

Travel Information

(Season 2011)

Sail & Bike in Holland

MARE FAN FRYSLAN



Dear guests,

Thank you for your confidence and welcome on board of
the “Mare Fan Fryslan”!

The following information will help you to get all the necessary details for a good preparation for your journey. On board you will receive further information.

We wish you a very pleasant journey!

Your team from:

BOAT-BIKE



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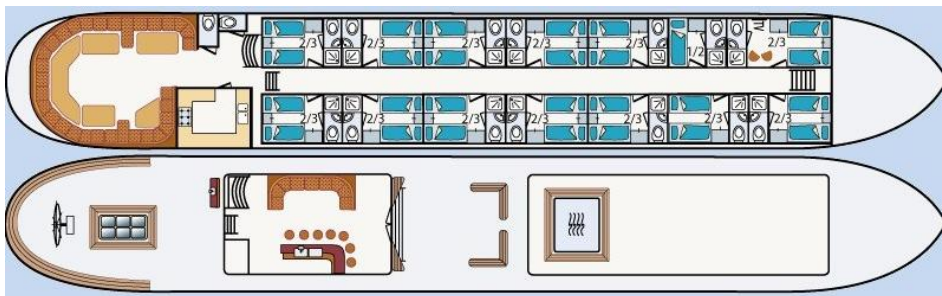
YOUR SHIP – MARE FAN FRYSLAN

The MARE VAN FRYSLÂN was built in 1960 as a freight ship and was fully converted and renovated in 2006 and has been used since 2007 as a beautiful, almost extravagant, three-mast schooner on Dutch waters. Facilities: On the lower deck there is a saloon with wooden paneling (air-conditioned) which provides a warm stylish ambiance. Next to the saloon one can find the wheelhouse with bar, music and video equipment. This room is fitted with large, panoramic windows which offer a breathtaking view over the water. The vessel has 14 outer cabins: 12 comfortable 2-bed cabins (floor area of about 10 m² with 2 floor-level single beds 90 x 200 cm), 1 suite with a small corner sitting area and a flat screen TV (floor area of about 10 m²) as well as one 1-bed cabin (floor area of about 7 m²), all with a private shower/WC to make your time onboard a pleasure (it is also possible to arrange to have 3 beds – a Pullman bed/fold-down bed – in all twelve 2-bed cabins, as well as in the suite). All cabins have a ventilation system. The wooden upper deck offers adequate seating, an outdoors bar with a drinks dispensing plant and a grill, the control station, a Jacuzzi as well as space for the bicycles. The sail can be operated either by hand or electrically. There is a WLAN connection (free of charge) available throughout the whole ship (not always available on sea).



Technical data: MARE FAN FRYSLAN a three-mast schooner. Length over all 62 m. Width 7.20 m. Draft 1.50 m. Surface area of the sails - 650 m². Passenger capacity - 27 to 40. A crew of 3-4 persons.



