



Netherlands – Rhine & IJssel Tour by Bike and Barge (2025)
Guided Bike Tour
8 days / 7 nights



It is almost impossible to overestimate the significance of the Dutch rivers, which formed the Netherlands. Rivers are the lifelines and essential for our prosperity. And besides: how beautiful they are, our rivers!

You cycle through the Rhine valley, along its very beautiful tributary the IJssel and across the so-called border lakes. During the whole tour you travel through wood and moorland sections of the Achterhoek, Veluwe and Gooi nature reserves; this area is very suitable for cycling tours and also loved by the Dutch cyclists.

This region has a rich history. Arnhem, for example, is well-known for its role during WWII , Operation Market Garden. You also visit various Hanseatic towns which flourished in the 12th and 13th centuries, due to the fact that the IJssel was then one of the most important trade routes in Europe. The route then leads you to the so-called border lakes of the IJssel lake which lie between the “old” land of many beautiful harbour towns and new Flevoland (once the bottom of the IJssel lake) which was reclaimed in 1932. In this area you visit some picturesque fishing harbours. Not to be missed: Spakenburg

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

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



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Itinerary Day to Day

Day 1 Saturday Amsterdam, sailing to Wijk bij Duurstede, bike ride, 15 km

The barge is moored at the Oosterdok in central Amsterdam, near the train station. You are expected to arrive at our barge between 12:30 PM and 1:30 PM. When you arrive on board, you can settle in and enjoy a cup of coffee or tea. It is also a good moment to become acquainted with the tour leader, skipper and crew and of course your fellow passengers. At 2.00 PM the barge will leave Amsterdam to sail south over the Amsterdam-Rhine Canal. This is one of the busiest waterways in Europe. It was dug to connect Amsterdam Seaport with the European hinterland. You spend the night in old Wijk bij Duurstede on the river Rhine. During the early Middle Ages, this town was a prestigious trading centre. The marauding expeditions of the Vikings put an end to the flourishing period however. The old city centre is picturesque with its marketplace surrounded by trees. During dinner aboard the ship, the program for the next day and the global planning of the week are discussed. Instructions on cycling and safety procedures will also be given. Time permitting the guide will take you on a short bike ride around the town



Day 2 Wijk bij Duurstede sailing to Wageningen. Cycling from Wageningen – Arnhem 40 km

While you are enjoying breakfast, the barge will sail to Wageningen where, following the distribution of bicycles, you are finally off and cycling through the picturesque river valley of the Rhine. Along the way you will visit the protected nature reserve “De Blauwe Kamer” (the Blue Chamber), followed by the woods and moorlands of Veluwe National Park. The

5400 hectare park is home to many plant and animal species. In the National Park you can find, the Kröller-Müller Museum, the largest private Van Gogh collection in the world. This visit involves however 25 km more cycling and is optional. The guide will ride the shorter route excluding the museum and can provide a route description. In Oosterbeek you can visit the memorials and cemeteries of the Battle of Arnhem (Operation Market Garden) in WW2. Later in the day you pedal through the suburbs and past lovely parks such as Sonsbeek and Zijpendaal to Arnhem, where you spend the night close to the city centre.

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Day 3 Arnhem - Doesburg ; Doesburg – Vorden – Zutphen. During dinner sailing from Zutphen to Deventer 45 km

Today we first sail to the small town of Doesburg. From there the cycle tour takes you along the Hanseatic Town Route along the IJssel to Bronkhorst, which has the distinction of being recognised as the smallest town in the Netherlands. At Bronkhorst we leave the IJssel river and ride inland via Vorden passing country houses, castles and rural estates. The destination today is the very agreeable town of Zutphen. During dinner the barge will sail to Deventer where you have the option of a guided walking tour in the evening.



Day 4 Deventer – Hattem – Zwolle. During dinner sailing from Zwolle to Kampen 35 km

This morning you will enjoy a short bicycle ride along the IJssel riverbank before boarding a ferry at Wijhe to cross the river to the wooded areas around Heerde. Here you ride through the famous “coulissenlandschap” of the east Veluwe. A combination of woods, moorlands and centuries old small scale agricultural lands. In the afternoon you will reach the 800-year-old town of Hattem which has a rich history that is still clearly visible today. During dinner the ship will sail to Kampen where you have the opportunity to go on an optional guided walking tour in the largest Hanseatic town in the Netherlands.



