

A woman and a man in cycling gear are standing by a lake. The woman is in the foreground, wearing a white helmet and a dark blue cycling jersey with 'CITY ALPS' and a mountain logo. The man is behind her, wearing a grey helmet and sunglasses. They are both smiling. The lake is in the background, surrounded by green trees and bushes. In the foreground, there are tall green irises with yellow flowers. The text 'BACKYARD ADVENTURE SERIES' is overlaid in large white letters.

BACKYARD ADVENTURE SERIES

SUMMER EDITION
2020



CITY ALPS
ADVENTURE READY

WHY THE BACKYARD ADVENTURE SERIES?

The Backyard Adventure Series is the City Alps plan B virtual challenges and race series for those who have seen 2020 events and races cancelled, and are looking for a little inspiration and something to train towards over the Summer.

The series involves
multiple challenges in 3 tiers



1

THE EPICS

Solo or Group challenges designed to test you mentally and physically, and to provide you with an opportunity to live out the #adventureready philosophy.

2

THE WEEKEND WARRIORS

Solo or Group challenges for the weekend warriors in us all. No need to take any leave from the 9-5, but expect to feel the joy of a weekend mission in the legs on a Monday morning.

3

THE QUICKIES

Shorter routes and hidden gems for racing fun in and around Amsterdam.



HOW IT WORKS

Sign Up



Sign up by filling out [THIS FORM](#). You have until the end of Summer 2020 to knock off your chosen challenges. Euro 25 is your buy in which includes routes (gpx files) for your chosen challenge(s), tips and tricks (where applicable). New to City Alps? Please tick the box in the form for a 2-week free trial of classes. Please [PAY HERE](#).

Get Going



Go solo, join other City Alpers, or challenge a mate, date or family member! Let's share and spread the #Adventureready love!

Train, train, train ... and build City Alps classes into your training plan if you can (virtually by zoom or in the City Alps classes in Amsterdam).

Race Day



You choose your race day/s. As evidence that you have completed the relevant challenge, upload your challenge results onto the website. Also, tag your strava and/or social media post with - #backyardadventureseries and @cityalps.

Prize giving



All efforts and results will go onto the online leaderboard. Other than bragging rights, any City Alper who completes 5 Quickies *AND* 2 weekend Warriors *AND* 1 Epic earns a prestigious, one-of-kind, life-time guaranteed...City Alps Backyard Adventure trucker cap! Your name will also go up on the City Alps Wall of Honour.
Lucky draw adventure-inspired prizes to be won!



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THE EPICS

We have 3 City Alps Backyard Adventure
Epics for the Summer

THE CROSSING

mtb

GRAVEL 300

gravel biking

CITY TO SEA MARATHON

trail & road running



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THE CROSSING

MTB route Crossing the Netherlands from South to North.

Expect to be blown away as The Netherlands shows off its wild side - along challenging single tracks, through rolling hills, forests, sand dunes and farmlands.

Entirely self-supported

Total distance: 470 km

Take as many days as you need.

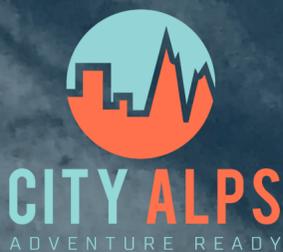


THE EPICS

GRAVEL 300

Spend a full day
covering 300 km of
gravel bliss through the
Heuvelrug and Veluwe
nature reserves.

Start and finish
at City Alps in
Amsterdam Oost



THE EPICS

CITY TO SEA MARATHON

START
in the heart of
Amsterdam running
along the historic
canals

A mix of trail and road
running

FINISH
in the sea (a dip is
compulsory)

THE EPICS



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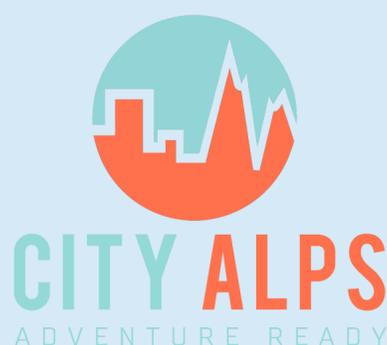
WEEKEND WARRIORS

With the Weekend Warriors, the challenge is to head to a beautiful area of the Netherlands and complete a route that you have created and that meets the challenge criteria for that area (as described below).

Be creative and explore.

For the summer series, we have selected the following areas:

KENNEMER DUINEN
SALLANDSE HEUVELRUG
UTRECHTSE HEUVELRUG
WADDEN EILANDEN
BONUS: THE CITY ALPS 'AMSTEL SILVER'



KENNEMER DUINEN

Only 25 km west of Amsterdam, de Kennemer Dunes are easily accessible by car, train or bus in half an hour. Enjoy the beautiful, rolling, sandy single track and lookout for the Scottish Highland cattle and the abundant bird life.

