



## Ladies program Finn World Masters 2025 Sunday June 15<sup>th</sup> - Friday June 20<sup>th</sup>

### Sunday

14.00 hrs:

Meet up at the regatta center.

A short walk to restaurant “De Zoete Zee” at the beach where we kindly invite you to a

**Meet and greet while having coffee/tea with sweet Dutch specialties.**

Free admission.

This event will give us all a chance to get to know the ladies we do not know yet and catch up with old friends.

19.00 hrs:

**Official Opening of the event.**

### Monday

09.30 hrs:

**Yoga / Qi gong lesson, 30 – 45 minutes**

Location: on the beach (near De Zoete Zee) weather permitting, otherwise in the tent.

13.30 hrs:

Meet up at the regatta center.

**Walk through the historical and maritime parts of Medemblik.**

The weekly market will take place on Monday afternoon as well.

Walking distance approximately 5 km.

### Tuesday

10.00 hrs:

Meet up at the regatta center.

**Trip to Zuiderzee museum Enkhuizen,** by car/carpooling in cars of the participants.

We will park the car next to the pier where we will take the museum ferry to the Zuiderzeemuseum. The museum brings to life the stories of the people who once lived on the shores of the Zuiderzee. See, hear, feel, taste and smell daily life around the Zuiderzee as it was before The Afsluitdijk, in 1932, transformed the former inland sea into what we now know as the IJsselmeer.

After visiting the museum you can choose to walk around the fortress or walk around town where you will also find nice shops and restaurants. After lunch in town (own cost) with taxi ferry, near the train station, back to the cars.



Admission museum €21 (free with museumjaarkaart), parkingcost €7.

Return to Medemblik around 15.30/16.00.

When the sailors are back: **Code 0 Happy Hour** at Medemblik's most famous pub:  
Café Brakeboer.

## Wednesday

09.30 hrs:

**Yoga / Qi gong lesson, 30 – 45 minutes.**

Location: on the beach (near De Zoete Zee) weather permitting, otherwise in the tent

13.30 hrs:

Meet up at the regatta center.

**A spectators boat will follow the regatta on the water.**

18.00 – 21.00 hrs:

**Finn Foodtruck Festival.**

## Thursday

10.00 hrs:

Meet up at the regatta center.

**Schermer mills at Schermerhorn, visit and lunch De Rijk, cheesefarm Willig at Katwoude.**

A day tour by car/carpooling in cars of the participants.

We will drive through a country side of reclaimed land and visit the Schermer mill in Schermerhorn. We will then drive, through little villages, to De Rijk. A lovely old little village where we will walk around and have lunch all together.

After lunch, on the way home, we will visit cheese farm Willig and enjoy presentations.

Around 16.15/16.30 hrs we will be back at Medemblik.

The price for this outing (including admission for the Mill and lunch) will be €30,00 pp.

## Friday

09.30 hrs:

**Yoga / Qi gong lesson, 30 – 45 minutes.**

Location: on the beach (near De Zoete Zee) weather permitting, otherwise in the tent.



10.30 hrs:

Meet up at the regatta center.

**Visit to The Waddengarden - Den Oever, Wadden viewpoint.**

We will drive by car/carpooling in cars of the participants to Waddengarden Oosterland for a guided visit. We will then drive to the Waddenviewpoint at Den Oever. Here we will be able to see the Waddenislands, the “Afsluitdijk” and a special lookout over the whole area which is on the Unesco list.

We will have lunch at restaurant Basalt after which we drive back to Medemblik (we make sure to be back in good time for the closing ceremony).

?????hrs:

**Closing ceremony.**

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Link to app group Ladies Program:

