

# 3 Cities Cycle



The 3 Cities Bike Ride take you on an exciting charity challenge through beautiful English countryside, across the channel to the Dutch lowlands and then on to Brussels. You'll pass canals, historical landmarks and rural villages, stopping off in the wonderful city of Amsterdam before making it all the way to Belgium and the city of Brussels!

Come cycle with us...

bike  cancer

# The itinerary

## Day 1

### ***London to Harwich***

We start our challenge in North East London, leaving the bustle of the city behind as we make our way through the wonderful Essex countryside, weaving up to the east coast through the oldest recorded town of Colchester to our end point Harwich. From here we catch the overnight ferry to Holland.

**90 miles (approx)**

## Day 2

### ***Hook of Holland to Amsterdam***

Arriving early the next morning in Holland we disembark from the ferry and begin our cycling. We head off for a slightly easier day in terms of mileage into the glorious Dutch low lands. Cycling along the coast initially the route mainly consists of cycle routes as you pass canals and the beautiful historical cities of Holland. We steadily make our way to that evenings stopping point and the bright lights of Amsterdam!

**66 miles (approx)**

## Day 3

### ***Amsterdam to Turnhout***

An early start is needed as we take on our longest day! It's a challenging amount of miles but thanks to the Dutch landscape the route is relatively flat and we whine our way down through yet more beautiful countryside. This route is stunning, again it consists of mostly cycle paths, so you are able to enjoy every minutes of it from the comfort of your saddle! Our days end is in the gothic town of Turnout and time for a well earned rest.

**110 miles (approx)**

## Day 4

### ***Turnhout to Brussels***

Our last day in the saddle sees you wave good bye to Holland and cross in Belgium. We travel past quiet Belgium villages steadily making our way towards your journeys end and the capital, Brussels. Here we finish our challenge and celebrate with a group meal.

**72 miles (approx)**

## Day 5

### ***Brussels to London***

Today is free to explore the wonders of Brussels, taking in the sites and enjoying the city, until the Eurostar in the afternoon which will take us back to St Pancras London.



# Questions and answers

## Is the trip for me?

Definitely! This trip is a fantastic challenge for anyone wanting to do something amazing for a great cause! There will be lots of like minded people on the trip all looking for the challenge of a lifetime and of course to meet new friends. Some people come with friends or family but most people come on their own so what are you waiting for? Sign up today for a fantastic experience and the opportunity to make life long friends.

## How fit do I need to be?

People from all walks of life will take part in this challenge and most people will be exactly like you. However it is vital that you train so that you get the most out of the cycle ride. We will send you a suggested training plan and will be on hand to help you with any training advice.



## What about food and drink?

Breakfast, lunch and dinner will be provided throughout the trip except for 3 meals (dinner and breakfast on the ferry on the way out to Holland and lunch in Brussels on our last day). We can of course cater for vegetarians and other dietary requirements – as long as you let us know in advance!

## What do I need to bring?

No specialist kit is required however a cycle helmet is compulsory and we strongly recommend that you use your own bike for both your training and the cycle itself.



## Will I be able to raise the sponsorship money?

YES! Once you have started you will find that raising the minimum sponsorship is easy and most importantly fun! We have suggested a few simple fundraising ideas in this brochure and we will of course be available every day to help you with more ideas!

## Will you help me?

YES! You will have one main contact here who will be on hand to help you in the lead up to the event. You will be sent access to a full confirmation site shortly after you register on the event which will give you all the information you need but we are always here to make the event as enjoyable and hassle free as possible! And there will even be the opportunity to meet the other cyclists on the trip at a gathering before the event!

## Can I cycle with friends?

Yes! The bike ride is ideal for groups and teams

## Will you carry my luggage whilst I'm cycling?

There will be support vehicles with the group at all times which means your luggage will be transported in one of these vehicles for you. You will just need to carry a bum bag for any essentials like a camera and sun tan lotion.

## When should I book my place on the trip?

As soon as possible! Places are extremely limited and get snapped up quickly so to avoid disappointment sign up today and don't miss out!

## Facts and figures

### Registration Fee:

All our fundraising trips require a registration fee to be paid on booking – please see enclosed Reservation Form for details.<sup>(1)</sup>

### Minimum sponsorship:

We ask you to raise a minimum amount of sponsorship to take part in this trip<sup>(2)</sup> – please see enclosed Reservation Form for details.<sup>(3)</sup>

### No. of days:

5 days (4 days cycling)

### Accommodation:

2 – 3 star hotels

### Temperature:

Usually 10-26°C at this time of year, however the temperature will vary when near the coast.

### What's included:

Trains and all interval travel, accommodation, all food (except 3 meals), water, refreshments, guides, a doctor and medical support.<sup>(4)</sup>

### Notes:

1. The registration fee is non-refundable
2. All fundraising incurs costs. The tour costs are approximately 50% of the minimum sponsorship level. Costs are confirmed 8 weeks before departure.
3. The first 80% is due 12 weeks before the event.
4. All participants are responsible for their own passport (no visa required for UK residents). No specific vaccinations are required although a tetanus injection is essential. The tour costs do not include travel insurance which is compulsory.



For more facts and figures call **020 7424 5511**

## How to raise the money...

### THINK BIG!

The average sponsorship level for the 3 Cities cycle is around £1,500 so below we have indicated some tried and tested ideas to get you started.

Start by asking everyone you know – the more people you ask, the more you will raise! Try to get payment upfront to halve the effort, and ALWAYS start each sponsorship form with a generous sponsor as this will set a high standard for the rest. (It really does work!)

Ask your employer to sponsor you, too – many companies actually match pound for pound!

#### Here are some ideas:

Arrange a £10 menu at a local restaurant on one of their quiet nights and charge 10 friends £15! (Do this twice as it's so easy)	£150
Hold a karaoke in your local pub for a percentage of the drinks sales	£100
A car boot sale (get your family and friends to have a clear out!)	£200
Ask your local school to hold a non-uniform day	£100
Hold a quiz night with raffle	£150
Dinner party or barbecue for 10 friends who each pay £10	£100
Hold a skills auction where you rope in friends with certain skills (hairdressing / reflexology etc) to donate their skills for free	£200
Persuade a friend to shave their head/legs/sit in a bath of custard!	£100
A Friday night Three-legged Pub Crawl	£100
Ask 5 business clients or suppliers for £30	£150
Ask friends and family for sponsorship money instead of Birthday/Christmas presents	£150
<b>TOTAL</b>	<b>£1,500!</b>

### Tell the world!

You are doing something quite amazing – make sure you tell EVERYONE – and let your local newspaper/radio know, too!

**With a bit of thought, planning and some help from your friends, you'll have reached the target before you know it – GO FOR IT!!!**



## About our charity

# bike cancer

### About Us

Bike 4 Cancer was set up by a group of keen cyclists who have all lost a family member or close friend to cancer. As a specialist cancer respite charity with a sporting focus, we provide relief from the difficulties of living with cancer.

We do this by providing days out and respite breaks for families affected by cancer; some of which are cycling related. We also make grants to care institutions and support research into the positive effects of exercise (e.g. cycling) and how it can help both prevent cancer and assist in recovery.

### Find out more at:

[www.bike4cancer.org](http://www.bike4cancer.org)

**0845 408 1849**

UK Charity 1090133

"It is impossible for people not in our situation to understand just how precious the memories of such a great day can be."

"You gave all the kids from Piam Brown Ward a fantastic day out and we are indebted to you all for making it possible."

Make a difference call **020 7424 5511**