Our unique experience combines the exhilaration of sailing on a 2-masted schooner with cycling through beautiful countryside during the iconic tulip bloom season of Holland. The region is crisscrossed with many quiet cycle tracks that stretch from one end of the province to the other. Besides discovering the best tulip fields in the Netherlands, we will visit the famous Keukenhof gardens, the historic cities of Alkmaar and Enkhuizen (gems hidden from mass tourism), the Hortus Bulborum with its unique garden museum dedicated to the preservation of rare and historic bulbs, and learn about centuries of extensive land reclamation from the North Sea and the former Southern Sea (which, through a land engineering operation called “empoldering”, has become a fresh water lake now named Ijsselmeer). You will be amazed by the beauty and expanse of the North Sea beaches, the extremely bicycle-friendly island of Texel (pronounced Tess-el), the splendid flat landscapes, small dreamlike farm villages, and romantic, picturesque harbor towns. And all of this completed with the fields full of beautiful flowers.
Daily Itinerary

As in any sailing adventure, the planned daily routes partially depend on the strength and direction of the winds. The skipper decides day by day on the best route and discusses the options with the group. The crew does whatever it can to run the program according to plan and to offer you a fascinating, varied and active week, in which nature and culture play a major part. It is however possible that departure times and the time spent on the water – and even the order of the program itself – have to be adjusted. So, enjoy the ride and let yourself be led by the elements! Whenever possible, passages will be undertaken fully rigged. Anyone who likes to help the crew sail and steer the boat is welcome to do so. Of course, this is absolutely up to you. Sailing experience is not necessary.

Day 1, Friday, April 23: Depart the US on your overnight flight to Amsterdam.

Day 2, April 24: Arriving at Schiphol Airport, make your way to Amsterdam’s City Center using any of a number of transfer options – taxi (most expensive), bus/shuttle, or train (least expensive and easily navigated). From the Central Station it is a short walk or Uber ride to the dock where you can check in on board between 1 p.m. and 2 p.m. If you arrive earlier and wish to walk about the city center where there are many cafes and sites to explore, you can store your luggage in a locker in the Central Station. On board, your crew will welcome you with coffee and tea. At 2.30 p.m., the ship leaves the harbor. While the ship sails to Volendam, your AMC and tour leaders will start our first of the daily trip briefings, telling you about the tour and covering important information like the cycling and safety procedures. Upon arrival, you will have the option to take a little test ride. After enjoying a delicious dinner on board, the leaders will take you on a walk through Volendam, a small and picturesque fishing harbor on the shores of Lake IJsselmeer.

Day 3, Sun. Apr 25: Volendam – Hoorn (28 km/20 mi.) | Hoorn – Enkhuizen On this first cycling day, a tasty breakfast will be followed by a bike tour to Hoorn, the former Dutch East India Company town, which was, in the 17th century, one of the world’s foremost harbors. Along the way, we will pass Edam, which is known for its famous Edam cheese, covered in red or yellow wax. While this adorable village is now renowned for cheese, it was once an industrious shipyard and port. That’s why, in the 17th century, the town’s specialty became one of the most popular cheeses in the world. Sailors took wheels of Edam on their voyages – the cheese doesn’t spoil easily and could be traded for spices and other riches of the East. Later in the afternoon you will join the ship for an afternoon sail to Enkhuizen, an old city with many centuries of maritime tradition. You can spend some time exploring here— “the herring city” boasts a beautiful old harbor and an old town full of history.
Day 4, Mon. Apr 26: Enkhuizen – Oudeschild | Sailing day

Today your ship will set sail to the harbor of Oudeschild on the island Texel. You may lend a hand during navigation and hoisting the sails. Previous sailing experience is not at all necessary. Of course, you are also very welcome to just relax and enjoy the sailing and scenery as you progress along the IJsselmeer. While sailing you will enjoy lunch on board. In the afternoon, the ship will arrive in Oudeschild on the island of Texel, the largest of the Dutch Wadden Isles. No dinner will be served tonight, to enable you to explore the harbor. You can make yourself a picnic meal or try one of the nice restaurants of Oudeschild.

Day 5, Tue, Apr 27: Oudeschild – Den Helder | Wadden island of Texel: round trip (several options from 15 km/9 mi. to 65 km/41 mi.)

