

Netherlands | Rhine River biketour | Bike & Boat - 8 Days

Easy biking with E-Motion in Waterland

This e-bike cruise on A-ROSA's new E-Motion ship SENA combines a sustainable cruise with carefully planned cycling and cultural excursions in a relaxed and eventful way. With electric tailwind you travel on the northern Rhine and the Meuse through three countries: Germany, the Netherlands and Belgium. Amsterdam, Rotterdam and Antwerp, are undoubtedly among the most beautiful cities in Northern Europe and the mills of Kinderdijk are as much a part of Holland as the bicycle. Beautiful, lush green marshland and polder landscape awaits you on flat, enjoyable routes along the coast, rivers and canals! Fancy a tasty fietsen!

It is wonderful to return to the comfortable cabin on board the ship after an eventful day! In the evening, it's not far to the ship's own restaurant, where you can relax and enjoy your dinner while the river landscape leisurely passes by outside the windows. In addition, on this cruise you have the special advantage that drinks are already included on board.

The cities you will experience are among the most beautiful in Europe. The trading cities of Amsterdam and Rotterdam are open, tolerant and cosmopolitan. Multi-layered metropolises full of tradition and past. Canals and gabled houses together with spectacular architectural novelties form a unique backdrop to the lively hustle and bustle of these cities.

Rich as Venice and Florence, Antwerp was once. Nowhere has medieval splendor been so perfectly preserved as here! The heritage of this "Golden Age" are the world-famous paintings of the Flemish masters: the names Jan van Eyck, Peter Paul Rubens or Jacob Jordaens put every art lover in raptures.

Highlights

- 5 guided bike tours along the Rhine and Maas & beyond the river banks
- Glorious cities, including Amsterdam, Rotterdam and Antwerp
- Eventful and easy cycle routes through polder and river landscapes
- Famous Wallraf-Richartz-Museum in Cologne with masterpieces by Rubens and Rembrandt
- Accommodations on the SENA, state of the art cruise ship
- Stress-free battery-assisted cycling with a support vehicle

Flemish Masters

Paul Rubens created world-class works. In the Rubens House you will walk in his footsteps and during knowledgeable guided tours you will see his outstanding paintings. In Antwerp Cathedral, marvel at the altarpiece "Assumption of Mary." Exhibits by Jan van Eyck and Hugo van der Goes can be seen in the

services:

What's Included

- Accommodation for 7 nights in selected category of cabin
 - Breakfast
 - Lunch as a picnic buffet or as a buffet on board according to the program
 - 7 multi-course dinners buffet style
 - All drinks are included on this trip, with the exception of champagne, bottled wine, and exclusive rarities
 - Free use of on-board facilities such as sauna and fitness area
 - 15% discount on treatments in the SPA-ROSA
 - Bathroom amenities, bathrobe and bottled water in the cabin
 - Children up to 15 years of age travel free of charge when accompanied by at least one adult supervising them
 - Expertise and services of our experienced Trip Leaders
 - Support van for shuttles and services along the route
 - Electric bike
 - Guided tours with local guides and entrance fees in Amsterdam, Rotterdam Delft and Antwerp
 - All transfers as indicated in the itinerary
 - Departure airport transfer
 - All port and passenger fees (tourist taxes)
 - CO2 compensation of the terranova excursion program
- #### What's Not Included
- Helmet
 - Gratuities
 - Bike protection
 - Travel Insurance

added options / discounts:

Rental helmet	10 €
Transfer from the airport of Frankfurt to Cologne	350 €
Transfer from the airport of Frankfurt to Cologne	450 €

dates & prices:

25.05.2024 - 01.06.2024 - Accommodation - SENA Rhine River Cruise Ship

collection of the Rijksmuseum in Amsterdam.

Architecture at its best in Amsterdam and Rotterdam

Amsterdam offers a unique attraction with its canals. Over 80 kilometers of waterways and 1000 bridges form the canal belt with the picturesque Amsterdam gabled houses and houseboats. Rotterdam's inner city has been recreated by star architects in the last 20 years (tour & walking tour).

