



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

DARLINGTON TO AMSTERDAM
CANX
UK

Fri 25 May - Tue 29 May 2018





In aid of Children with Cancer UK

25 May - 29 May 2018



5 DAYS | UK & NETHERLANDS | CHALLENGING

Join this exclusive cycling challenge in support of Children with Cancer UK. The 380km cycle starts in the Market Town of Darlington in North East England and will see you pedal across stunning countryside in the UK and the Netherlands to Europe's cycling capital, Amsterdam. The Netherlands is renowned for its flat landscape of canals, tulip fields, windmills and cycling routes making it the perfect destination for your cycling adventure.

- Cycle 380km over Spring Bank Holiday
- Depart from the ancient Market Town of Darlington
- Fundraise for Children with Cancer UK
- Ride through the stunning Dutch countryside
- Toast the end of your ride in the capital of cycling - Amsterdam!

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 25 May

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Darlington to Hull – cycling approx. 150kms / 93 miles

Starting your exclusive cycling challenge in the Market Town of Darlington at Bannatyne's Health Club, today will see you heading south-east in order to conquer the longest day of your cycle ride. Passing through stunning English countryside, you will circumnavigate the North York Moors National Park in North Yorkshire which is renowned for largest expanses of heather moorland in the UK. Your route will then head towards Hull, the UK City of Culture in 2017, and to the edge of the North Sea. Before your ferry departure you will have time for a group meal before settling down for the night in your ferry cabin en-route to Hook of Holland in the Netherlands.

Light breakfast, check-point drinks & snacks, lunch, dinner and overnight ferry cabin accommodation included.

DAY 2 Sat 26 May

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Hook of Holland to Breda – cycling approx. 112kms / 70 miles

Today will see you cycling out of the Hook of Holland where the scenery will quickly change from iconic canals to the farming landscape of central Holland. You will pass the outer edges of De Biesbosch National Park, one of the largest national parks of the Netherlands and one of the last extensive areas of freshwater tidal wetlands in Northwestern Europe.

Cars are not permitted on cycle paths in Holland so you will feel like a local and have the chance to fully enjoy the stunning Dutch countryside and quaint villages. You will then pedal your way in to the medieval town of Breda where you can experience numerous medieval buildings that have managed to remain intact to this day.

Breakfast, check-point drinks & snacks, lunch, dinner and overnight accommodation included.

DAY 3 Sun 27 May

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Breda to Amsterdam - cycling approx. 118kms / 74 miles

Today sees the finale of your challenge as you head to one of the world's most pedal-friendly oasis, Amsterdam. You will start the day leaving the delights of Breda and head north towards one of the Netherlands' oldest cities, Utrecht. With a compact medieval centre set out around canals and warehouses built in the 13th century, this city will take you on an historic experience of the Netherlands as you pedal closer to the finish line. Reaching the capital of the Netherlands via bike lanes and cycle paths, you will be immersed in Amsterdam's artistic heritage, elaborate canal system and narrow houses with gabled facades. Few cities meld history with modern urban flair like Amsterdam marking the perfect finish in order to celebrate your achievement of completing this fantastic cycling adventure.

Breakfast, check-point drinks & snacks, lunch, celebration dinner and overnight accommodation in Amsterdam included.

DAY 4 Mon 28 May

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Amsterdam to Hull (Spring Bank Holiday)

Today you will have the morning to explore the vibrant and colourful city of Amsterdam before setting off on your return

journey home. Following lunch you will be transferred by bus to the Hook of Holland where you will board the ferry for your overnight voyage to Hull, UK.

Breakfast, dinner and overnight accommodation in the ferry cabin included.

DAY 5 Tue 29 May

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Hull to Darlington (Morning)

You will have an early morning ferry arrival in Hull where you will then be transferred by coach to Bannatyne Health Club in Darlington where you will be reunited with your bike which is transferred separately by road.

Breakfast on the ferry and coach transfer included.

NB

The itinerary is there as a guide and may change for a variety of reasons. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

SELF FUNDER

Pay a registration fee of £195.00 when you book.

Then a balance of £980.00
(8 weeks before your challenge).

Raise as much as you can for Children with Cancer UK.

MINIMUM SPONSORSHIP

Registration fee of £195.00 when you book.

Raise a minimum of £2,000.00 for Children with Cancer UK.