Today you can choose to cycle a shorter route or to take a longer tour around the island. You will cycle through delightful natural parks, and even on Texel you will bike through fields of blooming flowers! The signposts of which lead you through picturesque villages and landscapes, and even to the Ecomare seal sanctuary. At the end of your cycling tour, you can enjoy a locally-brewed, well deserved beer during a visit to the small brewery near Oudeschild. Late afternoon, the ship will take you back to the mainland, to the port of Den Helder.

Day 6, Wed, Apr 28: Den Helder-St. Maartensvlotbrug | St. Maartensvlotbrug – Alkmaar (33 km/21 mi. or 50 km/31 mi.)

The first part of your bike tour leads through the northern part of the province of North Holland. This piece of land wedged between the North Sea and the IJsselmeer boasts the world’s single biggest flowering bulb field. In one word: spectacular! But also closer to Alkmaar you will find the most beautiful tulip fields on your way to the North Sea. The sandy beach here is one of the most wonderful to walk along in the entire Netherlands, the perfect spot for feeling the wind in your hair or simply enjoying the view. Close by — and certainly worth a visit — is the artist’s village of Bergen. The ship will be waiting for you in the historical city center of Alkmaar. This town is well known as a Dutch cheese city. As you wander through the streets, the beauty of Alkmaar’s old town, with its well-preserved 17th-century buildings and narrow, winding canals will amaze you.

Day 7, Thu, Apr 29: Alkmaar –Zaandam (47 km/29 mi.)

In the morning, you will bike to Egmond and Limmen and here, again you have the chance to bike through colorful tulip fields. Nearby, you will visit the Hortus Bulborum, a unique garden museum dedicated to the preservation of rare and historic bulbs. More than 4,000 tulips, daffodils, hyacinths, and other special flowers are planted here. Next destination is Zaanse Schans, a unique hamlet where people live and work alongside original houses and windmills built next to the river Zaan. This tiny village is dominated by its operating windmills — the oldest of which was built in 1673 — and these were used for grinding
mustard seeds, spices, and paint components; extracting plant oil; and for sawing wood into planks. As you walk through the village, you will see a clock museum, an old-fashioned grocery store, a house with period furniture, a clog maker, and a cheese farm. At the end of the afternoon you will find the ship in Zaandam.

**Day 8, Fri, Apr 30: Zaandam– Keukenhof – Amsterdam | Full day bus excursion** Today a beautiful bus ride leads you through the oldest tulip fields of Holland to the famous Keukenhof Gardens. You will have plenty of time to discover the most beautiful bulb park in the world — Keukenhof is the place where spring springs. It features an overwhelming blaze of colors: seven million flowering tulips in a magnificent 80-acre setting of traditional and modern gardening architecture. You also can admire various hyacinths, daffodils, and many other vibrant flowers. In the afternoon the bus will bring you back to Amsterdam to spend a restful night here in your floating hotel.

**Day 9, Sat, May 1: Amsterdam**

Our trip comes to its end: after breakfast, you can disembark until 9.30 a.m. We will make our way back to Schiphol Airport for flights home or the continuation of your journey.

**Notes on the Itinerary:**

- **Parts that are printed in italics** in the Daily Itinerary will be covered onboard the ship. All distances are “approximate distances” of bike tours.
- The tour details are barring changes that may be required as a result of nautical, technical or meteorological reasons.
- During the days when 2 bicycle options are possible, the AMC and tour leaders, together with the group, will make a choice for the longer or the shorter option. Not all mentioned highlights would be visited during the short bike option.
- You can also choose to ride individually with the help of a map and route notes (available on board). GPS tracks will be sent to you 4 weeks before the start date of the tour.
- In case you prefer a day of rest, you can skip the bike tour and relax on board while cruising to the next town then enjoying a leisurely walk around.

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.
Accommodations:
Our floating hotel, **Wapen fan Fryslân**, at 55 meters in length, is the largest two-mast schooner on Dutch waters! Its imposing size is set in stark contrast with its warm, welcoming and luxurious atmosphere. The lower deck of this schooner has identical twin cabins (91 sq.ft.). The two separate single beds in each cabin can be set together. Bathrooms with showers, basins and toilets come standard with every cabin, as does central heating, ventilation, fully functioning portholes and mini safes.

The lower deck offers a spacious lounge & restaurant with flat screen TV and flexible furnishing. Then there’s the large wheelhouse with stylish bar, seating area, panoramic windows offering magnificent vistas and Wi-Fi throughout. Though the middle deck is the perfect place to enjoy a lovely meal outdoors, it’s the afterdeck, with its outdoor café, draught beer tap and Jacuzzi that wins the prize for “best place to have an aperitif and watch the world go by”.