Noble Antwerp, a "Stad aan de Stroom".

Antwerp achieved wealth through the diamond & wool trade. Walk with your guide through the Old Town to the Grote Markt and admire the colossal City Hall, magnificent Renaissance gabled houses, the Rubens House and the largest church in Flanders.

Itinerary

Day 1: Cologne

Day 2: Amsterdam | 19 mi. (30 km)

Day 3: Amsterdam - IJssel Sea - Amsterdam | 35 mi. (55 km)

Day 4: Rotterdam - Delft - Den Haag - Rotterdam | 38 mi. (60 km)

Day 5: Dordrecht - Kinderdijk - Dordrecht | 28 mi. (45 km)

Day 6: Antwerp - Mchelen | 19 mi. (30 km)

Day 7: Day on the River - No Biking

Day 8: Departure or extension in Cologne

*All distances are approximate. The itinerary is subject to change, at times without prior notice. Some waterways may be subject to occasional closures due to drought, storms, floods, canal or lock repairs, or other unforeseen circumstances that make navigation unsafe or impossible. The captain reserves the right to make any changes deemed necessary.

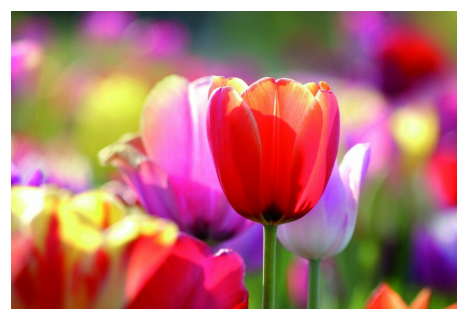
DAY 1: INDIVIDUAL ARRIVAL TO COLOGNE

Your river cruise begins in the cathedral city of Cologne. At 3:00 pm we await you for a welcome drink on board the A-ROSA SENA. Starting at 2:00 p.m., AROSA offers a bus shuttle every half hour from the main train station in Cologne to the dock (included). At 4:00 p.m. the "SENA" departs and sails downriver towards Amsterdam. If the weather is good, enjoy the departure from Cologne on the sun deck with a view of the famous cathedral, the steeples of the surrounding Romanesque churches and the modern harbor district. Dinner together and 1st night on board.

DAY 2: CANALS, GABLES AND VAN GOGH | Approx. 19 miles / 30 km

While the ship glides gently over the Maas to Holland, you will learn exciting facts about the region during an informative lecture in the morning. Amsterdam offers a unique attraction with its canals. Over 80 kilometers of waterways and 1000 bridges form the canal belt with the picturesque Amsterdam gabled houses and houseboats. "Delicious Fietsen" on "New Land" in Amsterdam! After lunch, the famous bicycle city welcomes

Cabin Category C double/single-use	5533 €
Cabin Category D double/single use	5853 €
per person in Cabin Category B	3544 €
per person in Cabin Category C	3944 €
per person in Cabin Category D	4144 €



you. On a bike tour along those canals that have served as transportation routes for centuries, you'll explore the city like a local. Ride the city's most popular mode of transportation and learn about Amsterdam's past and present through fascinating stories. In no time, you'll feel like a true Amsterdamer. In the late afternoon, you will have free time to stroll through the old town alleys of Amsterdam. Dinner and 2nd night on board.

DAY 3: WATERLAND, CHEESE AND IJSSELMEER | Approx. 35 miles / 55 km

Today we leave the hustle and bustle of Amsterdam behind by taking the ferry to the countryside for an e-bike tour outside the city. With views of the Amsterdam Tower and the Eye Film Museum, you'll take the ferry across the Amstel River. You'll then ride your e-bike through Amsterdam's Old Holland neighborhood and then a nature park on the way to Broek in Waterland. Pass canals, bridges and historic farms. This flat landscape offers views of moments that feel out of time as you encounter sprawling fields and traditional Dutch farmers going about their daily lives. Cycle through the old villages of Broek, where time seems to have stopped completely. The land is protected by miles of dikes and pumping stations, allowing picturesque villages to flourish and making the region a hotspot for outdoor activities on land and water. Finally, visit an authentic cheese farm to see how cheese and clogs are made. Dinner and 3rd night on board.

