

The challenge of a lifetime...for
Hospice at Home West Cumbria

Euro city



Cycle

London



Amsterdam



Brussels



Two hundred and eighty miles, three countries and three capitals...



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GLOBAL ADVENTURE CHALLENGES®

Exciting cycling and city sights make this a European adventure!

Your cycle challenge...

This superb challenge caters for every level of cyclist. Our route covers approximately 280 miles with 4 days in the saddle and takes in the rolling countryside of Essex, the plains of Holland and the sleepy lanes of Belgium. Join us for one of the best cycling experiences in Europe.

Your itinerary...



Day 1

London to Harwich – ferry to Hook of Holland

Our challenge begins early morning. It's not too long before we are cycling through beautiful Essex countryside on roads that undulate and weave through the county. We arrive at the port of Harwich where we board our overnight ferry to the Hook of Holland.

Cycling distance – approx. 64 miles



Day 2

Hook of Holland to Amsterdam

As soon as our ferry docks we waste no time and hop straight into the saddle to get to our destination today - Amsterdam! The route hugs the coastline and winds its way along typical Dutch cycle lanes passing lots of windmills, Holland's famous landmarks.

Leaving the coast and heading inland towards the capital, we ride along the canal paths that eventually lead us into the city. Amsterdam is the world capital of cycling and is a fantastic place to end the second day of our European cycling extravaganza! This evening we enjoy a meal together as a group before opting for either a quiet night of relaxation, or the hustle and bustle of the Amsterdam nightlife!

Cycling distance – approx. 62 miles





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Day 3 Amsterdam to Breda

Leaving the liberal and quirky city of Amsterdam behind us, we push on with our challenge, riding out of the city using the designated cycle ways. We'll pick up speed and clock up our miles today as most of the route is flat as we head towards the charming and historic town of Breda.

**Cycling distance –
approx. 81 miles**

Day 4 Breda to Brussels

The cycling today will be more challenging as we leave the flat lowlands of The Netherlands and head further inland towards Belgium's bustling Belgian countryside, along tree-lined lanes and through sleepy villages. Our finish line is at the amazing 'Atomium', where we celebrate our cycling achievements with a glass of fizz!

This evening we get together and enjoy our farewell meal, before sampling Brussels nightlife.

**Cycling distance –
approx. 76 miles**

Day 5 Brussels to London

Today we have free time to explore Brussels before making our way to the Eurostar Terminal for the easy hop back to London, arriving in St Pancras.

(Please note, this is a complex itinerary and subject to change)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old if travelling alone. 14-17 years are required to be accompanied by parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This cycle ride has been designed to be challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are cycling for 4 consecutive days, covering approximately 280 miles so expect to be in the saddle for about 7-8 hours per day – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on our website to put you in the right direction.

Where will we stay?

We will stay in local hotels en-route, which range from 2* to 3* – remember, this is a challenge! All accommodation has showers available. Rooms are normally twin share, but there may be the use of some triple rooms too. Cabins on the overnight ferry will be four-berth.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required, such as cycling shorts, cycling helmet and cycling gloves – other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling to carry items such as camera, sun-screen, energy snacks, etc.

Food matters...

All meals will be provided with the exception of breakfast on day 1, evening meal in Harwich and lunch and dinner on day 5. Whilst cycling, we will either stop at local cafes/restaurants or eat open air buffets – this depends on the size of our group. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your enclosed registration form.

What's included?

One way ferry crossing from Harwich to the Hook of Holland using four-berth cabins, one way Eurostar ticket from Brussels to London, all accommodation (with the exception of the evening prior to the start of the challenge), lunch on day 1, breakfast, lunch and dinner on days 2, 3 and 4, breakfast on day 5, water/refreshment/snack stops – one in the morning and one in the afternoon, vehicles for back up and support, route markers, English speaking guides, mechanic and medical support, transfer of bicycles back to starting venue in London, transfer back to starting venue from St Pancras. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike.

What's not included?

Accommodation on the night prior to the start of the challenge, breakfast on day 1, evening meal on ferry crossing from Harwich to the Hook of Holland, lunch and dinner on day 5, alcoholic drinks, tips, bicycle hire (it is requested that all participants bring their own bike – road bikes are highly recommended), bicycle insurance, travel insurance.

Can I stay in Brussels after the challenge?

Unfortunately, we are not able to arrange for you to stay in Brussels after this challenge as Eurostar will not allow us to change the dates of any of our group tickets. You can of course make your own arrangements to return at your convenience and stay in Brussels as long as you wish, but remember you will need to keep your bicycle with you too.

What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenge event crew from the UK. Full, comprehensive first aid kits will be taken and we are never too far away from hospitals if needed. A support vehicle with first aid and mechanic will follow the group providing support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks, after approximately every 20 miles of cycling – there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

Is my trip financially protected?

Global Adventure Challenges are committed to consumer financial protection and in accordance with Package Travel Regulations we ensure that monies paid for non-flight packages are also protected, as well as repatriation if required, arising from the cancellation or curtailment of your travel arrangements in the unlikely event of our insolvency. This cover has been arranged with MGA Cover Services Limited.

I'm interested... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You will need to fill in a registration form and medical questionnaire and pay the registration fee (£125) online at www.globaladventurechallenges.com – all payment options and costs are explained on the website. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

Registered
Charity No:
1086837



To chat to one of the Hospice at Home West Cumbria Fundraising Team call **01900 873173** or email info@hhwc.org.uk

Register online today!

www.globaladventurechallenges.com