Fitness Level & Equipment:
The trip is rated **Easy-Moderate** (3-4 out of 7) for mileage of 20-50 miles/day at a leisurely pace of 9-12 mph. Though the terrain will be flat, we may encounter inclement weather consisting of rain and/or wind along the North Sea. We will stop when there is a site that the tour guide wants to tell us more about, to stroll on a beach, or explore a village. Participants should have a level of fitness commensurate with these conditions and should be ready to “smell the roses” rather than rush to complete the day’s ride. Road bike skills are a must as we will sometimes ride on shared roadways. At times, we will navigate traffic circles, intersections, and crossroads. Riders should be comfortable on paved and unpaved surfaces. AMC and the tour leader, together with the group, will select the daily rides. Longer and shorter rides may be self-guided, or guided by an AMC leader, using the maps and GPS files that will be provided on board. (GPS files will be sent 4 weeks in advance of the trip). In general we will ride for 4-6 hours each day, depending on the routes chosen. On any day, you may choose not to ride to stay on board to enjoy the sailing journey. Then stroll through the town where the boat docks.

This trip is easy going, focusing on the local sites, and beautiful fields of blooming tulips, history, culture, and culinary delights of this intriguing region. Our standard-issue bikes will be “city-style” bikes consistent with the style of bike most often used by the casual or commuter Dutch cyclist. They are unisex (step
through frame) with hand- and/or pedal brake, Shimano Nexus 7-speed gears (7 gears will do in a flat country like Holland), gel saddle (height adjustable), front suspension, a lock on the frame and a pannier. The E-bike upgrade is a Gazelle Orange Comfort with 7 gears, 3 support levels, hand breaks only. (Though we do not think you will need an e-bike, we want you to know it is available as an upgrade.) If you wish to bring your own bike, please consult with leaders prior to submitting your application. All riders are required to wear an ANSI-equivalent helmet. You may rent one but we recommend you bring your own. The pedals will be platform style and cannot be adapted to clip-in shoes. Sturdy shoes that fully cover the foot are required (no sandals or flip flops). A packing list will be provided before we leave. Special clothing or equipment will not be necessary.

When you participate in this trip, you should be in proper condition for the activities outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in the Netherlands through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it is of the group or of the individual. Illness, injury, or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant’s being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

**TRIP PRICE: US$2,825** (+$50 for non AMC members; if you join when you apply you will not need to pay this. Payment of the +$50 will not constitute your AMC membership dues.)

**THE PRICE INCLUDES:**

- 8 days / 7 nights on board a 180 foot 2-mast schooner (double berth occupancy with two twin beds)
- On-board dining including 7 x breakfast; packed lunches; 1 x 3-course lunch; 6 x 3-course dinners
- Coffee and tea on board till 4 p.m., welcome drink
- Use of bed linen and towels and daily cleaning of the cabin;
- Daily briefings; guided cycling tours (AMC leaders with a local guide);
- Some short walking tours;
- Full day bus excursion including admission to Keukenhof Gardens;
- Standard issue bike (city style), lock, and bike damage/loss insurance;
- Maps and notes for cycling tours (1 set per cabin) and GPS tracks;
- Use of a waterproof pannier bag;
• Bike rental and insurance;
• Wi-Fi throughout the boat;
• Emergency medical and evacuation insurance (NOT travel insurance, see below exclusions).

NOT INCLUDED/EXCLUSIONS:
• Airfare and transfers to and from airports;*
• Single supplement (may be available on request, inquire for cost);
• Drinks; coffee and tea on board after 4pm;
• Electric bike upgrade with bike damage/loss insurance (Euro150);
• Helmet rental (Euro12 – we recommend you bring your own);
• Gratuities (at your discretion);
• Entrance fees and excursions not listed in the “Included” section;
• Fees for ferries that are not included in the itinerary descriptions;
• Transfers to/from the docking place in Amsterdam;
• Personal and travel insurance (trip cancellation or interruption, lost or damaged luggage, etc. – we highly recommend you purchase trip insurance to cover these aspects of traveling).

