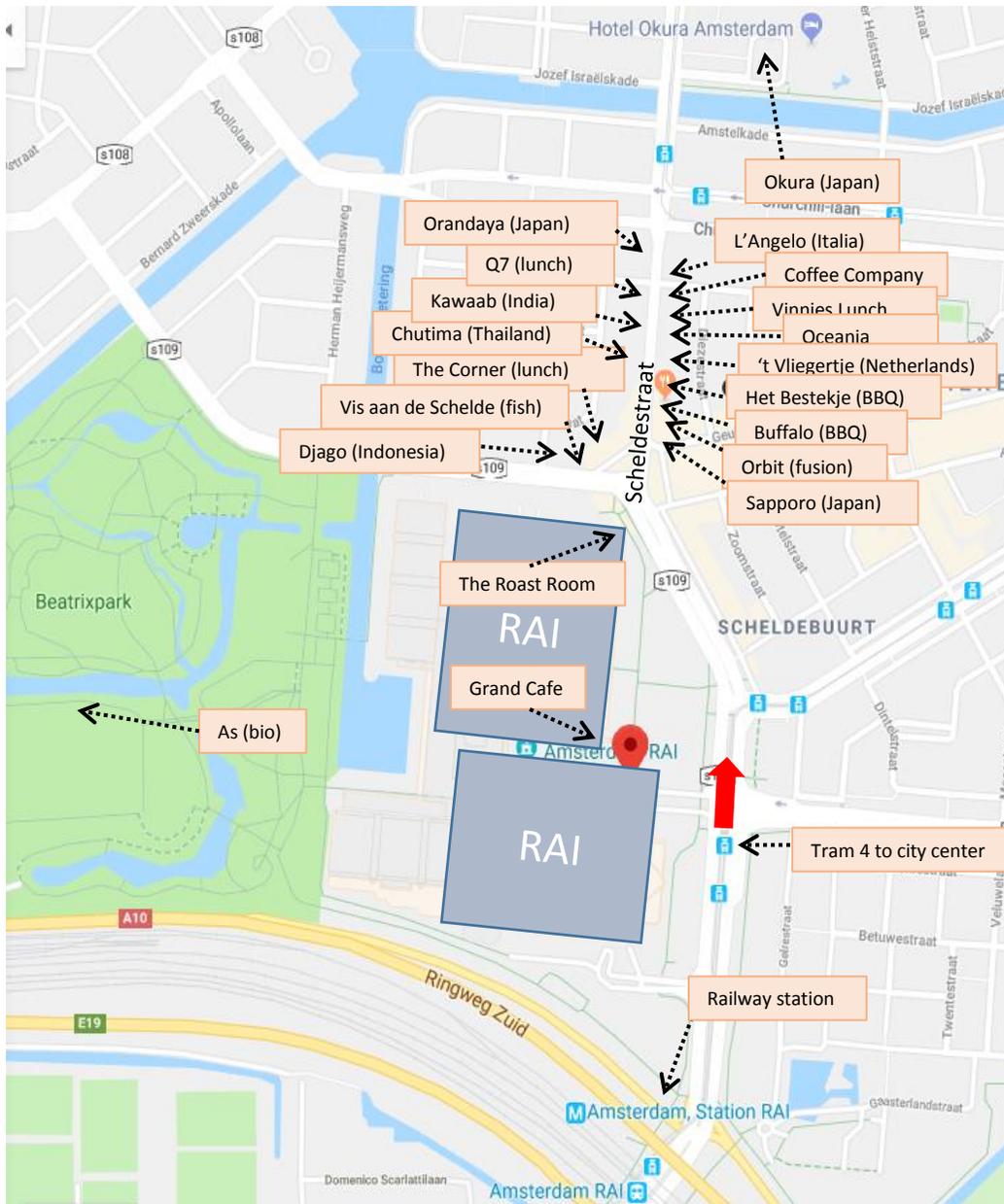


Where to go for a quick bite?

The RAI congress center is huge and very busy. For a quick coffee or a lunch we recommend to go out to the square in the front, walk left along the congress hall, and at the other side of the road and in the *Scheldestraat* you will find a large variety of bars and restaurants; see the map below. Many of the restaurants are quite OK for dining, but of course you may also go to the city center with its amazing diversity and atmosphere.



