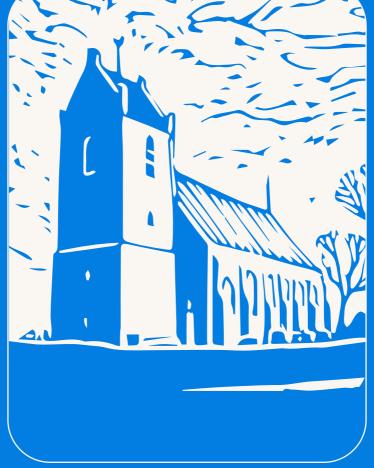
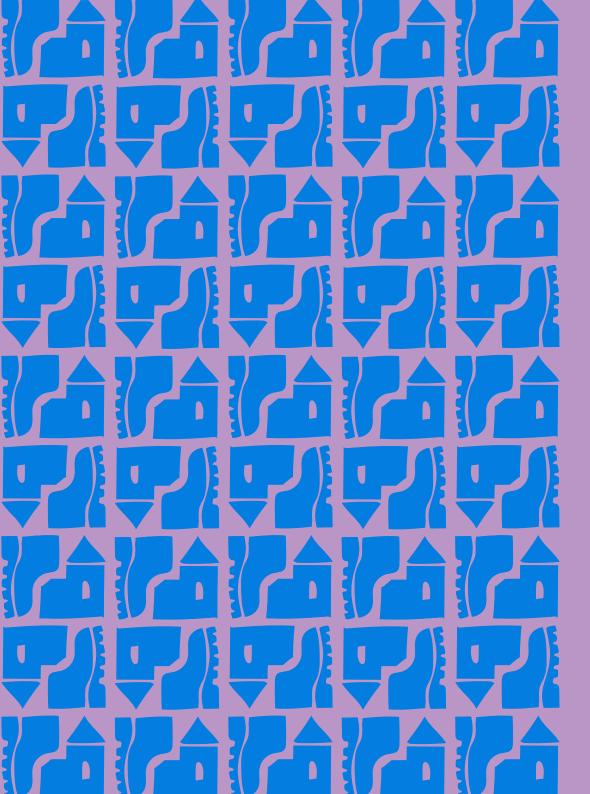


# HET ZILTEPAD



## OOSTRUM HIKING TRAILS





# LANGS DE RUIGE RAND VAN HET NOORDEN

HET ZILTE

LANGS DE PAD VAN HET NOORDEN





SERVICE AREA

## EASTRUM/OOSTRUM

EASTRUM IS A PLACE OF HISTORY. THE DWELLING MOUND WAS RAISED ON AN AEOLIAN SAND HEADLAND IN AN EXPANSIVE SALT-MARSH AREA, AND THERE HAVE BEEN FINDS FROM A SETTLEMENT DATING FROM 2950 TO 2850 BC.

As sea levels rose gradually, sand bars and salt-marsh bars formed with expansive peat areas on clay behind it. Over time, the salty marshes became fresher. Many layers of time and narratives come together in this small, intimate village.

The cobbled streets and alleys run upwards from the edge to the Sint-Nicolaaskerk [Saint Nicholas church]. You hear nothing but the sounds of birds and wind, and they highlight the silence. The view over the fields and pastures is expansive. One of the houses is called Romsicht.

The earliest habitation dates back to farmer colonisers who moved from Hondsrug in Drenthe to the tidal landscape in the north of the Netherlands. The area became permanently inhabited from the sixth century BC. Newcomers raised soil to create a man-made hilltop on top of the sand headland. The location was between two tidal channels, and there were creeks feeding into those channels. They are still visible in the ditch pattern and the plots of arable land; they are also reflected in the gentle undulations of the salt-marsh bars and banks that were sculpted by the sea and its waves over the centuries.

The slight impression of the sea on the landscape can only be experienced when you walk or cycle around Eastrum, because the height differences are often just a few metres. Around Eanjum and Dokkum in particular, but also along the route at le or Tibma, the radial street patterns and the raised areas on the land give away the underlying old soil structure. Houses seek stability near churches that are generally at the centre of the village. They connect the community and serve as orientation points on Het Ziltepad.



