



**Netherlands – Randstad Holland Bike Tour (2025)**  
**Individual Self-Guided**  
**9 days / 8 nights**



A great many attractions! We will cycle through the Randstad, the area between the four biggest cities in the Netherlands: Amsterdam, Rotterdam, The Hague and Utrecht. You will experience the unique charm of each of these cities. Between the cities are picturesque towns and villages. You will spend two days cycling down North Sea coast with its endless sandy beaches and windswept dunes. Tourist attractions and museums are everywhere!



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

### Itinerary Day to Day

#### **Day 1: Arrival in Utrecht/ Bunnik**

Arrival in Utrecht For availability reasons it's possible you will stay in Bunnik instead of Utrecht.



#### **Day 2: Utrecht - Amsterdam 62 km**

Cycle to Amsterdam on the banks of the Rivers Vecht and Amstel. Characteristic for this area are the many stately homes and garden pavilions built by rich Amsterdam merchants in the 17th and 18th centuries.

#### **Day 3: Amsterdam – Zandvoort /Noordwijkerhout 32 km**

You'll love the elegant city of Haarlem, voted best city for shopping. Remember to look up at the façades of historical buildings and see if you can spot the pretty stepped gables. Our bike route then continues through Zuid-Kennemerland, a colourful area rich in natural beauty. In well known beach resort Zandvoort you will stay the night by the sea. For logistic reasons it's possible you will overnight in Noordwijkerhout instead of Zandvoort. The cycling distance will then be 51 km and the

#### **Day 4: Zandvoort - Scheveningen 43 km**

Today you'll cycle through the Dune and Bulb Region. The windswept dunes not only protect the hinterland from the sea, but also harbour many species of dune flora and fauna. April is your best bet for visiting colourful bulb fields (daffodils, hyacinths and tulips) just behind the dunes. On the coast, check out the resorts and beaches. Once you reach Scheveningen, you will be spoilt for choice of things to do.

#### **Day 5: Scheveningen - Rotterdam 64 km**

Cycle south, along the coast through dunes and past seaside resorts. Then pedal east along the New Waterway ship canal, past fishing villages, windmills and jenever distilleries, to Rotterdam.

#### **Day 6: Rotterdam - Papendrecht 31 km**

Modern Rotterdam offers architecture, art, port tours, a maritime museum and shops galore. The redeveloped inner-city harbours are hotspots. Cycle to the village of Kinderdijk, explore the site where 19 windmills have been standing majestically in rows since 1740. They were used to drain excess water out of the low lying polder up into the River Lek.



One of the mills is open to the public. Your destination, Papendrecht, is just a ferry crossing away from one of Holland's oldest towns; Dordrecht. Dordrecht is completely surrounded by rivers. Beautiful bridges take you across the water into the heart of town. Around the harbour you will see many monumental buildings.



**Day 7: Papendrecht - Gorinchem 59 km**

Today you cycle through a part of Biesbosch National Park, one of the few remaining freshwater tidal areas in Europe. The countless islands of marshy willow woods, reed lands and grasslands are surrounded by creeks and rivers. The place is a resting, foraging and breeding site for water birds. Nature lovers should visit Biesbosch Centre Dordrecht for information on this fascinating area. Before you arrive in Gorinchem you can, if you wish, take a boat trip to visit the interesting Loevesteijn castle. The town of Woudrichem is definitely worth a visit.

**Day 8: Gorinchem – Utrecht/Bunnik 58 km**

Gorinchems walled town centre has a long turbulent history and over two hundred monuments to remember it by. It used to be big in fishery, markets and trade, but was often plagued by floods and conquerors (the town was the gateway to Holland). In the heart of the city of Utrecht lies the peaceful Oude Gracht (= Old Canal). Its characteristic wharves are unique to Utrecht. Nowadays they are the pleasant setting for waterside cafes. Dont miss the pretty Museum Quarter.



**Day 9: Return Home**

After breakfast in your hotel, you will return home





**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

### Route



### Technical Characteristics:

**Route Profile:** Easy. This is an easy cycling trip on relatively flat terrain, suitable for people with little or no cycling experience. Daily cycling distances span roughly 30-50 km. **Distance:** 339 km

**Travel Season:** Departures daily from April 1 until September 23

*Please note: a minimum stay of 2 nights in a row is required in the hotel in Amsterdam on the following dates (and a higher price will be charged): 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)*

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

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

Double Occupancy with Breakfast	€ 1060
Single Occupancy with Breakfast	€ 1650
Hybrid Bike Rental (7/21 gears)	€ 105
E-Bike Rental	€ 225
Hybrid Bike Insurance (theft)	€ 24
E-Bike Insurance (theft)	€ 48
Bike breakdown pass	€32
Surcharge for staying overnight in Amsterdam on Saturday	€ 25
Surcharge for staying in Amsterdam on above dates	€ 40
Extra Nights in Amstredam	On request

**Included:**

- 8 nights' accommodation in 3\*\*\* or 4\*\*\*\* hotels
- Breakfast
- Luggage transport to your next hotel
- Detailed route descriptions and maps
- GPS tracks available
- Tourist information on all the places of interest
- Seven days a week service hotline

**Not Included:**

- Any ferry crossings
- Trains to and from Utrecht

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

### 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.

#### **24-speed gear Bike**



hybrid bikes have 24-gears with hand brakes.  
The hybrid bikes are circa 16,5 KG.

#### **E-Bike**



The e-bikes have a small electric engine and battery, which can be charged at the hotels. You still have to pedal: it just makes pedaling much easier. Some experience with e-bikes is recommended, as the bikes accelerate faster and are heavier than regular bikes because of the electric engine. The weight of the e-bike is ca. 25 KG. We recommend a minimum height of 160 cm for the e-bike.

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

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



**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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

Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848