



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

LONDON TO AMSTERDAM RIDE
UK

Fri 22 Apr - Sun 24 Apr 2022





In aid of The Tri-Life Challenge

22 Apr - 24 Apr 2022



3 DAYS | UK & NETHERLANDS | CHALLENGING

This classic cycle ride between London and Amsterdam, takes you from the capital of England to Europe's home of cycling over two days.

- Cycle 203kms over two days
- Depart from England's bustling capital, London
- Ride through beautiful Dutch countryside
- Celebrate the completion of your challenge in Amsterdam

The impressive 203km route starts at the iconic 2012 Olympic Park and, after quickly escaping the hustle and bustle of London, you will hit the fast rolling roads of the beautiful Essex countryside. After crossing the North Sea and arriving in The Netherlands the route mainly follows the excellent Dutch cycle path network along the coastline of Zeeland before cutting inland to the canals, and cobbled streets of the finish line in the vibrant city of Amsterdam.

A suitable challenge for those who are new to the sport, as well as the experienced cyclist, this is a bike ride not to be missed whatever your cycling ability.

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 22 Apr*

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London to Harwich (approx. 77miles/124km)

After all the preparation, the time has finally come to get pedalling! The journey kicks off in The London 2012 Olympic Park, East London, where you'll meet the rest of the group, the challenge leader and support team. An introductory briefing will include vital safety advice, and then you're off! After a short cycle through the outskirts of London, the route passes along country roads all the way to Harwich on the Essex coast. (L,D)

Accommodation: Overnight Ferry

DAY 2 *Sat 23 Apr*

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Hook of Holland to Amsterdam (approx. 49 miles/79km)

After a night on the ferry we will arrive at Hook of Holland at around 08:00hrs local time and roll down the ramp for a fantastic morning of cycling along the flat cycle paths of the Zeeland coast. After cutting inland and riding through more typically Dutch scenery we head into Amsterdam and our finish line at Dam Square in the heart of the nation's capital.

There's time for a quick celebratory drink and the obligatory victory snaps at the finish line, before heading off to your hotel for the final celebratory dinner together. (B,L,D)

Accommodation: Hostel (shared same sex dorms)

DAY 3 *Sun 24 Apr*

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End Amsterdam

Now the hard work is over, you can take the morning to explore Amsterdam or simply lie in and relax after last night's celebrations. Later it's time to make your own way back to London as per your own travel arrangements. (B)

Please see Q&As for information on bike transportation back to the UK.

NB

B = Breakfast; L = Lunch; D = Dinner

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.



HOW TO FUND YOUR CHALLENGE

SELF FUNDER

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Pay a registration fee of £195.00 when you book

Then a balance of £440.00

(10 weeks before your challenge)

Raise as much as you can for your charity.

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Fitness training notes
- Fundraising advice
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Access to training weekends (optional and at additional expense)
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance

On your challenge

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- An English speaking first aid trained challenge leader and full local support team
- Drinking water on challenge days
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- Charity Challenge buff
- A donation to a community project in one of the countries in which we operate
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Outbound ferry crossing Harwich – Hook of Holland
- Return bike transfer to the UK (we would agree one specific time and location to collect bikes)

WHAT'S NOT INCLUDED

Before you go

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- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Vaccinations (please check Trip Notes for requirements)

On your challenge

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- Bike and helmet
- Return journey from Amsterdam to London
- Tips

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 28/01/2022), and the remaining 20% within 4 weeks of completing the challenge (by 22/05/2022). 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 21 - 50 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 21 participants. We can run this trip with 15-20 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Travel insurance
Single room supplements*
Extensions at end of trip*
(*subject to availability)

Level of Difficulty

This challenge has been graded 'Challenging', This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a challenge event before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your London to Amsterdam bike ride you will be:

- Cycling for around 8 hours each day.
- Covering roughly 203km/126miles over 2 days of cycling
- Cycling into Amsterdam on quiet roads before finishing at the main city square

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.
- The accommodation is situated in the heart of Amsterdam

Clothing and Equipment

You will need to bring your own bike for this challenge. 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, phone, drinks etc. in your jersey pockets or backpack for the day.

Type of Bike

You will need to bring your own bike for this challenge. Typically a good road bike is recommended for the challenge; however a hybrid 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.

Packing your Bike

You will need to bring your own bike for this challenge. 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 (turn handle bars, remove pedals, remove front wheel). Once you have completed the challenge we will transport your bikes back to London by van so that you can collect them at the pre organised location.

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 full day day ride. This will be the best indication of how well you are doing and mentally prepare you for the 2 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.

Money

Cash: We recommend approximately £125 in Euros as a sufficient amount for your London to Amsterdam bike ride, 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.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge.

Full details including costs may be found by clicking [here](#).

For more travel insurance questions, please refer to our main [FAQs](#) page or for any specific queries, please contact us at bookings@charitychallenge.com.

Group Size

Our group size is intended to be around 20 to 30 people.

Leadership

There will be a first aid qualified challenge leader who speaks English, plus two fully qualified cycling guides 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.

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! We run UK challenges between April and October, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts in the week before the challenge to ensure that you bring clothing suitable for warm sunny cycling weather and also sudden wind and downpours should they occur.

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. Please be aware that the distances, lunch stops and finish points may change.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan

conservation in Indonesia. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Challenge Timings

Your challenge will begin at 0800hrs in the morning, where you will start the adventure with a 77mile/124km cycle to Harwich. After the first long day of cycling, you will rest up on your overnight ferry to the Hook of Holland.

On day two we will depart at around 0800hrs and head on our 49mile/79km journey to Amsterdam.

On your final day, the group will be free to leave and complete their own return journeys to London.

Getting to and from the start finish

The group will convene in the iconic location of Greenwich Park near the Royal Observatory where you will meet the rest of the group. We will confirm the exact location of your starting point no later than one month prior to the challenge. Please ensure that you have breakfast beforehand, because breakfast is not provided for on the first day.

The return travel to the UK is not included. Your ride ends in Amsterdam after breakfast on Day 3. You are free to stay longer or make your way straight home. Most people do indeed stay longer and so we do not include return travel in the package.

Accommodation

Accommodation will be on an overnight ferry on the first night and in a centrally located hostel in Amsterdam on the second night. 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.

Food & Drink

Breakfast is not included on the first morning so please make sure you have a filling and nutritious meal before the ride begins. Lunch and Dinner are provided on the first day of cycling, breakfast, lunch and a celebration dinner in Amsterdam on your second day of cycling, and breakfast in the hostel on your final morning. Water will be provided throughout. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

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.

Safety

Safety advice for the London to Amsterdam Cycle Challenge

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 fairly flat.
- The weather during the challenge can be unpredictable so we would recommend checking the weather forecast beforehand 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 France 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.

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.

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Any more questions?

Contact us:

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