



**Netherlands - The Green Heart of Holland by Bike and Barge Tour (2025)**  
**Individual Self-guided and Guided**  
**8 days / 7 nights**



During this eight day, seven night tour on board the charming barge Flora you can cycle individually and at your own pace as you discover the 'Green Heart' of Holland, a region steeped in history, natural attractions, world famous cities and beautiful scenery. Along the way you will visit historical cities such as Amsterdam, Haarlem, Rotterdam, Leiden and Gouda. You will discover many culturally historic attractions and, more importantly, you will be able to immerse yourself in the very heart of this fascinating and very Dutch part of Holland. Also if you are an art lover, you will enjoy the visits on Leiden, Haarlem and Delft where painters such as Rembrandt, Frans Hals and Vermeer lived and worked. But far from just being about big cities and Dutch history, this tour is also about picturesque villages and beautiful scenery of the 'green lung' districts of central and South Holland. One thing is certain: by the end of the tour you will not only come away with a new found appreciation for bike and barge cruising, but for everything that is Dutch. A bonus during this tour is the fact that the Flora docks in and around the city center of the various cities and villages visited at the end of each day's cycling, giving you the opportunity to visit and explore at your leisure at night.



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### Itinerary Day to Day

#### **Day 1: Amsterdam**

Embarkation and check in where your crew will welcome you on board is from 2 p.m. in the center of Amsterdam. After unpacking your luggage in your cabin you will still have plenty of time to explore this famous city. Treat yourself to a canal tour, visit one or more museums or simply do some shopping. An introduction to the tour will take place at 5:30 p.m., during which the crew will be presented and your first dinner on board will be served; your rental bikes will also be distributed at this time.



#### **Day 2: Amsterdam – Zaandam / Zaandam – Zaanse Schans - Haarlem 40 - 55 km**

After a short cruise on board the Flora, you are finally off and cycling today after first visiting the lovely open air museum 'Zaanse Schans' in Zaandam where an authentic 18<sup>th</sup> and 19<sup>th</sup> century Dutch village has been reconstructed. In the museum you will learn about iconic Dutch traditions such as windmills and cheese and clog making. You will then cycle to Haarlem where celebrated portraitist and genre painter Frans Hals lived and worked in the 16<sup>th</sup> century. In the evening you can stroll through the lovely city center and the Grote Markt (market square). If preferred, today's cycling tour can also be extended with a visit to the sea locks of IJmuiden and the Kennemer Dunes. During this cycling tour you can visit some forts of the Defense Line of Amsterdam (UNESCO World Heritage Site).

#### **Day 3: Haarlem – North Sea Coast – Leiden 42 - 50 km**

After enjoying breakfast with your newfound cycling friends, you will pedal today along the North Sea coast through seaside dunes via the resorts of Noordwijk and Katwijk aan Zee to the vibrant university city of Leiden, the birthplace of the celebrated artist Rembrandt van Rijn. The city's picturesque old city center is crisscrossed with canals lined by beautiful 17<sup>th</sup> century buildings and is definitely a must to see. The longer cycling tour leads you from Haarlem to Cruquius (steam engine museum) and Hillegom (several flower nurseries) to Leiden.

#### **Day 4: Leiden - Delft 35 - 41 km**

From Leiden you will cycle to Delft, famous for its blue porcelain (Delftware), where you will have the opportunity to visit a porcelain studio. Another major attraction in the beautiful city center of Delft is the royal crypt of the House of Orange. The longer cycling tour brings you to the seaside resort of Scheveningen and to The Hague, where you can visit the Binnenhof (Parliament) and the Peace Palace (Vredespaleis) and then continues to end in Delft.





