



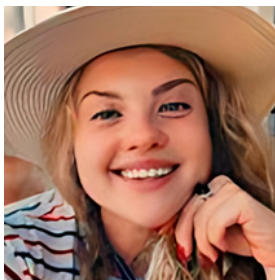
TOUR DETAILS

Join us for a live, interactive walk through Amsterdam as the city comes alive in spring. In April, tulips begin to bloom across the canals, adding color to bridges, window boxes, and tucked-away courtyards throughout the historic center.

As we explore the winding streets, our guide will share stories of Amsterdam's Golden Age while we pass elegant canal houses, houseboats, and everyday scenes of city life. Along the way, we'll move between lively areas and quieter corners, giving you a well-rounded feel for the city's beauty, history, and rhythm in this vibrant season.



★ MEET YOUR TOUR GUIDE: ANNA



Anna was once a licensed tour guide in Saint Petersburg, Russia, but was forced to leave due to the Russian-Ukrainian war. After relocating to Israel and facing further conflict, she now lives in Tbilisi, where she continues to explore and learn. She has a passion for history, culture, and storytelling, and will be traveling to Amsterdam to lead this special tour.

PRIVATE TOURS | Your guide is available for private tours, live-streamed or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion - or to add to an upcoming trip. Please reach out to Wowzitude and we will be happy to connect you.

📍 WHAT TO EXPECT

Get ready for something special. We're traveling to the Netherlands with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

The tour will be livestreamed by your guide directly from Amsterdam. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

🎵 MUSIC SELECTION

Amsterdam Klezmer Band ft. Shantel -Sadagora Hot Dub <https://www.youtube.com/watch?v=TreiNNjc8EY>





Dutch Mule | 1 serving

Ingredients:

- 2 oz genever (can substitute with gin)
- ½ oz fresh lime juice
- 4 oz ginger beer
- Lime wedge and mint sprig for garnish

Instructions:

- Fill a copper mug or glass with ice.
- Add the genever and lime juice.
- Top with ginger beer and stir gently.
- Garnish with a lime wedge and a sprig of mint.



DUTCH STROOPWAFELS (SYRUP WAFFLES) INGREDIENTS

For the Caramel Waffle Cookies:

- 1 ounce fresh yeast cake
- 1 tablespoon milk, lukewarm
- 4.4 ounces unsalted butter, softened
- 2.6 ounces superfine sugar
- 1 large egg, at room temperature, beaten
- 8.8 ounces cake flour, Dutch cake flour
- 1 pinch fine salt
- 1 teaspoon unsalted butter, or as needed for greasing

For the Filling:

- 4.6 ounces molasses or Dutch molasses syrup
- 4.4 ounces brown sugar
- 3.5 ounces unsalted butter
- 1 teaspoon ground cinnamon

Make the Waffle Dough

1. Gather the ingredients.
2. In a medium bowl, dissolve the yeast in the lukewarm milk.
3. Add the butter, caster sugar, and egg.
4. Mix and then stir in the flour and salt.
5. Cover the dough with a warm, moist dish towel and allow to rise in a warm place for 1 hour.

Make the filling:

1. Gather the ingredients
2. Warm up the molasses and stir in the brown sugar, butter, and cinnamon.
3. Set aside and allow to cool to lukewarm.

4. Cook the Waffles

5. Form dough into large, marble-sized balls and place on a greased and warmed (but not hot) cookie sheet. The dough balls should not touch each other.
6. Again, cover with a warm, moist dish towel and allow to rise for 15 minutes.
7. Grease and heat the waffle iron.
8. Place 1 dough ball in the iron and bake until golden. This should take about 2 minutes in an electric waffle iron or 3 minutes in a stovetop version.
9. Working quickly, cut the waffles in half (horizontally), smear with the syrup filling, and sandwich the 2 halves together, pressing lightly.



