



HOLLAND & BELGIUM

BIKE & BARGE

Sail & Cycle from Amsterdam to Bruges with Chris Farrell of MPR News

July 7 - 16, 2026



Dreaming of exploring Europe by boat and bike? Join Minnesota Public Radio's Chris Farrell on a cultural journey from Amsterdam to Bruges. Soak in stunning landscapes, world-class art, and delicious cuisine, with the option to bike through charming villages at your own pace. Whether you're cycling or relaxing aboard the luxurious barge with a good book and a Dutch beer, our custom MPR journey is designed for all abilities—an unforgettable blend of culture, comfort, and adventure. Reserve your spot today!



TRIP AT A GLANCE

2 Nights – Amsterdam

7 Nights – Aboard the *MS Magnifique II* barge



JOURNEY HIGHLIGHTS

Guided Rijksmuseum visit highlighting the works of Dutch masters ◇ Tickets to the Van Gogh Museum ◇ Exploring the vibrant city of Antwerp with a special meal ◇ Visiting the UNESCO World Heritage sites of Kinderdijk and Bruges ◇ Learning how the Dutch have successfully pushed back the sea ◇ Enjoying locally crafted beer, mussels and cheese ◇ Numerous opportunities to bike the scenic Dutch countryside

IT'S INCLUDED

- With MPR host, Chris Farrell
- Two of Chris Farrell's books, *Unretirement* and *Purpose and a Paycheck*
- With expert local hand-selected Dutch guides
- Seven nights of relaxation and fun aboard the 1st class *MS Magnifique II*
- Two pre-cruise nights at a centrally located 4-star hotel in central Amsterdam
- Multi-course dining on shore and aboard the *MS Magnifique II*
- Fascinating excursions to towns, museums, markets, castles and gardens
- A private tour of the Rijksmuseum, highlighting works by Rembrandt, Vermeer and Hals
- Gratuities for local guides and drivers (ship crew not included)
- Activities and entrance fees for all items as listed in itinerary
- Choice of e-bike or touring bike both include a helmet, water bottle, lock and waterproof pannier bag

TRIP DETAILS

10 Days / 9 Nights (not including air travel)

From \$6,995 per person (see the last page for details)

Trip begins: July 7, 2026 at in Amsterdam

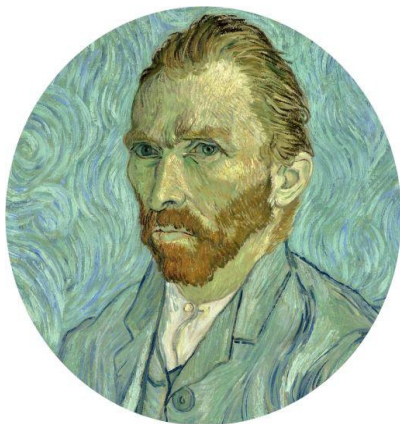
Trip ends: July 16, 2026 after breakfast in Bruges





Enjoy two pre-cruise nights in historic Amsterdam!

Welcome to Amsterdam!



DAY 0: Depart the U.S. for Amsterdam

Remember, you must depart the U.S. no later than July 6 in order to arrive by July 7.

DAY 1: Tuesday, July 7 – Arrive in Amsterdam

Arrive in Amsterdam and transfer to your centrally located four-star hotel. Enjoy a stroll through the old town or along the historic canals before meeting your Earthbound Expeditions guide and fellow travelers for an orientation and welcome dinner. *Sleep in the heart of Amsterdam (D)*

DAY 2: Wednesday, July 8 – The Dutch Golden Age

After breakfast, discover the hidden and historic sights of this fascinating city. Enjoy a private tour of the Rijksmuseum and see Rembrandt's famous *Night Watch*. You'll also have tickets to explore the Van Gogh Museum this afternoon independently.

