

London to Amsterdam Cycle – 4 Countries in 4 Days – UK, France, Belgium & Netherlands

280 miles / 448kms



Cycling from London to Amsterdam, the bike capital of the world, is not just a journey; it's a classic European cycle experience and a wonderful challenge to achieve. Over the course of 4 days, you'll pedal through picturesque countryside, cross international borders, and conquer diverse landscapes on your way to the vibrant city of Amsterdam.

The Cause

Cycle from London to Amsterdam on the 1st Kisharon Langdon Cycle Challenge. We want you to join us, with some of the people we support, to help raise important funds, £100,000 plus for a charity that is central to the support of the Jewish Learning Disability & Autism Community in and around London and Manchester.

What sets this charity apart is that it offers education, opportunity, and supported living services for people within the Jewish learning disability and autism community throughout life's journey. Together with innovative social enterprises and employment support services, Kisharon Langdon enable everyone we support to thrive. At the heart of all our services lie our Jewish values. We are committed to meeting unique religious and cultural needs and enabling the people that we support to realise their ambitions.

Honouring Courage, Celebrating Hope

Join us on a remarkable journey, retracing the path of courage and hope embarked upon by the children of the Kindertransport, a humanitarian initiative that unfolded during the late 1930s, saving the lives of nearly 10,000 Jewish children. Fleeing persecution and the rising tide of hatred, these children embarked on a perilous journey to find safety and hope. We begin our journey at Liverpool St Station in London, where they ended theirs over 80 years ago. A bronze memorial sculpture – aptly named 'The Arrival' is located at the station to commemorate the events and provides a fitting starting point for our cycle challenge.

Dates: 23rd – 26th June 2024

Start Point: Liverpool Street Station, London, UK - 7am Sunday 23rd June.

Finish Point: Amsterdam, Netherlands - 7pm Wednesday 26th June.

DETAILED ITINERARY

Day 1: London – Folkestone – Dunkirk

We meet at Liverpool St Station, London - by the Kindertransport memorial, at 7am. After a short time to sort our bikes and kit and to receive a safety briefing it will be time to set off. The early start gives us the best chance to avoid the worst of the city traffic before we make it out onto the quieter roads. It is not long before we are among the rolling fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored. We follow country roads across the hills of the North Downs to Folkestone and the coast where we board a coach and take an evening Eurotunnel across to France and on to our hotel for the evening in Dunkirk. Night hotel.

Cycle approx. 80 miles / 128km - 1024m meters climbed.



Day 2: Dunkirk – Vlissingen

After an early and energising breakfast, we set off! After only a few miles we cross from France into Belgium, and continue along the flat roads of East Flanders, riding roughly parallel to the coast. We pass south of Oostende (East-End), which was at one time the summer residence of the Belgian Royal Court, before skirting around Bruges and on towards Zeebrugge and the border with Holland at Sluis. A short ferry ride takes us from Breskens to Vlissingen and then it's a short ride to our hotel. Night hotel.

Cycle approx. 75 miles / 120km - 160m meters climbed.

Day 3: Vlissingen – Den Haag

After our first night's stay in Holland, we continue north out of Vlissingen, moving towards the series of sea barrages that protect the towns and villages of the peninsula from flooding. This section of the ride is very exposed and makes for tough cycling in a head wind. We pass kilometre upon kilometre of North Sea beach before trading the agricultural scenery for Rotterdam, the largest container port in Europe. The natural landscape means another short ferry crossing at Maassluis before the end of the day, where we skirt the coast into the west of the city for another well-earned rest. As we pass Hook of Holland, we pause at another kindertransport memorial sculpture – this one named 'Channel Crossing to Life', which signifies the escape point for Jewish children from Nazi occupied Europe across the channel to the UK. After sharing a moment together at the memorial we ride the final section together. Night hotel.

Cycle approx. 80 miles / 128km - 256m meters climbed.

