



## **London To Amsterdam Ride September 2015** **4 days, 4 countries, nearly 400 miles**

### **Day 1 – Sat 5<sup>th</sup> September**

Cycle Esher (Giro Café) – Ashford (c.80miles/130km)

Opportunities to join/drop out at Box Hill (c.10 miles) and Tonbridge Wells (c.45 miles)

Late pub lunch watching the England v Ireland match proposed (tbc)

Those doing more than one day (and those wanting to make it a round 100miles) continue to Dover – stay in B&B.

Easy trains/roads from Tonbridge Wells, Ashford and Dover back to London.

Timings for meeting along the route tbc

### **Day 2 – Sun 6<sup>th</sup>**

Early ferry to Dunkirk

Cycle to Ghent (c.86 miles/138km)

Lunch in Bruges (c.45 miles) and B&B in Ghent

Those heading back to the UK will be in time for the last Eurostar – 19.52 (Trains from Ghent are regular before this – if major problems then support vehicle can drive those returning). Trains need to be booked by riders and bikes must be pre-booked – speak to us for more info on timings.

### **Day 3 – Mon 7<sup>th</sup>**

Cycle Ghent to Breda (c.72miles/116km)

B&B in Breda

### **Day 4 – Tues 8<sup>th</sup>**

Cycle Breda – Amsterdam (c.70 miles/113km)

Flights need to be booked by riders for Tuesday night/Wednesday – please discuss with us if you want to stay in Amsterdam on Tuesday night

Support vehicles will bring bikes back to London.

*See next page for more logistical information.*





**Beyond Ourselves will organise:**

- Support Vehicles (carrying small extra bags for those cycling more than one day, and bikes back from Amsterdam as well as providing for emergencies)
- Ferry crossing
- Basic meals and water
- Basic accommodation

**For those cycling more than one day: deposits of £50 to be paid by 24<sup>th</sup> July**  
Balance to be paid once bookings confirmed. Bank details below.

**Riders need to organise themselves:**

- Travel to and from the start and finish of the ride
- Cycling clothes + day bag/panniers/ruck sack/personal kit as required
- Bikes
- Insurance
- Suggested fundraising pledge of £200 per person per day (plus Gift Aid)

Riders can join the team fundraising page at:

<https://www.justgiving.com/teams/BTB-Amsterdam>

Or simply make a donation at:

<https://www.justgiving.com/BTB-Amsterdam/>

**If you need to remember why we are cycling to Amsterdam...**

Stuart and Claire will be cycling at least 10,000km through Southern Africa and Asia raising money for *Beyond Ourselves* in Zambia and *United World Schools* in Asia. (Visit [www.beyondthebike.org](http://www.beyondthebike.org) for more details about Stuart, Claire and their challenge). Beyond the Bike is also an exciting educational project; following the route of natural resources from African mine to Asian factory, connecting classrooms and sharing resources worldwide. Using smartphones to record the journey, they will be partnered with *Fairphone*, ([www.fairphone.com](http://www.fairphone.com)), a mobile phone company that puts social values first, based in Amsterdam. From here they will fly to Uganda to start their big adventure.

**Beyond Ourselves Bank Details** (Please put reference: A'dam/your surname):

Sort code: 20 95 61

Account No: 20226971

Please note that the account is 'Charlotte (Number 2) Trust operating as Beyond Ourselves'.

Cheques and online transfers can be made to Beyond Ourselves but may appear on their statement as Charlotte (Number 2) Trust.