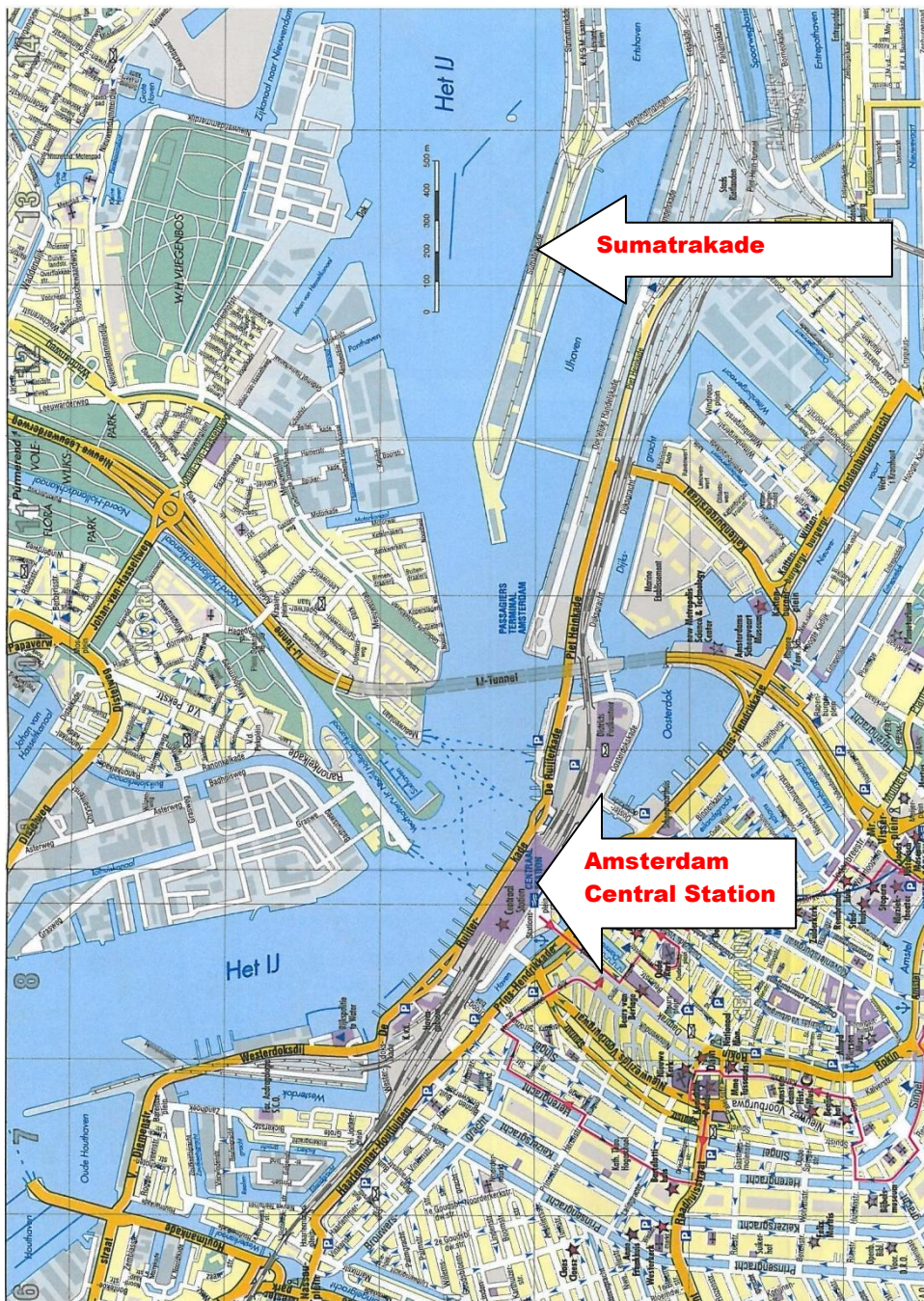


EMBARKATION

Embarkation on the arrival day is as from 4 PM. An earlier arrival is not possible. A later arrival is no problem, the ship will not leave Amsterdam until Sunday morning. When you expect to arrive later than 6 PM, you are requested to inform the crew on board in all cases:
MARE FAN FRYSLAN: 0031 – 654 77 1322 (skipper: Joris de Wit)
Please make sure you have a valid passport or identity card.

Docking place MARE FAN FRYSLAN in Amsterdam is; Sumatrakade – Java Eiland (city bus 42 to KNSM-laan from Central Station, bus stop Tosaristraat approx. 250 meters from the ship).





DISEMBARKATION

Disembarkation and clearance of the cabins: on Saturday till 10 AM.
Please don't forget to leave your cabin key on board.

LANGUAGES ON BOARD

On this tour the skipper is your tour guide on board: Joris speaks German, English and Dutch, and he will be happy to answer all your questions. Every night the plans for the next day are discussed during a briefing, and the planned sailing and recommended bike tour and important sights are explained to you extensively.

Telephone number Mare Fan Fyslan on board:

0031 – 654 77 1322

ARRIVAL IN AMSTERDAM

1. Arrival by plane (Schiphol Airport)

The airport has a very good train connection with the Central Station of Amsterdam: Saturdays approximately 8 x per hour, travel time around. 20 minutes. The train costs € 3,80 (Jan. 2011 price). Tickets can be bought at the ticket machines in the airport terminal (NS train station). Travel planner for the Dutch Railway (NS) www.ns.nl

2. Arrival by car / parking in Amsterdam:

Arrival by car

From all directions: you drive on Motorway Centrum Ring Amsterdam (A10), until you reach Motorway Ring North (Noord).

