

# 10 Day Heart of Holland Bike & Barge Tour

## May 27 – June 6, 2017

**Total Cost: \$1,925** (Transportation to and from Amsterdam **not** included)

**Deposit:** \$1000 (paid at time of registration)

**Final Payment:** \$925 due by 1/15/17

**Rider Limit:** 22

**Tour Leaders:** Ralph Nussbaum & Francien van der Lee

**Tour Rating:** Easy

### **Special International Cancellation Policy:**

**Before 1/15/17:** Refund all but \$100

**Between 1/16-2/27/17:** \$1,000 cancellation fee unless your spot is filled then \$100

**After 2/27/17:** Loss of total fee unless your spot is filled then \$100 cancellation fee

**WE STRONGLY ADVISE YOU PURCHASE TRIP INSURANCE!**

### **TOUR DESCRIPTION:**

After running two very successful Bike and Barge Tours in 2014, Ralph & Carol will again be running two Bike and Barge Tours in Holland. It may be worth pointing out that Ralph and Carol both speak Dutch. Ralph grew up in Amsterdam and Carol has learned the language from all of his family. Francien will be our Dutch guide who we got to know in 2014. She has picked some of the prettiest areas in The Netherlands with outstanding sightseeing and cycling opportunities in the heart of Holland. This tour is limited to only 22 participants (plus Ralph & Carol), as that is all the Lena Maria, our floating barge hotel will hold. We will be fed three meals each day on board the Lena Maria.



(Actually we will pack lunch each morning so we can eat it as we cycle through the beautiful Dutch countryside.) All the cabins have two twin beds and they are not **bunk** beds! We have individual bathrooms with showers in each room. Please do be aware that the rooms are not air conditioned but that really shouldn't be an issue in The Netherlands where the average summer temperature is a high of 68 and a low of 50.



Each of us will have the free use of a high end 21 speed hybrid bike equipped with a lock and nice pannier, so there is no need to bring your bike with you. (They even provide a helmet and water bottle, though you may wish to bring your own!) We plan on riding 30 to 40 miles per day on mostly flat roads or the best bike paths in the world. This tour is intended for the intermediate rider, comfortable on a bicycle saddle for 4-5 hours at a time. Holland is very flat so hills won't be an issue but there is always the possibility of a headwind and rain is always a consideration any time of year.

**Note:** The entrance fees for all of the museums listed on our tour are covered in your registration fee.

### **ITINERARY:**

**Day One Saturday, May 27 – Amsterdam to Weesp (20 km):** We will start and end our tour in Amsterdam. The Lena Maria, our barge/hotel will be docked at the Oosterdok which is very close to Amsterdam's Central Station in the heart of the city. We meet there at 2:00PM. While we take time for bike adjustments and an explanation about the traffic rules and safety issues, our barge will make its way out of the busy port of Amsterdam on its way to Weesp. What better way to experience Amsterdam than from the water? In Weesp, we will cycle a lovely loop around the village and along the river Vecht. There may even be time to visit a working wind mill. Riding around town and into the lovely countryside will give us an opportunity to "dial in" our bicycles. We will return in the evening where we will be treated to the first of 9 wonderful gourmet dinners.

**Day Two Sunday, May 28 – Weesp to Vianen (55 km):** Today we cycle the meandering river Vecht. Here, in the 18th-century, the wealthy inhabitants of Amsterdam built their country-houses, semi-castles. We pass lovely villages as Vreeland, Loenen and Breukelen. Brooklyn-New York got its name from this Vecht village. In the afternoon we will have time to visit the garden of Castle De Haar, a medieval castle. At the end of our ride today a bicycle ferry across the river Lek will bring us to Vianen.

**Day Three Monday, May 29 – Vianen to Tiel (46 km):** We take the ferry over the river Lek to Culemborg. We cycle along the Linge Route full of farms with berries and cherries. The blossoms in spring on the famous Appeldijk ('Apple dike') are beautiful and the many fruit orchards show you why this region Betuwe is also known as the "fruit garden of the Netherlands".

**Day Four Tuesday, May 30 – Tiel to Nijmegen (53 km):** Today it's on to the old city of Nijmegen along a lovely route part way on old dikes. We will conclude with a visit to Velorama, the famous bicycle museum in Nijmegen. Nijmegen is first mentioned in history as a Roman military camp founded in the 1<sup>st</sup> century BC. It soon became a flourishing town. Unfortunately, not a whole lot of very old buildings are left in town: first the Americans carpet-bombed it in February 1944, later the Germans shelled it for about five months after the liberation in September 1944, and finally there were a lot of very rigorous city planners in the 1950s, 60's and 70's who finished what the Americans and Germans started. Fortunately, Francien knows some wonderful old sites for us to explore. Today is also the day the crew will take a well-deserved day off so we will be looking for some nice restaurants on our own for dinner.

