

**Who is
AMSTER
DAM**

3 DAYS IN AMSTERDAM

BY WHO IS AMSTERDAM

**BYE BYE,
TOURIST TRAPS**

Tips and tricks to
make you tick

**FORGET
TRIPADVISOR**

Curated experiences
by local experts

**EXPERIENCE AMSTERDAM LIKE
YOU LIVE HERE**



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Experiences for everyone



We're sooooo excited you're coming to our city! :)

This 3-day itinerary is our no-BS guide designed to help you experience Amsterdam like a local. Why? Because we believe you're a part of our city, even if you're here for just one day.

This is how it works.

This guide contains [clickable links \(underlined and in red\)](#), so you can book an experience or check things out instantly.

Your time is precious. So we handpicked the most personal, unique and sustainable experiences by Amsterdam's finest independent tour businesses for you. The kind you'll rave about and remember for years. You can book them [directly on our website](#). Join us on an experience. You won't regret it.

See you soon,

ALEXANDRA AND RACHAEL



Day one is all about the Amsterdam essentials. Culture, food, Amsterdam's canals, and a panoramic view of our beautiful city. Need we say more?

9 am - 11 am | Soak up some culture

Kick off your trip with inspiration! Amsterdam is home to some world-renowned museums. Love street art? [Moco Museum](#) is sure to be up your alley. Mad about modern art? [Stedelijk Museum](#) is your cure. Fan of the classics? You'll love the [Rijks Museum](#), where you can find Rembrandt's "Night Watch".

€15.50 - €20 | *Museumplein, 1079 RA Amsterdam*



11.30 am - 1.30 pm | Eat, walk, repeat!

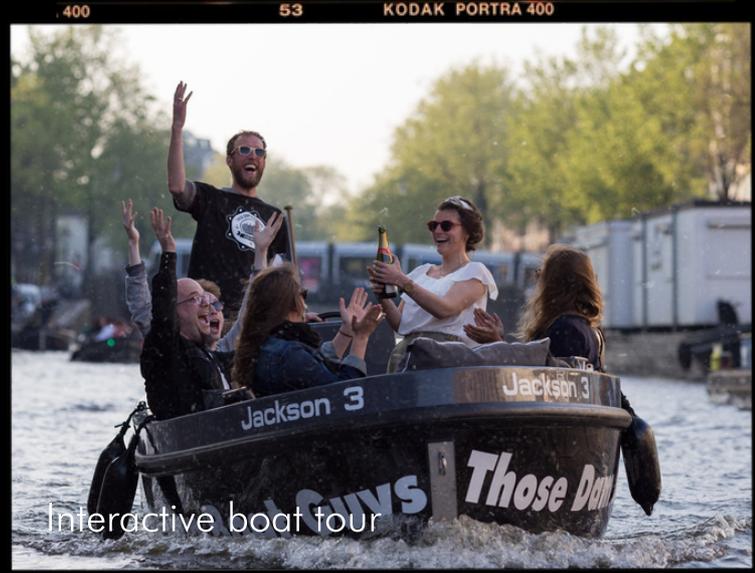
Hate having a bad meal? Wave tourist traps goodbye with this [self-guided Amsterdam food tour](#). Hit up 6 to 8 family-owned businesses around Europe's biggest market and enjoy delicious local and international dishes. Think the country's best stroopwafels, Suriname's national dish, and authentic Japanese takoyaki balls! The best part? You can do it on your own time and enjoy exclusive tastings and discounts.

€12.50 (food not included). The total food cost is +/- €20.

2 pm - 3 pm Option 1 | A walk in the park

[Vondel Park](#) is like Amsterdam's Central Park. It's huge, green, and there are lots to discover. On sunny days, it's great to visit and escape from the bustling city centre, while staying right in the heart of the city. Thirsty? Take a break at ['t Blauwe Theehuis](#), the taproom of Amsterdam's first microbrewery.

Vondelpark 5, 1071 AA Amsterdam



2 pm - 3 pm Option 2 | Peek into the forbidden

Learn about the history of sex work, explore Amsterdam's most exclusive strip club, and talk with an ex-sex worker at [BonTon](#). Enjoy delicious drinks at the bar that hosts the strip section. And when you feel the "Dutch courage" sinking in, venture upstairs and explore the private rooms where pleasure is served at night. As it's perched on the 5th floor of a canal house, this experience is not suitable for those with walking difficulties. 18+ only.