DAY 4: OLD & NEW ROTTERDAM & DELFT | Approx. 38 miles / 60 km

Experience the home of Dutch democracy on this day. Rotterdam is the most important transshipment center in Europe and the third largest port in the world. However, since the port was moved out of the city to the coast, the cityscape has been transformed. Star architects have redesigned the vacated port areas. Modern architecture with extraordinary skyscrapers have earned the city the nickname "Maashatten". The landmark is the huge Erasmusbrug, which has spanned the Maas since 1996 and is also dubbed the "Swan" by locals. Also worth seeing since 2014 is the market hall in the center of the city. During the construction work, archaeologists were able to make interesting discoveries. Thus, in addition to weapons, tools, pieces of jewelry and kitchen utensils, the remains of a very old farm were discovered. Some of the finds can be seen in the Rotterdam Market Hall. On the way from the first floor to the underground car park, a small exhibition has been created, the so-called "time travel". The deeper you go down in the building, the older the finds become.

Dinner and 4th night on board.

DAY 5: THE WINDMILLS OF KINDERDIJK | Approx. 28 miles / 45 km

Dordrecht received city rights as early as 1220, making it the oldest city in Holland. Located in the middle of a water-rich area on the rivers Merwede, Noord and Oude Maas, Dordrecht has always been an important trading city for wood, grain and wine trade. This history, wealth and culture are still clearly visible. In the historic city center of Dordrecht you will find about 1,000 monuments, which are also used to the fullest. Founded in 1842 by art lovers and collectors, a special museum is located in the heart of Dordrecht, a charming city with countless buildings from the Golden Age and other historic buildings.

There we hop on the e-bikes and ride up to the famous UNESCO World Heritage Site, the windmills of Kinderdijk. 1000 years ago there was still swampland here, which was made arable by people in centuries of long effort. Hundreds of canals crisscross the river valley between the IJssel and the Lek. Even from a distance you can recognize the windmills standing in the flat land. Today we explain why there are so many windmills in Holland! They are not so much used for painting grain but as water pumps! The windmills of Kinderdijk are among the most famous sights of Holland and have been elevated to the rank of World Heritage Site because of their importance! A total of 19 windmills can be found here in a very small area. They all date back to the 18th century and were built to pump the excess water out of the polders in order to make the land suitable for agriculture. The mills pump the water into the Nieuwen Waterschap, which flows into the river Lek. They were built after it was realized that the older canal systems were not very effective. Along the canals through



the idyllic countryside you cycle to the ship in Dordrecht. Dinner and 5th night on board.

DAY 6: FLEMISH MASTERS IN ANTWERP & GOTHIC IN MECHELEN | Approx. 19 miles / 30 km

Today there is a lot of culture on the program, because you will see one of the most important cities in Flanders. In the morning you visit the glamorous city. Antwerp is best known today for diamonds. But hardly anyone knows that the largest church in the country is located here and the historic old town of Antwerp, around the church, is unique. In the 16th century, during the "golden age", Antwerp was the undisputed economic metropolis of Northern Europe. The city was rich and with the wealth the tower of the Cathedral of Our Lady grew higher and higher. The market square gained in splendor, the town hall and the lavishly decorated gables of the guild houses still bear witness to this today. Back then the city was an arts center. Names like Rubens, van Dyck, Snyders or Jordaens are inextricably linked with the city. In the late morning, a transfer will bring you to the city gates. You cycle through the idyllic Flanders almost completely flat on little traffic-free streets. A former abbey, a small church and lakes are on the bike route. Today your tour guides will prepare a tasty picnic for you for lunch (included in the tour price). The surrounding area is characterized by industrialization. On a guided tour of a brickworks museum, you will learn a lot about the development of this region. The subsequent cycle route along small rivers and canals ends for today in Mechelen. The landmark of the city of Mechelen is the huge tower of the Gothic cathedral of Saint Romuald. Although it was never completed, it reached the stately height of 98 m. Today Mechelen is best known for its carillon school. In the late afternoon, a transfer will bring you back to your ship in Antwerp. 6. Overnight and dinner on board.

