HOLLAND
6-Day Cycling Tour
Cycling in the Netherlands is a revelation. It is simply the most bicycle-friendly country on the planet: a haven for cyclists with more than 20,000 miles of traffic-free bike paths. The scenery is equally impressive: acres of tulip fields, dense forests, tranquil waterways, and working, historic windmills. The towns and cities are also delightful: medieval gems crammed with cafés, historic sites, and exceptionally good museums.

The flat terrain and separation from cars makes Holland an ideal destination for beginner, intermediate and family cycling.

**SERVICE HIGHLIGHTS**
- Private transfer from your hotel with full route briefing and bike set up at the start of your ride
- Accommodation and breakfasts
- On-call roadside assistance
- Optional transfers along the routes
- GPS units, maps, directions and a comprehensive guidebook
- Expert guides delivering superior service

**RIDE OPTIONS**

- **Leisure**
- **Intermediate**
- **Challenge***
- **Epic**

* Due to the flat terrain, the listed Challenge rides are relatively easy for fit, experienced riders.

**BIKES AVAILABLE**

- **Hybrid**
- **Road***
- **Premium Road**
- **eBike**

* We recommend hybrids or eBikes for this tour as most of the riding is on bike paths.

**DAY-BY-DAY FLOW**

- **Day 1**: Naarden to Utrecht
- **Day 2**: Utrecht Loop Day
- **Day 3**: Utrecht to Leiden
- **Day 4**: Leiden Loop Day
- **Day 5**: Leiden to Haarlem
- **Day 6**: Haarlem Loop Day

**TOUR SUMMARY**

**HOLLAND**

Bike paths, windmills, markets and cafés

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- **eBike**

* We recommend hybrids or eBikes for this tour as most of the riding is on bike paths.

**TOUR LENGTH**

6 Days / 5 Nights

**PRICE BY ACCOMMODATION**

- **Budget**: from $1,980 pp
- **Classic**: from $2,220 pp
- **Luxury**: from $2,770 pp

**START & END**

**Amsterdam or Utrecht**

Guests typically choose Utrecht for our 3-, 4-, and 5-day tours

**BEST TIMES TO VISIT**

April to October

The tulips are in bloom from mid-April to mid-May

**OPTIONAL EXTRAS**

- Alternative start/end location at Amsterdam’s Schiphol Airport
- Cheese tours
- Customize your route

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415.366.3806  lifecycleadventures.com  info@lifecycleadventures.com
WHY LIFECYCLE ADVENTURES

OUR SELF-GUIDED TOURS

At the start of your tour, your guide transfers you from your hotel, does your bike fitting, and gives you a full route briefing. They then take care of all the behind-the-scenes logistics while you guide yourself along the routes; riding at your own pace and choosing the route difficulty that best suits you. Our support vans are nearby should you need extra support.

Your detailed guidebook tells you about the towns you will visit, sights along your route, and suggests places to eat – and we are happy to help with reservations. This support and insight helps make our self-guided tours some of the most personalized and well-supported in the industry.

<table>
<thead>
<tr>
<th>Feature</th>
<th>LifeCycle Adventures</th>
<th>Typical Group Tours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates &amp; Duration</td>
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<td>Fixed</td>
</tr>
<tr>
<td>Accommodation</td>
<td>A range</td>
<td>Set</td>
</tr>
<tr>
<td>Group Size</td>
<td>Just your group</td>
<td>12 to 24+</td>
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<tr>
<td>Routes</td>
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<td>Some choice</td>
</tr>
<tr>
<td>Ride Briefings</td>
<td>Day 1 in person</td>
<td>Daily in person</td>
</tr>
<tr>
<td></td>
<td>Daily by phone</td>
<td></td>
</tr>
<tr>
<td>Ride Support</td>
<td>Van on call</td>
<td>Van(s) trailing and</td>
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<tr>
<td></td>
<td></td>
<td>guide on bike</td>
</tr>
<tr>
<td>Lunches &amp; Dinners</td>
<td>Not included (Help</td>
<td>Some included</td>
</tr>
<tr>
<td></td>
<td>with reservations)</td>
<td>(No choice)</td>
</tr>
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</table>

OUR COMPANY

Since 2004, our unique blend of custom itineraries and personal service has been creating perfect cycling vacations for those who want to explore on their own terms. From the moment you contact us until the end of your trip, you will find us responsive, attentive and totally focused on ensuring you have the perfect cycling vacation.