If you wish to visit the Anne Frank House, this museum must be booked many months in advance and tickets are almost impossible to obtain. Classical music lovers may wish to see if there are performances at the world renowned, Royal Concertgebouw concert hall. There is free time this afternoon to pursue your interests. *Sleep in the heart of Amsterdam (B)*



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

Tel: 206.842.9775

www.EarthboundExpeditions.com



View of the Night Watch, by Rembrandt, 1642

“God created the world, but the Dutch created the Netherlands.”
Old Dutch Saying

DAY 3: Thursday, July 9 – Embarkation and on to Vianen

Enjoy a fascinating walking tour of old Amsterdam this morning. In the afternoon board the *MS Magnifique II*. Welcome drinks and dinner will be served on board. After dinner, you will have the opportunity to take a short cruise through the surrounding area. *Sleep on board (B, D)*

DAY 4: Friday, July 10 – Vianen to Schoonhoven to Kinderdijk to Dordrecht

Today you may choose to stay on board and relax or, cycle along a beautiful route to Schoonhoven – nicknamed Zilverstad (Silver City) – a city renowned for its talented silver smiths since the 17th century. Later in the day as you cycle through the Alblasserwaard region you will reach Kinderdijk, a village famous for its impressive row of 19 large windmills. All 19 windmills have a UNESCO cultural heritage listing and are a definite highlight – you will have the opportunity to visit one so don’t forget to bring your camera! From nearby Alblasserdam you will take the “Waterbus”, a fast ferry, that will take you and your bicycle in approx. 10 minutes to Dordrecht, one of the oldest towns in Holland. *Sleep on board (B, L, D)*



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

Tel: 206.842.9775

www.EarthboundExpeditions.com



Day 5: Saturday, July 11 – Dordrecht to Willemstad to Bergen op Zoom: As you enjoy your breakfast aboard the ship, the ship will sail to Willemstad where you will start your day's cycling. Willemstad is a beautiful old, fortified town on the Haringvliet waterway. Your bicycle ride goes to Tholen, which was once an island in the middle of the large Zeeland streams, where many people fished for their living. Nowadays Tholen is connected to the mainland in various ways.

Then you continue to today's final destination, Bergen op Zoom. Bergen op Zoom is a historic fortified town that once lay on the open waters of the Oosterschelde. After dinner you can take a walk through the old town. The narrow streets, old town, market and church squares and idiosyncratic monumental buildings show the history of a rich and eventful past that goes back more than eight hundred years. Bike ride options: 26 or 31 miles *Sleep on board (B, L, D)*

DAY 6: Sunday, July 12 – Bergen op Zoom to Kreekrak Lock to Antwerp

In the morning you will enjoy a small bike ride through the beautiful "Wouwse Plantage" surrounding Bergen op Zoom. In the early afternoon you will once again board the ship which will sail to the port city of Antwerp, situated on the river Schelde. Antwerp is famous for handling up to 80% of the world's rough diamonds and is a city with a long list of attractions including: the City Hall, one of several majestic buildings constructed during the Renaissance period, the historic City Square Grote Market, the Onze-Lieve-Vrouwe Cathedral and the medieval Steen Castle. A special group dinner will be in town tonight at t'Hofke restaurant. Bike ride options: 13 or 21 miles. You may choose to stay on board and relax. *Sleep on board (B, L, D)*



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.
P.O. Box 11305, Bainbridge Island, WA 98110 USA
Tel: 206.842.9775
www.EarthboundExpeditions.com



DAY 7: Monday, July 13 – Antwerp to Temse to St. Amands

This morning you will cycle out of Antwerp along a picturesque section of the Schelde River to St. Amands your home for the night. There is only one way to describe the landscape around the Schelde and that is magnificent. It is without doubt one of the natural highlights of the tour. Bike ride options: 21 or 31 miles

Sleep on board (B, L, D)

DAY 8: Tuesday, July 14 – St. Amands to Dendermonde to Ghent

Today you will continue to follow the river Schelde to Ghent where the ship will moor for the night at a lock in a suburb of town. Ghent is a lively university city that boasts a rich history. Since Roman times Ghent's position at the junction of Leie and Schelde Rivers has ensured that it has been a successful trading port. In total the city features an Opera House, 18 museums, more than 100 churches and over 400 historical buildings. Major attractions are St. Bavo Cathedral where a number of masterpieces of medieval art including the world famous *Adoration of the Mystic Lamb* by Jan van Eyck are kept and the 91-metre-tall belfry of Ghent, one of three medieval towers that overlook the old city center. Before dinner a small canal boat will take you for a guided tour through the historic city. Bike ride option: 32 miles *Sleep on board (B, L, D)*





Your trip culminates in the historic city of Bruges!