*While participant airfare is not included in the trip price, leaders will assist you in making suitable reservations. At a minimum, participants will be told when and where they must join the group for the official start of the trip’s planned activities. Once your air tickets are purchased they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders. If group airport transfers are not specified in the “inclusion” section above, leaders will also assist and advise you of the choices you have of transferring from airports to and from the start and end of the trip’s activities.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. If the trip’s financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities, which would otherwise not be included. Trip participants will share any savings we achieve, as well as any cost increases we incur. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete, unless the leader deems it risk free to do so prior to the trip’s final accounting (such as a full replacement found for your spot).

APPLICATION AND DEPOSITS: To apply, you must complete and submit a Participant Application, Confidential Health Questionnaire, and Acknowledgement and Assumption of Risk and Release form, enclosing a registration deposit of $1,500 (+$50 for non AMC members). $100 is non-refundable should you decide for any reason to withdraw your deposit once the trip has been declared by the leaders a “go.” Your application will be subject to a screening, including contacting your references and conducting a brief phone interview. A spot on the roster is not assured until this process has been completed and you have been notified. Once your roster spot is confirmed, your check will be deposited and become subject to the full cancellation terms stated below. A final payment of $1,325 is due November 1, 2020. Please make payments by check payable to the “Appalachian Mountain Club,” note “2021 Bike Holland” on the memo line, and mail the complete package to the address shown on the Participant Application.
**CANCELLATION POLICY:** The AMC Adventure Travel cancellation policy is based on the intent that your cancellation may not raise the cost to the other participants or to the leaders. If expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation, cannot be applied to another suitable participant, they will be assessed to you and subtracted from any refund. If the leaders are able to replace you, you may be charged a reduced or zero penalty. In some cases, this may not be determined until after the trip.

Please refer to the medical evacuation insurance info in the section above, “This Trip Includes.” This is the only insurance provided in your AMC trip price. You are advised to purchase additional travel insurance if you have any concerns about recouping your investment should you need to cancel your plans.

Airline tickets may be non-refundable in accordance with the terms of the tickets you purchase for travel. Check with your ticketing agency or the airline when purchasing travel tickets to be sure you understand their cancellation and change policies and fees.

**Your AMC Leaders**

Janis Stahlhut, a lifelong outdoors enthusiast, has been an AMC-AT leader since 2009 and a Connecticut Chapter hike and bike leader. She has led and co-led AT hiking and biking trips to Cape Cod, New Hampshire, Massachusetts, Alaska, Sicily, Spain, France, Italy, Finland, Norway, South America, New Zealand, Australia, and the South Pacific Islands. Having spent 15 years as a marketing and public policy specialist for global telecommunications firms, followed by 15 years as an exercise programming specialist, Janis now enjoys retirement: teaching exercise classes part time, writing, working on her golf game, and leading active travel excursions.

Annemarie Langham has spent years traveling for her career as a retail buyer with TJX cos. As a result, she developed an insanely crazy travel bug! Now she travels for fun and combines her love of the outdoors and hiking with adventure travel. When she is at home in Sturbridge, MA, she enjoys decorating her house and doing small house makeover projects. “It’s amazing what you can learn by watching U-tube.” Annemarie volunteers with the AMC as a hike and backpack leader for her local chapter as well as for the AMC in NH at both the Highland Center and Pinkham Notch. She has been a co-leader for several Adventure Travel Trips including Bulgaria, Gautalope National Park and SE New Mexico, as well as Sedona. When not hiking or doing home improvement projects Annemarie enjoys reading and cooking new recipes from health magazines.

Have you ever tried black bean brownies? Sounds weird but oh so delicious.
As leaders our goals for the group are to have fun, utilize and enhance your skills, and savor a unique environment at reasonable cost in the company of other adventurers with similar interests. AMC Adventure Travel trips are run in a manner supportive of and consistent with the traditions, principles and mission of the AMC. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations. Though AMC membership is not a requirement to participate in our trips, if you are not yet a member of AMC we hope that through your experience, you will be inspired to join and support an organization devoted to wilderness stewardship.

In accordance with AMC AT policy, you are subsidizing all or a portion of the leaders' costs. Our leaders are not allowed to realize any profit from this or any AMC sponsored excursion. The trip price also includes an AMC administrative overhead fee to help cover the club’s expenses of offering Adventure Travel excursions and emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

For more information or an application package please contact: Janis Stahlhut, jstahlhut@icloud.com, 203-820-9275 or Annemarie Langham, amlhiamec@gmail.com, 508-932-1798. If telephoning, please call between the hours of 9am and 9pm.