AMSTERDAM, NETHERLANDS - SNACKS

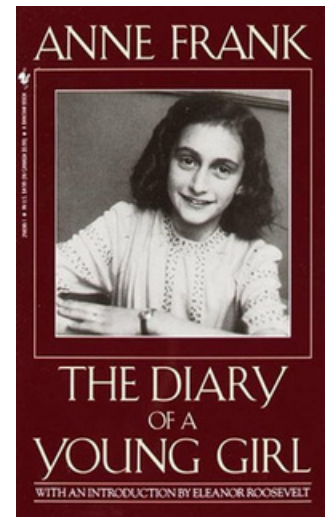
- **Stroopwafels:** A classic Dutch treat made of two thin waffle layers filled with a sweet caramel syrup. Soft, chewy, and widely available in U.S. supermarkets and specialty stores.
- **Bitterballen:** Crispy, deep-fried bites filled with a creamy beef or veal ragout, typically served with mustard. Sometimes found at Dutch restaurants or specialty shops in the U.S.
- **Poffertjes:** Small, fluffy Dutch pancakes served with butter and powdered sugar. Occasionally available at Dutch events, street fairs, or specialty stores in the U.S.



AMSTERDAM, NETHERLANDS – BOOKS & MOVIES

BOOK SELECTION

- **"The Diary of a Young Girl" by Anne Frank:** This renowned and poignant memoir is based on the diary kept by Anne Frank, a Jewish teenager who went into hiding during World War II in Amsterdam to escape the Nazis. The diary provides a personal account of her experiences while living in the concealed annex of her father's office building.
- **"Tulip Fever" by Deborah Moggach:** Set in 17th-century Amsterdam, this historical novel follows the story of Sophia, a young married woman who falls in love with an artist hired to paint her portrait. Against the backdrop of the famous Dutch tulip mania, the book explores forbidden love, deception, and the allure of the tulip trade during a time of economic frenzy.
- **"The Dinner" by Herman Koch:** Though not entirely set in Amsterdam, this psychological thriller takes place predominantly in the city. The story revolves around two couples who meet for dinner in a high-end Amsterdam restaurant to discuss a shocking incident involving their teenage sons. As the evening progresses, the layers of their seemingly normal lives begin to unravel, revealing dark secrets and moral dilemmas.



MOVIE SELECTION

- **"The Diary of Anne Frank" (1959):** This classic film adaptation brings Anne Frank's famous diary to life. It portrays the experiences of Anne and her family as they hide from the Nazis in a secret annex in Amsterdam. The movie depicts the challenges, hopes, and fears of the Frank family and their companions during their time in hiding.
- **"The Fault in Our Stars" (2014):** Based on the bestselling novel by John Green, this romantic drama follows the story of Hazel and Gus, two teenagers with cancer who meet and fall in love at a support group. While the movie takes place in various locations, including Indianapolis and Amsterdam, the latter serves as a crucial backdrop for significant moments in the characters' journey.
- **"In Bruges" (2008):** Although not exclusively set in Amsterdam, this dark comedy-drama directed by Martin McDonagh revolves around two Irish hitmen, played by Colin Farrell and Brendan Gleeson, who are sent to Bruges, Belgium, to lay low after a job gone wrong. However, the characters take a day trip to Amsterdam, where they encounter new challenges and surreal experiences in the vibrant city.



AMSTERDAM, NETHERLANDS – FUN FACTS

1. **Canals Galore:** Amsterdam is known for its intricate canal system, and it boasts more than 100 kilometers (60 miles) of canals, 1,500 bridges, and 90 islands. These canals are not only picturesque but also hold historical significance, as they were created in the 17th century for transportation, defense, and water management purposes.
2. **Bicycles Everywhere:** Amsterdam is renowned as a bike-friendly city, and it's estimated that there are more bicycles than people in the city. With approximately 800,000 bicycles, cycling is a popular mode of transportation for both locals and tourists alike. There are extensive bike lanes and parking facilities throughout the city, making it easy to explore Amsterdam on two wheels.
3. **Tolerance and Diversity:** Amsterdam has a long-standing reputation for its tolerance and acceptance. The city has been at the forefront of progressive policies, such as legalizing same-sex marriage in 2001 and decriminalizing the personal use of certain drugs. These inclusive values have attracted a diverse population and contribute to the vibrant and cosmopolitan atmosphere of the city.
4. **Museums Galore:** Amsterdam is home to an impressive number of museums, catering to a wide range of interests. The most famous among them is the Van Gogh Museum, which houses the largest collection of Vincent van Gogh's artworks. Other notable museums include the Rijksmuseum, showcasing Dutch art and history, and the Anne Frank House, providing insights into the life of Anne Frank during World War II.
5. **The Dutch Golden Age:** During the 17th century, the Netherlands experienced a period of significant economic prosperity known as the Dutch Golden Age. Amsterdam was a major hub for trade, finance, and art during this time. The legacy of this era can still be seen in the city's stunning architecture, such as the gabled houses and grand merchant houses found along the canals.