DAY 9: Wednesday, July 15 – Ghent to Bruges

Today you will cycle from Ghent through the beautiful Flemish countryside of western Flanders to Bruges, widely described as the ‘Venice of the North’ and arguably the most beautiful of all the Flemish cities. Bruges attracts more than two million visitors every year who come to see the picturesque medieval town center of the UNESCO World Heritage-listed historic city and a long list of historic attractions. An outstanding example of a historic medieval settlement, Bruges has managed to maintain its historic fabric as it has evolved over the centuries, with the result that today the city’s original Gothic buildings form an integral part of the town’s identity. While you are here you can visit one of Bruges many museums or simply take in the stunning beauty and culture of this unforgettable city from the comfort of a sidewalk café. Bike ride options: 13 or 28 miles.

Sleep on board (B, L, D)

DAY 10: Thursday, July 16 – Homeward Bound

After breakfast, disembark and transfer to either Amsterdam or Brussels for flights home or enjoy some more time in Europe. Cities such as Paris and London are just a few hours away by high-speed train. Return home with a lifetime of happy memories! (B)



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions
P.O. Box 11305, Bainbridge, ME 04803
Tel: 206.842.9775
www.EarthboundExpeditions.com





Exclusive, First-class Historic Barge: The MS Magnifique II

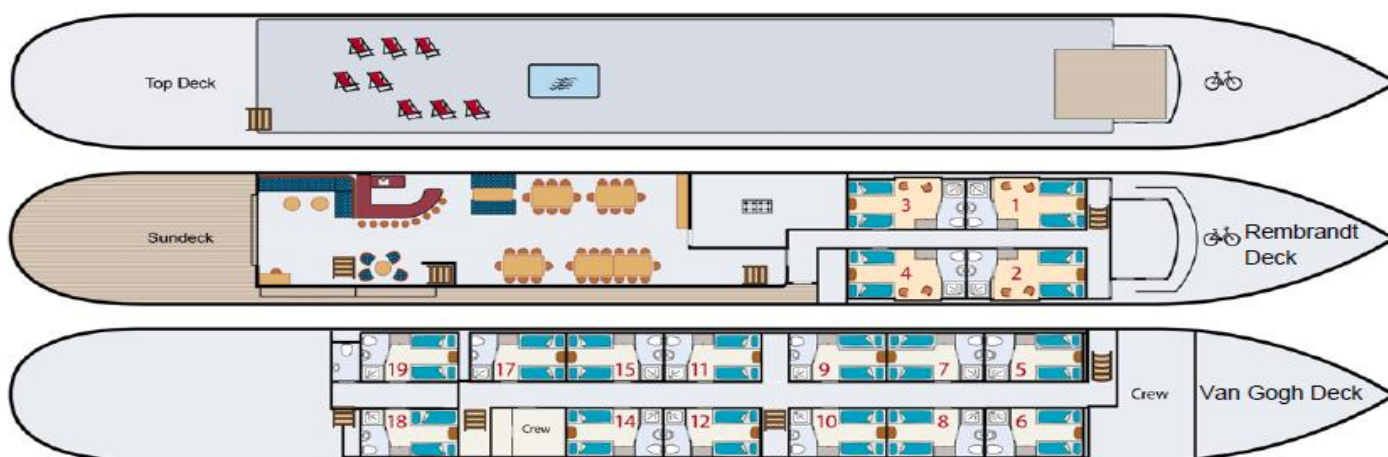
Relax and enjoy! Our first-class ship boasts bright, modern and cheery cabins with emphasis on superior comfort. A tastefully furnished salon and restaurant, a full bar, a gorgeous lounge and wooden sun deck with chairs and tables and hot tub are available, just for you!

	Price Before discounts	Travel Alumni Save an additional \$100
Van Gogh Deck	\$6,995	\$100
Rembrandt Deck	\$7,395	\$100

Single Supplement: \$1,795 all cabins (excluding suites). Single availability is limited.

