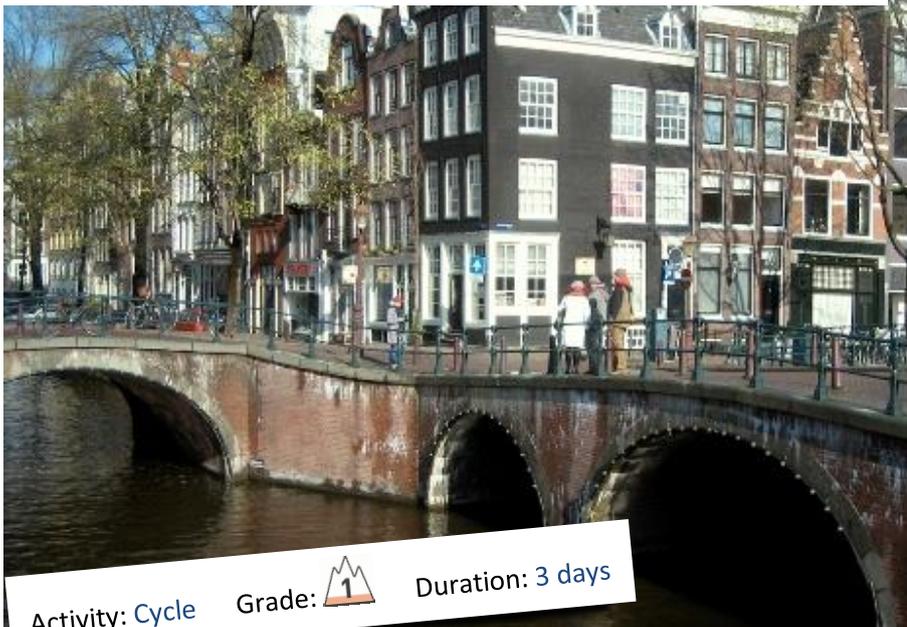


UK & The Netherlands

DISCOVER
Adventure

Ipswich to Amsterdam Cycle Challenge



Activity: Cycle Grade:  Duration: 3 days

Cycling from Ipswich to Amsterdam – the bike capital of the world – is a classic European cycle experience and a wonderful challenge to achieve in only two days.

Passing through the picturesque countryside of rural England, we cross the Channel and continue across the flat landscape of Dutch Zeeland. The sight of Amsterdam with its network of canals, cobbled streets and wonderful architecture will evoke a real sense of excitement. We celebrate our achievement before heading home by train.



What's Included

All accommodation is included, as well as transport (by ferry and train) and all meals except two as specified in the itinerary. It also includes full trip support of experienced Discover Adventure leaders, drivers and mechanics.

It does not include personal travel insurance, two meals as specified, drinks, extra food, personal items or entry to any optional tourist sites you may wish to visit. We strongly recommend you carry a credit card in case of personal emergency.



Detailed Itinerary

Day 1: Ipswich – Harwich

An early start from Ipswich Hospital allows us to avoid the morning traffic as we pass through the outskirts of Ipswich onto quieter roads and take in a scenic ride through South West Suffolk and North Essex before looping round back towards Colchester Hospital for a short stop. It is then not long before we are again among the fields and villages of rural Essex as we head towards our destination Harwich, where we catch the overnight ferry to the Hook of Holland. Night on ferry.

Cycle approx 85 miles

Day 2: Harwich – Amsterdam

We arrive into the Hook of Holland early in the morning and head towards Amsterdam. Our route takes us across the flat, cycle-friendly lands of Holland, hugging the sandy beaches and dunes of the coast. We pass the resort towns of Ter Heijde and Scheveningen, on the outskirts of The Hague, and head north through Katwijk aan Zee, an ancient town at the mouth of the River Rhine that was once the northern frontier of the Roman Empire. We leave the coast at Zandvoort's long sandy beach and head east and inland, passing through Haarlem, which for centuries has been the 'tulip centre'. Not far from Amsterdam now, we ride past the waterways and



01722 718444

info@discoveradventure.com www.discoveradventure.com



ABTA No. Y6195





Detailed Itinerary (cont)

parks of Europe's bike capital to our central finish point. We check into our hotel and have a well-earned shower and rest, before celebrating our achievement in this vibrant city. Night hotel. *(Breakfast on ferry not included)*

Cycle approx 70 miles

Day 3: Amsterdam – London

The morning is free for sight-seeing and exploring Amsterdam, or simply relaxing in one of the city's many cafés. We then take an afternoon train back to London, connecting onto Eurostar in Brussels, before then making our own way home. *(Lunch not included)*

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate. Copyright Discover Adventure 2007 / Updated 2014

Cycling Information

Our trips are graded from 1 (Moderate) to 5 (Extreme). This ride is Grade 1. The cycling is mainly undulating in the UK and flat in The Netherlands! Distances are long, varying from 70 – 80 miles a day; participants should make sure they are fit enough to manage these distances.

We ride mainly on small country roads and purpose built cycle paths; road surfaces vary from smooth tarmac to paving-stoned tracks. Traffic is light on most of the roads but when we pass through large towns we go through as a group. Road bikes are the most suitable on this trip.

Day 1 outline profile



It is imperative that you supply your own helmet and wear it at all times while cycling, with straps done up.



DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Passport & Vaccinations

A ten-year passport is essential for travel and must be valid for the entire duration of your stay. There is no visa requirement for UK citizens or other EU members. Other nationalities should check entry requirements.

An up-to-date tetanus injection is highly recommended.



Accommodation & Food

Accommodation is in shared cabins on the overnight ferry and on a twin-share basis in a 2/3 star Amsterdam hotel. The hotel is comfortable and well situated with en suite facilities but not luxurious.

Lunches while cycling are generous buffet-style, while dinners are generally eaten in the hotels. Please let us know any dietary requirements in advance.

Weather

Temperatures can vary widely, though generally it should be warm and sunny; rain is always a possibility and it may be blustery.

