



Netherlands- Cycling Tours based in Amsterdam (2025)

5 Days/ 4 Nights

Individual Self Guided



The Dutch capital is a unique destination for a city break. Picturesque canals, windmills, tulips, numerous museums, green parks, fancy boutiques, trendy bars and restaurants, street markets, an interesting history and a vibrant cultural scene: all this makes Amsterdam one of the most popular cities in Europe. No matter what you do: The bicycle is part of the cityscape and the best means of transport. The surroundings of the metropolis also have a lot to offer. On your daily cycling tours, you will explore the most beautiful places around Amsterdam. These include the historic Haarlem, the artists' village of Zaanse Schans and the Muiderstreek. A short holiday that offers everything: Adventure and relaxation, big city and idyllic nature - and of course Dutch delicacies.

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

Arrive in Amsterdam and check into your accommodation. A quick cycle is the best way to explore the Dutch metropolis. The bike is king here, and you will meet cyclists on practically every corner.

Day 2: Amsterdam – Haarlem – Amsterdam, approx. 60 km

Your first cycling trip takes you to Haarlem. This historic city is much smaller than Amsterdam, but at least as beautiful. Haarlem has it all: restaurants, museums, monuments, green parks, trendy boutiques, and all just a stone's throw from the beach. Whether you're interested in history or shopping, you certainly won't be bored in Haarlem.

Day 3: Amsterdam – Zaanse Schans – Amsterdam, approx. 60 km

Windmills, Dutch cheese and traditional wooden clogs: you will find all of these in Zaanse Schans. Many people still live and work here in the oldest industrial area of the Netherlands. In the museums, you can learn a lot about the old crafts. The local restaurants offer Dutch specialities to satisfy your hunger and thirst, and you are sure to find the perfect souvenir in the small shops. Zaanse Schans - the essence of Holland!

Day 4: Amsterdam – Muiden – Naarden – Amsterdam, approx. 60 km

The last cycle tour takes you into a water-rich natural landscape with extensive meadows and pastures. From time to time, you will pass small, picturesque villages where you can relax. Numerous country estates and fortifications also lie on your way. It is worth visiting Muiderslot, which was built as early as 1285. Surrounded by gardens and water, it is one of the best-preserved castles in Holland. In the evening, take another stroll through Amsterdam's winding streets with the narrow houses and their gabled facades that are so typical of the cityscape.

Day 5: Individual departure or extension

Your cycling holiday in Amsterdam ends after breakfast, but there is still much to discover in the capital of the Netherlands. We would be happy to book an extension stay for you.

Notes:

- **Travel** to Amsterdam by car or train. Nearest airport: Amsterdam Schiphol.
- **Parking:** A hotel parking place costs 25 € per day. Reservation required in advance, payable on site.
- 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.

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- **Visitor's tax/local tax**, if due, not included in the tour price.
- Children up to 3 years stay free of charge in the parents' bed. Unfortunately, there are no family rooms available for this journey.

Route

In Amsterdam alone you will find a cycle path network of over 400 kilometres. The bicycle is the fastest and safest way to get around the Dutch metropolis, and it's the same outside the city. The good signposting also makes navigation very easy. That means our centre-based bike tour is also ideal for beginners or families with children. Easy rating.

Dates

Arrival daily between April 11th and September 21st, 2025

- Season 1: 01.07. - 15.07.2025
- Season 2: 16.07. - 31.07.2025
- Season 3: 01.08. - 31.08.2025
- Season 4: 11.04. - 30.06. | 01.09. - 21.09.2025

Prices

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

Per person in double room in season 1	499 €
Per person in double room in season 2	559 €
Per person in double room in season 3	614 €
Per person in double room in season 4	669 €
Surcharge single room Season 1, 2 and 3	299 €
Surcharge single room Season 4	349 €
Surcharge half-board	179€
Bike rental 21 gears Trekking	79 €
Rental premium bike	139 €
Rental gravel bike	199 €
Rental electro assisted bike	219 €
Additional nights	On request

Accommodation

4* hotel

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Included

- 4 overnight stays in the mentioned accommodation
- Daily breakfast from buffet
- If half-board: 4x dinner included
- 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
- If bike rental: Rental bike insurance included

Supplement package, € 99,- per person

When the supplement package is booked, the following extras are included in the price:

- Canal cruise in Amsterdam
- Cheese tasting in Amsterdam
- Zaanse-Schans-Card
- Admission ticket Muider slot

Booking required.

Not Included

- Visitors tax



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

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