



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Netherlands – Belgium - France - Amsterdam to Paris Bicycle Tour (2025)
Individual Self-Guided
12 days / 11 nights



A dream bike ride through Europe, from the canals of Amsterdam to the Eiffel tower of Paris. These two European cities with big importance for history, world famous buildings and museums are the start and the finish of this journey through 3 countries. In between famous and beautiful towns like Gouda, Antwerp and Ghent as you cycle through varied landscapes. You will experience great cycling in European cycle paradise Holland with water, windmills and a perfect cycle path system. Medieval cities and villages in Belgium with great food, beer and chocolate. And then of course France, beautiful France with its very wide spectrum of food and wines. It is possible to book an additional night in Ghent to insert a day of rest into the schedule (see day 5). Please note: If you opt for a day of rest in Ghent, your journey will start a day earlier. The arrival date in Paris remains the same.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
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Itinerary Day to Day

Amsterdam to Paris

Day 1: Arrival in Amsterdam

Your holiday starts in Amsterdam, one of the crown jewels of Europe. With so much to see and do, you couldn't wish for a more vibrant way to kick off your holiday. If you arrive early, make sure to go for a walk to marvel at the townhouses in the 17th century canal district (listed as World Heritage). Have you got time and energy left? Opt to saunter down the infamous red light district which attracts millions of curious tourists every year; or enjoy the street performers on friendly Rembrandtplein.

Day 2: Amsterdam – Gouda 79 km

The first leg of the route takes you through the Green Heart of Holland, abounding in water. It is a true cycling paradise, with characteristic peat and polder landscapes, small farming communities and picturesque historical villages. End the day in medieval Gouda. Amble through the beautifully preserved town centre and visit the old town hall and St. John's church. Stop off at a bakery to buy fresh syrup waffles (Gouda is the hometown of syrup waffles) and Gouda cheese - perhaps the world's most famous type of cheese. For availability reasons it's possible you will stay in Bodegraven instead of Gouda.

Day 3: Gouda – Breda 81 km

Today's highlight is one of the Netherlands' most popular tourist attractions: Kinderdijk, a world famous complex of windmills. Nineteen historical windmills reach to the skies in the epitome of classical Dutch countryside. You can visit an authentic workshop and find out how these mills were built and how they work. Have you always wanted to be a miller? This is where you can still learn the trade! You will cycle through Dordrecht, one of the Netherlands' oldest towns. A visit to the scenic harbour



quarter with its wonderful historical buildings should not be missed. The route will take you right past one of the few remaining fresh water tidal areas in Europe: Biesbosch National Park. Upon crossing a one kilometre long bridge high above Hollands Diep River, you will find yourself in the south of the Netherlands. In village after village, Brabant hospitality will entice you to stop for a cup of coffee and big slice of fruit tart. Today's destination is Breda. Please note: Biesbosch Park can only be cycled on days the ferry runs. There is an alternate route for days with no ferry departure.

Day 4: Breda – Antwerpen 73 km

Breda is the main city of Nassau in Holland, boasting many imposing monuments. The ancestors of our royal family converted Breda to a beautiful city with richly decorated buildings. The landscape along today's cycling route is predominantly woody. On the border between the Netherlands and Belgium, catch your breath in De Zoom - Kalmthoutse Heide, a lovely cross border nature reserve. The route takes

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you right into the historical and touristic heart of Antwerp. It's the largest town in Flanders and Belgium's most important port city. After viewing the historical town center you might like to venture to the hip and trendy parts of the city: 't Zuid and Het Eilandje. Have you worked up a thirst for Belgian beer? Consider visiting De Koninck beer brewery. It has been going strong since 1833 and has a new visitors centre welcoming guests wishing to look around and do some tasting. This brewery is best known for its 'Bollekes'



Day 5: Antwerpen – Ghent 90 km

Cycling south, along the banks of the river Scheldt you will start on the LF2 Cities Cycle Route. The wide Schelde is not only a natural, but also a tourist attraction. By switching to the LF5 you head towards Dendermonde and Ghent. The bushes and polders show the wild and pure nature here. At the end of the day the sparkling cultural city of Ghent is waiting for you. The Belgians call Ghent their most beautiful city and the city will undoubtedly charm you.

You may be interested in spending an extra day in the lively city of Ghent. Wander through the delightful historical centre and then sit down at a pavement café. Or visit one of the interesting museums. If this sounds appealing, just mention - on the booking form – that you wish to book an additional night in Ghent. The cost is €70 per person staying in a double room and includes breakfast. Please note: if you book a day of rest in Ghent, your vacation starts a day earlier, on Wednesday instead of Thursday. The arrival date in Paris remains the same.

