

Cycling Safaris

Southern Relax Tulip Guided Tour 2019

Guide cycles with group | 213-225 km | 8 days / 7 nights



Between April and mid May 2019 we offer special tours centred around the Tulip theme and you visit of course the Keukenhof.

Highlights

Keukenhof

Tulips

Historic town centres

The tulip originated in Turkey. The tulip bulb reached The Netherlands at the end of the 16th century. The flower and bulb were thought to be so special that a lively trade arose quite quickly. In 1634 there was one single bulb that was so expensive, a whole canal side house could be bought with the money in Amsterdam. In 1637 the government took the speculation in hand and the bulbs dropped in price drastically. The bulb and flower became "normal". These days Aalsmeer controls a market share of 44% of the turnover of bulbs and tulip flowers.

The route leads through vast fields of tulips. You will of course also visit the world-famous, 32-hectares' park The Keukenhof, where you can admire the wonderful colourful fields with flowering bulbs in peace and quiet.

From Leiden it is simple to take the bus and spend a wonderful day at the Keukenhof. At the end of the day you'll catch the bus back to Leiden. The bus admission costs are included in the tour price. Between Leiden and Haarlem you will cycle through the bulb fields.



The route from day to day +km

- Sat Amsterdam, embarkation between 1 PM-2 PM near Central Station. Sailing to Uithoorn, cycling loop round tour 15km
- Sun Uithoorn - Gouda 45 km
- Mon Gouda - Delft 40 km
- Tue Delft - via Katwijk - Leiden 36/48 km
- Wed Leiden, visit Keukenhof with public transport
- Thu Leiden - Haarlem via bulb fields 40 km
- Fri Haarlem - Amsterdam 40 km
- Sat Amsterdam, debarkation before 10 AM near Central Station

1 km = 0.62 miles

All distances are approximate. The above planned itinerary is subject to change due to changing wind and weather conditions and other unforeseen circumstances having to do with mooring requirements, etc.

TOUR ITINERARY

Day 1: Saturday **Arrival**

Amsterdam, boarding from **1 PM - 2 PM**. When you arrive on board the ship, you can place your luggage away in your cabin and enjoy a cup of coffee or tea. It is also a good moment to become acquainted with the guide, skipper and crew and of course your fellow passengers. **At 2.15pm (at latest)** the ship will sail to Uithoorn. Its very important you are on time. The barge can't wait due to the opening hours of bridges and/or locks.

At dinner time the next day's programme and the routine for the rest of the week will be explained and you will cycle your first miles on the bike.

Day 2: Sunday **Uithoorn - Gouda** **45 km**

From Uithoorn you will continue your tour over country roads, banks and channels through the Green Heart and polders to the city known for its cheese: Gouda. Who thinks of Gouda, not only thinks of cheese, pipes, 'stroopwafels' (treacle-waffle) and pottery, but also of stained-glass windows, a fairy-like town hall and atmospheric canals. Gouda is beautiful Old-Dutch city with a mostly intact city centre. As on most days, after dinner you will take a walk through the city.

Day 3: Monday **Gouda - Rotterdam - Delft** **40 km**

From Gouda you cycle past scenic polders via Kinderdijk to Rotterdam. Kinderdijk has the largest group of windmills in the Netherlands. The windmills at Kinderdijk were still actively used until 1950. These days, a

large pumping station is responsible for controlling the water level in the polder. Here you can visit a windmill.

In Rotterdam you embark and from there the ship takes you to Delft. Delft, the town famous for its pottery, the 'Delft blue'.

The Prinsenhof Museum is housed in the former St Agatha's monastery. In 1572 William of Orange chose the convent as one of his residences. It was from here that he led the revolt against the Spanish tyranny of Holland. He was murdered on the steps of the Prinsenhof on July 10, 1584, by Balthazar Gerards, a Spanish sympathiser. Two bullet holes in the wall of the stairs bear witness to this event.

Day 4: Tuesday **Delft - Katwijk - Leiden** **40 km**

From Delft we cycle in the direction of The Hague, through the Haagse Bosch, a large park, and past the Royal "Huis ten Bosch" Palace. A tranquil cycle path through the dunes leads you to Wassenaarse Slag.

