



NICHE



Bike Like the Dutch

Dates: 28 May - 5 June 2021

Tour Leader(s): Trevor Roark and Robin Rothfeder



Adventure Tours
University of Wisconsin-Stevens Point

Overview

Designed for bicycle lovers/advocates, community leaders, business owners, planners, street engineers, community developers, elected officials, creative placemakers, and their spouses, partners, relatives and friends, this tour will take travelers on a low-mileage, slow-riding bicycle journey to explore the comfortable streets of Delft, Rotterdam, Utrecht and Amsterdam in the Netherlands. Why are we going to the Netherlands? Because when it comes to riding a bicycle for transportation and fun, there's no more enjoyable place than the Netherlands! With a dense network of over 35,000 km (22,000 mi) of bicycle infrastructure, a national average of 28% of all trips by bicycle, about 75% of urban streets traffic-calmed to 30 km/hr (19 MPH) and government spending of about 30 Euros (\$35 USD) per person per year on bicycle infrastructure, it's no wonder the entire world looks to the Netherlands on how to improve bicycling access and safety.

Our adventure includes short cycle tours (8 miles a day or less on average), using an experiential, multi-modal transportation approach to learning about the interconnectedness between people, places and the way they get around. We'll touch upon the Netherlands' historic bicycle ridership and planning through the 20th and 21st centuries with in-person sessions with Dutch planning professionals, engineers and public officials. Guided rides and personal exploration will further your understanding of how the Dutch have become so successful in building safe streetscapes and creating stronger neighborhoods. Throughout, we'll have unique opportunities to network with the Dutch Cycling Embassy, Inspired by Cities and the Urban Cycling Institute.

For those long-distance cyclists who will jump at the chance to ride mile upon mile of the world's best bicycle facilities, you can easily plan group rides in the evenings or mornings throughout the tour. For spouses, partners, relatives and friends, there are more options beyond the central theme of bicycling. Basking in each urban area's history, culture, architecture and local foods are high priorities for the tour leaders as well. Further, we have created an extra *Explorer Package* that any traveler can add on to this tour itinerary - one that includes the Anne Frank House, Van Gogh Museum, Maritime Museum Rotterdam, Dom Tower, Museum Speelklok and an Amsterdam Canal Cruise.

Tour leaders Trevor Roark and Robin Rothfeder are excited to return to the Netherlands to hop on an *opafiets* (grandpa bicycle) and share this country's people-centered focus to placemaking and life. Besides embracing the welcoming atmosphere and exploring the local landscapes on two wheels, they hope an experience like this can turn inspiration into action for travelers that are interested in improving their communities back home.

Tour Leaders



Trevor Roark

Trevor's the UWSP Adventure Tours program manager and an experienced worldwide traveler/leader (Grand Canyon, New Zealand, Fiji, Costa Rica, Canada, the Netherlands, and many U.S. states). He's a frequent leader of the Grand Canyon Rim-to-Rim Hiking tour and changing socks often is his hiking motto. Yet, sharing the streets on two wheels is the goal in the Netherlands. As a local active transportation advocate and Chair of the Stevens Point Bicycle & Pedestrian Street Safety Commission, Trevor understands well the struggles we face while shifting to more equitable transportation in the U.S. He aims to help break down bicycle barriers and empower travelers to take action back home.



Robin Rothfeder

Robin is an assistant professor of natural resource planning at UW-Stevens Point. He is an avid outdoor enthusiast (especially skiing, climbing, scuba diving and whitewater rafting) and a certified yoga instructor. He's traveled extensively to places including Central and South America, Africa, French Polynesia, Turkey and throughout Western Europe. The Netherlands holds a special place in Robin's heart - it combines his love of active transportation, progressive planning and design, cities interspersed with water, classic art, and his wife, who visited there with him for their honeymoon. Robin is thrilled to return to share his planning background while helping to facilitate this inspiring adventure.

Itinerary

Day 1 (28 May 2021) - Arrival and Ease Into It!