## INHOUD

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CIRCULAR WALK

# EASTRUM

21,7 KM

THE SINT-NICOLAASKERK [SAINT NICHOLAS CHURCH] OF EASTRUM COULD COME STRAIGHT FROM A PICTURE BOOK. IT IS LOCATED ON TOP OF THE DWELLING MOUND - A CENTRAL POSITION IN AN OPEN AREA WITH A GRAVEYARD AND SURROUNDED BY A PROTECTIVE RING OF HOUSES.



The east-west orientation, where the three-sided closed choir is in the eastern part and the tower on the west side, is focused on the point where the sun rises. Jews, Greeks, Egyptians, and Chinese considered the east as the place of good, light, warmth, happiness, and joy. The dolmen builders also used the same principle. Christendom took over the custom and gave it a Christian twist.

The characteristic saddle tower of the Saint Nicholas church dates back to the twelfth century; the church itself was built in the fourteenth century to replace an older church. Nicholas of Myra is the patron saint of traders and seafarers. Not surprising that many churches in the Frisian delta are dedicated to Saint Nicholas. The inhabitants of the coastal area could do with his blessing and support. A location so close to the sea brought wealth but danger too. The sea giveth and the sea taketh away...as the saying goes.

## FOR A LONG TIME, THE DOKKUM GRUTDJIP HAD AN OPEN CONNECTION WITH THE SEA.

As of 1596, the Dokkum Admiralty was based in Dokkum; an important base for the navy of the young Republic of the Netherlands. As the Grutdjip silted up, the city quickly lost its importance and the Admiralty moved to Harlingen. In 1729, the Grutdjip was closed at Dokkumer Nieuwezijlen with a lock and dams. This was a tour de force that had never been seen before.





ON THE BANKS OF THE GRUTDJIP,
THE REBELLIOUS FRISIANS FROM
HUMSTERLAND, THESE DAYS PART
OF THE PROVINCE OF GRONINGEN,
MURDERED THE MISSIONARY SAINT
BONIFACE ON 5 JUNE 754.

The ageing archbishop of the
Frisians and prominent church
leader of Europe of those days,
died a martyr's death and was
quickly canonised. A few years
later, the Augustine Canons
founded a chapter near the
martyr's field and the dwelling
mound of Dokkum. The monastery
went to the Norbertines who
expanded it further. Dokkum
became an important destination
for pilgrims as the 'city of miracles'.

THE BONIFATIUS KAPEL ISAINT
BONIFACE CHAPELI WAS
CREATED AT THE INITIATIVE OF
FRIAR TITUS BRANDSMA, WHO
WAS CANONISED IN 2022.
His plan included creating a
procession park in 1926 and
building the chapel eight years
later in view of the national Saint
Boniface commemoration.

THE GROTE OR SINTMARTINUSKERK [SAINT
MARTIN'S CHURCH] OF DOKKUM
WAS RENOVATED FULLY IN 1588 AND
EXPANDED WITH CONSTRUCTION
MATERIAL, SUCH AS LARGE
MEDIEVAL BRICKS FROM THE
DEMOLISHED ABDIJKERK [ABBEY]
CHURCH] OF THE MONASTERY.

In 1298, Dokkum was given city rights after Stavoren, Harlingen, and IJIst. In Dokkum, Fedde Sonnema started his distillery which has meanwhile been moved to Bolsward.



FROM MONASTERY CLAERCAMP
NEAR RINSUMAGEEST, THE
CONVENT ONZE LIEVE VROUWE TEN
DALE COUR LADY IN THE VALEJ WAS
FOUNDED IN NIAWIER IN 1165.

The convent was plundered by Sea Beggars during the night of 13 April 1571.