Day 4: Den Haag – Amsterdam - London

Our final day is pretty packed so it's vitally important that we make an early start. After a quick breakfast the route takes us back to the coast, where we join the coastal cycle route and continue north. This is one of the most spectacular sections of the entire ride as we pass through endless dune systems on purpose-built cycle paths (there are few roads passing through these dunes). Again, the prevailing wind can increase our workload but the scenery more than makes up for it. The final leg sees us entering the bustling city of Amsterdam itself, famous for its historic buildings, trams, canals and liberal attitudes. We celebrate our achievements with a late lunch and also look to incorporate a tour of the Jewish Quarter which will offer a poignant moment to remember what those before us endured. There will be a coach transfer from the finish to arrive at Schiphol airport by 7pm in the evening.

Cycle approx. 45 miles / 72km - 176m meters climber (Dinner not included)

N.B. There is an option to cycle back from Amsterdam via the Hook of Holland—Harwich ferry which will add Day's 5-6! There is a separate cost for this. Please register your interest on the registration form. We need a minimum of 10 riders.

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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CHALLENGE INFORMATION

The Costs:

Registration Fee: £199 (secures your place on the challenge and is non-refundable)

Balance: £995 (due 8 weeks prior to trip departure date)

Total: £1,194

What's included	What's not included
<ul style="list-style-type: none"> Discover Adventure Support Crew inc. mechanic/s and doctor/s (numbers dependant on final group size) Vehicle support and luggage transfers throughout Electronic route information (gpx files) Coach and Eurotunnel from Folkestone to Dunkirk All meals from lunch on day 1 to lunch on day 4. Snacks, fruit and water during cycle 3 nights accommodation 3* Hotels (twin share basis) 24-hour emergency UK back-up Coach transfer from finish point to Schiphol airport Return bike transport to one Charity location in London A contribution towards the costs of Kisharon Langdon members joining the challenge. 	<ul style="list-style-type: none"> Bicycle, helmet and high-vis jacket Navigation device (required to upload route) Drinks at mealtimes (other than water) Dinner on day 4 Tour of Jewish Quarter in Amsterdam Return travel arrangements from the end Single room supplement at £250 (limited spaces on first-come first-served basis) Personal travel insurance (compulsory)

How to Participate:

Register Online: Use [this link](#) to register and secure your spot. Spaces on the challenge are limited.

Fundraising: Each rider agrees to raise a minimum of £1,000. We are aiming to raise over £100,000. Once you are registered, the charity will send you a link to the dedicated London Amsterdam fundraising page on JustGiving.

Training and Preparation: Once you've registered you'll have access to an online portal that has lots of information including training guides, FAQ's and a kit list to help prepare you for the cycling challenge ahead. The charity will be able to support you with fundraising ideas and possibly promotional material subject to availability.



CHALLENGE INFORMATION (cont.)

TRIP GRADING



Trips are graded Yellow, Orange or Red, in increasing level of challenge. This ride lies within the **Yellow** range. The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions are also taken into account. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

FREQUENTLY ASKED QUESTIONS

How fit do I need to be?

This trip is a test of **endurance** and it is therefore essential that you put in the training! It is important to make time to keep your fitness levels up and remember that while any exercise helps, the best form of preparation is to get cycling up and down hills, for good periods of time. Wherever possible, try to follow up a good day's cycling with another ride the next day. You will enjoy the challenge far more if you have a good level of fitness! This ride is achievable for most people provided they train well in advance.

Keep in mind that this is a **challenge** and many people will find elements of the trip difficult at times, whether it is the physical cycling, changing weather, missing home comforts or something else. It is great if you can work as a team and help each other out during any difficulties. While there are challenges, **the enjoyment and rewards that come from arriving in Amsterdam by your own pedal power are unforgettable.**

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the others. Please relax, and remember that this is a team effort that enables people to achieve their goals. We encourage faster cyclists to chill out in a café every now and then, so the gap between front and back stays practical.

What will the cycling be like?

The cycling is undulating on the longer day in the UK and faster and flat on the other side of the channel. We ride mainly on small country roads and purpose-built cycle paths, and the road surfaces vary from smooth tarmac to paving-stone tracks. You should make sure you are fit enough to manage the distances, and have plenty of experience on rolling hills and descents. We highly recommend plenty of training outdoors on the bike you will ride on the challenge, including in conditions with traffic, to improve bike handling and confidence as well as your fitness.