Arrive at Amsterdam Schiphol Airport (AMS), Netherlands. Rendezvous with your leaders and the group, and hop on a train to Delft. Check into your hotel, check out your rental bike and take to the streets slowly with Trevor and Robin leading the way. Netherlands bicycling can be much different than the U.S. and thus we'll focus on getting our 'sea legs' first. Enjoy a bicycle tour of central Delft, learn about the Dutch Golden Age and modern highlights, and then regroup for a welcome dinner and tour overview.

Overnight: Hotel in Delft. Meals included: D.



Day 2 - Bicycling in Delft and the Dutch Cycling Embassy



After breakfast, meet up with the [Dutch Cycling Embassy](#) (DCE). The DCE is a public-private network of experts representing the best of Dutch cycling knowledge. Its mission is to share their expertise as the world's #1 cycling country and to facilitate cycling worldwide as the most modern, efficient and sustainable method of travel. You'll learn about Dutch cycling in the morning, enjoy

lunch and then grab our rental bikes to navigate Delft on a cycle tour with a DCE expert. Dive into understanding Dutch success with transportation equity.

Overnight: Hotel in Delft. Meals included: B and L.

Day 3 - Rotterdam and the DCE

After breakfast, hop a train to Rotterdam, check out rental bikes and visit Rotterdam sites on two wheels, including the central city rebuild after massive WWII destruction. Join up with DCE experts to learn about the differences in the design and use of Dutch omafiets and discover how the Dutch focus on transportation education. Take to a slow cycle tour led by a DCE expert and enjoy free time until the day's end. Or join Trevor and Robin to explore the [Maritime Museum Rotterdam](#) (*Explorer Package*).

Overnight: Hotel in Delft. Meals included: B and L



Day 4 (31 May 2021) - Transfer to Utrecht and Walking Tour

In the morning we'll explore central Delft by foot. Afternoon transfer via train to Utrecht; a cultural center and rail and road hub of the Netherlands. Still standing are many structures dating back to the High Middle Ages and residing along the banks of the Rhine, Utrecht has a long history of trade. We'll settle in, pick up our rental bikes and enjoy a cycle tour of Utrecht curated by [Inspired by Cities](#). Founded by veteran cycle study tour curator and guide Zach Vanderkooy, Inspired by Cities develops international study tours for U.S. city influencers on topics related to urban quality and mobility, catalyzing ambition and empowering advocates and leaders to boldly create better places back home. Inspired by Cities partners with People for Bikes, Dutch Cycling Embassy, Vision Zero Network, among others. Enjoy a nice group dinner at a local eatery.

Overnight: Hotel in Utrecht. Meals included: B and D.

Day 5 - Utrecht + Inspired by Cities

Connect with an Inspired by Cities curated expert to explore Dutch cycling 'culture' and Utrecht history. Grab lunch and enjoy another expert cycle tour with a new emphasis - connecting cities and people. The rest of the day is yours to explore via foot, bicycle and/or train. Discover Vredenburg, a central city district only accessible by foot, bike and bus and seek out the famous [Dafne Schippersburg](#) (school/bridge). Hop a train to see [Hovenring Eindhoven](#). One can join Trevor and Robin on another *Explorer Package* experience - touring [Dom Tower](#) and [Museum Speelklok](#).
Overnight: Hotel in Utrecht. Meals included: B and L.



Day 6 - Transfer to Amsterdam to Ease in Again

Morning transfer to Amsterdam for the final leg of the tour. We've left Amsterdam for last as this densely populated—yet well-built and ever-changing historic city—can be overwhelming for some travelers. As the *grote finale* (meaning 'grand finale' in Dutch), Trevor and Robin will show you the beauty of its smooth transportation network and people-centered spaces, one that allows anyone from 8 to 80 years old to safely traverse a busy city. Check in to your hotel, grab the last rental bike and

cruise around the streets slowly but surely. On two wheels, Trevor and Robin will lead you to some of Amsterdam's top sites and with good weather, roll through Vondelpark. This 150 year old public park will inspire new visitors with about 120 acres of green space, ponds, artwork, an open-air theatre, playground, restaurants, food carts, and 4+ miles of multi-use paths. Regroup and enjoy dinner at a local restaurant/pub. Later evening, see the city's canals by water by partaking with Trevor and Robin on this evening canal cruise - [Amsterdam Canal Cruises](#) (*Explorer Package*).
Overnight: Hotel in Amsterdam. Meals included: B and D.