Here some remains of the Atlantikwall can still be seen. Five bunkers are connected by nearly 3,000-foot-long brick tunnels. Now the underground network serves as a bat reserve. Continue through the dunes, to Katwijk aan Zee, an old fishing village. Following the course of the Oude Rijn (Old Rhine) we cycle to Leiden.

Leiden originated around 800 AD as a market place at the confluence of the Old and New Rhine rivers, the Vliet and the Mare ('Leyten' means 'at the waters'). For a long time it was considered to be the second city after Amsterdam. It was the centre of the textile industry in Medieval times and the birthplace of Rembrandt (van Rijn), boasting 14 museums, including the Rijksmuseum for Anthropology with many priceless foreign objects, the Municipal Museum (Lakenhal, 1640) including works by Dou, Steen, Rembrandt and Van Goyen.

Day 5: Wednesday **Leiden - visit Keukenhof by public transport**

Today you visit the Keukenhof gardens, the most beautiful spring park in the world. Keukenhof is the place where the spring breaks. An overwhelming blaze of colours of seven million flowering tulips, in a magnificent 80-acres' background of traditional and modern gardening architecture. The many blossoms, the flowering rhododendrons and azaleas are a feast to the eye!

Day 6: Thursday **Leiden - via the flower bulb fields to Haarlem** **40 km**

From Leiden you cycle through wonderful flower beds in the direction of Haarlem. In the period of March to May the bulb fields are blooming, starting with daffodils and followed by hyacinths, tulips and lilies. Once in the city of Haarlem you make a short tour through the city to see some typical 'hofjes' (almshouses), old houses around a central courtyard, now usually housing elderly people. These 'hofjes' are definitely worth a visit.

Day 7: Friday **Haarlem - Amsterdam** **40 km**

From Haarlem you sail to Spaarndam, a picturesque village on the edge of Haarlem, in the direction of Amsterdam. Here you can find the statue of Hansje Brinker on the IJdijk. Hansje is a character from an American novel, who saved the country from flooding by putting his finger in the dike. The Buitenhuisen ferry takes you across the North Sea Canal and from there you cycle to the Zaanse Schans. The Zaanse Schans, with its traditional weatherboard houses, warehouses and windmills may give you the feeling of stepping back into the 17th or 18th century. Yet this is no open air museum, but a lively neighbourhood where people live and work. Among other things a cheese farm, a clog maker and an old bakery can be visited here.

Day 8: Saturday **Departure**

Amsterdam, end of the tour after breakfast. (10am)

Comfort de Luxe: The "Sailing Home" started cruising in 2001. This beautiful passenger ship can accommodate 26 overnight passengers. The interior of the salon and bar is decorated in a modern Victorian style and offers a lot of comfort. Wifi on board (free up to 100Mb)

Cabins:

The "Sailing Home" has capacity for 26 pax in 13 spacious and comfortable guest cabins for two (lower beds), twin beds which can be placed together, and each cabin has a private bathroom. All cabins have central heating and air-conditioning. Windows can open.

The "Sailing Home" has two floors. On the top floor you will find the salon, a roomy lounge, a cosy bar and a sun deck.

Electricity: 220 V, Wifi on board



Category Comfort: The "Liza Marleen" is a luxury motor passenger barge, built in 1997-98 on the completely dismantled shell of a seafaring freight logger. Cabins are being fully renovated for the 2016 season.

Capacity: max 22 people.

This robust barge is ideally suited for trips on the wider waterways, like the Dutch Waddenzee, the IJsselmeer and the Zeeland Streams, but it can also be found cruising on the smaller inland waterways of

the Netherlands and Belgium. The "Liza Marleen" has 8 double cabins and 2 triple cabins.

All cabins come with a private bathroom and central heating. The triple cabins have one double bed on top and one single bed underneath. The double cabins have two separate beds on top of each other.

The "Liza Marleen" has a beautiful, spacious and tastefully decorated salon and plenty of room on deck. The dayroom has audio-equipment and TV. Electricity: 220 V, Air conditioning, Windows can not open, Wifi on board



Wending - Category comfort

The "Wending" is a former freight barge that started a new life in the early nineties as a luxury passenger motor barge. Since then the "Wending" is a familiar fixture on several routes in the Netherlands and Belgium.