€19,50 (online) and €21 (at the door)

Stadhouderskade 64-1, 1072 AD Amsterdam

4 pm - 5.30 pm | Sail the canals of Amsterdam

Forget the big boats! Float on Amsterdam's historic canals with the "pirates" of Amsterdam. Intimate boat rides (max. 10 pax), unscripted, 100% fun. BYOB or get delicious drinks from their headquarters before you board. [Book your tickets early here](#) to avoid disappointment.

€25 (student price) and €29,50 (regular)



6 pm - 7.30 pm | Enjoy an Indonesian feast

Indonesian food is a thing here. And it's good. Real good. [Sampurna](#) is a family-owned restaurant that serves delicious homemade dishes straight from owner Peter's grandma's repertoire. If you're with 1 or more persons, enjoy a "rijsttafel" (rice table) aka Indonesian tapas. Book a table in advance.

€€ - €€€ | *Singel 498, 1017 AX Amsterdam*

8 pm - 10 pm | Entertainment galore

There's no lack of events happening in Amsterdam. If you're a music lover, [Paradiso](#), [Melkweg](#), and [Bitterzoet](#) are great venues for live tunes. Prefer comedy? Laugh away at [Boom Chicago](#), a comedy institution where famous alumni like Jason Sudeikis, Jordan Peele and Seth Meyers got their start.

Various prices and locations in Amsterdam city centre



10.30 pm - late | End with a night cap and a view

End your day with a stunning 360-degree view and delicious beverage at one of the many rooftop bars in Amsterdam. We recommend [W Lounge](#) which is right in the heart of the city. Great tunes, wicked cocktails and an unbeatable view. The perfect way to wrap up day one in Amsterdam.

€€€ | Spuistraat 172, 1012 VT Amsterdam

" WANNA PARTY ON? AMSTERDAM IS HOME TO LOTS OF GREAT CLUBS! "

- [De School](#)
- [Radion](#)
- [Club NYX \(LGBTQ+ -friendly\)](#)
- [OT301](#)
- [Club Air](#)





Day two means one thing. Time to go beyond the surface and get to know the soul of Amsterdam. End with a visit to an iconic district and see it through the eyes of a local.

9.30 am - 11.30 am | Explore the Jordaan

The Jordaan neighbourhood is the most popular neighbourhood in the Netherlands. Why? It's quirky, yet intimate, complete with an air of nostalgia. Narrow and picturesque houses and canals where you can go snappy-happy. And wonderfully local shops and cafes to rest your feet like [Cafe 't Smalle](#) and [Cafe Monumentje](#).

€€ | *Egelantiersgracht 12 and Westerstraat 120*



11.45 am - 12.45 pm | Enjoy a delicious lunch

Enjoy a delicious Scandinavian-Dutch lunch at [Kessens](#), a modern lunch room by Casper and Anna. Everything's homemade with love. The menu pays tribute to Casper's Dutch and Anna's Swedish roots. And they serve all-day breakfast, too.

€€ | *Rozengracht 24, 1016 NC Amsterdam*

1 pm - 5 pm | Get to know the real Amsterdam

Join what many have called "their best travel experience". The award-winning [Who is Amsterdam experience](#) takes you on an unforgettable city walk where you dive into topics Amsterdam is famous for -- not through facts and figures -- but through personal stories of locals who embody them. Think a sex worker, Amsterdam's Flower Bike Man, and more. You'll even get to meet two of them. It's like Humans of Amsterdam wrapped up in an experience. Don't miss this.

€79 per person *(includes an apple pie and 2 drinks)*



Cafe 't Aepjen



Sexy Loo

5.30 pm - 7 pm | Experience the Red Light District

It's not all sex, drugs, and rock and roll. The Red Light District is Amsterdam's oldest neighbourhood with some amazing monuments and historic bars. After joining a Who is Amsterdam experience, you'll understand how this district works and what it means to locals. So go there with an open mind. Enjoy a drink at one of Amsterdam's oldest bars [Cafe't Aepjen](#) and visit the [Sexy Loo](#) for an unconventional toilet experience.