Our expert guides live in the areas in which they operate. They have the passion and dedication to deliver superior service and exceptional insight. As a company, we donate 10% of our profits to bicycling advocacy and other community causes.

415.366.3806  lifecycleadventures.com  info@lifecycleadventures.com
DAY-BY-DAY ITINERARY

DAY 1

**Naarden to Utrecht**

**Intermediate** riders start their Dutch bike tour in Naarden: famous for its 16th-century, star-shaped fort. You ride out of town on a network of bike paths that travel alongside canals, across open grassland and through scenic forests. Hilversum is a great place to stop for lunch. Once called the Garden of Amsterdam, Hilversum is home to over 600 species of trees. After Hilversum, you are once more on bike paths – riding south through forests and farmland to Utrecht. Here, the bike-path network takes you all the way to the city center alongside canals and traditional Dutch streets.

**Leisure** riders will be transferred to Hilversum where you will join the route described above.

**Challenge** riders start their journey in Weesp and follow the river Vecht north towards Muiden before riding along Lake IJmeer. You then join the Intermediate route in Naarden.

**Start your ride at a 16th-century fort before riding on bike paths all the way to Utrecht**

**RIDE OPTIONS**

- **Leisure**
  - 15 miles with 250 feet of climbing

- **Intermediate**
  - 20 miles with 400 feet of climbing

- **Challenge**
  - 30 miles with 600 feet of climbing

**OVERNIGHT TOWN**

**Utrecht**

Utrecht is a beautiful old university town in the heart of the Netherlands. The medieval center includes an iconic 14th-century bell tower and a Gothic cathedral. There are beautiful tree-lined canals with numerous cafés and restaurants. Add great museums and bustling markets and you have one of Holland's most charming cities.

**Utrecht Loop (A)**

Today you head east to the Utrechtse Heuvelrug National Park. You ride in quiet, rural areas that include great swathes of forest. In one of those forests, you will ride past the Pyramid of Austerlitz: built by Napoleon’s soldiers in 1804. This is also one of the few times that you will be significantly above sea level during your entire trip.

All of the routes head to the town of Fort bij Rijnauwen where there are great pancakes to be had. You then skirt around the edge of Ziest and pass the great Slot Ziest palace before the routes diverge at the town of Austerlitz.

The **Intermediate** riders head over to the Den Treek Henschoten estate before starting the return leg via the National Military Museum.

**Leisure** riders go directly to the National Military Museum before looping back to Utrecht.

**Challenge** riders will do the Intermediate route with the addition of riding into Amersfoort: one of the most photogenic cities in the Netherlands.

**Peaceful, rural riding through great swathes of forest**

**RIDE OPTIONS**

- **Leisure**
  - 20 miles with 400 feet of climbing

- **Intermediate**
  - 30 miles with 650 feet of climbing

- **Challenge**
  - 40 miles with 800 feet of climbing

**OVERNIGHT TOWN**

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DAY 3

Utrecht to Leiden

Today’s route takes you on traffic-free bike paths through the Green Heart of Holland: a water-rich, rural region dotted with picturesque historic towns. Highlights of the route are Gouda (famous for its cheese market) and Oudewater (where alleged witches came here to be weighed to prove their innocence).

The **Challenge** route takes you south out of Utrecht before turning westwards and arriving in Oudewater where you see the Witches Weighhouse. You then follow the River Hollandse IJssel into the center of Gouda. There, you ride past the Gothic town hall; one of the oldest town halls in Holland. From Gouda you continue along bike paths that cross open farmland to Leiden.