DAY 7: RIVER CRUISE DAY | No Biking

While the ship glides calmly along and over the Maas in the direction of Cologne, you also have the opportunity to make extensive use of the SPA area with sauna and various treatments. In the afternoon, your tour guide awaits you for an exciting lecture in the ship's lounge. On the final evening, a multi-course specialty dinner awaits you in the ship's own restaurant. Let the last evening come to a pleasant end. 7th overnight stay on board.

DAY 8: DEPARTURE & IMPRESSIONISM IN THE WALLRAFRICHARTZ MUSEUM IN COLOGNE

In the early morning your ship docks in Cologne again. You have the opportunity to enjoy a hearty breakfast on board one last time. At the end of the trip we will visit the grandiose exhibition of the Wallraf-Richartz-Museum with you. The affiliated Fondation Corboud shows the most extensive collection of paintings from French and international Impressionism and Late Impressionism in Germany. Works by Vincent van Gogh, Claude Monet and Pierre-Auguste Renoir are among the more than 170 paintings that were given to the City of Cologne as a "permanent loan" in March 2001 and were transferred to the Wallraf-Richartz-Museum as well as often misunderstood companions of the better-known painters. To thank the generous donation of these works by Gérard and Marisol Corboud, the internationally renowned Wallraf-Richartz-Museum has since had the addition "Fondation Corboud" in its name. The journey ends at 12:30 p.m. at Cologne Central Station. You will also receive your luggage there for departure.

We reserve the right to make changes to the timetable and program!

Due to high and low tide, maintenance work and waiting times at locks and bridges, there may be changes to the timetable at short notice. In rare cases of high or low tide or force majeure, parts of the route may have to be covered by bus or train and, in individual cases, hotel accommodation may be necessary.

E-BIKE TRIP - ROUTE ASSESSMENT: The total distance by e-bike is approx. 137 Miles (220 km). The



low-traffic cycle paths or small side streets along the IJsselmeer, the Rhine and the canals are almost without gradients. Wind can be tiring right on the Dutch coast. Then you can change to our escort bus at any time.

Accommodation - SENA Rhine River Cruise Ship

The new innovative and trend-setting E-Motion ship SENA on the Rhine sets completely new standards.

Environmentally friendly travel

The A-ROSA SENA is forward-looking on all levels thanks to state-of-the-art technologies for sustainable travel. The ship is the ideal alternative for people who want to combine their love of cruising with sustainable environmental protection. The E-Motion Ship is equipped with a hybrid propulsion system with e-motor and battery storage, which significantly reduce emissions. During the journey, diesel consumption is reduced as much as possible and excess energy is stored. In this way, it takes passengers to the next exciting destination with zero emissions and virtually no noise. E-motion ship experience for the whole family The new Rhine ship has more free space for guests in an extraordinary way: with the 21-square-meter standard cabins with balcony and 28-square-meter family cabins for up to five people in the Family Area with Kids Club, A-ROSA offers families unprecedented opportunities on the river. Numerous outdoor and dining areas and the spacious sun deck invite you to enjoy the decelerating landscape cinema to the fullest. Adults can cool off in the 23-square-meter pool and children in their own shallow-water pool. An extra-large SPA and wellness area provides for relaxation. There are a variety of leisure activities on board. **Ship details of the A-ROSA SENA**

