



## JUST EURO CITIES BIKE RIDE

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The Euro Cities Bike Ride is a unique opportunity to experience some of the best cycling in south east England, The Netherlands and Belgium, as well as having the chance to explore two of Europe's most popular and cultural cities: Amsterdam and Brussels. The route covers nearly 300 miles, and starts and ends at London's recently restored St Pancras Station: home of the Eurostar.

This stunning route will take you from the heart of English suburbia; out through the Essex wetlands and countryside; past the canals, tulip fields and windmills of Holland; and across the border to some of Belgium's picturesque villages, ending on the outskirts of Brussels at the famous Atomium. On this event you will not only be challenged, but will also get to experience the scenery, culture, and cuisine in these two European countries where one of their favourite pastimes is cycling!

Dates	17-21 June 2010
Number of days	5
Difficulty	Moderate to difficult
Terrain	Cycling on tarmac roads, gravel cycleways and tarmac traffic-free cycle paths. Mainly flat.
Accommodation	Hotels 3 nights. Ferry cabin 1 night. This will be in twin-bedded rooms.
Cycle Distances	From 55 to 91 miles per day. Total 300 miles in 4 days.

### OUTLINE ITINERARY

#### DAY 1 – THURSDAY 17 JUNE 2010 - LONDON TO HARWICH TO HOOK OF HOLLAND

After a low key starting ceremony outside St Pancras Station we will be on our way; firstly along London's busy roads, then via minor roads to Harwich (lunch on the way). This 88-mile route will be a gradual transition from the morning madness of central London, through the east London suburbs and into the Essex countryside. The route then heads onto the salt town of Malden, and from here the lanes become increasingly rural. We will then cycle onto the first Roman town of Colchester. From here the final 15 or so miles roll through the wetlands leading to the port of Harwich where we load the bikes onto the support truck, take supper locally and board our overnight ferry across to The Netherlands.

Transfer:	7 hours on overnight ferry
Distance cycled:	91 miles. Estimated arrival time at Harwich 1900hrs

Terrain: Busy London roads followed by quiet country lanes. Small section of fine gravel track, otherwise all road. A few small hills.  
Accommodation: Ferry cabins (twin beds)

### **DAY 2 – FRIDAY 18 JUNE 2010 - HOOK OF HOLLAND TO AMSTERDAM**

After an energising breakfast we take on the 58 rather flat but gloriously Dutch miles to Amsterdam. The latter part of this route will follow the banks of the famous Dutch canals right into the heart of one of Europe's most historic and interesting cities. The late afternoon will be free to explore this compact and relaxed city centre (maybe by river boat) where world trade originated in the 15<sup>th</sup> century. Evening meal will be in our hotel.

Transfer: None  
Distance cycled: 58 miles. Estimated arrival time at Amsterdam 1530hrs  
Terrain: All flat tarmac cycleways. Some are designated cycle lanes which are alongside roads; some are separate cycle-ways. The majority are traffic-free.  
Accommodation: Hotel on the outskirts of Amsterdam (twin rooms)  
Down Time: From check-in at hotel

### **DAY 3 – SATURDAY 19 JUNE 2010 - AMSTERDAM TO BREDA**

An early start is required as this will be a long day in the saddle to reach Breda, again following quieter minor roads out of Amsterdam, then along some stunning canal side cycleways. An evening arrival at our hotel will mean time for a shower and a drink at the bar before dinner and hopefully a chance to have a look around historic Breda.

Transfer: None  
Distance cycled: 71 miles. Estimated arrival time at Breda 1700hrs  
Terrain: Traffic-free cycleway later followed by roadside cycleway. All flat.  
Accommodation: Hotel in Breda (twin rooms)  
Down Time: From check-in at hotel

### **DAY 4 – SUNDAY 20 JUNE 2010 - BREDA TO BRUSSELS**

Our final day's ride takes us into the lovely Belgian countryside along tree-lined lanes and quiet villages heading towards Brussels. We end the cycling trip at one of the capital's most popular tourist attractions - the Atomium. Here we celebrate our achievement with a glass of champagne! We will then transfer to our hotel in Brussels about 4 miles away. In the evening we will have a celebratory meal together.

Transfer: None  
Distance cycled: 80 miles. Estimated arrival time at Brussels 1800hrs  
Terrain: Some small hills but mainly flat. Mainly quiet roads with some busier sections through towns. Last 8 miles busier into central Brussels.

Accommodation: Hotel in Brussels (twin rooms)  
Down Time: From check-in at hotel

### **DAY 5 – MONDAY 21 JUNE 2010 - BRUSSELS TO LONDON**

After breakfast there will be free time in Brussels to enjoy the sights of this glorious city. An early afternoon journey on the Eurostar will take us back to St Pancras where we will collect our bikes.

Transfer: 2 hours on Eurostar  
Distance cycled: none  
Accommodation: n/a  
Down Time: Until group gathering at midday at hotel in Brussels

## **NOTES**

### **PURPOSE, AIMS & OBJECTIVES OF THE EVENT**

The Euro Cities Bike Ride is a fundraising challenge. This 5 day trip includes 4 days of cycling covering approximately 300 miles. Participants are asked to bring their own bikes and cycle helmets. The route will be marshalled and way marked with full support along the way. Basic route maps are also provided.

### **WEATHER CONDITIONS**

Typical conditions are mild temperatures between 14°C and 25°C. There is a medium chance of rain. Parts of the route may be windy with possible head winds which can slow participants down.

### **ACCOMMODATION**

Hotel accommodation will be in 3\* hotels for three nights. The first night is on board the cross channel ferry. Participants will share either two or four berth cabins. These have en suite facilities and are of a high standard.

### **TERRAIN**

In general the terrain is flat. There are some small hills on days one and four. Most of the route is on tarmac roads and cycleways with some small sections on hard, fine gravel tracks.

### **ROUTE MANAGEMENT**

The whole route will be way marked. Main junctions will be marshalled. Support vehicles will be on hand as will staff on bikes. All cyclists will have details of who to contact in the event of an

emergency. There will be regular regroup points including water and snack supply points and lunch stops.

### **PARTICIPANT SUITABILITY**

This event is a moderate to difficult level challenge. The cycle distances are long and participants will either need to be experienced cyclists or to have trained over long distances for a number of weeks.

Road bikes are the most suitable. Hybrid-style bikes are also acceptable. Mountain bikes are not suitable for the event due to the long distances and flat routes involved.

### **LEADERSHIP TEAM** (include single gender and minimum competencies)

A single gender leadership team may be selected for this challenge.

ATD's leadership team for this event will be selected on their experience and qualifications, these include:

- Medical
- Cycling
- Bike maintenance
- Navigation
- Group management
- Communication skills
- Radio communications
- ATD standard operating procedures
- Crisis management
- Risk management

Minimum staffing levels for this trip (including venture leader and doctor) are:

Number of participants	Number of staff
25-35	6
36-50	7
51-75	8
76-90	9
90-100	10

### **AMENDMENTS TO ITINERARY**

This route is subject to change according to weather conditions, permits and the overall fitness of the group.

## **ATD JURISDICTION**

Across the Divide's leadership team are responsible for all aspects of the event, excluding down time. Any periods of down time\* are clearly indicated in the itinerary.

\*Down time is a period of time, occurring within the overall duration of the venture, identified by agreement between venture provider and participant, as being beyond the jurisdiction of the venture provider.

## **VISA REQUIREMENTS**

British passport holders do not currently require a visa for the Netherlands or Belgium.

Other nationalities will need to make their own checks.

**ATD supports the Expedition Medicine & Leadership Company to provide the highest quality in expedition medicine.**

