

APOGEE ADVENTURES

2022 Europe Coast to Coast

Summarized Itinerary

Trip Begins: Amsterdam, Netherlands
Trip Ends: Venice, Italy
Mileage: 40 to 75 miles per day (average of 60 miles per day)

Day Minus 1: *Today is the day you'll finish packing up, double-check your passport, hug your parents, and head to the airport for your overnight flight to Amsterdam. Make sure to drink plenty of water on the flight as staying well-hydrated will do wonders for jetlag and your first day of riding.*

Days 1 & 2: We will meet at Amsterdam's Schiphol Airport early this morning. Once we've collected our bags and boxed bikes, we'll transfer by shuttle to the town of Haarlem. In Haarlem, we'll help the trip leaders re-assemble our boxed bikes and get our gear in order. After a safety orientation ride, we'll spend the rest of the day getting to know each other, talking about our upcoming trip, and getting a good night's sleep. On Day 2, we'll start our riding along the protected bike paths that honeycomb the flat Netherlands countryside. We'll leave the Amsterdam area behind us and ride to the coast. Riding within sight of the North Sea on dune-side bike paths, we'll spend our second night in the small town of Wassenaar, not far from The Hague.

Days 3-5: Riding over the elaborate dykes that hold back the North Sea, we'll head south through the Netherlands' coastal regions along the renowned Nordzeeroute network of bike paths. Crossing into Belgium, we'll feel the culture shift ever-so-slightly as we make our way through small towns and spend a day off the bikes in the beautiful medieval city of Bruges. Finally, we'll leave the coast behind as we cross into the rural region of Picardy in northwestern France.

Days 6-9: We'll spend the next few days riding through the rolling hills of the Belgian and French countryside as we make our way southeast. Quiet roads, morning pastries, lunchtime baguettes, and amazing riding become the routine during this stretch as we make our way south into the capital of France's Champagne-Ardenne region, Epernay.

Days 10 & 11: We'll get up early on Day 10, leave our bikes stored at the campground, and take a train into the heart of Paris. Our day will be spent walking the boulevards, picnicking on the banks of the Seine, and looking up the majestic Eiffel Tower. We'll eat dinner in a Parisian cafe before catching an evening train back to our Epernay accommodations. On Day 11, we'll have a true rest day, doing laundry, calling home to tell our parents about all of our European adventures, and general rest and recovery.

Days 12-17: Back in the saddle, we'll continue to ride through the vineyards and rolling hills of the Champagne and Alsace-Lorraine regions. Passing through the town of Nancy, we'll get our first taste of moderate climbing as we make our way to Celles-sur-Plaine, nestled in the Vosges Mountains. Approaching Celles-sur-Plaine, we'll notice the region's German influence, particularly in the food and the architecture. This influence will only increase as we get closer to the Rhine River, where we will spend our last night in France camped outside the cathedral city

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of Strasbourg. We'll ride through Strasbourg before we cross the Rhine into the heart of Germany's Black Forest, where we'll take a day off the bikes in the quaint village of Schiltach, Germany.

Days 18-19: We'll ride past Teutonic villages and wooded hills along Germany's outstanding network of bike paths toward the beautiful shores of the Bodensee or Lake Constance. We'll make our way down the tourist-friendly bike path that hugs the lake to the town of Bregenz, Austria, amazed at the way the snow-covered Alps rise in the south – and the way they seem to emerge directly from the lake itself.

Days 20-24: By Day 20, it will be time to make our way up and over the Alps. For the most part, our route will follow an ancient Roman road called the Via Claudia Augusta, which just happens to be the easiest north-south cycling route through the Alps. Although it may be the easiest route through the mountains, we'll still have our fair share of challenging mountain passes. Breathing heavily at the top of each pass, we'll marvel at the stunning physical beauty of our surroundings and revel in the long descents that will take us down to the next river valley. We'll take our last rest day in the town of Landeck, Austria, after conquering the largest (and most visually stunning) of the mountain passes we'll bike. From the beautiful Inn River valley, we'll cross briefly into Switzerland and make one more big climb up to the headwaters of the Adige River and the Italian border.

Days 25-29: With every kilometer that we ride down the Adige River bike path, the German influence fades as the Italian influence increases. The air will feel different as the soft Mediterranean breezes filter up into the hills above the Venetian plain. Passing through the city of Trento, we'll leave the mountains behind, cross the busy Po River valley and, at long last, watch the sun sparkle on the Venetian lagoon. We'll take a ferry from the mainland into the heart of magical, entrancing Venice. From our hostel on the island of Giudecca, we'll spend our final full day together crossing canals and exploring the many wonders of this fascinating city before enjoying an Italian feast at a local trattoria and reminiscing about the amazing places we've seen. On the morning of Day 29, we'll take a water taxi over the lagoon to the airport, where we'll reluctantly part ways for our long flights home.

Please note that all itineraries are subject to change.