

# CADZAND.LiFE

**MAGAZINE**



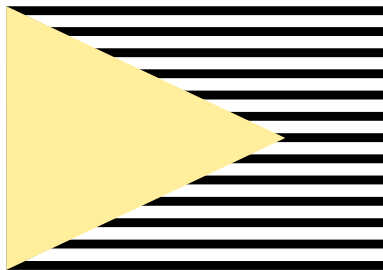
**sea  
wellbeing  
& gastronomy**

Yoga, foraging, bike routes, recipes, surfing, restaurants, interior design and kids inspiration

# STRAND HOTEL

Het Strandhotel is dé plek voor Food & Well-being waar alle zintuigen geprikkeld worden met ruimte voor oog en geest. Fijnproevers, surfers, doeners en dromers kunnen in het Strandhotel hun smaakpapillen verwennen in de thuisbasis van Michelin sterrenchef Sergio Herman. Dé man die de Zeeuwse culinaire tradities wereldwijd op de kaart heeft gezet.

Graag inspireren wij u met een culinaire route bij het Strandhotel. Gelegen op een duin, met indrukwekkend uitzicht over de onmetelijk brede stranden.



## Lieve mensen,

Als kleine jongen bracht ik al mijn tijd door aan de kust van Cadzand. De zee en het landschap inspireerden me en toen ik aan de weg aan het timmeren was in het restaurant van mijn ouders, wist ik dat ik hier ooit terug zou keren. Nu, meer dan 12 jaar later, hebben we een mooie samenwerking opgebouwd met het Strandhotel en twee restaurants die mijn filosofie en passie voor koken weerspiegelen: Pure C\*\* en AIRrepublic\*. Dat we samen zoiets moois zouden realiseren heb ik nooit kunnen bedenken.

Als bodemloze bron van inspiratie blijft de zee mij boeien en ik ben dankbaar dat ik dit kan delen met onze gasten. Samen met mijn chefs en de restaurant-teams streven we ernaar om de lokale cultuur en ingrediënten te weerspiegelen in onze gerechten. Het Strandhotel biedt ons een unieke kans om onze gasten het beste van het beste uit de regio te laten proeven terwijl ze genieten van het prachtige vergezicht over de Noordzee.

Over eten kan ik blijven vertellen, maar liever deel ik mijn passie voor het koken via de gerechten, de Zeeuwse topproducten en unieke smaakcombinaties die ik samen met onze chefs heb bedacht en geperfectioneerd. Ik kijk ernaar uit om u als gast te blijven verrassen en te inspireren met onze eindeloze culinaire creativiteit in onze restaurants.

X SERGIO





Join our  
TEAM



### Pure C\*\*

Proef Sergio's culinaire hoogstandjes in het met twee Michelinsterren bekroonde Pure C. [@restopurec](#)

### AIRrepublic \*

Wilt u verwend worden met de lekkerste Zeeuwse schaal- en schelpdieren en een panoramisch uitzicht op de adembenemende Noordzee? AIRrepublic is uw adres. [@airrepublic](#)

### AIRcafé

AIRcafé is een fast-serve casual concept zonder reservering, met een onberispelijk uitzicht, een ton frisse zeebries en kleine gerechten bereid met lokale Zeeuwse producten. Vergezeld van stranddeuntjes of zelfs af en toe een dj, zijn we uw perfecte stop tussen zandkastelen, fietstochten, lunch- en dinerplannen. Zin in wat snacks na een lange strandwandeling? AIRcafé is de perfecte pitstop voor, na of tijdens uw dagje strand. [@aircafe\\_cadzandbad](#)



### Pine House

Wanneer vroege vogels mediteren op het strand en surfers de eerste golven van de Noordzee bij daglicht bedwingen, is er een andere buzz gaande in Pine House, Strandhotel's ontbijtrestaurant. Voor de slow-starters van de dag is dit hun ultieme plek.

Onder het toezien van Sergio Herman biedt Pine House een uitgebreid ontbijtbuffet met verse, lokale producten en een unieke samenstelling van zoetigheden uit eigen bakkerij van de pastry chef. Pine House verwelkomt hotelgasten, buurtbewoners en passanten op reservering tussen 7:30 en 11:00 uur. [@pinehousebreakfast](#)

### The Sunday

In The Sunday hotel store gelegen aan de Boulevard aan de voet van het Strandhotel verrassen wij u graag met een brede collectie luxe servies, design- en kunstvoorwerpen, verzorgingsproducten, modeartikelen en sieraden. Wij werken nauw samen met lokale moderetailers. Het zijn allemaal unieke producten met dito verhalen waarover ons winkelteam u graag vertelt. [@thesundayhotelstore](#)



### Zakelijk genieten

Een locatie aan zee is een verrijking voor uw zakelijke event. Samen met de chefs van Sergio Herman, een aantal creatieve eventplanners en lokale ondernemers helpen we u graag bij het maken van een inspirerend, culinair vergaderarrangement.