You will need to organise travel to arrive at the starting point at Bannatyne's Health Club in Darlington and to return home at the end of the challenge from the same place. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

WHAT'S INCLUDED?

BEFORE YOU GO

- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Cycle Surgery in the UK
- Public liability insurance
- Risk assessment and emergency management planning
- Fundraising advice
- 16 and 20 week trek/bike training schedule

ON YOUR CHALLENGE

- Accommodation during the challenge (usually in twin share)
- All challenge management before, during and post event
- A donation to Charity Challenge's local community development projects (see our Responsible Travel page)
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Return Ferry tickets
- All internal transfers
- Drinks and snacks available throughout the day
- Celebratory drink at the finish line
- Bike transfer from Amsterdam to Darlington
- A Charity Challenge T-Shirt

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- Access to UK based training weekends (optional and at additional expense)
- Clothing and equipment listed on your Kit List

ON YOUR CHALLENGE

- Bike and helmet
- Specialist comprehensive travel insurance
- Personal spending money

THE DETAILS

FUNDRAISING DEADLINES

You will need to send your sponsorship money to the charity as you raise it. At least 100% of the minimum sponsorship required must be sent to the charity 4 weeks before departure (by 27/04/2018). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

TYPICAL GROUP SIZE

The typical group size is 20 - 50 participants

OPTIONAL EXTRAS

Travel insurance
Single room supplements*

(*subject to availability)

TRAVEL INSURANCE

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £37.00

Emergencies

The back up support vehicle will never be far away from participants and can be used in the event of an emergency. Contact will be maintained between challenge leader, guides and support team throughout the challenge. Mobile phones have good general coverage and all guides carry one. You will always be given an emergency card with your leader's number on it and those of the guides.

Group Size

Our group size will be around 20 to 40 people.

Insurance

We have an insurance policy for our bike rides. However, the bike coverage is excluded from the cover. They are normally covered under home contents insurance which usually includes cover when away from the home, but you should always confirm this with your home insurer / broker. This policy is optional, and you can of course seek your own cover. We also recommend that you bring with you an EU Health Insurance card in case of medical emergency. You can easily obtain one of these free of charge.

Money

Cash: We recommend approximately £125 in Euros as a sufficient amount for your Darlington to Amsterdam Cycle Challenge, and you could bring this all in cash, or in a mixture of cash and a bankcard (check with your own bank about relevant charges). You will need a debit or credit card in case of emergency.

ATMs: There will be ATMs on each nightly stop, but you are unlikely to pass them during the day.

Tips: We recommend approximately £10-£15pp for tipping, which will be given to the challenge leader at the end of the challenge and split between all of the leaders and drivers fairly.

Training

This challenge is suitable for all levels, as it is guided. If you have never cycled before, this ride is still achievable with the correct ride preparation. We advise that you start at least 5 months ahead of the ride with some short distances at weekends and whenever you can during the week. 5-10miles is not a great distance and will help your bottom and legs get used to it all. By 3 months prior to departure, you should be able to take on longer rides, up to 40-50miles in a day. If you live in a flat area it is well worth getting out and finding some hills, and whilst this may hurt, the more of these you do the easier you will find the ride and the rest of your training. Within a month of the ride we recommend that you have done at least one 2-day ride. This will be the best indication of how well you are doing and mentally prepare you for the 3 days to Amsterdam. If you cannot maintain a steady average speed of 8 miles per hour you are unlikely to be able to complete each day's cycling. You may therefore be asked to get in the van. If possible, try to train with a group as it will make it much easier to get motivated.

Packing your bike

Bikes can be packed into a bike box if you wish, but please notify us beforehand so that we can ensure there is enough room for the box in our vehicles. You will be expected to have the necessary tools with you to construct and deconstruct your bike. Once you have completed the challenge we will transport your bikes back to Darlington by van.

Type of Bike

Typically a good road bike is recommended for the challenge; however a hybrid and mountain bike would be suitable, but possibly make your life more difficult. A mountain bike may struggle to keep up with the same pace as some cyclists on a road bike because it will be heavy and the tyres are wider. We would recommend that the bike is serviced the week before your challenge to ensure that the brake and gear cables along with brake pads haven't been worn out during your pre-challenge training.