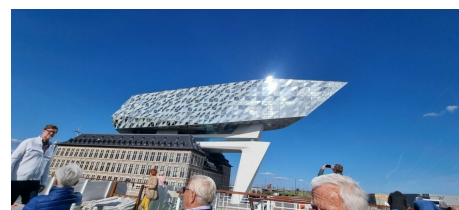
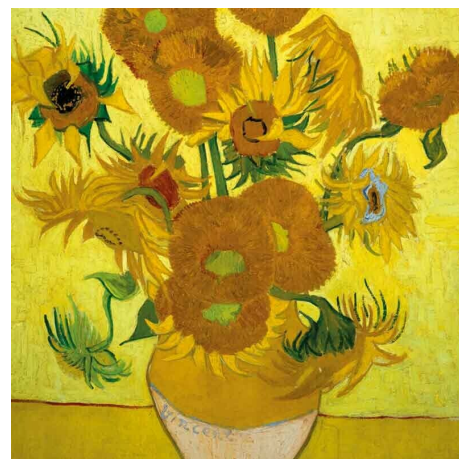
- Passenger max. 280 guests
- Cabins 119 balcony cabins, 7 balcony suites, 2 barrier-free cabins, 12 family cabins
- Length x width 135 m x 17,7 m
- Speed max. 24 km/h
- Propulsion three times 800 kW/total 3,218 hp
- Shipyard Concordia DAMEN B.V. Werkendam
- Year of construction 2022
- Flag Switzerland

Deck plans:

- [Deck 1: 2-bed outside cabin with 3 extra beds, G 28 m²](#)
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- [Deck 2: 2-bed outside cabin, B 21 m²; 2-bed outside cabin, C 21 m²](#)
- [Deck 3: 2-bed outside cabin, C 21 m²; 2-bed outside cabin, D 21 m²](#)
- [Deck 4: 2-bed balcony suite with extra bed, F 26 m²](#)
- [Deck 5: Sun deck](#)

Onboard equipment

- Extensive sun deck with relaxed atmosphere
- Ample sun beds and umbrellas



- Heated outdoor pool
- P'tit bar with service on the sundeck
- Outdoor restaurant with sun roof
- Panoramic lounge with bar and dance floor
- Wellness area & SPA-ROSA: Finnish sauna, ice grotto, heat bench, experience showers, relaxation area, whirlpool, massage and beauty treatments
- Fitness: treadmills, cross trainer, fitness check, fitness program (connection with wearables possible), TRX slings, e-bikes and bicycles for shore excursions

The advantages of the E-Motion ship:

- **SUSTAINABLE TRAVEL**
The A-ROSA SENA features a hybrid propulsion system with electric and diesel engines, as well as a battery storage system, which allows for a nearly silent and emission-free approach to the cities
- **MORE SPACE**
Standard cabins on Decks 2 and 3 are 21 square meters, divided into a separate sleeping and lounge area, and feature a balcony with seating for two.
- **FAMILIES WELCOME**
Deck 1 features a large Family Area with a stationary Kids Club and new 28 m² family cabins for up to five people. The sun deck entices with a separate Kids Pool next to the large swimming pool.
- **PURE RELAXATION**
Also on deck 1 is the extra-large SPA-ROSA with sauna, whirlpool, ice grotto, heat bench, relaxation room as well as treatment rooms and fitness area. Two pools are available to guests on the sun deck.
- **CULINARY VARIETY**
Guests can look forward to new worlds of indulgence and restaurant areas with gourmet buffets, served dinners and an à la carte restaurant. In addition, the A-ROSA SENA has several bars and elegant outdoor areas.
- **BEST ENTERTAINMENT**
On board and ashore, completely new experiences await guests, whether high-quality entertainment formats with various guest artists in the lounge or exciting excursions for the whole family. Everything is possible on the new A-ROSA SENA.

You can find more information about the ship on following page:

[A-ROSA SENA](#)