Tip: met onze cadeaukaart geeft u een ultieme belevenis met alles wat het Strandhotel u te bieden heeft.



**The future shines bright** at Strandhotel Cadzand-Bad. Wij zijn altijd op zoek naar creatieve, ambitieuze mensen met een passie voor gastvrijheid. [strandhotel.eu/nl/careers/](http://strandhotel.eu/nl/careers/)

ENJOY IT, LOVE IT!

STRANDHOTEL.EU



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# BEWEZEN RESULTAAT OP DE HUID

HET IS ZO SIMPEL. ZO EFFECTIEF.



“Wondermiddelen bestaan niet, maar ik ben echt onder de indruk. Niet alleen de onafhankelijke huidscan toonde minder rimpeldiepte. Ik merkte het zelf ook; kleine lijntjes vervagen en mijn gezicht oogt voller. Ook de conditie van mijn haar en nagels is verbeterd en mijn bovenbenen zijn gladder.

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\*Wetenschappelijk onderzoek onder 114 personen \*\*Korting geldt op de 1e verpakking van het vrijblijvende membership, op volgende verpakkingen ontvang je als member 30% korting.



# Ver weg de mooiste

Pot interieur in Axel is een prachtige woonwinkel gelegen in Zeeuws-Vlaanderen met maar liefst 15.000 m2 met de mooiste topmerken. In een unieke setting is design van het hoogste niveau samengebracht. Het resultaat is een winkel die zijn gelijke niet kent. Ver weg de mooiste.

## Wonen

U kunt in het sfeervolle Axel terecht voor een uniek design item, maar ook zeker voor een complete woninginrichting op niveau. Thuis is belangrijker dan ooit, het is de plek waar we tot onszelf kunnen komen. Er is dan ook alle aandacht voor het creëren van een fijne woonomgeving, want in de showroom is er is volop inspiratie en vernieuwing te bespeuren. Nieuwe collecties die net dat verschil in huis maken; mooie meubels die staan te schitteren in onze showroom en misschien straks wel bij u thuis. De totaal vernieuwde studio's van de Sede, Zanotta, MDF Italia en B&B Italia zijn een lust voor het oog. Het assortiment is compleet, veelzijdig en van topniveau.

## Outdoor

Wonen, slapen maar ook zeker de buitenruimte krijgen alle aandacht. Onze unieke collectie design tuinmeubelen maakt uw thuis helemaal compleet. U kunt er bijvoorbeeld terecht voor de mooiste selectie van merken zoals Extremis, B&B Italia, Tribu, Tuuci, Cassina, Flexform en meer.



## TRIBÙ

Senja Sofa - design: Studio Segers

Download hier ons  
outdoor magazine



**FLEXFORM**

Groundpiece  
Design: Antonio Citterio



## Slapen

Veel nieuwe modellen dus die uw woonkamer of eetgedeelte naar een ander niveau brengen. Maar heeft u er ook al eens over nagedacht om uw slaap naar een hoger level te tillen? Nieuwe studio's zoals de mooi uitgeruste Treca Paris Studio laten u het ultieme slaapcomfort zien. Onze slaapexperts geven u graag persoonlijk advies op maat.

We zien u graag in onze showroom voor de ware beleving. Alles onder één dak en dan ook nog ver weg de mooiste.

TRECA  
PARIS

Chloe - design: Annette Lang



& tot ziens bij Pot!

Pot interieur Nieuwendijk 89 Axel T 0031 (0)115-562010 | Ook op zondag geopend van 12.00-18.00 uur\*  
\*kijk voor openingstijden op [pot.nl](http://pot.nl)

**pot**  
& Berden interieur

# DIFFERENT TIMES

Augustinus Albrechts was a visionary. Over 150 years ago, the farmer had a hotel / beerhouse /farmhouse built on the Cadzand dunes. Well-to-do guests from the Flemish hinterland were carted to the water in a so-called “bathing machine”, a wheeled hut drawn to the edge of the sea. In its early days, the hotel wasn’t exactly overrun by guests, but – unbeknownst to him- Albrecht laid the foundations of present day Cadzand-Bad. Augustinus Albrechts was well ahead of his time.

