



Netherlands- Belgium – Amsterdam to Brussels Cycle Tour (2025)

8 Days/ 7 Nights

Individual Self-Guided



From Amsterdam to Brussels: two magnificent cities that are worth a visit in themselves, but there is no shortage of attractions in between. Start your cycling holiday with a canal trip before cycling into the green heart of the Netherlands. The green and water-rich landscape promises relaxation. In between, there are always picturesque villages and charming towns as well as monuments, buildings and squares that have been part of UNESCO World Heritage for years. The 19 windmills at Kinderdijk are a must-see on any visit to the region. Other highlights include Dordrecht, the oldest city in the Netherlands, several national parks with incomparable flora and fauna as well as Flanders, with its artistic cities. Of course, there are also many famous delicacies to try: chocolates, Belgian fries, waffles, cheese and beer - all of which can be found on practically every corner. Cycling from Amsterdam to Brussels, a varied and unique experience.

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



Day by Day

Day 1: Individual arrival in Amsterdam

Cycling is part of the city culture in the capital of the Netherlands. Numerous cycle paths dominate the cityscape and offer an ideal way to explore the city. You can also discover the capital city during a boat trip through the vast canal system. For art lovers, a visit to the Van Gogh Museum is also worthwhile. Whatever you plan and prefer, you will certainly not get bored in Amsterdam. The best way to round off the evening is with a glass of beer in one of the many restaurants.

Day 2: Amsterdam – Gouda, approx. 70 km

On your first stage, you will roam through primeval Dutch nature in the green heart of the Netherlands. Extensive natural landscapes with lots of water characterise this region. In between, you will pass picturesque villages and small charming towns. You will also see one or two typical Dutch windmills along the way. Today's stage destination is the medieval town of Gouda. You should not only taste the world-famous cheese, but also the Gouda syrup waffles.

Day 3: Gouda – Papendrecht, approx. 50 km

Today's highlight is the windmills of the Kinderdijk. Built as early as 1740, they were declared a UNESCO World Heritage Site in 1997. Once there, you can learn how the Dutch have been mastering the water for centuries. The 19 impressive buildings are among the most photographed places in the country. The region also has a lot more to offer in terms of scenery: Locks and dikes, idyllic waterways and historic drawbridges; the picturesque region north of Dordrecht will inspire you.

Day 4: Papendrecht – Bergen op Zoom, approx. 70 km

Today's stage first takes you to Dordrecht, the oldest city in Holland. The historic city centre, picturesque alleys and many monuments bear witness to a rich past. A short tour around the city will allow you to soak in the unique atmosphere. Further on, you will pass through De Biesbosch National Park. This is a freshwater delta of around 8,000 hectares, with a branching labyrinth of streams and small rivers. You will cycle through the Brabant region to reach your destination today, Bergen op Zoom. The town's history began 800 years ago, as numerous old squares tell us.

Day 5: Bergen op Zoom – Antwerp, approx. 55 km

Soon you will reach the Zoom-Kalmthoutse Heide National Park. The cross-border nature reserve offers beautiful pastures, forests and moors and is ideal for cycling. Birdwatchers will discover many Dutch woodpecker species. Once in Belgium, you will quickly roll into the port metropolis of Antwerp. There, chocolates, beer and the famous Belgian fries await you.

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



Day 6: Antwerp – Leuven, approx. 70 km

Cycling on, you will first reach the historic town of Mechelen. Situated on the banks of the Dijle, its numerous churches and magnificent baroque facades are sure to impress you. The town is an excellent place to stop for lunch. Following the course of the river Dijle, you will finally reach the old university town of Leuven. The many cafés and restaurants provide conviviality and the rich cultural offer ensures entertainment.

Day 7: Leuven – Brussels, approx. 40 km

Extensive forest landscapes accompany you on your last stage to the Belgian capital. From time to time, there are slight hills to contend with. Brussels has a lot to offer, including the Manneken Pis statue, the Grote Markt and the Atomium. You will also get your money's worth in terms of culinary delights. In the hustle and bustle of the city, you can end the evening with a good glass of beer.

Day 8: Individual departure, return transfer or extension

After breakfast, your cycling tour through Holland and Belgium comes to an end. Brussels is a very lively city where there is always something going on. The cultural and gastronomic offer is extensive, and an extension stay is worthwhile. We also offer an optional return transfer by bike bus to Amsterdam.

Notes:

- **Travel** to Amsterdam by car or train. Nearest airport: Amsterdam.
- **Parking:** A hotel garage parking space costs between 25 € to 30 € per day. Reservation required in advance, payable on site. There are public Park & Ride garages on the outskirts of the city for 15 € per day. No reservation possible or necessary. You will receive detailed information on parking facilities with your travel documents.
- **Return transfer** with our bike bus from Brussels to Amsterdam: Bookable every Sunday with departure approx. 9am in Brussels. Pick-up directly at the hotel, duration approx. 3 hours. Price: 85 € per person and 39 € if you bring your own bike (only possible in the course of the passenger transfer). Reservation required; the transfer will be added to the bill. Alternatively, excellent train connections (without changing, several times a day) are available.
- It's possible to buy new and high-quality **helmets** from UVEX at a rate of 49 € upon arrival. A rental helmet costs 19 €. For both options a reservation in advance is necessary.
- **Visitor's tax/local tax**, if due, not included in the tour price.