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**Day 5: Delft – Rotterdam - Kinderdijk / Kinderdijk – Schoonhoven – Gouda several options 23 - 66 km**

This morning you will sail from Delft on the Flora through the remarkable international port of Rotterdam. From here you can start cycling or you can hop on the “Waterbus”, a fast ferry that will bring you and your bicycle over the river in 30-40 minutes to Alblasserdam. From there you cycle just a few kilometers to Kinderdijk, world famous for an impressive row of 19 large windmills. These 19 windmills have a UNESCO cultural heritage listing and are a definite highlight – you will have the opportunity to visit one so don’t forget to bring your camera! From Kinderdijk you will cycle directly to the cheese city of Gouda, or if you prefer, on a longer tour via the silver city of Schoonhoven to Gouda, your destination for the day.



**Day 6: Gouda - Kudelstaart 45 - 55 km**

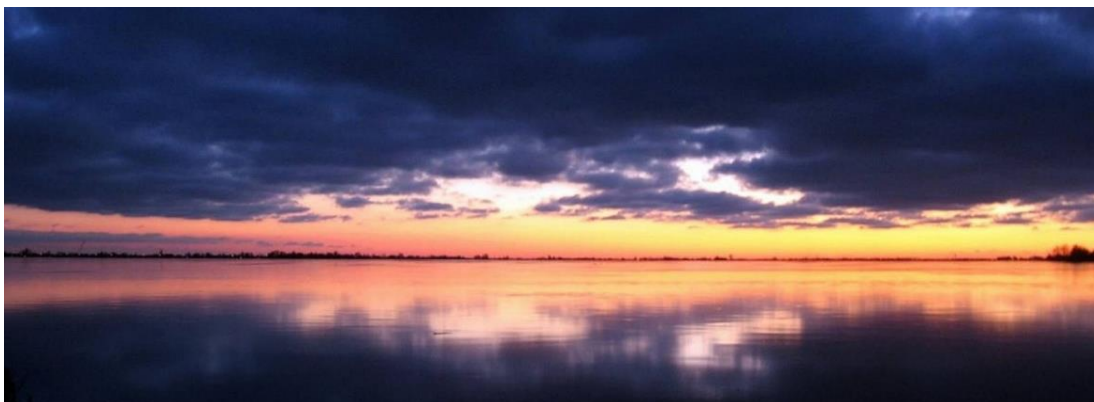
The highlight of today’s cycling tour is the naturally idyllic beauty of the South Holland landscape. Your destination for the day is the village of Kudelstaart where the Flora will be waiting for you. Along the way you will cycle along numerous small canals and past picture perfect farms and small villages. At the mooring place on the banks of the Westeinder Plassen (‘West End’ lakes) there is a beautiful view to savour while enjoying a wine during or after dinner.

**Day 7: Kudelstaart - Aalsmeer - Amsterdam 32 km**

If you are keen for an early start to the day you can visit the largest trade center for plants and flowers in the world at Aalsmeer (optional extra, not included). The market is a hive of activity; it is guaranteed that you will never have seen so many flowers in the one place. After a late breakfast you can either stay on board the barge as it cruises through the City of Amsterdam to its mooring place or you can cycle into the city through the city park ‘Amsterdamse Bos’ or along the Amstel river. Once you reach Amsterdam take the opportunity during the afternoon and evening to go for a canal cruise, discover Anne Frank’s House, the Rembrandt House Museum, the Royal Palace of Amsterdam and Dam Square, the very center and heart of the city.

**Day 8: Amsterdam**

End of your tour: Disembarkation after breakfast until 9:30 a.m.



**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





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### Route



### Technical Characteristics:

**Tour Profile:** Cycling during this tour can be rated easy to moderate, with daily cycling distances up to 50 km. Most of the cycle routes are classified as 'easy', because most of the way is over flat paths, so nearly all our trips are suitable for all cyclists, from very experienced to beginners and recreational cyclists with a basic level of fitness.

