



## Experience the Wadden Sea World Heritage in the Netherlands

Whether you visit the endless miles of sandy beaches at Kop van Noord-Holland; marvel at the sights of Friesland, declared as the most beautiful province in the Netherlands; or discover the Groningen Wadden coast characterized by openness, tranquility and space, you're never far from our spectacular nature.

### Day 1: Kop van Noord-Holland

Discover the least known yet most accessible Wadden Island: Wieringen. Despite the fact that Wieringen is now attached to North Holland and Friesland, the former island still has its unusual status well known for its geology, archaeology, nature and culture. Also look out for the Brent goose which is found here in large numbers during the winter and therefore often associated with Wieringen.

The dike near **Den Helder** or around the locks of Den Oever is a good lookout point for the common porpoise as it is more frequently encountered. This smallest member of the whale family can often be espied with the naked eye from here.

### Day 2 + 3 + 4: Islands

Visit the Dutch Wadden islands to be one with ebb and flow, sand and water. There are five such jewels in the north of the Netherlands, a difficult choice. Yet all of them are worth a visit because, to begin with, Schiermonnikoog, Ameland, Terschelling, Vlieland and Texel are quite different from each other in many respects. But they all have fine beaches, and the Wadden Sea along their underbellies is full of wonders.



**Schiermonnikoog** is for most part a national park. Experience here how an island develops when nature is left to take its course. Every time the dunes are different.

**Ameland** is best experienced by bicycle, Travel from West to East along the Wadden Sea dike to nature reserve "Het Oerd" where many roes and rare plants can be found.

The Bosplaat is a nature reserve on West part of **Terschelling** that is periodically totally washed over by the North Sea, creating a unique landscape.

**Vlieland** is the smallest inhabited Wadden Island in the Netherlands. It is the only island where the dunes border the Wadden Sea, without a polder in between. From the Vlieland ferry, large numbers of harbour seals, resting or swimming about, may be spotted.



**Texel** is the largest of all of the Dutch Wadden Islands and is known in particular as a bird island. However, Texel's nature has much more to offer than just birds. Approximately one third of the surface on Texel is nature reserve. Many unusual plants and animals are also found outside of these reserves.

#### Day 5: Friesland



There are numerous ways in which to explore the wondrous world of the Dutch Wadden Sea: on foot with binoculars in hand, on two wheels or from the water.

You can attend a fascinating lecture about the region, or visit one of the many exhibitions which look "behind the scenes" of this World Nature Heritage Site. Mudflats walks are a must if you want to experience the Wadden Sea, you can even book a guided crossing to one of the islands.

Join one of the guided nature tours to discover the huge variety of fauna and flora. Experience the majestic force of the elements — no fear! Guided tours take place every day of the year and often at night as well.



#### Day 6: Lauwersmeer region & Groningen

The Lauwersmeer region is situated where the rivers Lauwers, Hunze and Ee once flowed into the Lauwerszee. The tidal current from the Wadden Sea had practically no obstacles in the way. Marvel at the wet dune vegetation and the enormous richness in birds.

Visit Punt de Reide in the extreme northeast of Groningen. An important resting place for harbour seals is located offshore, where up to 300 animals at a time may be observed. Thanks to a thin hide the seals may be watched without disturbing them.



#### Day 7: Visit across the border

##### ONE Wadden Sea, ONE Global Heritage.

Continue on your journey of Wadden Sea World Heritage experiences with a visit to Germany where you can see for yourself that the Wadden Sea World Heritage is an inseparable ecosystem that knows no borders.

Explore Dollard, Germany: The bird watcher's hut, the 'Kiekkaste', is at Nieuwe Stanzijl on the border with Germany. Nieuwe Stanzijl is a very interesting place, where bicyclists and hikers can cross the border to see the German part of the Dollard.



#### Getting there

##### By public transportation

There are several public transport companies in the Netherlands. More information at <http://9292.nl/en#>

##### Ferry timetable & service

<http://www.visitfriesland.nl/wadden-islands/practical-information/ferry-ti...>

##### Cycling

Cycling in the Netherlands is a major transport mode. The Wadden Islands have more than 300 km real cycle tracks at your disposal or explore the coastal area en route LF10 Wadden Sea Route (Waddenzeeroute).

<http://www.nederlandfietsland.nl/en/long-distance-cycle-routes/nederland...>

#### Useful contacts + websites:

Wadden Sea World Heritage  
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Friesland  
[www.beleeffriesland.nl/waddengebied/d-e-waddenkust](http://www.beleeffriesland.nl/waddengebied/d-e-waddenkust)

Groningen:  
[www.toerisme.groningen.nl/over-groningen/provincie-groningen](http://www.toerisme.groningen.nl/over-groningen/provincie-groningen)

This publication is cofinanced by the Interreg4B-project PROWAD – Protect & Prosper ([www.prowad.org](http://www.prowad.org))

