

# SUPER TULIP TOUR BY BIKE + BOAT

up/to Amsterdam



## YOUR TRAVEL INFORMATION



## Dear cyclist,

there is still some time left to get your things done and your suitcases packed. We would like to support you previously and therefore we have put all relevant information in this booklet.

If any of your questions are not answered, please do not hesitate to contact us. Either per e-mail or phone – we are always there for you!

As our guest we are trying to provide you with a warm, comfortable and relaxed atmosphere. In case of any discomfort contact our team immediately. En route we are always there for your wishes. Leave your routine behind, relax and enjoy the time with us.

We wish you a wonderful and adventurous bicycle-holiday.

Your RAD+REISEN Team

## CONTACT / AGENCY

### **RAD + REISEN GmbH**

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## LOCAL PARTNER

### **Cycletours Holidays**

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Netherlands

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# ARRIVAL

## EMBARKATION

You are expected on the ship on Saturday between 1 pm and 2 pm. You can recognise the ship by the banner with Cycletours written on it. The name of the ship is also printed on your voucher. If you want you can bring your luggage in advance, from noon onwards. The barge needs to leave the mooring place in Amsterdam at 2.15 pm. It is very important you are on time. The barge can't wait due the opening hours of bridges and/or locks.

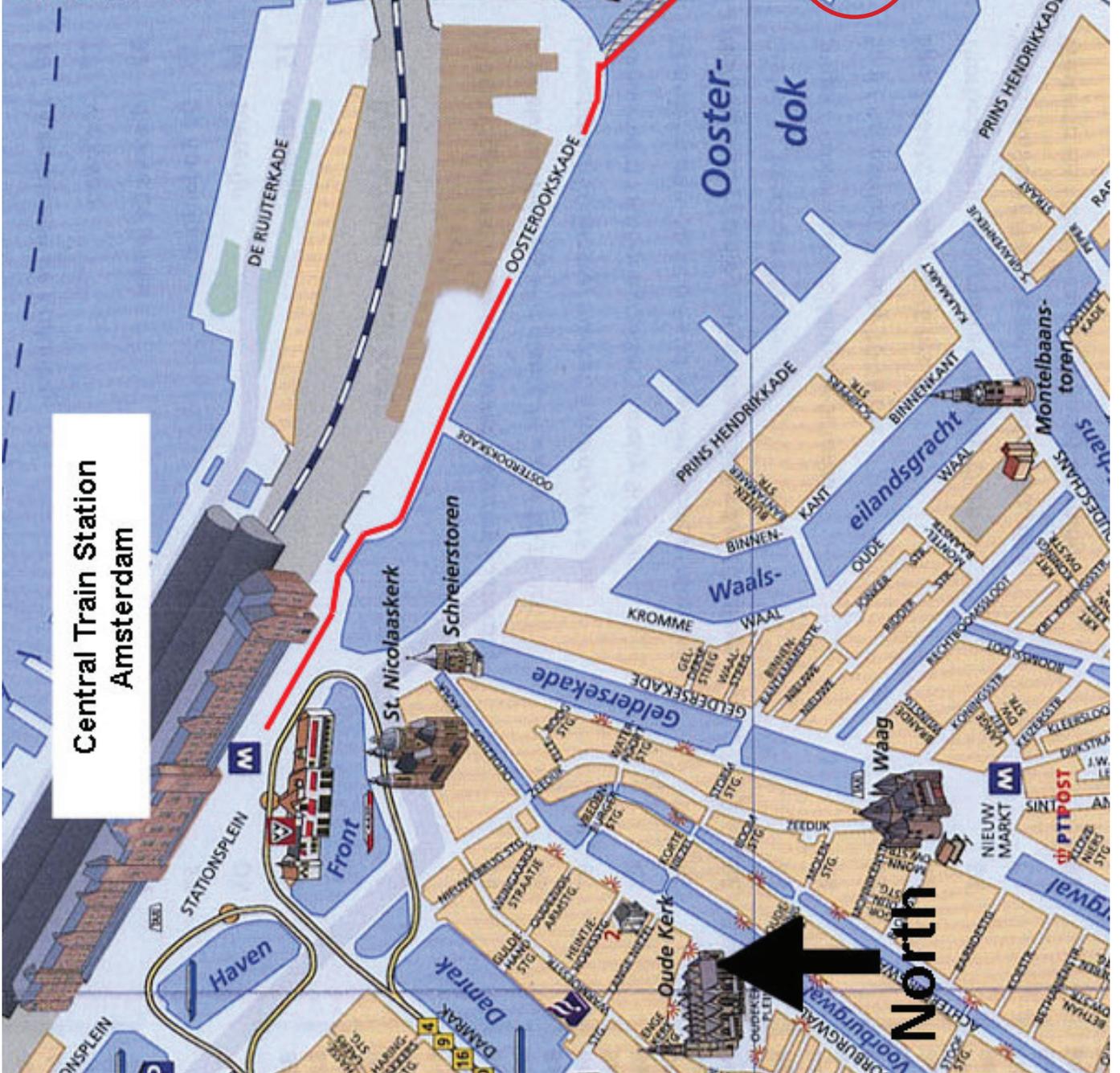
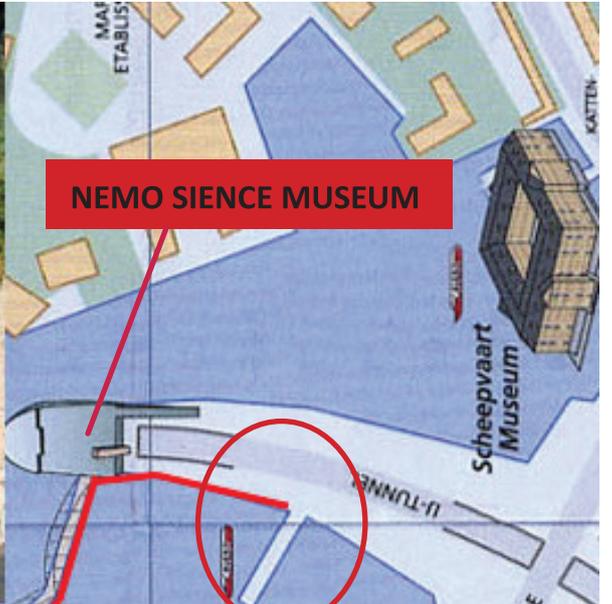
## Docking place in Amsterdam