**Distance:** 215 - 304 km

### **Tour dates 2024, departures on Saturday:**

Flora, on August 2 and 9; September 27

Gandalf, on May 3 and 31; July 12 and September 6

Sarah, on May 17; June 21; July 26; August 16 and 23 and September 20

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

	May 3 and Sept 27	May 10 to Sept 20
Twin Cabin lower deck	€ 1279	€ 1349
Twin Cabin for Single Use	€ 1920	€ 1994
Triple Cabin with 1 Bunk Bed (3 <sup>rd</sup> bed only for child)- Sarah/Florra	€ 1179	€ 1229
Triple Cabin - Gandalf	€ 1219	€ 1269
Bike Rental for a 7 speed unisex bicycle, with hand and/or pedal brake, pannier bag	€ 91	€ 91
E-bike with free wheel (limited number)	€ 245	€ 245
Limitation of liability (damage) rental bicycle	€ 14	€ 14
Limitation of liability (damage) rental E- bicycle	€ 28	€ 28
Parking own bicycle	€ 14	€ 14
Parking and charging own E-Bike	€ 28	€ 28
Helmet (limited number)	€ 10	€ 10
Ticket Canal Tour Amsterdam	60 minutes – for our guests with discount: € 18.00 (at the ticket office approx.: €18)	60 minutes – for our guests with discount: € 18.00 (at the ticket office approx.: €18)

**Included:**

- 8 days/7 nights from/to Amsterdam, cabin in the booked category
- Full board 7x breakfast, 6x packed lunches, 7x three course dinner, coffee and tea on board
- Use of bed linen and towels and daily cleaning of the cabin during the tour
- Welcome drink
- Daily briefings by the crew
- Maps and notes for cycling tours, 1 set per cabin
- GPS tracks
- Wi-Fi



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**Not Included:**

- Rental of bicycle or e-bike
- 1 x dinner
- Rental bike helmet (optional)
- Parking fees
- Entrance fees & excursions
- Fees for ferries/waterbus
- Drinks on board
- Personal insurances
- Gratuities (at your discretion)
- Transfers to/from the docking place
- Dietary requirements on request/surcharges may be calculated

**Boats**

**Flora**



The Flora is a small, cozy and comfortable passenger barge, which has successfully been sailing the Green Heart of Holland tour for several years now. The ship was renovated in 2007 and is now owned by Berthus van den Berg and Jonne Muller. The Flora is a very popular small river barge for boat and bike tours.

The Flora has ten twin cabins (8 m<sup>2</sup>) with two separate single beds. In two of the cabins a bunk bed for children up to age 12 (weighing no more than 40 kg) is available upon request. Each cabin has a private shower, toilet and basin. The small windows in the cabins can be opened and the cabins have central heating. A hairdryer is available upon request. The lounge, nostalgically furnished, offers an intimate and relaxed atmosphere. In the lounge, you will find the bar and dining area. Wi-Fi is available. On nice evenings or while cruising, you can enjoy the scenery from the sundeck





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### **Gandalf**

Immediately when you come on board, you will feel the friendly atmosphere. The crew will do their best to make you feel at home. In your cozy cabin you'll find everything you need for a comfortable stay: a fine bed, a window that can be opened, central heating and a private bathroom with a shower, sink and toilet. The salon is a great place to relax after your bike tour, and with nice weather it is also lovely to sit outside. From here you can view the solar panels, which make the ship, for a large part, run on green energy!



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### **Sarah**

The minute you step on board of the Sarah, you immediately feel the friendly atmosphere. This cozy barge is roomy at the same time; it offers accommodation to 20-22 guests and besides this, there is enough room for a spacious lounge and restaurant area with a modest bar. If the weather is fine, the meals can also be served outside, on deck. From here you have a wonderful view. Below deck there are 8 comfortable twin cabins (2 have an extra bunk bed) and 2 doubles, all with a private bathroom.



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### Bikes



#### Touring bikes

Our bicycles have a lightweight aluminum frame and are furnished with highly-responsive handbrakes, at least seven speeds and a gel seat whose height can be adjusted. Attached to the frame is an easy-to-use lock and the wheels carry puncture-resistant tires.

#### E-bikes

Our e-bikes also have highly-responsive handbrakes and a minimum of seven speeds. The motor runs on a 400Wh battery and offers three levels of power-assistance. The e-bikes include comfortable gel seats that can be adjusted for height, have a lock attached to the frame and special anti-puncture tires.

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

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

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