Discover Amsterdam behind the ordinary

The RAI congress center is by far the ugliest place in Amsterdam. Certainly you wish to see the beautiful city center, a Unesco World Heritage. We selected three walking tours for you, specially designed for the participants and accompanying persons of the ISHAM congress. Opposite the RAI entrance you will find tramline 4 which runs every 10 minutes straight to the center; just use your free transportation card. The tours reveal many aspects of Amsterdam life and diversity, seen from a somewhat different angle.



Green tour: Take Tram 4, get off at stop *Ceintuurbaan* (8st stop). This tour passes major musea, concert halls and colourful living areas.

- If it rains, stop at **Raleigh & Ramsey**, at the corner just behind you, for a coffee, or a wine. You can tap your own wine from a selection of over 100 kinds.
- Walk along the street (*van Woustraat*) following tram 4. You will pass a 'coffeeshop' at the right. Note that in The Netherlands a coffeeshop is not for coffee, but for soft drugs. Coffee is served at any other combination with the word coffee, or *koffie* in Dutch.
- Go left at the traffic lights: *Ceintuurbaan*.
- First street at the right. At the corner a nice café (**Sarphati**) with real coffee.
- Walk along the park, where citizens spend their days on the grass with a book or a wine, or in one of the oriental restaurants.
- Third street left is the daily **Albert Cuyp market** for cheap shopping and food (warm stropwafels!). At the corner a classical Dutch coffee house.
- The opposite corner is a former cultural centre, now a good Spanish restaurant, **Escobar**.
- Follow the market, after a minute you will see a former church with a golden angel on the roof, now a beautiful Arabic restaurant, **Bazar**.
- At the first street to the right is a pleasant little square with lots of bars and restaurants (*Gerard Douplein*).
- Back to the market, until the end.
- Turn right: *Ferdinand Bolstraat*. Every 20 meters there is coffee or food. **The Seafood Bar** at the left hand side is specially recommended.
- The round square at the right is the *Marie Heinekenplein*, named after a family member of famous Dutch brewers.
- The **Heineken brewery** is at the canal, directly at the right. The building is a museum and experience center.



Restaurant Bazar at Albert Cuyp

Heineken Experience

- Cross the bridge entering 18th century Amsterdam, right side of the roundabout (*Weteringplantsoen*). At the right a classical wooden pancake house, the **Carroussel**.
- Across the roundabout, at the corner, a classical Amsterdam pub, called a 'brown café' because of the dark traditional furniture.

- Cross the main road, after about 100 m turn right: *3e Weteringdwarsstraat*. Typical Amsterdam living, with sunken basements and a small stair to the front door; lots of large flowers between tiles or miniature gardens, which provides a pleasant green and peaceful atmosphere.
- Turn left (*Weteringstraat*). You will see the State museum (**Rijksmuseum**) which we will visit later from the back side.
- Turn left along the water (*Lijnbaansgracht*). At the corner a pleasant coffee house, **Back to Black**. Note the hooks high up the houses: these are for hoisting up pianos and other large furniture, because inside stairs are notoriously narrow and steep.
- Cross the bridge, after 50 meter take right branch of the V-crossing: *Korte Leidsedwarsstraat*. Follow this street, which is in the second half littered with exotic restaurants.
- Halfway the street, turn left, this is the *Leidsekruisstraat*.
- At the T-crossing, somewhat at the left is the dark-coloured pop temple **Paradiso**. But turn right, straight ahead to the *Leidseplein*, a popular place for going out. At the left, the discussion center **De Balie**. The neoclassic building at the far end is the **Stadsschouwburg** (City Theatre).
- Pass the Stadsschouwburg to the left and cross the street. The Art Nouveau building somewhat back under the trees is the prestigious **American Hotel** with nice interior decoration, highly recommended for at least a cup of coffee.
- Cross the street, go down just before the bridge to follow a boardwalk in front of the **Holland Casino**.
- Cross the next bridge, at the opposite side of the street you see the iron entrance gate of the **Vondelpark**.