## 7 MITSELWIER IS ALSO A VILLAGE CONSERVATION AREA.

The artificially raised area on a salt-marsh bar is known in Dutch as a terp, wier or warft. In 1776. a new church was built on the foundations of the medieval predecessor. A commemorative stone was put in the eastern wall to indicate the height of the water during the All Saints' floods in 1570. In the church. there is a commemorative stone with a bust to commemorate the seventeenth-century preacher Balthasar Bekker who was born in Mitselwier in 1634. His abhorrence of superstition was set out in his ground-breaking book 'De betoverde Werelt' ['The bewitched world']. His life motto was 'sien gaet voor horen' [seeing is better than hearing]. His reasoned plea led to the end of the witch hunts.



L CIRCULAR WALK Eastrum

DISTANCE 21.7 km

**START Sint-Nikolaaskerk Eastrum.** 

 $TR \rightarrow Turn right \leftarrow TL Turn left$ 

With your back to the church entrance, you go straight on over Skoallestrjitte and walk down the dwelling mound. At the crossroads at the bottom of the dwelling mound, you TR → on Tichelwei to the industrial site Tichelwurk. At walking node 25, you TR → to 64 across the cycle path along Dokkumer Grutdjip. Eastrum has a long history of brick making. The clay that was deposited by the sea proved to have a good composition. Initially the bricks were fired in field

industrialised in the brick factory 't Olde tichelwerk. The factory closed in 1968, and the site has become a national monument. At 64, ← TL over Dokkumer Grutdjip to 78 and then straight on and TR → over Hogedijken towards 73. After the bridge over Strobosser Trekweg,  $\leftarrow$  TL on Strobosserweg and TR  $\rightarrow$ through Fonteinpark to 73. At 73, you go over Liudgerleane to 62. At 62 TR  $\rightarrow$  to 31. On the right, you have the Bonifatiuskapel [Saint Boniface chapel] with the stations of the cross, oratories made of bricks from previous monasteries. The Bonifatiuskapel is often open, see the website for the opening hours. At the crossroad,  $TR \rightarrow$  on Hoogstraat along the Bonifatiuskerk [Boniface church] to Grote of Sint-Martinuskerk [Saint Martin's church], NB. You briefly leave the nodes route. After ijsfontein on Markt, you TR → into an alley to Boterstraat. This crosses Oranjewal and becomes Koornmarkt, At the crossroads, ← TL on Aalsumerpoort. From Waag and Groote Breedstraat we continue with the nodes to 39. At 39, straight on over the canal past the bus station to 99 in Aalsum. The footpath/cycle path goes under the

ovens. From 1696, production was

ring road. At 99, you take a short diversion over Terpleane to the church of Aalsum. The larger part of the dwelling mound on which Sint-Catharinakerk [Saint Catherine's church] is located, was dug away in 1942. The single-nave Roman brick church dates from the year 1200. In 2009, a 'miracle' occurred, A 450kilo headstone appeared to be on the move across the graveyard. The stone moved a few metres. Further investigations did not produce any explanation. Back to 99 and then towards 75. At Wetsens, TR → on the 'terppaad-route' [dwelling mound route] around the former dwelling mound, which had a diameter of four hundred metres and was four metres tall. At the T-junction at 75 continue straight on on Grytmanswei to 51 in Nijewier. Then from 51 to 58, and at 58 straight on over Mearswei to 75 in Mitselwier. At 75, TR → on Roptawei to 56. Before café Veldzicht, ← TL on Balthasar Bekkerstrjitte. On the right, you see the beautiful Doarpstsjerke and the graveyard, ringed by majestic trees. At 56 Reidswâl TR → over Klein Medhuizen to 96 and back to the starting point of Eastrum.





STAGE

# EASTRUM LAUWERSOOG

22,6 KM

# TIME TRAVEL THROUGH OLD & NEW COUNTRY



EASTRUM, DOKKUM,
MITSELWIER AND IE HAVE
A SHARED HISTORY. THESE
TOWNS AND VILLAGES
IN NOARDEAST-FRYSLÂN
[NORTHEAST FRIESLAND]
WERE FORMED ON HIGHER
SALT-MARSH BARS IN A
LANDSCAPE DOMINATED BY
THE CREEKS, CHANNELS,
AND SEA ARMS OF
THE WADDEN SEA.

