



### Kitesurfing

Between 1 March and 1 November kitesurfing is only allowed in the designated sites. During this period you can kitesurf in the North Sea between kilometre markers 3 and 4, 8,200 and 11,300 and between 17,400 and 19. These sites are shown on the map. The delivery and removal of materials and equipment is also only possible between these kilometre markers. In the winter period from 1 November to 1 March, you can kitesurf anywhere with the exception of the “no kite flying” zones. To the west of the ferry causeway, kite surfing is allowed all year round.



### Kitebuggy, soaring and sand yachting

You are allowed to kite buggy, soar and sand yacht all year round between kilometre markers 3 and 4 and between 8,200 and 11,300 on the North Sea beach. The delivery and removal of materials and equipment is also only possible between these kilometre markers. It is not permitted to practice this sport anywhere else.



### Hospitality closing times

Ameland has a very diverse range of hospitality establishments. Ameland has a very diverse range of catering establishments. The hospitality sector is obliged to close its doors and outdoor cafés at 01.00. A number of pubs and clubs (late-night hospitality) and the discotheques are permitted to let their visitors in up to 01.30 at the latest and are open for these visitors until 04.00 at the latest.



The residents of Ameland very much appreciate you respecting their need for a quiet night's sleep.

### Road speed limits

On the main road between Hollum and Nes the speed limit is mostly 80 kilometres per hour, with the exception of some sections where the limit is 60 km/hr. Please note the roads outside built-up areas where the speed limit is only 50 or 60 km/hr and not the expected 80 km/hr. The speed limit in built-up areas is 30 km/hr. Please note: at places where deer regularly cross the road, you will see wildlife mirrors and warning signs. Please allow for the possibility of deer crossing here and reduce your speed.



### Dogs

To protect our nature and wildlife, your dog is not allowed to run free everywhere. In the woods, dunes, grazing areas, the green beach and the bathing beaches, dogs must always be on a lead. Well-trained dogs are allowed to run free on the other parts of the beach and in the three designated off-lead areas. Please be sure to clear up after your dog. You will find dispensers with dog waste bags at various places.



### Smoking prohibited in woods and nature areas

Smoking is prohibited in woods and nature areas (with the exception of the beach) between 1 May and 14 September. Smoking is prohibited in woods, on the heath, on peat soils and in the dunes. It is also forbidden to drop or leave burning or smouldering objects anywhere in the open air in these areas. This applies for a distance of 30 metres from woodlands and nature areas. Breach of this prohibition is punishable.

### Ticks

Ticks are tiny creatures mostly found in trees, shrubs and dunes. They vary in size from one to a few millimetres. Have you been anywhere where ticks commonly occur? Check your body (and other people's if necessary) for tick bites. Ticks can be infected with the bacteria that cause Lyme disease. It is important to remove the tick or have it removed as soon as possible. If you notice a red, ring-shaped rash appear within a few days, it is advisable to contact your doctor immediately.



If you have any questions or would you like the most up-to-date information on any of the topics in this leaflet, please visit [www.ameland.nl](http://www.ameland.nl) or call +31 (0)519 555 555.



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## Municipal information for guests



## Welcome to Ameland!

Just like you, we want your stay on Ameland to be as pleasant and safe as possible. This leaflet has some tips for you in that respect as well as information on various amenities, facilities and rules. The municipality of Ameland wishes you a pleasant stay.



## Key

Kitesurfing allowed

Kite buggy, sand yachting and soaring allowed

Off-lead area for dogs



?

**White flag with question mark**

A child is missing or a child has lost their parents.



**Yellow flag**

Swimming can be dangerous. Due to strong undercurrents, inexperienced swimmers are advised not to swim.



**Red flag**

Swimming is very dangerous. Due to strong undercurrents, both experienced and inexperienced swimmers are strongly advised not to swim.

## Horse riding

Horse riding is allowed on designated bridle paths. From 1 June to 15 September, horse and pony riding on the beach is allowed between 19:00 and 07:00. Outside this period, you are allowed to ride anywhere on the beach at all times. Please be sure to clear up after your horse on the public road!



## Driving on the beach

No motor vehicles are allowed on the beach. The municipality may grant an exemption in very exceptional cases. This exemption is not granted for private purposes.

## Swimming and bathing

A day at the beach is fun, but bear in mind that the sea is always moving. You should be aware of the dangers of the sea and what to do if you find yourself in a dangerous situation. The current can be treacherous. Read the information in this leaflet and ask the beach lifeguards for more information. We advise you to only go swimming at a supervised bathing beach. Swimming in the sea is at your own risk.



## Beach supervision

In high season, there are lifeguards on the bathing beaches of Hollum, Nes and Buren, and Ballum every day from 10.00 to 18.00. They watch over approximately 500 metres of beach: 250 metres on either side of the lifeguard post. The lifeguards also act as a first aid post. We urge you to always follow the lifeguard's advice and instructions.



## Municipal sign and flag system

The municipality has placed a blue sign at the dune crossing of every lifeguarded beach. This sign explains which activities are and are not allowed on the beach, at all or during specific periods. We advise you to read this information carefully. In addition, the colour of the flag will tell you whether or not it is safe to swim at that time. The key shows what the different flag colours mean.

## Tips and Advice:

- do not go into the sea deeper than hip-height;
- do not swim near or along breakwaters;
- always stay close to your children playing in the sea, so that you can intervene if necessary;
- pay extra attention to your children in muddy parts of the beach; mud can suck like quicksand and children can sink and get into problems as the water rises;
- do not go into the sea with floating objects, such as air beds or other inflatables, rubber boats and balls;

- do not go swimming at low tide. The outgoing water can create strong undercurrents. Be particularly careful during spring tide;
- always be on your guard at high tide. If you are on a sandbank, you can get trapped by the rising water very quickly;
- watch out for rip channels. A rip channel is a dangerous stretch of water between the sandbanks parallel to the beach. The currents here can be dangerously strong. If you get caught in a rip current, or rip tide, you will start to get dragged out to sea. Don't try to swim against the tide, instead:
  - o stay calm and swim sideways (diagonally) away from the current, so that you can reach a sandbank;
  - o attract the attention of anyone on the beach or a lifeguard by shouting for help or waving your arms to clearly indicate that you need help.



## Extreme sports

Kite surfing, kite buggy, soaring, sand yachting and kite flying all fall into the category of extreme sports, where dangerous situations can occur. These sports are allowed in some places on the island, as shown on the map. We urge you not to endanger the safety of other people while practising these sports. Be extra careful if horses or ponies pass; keep your kite high and/or reduce your speed.



## Flying a kite

To prevent potentially dangerous situations, no kites are to be flown within a radius of 1000 meters of the beach entrances. Kite flying is also prohibited in nature conservation and wildlife areas.