Cafe't Aepjen - Zeedijk 1

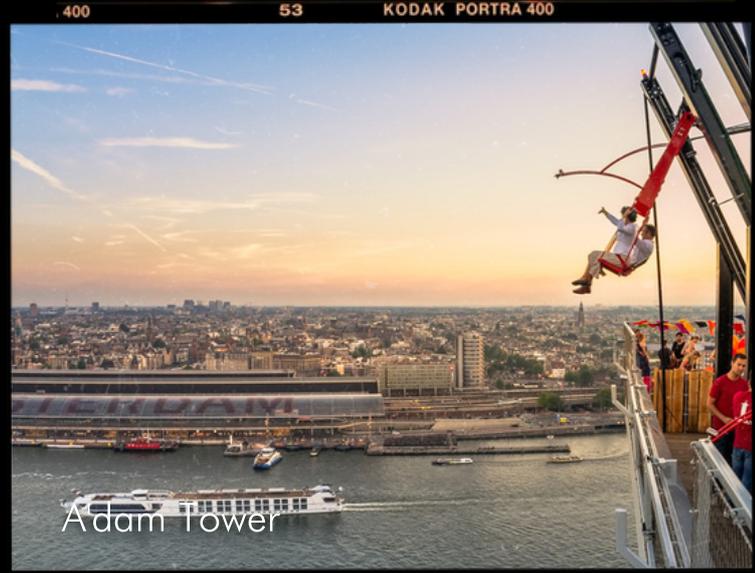
Sexy Loo - Oudezijds Achterburgwal 86

Let's talk about the Red Light District.

Not sure if it's up your alley? We get it. It doesn't have the best reputation, and it can be intimidating. But we say, go for it.

[Watch this video](#) to find out the dos and don'ts before you go!

We recommend visiting earlier in the day to avoid the crowds.



7 pm - 8 pm | Appetising Asian flavours

Chinatown is just one street away, so there's no lack of great Asian restaurants around the Red Light District. [Nam Kee](#) serves delicious Cantonese cuisine. [Bird Thai](#) restaurant is one of Amsterdam's best. [Sichuan](#) is known for its fiery and drool-worthy Sichuan food. [Ramen Kingdom](#) is a tiny ramen joint that serves what we believe is Amsterdam's best ramen.

Various locations around the Red Light District

8.30 pm - 10 pm | Hit up the A'dam Tower

Just a few minutes away by a (free) ferry ride is the [A'dam Tower](#). End your day with a thrilling ride on Europe's highest swing! If that's not your jam, check out the A'DAM LOOKOUT observation deck and learn about Amsterdam's history and culture. If a delicious drink and a view are all you crave, you can get a drink at the stunning rooftop bar. When all is said and done, party on into the night at [Shelter](#).

Overhoeksplein 1 and Overhoeksplein 3

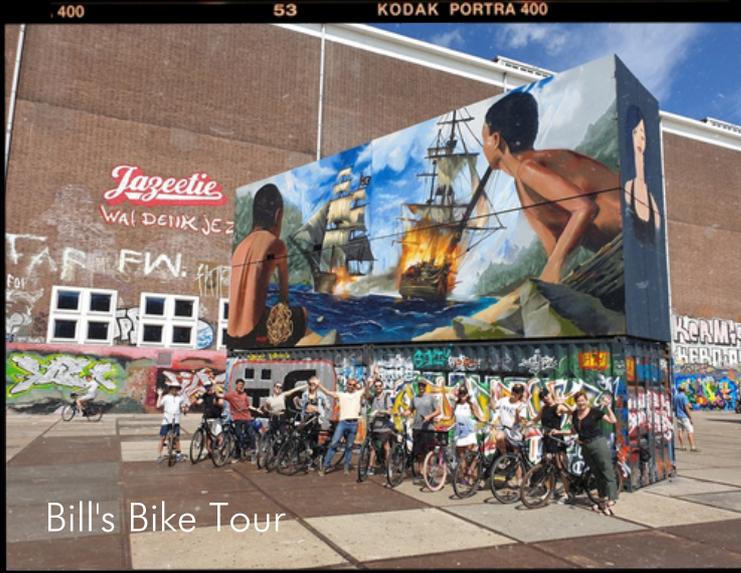


Day three. So you've seen the city. What's next? Go beyond and experience the Dutch countryside. End your journey west-side and with Dutch "gezelligheid".

9 am - 2 pm Option 1 | Take a walk on the countryside

Escape the city and [explore the Dutch countryside](#)! Experience working windmills, see how cheese and clogs are made, and explore a cosy fishing village. Between March to May, [join a small-group tulip tour](#) to experience millions of flowers and tulips in full-bloom. Max. 6 people. Book your spots in advance.

Price: €109 - €129 per person (all-inclusive)



10 am - 1 pm Option 2 | Take a ride in the city

If the countryside tour is not available, hop on and ride around Amsterdam! [This 3-hour bike tour](#) takes you to Amsterdam NDSM, a former shipyard transformed into a street art haven, a windmill in the heart of the city, and other local hotspots. The minimum age to join is 12. Book early to secure your spot.