How accurate is the mileage?

Distances quoted are approximate and may vary depending on hotel location and any deviations. Please be aware that all measuring devices vary slightly and even tiny variations are amplified over long distances, so please do not feel cheated if your mileage does not agree with ours!

How will I know the route and what happens if I get lost?

You will be provided with electronic files prior to the event for you to load onto your navigation device / app. You will have the contact telephone numbers for the crew in case you go off route and happen to get lost. We advise that you buddy up and try to cycle together in small groups. The crew will be in vehicles and on bikes driving and cycling amongst the group and there will always be a crew member at the back.

How busy are the roads that we cycle on?

The start of the ride is urban, but once we get out into the countryside the traffic is usually fairly light. We may regroup for busier sections. You should be used to cycling in some traffic, as you will feel more confident.

CHALLENGE INFORMATION (cont.)

What type of bike is most appropriate for this cycle?

Road bikes are the most suitable on this trip and it is imperative that you train on the bike that you intend to use. You need to be comfortable on your own bike and well accustomed to it.

If you wish to use a bike which is **heavier / larger** than a standard road / hybrid bike (eg a tandem) please talk to us several months before trip departure, as this may affect the logistical support we are able to provide. **E-bikes** are becoming more popular; at Discover Adventure we see them as a fantastic tool for inclusivity, and a great enabler for people to get out cycling. They must, however, be used with caution on a multi-day, high-mileage trip and are in no way a substitute for training. Please talk to us **well in advance** if you have one you wish to ride, so that we can ensure you are aware of the pros and cons, and discuss how best to support you.

What if I have a problem with my bike?

There will generally be crew on your trip who are pretty handy mechanics (larger groups of 50+ have a dedicated mechanic), and a range of spares in the vehicle (please note the spares are chargeable) along with a full tool kit. There are also good bike shops en-route if need be. We can usually deal with most problems that come up.

It is **vital** that your bike is in good order before departure. If you're not sure, ask a bike shop to service it for you. The crew are there to help with unforeseen incidents affecting your bike, not to sort out general wear and tear. If you turn up with a bike which needs attention straightaway you may end up missing some of the ride, which is obviously not how you want to start your challenge.

What about cycle safety?

We know that not everyone chooses to wear a cycling helmet all of the time, but would like to point out that on this ride it is **obligatory**. Please do bring a **helmet** with you and have it fastened at all times whilst you are cycling. We also strongly recommend wearing a high visibility cycling top, and having lights on your bike. You are encouraged to cycle at a pace that you are comfortable with throughout the trip. It is always safer and good for company as well to cycle in small groups with others of a similar pace to you. There is usually always someone else cycling at a similar speed!



What are the travel arrangements?

You will be responsible for your own travel arrangements to the start point and again returning home from Schiphol Airport, Amsterdam at the end. We start cycling from Liverpool St Station, London at 7am on the first day so you may wish to make your own way there the day before to ensure an early start. We end in Amsterdam with a transfer to Schiphol airport for 7pm on the final day. **Please ensure your return flight's scheduled departure is after 9pm on 26th June to allow enough time for check-in and security – you will need to take your luggage with you!**

What are the transport arrangements for my bike?

You will be responsible for the transport arrangements of your bike to the start of the cycle and collection from the charity in London after the ride on the 27th June.

Your bikes will return from Amsterdam to London in our vehicles and will be dropped at a charity location in/near London on the morning after the ride finishes. They will be well-packed and protected during transit in our vehicles. We take the utmost care over packing the bikes, fully understand that they are often your pride and joy, and our crew treat them as they would their own. However, we **cannot be held responsible for any cosmetic damage**, such as small scratches, that may have occurred during transit or at any point on the ride. If you are concerned about this please bring extra protection for your frame and hand it to crew ready-wrapped for transit back.