Day 5 Kampen – Elburg – Harderwijk 45 km

The barge will sail to the IJssel estuary and across the so-called border lakes of the IJssel to the fishing harbour of Harderwijk. In the 1500s Harderwijk boasted the largest fish market in the Zuiderzee region and is still a fascinating old city to explore. You will ride on your bike from Kampen to Harderwijk through a typical Dutch landscape. At first you cycle along Veluwe lake where swimming, boating, surfing and fishing are favourite

summertime activities. Around lunchtime you will be in the lovely market town of Elburg. On the road to Harderwijk we can also take in the woods and moorlands near Nunspeet. The night will be spent in Harderwijk’s old fishing harbour.

Day 6 Harderwijk – Spakenburg 45 Km

Today the ride will be a combination of flat, coastal landscape and woods and moorland around Ermelo and Putten. At Strand Nulde you can go for a nice swim, weather permitting. On the road along the IJsselmeer dike you might have the opportunity to visit the old steam pumping station Arkemheen. The night will be spent in Spakenburg, a village well-known for its traditional costumes.

Day 7 Spakenburg - Huizen; Huizen – Naarden – Muiden – Amsterdam 35 km

During breakfast we sail to Huizen. From Huizen you will cycle to the beautiful fortress towns of Naarden and Muiden. In Muiden you can visit the famous Muiderslot that guarded the entrance to Amsterdam in times gone by. From Muiden you will cycle along quiet roads to your final destination, the big city of Amsterdam. The late afternoon and evening are spent in Amsterdam. While you are there take the opportunity to visit Anne Frank's home, the Rembrandt House Museum, the Royal Palace of Amsterdam, Dam Square, the very centre and heart of the city or maybe you could go on a canal tour (not included).



Day 8: Amsterdam: end of the tour after breakfast. Debarkation before 10 am

End of the tour after breakfast, before 10 am.





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Route



Technical Characteristics:

Tour Profile: Easy. Suited for everyone and people of all ages.

On virtually flat terrain, with distances up to 50 kilometers. You spend about 4 hours on your bicycle.

Distance: 242 - 274 km

Travel Dates:

May 22 and May 29

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Price- prices are per person in Euros double occupancy - *all prices subject to confirmation on booking*

Twin Cabin	€1480
Triple Cabin	€1350
Single use of cabin (bunk bed)	€2220
Electric Bike Rental, unisex bike with 21 gears including helmet	€ 225
Hybrid bike	€ 115
Specialty Meal – Gluten Free, Lactose free, Vegan (must be booked in advance)	€ 100

Please note that the tour prices are based on the current fuel price.

Should the fuel price increase more than 5% then we need to ask a supplement. Even for reservations already made.

Included:

- All nights on board (including bedding, towels, soap)
- Breakfast and dinner on board
- Lunch packages when on the road
- Coffee and tea on board
- Tour guide, cycles with the group
- Minimum 3 city walks with the tour guide
- Free Wi-Fi is limited available in lounge and on deck
- Road book, 1x per cabin
- Ferry fares on the route
- GPS tracks on request

Not Included:

- Entrance fees to museums; approximately € 25 per tour

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The Barge Wending



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. In the winter of 2001/2002 the “Wending” was completely redecorated to accommodate 24 overnight passengers. The “Wending” has a roomy and cozy salon, equipped with a complete music installation and TV. After a strenuous bike ride it is a great place to relax.

Cabins:

Twelve cabins with private shower, washbasin, toilet and central heating.

- 10 double cabins (twin beds, can be placed together)
- 2 double/triple cabins (one bed is placed over the other two)

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Bikes

Touring bike with 24 speeds and handbrakes. Men's and women's models available. Brand Oxford.

Accessories: bike helmet, pannier bag, a good lock and a water bottle.

Step-through frame: for passengers from 4'11 to 5'10" / 150cm - 178cm

Men's frame: for passengers from 4'11 to 6'8" / 150cm - 203cm



E-Bike

E-bike with integrated battery; 8 speeds. Brand Freebike.

Accessories: bike helmet, pannier bag, a good lock and a water bottle.

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 to handle (25 kg).

For passengers from 5'1 to 6'3" / 155cm - 190cm

All our bikes come equipped with:

- 24 speeds (touring bike); 8 speeds (e-bike)
- hand brakes
- pannier bag
- a good (fixed) lock
- water bottle
- bike helmet



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

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This is a Partner Tour

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