Fifty years later, a beet train connected nearby Maldegem to Cadzand-harbour. Gradually, the beets gave way to tourists. Belgian day visitors. Hotels, restaurants and holiday homes sprouted up in both Cadzand-Dorp and Cadzand-Bad. New times were looming on the horizon. Today, with just a bit of luck, you can still find multiple-million-year old shark teeth in Cadzand-Bad. But real change has taken place relatively recently. A mere twenty years ago, I traveled through the then recently inaugurated Western Scheldt Tunnel for the very first time. Up until that moment, I was used to making my way to the ferry stop with enough time to spare, taking the boat (sometimes indulging in a steaming cup of split pea soup on board) and crossing in twenty minutes. Now it only takes five minutes to drive from one side to the other. Different times.

The Western Scheldt Tunnel having been built is symptomatic to the world we inhabit. We have certain expectations that require change. And change is sometimes hard. It means letting go of the old, and embracing the new (and: unknown). Difficult though it may be, change is an indispensable part of social developments. Of other, more modern times. In our region, we strive to welcome (day) tourists, since the economic development of Western Zeelandic Flanders thrives on them. Present day tourism is what we like to call year-round. All through the year and in every season. In order to attract the ever more discerning (day) visitors, Cadzand-Bad carefully caters its offer of wellness facilities, a varied culinary offer, (aquatic) sports, good accomodation, beach pavilions and contemporary shopping outlets.

Augustinus Albrechts had no way of anticipating these developments. But he was well aware of the fact that times, they are continuously changing.

**Marga Vermue**  
Mayor of Sluis



## COLOPHON

### Concept & publisher

Toeristisch  
Ondernemers  
Platform (TOP)  
Cadzand

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# Dell'arte

*- The art of food -*

Mariastraat 34 4506AE Cadzand-dorp

info@restaurantdellarte.nl restaurantdellarte.nl



Dell'arte brengt een ode aan lokale producten, seizoensgroenten en heeft een liefde voor vis. Het menu verandert regelmatig, omdat alle ingrediënten seizoensgebonden zijn.

De intieme woonkamer is met zachte kleuren ingericht tot restaurant. De grote ramen van het restaurant, het uitzicht op de tuin & open keuken. Op zwoele zomerdagen worden gasten op de binnenplaats uitgenodigd voor een ontspannen lunch of een aangenaam diner.



# THEN AND NOW

Multiple times in the past, Cadzand was an island. Its history is filled with hardship: storm surges, plundering, revolts and other types of war-related violence. Today, all traces of that grim past have been erased and Cadzand is living its heyday as a seaside resort where one can enjoy sun, sea and nature.



Piet Faas knew a lot about Cadzand and its past. One of Cadzand's more prominent residents, he published several books about the village and life in Hotel Noordzee, which he used to run. We interviewed Piet shortly before he sadly passed away, and he reminisced about some of his most special memories. We talked about the vessel "Uilenspiegel", and the shipwrecked knocking on Noordzee's door in the dead of the night. But also about beachcombing, and the legendary Hotel Noordzee's apple dumplings.

## Ship adrift

The story about "Uilenspiegel", a pirate radio station's ship, speaks to the imagination. During a heavy storm on the 6th of December in 1962, the ship went adrift and all of the ship's equipment stopped working. The troubled ship's crew's flares were seen by the UK Suffolk Ferry, and they alerted the coast guard. The crew was rescued, but one sailor sadly died during disembarkation. The hawser of the assisting tugboat broke, and the Uilenspiegel helplessly drifted away to its final resting place in the Zwin.

## Treasure hunting

Piet recalls: "Once the ship had run aground, the crew came to the hotel to ask for a ladder in order to be able to climb the 7m high ship. The ship's owner hadn't been paying their wages and they were hoping to recover some of their losses. After a while, they came back to the hotel, each with a bag of looted goods." Piet's curiosity was piqued, and he was eager to have a look on the ship himself. But the council had placed it under quarantine, meaning there was round-the-clock security on the dunes. "After winter, security was removed, and that seemed like the perfect opportunity to board the stranded ship. At dusk, me and some staff members took the ladder to the ship."

## Buried beneath the groyne

Once on board, Piet found some bottles of whisky and half a bottle of French cognac hidden beneath a bed. "I also managed to salvage a nice little painting. We threw two small mattresses down the ladder and with a strong tailwind, we made our way back to the hotel." The stranded ship remained on the beach for years on end,

and became a tourist attraction. But it was also a safety hazard, and in 1971, it was partly scrapped. After multiple unsuccessful attempts to cover it in sand, the Uilenspiegel finally disappeared under a big pile of rubble and asphalt in 2001, and a new groyne was installed on top of it.

Once on board, Piet found some bottles of whisky and half a bottle of French cognac hidden beneath a bed.