AMSTERDAM, NETHERLANDS – MAP



AMSTERDAM, NETHERLANDS – DISCUSSION QUESTIONS



Observing the City

- What stands out to you most about the canals and buildings?
- If you could step into this scene, where would you go first?
- What details do you notice about the homes or bridges?
- How does this compare to where you live?

Daily Life in Amsterdam

- What do you notice about how people get around the city?
- Why do you think bicycles are so popular here?
- What would it be like to live on a houseboat?
- How does the pace of life feel compared to your own?

History & Culture

- What do you think Amsterdam was like during its Golden Age?
- Why do you think canals were so important to the city's development?
- How do you see history reflected in what we're looking at today?
- What surprises you most about Amsterdam's history?

Spring & Tulips

- What colors of tulips or flowers are you noticing?
- Why do you think tulips became such a symbol of the Netherlands?
- How does spring change the feeling of the city?
- Do these scenes remind you of spring where you are?

Personal Connection

- Have you ever visited Amsterdam or another canal city?
- What part of today's tour would you most like to experience in person?
- What did you enjoy most so far?
- What would you like to see more of?

Food & Local Experiences

- Which Dutch snack would you most want to try?
- What kind of café would you choose to sit in here?
- Do you enjoy trying new foods when you travel?
- What food or drink would you be curious to taste in Amsterdam?





Amsterdam – Myths & Facts

- **Myth:** Amsterdam’s canals are clean enough to swim in year-round.
 - **Fact:** While the city has made major efforts to clean its waterways, swimming is only allowed in designated areas during warmer months. Many locals do take a plunge during special events like the annual City Swim fundraiser, but the canals remain working waterways, not swimming pools.
- **Myth:** Every leaning building in Amsterdam is haunted.
 - **Fact:** Although the city’s crooked canal houses create an eerie atmosphere, most lean because centuries-old wooden foundations have shifted in the soft soil. Only a few have spooky reputations, like the so-called “Ghost House” on Spui Square, rumored to host the spirit of a former resident.
- **Myth:** Amsterdam’s fog is caused by ghosts from shipwrecks on the canals.
 - **Fact:** The city’s misty evenings come from its low-lying geography and damp maritime climate, not restless spirits. Still, the fog gives Amsterdam its famously mysterious and cinematic charm, especially along the old wharves and bridges.
- **Myth:** The Royal Palace on Dam Square has always been just a royal residence.
 - **Fact:** It was originally built as the city hall in the 17th century and included courtrooms where death sentences were handed down. Many say the souls of those condemned still linger there, earning the palace its haunted reputation among night guards.
- **Myth:** Amsterdam’s underground tunnels were built for ghosts or secret societies.
 - **Fact:** The tunnels beneath the city once served practical purposes such as moving goods, storing supplies, or connecting buildings during wartime. Over time, myths grew around them, with locals claiming to hear footsteps and whispers in sealed passageways.
- **Myth:** The Anne Frank House is the only haunted site connected to World War II.
 - **Fact:** While the Anne Frank House is deeply moving, other locations like the Hollandsche Schouwburg and the old Jewish Quarter also carry emotional weight, where visitors often speak of a haunting silence that lingers from the city’s wartime losses.
- **Myth:** All of Amsterdam’s ghosts are from the city’s past.
 - **Fact:** Modern folklore continues to evolve. Some locals claim to see a phantom cyclist gliding silently across the bridges at night, a symbol of the city’s soul that never stops moving.
- **Myth:** The canals are filled with old bicycles because of vandals.
 - **Fact:** It’s partly true that bikes often fall or are tossed in accidentally, but the city regularly dredges thousands of them from the canals as part of its sustainability and recycling efforts, turning urban waste into resources for new infrastructure.
- **Myth:** The ghosts of Amsterdam only appear at night.
 - **Fact:** According to local legends, spirits are said to wander even in daylight, appearing in the reflection of canal windows or the ringing of distant church bells, reminding residents that in Amsterdam, the past is always close at hand.