€48 per person (all-inclusive)

2.30 pm - 3.30 pm | Shop and snack

If you want to do some last-minute shopping, Haarlemmerstraat has tons of cool local brands. For lunch, there's delicious wraps from the [Lebanese Sajeria](#), funky sandwiches (amongst other cool stuff like awesome Amsterdam souvenirs) from [Mister Mokum](#), and many more. For something sweet, get a tartlette from [Petit Gateau](#) together with a coffee from [Toki](#).

Various locations on Haarlemmerstraat



4 pm - 5 pm | Immerse yourself in art

See art come to life at Amsterdam's latest immersive art experience, [Fabrique des Lumiere](#). Brought to you by the highly acclaimed 'Atelier des Lumières' in Paris, the Fabrique des Lumières uses cutting-edge, unique technology to create immersive exhibitions devoted to some of the most celebrated figures in art history. The last time slot is at 4 pm.

*Starting from €11. Free for kids under 5.
Pazzanistraat 37, 1014 DB Amsterdam*

5 pm - 6.30 pm | Walk and wine

Westerpark is a local favourite. It's spacious, yet intimate, green, and always buzzing with hopping hotspots where you can enjoy a meal, a drink and more. There's even a cinema! We recommend taking a walk to enjoy the lush nature. When it's time to take a seat, check out [Brouwerij Troost](#) for delicious craft beers or [Westergasterras](#) for cocktails with a scenic view.

Pazzanistraat 25-27 and Klonneplein4 - 6



6.30 pm - 8 pm | A world of flavours

Hungry? There's a mind-boggling selection of great restaurants at Westerpark. [Rainarai](#) serves delicious Algerian flavours with a cosy interior. [Mossel and Gin](#) has, well, an exciting variety of mussels, G & T's and other fish dishes. [Ton Ton Club](#) is part arcade, part Japanese-fusion restaurant where you can eat and play. Go to [Bar Kantoor](#) for a meat-free and sustainable menu.

€€ - €€€ | *Various locations around Westerpark*

8.30 pm - late | End with "gezelligheid"

For your last evening, end your trip with a night to remember. The most important ingredient? Dutch "gezelligheid". There's no direct translation, but the closest word is cosiness. Go to a brown cafe, rub shoulders and banter with locals, and soak up the cosiness. There's the legendary [Cafe Papeneiland](#), the popular [Cafe Hoppe](#), and the cosy [Cafe de Dokter](#).

Various locations around the city centre



Brews & Tales Amsterdam Craft Beer Tours

We believe you're a part of our city, even if you're here for one day. So here are our favourite tours categorized by theme to give you the Amsterdam experience.

FOOD AND DRINKS

For people who hate tours and want more than Heineken

Amsterdam Craft Beer Tours

This 3,5-hour experience is a deep dive into the drinking culture of Amsterdam. Enjoy a delicious curated selection of 6 local craft beers, 3 snacks, and Amsterdam tidbits at 4 "godfather" drinking establishments in the city centre. This sophisticated pub crawl promises to be your happiest and hoppiest hours yet!

Private tours are available.

€99 (all-inclusive). Max. 8 persons.



Guided Street Food Tour



Self-guided food tour

For foodies who love to connect or fly solo

[Guided Street Food Tour](#)

Feast on a delicious spread of traditional Dutch, Surinamese and Indonesian dishes from 8 to 9 locations in buzzing De Pijp neighbourhood. Discover the stories of Amsterdam's food culture and the folks behind them. It's an intimate travel experience with good food, people, stories, and meaningful conversations. Book your spots [here](#). If you'd prefer a private tour, [click here](#) to inquire.

€95 (all-inclusive). Max. 8 persons.

[Self-Guided Amsterdam Foodie Tour](#)

Love exploring on your own time? This self-guided food tour takes you to 6 to 8 stops to taste Amsterdam's best traditional Dutch, ethnic and international street foods. Get exclusive discounts and tastings, learn about our local food heroes, and eat, walk, repeat!

€12.50 (food not included). Total food cost is +/- €20.