Vondelpark:

*A nice park for a stroll, Amsterdam's living room, with lots of people resting, reading, making music, playing, quarreling or tending their dogs. Free performances. After about 100 meters is a nice terrace at **Vertigo Kitcher & Bar**, in front of the former fil museum (which is now at the harbor). The Vondelpark is also a place for demonstrations and free speech.*



Pop center Paradiso



Vertigo in Vondelpark

- Passing the Vondelpark entrance, follow the *Hobbemastraat*; at the corner the fancy restaurant **MoMo**.
- The first street to the right is the **PC Hooftstraat**, an ultimate shopping street for the rich and famous. At the corner you can buy your own Tesla, and stuff it with Gucci, Prada, Cartier, Luis Vuitton. The shops are pleasantly quiet; you will be the only customer.

- At the end, turn left, entering the *Van Baerlestraat*.
- At the next corner the **Amsterdam Conservatorium**, and thereafter the 19th century building of the **Stedelijk Museum** (Municipal museum of modern art). The brand new wing of the museum is known in Amsterdam as the bath tub; you will see why.
- Behind the Stedelijk is the **Van Gogh Museum**. The new wing at the park was designed by the Japanese architect Kisho Kurokawa. Numerous paintings by Vincent van Gogh and his contemporaries.



Vincent van Gogh



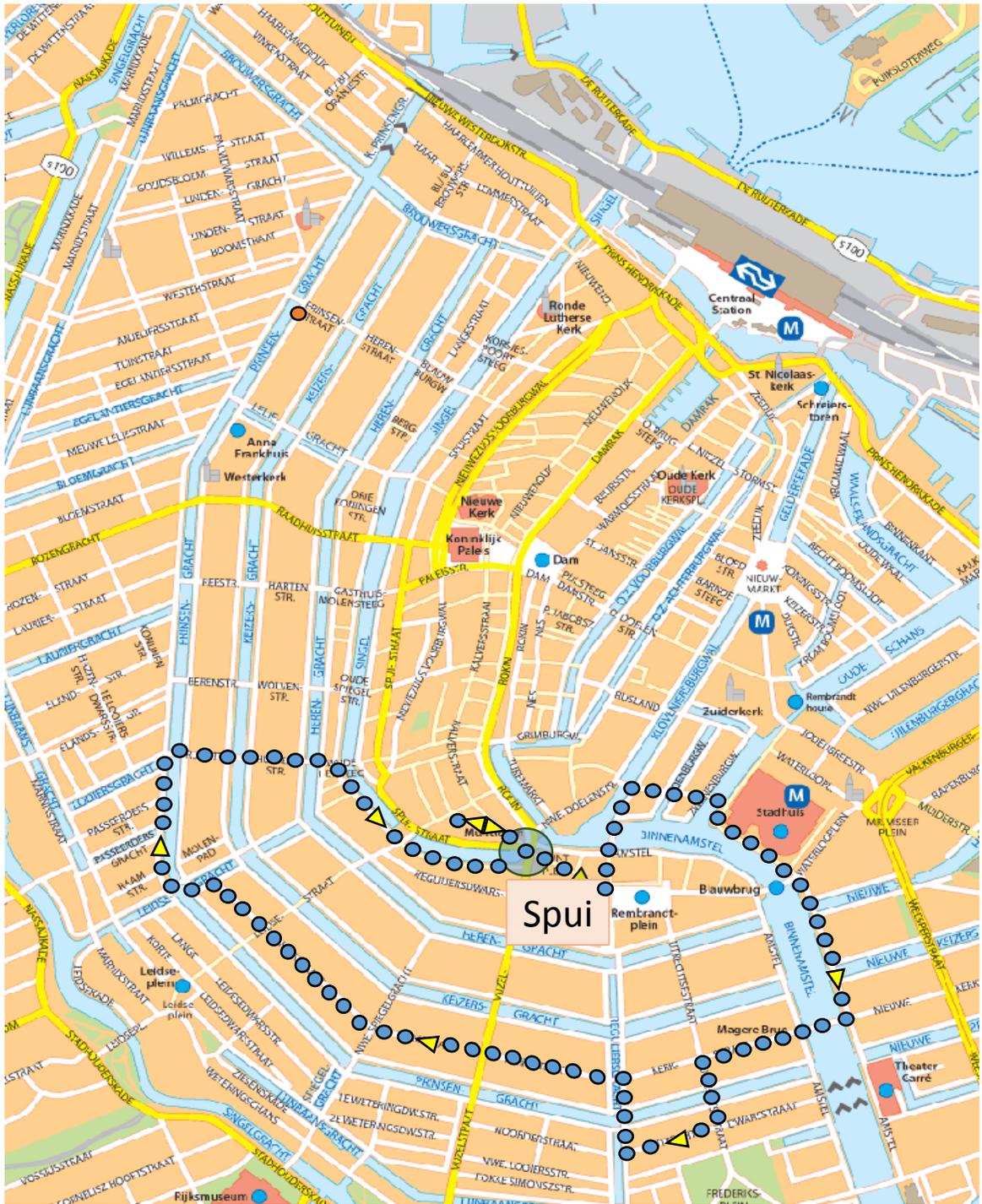
Johannes Vermeer

- The musea line a large grass park, the **Museumplein**. Famous for recreation and large demonstrations.
- At the opposite end of the Museumplein is the **Rijksmuseum**, with lots of originals of Dutch masters such as Rembrandt, Vermeer, and many others.

Rijksmuseum:

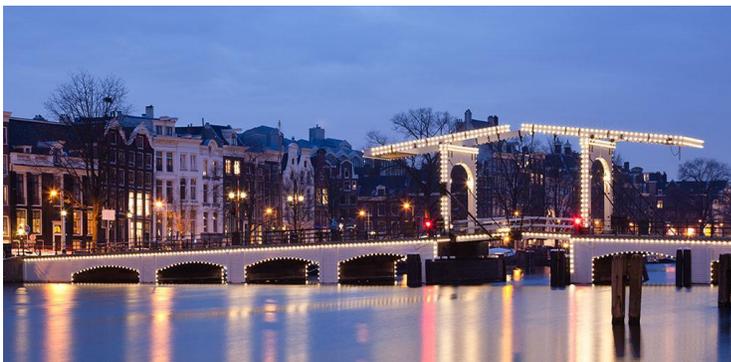
The classical 19th century building has recently been renovated which has brought back the original colorful frescos. The entrance is at the central bicycle tunnel where often musicians play on the street. The museum has a pleasant atmosphere. Highlight is certainly the large collection of 17th century painting, but also the romantic paintings of the 19th century, with Israels, Mauve and Maris, are worth a visit. The turn to modernism is represented with Mondriaan. The museum also holds furniture, ceramics and other artifacts.

- At the *van Baerlestraat*, at the corner opposite the Stedelijk Museum, is the **Concertgebouw** (Concert Hall). The building, constructed on wooden poles in 1888, is world-renowned for its spectacular acoustics. It is the home of the **Concertgebouw Orchestra**, one of the best orchestras in the world.