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

## DISEMBARCATION

The tour ends one week later on Saturday morning after breakfast before 10 AM. You'll spend the night from Friday to Saturday on board in Amsterdam.





Central Train Station  
Amsterdam

NEMO Sience Museum

Arrival map - Amsterdam

# ARRIVAL

## ARRIVAL BY 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](http://www.iamsterdam.com)

### Parking

Parking's near the mooring place of the barge:

- » Parking Oosterdok, [www.parkingcentrumoosterdok.nl/english](http://www.parkingcentrumoosterdok.nl/english) (about € 150,- per week; approx. 500 m to the barge)

## ARRIVAL BY TRAIN

### Amsterdam Centraal

At Central Station take the 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; see the attached card with a map on page 5.

## ARRIVAL BY PLANE

### Amsterdam Schiphol (AMS)

There is a direct train that leaves 6 times per hour from Schiphol Airport to Amsterdam Central Station. It takes about 14 minutes. The price for a train ticket Schiphol-Amsterdam is approx. € 5,- per person for a single journey.

A taxi from Schiphol Amsterdam Airport to the barge in Amsterdam takes about 30 minutes.

Price: approx. € 45,-

You can call the following Taxi company: [www.Taxi2Airport.com](http://www.Taxi2Airport.com)

A taxi from the Central Train Station in Amsterdam to the barge takes about 5 minutes.

Price: approx. € 15,-



# TRAVEL DOCUMENTS

## **Sent to you by e-mail before your tour:**

- » Travel Information
- » wish Daily program
- » Accomodation voucher / invoice
- » Hotel voucher (in case you have booked extra hotel nights)

## **Handed over to you on board:**

- » Road book
- » Package of bike maps (in case you have ordered them)

## **Included in your trip:**

- » All nights (including bed-clothes and towels)
- » Breakfast and 7 x dinner, packed lunches on the way
- » Coffee and tea on board
- » Tour guide (multilingual)
- » Road book, 1 x per cabin
- » Fares on ferries on the route
- » Entrance Keukenhof
- » Min. 3 city walks with the tour guide
- » Free Wi-Fi (limited available up to 100MB) in lounge and on deck

# RENTAL BIKES

## BIKE HAND OVER

After arrival on board you will be allocated a cycle suitable to your height.

## BIKE RETURN

Please note that the rental bike as well as the equipment has to be returned at the end of the journey (until Friday at 4 p.m.).

## TYPE AND EQUIPMENT

- » 24-speed bike with hand brakes or
- » E-bike

### E-bike

We advise only to rent an electric bicycle if you are used to cycle and only need electric support because of, for example, lesser condition. It is a heavy bicycle. Your bicycle 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 bicycle, as long as the bicycle is not on board. (this 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 bicycle with Cycle-tours 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.