Who is Amsterdam Walking Tour

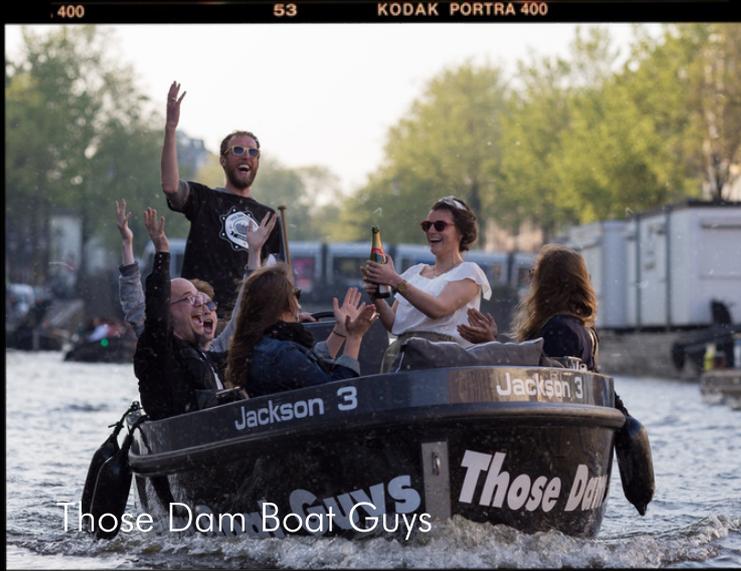
CULTURE

For travellers who want to know the soul of Amsterdam

[Who is Amsterdam Walking Tour](#)

Don't miss what many travellers have called "their best travel experience". This 4-hour walking tour is designed to connect you to Amsterdam in an immersive and personal way - through its people. Dive into Amsterdam's hottest topics through the stories of those who live them. A coffeeshop owner, sex worker, Amsterdam's Flower Bike Man, etc. You'll even get to meet two of them! Mid-way, enjoy an apple pie break at a legendary 200-year-old cafe. At the end, you'll walk away feeling truly like a part of Amsterdam. [Private tours](#) are also available.

€79 (includes 2 drinks and an apple pie). Max. 8 persons.



BOAT TOURS

For everyone who hates standard boat tours

Interactive Boat Tour

This 90-minute canal cruise is hands-down the most fun boat tour in Amsterdam. It's interactive, unscripted, and the captains are a hoot! BYOB or get delicious drinks from their headquarters before you board. [Book your tickets early](#) to avoid disappointment. P.S. They also run [private tours](#).

Starts from €25. Max. 8 persons.

For couples that want to immerse themselves in romance

Romantic Tour

Looking to surprise your partner? Look no further. Imagine floating down Amsterdam's historic canals with your loved one. A storyteller shares tales of love in Amsterdam. And you hear

the sound of water and beautiful love songs playing softly in the background. Thousands of couples have joined and loved this top-rated experience. You can book a [daytime](#) or [evening experience](#). Enjoy complimentary bubbles and snacks, and be inspired by the beauty of Amsterdam.

Starts from €198. Available in multiple languages.

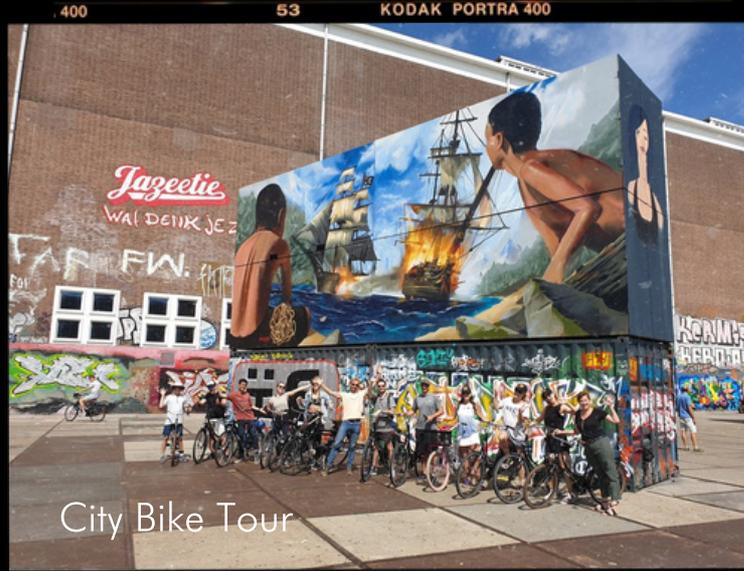


For groups that want to float in style

Private Luxury Cruise

Celebrating something special? This luxury cruise can tailor anything to the experience you want. A vintage saloon boat takes you on a comfortable cruise through Amsterdam. Enjoy delicious drinks, a buffet, or even a multi-course meal. Anything is possible.

