

Cycling for everyone

Anyone in good health can enjoy biking in the Netherlands. You don't need a 21 speed hybrid in this flat country. A 3 speed bike will do just fine. Mountain bikes are used mostly on rough terrain while racing bikes (thin tyres!) are suitable for cycling on asphalt. Helmets are not compulsory. Racing cyclists, mountain bikers and children who wear helmets do so of their own (or their parents') choice. Children will absolutely love exploring the Netherlands by bike. Distances are short, there is lots to see and do along the way and following the route signs is fun. Your children will show you the way!



Well prepared

When organising your own cycling holiday, make sure that you are properly prepared for your trip. After all, well begun is half done. A cycle map or guide will help you on your way. Some cycle guides are also available in English.

Don't have a (good) bike? Not to worry, there are many places where you can hire one. Sometimes, taking your bike on the train can be useful. For instance, to return to your starting point. You can read more about it on www.hollandcyclingroutes.com. Before heading off for a cycle trip, you can also check the online cycle route planner. It allows you to plan your cycle trip through the whole of the Netherlands, whether you are planning a short trip or a multi-day cycle tour.

www.hollandcyclingroutes.com

How do you plan a route? How do you find a quiet camp site or charming hotel? What do you need to look for when hiring a bike? On www.hollandcyclingroutes.com you will find the answers. The website offers, amongst other things:

- Explanation of the long-distance routes and the junction route network
- Information about cycle hire and cycling packages
- Information about English-language maps and guides
- Information about cycling regions
- GPS tracks of long distance routes.... and much more!

For detailed tourist information, go to www.holland.com.



Fietsplatform (Dutch cycling platform)
PO Box 846, 3800 AV, Amersfoort,
The Netherlands
www.fietsplatform.nl (b-to-b)
www.hollandcyclingroutes.com (cyclists)



With the support of national and regional authorities (ministries and provinces), Fietsplatform tries to improve the (use of) facilities for recreational cycling tourism in the Netherlands.

Cycle-friendly places and lodging

In the Netherlands, places that carry the *Fietsers Welkom!* (Cyclists Welcome!) quality label go the extra mile to cater to cyclists' needs. You will enjoy a warm welcome, even if you have a punctured tyre or aren't as fresh as a daisy after a long day of cycling. There are over 1,100 cycle-friendly places to eat, drink and stay in the Netherlands. These are just a selection of the total number of hotel and catering establishments the country has to offer. You can recognise them by the *Fietsers Welkom!* sign on the front of the building. You can also find these establishments in the recreational cycle route planner on the Internet (www.hollandcyclingroutes.com). If you zoom in on the map, junctions and *Fietsers Welkom!* locations will appear.

Cycle-friendly accommodation providers carrying the *Fietsers Welkom!* label include camp sites, hotels, bed & breakfasts, and hostels. Almost all Natuurskampeertreinen (Natural Campsites) carry the *Fietsers Welkom!* label. The same goes for several camp sites with hikers' huts and Stayokay hostels. More information about the different types of accommodation available along the way can be found on www.hollandcyclingroutes.com.



Nederlandse Kustroute | Dutch Coastal Route

Cycling along the Dutch coast means cycling with the wind in your hair. Sometimes you will experience a tailwind, other times a headwind. However, you will always get to enjoy that wonderful seaside feeling. The themed Nederlandse Kustroute (Dutch Coastal Route) combines long-distance routes LF1 and LF10 and provides approximately 570 km of cycling fun between Sluis and Nieuweschans. Simply follow the relevant rectangular signs with green lettering, signposted in two directions.

The LF1 between Sluis and Den Helder is characterised by long, narrow dune areas along the coast of Holland and by the South Holland and Zeeland islands. Small seaside resorts and historic cities provide great stop-over places along the route. The LF10 from Callantsoog to Nieuweschans takes you through one of the most peaceful and sparsely populated areas in the Netherlands and yet offers a diverse landscape, amongst others thanks to the former West Frisian island of Wieringen and various other authentic 'terp' villages (terps are low man-made hills around which villages were traditionally built) and towns. If this leaves you wanting more, you can simply continue this route across the border.

Check out www.hollandcyclingroutes.com for more information and a GPS track.



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Explore the Netherlands by bike

The Netherlands has a reputation for being a great cycling destination. There's no other place where cycling is this popular. There are even more bicycles than people! This makes the Netherlands the perfect place to explore by bike. Our country has many cycle paths and signposted cycle routes, the landscape is flat, distances are short and there is plenty to see and do along the way.