Day 6: Ghent – Tournai 79 km

The river Scheldt is still your guide as you cycle to the old town of Oudenaarde (AD 974). Also centre of the famous classic cycle race "Ronde van Vlaanderen". The former towing paths along the banks have

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been transformed to smooth cycle paths, so now and then leafy and then through the open fields of Flanders. Down the road do try one of the most famous Belgian local products "Geraardsbergse mattentaart", a pie with an ancient history of making. Directly after Kluisbergen you leave Flanders and you will enter the province of Wallonia with just a 20 km to go to Tournai. Today we also offer you two alternative routes that go through the Flemish Ardennes, in case you don't want to follow the river all day long.

Day 7: Tournai – Cambrai 74 km

While leaving the 5 bell towers of Tournai behind you, ride the last on the Belgian cycle path along the Scheldt, before arriving in France. This day offers a pleasant ride through to the Parc Naturel Régional Scarpe-Escaut, the first French regional park. Here, Belgium and France link with the barges on Escaut River, between lands and waters where you pedal through to the forests, marshes and ponds populated with various species. You will discover the mining villages classified by UNESCO, the agricultural landscapes, but also the beautiful city of Saint-Amand-les-Eaux, thermal station, near Valenciennes. Passing through typical villages and hamlets, you reach the town of Cambrai, peaceful city of Art and History. Take advantage of it to discover its streets, where half-timbered houses, rich private mansions, Flemish mansions mingle with pleasure. And don't leave without having tasted the famous "Bêtises de Cambrai" or other local specialties!

Day 8: Cambrai - Saint-Quentin 51 km

Today, you leave Cambrai by lodging the Canal de Saint-Quentin (inaugurated in 1810 by the Emperor Napoleon 1st), discover the Haute Vallée de l'Escaut. Here is a jewel: the abbey of Vaucelles (XII century). As it is presented to you today, the abbey remains an unusual construction both in its dimensions and the quality of its restoration. A few pedaling strokes and you pass the sources of l'Escaut, the famous river that you follow for kilometers and whose course flows into the North Sea in Netherlands. Continue on towards the Touage Museum, this route takes you through small hilly roads between villages devoted to agriculture and memorial sites of the Great War: cemeteries, memorials and vestiges of the Hindenburg line. Find the canal and its cycle path to finally reach Saint Quentin.



Discover its streets with Art Deco houses, the details of which deserve to be spotted. It is the style adopted during the rebuilding of the city, which was hardly destroyed during the Great War and once again became a dynamic city, the economic capital of Haute Picardie.

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Day 9: Saint-Quentin – Compiègne 75 km

On the way to Compiègne, through the fertile valley of the Oise. The itinerary takes again the cycle path of the canals, to the discovery of Chauny. You cross vast natural areas with more than 200 species of birds. Continue towards Noyon, the route continues along the canal. Noyon is listed as a city of Art and History: medieval atmosphere around the cathedral which saw the coronation of Hugues Capet in 987. Then return to the shared tracks where a stop at the abbey of Ourscamp is

recommended. A large town bordering the forest, a palace opening towards wooded immensities, these are the first impressions that Compiègne leaves. The city, furrowed by charming and shopping streets, has museums with varied collections.

Day 10: Compiègne - Senlis 67 km

The program of the day: Prestigious castle, medieval towns and large forest area! Your journey starts in the forest of Compiègne to go via Pierrefonds and its enchanting castle to the abbey of Saint Jean aux Bois, with its well preserved abbey grounds, city gates and 850year old oak tree. The route continues alongside a number of Gallo Roman ruins to the Automne Valley, followed by the climb to the beautiful village of Néry. Via the forest of Halatte you'll arrive in Senlis. Do you have some energy left? Cycle an additional 15 km through the forest of Halatte via Chantilly to Senlis. Chantilly is known for its castle (sometimes compared to a castle of the Loire), its Great Stables, its porcelain, its lace and its gastronomy (yes the famous cream Chantilly would have been invented here).

Day 11: Senlis – Paris 72 km

Last day by bike before arriving in the City of Light, the culmination of your journey! Leave Senlis and cycle in the forest for an itinerary in the heart of nature. No crossing of village to the doors of the region "Ile de France": guaranteed change of scenery with these great pines and this sandy soil you will be able to believe you ... in the Landes, south west of France! From Gressy to Paris, the route follows the nice cycle track of the Canal de l'Ourcq, a rural setting on the last 30 kilometers for a safe entrance into Paris, far from cars! Crossing the capital along the Canal de l'Ourcq and Canal Saint-Martin really allows us to dive into a history book, an open air museum.

Those who want to end this tour in style, can cycle an optional 24 km and safe route through the city. Your hotel is your starting point. The route goes along the river Seine (and the Notre Dame) towards the Eiffeltower and back.

Day 12: Departure from Paris

End of your trip after breakfast. We advise you to extend your stay in order to take the time to visit the beautiful city of Paris.

