A JOURNEY OF CULINARY EXPLORATION IN THE WADDEN AREA

Discover the Wadden area's local culinary specialities. Eat what rolls in with the tide. The pioneer plants from the marshland, shellfish washed in with the tide, fish from sustainable Wad fishermen and meat from the nature reserves.

The Wadden area stretches from Den Helder in the Netherlands via Germany to Denmark near the Skallingen peninsula. There is an abundance of life in and around the Wadden Sea. How magical it is to discover and taste these culinary delights at their origin.

The Dutch Wadden area, also called the last wilderness, is the largest nature reserve in the country and spans over three of the northernmost provinces. The Wadden area consists of several areas, each with its own characteristics. Ebb and flow create the dynamics that make the Wadden Sea World Heritage Site so unique. And this applies to the wide selection of natural ingredients as well. The high concentration of saline in the Wadden area's soil intensifies all the flavours, and you can sure taste it! But the people who live and work there also influence the area's flavours. They are proud of their area. The tough life between land and sea requires creativity, and that has led to some innovative culinary delights which are truly cherished.

DAY 1
A TRULY DELICIOUS ISLAND

From Den Helder we will take the 20 minute ferry journey with TESO, Texels Eigen Stoomboot onderneming, to the island of Texel. With its ships TESO contributes to ocean research.

Texel, with its 135 kilometres of bike paths, is a great island to explore by bike. You can even rent an electric bike. Start your journey on the west side of the island and enjoy the very diverse landscape. Be sure to visit the large estate, De Bonte Belevenis.

Whisky is one of the artisan products produced here. Visit De Lepelaar distillery and taste the whisky made from grains that have been smoked on seaweed. Or maybe you prefer one of the special products made from cranberries?

Cycle through the charming village of Den Hoorn, past the little white church, once the beacon for sailors coming from Hoge Berg. Stop for lunch or a scrumptious coffee from Texel's own roaster Novalishoeve. Delicious with their home-made bread.

Visit De Waddel sheep farm. On the oldest part of Texel where sheep are kept in the traditional way according to the seasons. The famous sheep milk cheese, already 500 years a delicious local product, is sold here.

Order a Skuumkoppe and taste the most popular beer from the Texel beer brewery. Ask the brewer and he will gladly give you a tour of the brewery. Or pick your own scrumptious fresh organic strawberries straight from the ground in the 'zelfpluktuin'. Cycle to Oudeschild fishing village and enjoy a real Wadden Plat fruit de mer in 't Pakhuus.

We will drive over the Afsluitdijk to Makkum and spend the night in the Vigilante hotel. Exit at the Afsluitdijk Wadden Center and drive along this beautiful route following the dike and over the parallel road to Makkum.

DAY 2
PLEASURE ALONG THE COAST

In the morning you will leave the hotel and travel to Zwarte Haan via Harlingen. An idyllic little hamlet on the dike. Enjoy the panoramic vista over the Wad and eat lunch in the restaurant of the same name 'De Zwarte Haan'. Every day the chefs use fresh, usually organic, products from the region and Fair Trade products from across the globe. And did you know Zwarte Haan is the middle point of the Dutch Wadden area?

We then drive further via the Wadden coast to Hegebeintum (optional visit), Holwerd and then continue on along the dike to Paesens Moddergat.

Paesens Moddergat! This is an old fishing village in the Frisian sea. You can get a feel of the hard life of the fishermen in 't Fiskershúske museum (optional). Paesens-Moddergat is best known for its marshy areas behind the dike, where you can walk on the Wad without getting your feet muddy. We leave the twin villages and drive on to Anjum to the east of Lauwersmeer where we will enjoy a nice dinner and spend the night in one of the very comfortable rooms at the 'Wad Oars' hotel and restaurant. A cosy spot for a real dining experience enveloped in a quiet, spacious atmosphere. An excellent sample of Northeast Friesland and the Wad.

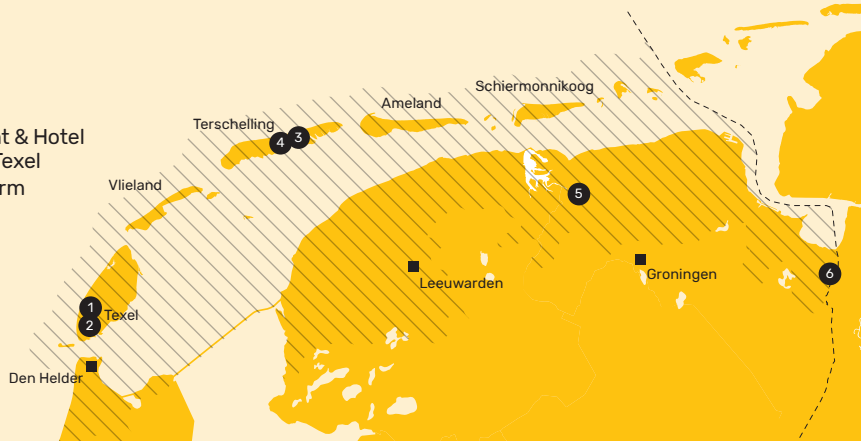
DAY 3
PROVINCE NUMBER THREE, GRONINGEN!

After breakfast we will explore the glorious Lauwersmeer area. A day at Lauwersmeer National Park will make your mouth water. The 'sublime salty treats' fresh from the Wadden- or North Sea in particular are an absolute must. But even if you are not a fan of fish or shellfish, the kitchens around Lauwersmeer National Park are sure to have something to tantalise your taste buds. From a simple snack to several courses. Many businesses try to incorporate local products as much as possible. Dive in and discover the many flavours of Lauwersland!

We will visit 't Ailand in Lauwersoog where you can ride a slikslee (mud sled), fillet fish and see plankton. 't Ailand is run by De Goede Vissers, fishermen with respect for the sea. The fish we eat is caught in a sustainable and responsible manner. The restaurant is also the starting point for many activities around the Wad. Via Houwerzijl we will travel to De Theefabriek where 200 different types of tea are blended, including buckthorn tea. And you can tuck in to a very tasty Grunneger Wadd'n lunch.

We will conclude our tour in the mound village of Eenrum. The Hoogeland is the best mustard area and we will visit Abrahams Mosterdmakerij. The bustling Molenplein in Eenrum is home to one of the few places in the Netherlands where mustard is still made in the traditional way. Visit the factory/ museum and finish with a lovely dinner in the restaurant.

WADDEN
visitwadden.nl

Highlights

1. Bij Jef Restaurant & Hotel
2. Zilt Proefbedrijf Texel
3. Organic sheep farm De Zeekraal
4. Flang in de Pan
5. Theefabriek
6. Graanrepubliek co-op