



## The Ampler Electric Bike Adventure starts in two days

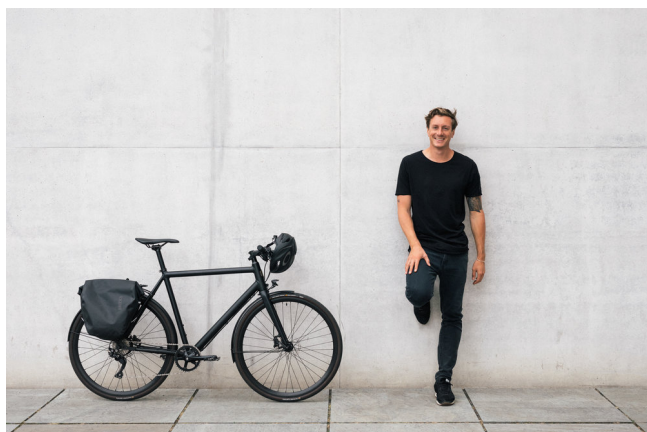
**20 June 2018 – Follow the journey of a Dutchman Alain Buffing, while he tackles 800 km of distance between Amsterdam and Berlin on an Ampler electric bicycle with the intention of spreading the word about clean energy, and strong health benefits of good nutrition and cycling.**

Alain Buffing, an Amsterdam native now living in Berlin, has decided to take on an adventure, in order to promote a green lifestyle and test the merits of an electric bicycle. Whilst living a healthy lifestyle, Alain has no previous cycling training and his goal is to tackle 800 km on an Ampler bicycle to show the world that electric bikes give everyone the possibility to embark on distances that seem unrealistic or difficult otherwise.

Electric bikes break down physical barriers like wind, hills and sweat which makes this challenge accessible for everyone. Although it would take Alain just over 6 hours to cover this distance in a car, by riding an electric bicycle he will emit 12 times less CO<sub>2</sub> (22g/km) per kilometre compared to a passenger car (271g/km). While spending 6 days cycling, nutrition plays an important role on the way. Alain runs a nutrition company The Temple, and through his journey, he wishes to educate people on how to receive all the right nutrition while putting your body to the test.

"Travel, food and sports are the three biggest passions in my life. By embarking on this challenge, I have the opportunity to spread the word about clean energy, physical exercise and healthy nutrition. I hope to inspire people to take small steps in their everyday life towards a healthier, happier and greener lifestyle," says Alain.

*A green lifestyle will create a better future for all of us. Follow Alain's journey via our [event page](#), [Instagram](#) and [Facebook](#) as we will be giving you LIVE updates from the road throughout the whole week.*



[Click here for more pictures and assets](#)

**Start:**

22/06

Amsterdam

9:30am-11:00 CET

[TwoTone](#)

[Tussen de Bogen 6, 1013 JB Amsterdam, Netherlands](#)

**Journalists welcomed**

**Finish:**

27/06

Berlin

Ampler Bikes Flagship store

Kollwitzstraße 47, 10405 Berlin, Germany

*If you wish to check out and test ride Ampler Bikes, visit our Flagship store at Kollwitzstraße 47, 10405 Berlin as of June 23.*

**For more information:**

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