Savings: Discounts apply for all MPR Travel Club & Earthbound alumni. If you pay your final balance by check, you can save an additional \$100 per person. To qualify there must be a remaining balance of \$3100 per person at time of final payment.

Not Included: Gratuities for ship crew, travel insurance and any items not mentioned in your itinerary. Port taxes, charges, fees are currently \$125 per person and are additional.



View photos of the Magnifique II barge at:

<https://www.flickr.com/photos/boatbiketours/sets/72157685719067514/>



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

Tel: 206.842.9775

www.EarthboundExpeditions.com



Cabins are bright and spacious. Each comes equipped with bathroom and shower.

*Van Gogh deck cabin
(photo left)*



Bar and dining: A great place to relax & commune with fellow travelers



Enjoy wonderful multi-course meals in the elegant dining room



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.
P.O. Box 11305, Bainbridge Island, WA 98110 USA
Tel: 206.842.9775
www.EarthboundExpeditions.com

Meet Your MPR Host



Chris Farrell is a senior economics contributor for MPR News and Marketplace. Chris serves as a columnist for the Minnesota Star Tribune and TPT's Next Avenue, and as host of the "Office Hours" podcast for the Heller-Hurwicz Economics Institute at the University of Minnesota Twin Cities.

Chris broke into journalism after four years working as a merchant seaman in the engine room of several ships, where he made his way through the Panama and Suez canals and docked in ports in the Middle East, Europe, the Far East and the U.S. coasts.

Chris has received numerous awards and accolades including an Overseas Press Club Award, an award from the Medill School of Journalism at Northwestern University. He earned a bachelor's degree from Stanford University and a master's from the London School of Economics. He is the author of five books including "Unretirement" and "Purpose and a Paycheck." Chris has biked in numerous European countries and currently lives in St. Paul, Minnesota.

Know Before You Go...Biking!

- Cycling route distances in the travel program are approximate.
- You may choose to relax on board or, when possible, take a stroll on the toe path.
- E-bike or manual bike and helmet included for the duration of the trip.
- On some days you can choose between a longer and a shorter cycling route. Please note that on the shorter routes you may not be able to visit all the highlights mentioned.
- If you prefer not to cycle on a particular day, you're welcome to stay on board and relax while the ship cruises to the next landing place.
- The tour itinerary and route are subject to possible changes due to nautical, technical or meteorological reasons, or other unforeseen events.
- Detailed cycling maps, route tips and a GPS app are available for guests who wish to cycle individually and at their own pace. The tour guide is always available via cell phone in case of questions, breakdowns or emergencies.



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.
P.O. Box 11305, Bainbridge Island, WA 98110 USA
Tel: 206.842.9775
www.EarthboundExpeditions.com

Know Before You Go!

Reservations and Deposits: A \$1,000 per person deposit is needed to confirm your space on this journey. You can make a credit card deposit online or by phone. Deposits are refundable, minus a \$250 per person cancellation fee, for 30 days from the processing date or 90 days prior to departure, whichever comes first. Deposits made 90 days prior to a trip departing are not refundable. Final payment is also non-refundable, which is why we strongly urge guests to purchase travel insurance.

Not Included: International airline tickets, alcoholic beverages, room service and gratuities for hotel staff, travel insurance, meals not listed in brochure, and any activities or items not listed in your itinerary.

Physical Requirements: It is the responsibility of each guest to be aware of their physical abilities or limitations and to be in sufficient good health to undertake the trip. [Click here](#) to read “Is an Earthbound trip right for you?” or call the Earthbound office for more details.

Travel Insurance: Earthbound Expeditions strongly encourages the purchase of travel insurance coverage. We include information on trip insurance in your deposit information.

Events and Hosted Journeys: If a planned event is cancelled for any reason, another event will be included in its place. This is not cause for refund. Events are subject to change. Also, if a host or special guest is unable to attend as planned, Earthbound Expeditions will do its utmost to find another host who has similar interests, talents, and expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.

Terms & Conditions: [Click here](#) to read the full terms and condition

QUESTIONS & RESERVATIONS

206.842.9775

Info@earthboundexpeditions.com

www.EarthboundExpeditions.com