Clothing and Equipment

Choosing the right kit could make a huge difference to your enjoyment of the challenge. You will need to bring your own helmet so that the fit will be perfect. You will not be allowed to ride unless you wear a helmet. We recommend you bring your own gloves too. They are an essential piece of kit that will relieve strain and abrasions in the event of a fall. You must also bring your own padded cycle shorts, and stiff-soled sports shoes are recommended if you are not wearing SPD shoes. You will need to bring your own puncture repair kit, inner tubes and pump with you in case you get a puncture during the challenge. Please refer to the kit list for more details [here](#).

Your main luggage will go in the support vehicle that is transported to the hotel each night and you will only need snacks, camera, drinks etc. in your jersey pockets or backpack for the day.

Why book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from hotel accommodation, your evening meals, breakfast, lunch and plenty of snacks and water stops whilst on the bike ride.
- The very best cycling tour leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- Accommodation in the heart of Amsterdam.

Level of Difficulty

The Darlington to Amsterdam Cycle Challenge is graded as challenging. This is the perfect challenge for participants who haven't experienced cycling abroad and who haven't experienced the feeling of consecutive days riding before. It is a strenuous challenge which will allow people to push themselves out of their comfort zone. You can tell your supporters that on your Darlington to Amsterdam Cycle Challenge you will be:

- Cycling from around 8 hours each day
- Covering roughly 380km over 3 days of cycling
- Cycling across undulating terrain into the Netherlands

Leadership

There will be a first aid qualified challenge leader who speaks English plus a fully qualified cycling guide for every 10 participants. There will also be a qualified medic in the leadership team. The leader & the guides will ultimately be responsible for the running of the itinerary and the safety of your group, so please listen to their instructions.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often undulating, especially in the UK. Once you reach The Netherlands the terrain is more gradual.
- The weather during the challenge can be unpredictable so we would recommend checking the weather forecast before hand, and pack the appropriate clothes for the challenge.
- You will be expected to adhere to the Highway Code during the challenge and respecting the traffic laws. Once you arrive into The Netherlands you will be required to cycle on the right hand side of the road, and it is a legal requirement that you have a bell on your bike.
- 8 hours of cycling is long time to spend on a bicycle, so please ensure that you fuel your body correctly at the water stops and during breakfast and lunch. There will be plenty of water stops to fill up your water bottles during the challenge.

Toilets

There will be bathroom facilities both at the start and end of each day of the challenge. However during the challenge such facilities will be limited to lunch breaks as well as service stations and public restrooms en-route.

Food & Drink

The hotels in which you will be staying will have a continental breakfast buffet (please note that breakfast is not included on departure in Darlington). At lunch times you will stop and have a light yet energy-filled picnic. Dinner will be either at the hotel or at a local restaurant. Water will be provided throughout. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Accommodation

All accommodation will be in good quality tourist-class hotels of 2-3 star rating. Rooms will be used on a twin share basis & all rooms will have their own bathroom. If you are travelling with a friend or partner who you wish to share with, please indicate this where appropriate during the registration process or if you email bookings@charitychallenge.com

well in advance of the challenge.

Getting There

The group will convene at Bannatyne's Health Club in Darlington where you will meet the rest of the group. We will confirm the exact time to arrive in the morning no later than 1 month prior to the start of the challenge. Please ensure that you have breakfast beforehand, because breakfast is not provided for on the first day.

Challenge Timings

Your challenge will begin at Bannatyne's Health Club in Darlington in the morning (timing - TBC), where you will start the adventure with a 93 mile cycle to Hull. After the first long day of cycling, you will board an overnight ferry, which will take 10hrs45min to cross to the Hook of Holland. After disembarking the ferry and eating breakfast, you will cycle 70 miles through to Breda. On the morning of the third day, the group will make an early start cycling towards our destination, finishing in Amsterdam. On your final day, the group will have the morning free to lie-in or make the most of Amsterdam prior to getting a transfer to the Hook of Holland for your overnight ferry back to Hull where you will get transferred back to Darlington.

Terrain

This cycle challenge will put you up against a whole host of different terrain across the UK and The Netherlands. From great lengths of flat ground, to hours spent on hilly land, be prepared for all types of environments. For this reason it is important to train properly.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic (and it is the same in the regions of The Netherlands that we will cycle through), so being prepared is the key! Please check the weather forecasts close to departure to ensure that you bring clothing suitable for warm sunny walking weather and also sudden wind and downpours should they occur.

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Any more questions?

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