If you prefer (and at your own cost), you can keep your bike at the end in Amsterdam and fly it home with you (we can transport your bike bag/box from the start in our support vehicles).

CHALLENGE INFORMATION (cont.)

Can you help me to courier my bike home?

If you prefer not to collect your bike from the charity the following day, we offer an **optional courier service** for your bike to be returned to your home (mainland UK only) at the end of the challenge at additional cost of £99. The crew will take your bike from you in Amsterdam; it will then be packaged up at our offices and returned to you in **7 working days**.

Please note that someone will need to be available at the delivery address to sign for the bike, otherwise it will be taken to your nearest depot. Bike boxes and all packing material are included with the courier service. This must be requested in writing in advance, with payment; a form will be sent to you in the lead-up to your trip. Please ask for details if you would like to know more at this stage.



Can you help me to book pre-trip accommodation?

We do not offer pre-trip accommodation unfortunately, however there are a variety of nearby hotels to choose from. If you live outside of London, you may want to stay nearby the night before as it is an early start.

What is the accommodation like?

Hotels are generally of 3* standard and are chosen for location to the route as well as to accommodate group size; for large groups we may have to split into different hotels. Rooms are usually twin-share and have en-suite facilities. If you are travelling alone, you will be paired up with someone of the same sex and similar age – please let us know if you wish to share with a particular person, if you have not already done so.

Can I request single accommodation?

There will be a limited number of single rooms available, however these are subject to request and at an additional cost of £250 for the 3 nights (on a first-come, first-served basis). Please contact us if this is important to you, but remember sharing a room is a really good ice-breaker if you don't know anyone else on the trip, so don't worry too much about it!



Who accompanies us from Discover Adventure?

Your trip will be led by **experienced Discover Adventure leaders**. They are chosen for their experience and knowledge, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in first-aid. You are in very safe hands with a Discover Adventure leader. The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is clear, making you lunch and sorting out any mechanical problems. At Discover Adventure we pride ourselves on our high leader: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety. Depending on group size, a doctor or medic may accompany the group.

What if the weather is bad?

We carry on cycling (except in extreme circumstances where we deem it unsafe)! We carry gazebos so that we can provide some shelter at water-stops, but if it's raining you'll get wet – it's all part of the challenge! Because of this, it's vital that you follow the kit recommendations in our kit list and are prepared, whether it's very hot, chilly, or wet. You don't have to spend a fortune on the best kit by any means, but you should be comfortable in all conditions – it makes a huge difference to your enjoyment on the day and may even make the difference between succeeding and not.

CHALLENGE INFORMATION (cont.)

What meals are provided?

All meals from lunch on day 1 to lunch on day 4 are included. On the first day, we'll have a packed dinner on the coach whilst on the Eurotunnel, otherwise dinners will be in the hotel or a nearby restaurant. Breakfasts will be provided at the hotel each morning. Lunches will be provided for you mid-way through each of the first 3 days of cycling and we'll finish with a celebration lunch in Amsterdam. Make sure you eat enough to give you the energy you need for your exertions.

I have a specific dietary need; will there be enough for me to eat?

Being kosher, vegetarian, gluten free, dairy free or having other dietary requirements is usually not a problem provided you **let us know well in advance**. There is a dropdown option during the registration process for you to let us know, please use 'other' and specify for requirements that aren't listed. Please bear in mind that meals in hotels and some local restaurants may not be as varied as you are used to, depending on your requirements. If you feel you aren't getting enough energy because of your dietary requirements please talk to the leaders on the trip – they can't help **unless they know there's a problem**. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home to top up your energy supply.

How much do I need to drink?

Drink, drink, drink! There will be plenty of water provided for you throughout the trip and at the snack stops so please ensure you stay well hydrated. We do not recommend energy gels for a ride of this nature; it is not a race. If you opt to bring your own, please ensure you get used to them while training, as they can cause stomach upsets.

Do I need to bring snacks?

Snacks and fruit are provided at each stop but you may wish to bring some of your own favourite treats and snacks to supplement these. Having a variety of treats will keep you interested in snacking which is important for energy levels.

What about toilets?