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Paris to Amsterdam

Day 1: Arrival Paris

Your holiday starts in Paris, 'The City of Lights'. There is so much to see and do here: stroll along the river banks of the Seine or the Montmartre district or visit the famous attractions such as the Sacre Cœur Basilica, the Notre Dame cathedral, the Louvre museum with the Mona Lisa and of course the Eiffel Tower. ! Bikes are not allowed on the train from Amsterdam to Paris (or vice versa). We therefore strongly recommend booking this trip with rental bikes, so you can leave the rental bikes at the hotel in Amsterdam at the end of the trip.

Day 2: Paris - Senlis 72 km

Today you start cycling! Exiting the capital along the Canal de l'Ourcq and Canal Saint-Martin really allows us to dive into a history book, an open-air museum. On the first 30 kilometers from Paris to Gressy, the route follows the nice cycle track of the Canal de l'Ourcq, a rural setting away from cars, for a safe exit out of Paris. As you get closer to Senlis you will encounter forests and true nature as you

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reach the region "Ile de France": guaranteed change of scenery with these great pines and this sandy soil in the Landes, south west of France.

Day 3: Senlis – Compiègne 66 km

The program of the day: Prestigious castle, medieval towns and large forest area! Chantilly is world renowned for its castle (sometimes compared to a castle of the Loire), its Great Stables, its porcelain, its lace and its gastronomy (yes the famous cream Chantilly would have been invented here) An ancient foundation, a royal residence during the Middle Ages, the charming city of Senlis preserves its rich history and has several museums. Its protected environment of 40 ha is particularly appreciated by filmmakers. After crossing the forest of Halatte you cross the "plateau" of Nery but the slope is soft! You pass close to Béthisy-Saint-Pierre which is worth a detour. After going down the Automne river which gave its name to this valley, called the 35 belltowers, today's journey ends in the forest of Compiègne. A large town bordering the forest, a palace opening towards wooded immensities, these are the first impressions that Compiègne leaves. The city, furrowed by charming and shopping streets, has museums with varied collections.

Day 4: Compiègne – Saint-Quentin 79 km

In the morning, we recommend to make the abbey of Ourscamp your first stop of the day. The route continues along the canal, toward Noyon. Noyon is listed as a city of Art and History: medieval atmosphere around the cathedral which saw the coronation of Hugues Capet in 987. Further along the route, you cross vast natural areas with more than 200 species of birds and cycle through the fertile valley of the Oise before you reach Saint-Quentin. Discover its streets with Art Deco houses, the details of which deserve to be spotted. It is the style adopted during the rebuilding of the city, which was hardly destroyed during the Great War and once again became a dynamic city, the economic capital of Haute Picardie.

Day 5: Saint-Quentin – Cambrai 50 km

The route in the morning takes you towards the Touage Museum, through small hilly roads between villages devoted to agriculture and memorial sites of the Great War: cemeteries, memorials and vestiges of the Hindenburg line. A few pedaling strokes and you pass the sources of l'Escaut, the famous river that you follow for kilometers and whose course flows into the North Sea in Netherlands. In the Haute Vallée de l'Escaut lies a jewel: the abbey of Vaucelles (XII century). As it is presented to you today, the abbey remains an unusual construction both in its dimensions and the quality of its restoration. Passing through typical villages and hamlets, you reach the town of Cambrai, peaceful city of Art and History. Take advantage of it to discover its streets, where half-timbered houses, rich private mansions, Flemish mansions mingle with pleasure. And don't leave without having tasted the famous "Bêtises de Cambrai" or other local specialties!

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Day 7: Tournai – Ghent 79 km

While leaving the 5 bell-towers of Tournai behind you, today you will leave Wallonia and enter the province of Flanders. Down the road do try one of the most famous Belgian local products "Geraardsbergse mattentaart", a pie with an ancient history of making. The river Scheldt is still your guide as you cycle to the old town of Oudenaarde (AD 974). Also center of the famous classic cycle race "Ronde van Vlaanderen". The former towing paths along the banks have been transformed to smooth cycle paths, occasionally leafy and then through the open fields of Flanders. At the end of the day the sparkling cultural city of Ghent is waiting for you. The Belgians call Ghent their most beautiful city and the city will undoubtedly charm you.

Day 8: Ghent – Antwerpen 90 km

Cycling North, you will follow the banks of the river Scheldt you leave Ghent and cycle towards Lokeren. The bushes and polders show the wild and pure nature here. The wide Schelde is not only a natural, but also a tourist attraction. Antwerp is the largest town in Flanders and Belgium's most important port city. After viewing the historical town center, you might like to venture to the hip and trendy parts of the city: 't Zuid and Het Eilandje. Have you worked up a thirst for Belgian beer? Consider visiting De Koninck beer brewery. It has been going strong since 1833 and has a new visitors centre welcoming guests wishing to look around and do some tasting. This brewery is best known for its 'Bollekes'.