- Proceed along the *van Baerlestraat*. The left side of the street hides inconspicuous but nice little shops and bakeries such as **Renzo's**. Low-profile but delicious.
- Somewhat further at the left side you find café **Wildschut**, a bit old-fashioned but a good place for a rest.
- Here the street splits into two arms, with the **Openbare Bibliotheek** (one of the city's libraries) in the middle. Take the left arm.
- Just around the corner you find a stop for Tramline 12; the 6th stop is *Victorieplein*. At the crossing you can see the RAI in the distance; it's a walk of just 10 minutes.



Blue tour: Take Tram 4, get off at stop *Spui*. This tour goes along galleries and trendy restaurants along fancy living areas.

- The very small tower at the left is the **Munttoren** (Coin Tower), where money used to be produced during a short period, in 1672, when it was not possible to transport silver and gold to the original places of production, Dordrecht and The Hague.
- Pass the tower at your left hand side and enter the shopping street (*Kalverstraat*, 'Calf street', referring to the main profession of the 15th century Dutch).
- Enter the shopping mall that you will find after about 50 metres at your left, go up two floors and take the stairs to the modern **Kalvertoren** for a coffee. You will have magnificent view over the city.
- Go back the same way through the *Kalverstraat*, back to the *Muntplein*.
- At the end of the *Kalverstraat*, turn left and cross the bridge, entering the *Nieuwe Doelenstraat*.
- Cross the **iron drawbridge** at the end of this street and proceed through the *Staalstreet* with very picturesque views at both sides. You will pass some famous galleries at your left hand side. The cakes at **Puccini** are recommended.
- Cross the bridge at the end of the street and enter the large building in front of you. This bifunctional building houses the **Town Hall**, built by the Dutch architect Cees Dam, and while passing through the hall you enter the **Music Theatre** opera house, built by the Austrian architect Wilhelm Holzbauer.
- Go through the exit at the right side of the hall. You now have a view of the river **Amstel**.
- Cross the main street with tramway in front of the Theatre. You see sluices and a very long drawbridge in the river Amstel, the **Magere Brug** (Skinny Bridge).