Capacity: max. 28 people/ On the Bike & Barge tours: max. 25 people

Cabins: The "Wending" has 8 double and 2 triple cabins. The beds in the cabins are side by side. In the triple cabin one bed is placed over the other two.

All cabins with private bathroom and central heating.

Day Stay: The "Wending" has a roomy and cosy salon, equipped

with a complete music installation and TV. After a strenuous bike ride it is a great place to relax.

Electricity: 220 V

DATES AND PRICES (per person) 2019

Ship Sailing Home (Category Comfort Deluxe)

<u>2-berth cabin:</u>	<u>single use:</u>
€ 1,230 standard season	€1,740 standard season
€ 1,340 high season	€1,900 high season

Departure dates for Ship Sailing Home:

March 30 (standard season)
April 6, 13, 20, 27 (high season)
May 4 (standard season)

Ship Liza Marleen (Category Comfort)

<u>2-berth cabin:</u>	<u>superior cabin (large double cabin):</u>
€ 1,210 standard season	€ 1,310 standard season
€ 1,320 high season	€ 1,420 high season

<u>3-berth cabin:</u>	<u>single use:</u>
€ 1,115 standard season	€ 1,700 standard season
€ 1,215 high season	€ 1,855 high season

Departure dates for Ship Liza Marleen:

April 6 (standard season)
April 27 (high season)
May 4 (standard season)

Ship Wending (Category Comfort):

<u>2-berth cabin:</u>	<u>3-berth cabin:</u>	<u>single use:</u>
€ 1,150 standard season	€ 1,095 standard season	€ 1,335 standard season
€ 1,255 high season	€ 1,190 high season	€ 1,455 high season

Departure dates for Ship Wending:

April 6 (standard season)
April 13, 20, 27 (high season)
May 4 (standard season)

Reduction children (not including bike hire)

reduction: 0-2*: free of charge / 3-11*: - 30%

*if child is travelling together with at least 1 one full-paying person

WHAT THE TOUR PRICE INCLUDES

- 7 nights on board (incl. bed linen and 2 towels)
 - Route information/road book (1 set per cabin)
 - Breakfast & Dinner on board
 - Lunch packages when on the road
 - Entrance fee Keukenhof and return ticket public transport
 - Coffee and tea on board
 - Tour guide who cycles with the group
 - Bike rental, 24-speed Gazelle Medeo (incl. bags, lock, water bottle)
 - Bike helmet
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- Minimum of 3 city walks with tour guide
- Free WiFi (limited availability in lounge and on deck)
- GPS tracks (on request)

Please note that all charges on the boat must be settled in cash (euro) at the end of the tour.

Not included/optional extras

- E-bikes incl. helmet are available at a supplement of €80.00
- Bike insurance €15 per bicycle / €40 per electric-bike (can only be ordered at time of booking)
- Entrance fees to museums; approx €15 per tour
- Bike maps (3): €20 (to be ordered at time of booking; can not be rented on board)
- Bike trailer €85/trailer bike €50 / bike seat €15 / child bike €55
- Gluten free meals €50

WHAT TO BRING

Specialized cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- shorts/ long trousers/ track suit/ legging
- shirts/ sweater/ rain clothing
- gloves (only when you book a tour in April. It can be chilly in the morning that time of year!)
- good shoes
- sunglasses/ cap/ swimming costume
- extra towel
- soap/ insect repellent

BIKES

On these tours you cycle together as a group with the guide or you can chose to cycle by yourself.

After arrival on board you will be allocated a bicycle suitable to your height. This bicycle (a Hybrid bike), is at your disposal during your trip until Friday at 4pm.

There is a good bicycle available for all participants from ages nine and up with 24 gears and handbrakes. All bikes are comfortable lightweight touring bikes.



The bikes are equipped with:

- Pannier bags
- Odometer
- Good lock
- Water bottle
- You will get a repair kit when biking on your own.

Before you make your first tour, the guide will give you instructions about the bike. Can we draw your attention to the fact that you will be held responsible for damage to, or theft of the bike, as long as the bike is not on board. (The bike is a **Batabus Galivier** with a value of more than €600). Never leave it unattended. Always lock it and fasten it to a fixed object. You can insure this bike for a fee of €15.00, at the time of booking,

or when you arrive on board on the arrival day (payment in cash required). Should you use your own bike, please bring a good lock with you!