They were inhabited long before the start of the Christian era. The dikes followed in the middle ages. The horizon is low, the skies are big. The light, the scent of grass and salty sea and wind are enchanting in their own right. The rough edge of the north is a sensory experience.

LIKE EASTRUM, IE WAS IN
A MEDIEVAL LANDSCAPE
OF CREEKS AND SEA ARMS.
THE SINT-GANGULFUSKERK
ESAINT GANGULPHUS CHURCHJ
DATES FROM 1220.

Its rows of corbels, known as consoles, in the form of human faces or animal heads at the top of the south and north wall are remarkable. They are hand-sculpted faces of men and women, dogs, oxen, pigs, and rams. The village has the characteristic radial infrastructure of a dwelling mound village.





THE RESIDENTIAL DWELLING
MOUNDS NEAR TIBMA
ARE FROM THE FIFTH TO
THE SEVENTH CENTURY.

It was part of the monastery's property of Fulda, at some point founded by the missionary Saint Boniface. The village is on the edge of a meadow-bird area that extends from here to Eanjum. The farmers successfully joined forces and have left some pastures as swampy grassland. The grass is not mown as early as elsewhere, and it pays off. It has become a breeding site for oystercatchers, lapwings, black-tailed godwit, and redshank.

EANJUM ALSO OWES ITS

EXISTENCE TO A SALT-MARSH

BAR ON WHICH AN EXTREMELY

HIGH DWELLING MOUND WAS BUILT

A FEW CENTURIES BEFORE THE

START OF THE CHRISTIAN ERA.

The single-nave tuff church was built around the eleventh and twelfth century. During the All Saints' flood of November 1570, 536 residents of Eanjum drowned. Ezumazijl disappeared completely in the waves. A mass grave was found near the church, and it is the likely burial site of the victims of the flood.

THE SKÂNS-OOSTMAHORN
WAS A STRATEGIC POINT
JUTTING OUT INTO THE
LAUWERSZEE [LAUWERS SEA].

It was intended to protect the access to Dokkum and Groningen. In 1580, the bulwark was reinforced by loyal State troops. At the end of the sixteenth century, around one thousand soldiers were stationed in the barracks.



THE LAUWERSMEER NATIONAL
PARK IS SIMPLY BEAUTIFUL.
WILD AND UNTAMED, IT ALMOST
FEELS LIKE IT IS NOT DUTCH.

At the insistence of the Frisians in particular, the sea arm was closed in 1969, as the dike raises and reinforcement would protect the land behind it against floods. The need for new agricultural land proved to be less decisive, as the soil was not that fertile anyway.

The National Park has become one of the most important nature areas in the Netherlands with an enormous variety of bird species, including bald eagles, fish eagles, bittern, golden oriole, bearded reedling, and spoonbill.

# WILD AND UNTAMED





## TRAVEL DIRECTIONS

STAGE 14A

→ Eastrum - Lauwersoog Haven

DISTANCE 22,6 km

**START Nicolaaskerk** 

 $TR \rightarrow Turn right \leftarrow TL Turn left$ 

With your back to Nicolaaskerk ← TL on Terpleane and walk down the dwelling mound. At the T-junction  $\leftarrow$  TL, and node 96 TR  $\rightarrow$  on Skieppereed and (leave nodes) TL on Sânewei. Cross Humaldawei and cycle path and TR → parallel to the road. ← TL on Dovermatterreed (alternatively carry on to le for a walk around the village and then  $TR \rightarrow$  on Tibsterwei). Before gas-extraction site TR → to the surfaced road. 

TL on Tibsterwei. TR → at the crossroads and then ← TL on the road across terp Tibma [dwelling mound Tibma].

