LONDON TO AMSTERDAM

6 – 8 JUNE 2014
• Leading the way in charity challenges since originating the concept in 1992
• Over 45,000 people have cycled, trekked, run, scaled mountains & ridden horses with us worldwide, while participating in a charity challenge event
• Over £85 million has been raised for hundreds of good causes
RESPONSIBLE TOURISM

- Responsible Tourism is very important to us
- Challenges should be sustainable, with minimal negative impact on the environment
- Please help us by:
  - Never leaving litter behind – bag it & bin it!
  - Understand cultural norms and be prepared
  - Take environmentally friendly equipment, toiletries etc.
OVERVIEW

• 2 day cycling challenge
• Cross the North Sea, Harwich – Hook of Holland
• Enjoy rural Holland scenery
• Finish in Amsterdam
TYPICAL DAY

• Early wake up and breakfast
• Warm-up and briefing
• Stop every 15 – 20 km for water / snack breaks
• 1 – 1½ hour lunch
• Evening dinner & briefing
WEATHER

- Unpredictable!
- Ave. Day Temp: 15 - 20°C
- Prepare for all weather conditions – bring sun cream AND waterproofs!
TERRAIN

• UK: Mixture of flat, undulating and hilly terrain
• Holland: Generally flat
YOUR BIKE

- Bring your own bike – ensure it is fully insured
- Must be road worthy – have it serviced
- You must wear a cycling helmet
- Mountain bike – fit slick (smooth) tyres

KIT TIPS!

- Helmet
- Padded cycling shorts
- Cycle gloves – fingerless, gel pads
- Water bottle with lid
- Small first aid kit
- Decent sized bum bag for sun cream, tissues, waterproof etc.
• Challenging bike ride – you will need to train
• Follow the training guidelines provided
• Start slowly & build up stamina
• Include hilly terrain

With training, you’ll enjoy the bike ride and achieve the challenge!
You will be supported by:

- Tour Manager – Miriam Zupolle
- Tour Assistants – Henk Blanckenberg and Joanthan Bennett
- UK Doctors – Lee McKay, Richard Emms and Jenny Allen
- Charity Reps – Amy Lancaster Smith, Dan Richards, Adrian White and Gareth Ellis-Thomas
- Local Guides
- Mechanics
ACCOMMODATION

- 4* hotel
- Overnight ferry
- Rooms will be single sex twins & quads share on the ferry
FOOD & DRINK

**Food**
- Wholesome & tasty to provide energy
- Snacks provided at breaks

**Water**
- Tap water is safe
Day One: Leyton Orient Football Club – Harwich, approx. 141 km

• Leave the Premier Inn London Stratford at 06:15 and meet at Leyton Orient Football Club (Brisbane Road entrance) for a briefing at 06:45

• Cycle through the towns of Essex countryside

• Break for lunch at The Bull at Great Totham at 12:30* before pressing on to Colchester Stadium at 16:00*

• Dinner at Parkston Railway Club at 19:00*

• Catch overnight ferry to the Hook of Holland

*This is an estimated time and is subject to change. You will be given our driver’s contact number who will be able to give you a more accurate time once the group are on route.

And away we go!
Day Two: Hook of Holland – Amsterdam, approx. 97 km

• Breakfast and disembark ferry at 07:45

• Cycle through the dunes

• Discover the rural areas of Holland

• Fly through the finish line at the NH Musica Hotel at approximately 17:00

• Enjoy a celebratory meal to toast our achievement

HIGHLIGHT OF THE DAY!

Completing your stadium tour with a stop at the world – famous Amsterdam Arena!

A toast to the achievement!
Day Three: Amsterdam– London St Pancras

- Free morning to explore
- Midday* transfer to Brussels
- Eurostar to London St Pancras arriving at 19:10
- Reunited to collect bikes
CURRENCY & SPENDING MONEY

Euro: £1 = €1.2 approx. (April 2014)

• £100 - £150 spending money
• Credit cards accepted
• Tips – recommend £15 per person