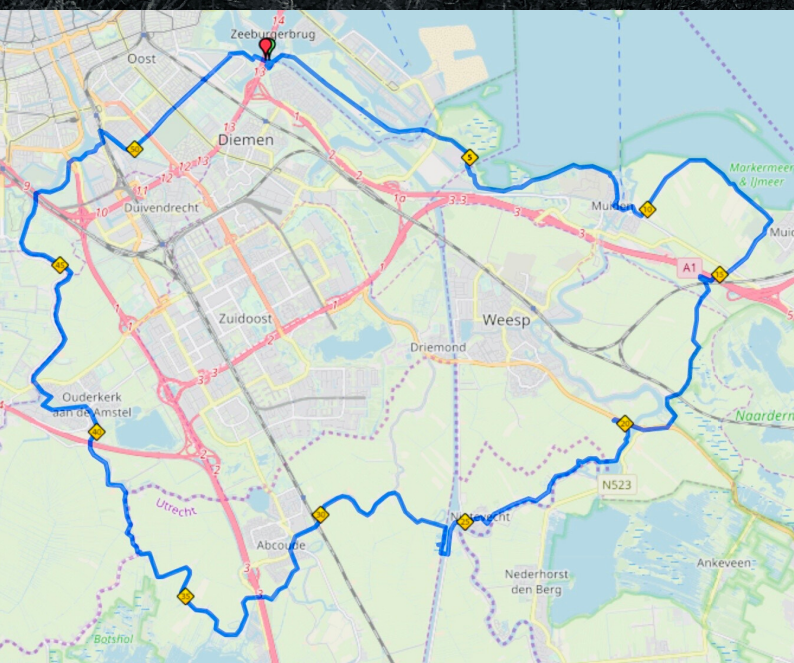


AMSTERDAM CYCLE ROUTES



FOLLOW THE WATER

Distance: 54 km

CA Strava segment begins at the Nescio bridge and ends at the Utrechtse bridge.

This route starts with the amazing 'Schapenpad' (Sheepway). The absolute best route out of the city. The route includes 2 beautiful cycling bridges (of course we all know Nescio!) and follows many lovely meandering waterways. Absolutely stunning scenery pretty much the whole way! Return to the city via the Amstel river.



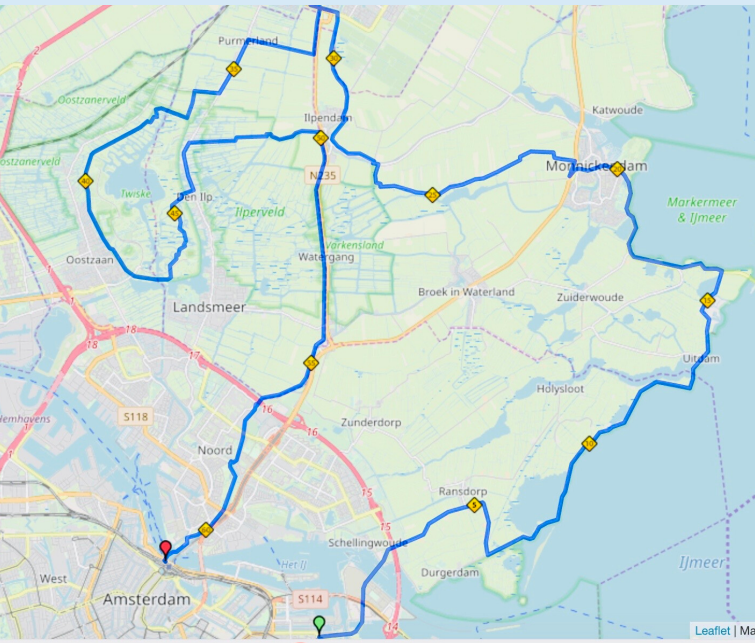


RONDJE NOORD

Distance: 60 km

CA Strava segment begins at the Schellingwouder bridge and ends at the pont back to central station.

A great one for power training when it is windy on the dike! This route through Waterland is as Dutch as it gets. The loop through Twiske adds some awesome diversity and you can be sure to spot many birds!