At the end ← TL Hoitensreed. Back on the nodes route. At the crossroad with Kriensenwei, TR → and follow Hoitensreed. At 49, 

TL on Weardwei and then TR → on leldobbewei (leave nodes). In Eanjum, ← TL on Feart and then turn TR → De Loanen, follow the road that goes up the dwelling mound and then in the bend. TR → on Tsjerkepaed to Sint-Michaelkerk [Saint Michael's church]. To the front of the church, and TR → on Tsjerkestrjitte and ← TL on Foarstrjitte to 31. At the end,  $TR \rightarrow$  on De Singel and TR→ on Mûnebuorren to 38. ← TL on Terpsterwei to 44, 98 (past reception and at 37 towards 15). At Lauwerszeedijk ← TL (leave nodes) and then at the bungalows on the water straight on over the gate and then continue on the dike along Lauwersmeer. Cross provincial road N361 (be careful) and at 82 to 81, 80, 64, 45, 40. End point Lauwersoog Haven [Lauwersoog Marina].





STAGE

## LAUWERSOOG VIERHUIZEN

19,1 KM



ONE GENERATION IS THE DIFFERENCE BETWEEN AN UNTAMED LAUWERSZEE [LAUWERS SEA] AND A BECALMED LAUWERSMEER [LAUWERS LAKE]. IT COULD BE PRETTY WILD IN THE ESTUARY OF LAUWERS, GROOTDIEP AND REITDIEP. AFTER THE FLOODS OF 1953, THE FRISIANS FOUGHT A BITTER WAR TO DEAL WITH THE DANGER.

They reclaimed new agricultural land in the process. The shrimp fishermen of Zoutkamp fought to keep the sea open to retain their fleet and fishery, but the Frisians won the day. Coincidentally, they laid the foundations for a world-class nature area. New nature adjacent to old cultivated land and the sea, at bay for now. The seabed proved to be an excellent breeding ground and created an orchids' paradise.



IN 2025, THE WADDEN
HERITAGE CENTRE WILL OPEN
ITS DOORS. The construction
has been in full flow since
2023. The centre is dedicated
to the special and vulnerable
ecosystem of the Wadden.



IN MANY PLACES ALONG THE ROUTE, ORCHIDS ARE IN FULL BLOOM IN MAY AND JUNE; the leopard orchid and southern marsh orchid do particularly well. They are a joy to behold.

THE JAAP DEEN HIDE IS WONDERFULLY LOCATED WITH VIEWS OF THE MARSH AND ITS RICH BIRD LIFE. If you happen to be there at dawn or dusk, you can hear the 'booming' of a bittern; a sound that is like a foghorn. Bluethroats make regular appearances and the return of the sea eagle has produced immense joy to many birdwatchers. In recent years, National Park Lauwersmeer has also advertised itself as a Dark Sky Park. As there is little light pollution, visitors who come after sundown on a clear day can admire the full scope and splendour of the Milky Way. The notion that what you see is already many years in the past, is a humbling thought.





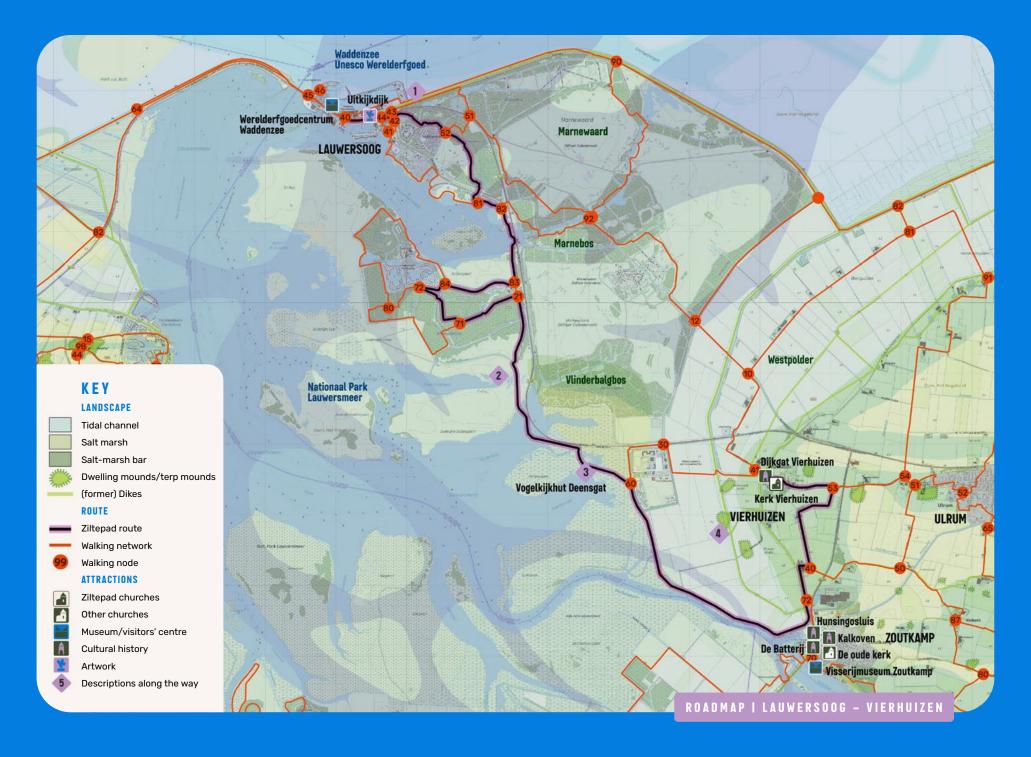
THE ROUTE TAKES A
WIDE ARC AROUND THE
KERKVOOGDIJPOLDER.