### Equipment

pannier bags, a good lock, water bottle and repair-kit.

Before you make your first tour, the guide will give you instructions about the bike. 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. (value 24-speed bike: approx. € 700,-, E-bike: approx. € 2000,-). Never leave it unattended. Always lock it and fasten it to a fixed object.

### Bike insurance

You can insure the 24-speed bicycle with Cycletours for € 15,-/bike and the e-bike for € 40,-/bike! If you didn't arrange cycle insurance when booking you can buy it on board (the first day). Payment in cash is required. Should you use your own bicycle, please bring a good lock with you!



# ADJUST YOUR BIKE / SAFETY

## Saddle height

Adjust your saddle height to your convenience. We recommend to take the following steps: Sit on the bike and bring your heel to the pedal – your leg should be stretched out. During cycling your legs should be a little bent, just as much as needed.

## Saddle tilt

The inclination of the seat contributes to good health while riding. Whether upwarded seat, horizontal seat or sloping seat is a question of your personal well-being.

## Handlebar height

After the previous steps have been followed, adjust the handlebar to your needs.

Warning: the maximum height is limited by a security mark. You will find the mark beneath the note “Max”. The handlebar should not exceed the mark.

## SAFETY REGULATION

### Helmets

Although wearing a bicycle helmet is not required in the Netherlands, we highly recommend doing so. Children are required to wear helmets that. Helmets for adults are included with the trip package.

# LIFE ON BOARD

## THE SHIPS

Our motorised passenger vessels, about 35- 45 metres in length, are former river vessels especially converted for this kind of holiday. The barges all comply with the strict safety regulations laid down by the Dutch Shipping Inspection Authorities. On board you find a cosy dining room, a sun deck/a deck for the bicycles. All cabins are provided with running water (hot and cold), private shower and toilet, 220 voltage and central heating. There is limited storage space in the cabin. We recommend 1 suitcase per person. You can slide the suitcase under the bed. Do not expect a cruise ship with its passive luxury. The Bike&Barge holidays are for people who really enjoy the physical activity of cycling and who value sociability more than wholesale luxury.

You can find more information about the barges on the website:

[www.cycletours.com](http://www.cycletours.com)

## CREW

The crew on board your barge 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 multilingual.

## Your travel company

One of the most attractive aspects of Bike&Barge holidays is that you will encounter an international company on board, incl. people from France, Germany, Italy, Canada and America. We have people of all ages, men and women, singles and couples and also families.

## Meals and diets

In the morning a substantial cyclist's breakfast while 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 barge after you have prepared this package yourself after breakfast. When you arrive back at the barge after the day's cycling a cup of tea or coffee with a biscuit will be waiting for you. There is a bar on the barge with beer, soft drinks and wine at reasonable prices.

If you have special meal requirements (vegetarian meals, or if you are on a diet), you should have mentioned this when booking. If you haven't mentioned it yet; please inform us until 14 days before the start of your tour. In case of Glutenfree diet there is an additional charge of € 50,- per week.



# ITINERARY



## Tour profile:

flat, perfectly built bike-path and side streets, suitable for children.

### Day 1: Amsterdam - Haarlem, approx. 15 km

You are expected on our barge on Saturday the latest at 2 PM. The barge needs to leave the mooring place in Amsterdam at 2.15 PM. It is very important you are on time. The barge can't wait due the opening hours of bridges and/or locks.

When you arrive on board you can put your luggage away in your cabin and then 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.

The first part of the tour you will sail to Spaarndam. Spaarndam has always been strongly connected to water. Now, besides the river and the fishing, it also is famous because of a story within the 1865 American novel, Hans Brinker or the Silver Skates. The story within the book is about a Dutch boy, "The Hero of Haarlem," who stuck his finger in a dike to prevent the town from flooding. The story became a popular legend in America, and in 1950 the local tourist bureau put a statue of this character in Spaarndam.

From here we make an easy ride into the beautiful city of Haarlem.

Haarlem, which rendered its name to Harlem, New York, is a lively city with good shopping possibilities. At the same time there are many interesting 17th-century sights here. Back on board, after the bike ride, the programme for the next day and the rest of the week will be explained to you at dinner time.