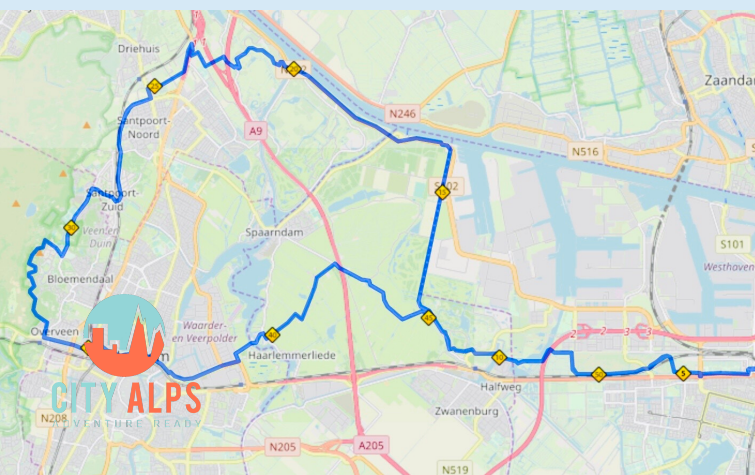


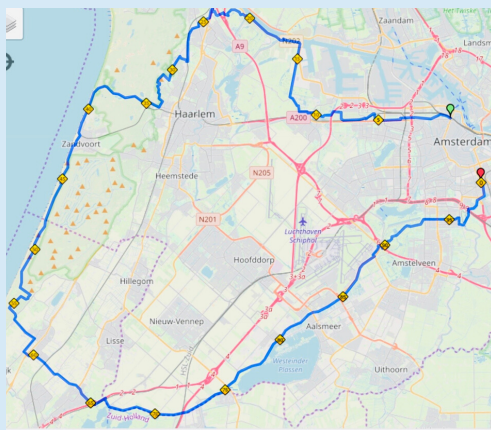
KOPJE VAN BLOEMENDAAL

Distance: 58 km

'Het Kopje van Bloemendaal' is famous as it is the only cycle hill close to Amsterdam! The climb is short but it's definitely recognisable as a hill!!!

You can do 'Het achtje van de Kneet' (multiple times) if you want to climb the hill from all possible directions! The route starts and ends with the equally famous 'Brettenpad', which is pretty much the only enjoyable cycle route to get out of the city via the West.





CHALLENGER TO THE COAST

Distance: 100 km

This route also starts with the Brettenpad and het Kopje but then continues to include an absolutely stunning coastal section. You return to Amsterdam via half of the popular Ringvaart cycle route and finish off with the Bos and the Amstel river. Super diverse route with amazing flowerfields in spring! AND Kibbeling!



RIDE RUN RIDE RONDJE MARKEN

A fun challenge! Bring a bike lock and your running shoes, cycle over the dike to Marken and then run around the island. There is a nice path all along the outer edge of the island and a beautiful deserted trail leading to the end of the pier.

Distance run: 13 km including pier
Distance cycle: 2 x 18 km

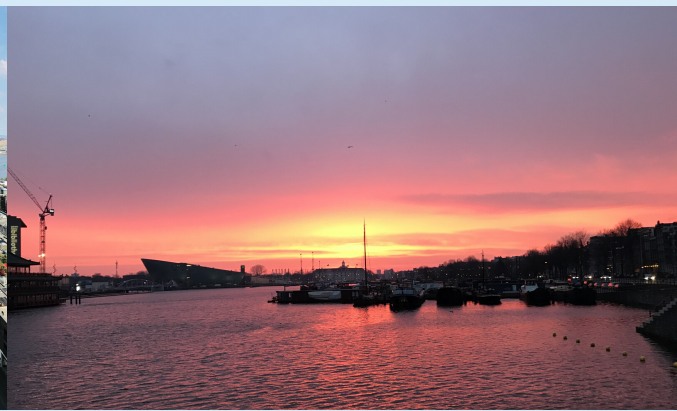
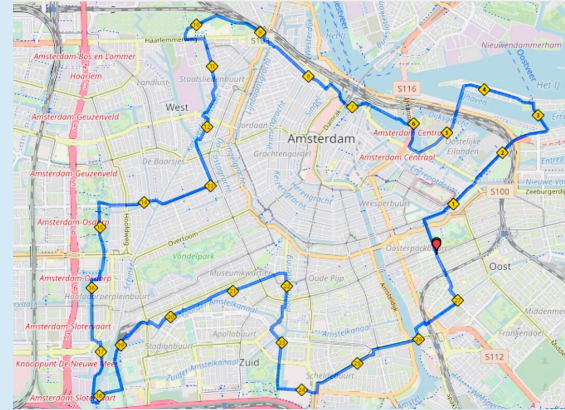