You may be getting used to being out on your bike for long periods of time whilst training and noticed that toilet facilities are not always in the most convenient of places. This is also true of the ride itself. We aim to provide toilet facilities at/near all of the rest stops but this may not always be possible so you may need to discretely stop in a natural area at the side of the road. You can also quickly stop and ask at a local café and buy something small to keep the owner happy!



What can I do to prevent illness during the challenge?

Illness can spread through the group very quickly when you are living closely together so it's important to bring **antiseptic hand sanitiser** for use after the toilet and before eating to minimise the spread of germs. Avoid sharing water bottles and sharing each other's food or sweets as this spreads germs easily, even if you are being careful.

What if I have any issues during the trip?

Our leaders are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns during the trip **please do talk to the crew and give them the opportunity to explain or rectify things while they are able**, they are very approachable!

What will happen in the case of an emergency on this challenge?

Your leaders will be equipped with mobile phones, first-aid kits and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate. If you are feeling unwell on this trip, tell your leaders and listen to their advice as your health and safety is our top priority.

CHALLENGE INFORMATION (cont.)

How much money will I need to bring with me?

You won't need a great deal of money while on the ride, but do bring enough for any personal expenses, such as extra snacks or drinks. You will also need to **set aside funds** for meals not included in the trip itinerary, it's worth taking a credit card if you have one in case of an emergency. Alcohol is not provided, so allow for that if you want to try out the local offerings. You may also wish to stop at cafés during the day to soak up the atmosphere, especially if you're at the faster end of the group and want to chill out while you wait for the others! Just bring enough to cater for your requirements – everyone is different! Cash machines are widely available en-route but it's not always convenient to stop, so make sure that you have some cash on you. Any expenses incurred on travel to and from London are not included. If for reasons due to fitness, illness or any unforeseen circumstances, you have to depart from the group arrangements, you must ensure that you have enough funds to cover any resultant costs – for example, extra accommodation or meals. Some of these may be recoverable through your travel insurance, depending on your cover and the circumstances.

Will there be Wi-Fi, phone reception and charging points?

It's likely that Wi-Fi will be available at the hotels. The phone reception should be reasonable on this trip, however you will only have access to power for charging devices when in the hotel.



Do I need travel insurance?

As part of your booking conditions, it is **compulsory that you ensure you have adequate travel insurance cover** to cover you for cycling. Please source your own preferred cover with a company of your choosing and then send us the details.

What if this trip does not meet minimum numbers?

Every group needs a minimum number for it to be feasible to run. Cancelling a trip is rare, and we do our utmost to avoid it. You will be contacted in plenty of time if we are concerned to discuss options.

What do I need to bring?

Refer to the Kit List (available in your portal once you've registered) to ensure that you have all the essentials for a comfortable trip. It is best to wear cycle tops with a wicking property as cotton tends to retain water and can be uncomfortable. Don't forget your charity tops too! If you are still to buy some kit it's best to do it early so that you can train and get used to using it, it's never a good idea to turn up at the start of ride with new kit you haven't checked out.

What do I need to carry whilst cycling?

You'll need to carry whatever you want with you when you're cycling as you won't have access to your main luggage. You can stow items such as a jacket in one of the vehicles if you no longer want it, but bear in mind that vehicle could be sorting out a problem some distance away when you may want it again! Many people try to ride light and fit whatever they need in their back pockets, but it depends on the weather and your personal preference – many ride with a small backpack or waist-pack.

What happens to my luggage during the cycle?

Our vehicles take your luggage to the hotel each day, please ensure you put your own luggage in the luggage vehicle each morning to ensure it isn't left behind! Space in the vehicles is limited so please keep the size of your luggage to a reasonable size and don't over pack.

What are the passport and visa requirements?

A valid 10-year passport is essential; with at least three months remaining, after your return date, before expiry. There are no visas required for UK nationals currently, you can refer to the foreign travel advice [given here](#) for more information if you would like to. **If you do not have a UK passport, it is your responsibility to check the entry requirements with your own embassy, so please do so in good time.**