

Mind's London to Amsterdam virtual cycle challenge

Thank you for taking on September's challenge, where we're asking you to cycle 300 miles throughout the month.

Below is a tracker to record your daily distances and you'll also find a key to show the distance for each stage of your tour on the reverse of this page. However many miles you cover your support is helping to raise money and break the stigma around mental health.

Get on your bikes						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Halfway there!						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	Final push!	Finish	<h2>Congratulations!</h2> <p>Well done on your journey, every mile makes a big difference. Where did you manage to get to? Why not post this on your fundraiser and share with friends and family?</p>			
29	30					

mind.org.uk

Mind (the National Association for Mental Health)
Registered Charity Number 219830.



Registered with
**FUNDRAISING
REGULATOR**



Virtual tour tracker

Please use this tour tracker as a record of your achievements for each stage.

Start



Finish



Stage

1

London to Maidstone
40 miles

Completed by day:

Stage

2

Maidstone to Calais

45 miles (we've not included the channel)

Completed by day:

Stage

3

Calais to Dunkirk

32.5 miles

Completed by day:

Stage

4

Dunkirk to Bruges

40 miles

Completed by day:

Stage

5

Bruges to Middelburg

32.5 miles

Completed by day:

Stage

6

Middelburg to Rotterdam

62.5 miles

Completed by day:

Stage

7

Rotterdam to Amsterdam

47.5 miles

Completed by day:

Total journey distance: 300 miles