At the request of the Ministry of Defence, the existing paths were removed from the route network in 2023. In view of geopolitical tensions, there is no need for prying eyes. Many paths around Lauwersoog are closed, as the sea dike is raised to deal with rising sea levels. These works will continue until 2026. Up to 1927, the polder was still a salt marsh. In those days, Vierhuizen was still on the sea.



2.4









## SERVICE AREA

## VIERHUIZEN

IF THERE IS ANYTHING THAT CHARACTERISES THE COASTAL AREA OF DE MARNE, ITS INHABITANTS AND THE LANDSCAPE, IT IS THEIR RESILIENCE.

Water levels went up, they went down, they left sand and clay, brought fertile land, only to flood it again. Sometimes with disastrous consequences. Villages developed and disappeared, farmers came and went. You get a feel for this sober dynamic in the simple churches without finery, but also whilst you walk and cycle over levees, salt-marsh ridges, and reclaimed farmland.

Around the start of the Christian era, the Wadden Sea looked completely different and extended northeast from Vierhuizen and Panser with an inlet to Groningen. Between Vierhuizen and Eenrum there was nothing but water. In the first century AD, the wide estuary of the Hunze silted up

and Vierhuizen all of a sudden bordered Lauwerszee - which had been formed by the storm tides - in the northwest and north. Ulrum, Leens and Wehe grew to become neighbouring villages on the same salt-marsh bar. As large chunks of land were washed away during storm tides, De Marne became isolated on an island. Around 1200, the erosion gully silted up and the region became one whole.

Around 1100, a new sickle-shaped salt-marsh bar was created before the coast of that time and gradually extended eastwards. Kloosterburen and Hornhuizen were on top of that bar. After that period, new land formed in the area outside the dikes. Pieterburen and Westernieland developed on that bar as the youngest settlements in Groningen. Those salt-marsh bars were colonised from the south. This history of north Groningen is one of a steady march to the current frayed edge of sea dikes and salt marshes.

3.



STAGE

## VIERHUIZEN HORNHUIZEN

11,2 KM

# THE SEA TAKES AND GIVES





THE SALINE SEA BROUGHT
WELFARE AND HEALTHY
HARVESTS, BUT ALSO
SADNESS AND LAMENT
WHEN THE WAVES BROKE
THE DIKES AND SWALLOWED
UP BUILDINGS, LAND,
AND LIVESTOCK.

The route between Hornhuizen and Vierhuizen is through fertile polderland, over the Oude zeedijk [old sea dike] to the new Waddendijk [Wadden dike] at Delta level and joins Westpolder just

before Vierhuizen. On 13 January 1877, the polder dike gave way and 14 people drowned. That was the last time a dike breach cost lives in Groningen. Three years previously, there had been an accident during land-reclaiming work and 13 young labourers died. The Wadden Sea was not going to give up easily. The water authority Noorderzijlvest started work on significant dike reinforcements in 2023. Rising sea levels and climate change demand modifications.



