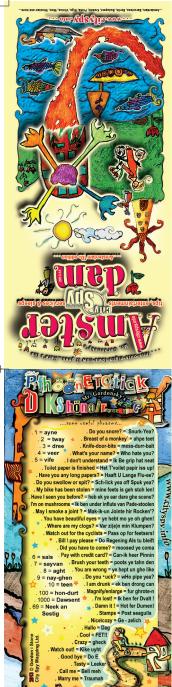


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 transition bongs & poimsii makes the distinction group between bar which big fat Fredby 3's & bar which big fat Fredby 3's & bar which 24/7 is not this cities middle vites you to join in the sipping of arm beverages. a Koffieshop or alons de thé/_____so Varm beverages, a constant of the symbol on you can eat at Croissanterie Jennifer. Hekelveld 3 (G2)

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Any of you get a SWEET TOOTH

beautiful neighborhood in the world visit the 'Hoffe'=courtvards. (if u ee an open gate, go on in!) try e an open gate, go on in!) try urthuizerstraat 131.(E1)...!! OW !! This area is where the wkers who built this city during e 'golden age' 1585-1672 ved= slums'... streets are named fter FLOWERS..it is really hionable but not posh.... you can shop all day & never see the same em twice, many cafes & street bars.. a creative nest of enterprises. healthfoods Bolhoed café deli airy, artistic atmos... Light seasonal unches & meal offers... So fresh it's still sprouting ... Rye rolls on goat cheese, salads tofu, nuts, mushrooms & olive, oils... daily soup & pasta specials... seaweed curry.. Great Hummus. Hot- Cold choco & squeezed juice, houseboats & canal side seating unique & delightful place to be...pop with punkers.. both young & old'er.. you the district full of small independent stores, public houses & some of the finest restaurants. Most shops open at 11 A.M. in CIVILISATION ... at's where a when A'dam's like to be 'seen DAPPERSTRAAT (L5).. that's where the A'dam's go for the quality & normal prices. ALBERT CUYP (F6) 8 most diverse, what are you after?... WATERLOOPLEIN** (H4) daily- for clothes & mix new stuff, junk, fries & herring & on Saturday the (**= hit pricey) flea arket... BLOEMEN MARKT (F4) 'Bio' farmers stalls.... DBP Haarlemmerstraat 146 (G1) a true 'thrift' homeless project shop.. If you desire to purchase something & you did not find it in A'dam ...Then it probably doesn't exist vet...! You may also pick the deal of a lifetime on many differen tems you didn't know yet existed around the Red light district :-) Pollinator inventors of the 12.00-18.00 v.pollinator.nl Sat: from 13.30 ts, shirts & Inllinnn'ell Had cuppa' tea relax for a while. C

Couches. selection of reading, comics zines / grow history'... The lady owner i







landed dork on 2 wheels ! MUSEUM VAN LOONww.museumvanloon.nl Take a peep into the living rooms of the nast Keizersgracht 672 (E4) REMBRANDTHUIS worked in this house from 1639 than the average guy could eve museum.. it's a good one .. very mod..Keizersgracht 609 (F4) Twilight ...you have to stop by, Europe's first concept store completely dedicated to hemp, stylish clothing, complete new wardrobe, cosmetics & is home of the Tours irban Eco fashinn lahel 'Hondl amh' & enetics, cool street wear & smokers ccessories.. they got the 'Hemp' Works' 5 mins from Central Station the UNDERGROUND is DE SLANG - 'the Snake house' www.deslang.nl - garage gallery & inspire venue. Spui str 199. oppose'it the Vrankrijk keep your head together on the roads in town. Some A'dam's bar some evenings...By Dam sq, cyclist's are traveling very quickly PLANTAGE DOKZAAL & those tram's will kill you, like stoned dead !! A nice one www.plantagedok.nl - for a bit more culture, workshops & is to catch the A'dam north ferry 'the Ijveer', from behind central station. It's free, you can 'op 't Volkskeuken'= peoples kitcher Plantage Doklaan 8-12 (J4) DE NIEUWE ANITA fietsie'= take the bike, & on to th other side, peddle u around in the bar/shows/cinema/events, company of cows. tulips & 'normal' rederik Hendrikstr 115 (D2) people... for a while . . . relax 'DIY' open info house or Molly Malone's pub-restaur Jodenbreestr 24 behind Waterloo 22 Weight Strain Strai 27 market info place & books. no label designer store. T-shirts & handmade items..(H4) 24 Cous Cous Club Cous Cous Club An Irish nub as should be Alde charm An rish pub as should be. Ulde cherr hospitality great fool, loads of 'caia' !
accents from all over the world. Sport fans have the big screens, most event a shown (GMA). Trad' home cooked food largest profins, freshest ingredient best of meats... presentation : Mon-Sat: 17.00-22.00. Sun: cl Of the key concept here...healthilv ma ood, all steamed all grilled, prepared & served up fast enjoyed slowly very lish 'take your time' local hang ou rink cocktails & good wine... live the e niann in the rinht nlace. trams 3,25 to Sarphatipark DT301 - www.ot301. ulti media place with many & daily happenings.. bars, parties, cinema, workshops Therapy & or Trapeze .. there is dinner (a Volkskeuken = love cook, pay 6E) Tues & Fri & Sun; 19.00-20.30 u have to call on the day at 16.00 tel; 0.20 412