Holland is a cycling country - 16 million inhabitants all with bikes. The number of cyclists necessitates a cycling infrastructure: cycle paths (20,000 km), cycle routes (long and short distance), cycle bridges, cycle tunnels, cycle ferries and special signposts for cyclists.

Cyclists, of course, have to observe traffic rules and regulations. The most important rule is to remember that you are not alone on your bike and that you are sharing the road with your group and other road users. Your guide on board will tell you all you need to know about the traffic rules and regulations.

E-bike

It is also possible to book an E-bike. Your bike has 24 gears, a detachable lithium-Ion battery, hand brakes, pannier bags, a good lock, water bottle and you can get a repair kit. We draw your attention to the fact that you will be held responsible for damage to or theft of the bike, as long as the bike is not on board. (the E-bike has a value of more than € 2000,-). Never leave it unattended. Always lock it and fasten it to a fixed object, and don't forget to remove the information panel from your steering wheel. You can insure this bike with Cycletours for € 40,- per bicycle! If you didn't arrange cycle insurance when booking you can do this on board (the first day). Payment in cash is required.



ARRIVAL INFORMATION

You are expected on our barge on Saturday at **2pm**. You can recognise the barge by the banner with Cycletours written on it. After arrival there's coffee and tea on board. Other drinks are also available on cash payment. If you want you can bring your luggage in advance, from 12 Noon onwards.

**The mooring place of the barge in Amsterdam is Oosterdok
Zip-code 1011 VX (near the Science Center: 'Nemo', Oosterdok 2).**

On foot

At Central Station take exit "centrum", and then turn left, walk straight on 1,2 km/0.75 miles. Cross the bridge (only for cyclists and pedestrians). It takes about 10 to 15 minutes. Follow the red line on this map.



Train

There is a direct train that leaves 6 times per hour from Schiphol Airport to Amsterdam Central Station. It takes about 16 minutes. The price for a train ticket Schiphol-Amsterdam is € 4,00 per person for a single journey.

Taxi

A taxi from Schiphol Amsterdam Airport to the barge in Amsterdam takes about 30 minutes. It costs about € 50 you can call the following company: Taxi Direct 0031 (0) 20 6333333 www.taxidirect.nl a taxi from the Central Train Station in Amsterdam to the barge takes about 5 minutes: Costs about € 10,-.

Car

If you arrive by car, we recommend you to arrive earlier to unload your luggage. You can find more information about parking possibilities at www.iamsterdam.com

GENERAL INFORMATION

Arrival to tour start

It is very easy to get from Schiphol airport to the ship. The distance is approx. 20 km. At Schiphol airport you can take the train to Central Station Amsterdam. These trains leave very regularly (approx. every 8 min.). It takes approx. 15 minutes by train from the airport into Amsterdam and a ticket costs approx €5 per person for a single journey. From Amsterdam Central Station it is a 10 minute walk to the place where the ship is docked. A taxi from Schiphol to Amsterdam takes about 30 minutes. It costs about €35.

Group

On board you will meet an international party of all age groups, men and women, singles, couples and families together with their children.

Travel Guidance

The crew on board your ship consists of: the skipper and his mate who are responsible for the smooth running of things on board and the cook who is in charge of the catering. A tour leader, who can assist in case of breakdowns, and who can be your guide to point out to you the things of interest along the way, accompanies the participants. He or she is multi-lingual.

Meals

In the morning a substantial cyclist's breakfast is on offer, and the evening meal consists of a dinner with tea and coffee to follow. The midday meal comprises sandwiches/fruit/ snack/drink, which you take with you from the boat after you have prepared this package yourself after breakfast. When you arrive back at the boat after the day's cycling a cup of tea or coffee with a biscuit will be waiting for you. The three-course dinner is different every day. There is a first course, main course and dessert (on the ComfortLuxe there is also an extra intermediate course). The meals on board are included in the price, as are coffee and tea. There is a bar on the boat with beer, soft drinks and wine at reasonable prices.

Hotels

If you are booking additional hotel accommodation 3* in Amsterdam, herewith some suggestions:-

Amsterdam -

Hotel Avenue - www.hotels.nl/amsterdam/avenue/

Prinsengracht Hotel - www.prinsengrachthotel.nl/index.php