# ITINERARY

## Day 2: Haarlem - Leiden, approx. 45 km

Today's trip leads you through the oldest tulip fields of Holland, including a visit of the Keukenhof gardens, the most beautiful spring park in the world. Keukenhof is the place where the spring breaks. An overwhelming blaze of colours; seven million flowering tulips in a magnificent 80-acres' background of traditional and modern gardening architecture. You also can admire the various hyacinths, narcissus and many other colorful flowers. For more information you can visit the website of Keukenhof <https://keukenhof.nl/en/>. You spend the night in Leiden, which is a historic city with many little courtyards, façades, and historical buildings built between the 15th and 18th century. Leiden, meaning 'built on waters', came into existence around 800 AD as a market place at the confluence of the rivers Old and New Rhine, the Vliet and the Mare. It was a centre for the mediaeval linen industry. For a long time it was second only to Amsterdam in importance. A well-known episode of Leiden's history is the Spanish occupation in the 16th century. In 1574 the Spanish siege was eventually broken as a result of a deliberate inundation and the assistance of the Protestant fleet called the 'Geuzenvloot'. This fact is still celebrated annually on October 3rd. As a reward for its courage in face of the Spaniards, Leiden was given the right to found a university in 1575. Leiden is also the city where Rembrandt van Rijn was born.

## Day 3: Leiden - Kudelstaart, approx. 45 km

Today you continue your tour around the Haarlemmermeer. In case you have a lunchstop at the other side of the bridge in Leimuider. Imagine that this polder once was the biggest lake in Holland. The cyclistroute leads you through the green heart of Holland, an area characterized by small cycle paths, typical black and white cows and despite the work of Mr. Leeghwater, a lot of water. Your destination for today is Kudelstaart: a small town bordered by the Westeinderplassen.

## Day 4: Amsterdam - Wormerveer, approx. 45 km

In the early morning you can visit one of the many flower auctions in Aalsmeer. Every day 'Bloemenveiling Aalsmeer' sets the world price for flowers and plants. This happens by bringing supply and demand together by means of the auction clock- a fascinating process during which large and small batches of flowers are sold within fractions of seconds. As a visitor to Bloemenveiling Aalsmeer, you will walk over a specially designed gallery. Enjoy the gorgeous flowers; experience the hustle and bustle of auction. The flowers and plants that are sold at the auctions are exported all over the world, a wonder of logistics. Afterwards you will have breakfast while sailing in the direction of Amsterdam. From the lock at the Nieuwe Meer you can cycle along the borders of the river Amstel into the city and after the ferry into the green again to the Zaanse Schans, a unique hamlet where people live and work, with original houses and windmills from the river Zaan area. The hamlet is dominated by three operating windmills, the oldest built in 1673, for grinding mustard, spices, paint and oil and for sawing wood into planks. As you walk through the village you will see a clock museum, an old-fashioned grocery store, a house with period furniture, a clog maker and a cheese farm. Afterwards to Wormerveer



# ITINERARY

## Day 5: Wormerveer - Alkmaar, approx. 45 km

From Wormerveer you will cycle through the most beautiful dunes of the Netherlands and if weather permits, you may like to swim in the North Sea during your lunch break at the beach. Today's overnight stay is in cheese town Alkmaar. An historic lively city with many small and bigger shops. A little less than 400 heritage sites, canals and harbour dominate the townscape.

## Day 6: Alkmaar - Purmerend, approx. 35 km

Today time to cycle into the polder landscape of the Beemster and Purmer, part of a big green polder area. The Beemster Polder, dating from the early 17th century, is an exceptional example of reclaimed land in the Netherlands. It has preserved intact its well-ordered landscape of fields, roads, canals, dykes and settlements, laid out in accordance with classical and Renaissance planning principles. Also time to visit one of the big water mills at the Rijp. Graft and De Rijp are two proud, typical 17th century villages that enjoyed great prosperity at the heyday of the fishing and whaling industries. You spend the night in Purmerend.

## Day 7: Purmerend - Amsterdam, approx. 20 - 35 km

Purmerend lies at the edge of an area called 'Waterland' where roads and water are nearby on the same level. We visit the nice village of Zunderdorp and Ransdorp. The better cyclists can cycle the long route to Edam and Volendam and if time permits you can cross the lake Gouwzee to admire the traditional fisherman's village Marken with its typical wooden houses. In Amsterdam you can look back at cycling seven days in great variation of typical Dutch landscapes, towns and many highlights.

## Day 8: Amsterdam

Embarkation after breakfast. Individual departure.

### **Important Information:**

Due to changing wind and weather conditions as well as organizational requirements we reserve the right to make changes of routing and program.

