

2016 Bicycle Itinerary across Europe

Day	Wk		Kilometers	2180				0	
			40 miles = 65 KM						
			Distance		Total				
		Date	Destination	Km	Mi	Km	Mi	Terrain	Activity
1	1	Monday, August 22, 2016	Dublin					USA	Fly to Dublin
2	1	Tuesday, August 23, 2016	Dublin					Ireland	Drop bikes off at Penny Farthing Cycles to be assembled; Tour Dublin
3	1	Wednesday, August 24, 2016	Wales					Wales	
3	1		Holyhead then cycle on to	62	38.5	62	38.5	Flat	<i>Lôn Las Cymru runs for over 250 miles down the whole length of Wales from Holyhead to Chepstow or Cardiff. It is one of the toughest of all the long distance routes on the National Cycle Network however it can also be broken down into shorter traffic free and challenging sections. Taking in 3 mountain ranges it requires a good pair of lungs and a strong pair of legs. The rewards are more than worth it: the scenery is some of the most stunning in the British Isles.</i>
4	1	Thursday, August 25, 2016	Portmadog	48	29.8	110	68.4	Flat	
5	1	Friday, August 26, 2016	Machynlleth	74	46.0	186	115.6	Mountains	
6	1	Saturday, August 27, 2016	Rhayader	59	36.7	245	152.2	Mountains	
7	2	Sunday, August 28, 2016	Hay on Wye	63	39.1	308	191.4	Downhill	
8	2	Monday, August 29, 2016	Chepstow	79	49.1	387	240.5	Hilly	
9	2	Tuesday, August 30, 2016	Bradford-on-	73	45.4	460	285.8	England	
10	2	Wednesday, August 31, 2016	Day Off	0	0.0	460	285.8		<i>National Route 4 - The immensely popular Bristol and Bath path provides a short (13 miles) tranquil walking and cycling path between the two cities. The path begins in the historic port of Bristol, and passes</i>

11	2	Thursday, September 01, 2016	Hungerford	72	44.7	532	330.6	Rolling	<i>via Mangotsfield, Warmley and Saltford before arriving in the heart of Bath. You'll find ideal stopping points for drinks and snacks at Bitton and Warmley stations, or you could enjoy a pub lunch at Saltford. In Bath you're sure to find a variety of ways to spend the rest of your day including the Roman Baths, art galleries, shopping and Botanical Gardens.</i>
12	2	Friday, September 02, 2016	Tyford	56	34.8	588	365.4	Flat	
13	2	Saturday, September 03, 2016	Weybridge	54	33.6	642	398.9	Flat	<i>National Route 4 - This popular route leads from the countryside into the bustling city of London along the Tames, passing through parks at Richmond and Hampton Court, the latter along the riverside path. The route travels through Staines and then onto Thorpe Park, for those wanting to test their mettle on the rides. Local attractions include; Tower of London, The London Eye and the Houses of Parliament, or why not simply relax on a lazy boat tour on the Tames.</i>
14	3	Sunday, September 04, 2016	London	58	36.0	700	435.0	Flat	<i>National Routes 1 and 51 - The route heads out of London from Greenwich in a northerly direction along the traffic-free London Docklands and Lea Valley cycle route into Hertfordshire. From Harlow the route travels through Essex and takes you via Chelmsford to Colchester before joining route 51.</i>
15	3	Monday, September 05, 2016	Day Off	0	0.0	700	435.0	Tour London	
16	3	Tuesday, September 06, 2016	Churchgate Street	50	31.1	750	466.0		
17	3	Wednesday, September 07, 2016	Great Braxted	60	37.3	810	503.3		
18	3	Thursday, September 08, 2016	Harwich	63	39.1	873	542.5		Catch overnight ferry to Hook of Holland
19	3	Friday, September 09, 2016	Boskoop	61	37.9	1135	705.3		Netherlands

