

London to Amsterdam Cycle

Trip Code: LA



“

Great route, challenging, amazingly organised with much needed large lunches, lovely accommodation and overall a very enjoyable trip :)”

Megan, London to Amsterdam Rider 2015

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Total 5 days Hotels Difficulty: ★★★★★

Cycling 4 days UK, France, Belgium & Holland May - September

Overview

Cycle through four countries in just four days! This fantastic trip will see you pedalling from the capital of the UK, through Belgium and into The Netherlands to the magnificent city of Amsterdam.

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, 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.

Highlights

- Riding through the Garden of England, Kent
- The historic city of Bruges, a UNESCO heritage site
- Cycling through the flat, open cycle lanes in Holland
- The vibrant capital city of Amsterdam

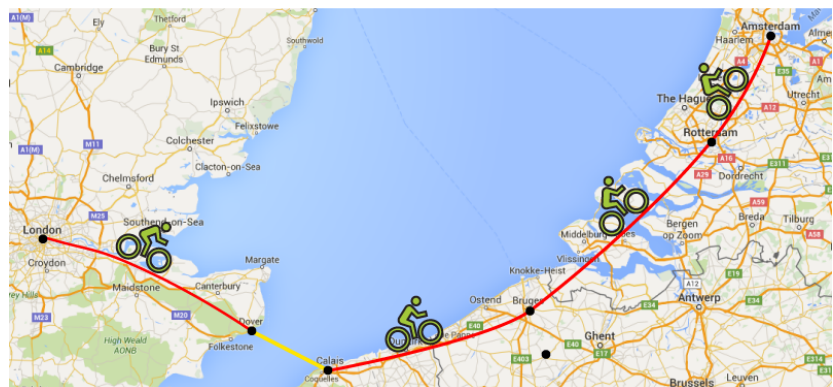
Detailed Itinerary

Day 1: Join tour in London, cycle to Calais (76 miles)

We meet early at Blackheath Common at 07:00 for a trip briefing. After a short cycle through the outskirts of London our route passes along country roads through Rochester and Canterbury before meeting our ferry in Dover. We will arrive at the ferry for a late afternoon crossing to Calais. Dinner can be purchased on the ferry. Once in Calais it is a short cycle to our B&B for a well-earned rest.

Day 2: Calais - Bruges (72 miles)

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



Day 3: Bruges - Rotterdam (86 miles)

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! Our ride today ends on the outskirts of Rotterdam, the second-largest city in The Netherlands and one of the largest ports in the world.

Day 4: Rotterdam - Amsterdam (55 miles)

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.

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.



Included

- Cycle Leader/s and Support Driver/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
- Train and Eurostar from Amsterdam to London St Pancras

Not Included

- Bicycle and Helmet
- Transport to and from pick-up and drop-off points
- Evening meals, drinks and snacks
- Optional excursions in Amsterdam
- European Health Card
(www.ehic.org.uk/Internet/home.do)
- Insurance



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.



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. Day 1 is 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.

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. Although this is a fairly flat trip we still recommend you get some hill practice in 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). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

You must also bring a European Health Card (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

Meals each evening tend to cost between £10 and £15. You will also need to budget for any excursions, travel around Amsterdam and lunch on day 5. You will need Euros to spend in Europe.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels. All have hot water showers and excellent amenities.

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 in the price and we will give you the opportunity to eat out as a group at a local pub/restaurant. Approximate costs per evening meal £10-£15.

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 AW2; 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 days cycling and for evening meals. Better to “have and not need than to need and not have”!

Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. 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.

This trip will run on a minimum number of 12 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. 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, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