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The landscape along today's cycling route is predominantly woody. On the border between the Netherlands and Belgium, catch your breath in De Zoom - Kalmthoutse Heide, a lovely crossborder nature reserve. Upon crossing the border, you will find yourself in the south of the Netherlands. In village after village, Brabant hospitality will entice you to stop for a cup of coffee and big slice of fruit tart. Today's destination is Breda, the main city of Nassau in Holland, boasting many imposing monuments. The ancestors of our royal family converted Breda to a beautiful city with richly decorated buildings.

Day 10: Breda – Gouda/Bodegraven 81 km

The route today will take you right past one of the few remaining fresh-water tidal areas in Europe: Biesbosch National Park. You will cycle through Dordrecht, one of the Netherlands' oldest towns and a

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great place to stop for a lunch break. A visit to the scenic harbour quarter with its wonderful historical buildings should not be missed. Today's highlight is one of the Netherlands' most popular tourist attractions: Kinderdijk, a world-famous complex of windmills. Nineteen historical windmills reach to the skies in the epitome of classical Dutch countryside. You can visit an authentic workshop and find out how these mills were built and how they work. Have you always wanted to be a miller? This is where you can still learn the trade! End the day in medieval Gouda. Amble through the beautifully preserved town centre and visit the old town hall and St. John's church. Stop off at a bakery to buy fresh syrup waffles (Gouda is the hometown of syrup waffles) and Gouda cheese - perhaps the world's most famous type of cheese. For availability reasons it's possible you will stay in Bodegraven instead of Gouda. Please note: Biesbosch Park can only be cycled on days the ferry runs. There is an alternate route for days with no ferry departure.

Day 11: Gouda/Bodegraven – Amsterdam 78 km

Today's route takes you through the Green Heart of Holland, abounding in water. It is a true cycling paradise, with characteristic peat and polder landscapes, small farming communities and picturesque historical towns. Your cycling holiday ends in Amsterdam, one of the crown-jewels of Europe. With so much to see and do, you couldn't wish for a more exciting way to end your holiday. Make sure to go for a walk to marvel at the townhouses in the 17th-century canal district (listed as World Heritage). Have you got time and energy left? Opt to saunter down the infamous red-light district which attracts millions of curious tourists every year; or enjoy the street performers on friendly Rembrandtplein.

Day 12: Departure from Amsterdam

End of your trip after breakfast. We advise you to extend your stay in order to take the time to



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Route



Technical Characteristics:

Route Profile: Average. You can expect a journey through hilly terrain with regular climbs, some of them strenuous even to the point of perhaps having to get off and push for a bit. Your bike will require at least ten gears. Daily cycling distances span 30-75 km. **Distance:** 746 km

Bikes are not allowed on the train from Paris to Amsterdam (or vice versa)! We therefore strongly recommend to book this trip with rental bikes, so you can leave the rental bikes at the hotel in Paris at the end of the trip.

Travel Season: Departures from Amsterdam: June 19; July 31; August 14; and September 4
Departures from Paris June 29 and August 24

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Fair dates Amsterdam April 18, 19, 20 (included)* April 25, 26 (included)* May 29, 30, 31 (included)* June 6, 7, 8 (included)* June 21, 22 (included)* June 24, 25 (included)* August 29, 30, 31 (included)*

***IMPORTANT!** If the trip includes a night in Amsterdam on the dates above, there is a minimum stay of 2 consecutive nights in Amsterdam required. There is also an extra high season surcharge of €40 per person. If the date is on a Saturday night, there will be an additional charge of €25 per person.

Price per Person in Euros all prices subject to confirmation on booking

Double Occupancy with Breakfast	€ 1450
Single Occupancy with Breakfast	€ 2375
Premium Bike Rental including helmet	€ 330
E-bike Rental	€ 360
Premium Bike Insurance (theft)	€ 66
Extra night bike rental for Ghent	€25/€27
Extra Night B & B	On request
Extra night in Paris	On request
Surcharge for staying overnight in Amsterdam on Saturday	€25
Surcharge for staying in Amsterdam on the dates above	€40

Included:

- 11 nights' accommodation in 3*** or 4**** hotels
- Breakfast
- Luggage transport to your next hotel – 1 bag max 20kg
- Detailed route descriptions, maps and Guibo app
- Tourist information on all the places of interest
- Saddlebags for carrying things you need on the road
- 7 days a week service hotline

Not Included:

- Any ferry crossings
- Trains to and from start/end of tour

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Bikes

You will receive your rental bike at the start of your holiday and return it before you go home. All bikes are provided with chain locks.

Premium Bike



E-Bike



Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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