EARLY BIRD CITY CYCLE

Distance 28 km

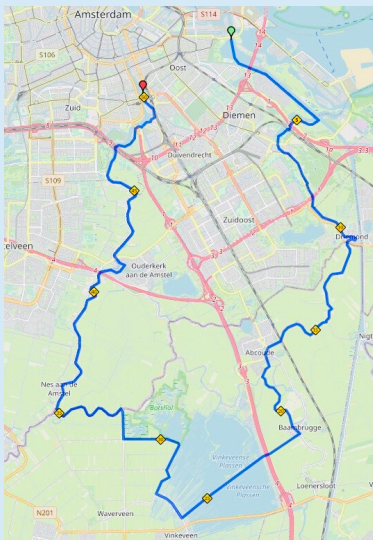
This is a sunrise city cycle! It is SO worth it to get up early and cycle through the city while every one is still asleep and the roads are empty. Truly magical. It is impossible not to fall in love with the city on these moments. This (BIRDSHAPED!) route takes you through Centre, West, East, through 3 parks, over the Eastern islands, over the Amstel and along the beautiful 'Jaagpad' (tow path) that was once part of the tow barge (trekschuit) route between Amsterdam and Leiden.



VINKEVEENSE PLASSEN

Distance: 50 km

Start with a sprint along the Amsterdam Rijn kanaal and then take a right turn to take one of the greenest routes to easily get out of the city. Follow the rivers (Gaasp & Gein). with lots of beautiful twists and turns and before crossing the Vinkeveense plassen (lakes of Vinkeveen) and enjoy the sailing and water vibes. Head back via part of the ronde Hoep and the never dissappointing Amstel river.

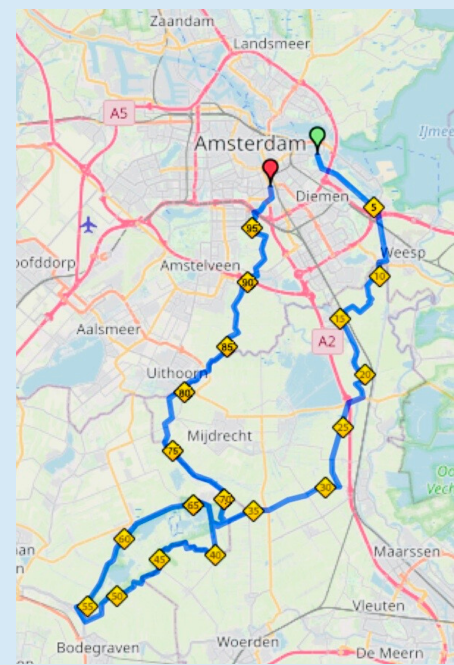


NIEUWKOOPSE PLASSEN



Distance: 100 km
Shorter option: 65 km

The Nieuwkoopse plassen at the far southern end of this route are a collection of shallow lakes that were dug for peat harvesting in the 16th century and are now designated as a natural monument. The route follows the beautifully meandering Meije river. There are lot's of sheep and now also a lot of VERY CUTE little lambs to look forward to!



Lamb photo credits to Thomas



RONDJE RINGVAART



Distance: 60 km

A Classic road cycle route for Amsterdammers! Het Rondje Ringvaart is a popular route for it's simple navigation and lack of traffic lights! Just follow the Ringvaart all the way round. Beware though when it's windy the Ringvaart sure seems never ending! You can head back to the city through the Amsterdamse Bos.