City-Wide Climate & Environmental Goals

- Net-zero ambition by 2050: Amsterdam plans to be fully climate-neutral by 2050, with milestones like emission-free traffic by 2030, a natural gas phase-out by 2040, and a 60% CO₂ reduction from 1990 levels. The city is investing in renewable energy, district heating, and solar expansion to power all municipal operations sustainably.
- Circular economy in practice: By 2030, Amsterdam aims to halve raw material use and become a fully circular city by 2050. Building materials are repurposed, waste is turned into energy, and citywide composting and reuse programs help minimize landfill waste.

Sustainable Mobility

- Bike-first culture: Nearly 40% of daily trips are by bicycle, supported by over 400 km of bike lanes, car-free zones, and safe crossings—making zero-emission travel the norm.
- Green public transport: Trams, buses, and ferries run mostly on clean electricity, while electric taxis and shared EVs are common. Low-floor boarding and accessible routes ensure inclusivity alongside sustainability.
- Responsible logistics: Freight is shifting to electric boats and vehicles, reducing traffic and emissions while using canals for green, last-mile delivery.

Eco-Friendly Attractions and Tours

- Green canal cruises: Operators like Blue Boat and Stromma use electric and solar-powered boats, allowing quiet, emission-free canal exploration.
- Eco walking and cycling tours: Sustainable guides lead tours through local markets, urban farms, and solar-powered buildings, offering insight into Amsterdam’s green lifestyle.
- Urban sustainability hubs: Places like De Ceuvel showcase circular design with solar energy, composting systems, and reclaimed materials, turning former industrial zones into eco-communities.

Smart and Community-Driven Initiatives

- Smart city technologies: Amsterdam runs over 170 sustainability projects—using adaptive lighting, renewable grids, and digital tools for energy and waste efficiency.
- Responsible visitor resources: Tools like Green Tickets and the Positive Tourism Hub help travelers find eco-certified hotels, restaurants, and experiences that support responsible tourism.





Mobility & Physical Access

- Barrier-free streets and sidewalks: Amsterdam features wide, level sidewalks, smooth curb cuts, and separated bike lanes, making it easy for wheelchair users, cane users, and slower walkers to navigate safely, even in historic canal areas.
- Public transport accessibility: The city's trams, buses, and metro systems offer low-floor entry, priority seating, audio-visual stop announcements, and elevators at major stations, supporting easy, independent travel. National trains also include wheelchair spaces, accessible restrooms, and optional assistance for boarding.
- Accessible canal cruises: Several tour companies offer wheelchair-accessible boats with ramps, lifts, and designated spaces, allowing travelers with mobility needs to enjoy the city's famous canals. These options provide scenic, barrier-free views of Amsterdam's waterways and landmarks.
- Inclusive shared mobility programs: Amsterdam has introduced small electric shuttles and neighborhood transport services to assist visitors and residents with limited mobility. These eco-friendly programs connect key attractions, shops, and community spaces with door-to-door convenience.

Parks and public spaces

- Beloved parks such as Vondelpark and Westerpark have paved pathways, accessible restrooms, and step-free entrances, inviting visitors of all abilities to enjoy green spaces in the heart of the city.
- Museums and Attractions: Major museums (Rijksmuseum, Van Gogh Museum, NEMO Science Museum): These cultural landmarks are fully accessible, with elevators, wide galleries, accessible restrooms, and wheelchairs available for loan. Audio guides and apps offer navigation support, and companions often receive free entry.
- Cultural and heritage sites: The Royal Palace, Artis Zoo, and major theaters feature step-free access, ramps, and assistive listening devices. Where historic layouts limit access, alternative entrances, side ramps, or digital exhibits ensure inclusion.
- Canal and city tours: Accessible sightseeing buses and guided tours provide ramp-equipped vehicles and flexible pacing. Some walking tours follow flatter routes with frequent rest stops and trained guides who accommodate diverse mobility needs.