THE CHALLENGE

RUN 20 or 30 KM (mostly on trails)

Race criteria:

run (at least) 2 km on the beach
and climb at least 1 sandy dune

SALLANDSE HEUVELRUG

As the name suggests, the Sallandse heuvelrug has...wait for it.....HILLS. It is also amazingly beautiful, especially towards the end of the summer, when the heather (heide) turns parts of the area into a sea of purple.

20 or 30 km Trail Run

OR

100, 150 or 200 km Road ride

OR

60 km MTB ride

For both run and cycle options: include the highest 'peak', de Grote Koningsbelt, in your route! For the Road Warriors, you are not restricted to the Sallandse heuvelrug as long as you include the climbs of the 'Toeristenweg' and the 'Motieweg'.



UTRECHTSE HEUVELRUG

Another Heuvelrug! A lot of you have already done some exploring here.
But it never gets boring, and it's SO close to Amsterdam.
So, head out there and explore!

20 or 30 km Trail Run

OR

100, 150 or 200 km Road Cycle

OR

80 km MTB

For the road cycle, make sure to cover the entire length of the Utrechtse Heuvelrug (both ways) and include at least the Amerongse berg, de Grebbeberg and de Galgenberg.

For the run and MTB... just get out there and ENJOY!

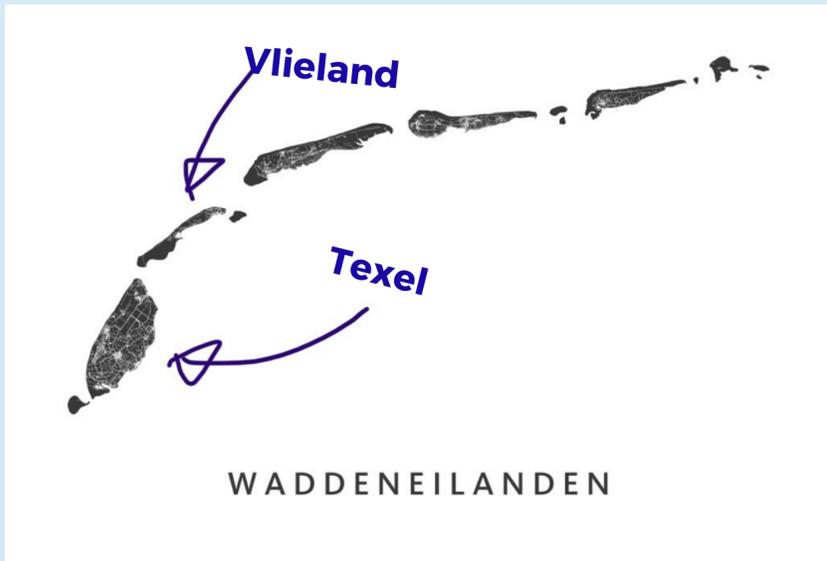
Recovery Dutch pancakes at the Lage Vuursche come highly recommended!



WEEKEND WARRIORS



WADDEN EILANDEN



Wadden Eilanden

If you have not yet visited the islands at the northern most tip of the Netherlands, it is an absolute must-do. These islands really are a unique phenomenon and worth the bit of extra effort of getting there!

Run Vlieland

This island is perfect for running! It has an other-worldly feel... run the entire length of the Island (20 km) and include at least 2 km of (barefoot?) beach running.

Dip in the sea obviously encouraged.



OR

Cycle (to) Texel

MTB: Tackle the 80 km mountainbike route on the Island. This gives you the chance to really explore the incredible Dunes of Texel national park (gpx provided)

OR

Roadbike: Cycle from Amsterdam to Texel (via the coast!) and then include a loop covering the entire length of the Island (this will add up to at least 120 km)



CITY ALPS AMSTEL SILVER



Distance: 240 km GPX provided as a bonus WW

A bonus Weekend Warrior! We created this route as a substitute for the cancelled Amstel Gold 240 km race that we'd signed up for with so many City Alpers. You start off with a section through the sleepy Flevoland farmlands. After leaving this entirely man-made province, you cycle North to South through the beautiful Veluwe national park, then cross over to the Utrechtse Heuvelrug to add some hills before finishing it all off cycling through the lake filled area south west of Amsterdam. The route includes a few short gravel sections but nothing a (City Alper on a) road bike can't handle.





ADVENTURE READY

QUICKIES

The Quickies are shorter challenges closer to Amsterdam making use of the tried and tested City Alps SOLO MOVE Routes.

We've squeezed as much City Alps vibe into these routes as possible... finding trails, bridges and hills in and close to the city.

All routes are available on the [City Alps website](#)