He pioneered the reclaiming work that started in 1874. Things went wrong right from the start. On 22 March 1874, an unexpectedly high tide threw the accommodation hut of the workers against the dike. Thirteen boys lost their lives. Three years later, the dike breached and thirteen residents and a guest died. Torum Farm withstood the waves, but Torringa was forced to sell the farm. The new owner was Derk Roelfs Mansholt from Meeden. In 1908.

the future agricultural minister and founder of the European Agricultural Policy Sicco Mansholt was born here. From his memoirs:

'I REMEMBER SO CLEARLY HOW
ON A BEAUTIFUL SPRING SUNDAY
MORNING YOU WOULD SIT ON THE
DIKE WITH YOUR PARENTS AND
BOTH SISTERS AND BROTHERS AND
STARE ACROSS THE WAD. IT WAS
MORE THAN LOOKING, WE HEARD
THE WAD, WE SMELLED THE WAD.'



For centuries, the fascine dams were an important weapon in conquering land from the sea. The silting process accelerated because the dams reduced the flow, which caused silt particles to be deposited and the land could be reclaimed faster. At low tide, it is possible to take a path through the salt marsh. This is what the coastal area looked like around the start of the Christian era. Now you can hear the songs of plovers, oystercatchers, and redshanks.





3 DUCK DECOY NIEUW ONRUST IS LOCATED AT THE FOOT OF THE DIKE NEAR VIERHUIZERGAT.

The decoy was dug by hand around 1897 and consists of four pipes and a pond in the middle.

Tame decoy ducks attracted their wild brethren. Each year, around 3000 to 5000 ducks were caught who then landed on plates in the Netherlands and abroad. A delicacy. These days it is a safe haven for all types of birds.

3 !

WORKHOUSE AND MEETING PLACE WONGEMA
OPPOSITE THE CHURCH OF HORNHUIZEN ORGANISES
WORKSHOPS, WRITING WEEKS, AND INSPIRATIONAL
MEETINGS FOR CREATIVE THINKERS AND DOERS.



The inn provides accommodation and at weekends there is coffee for walkers who drop by. It is one of many examples of a new zest that is building along the frayed edge of the north. The organic dairy farm WaddenMax and the organic agriculture at Nieuw Midhuizen have their origins in the same drive to explore new horizons. Hogeland has become a leader in initiatives that do not merely pursue economic growth but are focused on wellbeing and happiness with an eye for nature.