Sight and Hearing Accommodations

- Enhanced audio-visual support: Museums and attractions feature audio guides with descriptive narration, captioned films, and induction loops for hearing aids. These resources enhance the experience for guests who are blind, low-vision, deaf, or hard of hearing.
- Tactile and high-contrast features: Institutions such as the Van Gogh Museum use tactile displays, braille signage, large-print labels, and clear visual design for visitors with sight loss. Museum educators are available to describe artworks and exhibits upon request.
- Adapted guided tours: Custom-paced tours with smaller groups, regular breaks, and trained guides help guests with sensory or cognitive differences explore comfortably and confidently.



8:30 AM | Slow Start at a Canal Café

- Begin your morning like a local with coffee and a light breakfast at a cozy café along the canals. Sit outside if the weather is nice and watch the city wake up as cyclists pass by and boats drift along the water.

9:30 AM | Canal Walk Through the Jordaan

- Wander through the Jordaan neighborhood, one of Amsterdam's most charming areas. In spring, you'll see tulips in window boxes and flowers lining the bridges. Take your time exploring small streets, boutiques, and quiet corners.

11:00 AM | Anne Frank House (Exterior + Area Walk)

- Walk to the area around the Anne Frank House. Even viewing from outside, it's a powerful place. The surrounding canals and streets offer a moment to reflect while learning about this important history.

12:30 PM | Lunch in the Nine Streets (De Negen Straatjes)

- Head to the De Negen Straatjes for lunch. This area is full of small cafés and shops. Enjoy a relaxed meal and soak in the lively spring atmosphere.

2:00 PM | Museum Visit

- Choose one of Amsterdam's iconic museums:
 - Rijksmuseum for Dutch masters
 - Van Gogh Museum for a deeper look at the artist's life
 - (Spring tip: book ahead—this is a popular time!)

4:30 PM | Vondelpark Stroll

- Take a peaceful walk through Vondelpark. In spring, the park is full of fresh greenery and people enjoying the outdoors.

6:00 PM | Canal Cruise at Golden Hour

- Experience Amsterdam from the water with a canal cruise. Early evening light in spring is especially beautiful, with reflections of historic houses and blooming flowers along the canals.

7:30 PM | Dinner by the Water

- Enjoy dinner at a canal-side restaurant. Spring evenings are perfect for outdoor seating with heaters, offering a relaxed and scenic dining experience.


9:00 PM | Evening Walk Through the City

- Take a gentle walk as the city lights reflect on the canals. Cross softly lit bridges and enjoy the calm, romantic atmosphere of Amsterdam at night.

10:30 PM | Nightcap or Dessert

- Stop for a dessert or drink—perhaps a stroopwafel or warm drink at a cozy café to end the evening.

AMSTERDAM, NETHERLANDS – IN BLOOM

 Spring in Amsterdam is a season of color, light, and quiet renewal. As the days grow longer, flowers begin to bloom across the city, along canals, in parks, and in window boxes, filling the streets with vibrant shades of pink, yellow, purple, and red. From delicate blossoms on the trees to bright rows of flowers in gardens, each corner of the city feels refreshed and alive. It is a gentle, beautiful time of year that invites you to slow down, notice the details, and enjoy the simple beauty of nature returning. Here are some of the common flowers you will see blooming this time of year in Amsterdam.

Tulips: Tulips are Amsterdam’s most famous flower, known for their bold colors like red, yellow, pink, and purple. Their smooth, cup-shaped petals make them one of the most recognizable signs of spring.



Hyacinths: Hyacinths grow in clusters of small flowers and come in soft shades of purple, blue, pink, and white. They are especially loved for their sweet, gentle fragrance.



Daffodils: Daffodils shine in bright yellow and sometimes white, bringing a cheerful feeling to parks and gardens. Their trumpet-shaped centers make them easy to spot.

Pansies: Pansies are small but full of color, often showing deep purples, blues, and yellows with soft, blended patterns. Their petals can look like little painted faces.

Cherry Blossoms: Cherry blossoms bloom in soft pink and white, creating a delicate, cloud-like effect on the trees. When the petals fall, they gently cover the ground like a light blanket.

