

CYCLE

REGISTRATION
PACK

AMSTERDAM48 CHALLENGE

6 - 8 July 2012

London to Amsterdam in 2 days
The Ultimate Challenge!



ITINERARY

A 48 hour cycle challenge to Europe's cycling capital, Amsterdam!

This 200km challenge begins with the rolling Essex countryside, a rich agricultural area filled with historic towns and villages then over to rural Holland, criss-crossing canals and rolling fields, finishing at Amsterdam. Capital to Capital in just 2 days - the ultimate cycling challenge!

Day 1

London Stansted - Harwich

We set off from our hotel close to Stansted Airport. Within a few minutes we find ourselves deep in the rolling Essex countryside. This is an area rich in agricultural and filled with historic country towns and villages. After around 12km we stop for a short water break in the market town of Thaxted, home to the 600 year old massive timber-framed Guildhall which is one of the area's most famous landmarks.

The terrain will be undulating with several challenging sections. It is a long day but your training should stand



you in good stead. There will be little traffic as we keep to B and C roads for most of the way. We break for lunch in the early afternoon and then press ahead on the final stretch to Harwich. We reach the port in the evening to catch an overnight ferry to the Hook of Holland. We dine on-board and stay in cabin accommodation overnight.
approx 106km

Day 2

Hook of Holland - Amsterdam

After breakfast we disembark from the ferry for our first taste of cycling in the Netherlands. We ride north out of the port keeping close to the coastline and soon head onto a cycle path through the dunes. Cars are not permitted on



cycle paths in Holland so the support vehicles follow our journey on nearby roads. After a relaxing lunch, the route crosses the Dutch countryside towards the lively Dutch capital, Amsterdam. Tonight we will enjoy a celebratory meal together and then there is free time to explore this vibrant city.

approx 91km

Day 3

Free morning

**Coach/Ferry/Coach transfer
from Amsterdam - London
Stansted**

This morning is free to explore Amsterdam; a compact place and easy to get around on foot or by tram. The

city's layout is a web of canals lined with its colourful tall, gabled houses. Mid afternoon we transfer to the Hook of Holland to catch the return ferry to Harwich. A coach will meet us for the transfer back to London Stansted where we will collect our bikes. We should arrive by approx 9.30pm.

“Classic Tours are a well organised, friendly, down to earth team of people who enabled us to complete a challenge I never dreamed I could do!”
Hayley Darton, 26 - Oxfordshire.

This is a complex itinerary and is subject to change
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FACTFILE

Raising Sponsorship Money

Register and receive a fundraising pack full of information and ideas. Once you set your mind to it, it's amazing what you can achieve! Classic Tours and your charity can help you out with lots of tips.

Who can take part?

Anyone over 18 years old is welcome as long as you are fit and healthy enough to do the challenge.

Fitness

The event is aimed at people of average fitness who are prepared to put in plenty of training to enable them to meet the challenge. Classic Tours will provide a set of training guidelines to help you on your way.

Kit

You will need your own roadworthy bike and a cycle helmet. A full packing list will be sent to you.

Support on the event

Experienced staff (tour manager, guides, porters and doctor) will be there to provide help and encouragement whenever you need it.

Accommodation

Ferry cabin accommodation and tourist class hotel.

Food & Drink

The food will be wholesome, tasty and plentiful. There will be snacks and water available whilst cycling.

Weather

Daytime temperature will be approx 17-23°C however you should be prepared for rain or shine!

Health

Tetanus and Hepatitis A inoculations are suggested. Please consult your GP for professional medical advice.

THE COSTS

Option 1 - you raise £1050 approx sponsorship (to be set by your chosen charity)

Option 2 - you pay £528 and raise as much sponsorship as possible

Registration fee:
£99
Plus...

Visa & Travel Insurance

British Citizens do not need a visa. If you are a non-British citizen please contact Classic Tours for advice. You must be insured to take part - either through a company of your choice or the Classic Tours recommended policy. You will need to provide proof of your insurance 8 weeks prior to the challenge.

Staying On

It is possible to stay on in Amsterdam after the challenge, subject to availability. Full details will be sent out nearer the time.

What's Provided

Return ferry Harwich - Hook of Holland, accommodation, transfers, full medical support, experienced guides, support staff, water and all meals except breakfast on day 1 and lunch on day 3.

Other costs to budget for

You will need to budget for personal travel insurance, gratuities and spending money.

Responsible Tourism

Classic Tours operates a responsible tourism policy and you can off set your carbon emissions on our website www.classictours.co.uk

If you have any other questions not answered here please contact us.

Tel: 020 7619 0066 ext 208 or openchallenges@classictours.co.uk

FUNDRAISING PLANNER

Creativity, planning and having fun are the secrets to fundraising success. Start by thinking who you know, what you enjoy doing and who can help you. Break down the amount into smaller chunks and start to make a plan. Below is an example to give you some ideas and once you're signed up we'll send you lots more tips and advice.

TARGET ACHIEVED!

£1050 →



Four friends, family or colleagues raise £50 each on your behalf.

£200

Raffle of prizes from local businesses.

£150

Quiz night at your local pub.

£200

Sponsored training bike ride/walk.

£100

Use collecting tins and ask your local busy pubs if you and friends can collect on Saturday nights.

£100

Sponsorship from friends and family.

£300

THE NEXT STAGE

“The tour was simply life changing... I met so many great people, shared a huge challenge, helped others and had the chance to travel - what more could you ask for?”

Terry Gilmore, 52 - Kent

We at Classic Tours are here to help and support you all the way through the event so please do get in touch if you have any questions not answered here.

Email: openchallenges@classictours.co.uk

Tel: 020 7619 0066 ext 208

Web: www.classictours.co.uk

Classic Tours are the originators of worldwide charity challenges and fully bonded under ATOL number 3379. Since 1992 they have helped over 300 UK charities raise in excess of £68 million.

The next steps

1. Speak to the charity you would like to raise funds for.
2. Complete and sign the Registration and Medical Form and return to Classic Tours along with the registration fee or sign up online at www.classictours.co.uk.
3. Classic Tours will then contact your chosen charity, confirm your place, send details of the event and set you on your way to fundraising success!

classic tours
LEADING THE WAY IN CHARITY CHALLENGES



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Classic Tours has a full programme of Open Challenge Events in 2012 including:

- Inca Trail Expedition • African Cycle Challenge • Summit Kilimanjaro
- Cycle London to Paris • Cycle Sicily • NIGHTRIDER™
- Trek Morocco • Trek the Great Wall of China

For more information on any of these challenges contact us on openchallenges@classictours.co.uk or call 020 7619 0066 ext 208.