**Day Five Wednesday, May 31 – Nijmegen (41 km):** The Lena Maria will spend a rest day in Nijmegen giving us the opportunity to either just explore that very old city or to ride your bike to Kleve, Germany, with its gorgeous Schwanenburg Castle. Along the way we will stop at a beautiful Dutch tea garden (Millinger Theetuin) in Kekerdom. via the dikes of the Ooijpolder – the wetlands in this area are a bird's paradise – we will cycle back to Nijmegen. After we return to the Lena Maria, we will sail to Arnhem.

**Day Six Thursday, June 1 – Arnhem (47 km):** Today we will cycle to and then through the National Park Hoge Veluwe. The Hoge Veluwe is the largest conservation area in The Netherlands and is crisscrossed with some of the most beautiful bike paths in the world. The highlight of the day may well be a visit to the famous Kröller-Müller Museum known for its outdoor sculptures (largest sculpture garden in Europe) and Van Gogh paintings and drawings. Arnhem is known for its "Bridge Too Far" where the Germans were able to repulse the Allied attack (Market Garden) in late 1944 leaving northern The Netherlands occupied until May, 1945.

**Day Seven Friday, June 2 – Arnhem to Deventer (55 km):** During breakfast the Lena Maria will sail us to Doesburg. Today's highlight is a stop at Het Loo Palace outside of Apeldoorn, one of the most beautiful royal residences in The Netherlands. Prince-King Willem III of both the Netherlands and England built the renaissance palace in 1685 amidst his favorite hunting grounds. Here in 1688 the 'Glorious Revolution' was conceived. This made the protestant Willem (William) King of England in 1689. We end the day in the beautiful old town of Deventer with its well preserved historic center.

**Day Eight Saturday, June 3 – Deventer to Kampen (56 km):** From Deventer, we move on to Kampen via Zwolle. We will be cycling in the historic region of Overijssel. The towns Deventer, Hattem, Zwolle and Kampen – all located near the river IJssel – were once part of the Hanseatic League: a commercial and defensive confederation of merchant guilds and their market towns that dominated trade along the coast of Northern Europe. It stretched from the Baltic to the North Sea and inland during the Late Middle Ages and early modern period (c. 13th to 17th centuries). All the towns are rich in history and abound in beautiful architecture from the 1400's and later. In Kampen, which gained its prosperity through the herring trade, we will visit the Saturday Market which has been in existence for hundreds of years.

**Day Nine Sunday, June 4 – Kampen to Harderwijk (63 km):** During breakfast we will sail the barge to Elburg. We will pass through the Veluwe region with its lovely forests. We will visit the Hidden Village between Nunspeet and Vierhouten. We then move on to the former fishing village of Harderwijk where we can stop on the boulevard to eat some 'kibbeling': a typical Dutch snack made of fried Cod fish or raw herring (yum!!). From here we follow the former coastline of the Zuiderzee, now IJsselmeer. Today's destination is the former fishing village of Harderwijk.



**Day Ten Monday, June 5 – Kampen to Amsterdam (50 km):** During breakfast the barge will bring us to Spakenburg. Spakenburg is one of the few places left in the Netherlands where some women still wear local traditional clothes. In the harbor, you will find beautiful old sail boats.