## TRAVEL DIRECTIONS

STAGE 15

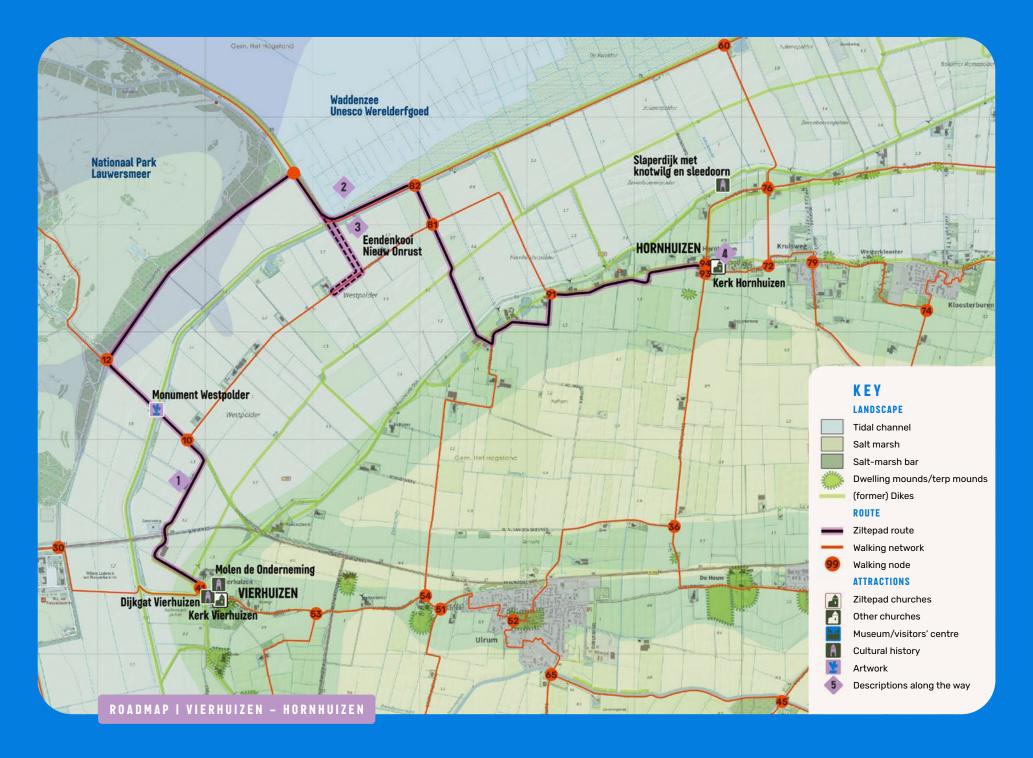
ightarrow Vierhuizen - Hornhuizen

DISTANCE 11,2 km

**START Church Vierhuizen** 

 $\textbf{TR} \rightarrow \textbf{Turn right} \, \leftarrow \textbf{TL Turn left}$ 

With your back to the church, you walk straight on down the dwelling mound to Hoofdstraat and continue straight on on Hoofdstraat (it becomes Westpolder). At 41 go to 10 and at  $10 \leftarrow TL$  to 12 through Westpolder. At  $12 \ TR \rightarrow under$  the dike and then  $TR \rightarrow before$  the sea dike and follow Kustweg (you can continue straight on if you wish to visit Nieuw Midhuizen. In that case you turn on Kustweg land inwards and at crossing with Westpolder you  $TR \rightarrow then$  Then retrace your steps and at sea dike your  $TR \rightarrow to 82$ .) At 82, you  $TR \rightarrow to 81$  and then straight on a cow track over Oude Dijk. At Ommelanderweg you  $\leftarrow TL$  to 91 and 94 (church of Hornhuizen).





## ALONG THE RUGGED EDGE OF THE NORTH

With a path that goes from church to church,

cultural heritage is connected to the World Heritage landscape, the unique villages, the residents, and the theme of contemplation.

## THE ZILTEPAD OFFERS MORE THAN WALKING AND CYCLING

There is a Podcast series, a Meditation guide, and a Menu guide with local culinary inspiration. They are available in the participating churches, but you can also find them on *visitwadden.nl/hetziltepad*. The website also has a list of local activities along the route, and suggestions for accommodation and places to eat.

#### **ACCESS TO CHURCHES**

Between 1 April and the end of October, the churches along the Ziltepad are generally open daily from 9:00 to 17:00. Outside this period, you can access the churches by using keyholders' addresses.

The church of Hegebeintum is an exception on this route. For its opening hours, visit *terphegebeintum.nl* 

#### MORE INFO

visitwadden.nl/hetziltepad
You can follow us on Instagram
and Facebook @HetZiltepad

#### 22 STAGES

From 2027, Het Ziltepad will have 22 stages along the Wadden coast from Den Helder to Termunten, and 22 circular walks - one for every church.

#### THE ZILTEPAD IS A JOINT INITIATIVE OF

Groningen Churches (Groninger Kerken) and the Old Frisian Churches Foundation (Stichting Alde Fryske Tsjerken) in cooperation with Visit Wadden. It was made possible by the Wadden Fund (Waddenfonds), Mondriaan Fund (Mondriaan Fonds), Friends on Bikes Foundation (Stichting Vrienden op de Fiets), the Provincial Executive of Noord-Holland, Provincial Executive of Fryslân, Provincial Executive of Groningen, FB Oranjewoud, and the Cultural Fund (Cultuurfonds).

groningerkerken.nl aldefrysketsjerken.nl

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