Magere Brug over the river Amstel



Utrechtsestraat

- Proceed at the left bank of the river and pass a small wooden drawbridge. Note the small wooden cabin adjacent to this bridge. At the arrival of a ship, the bridgekeeper opens the bridge and then jumps on his bicycle to open the larger *Magere Brug* connecting the two sides of the *Amstel*.
- Cross the *Magere Brug*. On the middle, facing the same direction along the *Amstel*, you see the old sluices in front of you. At the left bank the large **Theatre Carré** is located, and the large

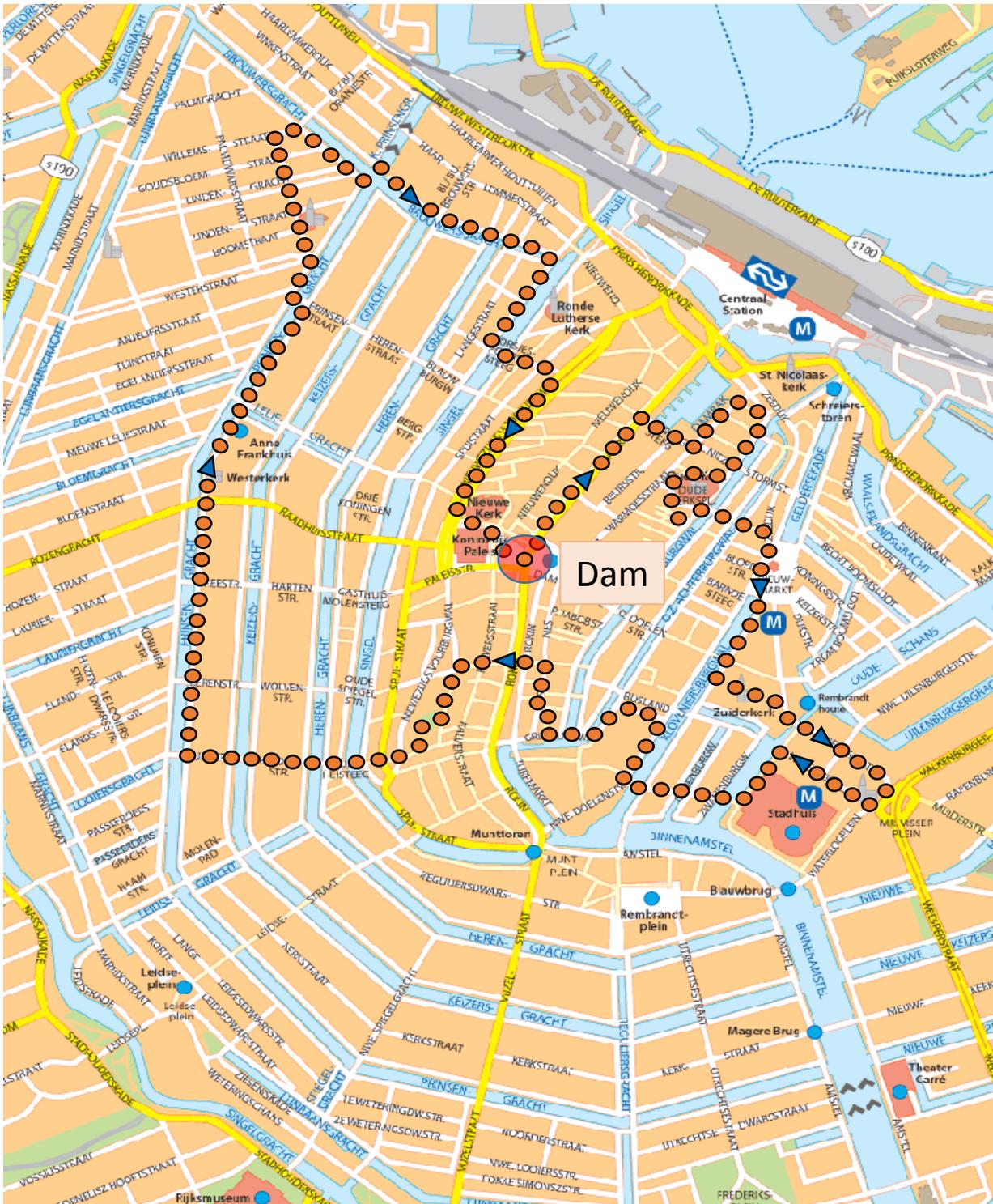
building just behind the next bridge is the classy **Amstel Hotel**, that had Michael Jackson, Mick Jagger and Hillary Clinton on its guest list.

