university city of Ghent, with its striking towers and riverside quays. From there, the route follows the Scheldt River northeast, leading you through peaceful villages and flat landscapes before arriving in Antwerp, a bustling port city with rich history and stunning architecture.



3

55 MILES · 450 FT CLIMBING | OVERNIGHT: BREDA | VIA BERGEN OP ZOOM

DAY 3: ANTWERP TO BREDA VIA BERGEN OP ZOOM

We set off from the historic Grote Markt and ride north along the Scheldt River before leaving the city on quiet cycle paths into the Kalmthoutse Heide, a beautiful heathland nature reserve with wide open landscapes. We cross into the Netherlands and explore the fortified town of Bergen-op-Zoom with its medieval squares and fortifications. We continue east through North Brabant's countryside to the small town of Oudenbosch, famous for its Basilica of St. Agatha and St. Barbara, a scaled-down replica of St. Peter's in Rome. Soon we'll arrive in Breda, a lively city with a historic castle, canals, and a welcoming main square.



4

79 MILES · 600 FT CLIMBING | OVERNIGHT: AMSTERDAM

DAY 4: BREDA TO AMSTERDAM

From Breda, you ride north to Dordrecht, with its picturesque harbor and old town, before continuing through the wetlands of the Biesbosch, where Uitkijkpunt Lührs offers panoramic views of the landscape. The route then leads toward Aalsmeer, famous for its flower industry and lakes, before finishing in Amsterdam, where the canals and vibrant streets mark the end of today's ride.



5

55 MILES · 775 FT CLIMBING | FERRY HOME

DAY 5: AMSTERDAM TO HOOK OF HOLLAND

Today's route is a scenic ride that follows the North Sea through wide beaches, sand dunes, and lively seaside towns. The ride takes you past places like Zandvoort and Scheveningen, with plenty of chances to stop for sea views or fresh seafood. Riding the well-marked coastal paths, you eventually reach Hook of Holland, where the dunes meet the busy harbor at the mouth of the Nieuwe Waterweg. We'll catch the ferry in the early afternoon from the Hook of Holland, arriving in the evening at Harwich where the trip ends and we say our goodbyes.

Single room supplement is £260 and you can add this upon booking.



THE ROUTE

HARWICH TO AMSTERDAM AND BACK



Day 1 · Hook of Holland → Bruges	86 miles
Day 2 · Bruges → Antwerp	68 miles
Day 3 · Antwerp → Breda	55 miles
Day 4 · Breda → Amsterdam	79 miles
Day 5 · Amsterdam → Hook of Holland	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

- ✓ Professional cycle leader
- ✓ Support driver
- ✓ Support vehicle throughout
- ✓ Ferry and cabins to/from the Hook of Holland
- ✓ 4 nights' hotel accommodation (min 3*)
- ✓ 4 x breakfasts
- ✓ 4 x buffet lunches
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Bespoke webpage for information and booking
- ✓ Risk Assessments and Event Insurance

NOT INCLUDED

- × Bicycle and Helmet
- × Evening meals
- × Getting to/from start/finish locations
- × Personal ride snacks
- × Personal travel insurance

Parking: See the FAQs for parking at Harwich.

GOOD TO KNOW

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. This is a relatively flat route but experience riding for 6-8 hours is recommended. If you are unable to keep a moderate pace or you simply want a break, you will be picked up and 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 6-8 hour cycles so you will know what is required. A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades 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 a training plan visit https://www.trainingpeaks.com/ who offer free and paid training programmes (you can also get a British Cycling member discount).

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. For any significant pre-existing medical conditions we will require a comprehensive medical declaration form that may need to be verified by your GP.

INSURANCE

We recommend that you obtain travel insurance for this trip and personal travel medical 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 offer cycling-specific travel insurance cover (see below). 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/activities in Bruges and Amsterdam. You will need Euros to spend in The Netherlands and Belgium. Most shops, transport and cafes accept card payments but it may be worth having a few coins to pay for the occasional toilet.

ACCOMMODATION

Accommodation for this trip is in good quality, comfortable hotels (except on the ferry), all have hot water showers and excellent amenities. Room allocations are based upon twin sharing but a single room supplement may be possible for an extra cost and this can be added upon booking (based upon availability). You will have a cabin to sleep in on the overnight ferry, these have ensuite hot showers, toilets, bedding and towels.

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 or will be eaten at cafes. They will usually 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. 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 leaders will assist you with any minor bicycle repairs. You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Continental Grand Prix 4-Season). 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 but please bring a waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and a couple of changes of clothes for evening meals. We recommend you bring clothing that you are comfortable cycling in. This may include (but is not limited to) padded cycling shorts/leggings, a 'wicking' t-shirt/long sleeved base layer, and a lightweight waterproof. There is limited space on the support van so we recommend that you keep clothing and luggage to a minimum. No laundry will be available on this trip. It is essential that all riders wear a cycling helmet. You also need the provision to carry a minimum of 1.5 litres of water when cycling. This can be in the form of cycle-mounted bottles or in Camelback-style backpacks.

LUGGAGE

You will need two pieces of luggage on this trip; a grab-bag with items you may require throughout each day's ride and then one large holdall/suitcase for other items you will need at each hotel. Please also 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, but it's a good idea to be as self-sufficient as possible. This trip will run on a minimum number of 8 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run. Next Steps To secure a place for the event, a 40% non-refundable deposit will need to be paid, you'll also create a More Adventure account. In your account you can view the event details and also make payments towards the final balance. The final balance needs to be cleared no later than five weeks before the event begins.

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

WhatsApp 07719 224663

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.