



**prevent  
breast  
cancer**

# **London to Amsterdam**

***27th - 30th June 2019***

**Cycle approx. 150 miles over 2 days from London to Amsterdam, finishing with a day free to explore this vibrant city!**

**Join us on this awesome challenge as we cycle together to raise vital funds and awareness for Prevent Breast Cancer.**



# Itinerary



## **Day 1 – Thursday 27<sup>th</sup> June – Arrival Day**

On arrival in London you can check into your starting hotel. You will meet the crew at registration this evening, who will give you details of your first day of cycling. Your bikes will have arrived safely in advance and will be ready and waiting for you to start your challenge. As participants will be arriving throughout the day and evening, tonight's evening meal is not included but there are dining facilities at the hotel and of course nearby.

## **Day 2 – Friday 28<sup>th</sup> June – London to Harwich**

### ***Approximate cycling distance 131km (82 miles)***

Your challenge begins from an early start, after registration and bike checks from our experienced mechanics, as you head out north eastwards towards Harwich cycling through lovely villages including Wethersfield and around Colchester and on to our final destination. We have evening dinner in Harwich before catching our overnight ferry to the Netherlands and the Hook of Holland. Cyclists will spend the night on the ferry.

## **Day 3 – Saturday 29<sup>th</sup> June – Hook of Holland to Amsterdam**

### ***Approximate cycling distance 104km (65 miles)***

After an early morning hearty breakfast on the ferry, we head off towards the Dutch capital on the flat cycle paths of Holland, hugging the coast and passing beaches and coves along the way. Cycling through The Hague and some typical Dutch towns, Scheveningen and Noordwijk-Binnen we welcome a delicious Chapeau lunch near Langevelderslag . Once fuelled, our journey continues towards Hillegom as we head towards our holding point on the outskirts of Amsterdam. Cyclists will be escorted into the centre passing famous sites such as the Olympisch Stadion and the Van Gogh Museum.

## **Day 4 – Sunday 30<sup>th</sup> June – Day in Amsterdam**

After a night's celebration of your fantastic achievement and a much needed leisurely breakfast as you wake in this vibrant city, the event comes to an end. Your bikes will be safely transported back to the UK leaving you hassle free enjoy the amazing delights that Amsterdam has to offer. Direct flights to major airports in the UK are available too, ensuring a much smoother journey back home after two days in the saddle!

**TO REGISTER YOUR INTEREST OR FOR MORE INFORMATION PLEASE CONTACT PHOEBE VICKERS;  
Email: [phoeb@preventbreastcancer.org.uk](mailto:phoeb@preventbreastcancer.org.uk) - Tel: 0161 291 4405**

# Frequently asked Questions?



## What's Not Included?

Personal transport to route start in London and from route finish in Amsterdam, although direct flights available to major airports in the UK  
A bicycle

Personal travel insurance

Drinks, personal items or entry to any optional tourist sites you may want to visit.

Remember to allow extra cash for drinks, snacks, souvenirs and other personal expenses.

We recommend you carry a credit card in case of personal emergency.



## What's Included?

Full bike transport to route start and from route finish in Amsterdam – Drop points off TBC

All accommodation based on twin share for 3 nights (single accommodation is available at a supplement of £175 for the full event). Second night accommodation on the overnight ferry.

All meals starting from breakfast on day two to breakfast on departure day

Complete transport of luggage between hotels during the ride

Full trip support including mechanics, first aid, drivers and full route support and outriders

Water stops

Celebration meal in Amsterdam at the end of your ride.



## How much does it cost?

You will need to pay a £100 registration fee to secure your place on the challenge. We then ask you to raise a minimum of £950 sponsorship in aid of Prevent Breast Cancer. This includes the cost of your place onto the event, of which £475 will need to be raised eight weeks prior to the event start. For cyclists wishing to self fund their own place on the event and raise the lower amount of £475 for Prevent Breast Cancer, simply let us know when you register.

## How will I get my bike back from Amsterdam?

When you arrive at your hotel in Amsterdam your bikes will be loaded onto transport and taken safely back to the UK for you. There will be pre-arranged drop of points (venue to be determined). This will give you a lot more flexibility in your return travel. We will also arrange a service to transport bikes to the start of the event if required, free of charge.

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## FAQs Cont...

### **Will I have to carry my kit?**

No, your bags will be transported each day from hotel to hotel, so all you need to carry is what you need for that day's ride.

### **What can I expect from your accommodation?**

Accommodation is on the overnight ferry on day two and in a 3-4\* hotel on days one and three, picked for its proximity to our route. All the accommodation we choose are excellent with en-suite facilities, offering exceptional value for money; standards however may vary between the accommodation types. The price of this trip is based on two people sharing a room. If you are travelling on your own don't worry, we will pair you up with somebody in a similar position. You can also opt for a single room, but this will incur a supplementary charge of £175 for the event.



### **Is food included?**

As part of the event package you will receive 3 meals a day, starting from breakfast on day two to breakfast on departure day. You will also receive 2 'water stops' on the ride, which include water and high energy drinks and snacks. Lunch is provided by Chapeau Catering and includes hot and cold buffet along with arguably the best homemade cakes!

### **What about insurance?**

It is a pre requisite of event participation that you have adequate travel insurance to cover any medical costs and your personal possessions for the duration of the ride. This is not included in the event price and will need to be arranged independently.

### **How fit do I need to be?**

You will be in the saddle for upward of 60 miles a day for 2 consecutive days, so you should ensure, as a minimum that you are comfortable riding a 50 mile day and have achieved this regularly before you leave for the trip. Whilst the profile for this event is mainly flat on day two, day one will be undulating terrain, so you should include some easy hilly rides in your training. We design our challenges so that everyone can go at their own pace; this is not a race.

### **How will I know where I'm going?**

This is a fully supported ride and as such you will have a dedicated event crew at your service throughout the event. They will mark the route with florescent arrows, provide you with refreshments, fix any mechanical problems with your bike, offer first aid and lots and lots of encouragement!

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