Plantage nice budget hote

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Tel: +31 (0) 20-627 fax: +31 (0) 20-33

ming & noing, huzzin' socal scene

in the Centraal canals - Red light

UN-WRITTEN LAW SAY THAT

RED LIGHTS... for bikes, don't count.. There is no better way to



"blieb-in"-"blieb-out" system, if you will be traveling more than 3 times per will be traveling more than 3 times per day with the trans, bus or metro it's best to get a 24hr ticket. 7.50 €. that is also good for the nightbus. You can get 24 €4 8h bur tickets from the driver GVB Tickets & Info, Stationsplein Centraai. Mon to fri: 07:00-21:00 € Wiend from 08.00..http://en.gvb.ml 'OP 'T FIETSIE'= take the bik

Meeting Point backpa THIS MAY BE THE FRIENDLIEST CITY IN ALL MODERN EUROPE it's not just that everyone is stoned II the time.. If you will try to make leasant eye contact as you move around town you will be pleasantly surprised how many people will ie is 8 bed the biggest is 18, u o acknowledge & say "Hoi" something like that... It's prob "Hoi" or meet a lot of people !! Groups are welcome, it's nice, organised & clean ause.. they don't know y atmos' the big Olde' open 24/7 Ba moino music, pool table, ques

at least on the surface of things

Amsterdam Hotel Authority booking service seasor: 9.00-21.0 season: till 18.0

YOU HAVE TO GET YOUR-SELF A BICYCLE... There are 6 hey not the connections & can fi one anvtime anywhere a place t 3 bike places recommended & each for different reasons... They stay. Last minute up to 70% disco tring hosts husses walking tou all do have 1 thing in common Info tips... Hotel, hostel, boat the bikes are non advertising & therefore u don't look like a just opposite Centraal Station

On Spuistraat 84 (G2) the www.recycledrentals.com Their bikes are of all colors, They offer the cheapest prices but they don't have many, you must be there early or reserve, opens around 9am



'FONDLE' PARK ... www.blonde nother reclaimed swamp... The argest grass patch in the city

. this could only 'happen' here.. tru ne., if vou are in town to buzz & l ndeed..) Lovely place at any time tertained. this is hilarious.. The ry many 'trips' you can take i if the year & surprisingly safe da ry many tips' you can take in the am. this one is pure bazast. Netture you'nd he shadows, the darker side. It have be and the stark side is the darker side. It have be and the stark side is the stark side is some and strange and the stark side is some and the stark side is some and strange and the stark side is some and the stark side is so Dam., this one is pure bazaar., Venture 12 stage actors sung & spoken in strange places... spine tingling PERFORMANCE' dogs, lots of balls being juggled &

struments being played... bee you can also 'do it' by bike or foots n the sun & rain for culture 'Vondel Bunker' IF YOU ARE ON A BIKE, www.schijnheilig.org- an ope source artistic space for events nice underbridge parties ..(C4)

Second Life Music co, 30 LP curo & collecters edition 6 Every day: 13.00 til 18.00 +31(0)6 45 42 634/

Lo's, Sinoles & Cd's calore, Eve genre & style, a great collector
collection. If you have been looking for it then it may well be hear & cheap a ell A harnain hunters has

a new coming through ... U could see the second hours in there. Listening decks Tram 7.10 or 1.2.5 Amsterdamned every night

happy hour 22:30 & 23:30... Korte Leidsedwarsstraat ANSING 2 16.00 - 04.00 16.00 - 04.00 www.amsterdamned.nl ... 2- 4- 1 with this map. !!! Sunday &
Mon' - all night long LADIES Night ... unlimited FREE cocktails after happy hour... Wed beer for 1 euro ALL NIGHT

Every Tues' - live music @ 22:3o... m 70's- 80's, R&B, dance & hip hop from /US- OUS, naw, what & easy to ... Not a big place, long bar & easy to Aldem's come. meet dancing people... A'dam's come here... never say never... 2.50 € for a 34 beer or the "koetje" shot'- Holy cow. tram 1,2,5 - on THE "Leidsenlein"

The city TRANSPORT network A'dams use the OV-Chip-Card, it's a





 Petish, Nihly & BUOM party schells... the staff love the naughty dressing-up & will make your shopping experience 'A' memorable one....Peny Rubber, Leather & Toy's boutigue, accomplish your Biggest Bizarre Fantasy's... HORIZONTAL JOGGING.. ! a slinky stop in seedy street