- Turn left and follow the right bank of the *Amstel*.
- Cross one side canal and take the next street at the right (*Utrechtse Dwarsstraat*). If you're hungry, on nr. 107/109 is the restaurant **De Utrechtsedwarstafel**, where food is served with the wine rather than the inverse; an excellent surprise. But beware: it's rather expensive and it's a real evening out, not meant for fast eaters.
- Turn right at the next corner, the *Utrechtsestraat*, recommended for fancy shopping.
- Continue along the *Kerkstraat* by crossing the bridge.
- Just after crossing the *Vijzelstraat* and passing under a large, ugly apartment building, note the trendy furniture shops at the left and somewhat further the striking façade of the architecture bureau of **Sjoerd Soeters**. Modern architecture in a classic setting can be quite stimulating. In this area several coffeeshops are located, like everywhere in the city; famous, not for coffee, but for marijuana - and with an ambiance that has become a bit outdated already.
- At the end of the *Kerkstraat*, turn to the left along the canal (*Leidsegracht*).
- This leads to the Prinsengracht. Turn right there by crossing the bridge. Concert instruments at **Christofori**, a very famous store for music lovers and Concert Hall.
- The next street to the right is the *Runstraat*, one of the so-called **Negen Straatjes** (Nine Little Streets), a pleasant, bicycle-dominated area with interesting specialist's shops, like a toothbrush shop, a very smelly cheese shop, and Levelt's coffee shop where indeed coffee is sold.
- Cross the canal and continue with the *Huidenstraat* of the 9 Straatjes.
- At the next canal (*Herengracht*), somewhat to the right at the opposite bank the **Buffet van Odette** (*Berenstraat 4*).
- Still straight on, through the very short *Wijde Heidestraat* you will get to the inner canal (*Singel*) encircling the oldest parts of the city.



Flower Market, back and front

- Take a right turn and follow the right bank of the canal.
- After the next bridge, you will pass the **Flower Market**, selling a wide diversity of flowers from shops floating on the canal.
- At the end of the flower market, the **Munttoren** comes in sight; take Tram 4 back to RAI.



Red tour: Take Tram 4, get off at stop *Dam*. This tour passes through the historic 15th-18th city center with red light district. This tour is a bit longer than the others, you may well reserve a whole afternoon.

- From Dam, walk in the same direction (*Damrak*) following the touristic crowd. The building at the right corner is the **Bijenkorf**, for fancy shopping
- Across a small square after Bijenkorf the the **Beurs**, the first modernistic building in the early 20th century, originally stock market, now exhibition hall.
- Turn right between Beurs and the water (*Oudebrugsteeg*).
- Follow the narrow street between houses, then turn left (*Warmoesstraat*). This street marks the **Red Light District**.

Red Light District:

*The district (**De Wallen**) has an ancient history because of overseas trade which brought the country prosperity as well as problems. Today the district is rather well-controlled, legally and from a health perspective, and relatively free of crime and hard drugs. Prostitution is a profession, and personal use of soft drugs is tolerated – but drug trade is forbidden. The area is safe, just watch your money: because of the many tourists there are pickpockets active.*