This flyer will give you more information about, amongst other things, the cycle network, cycle-friendly places and about maps and guides. On www.hollandcyclingroutes.com you'll find detailed information.

So come visit the Netherlands and get on a bike!



www.hollandcyclingroutes.com



Cycling packages

Maybe don't feel like planning your own route and looking for somewhere to stay. You are on holiday after all. No problem! There are many cycling holiday providers in the Netherlands that offer a wide range of all-inclusive cycling packages, including single-base cycling holidays or touring holidays, group or individual travel, with camp site or hotel accommodation. For more information, check out www.hollandcyclingroutes.com.

It takes very little time to book a cycling holiday. That is, if you can decide on what you want from the huge selection of cycling packages on offer. And then the real fun begins: after a delicious breakfast, you head out on your bike, follow a pre-planned route and at the end of a great day of cycling return to your hospitable accommodation. Will you opt for a cycle tour with luggage transfer, or a single-base cycling holiday? Will you be travelling with your own party or do you prefer group travel? All you have to do is choose your favourite.

TIP: LF packages

The national long-distance cycle routes, the so-called LF routes, are ideal for a cycling holiday. For a completely arranged cycling holiday along one of the LF routes, please contact a bike tour agency. There are several organizations that offer different LF packages, allowing you to discover the Netherlands from your bike without having to worry about planning it yourself. For example, you can cycle around the former Zuiderzee in ten days. You cycle from hotel to hotel (breakfast and dinner included) while your luggage is being transported. The travel period is from April to October. More information can be found on www.hollandcyclingroutes.com.

Zuiderzeeroute | Zuiderzee Route

One particularly popular long-distance route is the Zuiderzeeroute (Zuiderzee Route). As you cycle this route around Lake IJsselmeer, previously a sea known as the Zuiderzee, you get to experience the rich history of what is sometimes referred to as the 'Gouden Cirkel' (Golden Circle). You will discover fishing villages bustling with activity, the tranquillity and wide open spaces of the Wieden-Weerribben National Park, the vast woodlands of the Veluwe region, as well as the wide panoramic views of the polder landscape of Flevoland.

The Zuiderzeeroute consists of three LF routes: LF21 (Amsterdam-Afsluitdijk), LF22 (Afsluitdijk-Kampen) and LF23 (Kampen-Amsterdam). Simply follow the relevant rectangular signs with green lettering, signposted in two directions. The route is approximately 400 kilometres long. However, there are several ways to shorten it, for instance by choosing an alternative route through Flevopolder or by taking the ferry between Enkhuizen and Stavoren or Urk.

Check out www.hollandcyclingroutes.com for more information and a GPS track. An English cycle map of the Zuiderzeeroute is available (see overleaf).



Overview long-distance cycle routes (LF routes)

LF1	Noordzeeroute	330 km	Den Helder - Sluis
LF2	Stedenroute (NL-part)	200 km	Amsterdam - Belgian border
LF3	Rietlandroute	170 km	Holwerd - Kampen
LF3	Hanzeroute	135 km	Kampen - Millingen
LF3	Maasroute	250 km	Arnhem - Maastricht
LF4	Midden-Nederlandroute	300 km	Den Haag - Enschede
LF5		30 km	Thorn - Roermond
LF6		40 km	Maastricht - German border
LF7	Oeverlandroute	385 km	Schoorl - Maastricht
LF8		100 km	Ommen - Winterswijk
LF9	NAP-route	455 km	Bad Nieuweschans - Breda
LF10	Waddenzeeroute	275 km	Callantsoog - Bad Nieuweschans
LF11	Prinsenroute	125 km	Den Haag - Breda
LF12	Maas- en Vestingroute	235 km	Maassluis - Nijmegen
LF13	Schelde-Rheinroute	285 km	Viissingen - Venlo
LF14	Saksenroute	290 km	Lauwersoog - Enschede
LF15	Boerenlandroute	260 km	Alkmaar - Enschede
LF16	Vechtdalroute	230 km	Zwolle - Darfeld (Germany)
LF17		60 km	Gorinchem - Wijk bij Duurstede
LF19		35 km	Deventer - Holten
LF20	Flevooroute	275 km	Haarlem - Groningen
LF21	Zuiderzeeroute	150 km	Amsterdam - Afsluitdijk
LF22	Zuiderzeeroute	135 km	Afsluitdijk - Kampen
LF23	Zuiderzeeroute	115 km	Kampen - Amsterdam
LF30		50 km	Breskens - Sas van Gent
LF51	Kempenroute (NL-part)	50 km	Eindhoven - Belgian border



Junction routes

The junction route network covers the whole of the Netherlands. Every junction has a number and an information board which contains an overview map. It also indicates the distance to the next junction. At every junction, you have a choice of several junction numbers to continue your trip. The advantage of this system is that everyone determines for themselves how short or long they want their route to be. Moreover, the system is flexible: at every junction, you can decide to shorten or change the route. To cycle from one junction to another, just keep following the route signs with the number of the next junction. It couldn't be any simpler.