Starts from €490 (2-hour cruise). Up to 25 persons.



BIKE TOUR

For thrill-seekers who want to ride like locals

City Bike Tour

Discover a windmill, amazing street art, and more! This 3-hour bike tour is a breezy ride, and a great way to learn about Dutch culture and Amsterdam. Private tours are also available.

€48 (all-inclusive). Max. 10 persons. Min. age is 12.

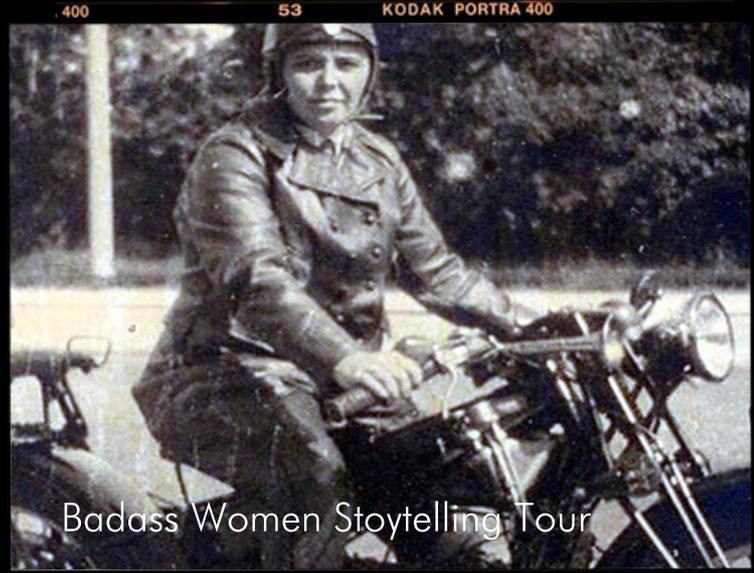
BACK TO NATURE

For adventurers who want to walk on the wild side

Countryside Tour

Explore working windmills, Dutch dunes, and a quaint fishing village on this small-group 4-hour tour. Experience how clogs and cheese are made and learn about the Dutch countryside. They also run private tours.

€109 (all-inclusive). Max. 6 persons.



Tulip Tour (end-March to early May)

Wanna see millions of tulips and flowers pop open in full bloom? For just a few weeks a year, you can! This small-group 4,5-hour tulip tour takes you to places where big buses can't enter. Visit tulip fields and farm, and learn about all things tulips. Includes a slice of apple pie and a coffee or tea. Private tours are available too.

€129 (all-inclusive). Max. 6 persons.

HISTORY TOURS

For those who celebrate femininity and diversity

Badass Women History Storytelling Tour

This compact tour shares stories of badass women who fought, wrote, calculated, and led to chart their course through Amsterdam's chaotic and complicated past.

€30. Max. 10 persons. Min. age is 10.



LGBT+ History Storytelling Tour

Did you know Amsterdam was the first city in the world that legalized same-sex marriage, but our LGBT+ history stretches way back to medieval times? During this 2-hour storytelling walk, history comes to life through fascinating stories of LGBT+ people who left their mark on Amsterdam. Visit the places that matter. Hear their stories and get ready to be inspired.

€30. Max. 10 persons. Min. age is 10.

Plantage Storytelling Tour

Stroll through the spacious Plantage neighborhood to hear the untold stories of Amsterdam's hidden history. This 2-hour experience gives you a nice cross-section of the city's BIPOC, LGBT+, Jewish and women's history.

€30. Max. 10 persons. Min. age is 10.

Want a private history storytelling tour that combines topics you're interested in? [Click here](#) to inquire and book.



Historical Treasure Hunt

HISTORICAL TREASURE HUNTS

For escape room and history lovers

[The Mystery of A Secret Sender \(City Centre\)](#)

(Re)discover attractions and lesser-known corners in central Amsterdam while solving a real mystery from Amsterdam's Golden Age. Follow the treasure map to visit five different locations, solve puzzles, and unlock a series of locks to uncover The Mystery of A Secret Sender.

Starts from €15. Min. 2 players.

[Operation 45 \(Old Jewish District\)](#)

On May 10, 1940, the Netherlands was invaded by the Nazis. A secret mission was undertaken to prevent the city's priceless cache of industrial diamonds from falling into Nazi hands. Five years later, Amsterdam celebrates liberation. But you have one final mission: Discover what happened to the diamonds.

Starts from €15. Min. 2 players.