For **docking place Sumatrakade Java Eiland**: take exit S114 and drive through the "Piet Hein" tunnel, over the "Piet Heinkade" (see map with docking places), until you reach the docking places. For the other docking places this information is on request available.

Please drive first to the ship and deposit your luggage and (if applicable) your bike, and then drive to the parking location.

Our parking recommendation (cars only) – Park + Ride P+R ZEEBURG. Parking rates for a week: EUR 98,00* (discount fare)

Amsterdam offers a parking location, at Zeeburgereiland, P+R ZEEBURG, located near the centre. We have had many satisfied customers using this parking. A tram/city train will be waiting to take you into the city, free ride for max 2 persons, while your car is safely parked in a supervised parking lot. P+R Zeeburg is the ideal parking for all our customers, travelling a week with one of our ships. Pre-reservations are not possible nor necessary: over the past years we have had no complaints about lack of space. If you have a navigation device in your car, simply head for „Zuiderzeeweg 46a, Amsterdam“. The parking facilities are clearly indicated on the A10 ring road; simply follow the signs P+R ZEEBURG and take exit S114. Before entering the Piet-Hein-Tunnel take a left turn.

*: **How does it work?** Take a parking card at the entrance. Do not use a credit card at the entrance, as this will not entitle you to a discount. Give your parking card to the attendant and ask for the P+R discount. The discount rate of €8,00 per 24 hours is valid for a maximum of four consecutive days, or 96 hours. After 96 hours, the discount will become void, and you pay the normal parking rate appr. € 22,00/day. The attendant will provide you with up to five OV-chip cards for public transport. In February 2010 400 additional parking spaces have been created next to the existing parking. More information:

http://www.amsterdam.nl/parkeergebouwen/p_r_for_visitors

3. Arrival by train

The docking place Sumatrakade / Java Eiland is approx. 4 km from the Central Railway Station; we recommend to take **city bus 42 (GVB)** from Central Station, direction KNSM-laan and leave the bus at bus stop Tosaristraat (please ask the bus driver).

Saturday departures every 12-15 minutes, duration of tour 10 minutes, price approx. € 2,60 p.p. (one way).

Taxi cabs are located in front of the Central Station (Stationsplein) and Schiphol Airport. Amsterdam Taxis are not always reliable, unfortunately and often overpriced. Therefore: Try to fix a price in advance. Target: a single trip for 2 people + luggage from the Central Station to the docking place at the Sumatrakade should cost no more than approx. € 14,00 - 18,00.

RENTAL BICYCLES

Rental bikes on board Unisex-Bicycles (for ladies and gentlemen) from KTM with low step, and hand & pedal brakes.
Price per week: € 55,00 per bike

The bicycles can only be booked before departure.

For each rental bike we have a detachable pannier bag, a pump and a repair kit available on board; use of these items is included in the rental price

Insurance against damage/ theft. However each user must be able to hand over the key when bike is stolen. Damage is not insured when caused by the user of the bike or due to intentional act or negligence of the user. User = the person who rents the bike!

ADDITIONAL INFORMATION

Meals on board:

The meals on board are substantial and healthy. Breakfast will be served as a buffet with coffee, tea, milk, orange juice, various kind of bread, sausage, cheese, honey, marmalade etc. During breakfast you may make your own packed picnic lunch (sandwiches) for your bike tour. The ingredients for this, as bread, cheese, sausage, fruit and a drink, will be served extra. The three course dinner (day menu) exists of a soup or another starter, main menu, and desert. When you wish to make a break during the tour, you are welcome to a\stay on board and enjoy the sailing. You can also prepare your own packed lunch yourself during breakfast.

Coffee and tea are available on board all day (incl. till 4 PM).

Special meals are available for vegetarians and guests with other moderate diet wishes, but only on prior notification (at least 7 days prior to arrival on board). Depending on these wishes, in some cases a supplement may be charged.