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



Route

The route follows the numbered junction network of Holland and Belgium. It is mostly flat, with a few small climbs on the last leg. You will cycle on dedicated cycle paths and side roads with little traffic. Only when entering and leaving the towns is increased traffic to be expected. The route is very well signposted and is also suitable for families and cycling beginners. Relatively easy

Dates

Arrival every Sunday from April 13th to September 21st, 2025

- Season 1: 13.04. - 26.04. | 21.09.2025
- Season 2: 27.04. - 24.05. | 07.09. - 20.09.2025
- Season 3: 25.05. - 06.09.2025



Prices

Price per person in Euros- all prices subject to confirmation booking

Per person in double room in season 1	1,249 €
Per person in double room in season 2	1,339 €
Per person in double room in season 3	1,419 €
Surcharge single room	649 €
Bike rental (21 gears Trekking)	99 €
Rental premium bike	169 €
Rental gravel bike	229 €
Rental electro assisted bike	269 €
Additional nights	On request

Accommodations

3* and 4* hotels

Included

- 7 overnight stays in the mentioned category
- Daily breakfast from buffet
- Luggage transfer from hotel to hotel

(Per person 1 piece with a maximum of 23 kg)

- Service hotline daily between 8:00 to 20:00 h
- Well elaborated route
- Detailed travel documents (1 package per room)
- Navigation-App incl. GPX-tracks
- Personal welcome and bike fitting on site
- If bike rental: Rental bike insurance included

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



Bikes

21 Speed Trekking/ Hybrid Solid, easy wheeling and sturdy trekking bikes which can be recommended to every guest with good conscience. Modern V-breaks, aluminium-rims, and almost indestructible tires ensure high duration. The heart of each bicycle is a modern, high-resistant aluminium frame. Traffic safety is guaranteed by lighting system, carrier, mudguard and comfortable saddle.

21-gears-bikes are equipped with Shimano ALIVIO derailleur. It excuses mistakes, is robust and easy to handle. **Unisex frame 21-gears** with free wheel Sizes: 56 / 51 / 46 / 43 cm **Men's speed bikes 21gears** with free wheel and crossbar Sizes: 64 / 60 / 56 "slopping" cm

E-bike Manufactured especially by the bicycle manufacturer MAXX from Rosenheim and offers maximum comfort and the greatest possible safety. RENTAL E-BIKE Fact Sheet ■ Wave frame with balanced e-bike geometry and low step-through* ■ Aluminium frame with Octatube (octagonal down tube) ■ Comfortable suspension fork from Suntour ■ Easy-to-use Shimano LCD display ■ Shimano Steps EP600 mid-ship drive unit with 85 Nm ■ 630 Wh battery from Shimano incl. charger ■ Pedal assist up to 25 km/h ■ 8-speed Shimano Nexus hub gears with freewheel (= no backpedal brake) ■ Gates belt drive** ■ Hydraulic disc brakes from Shimano ■ Internal cable routing ■ Aluminium hollow chamber rims ■ Puncture-proof tyres ■ LED lighting system with daytime running lights ■ Mudguards ■ Sturdy pannier rack ■ Ergonomic handlebar grips ■ Selle Italia gel saddle ■ Weight approx. 24 kg ■ Vaude handlebar and pannier bag ■ Sturdy kickstand ■ Lockable frame and battery lock ■ Puncture kit with air pump, spare inner tube and small repair kit ■ Rental bike insurance included***

Premium – Bike The premium bike is equipped with high components, and with a dark varnish a true eye-catcher. The sportive attitude with 27 speed Shimano Deore XT guarantees highest comfort on all our tours. Hydraulic Magura brakes HS 11 and a high-quality suspension fork from Suntour are only some of numerous advantages. Truly the proper choice for those who are looking for high quality with a sportive design.

Gravel bike Manufactured especially by the bike manufacturer MAXX from Rosenheim. The lightweight yet durable frame construction ensures an agile ride, while the tyres provide optimum grip and comfort on a variety of surfaces. ■ Comfortable gravel geometry for a fast ride ■ 6061-T6 aluminium diamond frame ■ High-quality carbon fork ■ Gravel handlebars (wider and more flared than racing handlebars) ■ SRAM Apex gear system with 1 x 12 gears (front chainring 40 teeth, rear sprockets 11-50 teeth) ■ Hydraulic disc brakes from SRAM ■ Internally routed wires/cables ■ Wheels from Miche ■ Schwalbe G-One gravel tyres (the versatile tread pattern is suitable for riding on asphalt, unpaved roads or off-road) ■ Selle Italia gel saddle ■ Weight approx. 11.5 kg ■ Bottle cage ■ Vaude Trailsaddle for day luggage* ■ Puncture kit with air pump, spare inner tube and small repair kit ■ Rental bike insurance included**

This is a partner tour for more information or booking please contact OK Cycle & Adventure Tours

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