Cycling Amsterdam to Bruges

Trip Code: SGNB

Version:

CYCLE	SELF-GUIDED	LEISURELY
		2



HIGHLIGHTS

- Explore Amsterdam's famous UNESCO-listed canals and immerse yourself into this vibrant city
- Discover iconic windmills at World Heritage Listed Kinderdijk
- Pedal through peaceful open green spaces, along scenic canals and experience the excellent cycle network of the region
- Delve into beautiful Bruges and its UNESCO-listed historic centre

- Get your fill of Belgian beer and chocolate, and delicious Dutch cheese

AT A GLANCE

- 6 days cycling and sightseeing
- Standard bike hire included
- Daily departures
- Join at Amsterdam / End in Bruges

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Travelling by bike is ingrained in the Dutch and Belgian psyche, so what better way to explore these two great cycling nations than on two wheels, at your own pace? On this one week cycling holiday beginning in Amsterdam and ending in Bruges, you will journey through marvellous cities to discover their rich history and magnificent architecture, glide through vast green countryside spaces and along peaceful canals, and savour the delicious produce of the region. Boasting a world-leading network of extensive cycle paths, cruising on two wheels in The Netherlands and Belgium allows you to journey like a local while you uncover the wonderful scenery and marvel at the incredible engineering feats of centuries past.

With two nights in Amsterdam at the start of your holiday, you will have the time to immerse yourself in this fascinating UNESCO-listed city abundant in history, culture, art and architecture. Over 6 days of leisurely cycling on easy, designated cycle paths you will cover an average of 55km per day, and rest up each evening at ideally located and welcoming 4* & 3* accommodations in the medieval towns and vibrant cities you visit along the way. Concluding at the wonderful city of Bruges, your holiday is bookended with another UNESCO-listed icon, where we can also assist you in extending your time to really soak in the sights.

Is this holiday for you?

If you love exploring on two wheels and having plenty of time to stop and discover new cultures, historical sights and sample delicious produce, this holiday will tick all the boxes for you. Cycling on flat, well-built designated cycle paths, this is a great holiday to undertake with your family or as an introduction to cycling holidays. The region boasts an excellent cycle network, well signposted and numbered throughout, which together with your route notes makes navigation easy. You will cycle an average of 55km a day on flat terrain, plus there is also the option to upgrade to an e-bike if you wish to have extra pedal power on your way.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Tourist taxes
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Hybrid 24-gear bike hire
- Bike accessories (pannier/puncture repair kit/pump/lock)
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Bike insurance
- Travel to Amsterdam
- Travel from Bruges
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Ferry tickets where required
- Any entry fees to sights en-route
- Personal equipment
- Bike helmet
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children’s bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child’s capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Amsterdam and ends in Bruges. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you.

The nearest airport for this trip is Amsterdam with many departures from UK regional airports. It is also possible to travel flight-free from the UK to Amsterdam, making use of the Eurostar from London St Pancras, or the ferry from Newcastle to Ijmuiden with bus and train connections linking the port and the city centre.

At the end of your holiday you can take the train from Bruges back to Amsterdam, or return from Bruges to the UK via the train link with Eurostar.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

On this holiday, there will be no shortage of excellent restaurants and variety of cuisines available to please any palate, though of course its a great experience to sample the traditional delicacies and local favourites of the places you visit. The proximity to the sea brings an abundance of fresh seafood alongside the produce of the rural farmland surrounding the cities.

In Amsterdam and the Netherlands, 'Hollandse Nieuwe' or 'haring' is a traditional snack of pickled herring served with raw onions and gherkins and can be enjoyed on its own or in a sandwich, though the traditional method of consumption is by holding the fish vertically by its tail and eating upwards! Bitterballen and Kroket are also popular savoury snacks and a perfect beer accompaniment, typically of seasoned meat covered in breadcrumbs and fried.

Dutch cheeses are world famous, be sure to get your fill of delicious Gouda from its namesake town and sample the surprising array of flavours available. Did you know that stroopwafels, the sweet treat popular all over the world, also originates from Gouda? On one of your cake stops we highly recommend sampling Dutch Apple Cake and Poffertjes - mini pancake puffs dusted with icing sugar - yum!

The region of Flanders prides itself on its use of seasonal, quality ingredients. You can find flavoursome grey shrimp used in many Flemish dishes; at Oostduinkerke these shrimp are still netted traditionally and sustainably from the North Sea by fishermen on horseback.

Belgium is famous for its beers, with a long brewing tradition stretching back over centuries and traditional Belgian beers such as Duvel, Hoegaarden and Leffe have become internationally recognised brands. Quality chocolate is also synonymous with Belgium so those with a sweet tooth can really indulge in this delicious treat!

Accommodation

On this holiday you will stay in a great selection of 4* & 3* hotels, all carefully chosen for their ideal locations, atmosphere and warm welcome. The hotels all offer a great breakfast buffet to fuel you for the day ahead and rooms are on a double or twin basis, some with Austrian style twin beds (two beds within one bed frame and separate bedding).

Staying two nights in Amsterdam at the start of your holiday, you will have plenty of time to explore the city. It is also possible to arrange additional nights accommodation in either Amsterdam or Bruges if you would like to enjoy this magnificent region a little longer. Please speak to one of our sales team for further details.

We select our accommodation carefully, and during the high season the precise location of your overnight stay might differ slightly to that described in the day by day itinerary. All accommodation is of similar standard.

Bike Hire

Bikes come with 24 gears and come equipped with a pannier for your daily essentials plus lights, a bike lock, pump and repair kit. Your bike will be available to collect on Day 2 of your holiday, usually by the early evening.

The hybrid-style bikes provided for this trip come in a unisex/female frame (step through frame) or a male bike frame (high top tube). We will reserve the appropriate size of bike for you based on your height.

We strongly recommend for you to bring your own helmet with you for the best comfort. We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts, whilst the cycling is leisurely and there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

We can also arrange tandem bikes, children's bikes, trailers and child seats upon request. Please ask our sales team for details.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes are available on this holiday at a supplement of £105 (2026 departures) or £110 (2027 departures). A minimum height of 160cm is recommended for e-bikes. If you would like to upgrade to an e-bike, please request this from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your bike. We ask that you please ensure your luggage is limited to one piece under 20KG per person and that your luggage is ready for collection each morning.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists and does not require you to be in peak fitness. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling 50-60 km a day on easy cycle paths and we advise to dust off your bike and head out on a few rides before your holiday.

Climate

The Netherlands and Belgium has a temperate maritime climate influenced by the North Sea and the Atlantic Ocean, with coastal regions frequently feeling windy. Generally the winters are mild and the summers are cool, with the months of May through to September being the best time for cycling. Daytime temperatures in the spring and autumn are typically around mid-teens Centigrade, while in the summer this can reach low-20s Centigrade. Precipitation can be experienced at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

The Diary of a Young Girl - Anne Frank

Why the Dutch are Different - Ben Coates

In the City of Bikes - Pete Jordan

The Master of Bruges - Terence Morgan

The Beast, the Emperor and the Milkman - Harry Pearson

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses

- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Land Only Information

Please note our 'from price' listed is based on 4 persons in double or twin occupancy, however we can quote for any number of travellers, including solo travellers - contact our Sales Team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

Why Choose KE

Why KE

We have incorporated a free day in Amsterdam at the start of your holiday to enable you to soak in all that this fantastic city has to offer.We have also included standard bike hire and taken care of your luggage transfers so you can relax and enjoy your ride. Plus, e-bike upgrades are available to make your ride a whole lot easier.

Please Note This document was downloaded on 04/11/2026 and the trip is subject to change