

# HOLLAND AND FRIESLAND

<b>Friesland</b>		Approx time		No. of locks		No. of lifting bridges	
Harlingen	1 hr 15 min	4 hr	1	1	0	0	
Franeker	2 hr 45 min		0				
Leeuwarden	1 hr 30 min	9 hr 45 min	0	1	0	12	
Grau	2 hr 30 min		1				
Sneek	45 min		0				
IJlst	1 hr 45 min		0				
Bolsward	1 hr 30 min		0				
Workum	1 hr 45 min		0				
Heeg	30 min	2 hr 15 min	0	0	0	1	
Woudsend	45 min		0				
Sloten	1 hr		0				
Lemmer			0		0		

		Approx time		No. of locks		No. of lifting bridges	
<b>Hindeloopen-Stavoren (Le Boat)</b>		2 hr 30 min	3 hr 30 min	0	0	0	1
Heeg	1 hr	0					
IJlst				0		1	

		Approx time		No. of locks		No. of lifting bridges	
Sneek	1 hr 45 min	3 hr	0	0	0	1	
Spannenburg	1 hr 15 min		0				
Lemmer							

<b>Flevoland</b>		Approx time		No. of locks		No. of lifting bridges	
Lemmer	2 hr 45 min	10 hr 30 min	2	6	1	2	
Emmeloord	30 min		0				
Start of Luttelgeestervaart	1 hr 30 min		1				
Vollenhove	1 hr		1				
Vogeleiland	4 hr 45 min	5 hr 30 min	2	1	0	2	
Elburg	2 hr 30 min		0				
Harderwijk	3 hr		1				
Spakenburg			1				

		Approx time		No. of locks		No. of lifting bridges	
Spannenburg	3 hr 45 min	6 hr	1	1	6	8	
Ossenzijl	1 hr 30 min		0				
Steenwijk	45 min		0				
Giethoorn	2 hr 30 min	4 hr 30 min	2	3	4	4	
Vollenhove	1 hr 30 min		1				
Start of Luttelgeestervaart	30 min		0				
Luttelegeest					0		

		Approx time		No. of locks		No. of lifting bridges	
Giethoorn	2 hr	3 hr	1	2	1	1	
Zwartsluis	1 hr		1				
Vogeleiland					0		

<b>Utrecht, North &amp; South Holland</b>		Approx time		No. of locks		No. of lifting bridges	
Spakenburg	1 hr 30 min	4 hr	0	2	0	2	
Huizen	2 hr 30 min		2				
Muiden	45 min		0				
Weesp	1 hr 15 min	7 hr	1	1	1	16	
Nigtevecht (via the Vecht)	1 hr 30 min		0				
Loenen	2 hr		0				
Maarssen	1 hr 30 min		0				
Utrecht	5 hr 30 min		0				
Oudewater	2 hr 15 min	7 hr 45 min	3	5	14	18	
Gouda	2 hr 15 min		2				
Alphen a/d Rijn	3 hr	5 hr 15 min	1	1	10	13	
Leiden	2 hr 15 min		0				
Lisse	45 min	9 hr	0	2	2	24	
Hillegom	1 hr		0				
Cruquius	5 hr 15 min		2				
Amsterdam	2 hr 30 min		2				
Ouderkerk	2 hr	4 hr 30 min	2	3	8	15	
<b>Vinkeveen (Le Boat)</b>	2 hr		1				

		Approx time		No. of locks		No. of lifting bridges	
Nigtevecht	2 hr 30 min	5 hr	2	4	1	1	
<b>Vinkeveen (Le Boat)</b>	2 hr 30 min		2				
Maarssen					0		

		Approx time		No. of locks		No. of lifting bridges	
<b>Vinkeveen (via the Rijnkanaal) (Le Boat)</b>		4 hr	7 hr 30 min	1	3	1	8
Amsterdam	3 hr 30 min	2					
Edam	3 hr 15 min	8 hr 30 min	0	2	6	17	
West-Grafdijk	4 hr 15 min		2				
Haarlem	1 hr		0				
Cruquius			0				

		Approx time		No. of locks		No. of lifting bridges	
Muiden		2 hr 15 min	2 hr 15 min	0	0	1	1
Amsterdam							

		Approx time		No. of locks		No. of lifting bridges	
Alphen a/d Rijn	4 hr 45 min	4 hr 45 min	1	1	10	10	
Ouderkerk							

Times and the number of locks and bridges shown here are based on the most direct route between stops, using principle waterways. Other routes may be possible - please consult your onboard waterways map. Times are an approximation only and are calculated on the basis of an average speed of 7.5km/h and an average time of 12 minutes to pass through a lock and 4 minutes to pass a lifting bridge. Your speed, the flow of the water and the time it takes to go through locks and bridges will all affect your progress.

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