**Intermediate** riders will transfer along the Challenge route to start their ride in Oudewater.

**Leisure** riders transfer a little further to shorten the route to a twenty-mile, easy cruise.

Cycle through the Green Heart of Holland: a water-rich, rural region dotted with historic towns and picturesque windmills

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DAY 4

Leiden Loops (A)

For **Intermediate** and **Challenge** riders, Delft is the target city for the day. Delft is best known for its blue and white pottery which has been produced here since the 16th century. Delft is also a charming town in its own right and it is well worth taking time to explore its canals, churches, mansions, museums, markets and cafés.

**Intermediate** riders loop back to Leiden from Delft.

**Challenge** riders continue south from Delft on an extra loop that explores a rural haven that is surrounded by the skylines of Delft, Rotterdam, and The Hague.

**Leisure** riders take on a shorter loop that includes Vlietland: a spacious park busy with activities such as sailing, kayaking, camping and climbing.

RIDE OPTIONS

<table>
<thead>
<tr>
<th>Level</th>
<th>Distance</th>
<th>Climb</th>
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</thead>
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<tr>
<td>Intermediate</td>
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<tr>
<td>Challenge</td>
<td>45 miles</td>
<td>500 ft</td>
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OVERNIGHT TOWN

Leiden

Leiden is a lively town known for its medieval architecture, its maze of narrow streets, and for Leiden University – founded in 1575 and the country’s oldest. Leiden is also the birthplace of Rembrandt van Rijn. The Museum De Lakenhal has many works by old masters including Lucas van Leyden, Jan Steen, and, of course, Rembrandt.

Explore the canals, churches, mansions, museums, markets and cafés for charming Delft

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<table>
<thead>
<tr>
<th>Level</th>
<th>Distance</th>
<th>Climb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leisure</td>
<td>20 miles</td>
<td>300 ft</td>
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<tr>
<td>Intermediate</td>
<td>30 miles</td>
<td>500 ft</td>
</tr>
<tr>
<td>Challenge</td>
<td>55 miles</td>
<td>750 ft</td>
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</table>

OVERNIGHT TOWN

Leiden

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DAY 5

**Leiden to Haarlem**

On today’s **Intermediate** route, you cycle west to the coast through the heart of tulip country. On arriving at the coast, you head north alongside the North Sea. The bike path here snakes through large sandy dunes and is one of the most stunning cycle routes in the country. On reaching the beach town of Zandvoort, you head east to the medieval city of Haarlem.

**Leisure** riders will ask to be transferred partway along the above Intermediate route to start their ride at Noordwijk.

The **Challenge** route follows much of the Intermediate route but adds on a loop inland to visits Keukenhof Botanical Gardens: an expansive 19th-century park showcasing thousands of Dutch spring flowers.

Ride north through tulip fields and across sand dunes on one of the most stunning cycle routes in the country

**OVERNIGHT TOWN**

Haarlem

The medieval city of Haarlem sits partway between Amsterdam and the coastal dunes. The narrow, cobbled streets and beautiful old squares are lined with gabled houses, cafés and museums. The town is also at the center of the Dutch flower industry.

DAY 6

**Haarlem Loops - Last Day**

Your ride today showcases two different sides of Haarlem: to the east, there are the typical Dutch polders (fields protected by dikes) and, to the west, sand dunes and beaches. One highlight of the day is the beautiful Zuid-Kennemerland National Park - an area of wide open dunes and beaches. Another highlight is the fortifications of the Defense Line of Amsterdam – an intricate system of canals, locks, and fortifications (and a UNESCO World Heritage site).

On the **Leisure** route, you enjoy a short ride along the coast before heading back to Haarlem.

On the **Intermediate** route, you ride more of the coast – south to Zandvoort (one of the most popular seaside resorts in Holland) – before turning inland back to Haarlem.

For the **Challenge** ride, the route first heads over the Binnentoeleidingskanaal. After a loop of North Holland, you return south to join the Intermediate route back to Haarlem.

