LONDON & THE RIVER THAMES - £495

5th May 2020 - 11th May 2020 (7 days)
This tour uses train, boat and cable car assistance to enhance your sightseeing experience of London, Essex and the River Thames by bike. Cycle through Royal Parks and beside the River Thames. See Buckingham Palace, Trafalgar Square, the Houses of Parliament, St. Paul's Cathedral, London Bridge, Tower Bridge and the Greenwich World Heritage site. You don't just see London; on a bike you'll be part of it. A real adventure on mostly flat and undemanding terrain.

HOLIDAY TYPE: Guided
TOUR MANAGER: Bernie Curtis
GRADE: Leisurely
BOOKING STATUS: Places Available
ACCOMMODATION: Hotel
BOARD BASIS: Half Board
TRAVEL ARRANGEMENTS: Land Only
ROAD / OFF ROAD: Road
HOLIDAY STYLE: Centre-based
VEHICLE SUPPORT: Carry Own Luggage
HOLIDAY REF NO: 03461

Holiday Itinerary

Tuesday 5th May
Arrive at Gidea Park Hotel between 3pm and 7pm. Stay 6 nights. Meals: D

Wednesday 6th May
A ride to see the local area of country lanes, villages, woods and country parks. The London Borough of Havering is one of London's greenest with gently dramatic scenery. Meals: B D

Thursday 7th May
A train-assisted ride to where the Thames meets the sea at Southend, which has the world's longest pier. Chance to sample the wonderful sea food at the old fashioned town of Leigh on Sea and then off road through Hadleigh Castle Country Park. An easy to cycle route with one steep section which can be walked if necessary. Meals: B D

Friday 8th May
Travel by bike and train to take you and your bike for a river trip to London with a fun ride through East London parks and side streets back to our hotel. Meals: B D

Saturday 9th May
Today we ride to Greenwich and take our bikes on the cable car high above London and the River Thames with extensive views in all directions. Meals: B D
Sunday 10th May
Up to London for a grand finale of iconic London attractions. Too many sights to mention. You name it, we probably ride past it. Meals: B D

Monday 11th May
The holiday finishes after breakfast. Meals: B

Daily cycling distances will be up to 35 miles per day, with departure at approx 9am. Meals: B = Breakfast  D = Dinner.

Holiday Summary

Accommodation & Meals
All nights are spent at the 3-star Gidea Park Hotel, located in a good residential area close to public parks and one mile from Romford’s famous and historic shopping centre. Twin and triple rooms will be shared unless a single occupancy supplement is paid. Breakfasts and dinners are included, with vegetarians catered for if requirements are stated on the booking form.

Travel Insurance
Obtaining travel insurance is optional for UK residents as your Cycling UK membership provides third party cover. However, this does not cover any other risks such as cancellation charges, personal injury or lost property. We therefore strongly recommend that suitable insurance is taken out to safeguard against such risks. Members who do not reside in the UK are not covered for third party and are advised to obtain suitable cover before leaving their normal residence. If you already have an annual policy, you may need to confirm that it will cover a UK holiday or make provision for it to do so.

Price
The price of £495 is based on a minimum number of 6 people taking part in the holiday; please note Booking Conditions, clause 3. If there are insufficient bookings by 25th February 2020, we will contact you and return all monies paid, although in certain circumstances the holiday may still run at below minimum numbers but at the same price.

Price Includes
- 6 nights hotel, sharing room
- 6 breakfasts, 6 dinners
- CTC Cycling Holidays & Tours costs

Price Does Not Include
- Travel to London
- Train, boat and cable car fares (£40 approx, see Other Information)
- Drinks with dinner
- Lunches or refreshments during the day
- Entry fees at any attractions visted
- Any other personal expenses
- Travel Insurance (optional)
- Single occupancy supplement (£90, subject to availability)

Payment Schedule
A deposit of £50 per person is payable upon booking, with the final balance of £445 per person to be paid ten weeks prior to departure, by 25th February 2020.

Cancellations
Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

<table>
<thead>
<tr>
<th>Written notice received:</th>
<th>Cancellation charge:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 25th February 2020</td>
<td>Deposit (£50)</td>
</tr>
<tr>
<td>From 25th February 2020 through to departure</td>
<td>100% (£495)</td>
</tr>
</tbody>
</table>

Additional Information

Area Covered By The Holiday
The hotel is conveniently placed for cycling in London and along the River Thames to see the sights, with transport suitable for assisted rides.

Rides & Rest Days
There will be three rides into London to see the sights and two rides out of Greater London into Essex. Be prepared to carry your bike up or down stairways and on and off trains, a boat and a cable car. Mostly the rides are very flat. The routes will include greenways and routes through public and Royal Parks, as well as quieter back streets. The City is not congested with traffic at weekends. There could be diversions due to road works but generally the aim is to avoid places with heavy traffic congestion. There are plenty of taxis and train services to get you back to our hotel in the event of a bike failure or in an emergency, but bikes cannot be taken on trains (or the London underground) during the morning or evening rush hour Monday - Friday. Engineering works could also affect the routes used.
Accommodation & Meals
Please ensure that you arrive in time for dinner on the first evening.

Travel
Gidea Park railway station is 10 minutes walk from our hotel, and junction 28 on the M25 is about 3 miles away. There is ample car parking at the hotel and storage for bikes overnight.

Group Information
The maximum number of participants will be 15 excluding the Tour Manager.

Weather & Clothing
London and the south-east tend to have milder weather than the rest of the country, but you should be prepared for rain and cold.

Cycles & Equipment
A solo mountain, touring, hybrid bike or E-bike would be fine for this tour. A bell is very important. Bring a good quality bike lock and sufficient spares (including a spare inner tube or two) and tools to deal with punctures and minor repairs. Service or have your bike serviced before you come. Mudguards are optional but will be appreciated (particularly by other tour participants) if the weather is wet.

Maps & Guides
The tour is led but OS Landranger Maps 167 & 178, 176 & 177 (in the order needed for each day) or the Greater London A to Z cover the routes.

Other Information
You will need a contactless credit or debit card to pay your train, boat and cable car fares which are not included in the holiday price (£40 approx). If this is a problem the Tour Manager can supply you with a Visitor Oyster Card (£5) which then needs to be uploaded with funds to cover these fares. This can be arranged on the first evening.

Tour Manager’s Contact Details
If you require any assistance, or have any queries, please don’t hesitate to contact the Tour Manager using the information provided below.

Bernie Curtis
Email: bernard.curtis62@btinternet.com
Telephone: 01708 347226