Day 7 - Amsterdam Mobility Scavenger Hunt by Bicycle + Urban Cycling Institute

Meet up with Meredith Glaser, an American urban planner based in the Netherlands since 2010. Meredith has been working on (and now researching) cycling policy "best practice" and governance for the last six years and is currently a Ph.D. candidate at the [Urban Cycling Institute](#). She researches how transportation policies and practices are transferred from one context to another, with a focus on public sector innovation, organisational change and capacity building. Meredith will send us off on a mobility scavenger hunt by foot, bicycle and tram - to uncover lessons about the intricacies between mobility, people and places, rejoin Meredith to expand on what we learned, then cycle tour with Meredith at the helm. Those on the *Explorer Package* can tour the [Anne Frank House](#) and peruse exhibits at the [Van Gogh Museum](#).
Overnight: Hotel in Amsterdam. Meals included: B.



Day 8 - Amsterdam Sites by Foot, Tram and Bicycle + Final Debrief + Free Time

Dive into a morning transferrable lessons final debrief with Meredith—a thought process on your outcomes. What has this experience taught you about yourself, your family and friends, your own community-building



Albert Cuyp Market in Amsterdam @ trivemeanings.com

efforts and the local environment back home? Lunch and the rest of the day are yours. See Dam Square, Heineken Brewery or take a free ferry to Amsterdam North and [NDSM Wharf](#).

This is your last chance to snag a souvenir and see that elegant historic place that's on your list (we recommend Albert Cuyp Market). Rendezvous for the farewell dinner, enjoy local fare and share your favorite tour memories!
Overnight: Hotel in Amsterdam. Meals included: B and D.

Day 9 (5 June 2021) - Depart for Home

Morning tram transfer to Amsterdam Centraal. Train transfer to Amsterdam Schiphol Airport (AMS) to reconnect back home. *Overnight: none. Meals included: B.*



Munttoren historic tower and canals of south-central Amsterdam

Cost and Details

Meal Key: B = breakfast; L = lunch; D = dinner

*all photos from Pixabay unless otherwise noted

COST: \$3,489 (total USD)

MY OWN ROOM: \$500 (additional USD)

Explorer Package: \$270 (additional USD)

INCLUDED: The cost includes all lodging (based on double occupancy), all breakfasts, 4 group dinners and 3 group lunches, all group land transfers with train or tram, 1-2 tour leaders (depending on group size), multiple in-country cycle tour guides and field experts, all group activities (as listed above), traveler's handbook and orientation.

INCLUDED in the Explorer Package: Tickets/passes and leaders' escort to tour Anne Frank House, Van Gogh Museum, Maritime Museum Rotterdam, Dom Tower, Museum Speelklok and an Amsterdam Canal Cruise.

NOT INCLUDED: Roundtrip airfare, extra activities, extra purchases (such as souvenirs, alcoholic beverages, snacks and meals not listed and lodging sundries), local driver and guide tips, laundry services and travel insurance.

PLEASE NOTE: With weather and other uncontrollable variables, some activities/lodgings/schedules/meals may change prior to or during the tour. This tour will accommodate a variety of fitness levels; however, it is best to be in good physical/mental shape and be willing to ride a bicycle for at least some of the days.

TOUR LEADERS: Trevor Roark and Robin Rothfeder

GROUP SIZE: 12-16 **CONTACT:** Trevor Roark (leader and program manager), 715-340-8186, adventure.tours@uwsp.edu

BOOKING: Book online with credit card OR print booking form, complete and include \$300 (pp) nonrefundable deposit

WEBSITE: www.uwspadventuretours.com

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