**RIDE OPTIONS**

**Leisure**
- 20 miles with 450 feet of climbing

**Intermediate**
- 30 miles with 550 feet of climbing

**Challenge**
- 35 miles with 700 feet of climbing

**OVERNIGHT TOWN**

None

As this is the last day of your tour, there is no overnight accommodation unless explicitly requested on booking.
ACCOMMODATION

LUXURY

Utrecht
Grand Karel V Hotel
This 14th-century knights’ gathering hall is now a luxury hotel in the heart of Utrecht with spacious rooms and a peaceful garden. The property has a pool and spa; perfect for relaxing after a day on the bike. There is a good restaurant and bar on site as well as being an easy walk to the town’s main shopping streets, restaurants, and cafés.

Leiden
Huys van Leyden
Set in a 17th-century redbrick building along a canal, this chic boutique hotel is decorated with chandeliers and oil paintings and is well located for exploring the city. This heritage-listed hotel dates from 1611 and has comfortable, clean rooms and gracious, welcoming hosts.

Haarlem
Boutiquehotel Staats
A beautifully unique boutique hotel in the center of Haarlem. The rooms are large and individually decorated. The staff are very welcoming, the location is ideal yet quiet. The restaurant is elegant with delicious food.

ACCOMMODATION NOTES
Properties in our Luxury category are some of the nicest full-service hotels in the area. They typically include spa facilities and a good restaurant. See page 2 for prices.

Mix & Match
You can choose accommodation in different categories in different towns. Please ask for prices.

Tips & Notes
ACCOMMODATION

CLASSIC

Utrecht
Court Hotel
This hotel is superbly located in the center of the town, just a few minutes’ walk from the Dom (hearing the church bells is beautiful but they do chime every 15 minutes, so earplugs are a must for light sleepers). The décor is modern and pleasing.

Leiden
Hotel d’Oude Morsch
This hotel is located in the former guardhouse of the town barracks. The property looks out onto the city’s park, a windmill, and a historical city gateway. The hotel is close to shops, museums and restaurants. The staff are friendly and helpful, and the rooms are comfortable and characterful. NOTE: bike parking is a short walk from the hotel.

Haarlem
Amrâth Grand Hotel Frans Hals
This hotel is ideally located in the center of Haarlem; walking distance from all the main tourist sites. The spacious rooms and suites have extra-long beds. An extensive breakfast buffet can be ordered each day and there is a hotel bar for drinks. There are also plenty of dining options nearby.

ACCOMMODATION NOTES
Properties in the Classic category are typically smaller hotels or luxurious B&Bs with very personal service sometimes including wine tasting or evening hors d’oeuvres. See page 2 for prices.

Mix & Match
You can choose accommodation in different categories in different towns. Please ask for prices.

Tips & Notes
**ACCOMMODATION**

**BUDGET**

**Utrecht**
**NH Center Utrecht**
This is a simple but stylish hotel in a unique 19th-century building. Many rooms have original stained-glass windows. The property is in the center of town close to historic sites, restaurants and shops. The famous Dom Tower is located a 5-minute walk away and on Saturdays, Utrecht’s flower market is held right in front of the hotel.

**Leiden**
**De Doelen**
This hotel is uniquely situated at the Rapenburg, one of the most beautiful canals in the Netherlands. It is located in the center of Leiden, so it is perfect to explore the city. The staff is friendly and there is a good breakfast. Rooms tend to be more traditional than modern.

**Haarlem**
**Hotel Lion d’Or**
This is a good-but-basic city hotel, well located in the cultural heart of the city. The rooms are modern without being fancy. While there is a reasonable restaurant on site, most guests choose to explore the other dining options in the city. NOTE: the hotel is close to the train station and can be a little noisy.

**ACCOMMODATION NOTES**
Properties in our Budget category are typically simpler B&Bs and more modest inns or hotels. However, all the properties are well-kept with en suite facilities.
See page 2 for prices.

**Mix & Match**
You can choose accommodation in different categories in different towns. Please ask for prices.

**Tips & Notes**
BIKES

BIKE CHOICES

HYBRID BIKE
Hybrid bikes are a cross between a mountain bike and a road bike. They have a relaxed riding position and are great for beginners and intermediate riders. A typical model is the Venya 4.0 with Shimano Nexus gears and high-pressure road tires for better cycling efficiency.

