

Tales from Amsterdam – A typical Sunday

Jan Cheung

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In the Netherlands the life cycle of a weather prediction is mostly short. Last week, it was predicted that we have a shower at Sunday morning and that the sky is clear starting from noon. At Sunday morning in the area of Amsterdam, the sky was temporary dark, but there was no rain.

Many inhabitants of Amsterdam have no garden and the Sunday is a typical day that they will visit the famous Vondelpark at the centre of the town. Like the Central Park in New York, the Vondelpark is a park where you see many inhabitants walking, picnicking, running, cycling, roller skating.

Typical on a Sunday in Amsterdam is that you see many people running alongside the river Amstel.



Together with the cyclists, the rowers and two wind mills, they are the main attractions at the river.



Only just 5km outside the city, in the farmland, you can escape the busy city life to have your marathon training. With the sun shining at 8 degrees Celcius you can pick up adequate vitamin D for the next week.

A typical run is to start in the city, running at the river, crossing the river at the bridge at village Ouderkerk aan de Amstel, running at the other side of the river, reentering the city centre,



crossing the Heineken museum, Rijksmuseum, and doing some laps at the Vondel park. Before you know, you have already crossed half the distance of the Amsterdam Marathon!

After the training session it is noon. For hungry runners, the Star Bucks near the Leiden Square is an option. After the break, you can visit the shops at the centre which are open at Sunday afternoon.