- Continue from *Warmoesstraat* through *Sint Olofspoort*.
- Turn right into a small street (*Zeedijk*), this leads to the oldest quarters of the Canal District. After 50 meters on the left side, note **Café In't Aepjen** (In the Monkey), a small pub set in a 15th century seaman's hostel building that is one of Amsterdam's few remaining pre-Golden Era wooden buildings. In the evening a nice place to experience the key Dutch word "*gezelligheid*" (congenial atmosphere), or just to marvel at the décor, a unique mixture of antique liquor jugs intermingled with apes.
- The next alley to the right (*Sint Olofssteeg*). Nice café with view on the ancient canals.
- Take pictures at the scenic sluices at the left, but proceed to the right, along the canal (*Oudezijds Voorburgwal*). One of the houses, **Ons' Lieve Heer op Solder** (Our Good Lord in the Attic) contains a hidden church at the inside, when Catholicism was forbidden after the Protestant Revolution in the 16th century.
- A few blocks away you find the **Oude Kerk** (Old Church), surrounded by scarcely dressed girls in showroom windows. Don't take pics here –you'll be shouted at.
- If you want to experience the district in full bloom, round the church about three-quarters, take a right turn (*St. Annendwarsstraat*) and take one of the dark alleys parallel to the church, about 20 metres further. The alley leads to the same canal again.
- Cross the bridge (now at your left) and follow the showroom-littered *Oude Kennisstraat*.
- Turn right at the very end, this will bring you to the *Nieuwmarkt*. The castle-like building called **De Waag** (The Weigh-scales), once part of the medieval city walls, then the municipal tax office, and now a restaurant, is an excellent place for a rest. The entrance with terrace is at the back side.
- Cross the square to the right, follow the left bank of the canal that starts here, the *Kloveniersburgwal*.

Academy:

At number 29 the stately main office of the Royal Netherlands of Arts and Sciences (KNAW) is located. The Westerdijk Fungal Biodiversity Institute in Utrecht belongs to KNAW.

- The second alley to the left (*Onkelboerensteeg*) leads to the **Zuiderkerk** (South Church), one of Amsterdam's four main churches built in the early 17th century.
- Round the church at the right via the *Zandstraat*, proceed through the old gate to the main street (*St. Antoniebreestraat*) and turn to the right.
- Just before the new buildings of the **Arts Academy** and **Film Academy** (Hogeschool voor de Kunsten) designed by Teun Koolhaas associates, you will find a miniscule and strongly slanted café (**De Sluyswacht**) which is located in the former lock keeper's house (1695). This is opposite the museum **Rembrandthuis**, the original home of the painter Rembrandt, with some of his lesser-known paintings and graphics.
- Coming out of the *Jodenbreestraat*, go to the right and immediately to the right again, entering the T-shaped flea-market **Waterlooplein**. At the T-crossing of the market, go to the left.

Waterlooplein:

*The place where bizarre goods are sold for little money. It was forcibly appropriated from the City magistrates by the citizens after heavy street fights in the sixties. Of the previous century. The market place is surrounded by café's, bars and other entertainment. It is directly to a large twin-building containing **Town Hall** and **Music Theatre**. In front of the Music Theatre you have a good view over the river Amstel, with the low building of **Museum Hermitage**, with fine Russian art, at the left, and the **Skinny Bridge** in the distance.*

- But turn right, crossing the bridge along the statue of the philosopher of freedom, **Spinoza**, entering the *Staalstraat*. Nice espressobar (**Puccini**) on the right-hand corner, and also a gourmet chocolate shop (also called **Puccini** but unrelated) a few doors down.
- Cross the wooden and subsequently the iron **drawbridges** at the end of the street. If you want a coffee break here, go left (*Nieuwe Doelenstraat*) to **Café De Jaren**, with a terrace at the waterfront. They serve a marvelous home-made vegetarian tomato soup.
- Otherwise, follow the canal to the right, along the **Poetry Bookshop** (Poëzie Boekhandel) and take the doorway at the left, the **Oudemanhuispoort** (Gate of Old Men's Home). This is a tunnel with numerous antique bookshops.
- At the end, cross the bridge at your left hand side, along galerie **Mokum**.
- Immediately thereafter a gateway at the right (**Gebed Zonder End**, meaning: Prayer without ending) leads you past **Kapitein Zeppos** housed in the former 17th St Clara monastery, now a feel-good restaurant and Jazz café with glass roof.
- Go left at the T-crossing and then to the right (*Nes*), a street littered with small theatres.

- Go left 50 metres after **Mappa** (*Wijde Lombardsteeg*).
- Cross the mainstreet (*Rokin*), slightly at your left you see a small dark alley (*Duifjessteeg*).
- Go straight on, cross the shopping street (*Kalverstraat*); after 100 metres find another historical gate at the left. This is the **Amsterdam Historical Museum**, with a nice café at the left.
- Proceed through the **Civic Guard Gallery**, that can be entered freely from 09.00 till 17.00.
- Pass through the Gallery the second gate at the right is the **Begijnhof**. This beautiful square is unfortunately only open between 08.00 and 11.00 AM, because there were too many drunken visitors.