# CYCLING IN THE NETHERLANDS

## Bicycle signs

Due to the many separate cycle paths (FIETSPAD, FIETSPADEN), indicated by a round blue sign with a white bike, the Netherlands is a true paradise for bikers. If there is a blue sign with a white bike on it, then all bikers are obliged to use that cycle path. In many cases, a white bike is painted on the road. This part of the road is usually separated from the rest of the road by an (interrupted) white line. All cyclists are obliged to use this cycle lane; if there is a cycle lane, using the regular road is not permitted!



In addition to this, there are the so-called "voluntary" cycle paths, indicated by a small black rectangular sign with white letters saying "FIETSPAD" or "RIJWIELPAD". Cyclists are advised to use these cycle paths. Mopeds and other motorized vehicles are not allowed to use these voluntary cycle paths.



## Sign posts

Signposts for cyclists (incl. number) are often mentioned on the bike maps. Most general signposts, indicating general directions, are blue with white letters and are attached to blue-white poles. In addition to this, in many places small red and white signs with red bikes indicate special bike routes. On small country roads you will find indicators, which are about 50 cm high, also often called "toadstools", because of their shape.



When you are entering a larger town, you will often come across a large map. Looking at this map may be useful: if you get lost, please look out for the small signs saying VVV, which will lead you directly to the local tourist office (pronounce as: Vay Vay Vay), where people will be glad to be of service to you.

## Bicycle nodes

A few years ago in the Netherlands the so-called junction system was introduced. This system allows every biker to plan on a simple way his/her individual cycling tours and orient along the way. These nodes are also written out at our cycling trips. The tour guide on board will explain how this system works.



# CYCLING IN THE NETHERLANDS

## Traffic rules

Here are a few of the most important, general traffic rules:

- » always ride on the right and pass on the left through traffic has always priority over traffic turning left or right on equal roads

In addition to this, the following rules apply for cyclists too:

- » cyclists may ride alongside each other, but only if they don't hinder the other traffic
- » highways are forbidden for cyclists
- » biking on the sidewalk is FORBIDDEN (please dismount)
- » front lamps and rear lamps of the bikes should be turned on at dusk and in the dark
- » change of direction should be indicated by a clearly extended arm
- » Small children should be transported in a special baby saddle, with enough support/space for their hands, backs and feet; please order this baby saddle well in advance.

# USEFUL INFORMATION

## Entry regulations

With your booking confirmation you got detailed information about the entry requirements for the respective country you are travelling in/through.

## Currency

Euro

## Climate

For the current weather forecast visit [www.worldweather.org](http://www.worldweather.org).

The average daily temperatures per month are listed below:

	Celsius	Fahrenheit
» End of March:	13/ 16 °C	55.5 / 60.5
» April:	14/ 18 °C	57 / 64.5
» May:	16/ 21 °C	60.5 / 70
» June:	18/ 23 °C	64.5 / 73.5
» Juli:	20/ 25 °C	68 / 77
» August:	21/ 26 °C	70 / 80
» September:	17/ 22 °C	62.5 / 71.5

## Check list / Clothing

- » Specialised cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:
- » bike helmet (not compulsory in Holland)
- » shorts/ long trousers/ track suit/ legging
- » shirts/ sweater/ rain clothing
- » gloves (only if you booked a tour for April. It can be chilly in the morning that time of year!)
- » good shoes
- » sunglasses/ cap/ swimming costume
- » extra towel / swim suit
- » soap/ insect repellent
- » hairdryer (220V), in case you want to use one



# USEFUL INFORMATION

## Availability during the bike ride

Please send us your mobile phone number where we can contact you, or one of your fellow passengers in case of an emergency during the tour.

## Your satisfaction is important to us

If you are unsatisfied/disagree with our service, please contact us by phone or mail. We are trying to solve the problem as soon as possible.

## Emergency number

General emergency number in Europe is: **112**.

	<b>Netherlands</b>
<b>Fire brigade</b>	112
<b>Police</b>	112
<b>Ambulance</b>	112

*Misprints and errors are reserved.*





# GOODBYE?!

Will we meet next year on the

## NATURAL PARADISE DANUBE DELTA

by bike and boat



You will travel along canals with floating reed islands, lagoons and lakes. The landscapes alternate between gently rolling hills and swamp and prairie land and amazes one with its diversity and beauty.

Under expert guidance you will discover the fauna and flora of a landscape which is also rich in history and enjoy Romania hospitality and cuisine on board your floating hotel and in the cosy guesthouse.

[www.radreisen.at](http://www.radreisen.at)

Your

**RAD + REISEN TEAM**