Financial matters:

In most places you will find ATM-machines (cash dispensers) with the EC-/Maestro-/Cirrus-sign, where you may withdraw cash 24 hours a day. For these, you will need an ATM card with a PIN-number (your personal, secret code). Credit cards that are generally accepted in the Netherlands are: EuroCard/ MasterCard and VISA, which will be accepted in many places (restaurants, hotels, department stores etc.)

On board of the ship you can only pay in cash (Euro).

Smoking on board:

The interior of the ship is a no-smoking zone: smoking is only allowed on the sun deck. As a safety measure, a statutory smoking ban applies in all cabins; this means that all cabins and rooms on board are no-smoking zones.

Drinks on board:

Besides coffee and tea and various non-alcoholic drinks, beer, red and white wine and (depending on ship) various kind of liquors are available on board. Soft and alcoholic drinks are not inclusive. It is only possible to pay in cash on board (no credit cards, no ATM).

Bike helmet:

It is always recommended that you wear a helmet, but in Holland this is not compulsory. If you are going to wear a helmet, we recommend that you bring or buy your own helmet.



TOUR PROGRAM :

Day 1 (Sat)

Amsterdam

Everyone finds their own way to Amsterdam, the capital city of the Netherlands. Embarkation from 4 pm. In the evening the skipper Joris will join you for an aperitif, introduce you to crew and ship and will explain many things worth knowing about the journey, the ship and also about safety measures to be taken onboard. You will spend the first night onboard in Amsterdam.

Day 2 (Sun)

Amsterdam – Enkhuizen (sailing)

Enhuizen – Den Oever, a cycling tour of about 45 km/28 miles

A sailing trip from Amsterdam to Enkhuizen. You will begin your first cycling tour in this pretty harbour town with its historic old city. You cycle along the IJsselmeer coast up to Den Oever with small fishing harbours well worth seeing along the way.

Day 3 (Mon)

Den Oever – island of Texel (sailing)

Roundtrip cycling tour on the island of Texel (10-60 km)

A cruise onboard ship in the morning from Den Oever to the island of Texel with varied landscapes and picturesque villages. A roundtrip cycling tour on Texel, the largest of the Dutch North Sea islands. A tip: Use the well signposted Thijsse route (about 40 km. long) and visit the seal sanctuary station EcoMare.

Day 4 (Tue)

The island of Texel – the island of Terschelling, a sailing day lasting about 5 – 6 hours

Your destination today is the island of Terschelling. The pretty small villages on the island have retained much of their old charm.

Day 5 (Wed)

The island of Terschelling: roundtrip cycling tour (10-40 km)

Terschelling offers a lot: nature and culture, 70 km. cycling tracks and 4 beautiful small villages. West-Terschelling is the largest village on the island with many shops and pubs. The landmark of the island can already be seen well from a distance, the 400 year old lighthouse "Brandaris". It is also very well worth seeing the heathland "De Boschplaat". It captivates with its mud, beaches and dunes. With a bit of luck you might even see a number of ducks, black-

winged stilts and large colonies of spoonbills and great black-backed gulls.

Day 6 (Thu)

The island of Terschelling – the island of Vlieland or alternatively the Province of Friesland

In the morning the MARE FAN FRYSLÂN seeks to reach Vlieland – a truly natural island – but this depends upon the wind and the currents. The smallest island with just one village and about 1,100 islanders is car-free. The beach is just 100 m from the harbour. From the highest natural point in the Dutch North Sea islands, the dune “Vuurboetsduin”, you have a fantastic view over a number of islands, the North Sea and the mudflats. An alternative for today: a sailing trip to the south-western part of the Province of Friesland with a roundtrip cycling tour.

Day 7 (Fri)

The island of Vlieland or the Province of Friesland – the return journey to Amsterdam

Today the MARE FAN FRYSLAN will sail you back to Amsterdam.

Day 8 (Sat)

Amsterdam

Disembarkation by 10:00 am. A beautiful journey full of new experiences has come to an end.

We always reserve the right to alter the itinerary and the program. It may not be possible to reach all of the West-Frisian Islands because of weather conditions. The MARE FAN FRYSLAN will then undertake a sailing cruise through the IJsselmeer instead. In all cases, the crew will discuss all possibilities for cycling + sailing day by day.



Notes:

We wish you a very pleasant journey!

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