20	3	Saturday, September 10, 2016	Utrecht	52	32.3	1187	737.6	Flat	<i>The Euroroute R1 in the Netherlands (451 kilometers) leads in the motherland of cycling culture from the Belgian border at Sluis along the coast of the North Sea to Den Haag (167 Kilometer) and with further 284 kilometers eastward to the German border in Zwiilbroek. The path through the dune scenery of the North Sea coast, over the storm barriers and dams of the Delta works, as well as two ferry transfers and the passage through the new port of Rotterdam are a unique experience. ---Looks like EV2 Picks up here----</i>
21	4	Sunday, September 11, 2016	Rhenen	47	29.2	1234	766.8	Flat	<i>East of Den Haag the cyclist finds a wide variety of landscapes: the typical Dutch canal landscape to Utrecht, the hilly, densely wooded national park Veluwezoom at Arnheim, the passage along the Nederrijn as well as the park landscape of Achterhoek.</i>
22	4	Monday, September 12, 2016	Spaneren	57	35.4	1291	802.2	Rolling	<i>The road is interesting and diverse. In addition to cities and bigger towns like Vlissingen, Den Haag, Utrecht and Arnheim, you find smaller historical places, for example Scheveningen, Worden, the national park Veluwezoom as well as the park landscape with mansions close to the German border, that entertain and surprise and make the Euroroute R1 in the Netherlands a memorable and exciting experience.</i>
23	4	Tuesday, September 13, 2016	Day Off	0	0.0	1291	802.2		
24	4	Wednesday, September 14, 2016	Willbrock	69	42.9	1360	845.1	Flat	Germany

25	4	Thursday, September 15, 2016	Stadtlohn	30	18.6	1390	863.7	Flat	<p><i>Most of the route is in the flatter parts of North Germany and only occasionally does it cross one or the other hill in the Harz mountain area. In general the route network in Germany is of a very high standard and very cyclist-friendly. Because more of the R1 is on separate bicycle paths, or along remoter forest roads and paved field tracks, there is little contact with motor vehicles.</i></p> <p><i>Prize-winning "Bicycle Towns" such as Münster offer a cyclist-oriented service and have a large range of Bed & Bike offers.</i></p> <p><i>Parts of the route of the R1 coincide with other long-distance cycle routes and tours, for example the cycle route along the river Elbe, allowing the combination of various routes with the possibility for small detours.</i></p> <p><i>As it crosses Germany, the R1 passes through a wide variety of landscapes.</i></p> <p><i>For example, near to the Dutch border in the vicinity of Zwillbrock and Vreden it winds its way through idyllic moor and heath landscapes, then later through the dense woods in the heart of the Weser Hills and finally through the wild and romantic flood-plain landscapes of the river Elbe.</i></p>
26	4	Friday, September 16, 2016	Haxibeck	58	36.0	1448	899.7	43 Km slight uphill	
27	4	Saturday, September 17, 2016	Muenster	24	14.9	1472	914.7	Flat	
28	5	Sunday, September 18, 2016	Harsewinkel	54	33.6	1526	948.2	Flat	
29	5	Monday, September 19, 2016	Heiligkirchen	60	37.3	1586	985.5	Climb 200'	<p><i>The R1 offers a variety of opportunities on its way through the German Laender to stop over on the left and right of the route.</i></p>

30	5	Tuesday, September 20, 2016	Day Off for Jim while Pixie, Pam and Ron fly home from	0	0.0	1586	985.5		<i>Spa towns extend an open invitation for wellness stops, for example with mud baths in Blankenburg or traditional Kneipp water treatments in Buckow.</i>
31	5	Wednesday, September 21, 2016	Nieheim	34	21.1	1620	1006.6	Hilly	
32	5	Thursday, September 22, 2016	Stadtoldend	54	33.6	1674	1040.2	Hilly	
33	5	Friday, September 23, 2016	Bad Gandershei	46	28.6	1720	1068.8	Hilly	
34	5	Saturday, September 24, 2016	Goslar	40	24.9	1760	1093.6	Hilly	
35	6	Sunday, September 25, 2016	Blankenburg	56	34.8	1816	1128.4	Hilly (Mud baths)	
36	6	Monday, September 26, 2016	Day Off	0	0.0	1816	1128.4		
37	6	Tuesday, September 27, 2016	Gatersleben	55	34.2	1871	1162.6	Coming out of Harz Mts.	
38	6	Wednesday, September 28, 2016	Bernburg	46	28.6	1917	1191.2		
39	6	Thursday, September 29, 2016	Dessau-	58	36.0	1975	1227.2		
40	6	Friday, September 30, 2016	Luterstadt-Wittenberg	60	37.3	2035	1264.5	Flat	
41	6	Saturday, October 01, 2016	Ferch (on a lake)	80	49.7	2115	1314.2	Some hills	
42	7	Sunday, October 02, 2016	Berlin	55	34.2	2170	1348.4	Rolling	
43	7	Monday, October 03, 2016		0				Berlin	
44	7	Tuesday, October 04, 2016		0				Berlin	
45	7	Wednesday, October 05, 2016		0				Berlin	
46	7	Thursday, October 06, 2016		0				USA Fly home	

