

London to Amsterdam Cycle

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335 miles

Approx. distance

Tough (2)

Challenge Grading

5 days

Challenge Duration

UK, France, Belgium & Netherlands

Challenge Location

Challenge Highlights

Link two capital cities by bike

Cycle through beautiful Kent countryside

Stay in Bruges, famous for its canals, cobbled streets and medieval buildings

Celebrate your achievements in Amsterdam!

Challenge Itinerary

Day 1 - London to Calais

After registration at the start point in Croydon, we start early at approx. 7am to avoid the hustle and bustle of the London traffic. It's not too long before we're cycling to the outskirts of London and hitting the countryside of Kent. It's a long cycling day today but upon reaching the port of Dover and witnessing its famous white cliffs, we'll experience a great sense of achievement. We then board the ferry to Calais and have dinner whilst on board. Upon reaching Calais it's just a very short push onto our hotel, where we have a much deserved rest and get our heads down for the night.

Cycling distance – approx. 85 miles

Day 2 - Calais to Bruges

After breakfast at our hotel, it's straight back into the saddle for day 2 of our adventure. Today's destination is the UNESCO World Heritage Site of Bruges. Famous for its canals, Bruges is often referred to as "Venice of the North", as they surround the many medieval buildings that make this place so charming and interesting. We overnight in our hotel – a perfect end to a great days cycling.

Cycling distance – approx. 80 miles

Day 3 - Bruges to Breda

Our route today continues East through Belgium as we cycle towards the country's largest city, Antwerp. To avoid getting caught up in the city traffic we head around the outskirts of the city as we make our approach to Holland. We cross the border into the Netherlands mid-afternoon and arrive at our hotel in the wonderful historic city of Breda early evening.

Cycling distance – approx. 90 miles

Day 4 - Breda to Amsterdam

This morning we leave Breda and head north towards Rotterdam, before reaching our final destination – Amsterdam! From Rotterdam our route hugs the coastline and winds its way along typical Dutch cycle lanes passing famous landmarks of the country – windmills! Leaving the coast and heading inland towards the capital we eventually reach the heart of the city. Amsterdam is the world's capital of cycling and is a fantastic place to end 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. 80 miles

Day 5 - Return to UK

After breakfast we are free to enjoy the sights and sounds of Amsterdam. Around lunchtime each participant will be responsible for getting themselves to Amsterdam Centraal in order to catch the Eurostar back to St Pancras.

Bicycles will be transported back to London in the support vehicle and upon our arrival we can catch our short transfer back to the starting point in Croydon, for farewell and goodbyes. Alternatively, you can be reunited with your bicycle at St Pancras.

Please note this is a complex itinerary and subject to change, including the timings and distances detailed.

Challenge Inclusions

What's Included

- Meals from lunch on Day 1 to breakfast on Day 5, not including dinner on Day 1, and lunch and dinner on Day 5
- Hotel accommodation on a twin-share basis
- One-way Eurostar from Amsterdam to London
- Water stops and snacks during the challenge, including water, cordial, cereal bars, crisps, sweets and other delicious treats!
- Global Adventure Challenges Event Crew
- Challenge Medal

What's Not Included

- Bicycle hire – each participant must bring their own recently-serviced bicycle
- Breakfast on Day 1
- Dinner on the ferry on Day 1
- Lunch and dinner on Day 5
- Personal insurance
- Bicycle insurance
- Alcoholic drinks
- Tips and gratuities

Please note that for bespoke challenges, inclusions and exclusions may differ

Frequently Asked Questions

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

You can register online below – payment of the registration fee is due at time of booking. Once your registration is received we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

Is this trip for me?

Absolutely! The cycle is suitable for all abilities with the correct training. The minimum age for this challenge is 18 years old (if you are aged between 14 – 17 years you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Tough (2) on our challenge grading scheme, meaning the cycle has been designed to be challenging but achievable as long as you train beforehand. You will be cycling for 4 consecutive days so good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via our website.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

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 and dinner on day 1, and lunch and dinner on day 5. We can cater for most dietary requirements as long as we know in advance – just fill in the appropriate section when you register.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges Leaders from the UK. Full comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A vehicle will travel with the group providing medical and mechanical 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. Remember, 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.