ROAD BIKE
Our road bikes are a racing style bike with drop handlebars. The road bikes are faster bikes than the hybrids with a less upright riding position and will be enjoyed by intermediate and experienced riders. A typical model is the Êmonda ALR 5 with aluminum frame, carbon forks, and Shimano 105 components.

eBIKE
Our eBikes are designed to give you a little extra assistance when climbing hills. The ride position is very similar to our hybrids. We typically rent Scott E-Sub bikes equipped with a 250W E-drive Bosch motor. If one rider in a couple is stronger than the other, an eBike can be a great choice for the less-strong rider.

YOUR BIKE
If you have a favorite bike, we can help you get it to your destination as well as set it up once it is there. Please ask about options for bike shipping and assembly.

BIKE RENTAL RATES

<table>
<thead>
<tr>
<th>Bike</th>
<th>Per Day</th>
<th>Per Week</th>
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<tbody>
<tr>
<td>Hybrid</td>
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<td>Road</td>
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<td>$270</td>
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<tr>
<td>eBike</td>
<td>$55</td>
<td>$330</td>
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</table>

OPTIONAL EXTRAS

Receiving & Assembly  $100
per bike charge to receive bike from shipper, assemble the bike and repack it and deliver it to a shipper at the end of the tour.

Bike Boxes  $100
a per box charge for the extra logistics needed to handle bike boxes during a tour. Note: this fee can be avoided if you leave your box with your start/end hotel.

Tandem Bike  $100
a per bike fee for the extra logistics to handle a tandem bike that is brought by a guest.
THE TRIP PRICE INCLUDES:

- GPS units, cycling maps, directions and a custom guidebook; one set per couple.
- Private transfer from downtown Amsterdam or downtown Utrecht.
- Bike set up and detailed map briefing at the start of your tour.
- Accommodation for each night of your tour with breakfast the following morning (unless breakfast is explicitly excluded in the accommodation description earlier).

Prices quoted are per person but assume there are two people sharing a room. We book standard rooms unless an upgrade is requested and then extra charges may apply. Accommodation is subject to availability at the time of booking.

- Guide available via phone 8:00 AM to 8:00 PM.
- On-call roadside assistance 9:00 AM to 4:00 PM for mechanical issues.
- Luggage transported between lodgings and wine collection service.
- Transfers along all or part of the route to coincide with luggage moves – to be arranged at least 24 hours in advance.

THE TRIP PRICE DOES NOT INCLUDE:

- Lunches and dinners. Our guidebooks are full of great recommendations and we are pleased to make reservations for you.
- An on-bike guide.
- Activities such as cheese tours and spa treatments. We are pleased to make reservations on your behalf.
- Transfers to sites to which it is not practical to ride. We are pleased to arrange for such transfers for a fee.

OPTIONAL EXTRAS:

Transfers from Schiphol Airport
Typically, we collect guests from their hotel in downtown Amsterdam. There is a $100 charge per couple, per transfer for pick-ups or drop-offs in Amsterdam's Schiphol Airport.

Cheese Tours
Please ask for details if you are interested in arranging any personal cheese tours.

Route Customization
If you would prefer alternative routing – staying in different overnight towns or with more or fewer loop days – we would be pleased to customize this itinerary.

NOTES:
THE AREA

ABOUT HOLLAND

WHERE TO STAY BEFORE THE TRIP

Guests usually stay in Amsterdam before and/or after their trip. If the first overnight town on your bike tour is Leiden (typically 3-, 4-, and 5-day tours), you may also choose to stay in Utrecht. We have had good feedback for the following hotels and B&Bs:

Amsterdam Hotels
- Hotel Pulitzer Amsterdam [www.pulitzeramsterdam.com/](http://www.pulitzeramsterdam.com/)
- Ambassade Hotel [www.ambassade-hotel.nl/](http://www.ambassade-hotel.nl/)

Utrecht Hotels
- Grand Karel V Hotel [www.karely.nl/](http://www.karely.nl/)
- Court Hotel [www.courthotel.nl/en/](http://www.courthotel.nl/en/)

CLIMATE

The climate in Holland is a Marine West Coast climate, similar to England and Northern France. The proximity to the North Sea and Atlantic Ocean result in relatively cool summers and mild winters. Being a small and flat country, Holland has a quite uniform climate though the coast is a little cooler and windier than further inland.