Themed routes
These routes are usually between 30 to 50 kilometres long and are signposted using hexagonal signs. The theme of the routes can often be deduced from their name, e.g. the Molenroute (Mill route) or the Pontjesroute (Ferry route). Flyers of themed routes are available at the local Tourist Information Offices.

TIP:



To find out more about the Dutch cycle network, just watch the clips about junction routes and LF routes on www.hollandcyclingroutes.com.

Legenda

- LF route with number
- International LF route (EuroVelo)
- Cycle junction network
- Province border

The Netherlands has twelve provinces: Drenthe, Flevoland, Friesland, Gelderland, Groningen, Limburg, Noord-Brabant, Noord-Holland, Overijssel, Utrecht, Zeeland and Zuid-Holland. Each province has its own character and offers you a lot of variety in landscape and nature. More information about each province can be found at www.hollandcyclingroutes.com.

LF routes (long-distance routes)

LF routes are national cycle routes perfect for multi-day cycle trips. These long-distance, cross-border routes constitute a national network of approximately 4,500 kilometres. They are signposted in two directions by rectangular white signs with green lettering. The signs show the route number, the route name and a directional arrow. The addition of 'a' or 'b' indicates the direction: direction a (e.g. LF1a Noordzeeroute/North Sea Route) usually goes from North to South or from West to East, the opposite is true for direction b. Where two LF routes converge, finger posts point out the direction. The LF routes are included in various cycle maps and guides.

Dutch LF routes don't end at the border. There are plenty of options to cycle on to Belgium, Germany or Great Britain. More and more European countries are providing long-distance cycle routes. Some LF routes are part of international cycle routes, for instance the Rijnfietsroute (Rhine Cycle Route)

Themed routes
Another option is to follow themed routes which are made up of several LF routes. The Zuiderzeeroute (Zuiderzee Route), for instance, is a particularly popular route, as is the Nederlandse Kustroute (Dutch Coastal route), which follows the North Sea and Wadden Sea coast. Both routes are highlighted on the other side of this flyer. Rondje Twente (Tour of Twente) combines various sections of LF routes. The ultimate route for any holiday cyclist is the Ronde van Nederland (Tour of the Netherlands), which strings together several (sections of) LF routes into a tour of over 1,300 kilometres. Anyone who completes this route will receive a certificate and is listed in the Hall of Fame at nederlandfietsland.nl (only in Dutch).



Cycle maps and guides

You can find a huge selection of cycling guides in the Netherlands. Unfortunately, the choice of English-language guides is (as yet) rather limited. However, cycle maps are generally not dependent upon the language. You can 'read' or use them even if you don't speak the language. On www.hollandcyclingroutes.com you will find a list of some of the guides available, stating whether they are intended for daytrips or multi-day tours. Here, two LF maps are highlighted.

Basiskaart netwerk LF-routes (Basic map of the LF route network)
This is a very useful cycle atlas for a (multi-day) cycle trip in the Netherlands. The complete LF route network and all cycle junctions are mapped out on a set of waterproof unbound maps (scale 1:100,000, register in Dutch). Cycle-friendly accommodation providers are also included on the maps. (€ 24.95).

Zuiderzee cycle map
The Zuiderzee cycle map offers 3 double-sided cycle maps, scale 1:100,000. A special booklet in English contains general information to help you prepare your cycle ride. You will read about the former Zuiderzee and receive useful information on how to plan your cycle ride over multiple days. (€ 12.95).

The guides and maps can be ordered from the website www.hollandcyclingroutes.com, in association with the Fietsvakantiewinkel. Please keep the shipping costs in mind! You also can email winkel@fietsvakantiewinkel.nl to order your copy or to inquire about a guide. You can, of course, also buy cycle guides and maps in the Netherlands at local Tourist Information Offices, Royal Dutch Touring Club ANWB shops or bookshops.