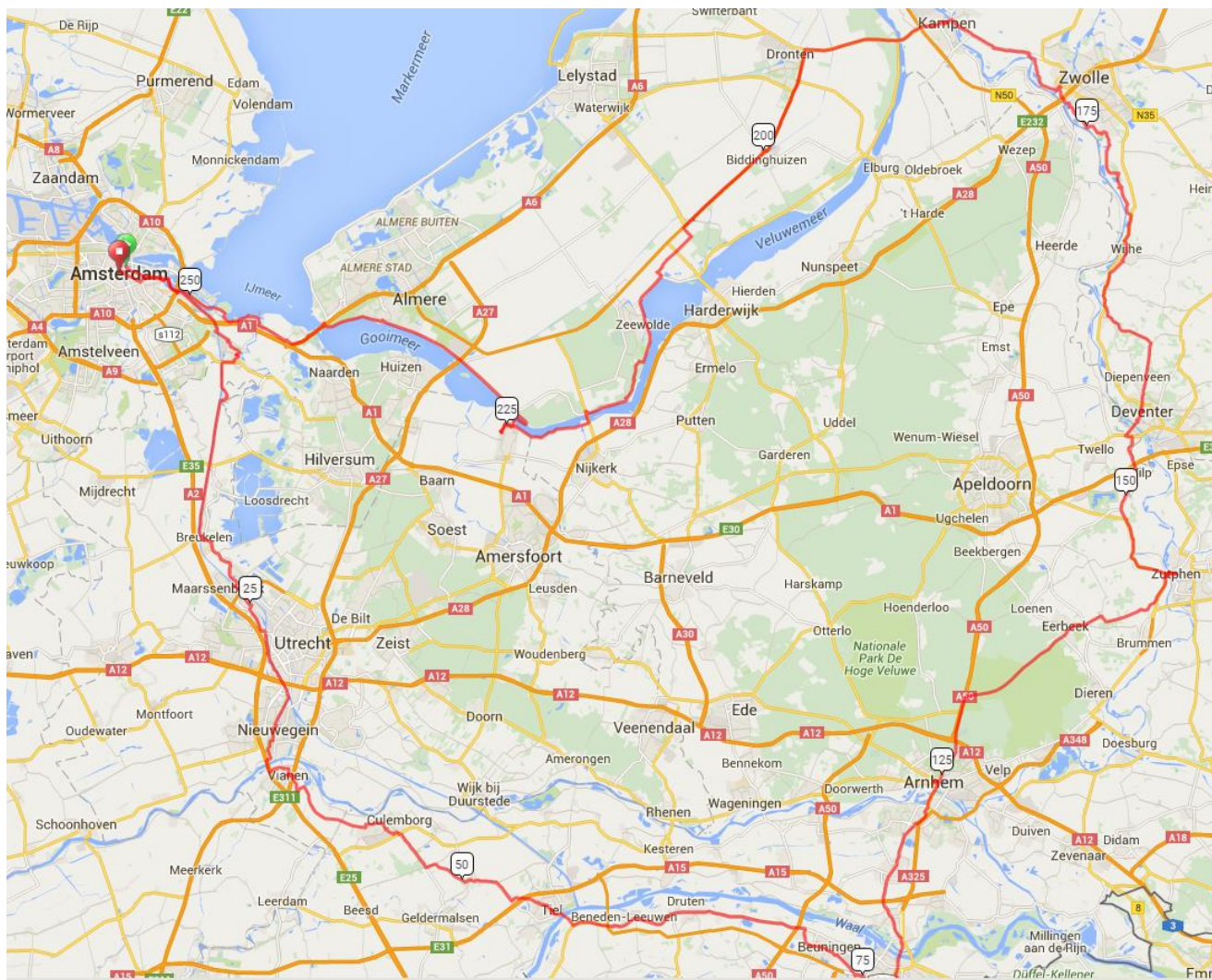
We will spend our last day cycling to Amsterdam; one of the world's most bike friendly cities. First we will cross Het Gooi, the area around Hilversum in the center of the Netherlands. It is a slightly hilly area characterized by its green landscape, its historical charm, the wealth of its inhabitants, and its villas. Het Gooi is known as the home of the rich and famous. Naarden village is an example of a star fort, complete with fortified walls and a moat. The walls and the moat have been restored and are in a very good shape. Cycling along rivers and canals we will reach Amsterdam Centrum.

**Day Eleven Tuesday, June 6 – Amsterdam:** After another great Dutch breakfast aboard the Lena Maria we will disembark and head our separate ways.

**REGISTRATION AND LOTTERY:** You will have the opportunity to register for either or both Bike and Barge Tours which run back-to-back. Registrants will have to pay a \$1,000 deposit per tour at the time of registration. We presume that with each tour only being able to accommodate 22 participants, both will end up going to a lottery. Initial registration, lottery and wait list for each tour will be kept separate. Pegasus registrants who are fortunate enough to be selected for both tours will have 5 days to **select one**. (Once the selection is made, one of your deposits will be **fully** refunded). Movement from one tour to another may be possible under very limited circumstances.

Again just to be clear, you may register for both tours but you will only be allowed to join one, unless we don't get the anticipated sign-up.

## APPROXIMATE ROUTE OF THE LENA MARIA BIKE BARGE HEART OF HOLLAND TOUR









# FROM OUR 2014 BIKE & BARGE TOURS