Begijnhof



Entrance via Historical Museum

- Proceed through the doorway and turn right at the square (*Spui*); follow this along the right side, until the main street (*Nieuwezijds Voorburgwal*). The 18th century church at your left is the Aula of the University of Amsterdam.
- Somewhat to the right is **Dante Kitchen & Bar**, a nice place for a drink.
- But we proceed straight on, through the *Heisteeg*, once of the picturesque **Negen Straatjes** (Nine Little Streets).
- Cross two bridges. Note the many little specialist's shops at both sides; for example, you have chocolates and cakes at Pompadour, Levelt's coffee, the toothbrushshop, etc. You cross several of Amsterdam's main canals. At the left bank of the *Keizersgracht* you see the stately building (1777) of the cultural foundation **Felis Meritis**.
- Take a right turn at the third bridge (**Prinsengracht**). Along the way, at the right bank, you will pass a typical Amsterdam brown café, **Van Puffelen**. Pass the **West Church** (Westerkerk), one of the four churches built nearly simultaneously in the 17th century. Somewhat further, you will pass the **Anne Frank House**, where the Jewish girl lived during the Second World War before the Frank family was betrayed.
- Pass the bridge on the picturesque *Leliegracht*; cross the *Prinsengracht* here and proceed along the left bank.

- After the next bridge over the *Prinsengracht* you reach the biological market in front of the **Noorderkerk** (North Church).
- Take the street passing the church at the left (**Noordermarkt**), thus entering the **Jordaan** quarter. This 19th century quarter, named after the French word 'jardin' (garden) was actually a very poor worker area. Today it is very popular living area for the modern hipster.
- Cross the **Lindengracht Market** and turn right at the end (*Willemstraat*).
- Turn right again and follow the *Brouwersgracht*. Note the beautiful warehouses with wooden blinds at the opposite bank, often topped with deer, crowns or ornamented vases, which now have been converted into expensive apartments.
- Proceed until the end, the *Herengracht*. If you are hungry, turn to the right: at No. 88 you will find the Belgian restaurant **Lieve**, and next to it on No. 90 the **Adelaar**, a café with beers from all Dutch breweries. Both highly recommended. Otherwise, turn left and then right on the *Haarlemmerstraat*, a lively street with many exotic restaurant and shops.
- Turn right at the canal. At the opposite side is the round building of the **Lutheran Church**.
- Cross the second bridge to the left. The neogothic building at the left is the former post office, now **Magna Plaza** shopping center.



Magna Plaza



Nieuwe Kerk with integrated houses

- Opposite de **Nieuwe Kerk** (New Church). Note that some houses are built against the church so that they needed one wall less.
- Walk on, entering the *Dam Square* with the former **Royal Palace** (now representation building of the city of Amsterdam) at the right.
- Tramline 4 brings you back to the RAI.

Dutch landscape by bicycle

The best way to discover the Dutch landscape is by bicycle. Just outside the harsh RAI and financial environment you will find an amazingly cute and romantic ambiance: not spectacular, but just beautiful.

Very green, lots of water, small historic houses and farms with swallows nesting under the roof and in the barn. You can buy milk directly from the stable, or eggs that are still warm from the chicken coop.

Rent your bicycle at the RAI train station. It is not expensive, but bring an identity card. Pass under the highway, follow the main street until the first traffic light, and turn left. Follow the bicycle lane which curves along the river Amstel. After a few kilometers, cross the bridge to the cute village *Ouderkerk aan de Amstel* ('old church at the Amstel river'). First turn to the right is the *Dorpsstraat*, the old village center.



Ouderkerk aan de Amstel

Bicycle routes are indicated everywhere with numbers. At road crossings, you will find something like this:



Route indicators, and landscape south of Amsterdam

In this way you can easily find the route by following the numbers: starting with 62 in *Ouderkerk aan de Amstel*, just write down 69-70-50-49-81-39-29-28-93-68 and back to 62. Just before the bridge, follow the river back to the high-rise buildings of Amsterdam which you can see in the distance.

You will follow some small rivers around a **polder**, that is an area where the water is pumped out perpetually, and which as a result is lower than the water level. The system was built in the 16th century using windmills, and is very well controlled so that only very small dikes are necessary. You are cycling below sea level.

The total tour is about 35 km, which means about 2.5 hours of pleasant and relaxed cycling. Enjoy!