The best time to visit Holland is from mid-May to mid-September, when the temperatures are typically mild or pleasantly warm. From mid-April to mid-May, the country is in bloom with the fields full of tulips and other flowers. June, July and August are the warmest months. Whenever you choose to travel, you should pack waterproofs and some warm clothing as most weeks will have a mixture of sunshine and some rain.

The charts to the right show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Utrecht: a town at the center of our tours.

ARRIVAL & DEPARTURE INFORMATION

Most international flights to the Netherlands arrive into Amsterdam's Schiphol Airport (AMS). There are direct flights from most major European cities and from many North American cities.

Schiphol Airport to Amsterdam
Taxi from the airport to the center of Amsterdam cost approximately €45.00 and take around 30 minutes. There is also a regular and easy train service that costs approximately €6.00 and takes 15-20 minutes. Shuttle buses that take you directly to your hotel cost €18.00 pp.

Schiphol Airport to Utrecht
There is a direct train line from Schiphol airport to Utrecht. This is the cheapest and fastest option (approximately €10.00 and 30 minutes). Expect a taxi to cost approximately €75.00 and to take approximately 40 minutes.
**THE FINE PRINT**

**TERMS & CONDITIONS**

**PAYMENT**
A payment of 10% of the total price is required to secure a reservation. Payment of the balance is due 60 days prior to the start of the trip.

**BOOKING FORM**
Once your deposit is paid, we will send you a booking form requesting details such as bike rental requirements, dietary restrictions, and an emergency contact. The booking form includes a Cycle Tour Accident Waiver and Release of Liability. A copy of this form can be found at https://www.lifecycleadventures.com/waiver/. Guests who fail to provide a signed waiver prior to the start of a trip will not be allowed to take part in the trip and the cancellation policy will apply.

**CANCELLATION POLICY**
We give a full refund less a $150 administration fee for any trip canceled over 90 days before the start of the trip. After this date, refunds are made according to the following schedule:

- From 61 to 90 days: 90% of the full trip price is refunded unless you choose to rebook a trip with a start date within 18 months of the original start date in which case your current payments will be applied to the new trip less an administration fee of $150.
- From 15 to 60 days of the start of the trip your choice of EITHER a 50% refund or 75% of the trip price applied towards a future trip with LifeCycle Adventures. The latter option only applies when the canceled trip has been paid for in full.
- Within 15 days of travel: sorry, no refund.

We strongly recommend you take out travel insurance to cover you in the event of having to cancel your trip.

Unless other arrangements are mutually agreed upon, the failure of a participant to be present at the start of the trip at the time and location agreed in the booking process will be treated as a cancellation and the cancellation policy will apply. Leaving your trip early for any reason will be treated as a cancellation and no refund will be given.

**TRAVEL INSURANCE**
In signing the Cycle Tour Accident Waiver and Release of Liability form you certify that you either have insurance to cover you in the event of needing medical treatment and to cover any losses associated with participation in the trip or you are prepared to cover these costs yourself. We recommend checking with your current insurance providers to understand your coverage. Should you choose to purchase travel insurance, the following sites aim to compare travel insurance policies and might be helpful: www.squaremouth.com and www.insuremytrip.com.

**ITINERARY CHANGES**
We reserve the right to make route, accommodation, date, and bike model changes as caused by circumstances beyond our control or unforeseen circumstances. If such changes become necessary, we will make like-for-like substitutions to ensure quality is maintained.

In the event that we cancel a trip for any reason other than Force Majeure, you will be given a full refund that will constitute full settlement. We will not reimburse you for any personal expenses such as airline tickets, hotels or other travel expenses.

We shall not be liable for any refunds or compensation in the event we cancel your booking due to reasons of Force Majeure. Examples of “Force Majeure” include Acts of God (including fire, flood, earthquake, storm, hurricane or other natural disaster), epidemics, health risks and pandemics, government orders or actions, civil disturbances, war or threat of war, acts of foreign enemies, or terrorist activities.