### Shipwrecked

Over 10 years after Uilenspiegel's tragedy, another ship got into trouble because of the bad weather circumstances. A fishing boat had capsized, and the five-man crew had managed to safely escape onto a liferaft. After having floated around for 33 hours, the raft ran ashore on the beach of Cadzand. Having seen its lights in the distance, they managed to stumble to Hotel Noordzee, severely hypothermic. "We heard the men calling outside at two in the morning. When one of them called out: "We've been shipwrecked", I understood the situation", Piet remembers.

### Lost all hope

"I opened the kitchen door and when they entered, it was as if someone had put a load of ice inside, so intensely cold were they. They weren't exactly smelling of roses either. As soon as he had slightly recovered, the skipper asked to use the phone to call home. I dialled the number he gave me and passed him the phone. When the phone was answered, he said: "We're back, Godelieve, all five of us." The woman's screams could be heard all around the room. The skipper's father, having been a sailor himself, and well-acquainted with the perils of the sea, had lost all hope of seeing his son alive after more than 30 hours. When I told him all men were inside, he said he had to see them in order to believe it. Needless to say, it was a very moving reunion."

### Beachcombing

It is clear that it is not uncommon for things to wash up on the shores of Cadzand. As a consequence, Piet Faas loved beachcombing. He was often to be found on the beach when the wind was northwest. "Until long after the end of WWII, there were two buoys in our field of vision marking the wrecks of two Liberty ships, having shipwrecked completely loaded with food. Shortly after the liberation in October of 1944, and all through the following year, a lot of those foodstuffs washed up on the beach." Piet's most precious memory of that time is that of a small box he saw in the surf. It was too heavy for him to carry it alone, so he went in search of his father to give him a hand with it.

### Washed-up rations

It turned out to be a ration kit. "It contained all sorts of things: cans with English tea with milk and sugar, chocolate bars, hard-tack and cans of corned beef. But there were also cans of bacons. That bacon was delicious and I've never again tasted anything similar. Along with the washed-up rations, there were also small 25 kg sacks

of American flour. The outside was soaked and had crusted, which had protected the flour within from the sea water. My mother turned that flour into mouthwatering loaves of bread." The Cadzand beach is still a perfect beachcombing destination. The area is also well-known for its shark teeth. To find them, you have to be on the lookout for small shiny dots in the sand.

Our sales record is over 400 apple dumplings per day... Fortunately, we already had the electric apple peeler by then.

### Legendary apple dumplings

One of the things warmly remembered by not only Piet, but undoubtedly many of his guests, are Hotel Noordzee's trademark fresh apple dumplings. For years on end, the puff pastry was home made and hundreds of apple dumplings were sold weekly. "Our sales record is over 400 apple dumplings per day. We reached that record several times. On days like that, we'd serve over 100 dumplings in the early morning alone, when the morning sun warmed the landside terrace. Fortunately, we already had the electric apple peeler by then." As all good things must come to an end, so did Noordzee's apple dumplings. After 58 years of success, they've recently been taken off the menu. The chefs are excited to surprise the guests with new creations. And on special occasions, the Noordzee apple dumpling will make a surprise reappearance.



### About Piet Faas and Hotel Noordzee

Piet Faas was born on the 6th of January in 1934. Early 2023, he passed away just two days shy of his 89th birthday. His parents built Cadzand's first hotel on top of the dunes in 1933: Hotel Noordzee. With cold and warm running water, it was pinnacle of luxury for that era. In 1958, Piet took over from his parents. The entire hotel was knocked down and rebuilt in the eighties. Piet's son Peter took over the family business in 2001, with another extensive renovation of the hotel in 2007. Interested in more stories about the Faas family? Piet had several books published, "Van Polderwerkers tot Hotelhouders" ("Polder workers turned hoteliers") being the most well-known. It was Piet's way of sharing his memoirs and the rich family history with future generations.

# CADZAND THEN



text - Mariska den Hartog  
photography - Viorella Luciana, Sharon Traas en Piet Faas

# CADZAND NOW



# ICONISCHE MODELLEN, TIJDLOZE HORLOGES

TUDOR is een Zwitsers horlogemerkt dat automatische horloges maakt met een elegante en authentieke uitstraling.

TUDOR onderscheidt zich door een niet te evenaren prijs-kwaliteit verhouding. De rijke historie van het merk spreekt uit de iconische heritage van de collectie en wordt naadloos verweven met hedendaagse verfijning, stijl en duurzaamheid. Elke TUDOR is betrouwbaar, robuust en de perfecte partner voor alle dagdagelijkse avonturen.

De oorsprong van het merk TUDOR gaat terug tot 1926, toen de merknaam 'The Tudor' werd geregistreerd door Hans Wilsdorf, die eveneens Rolex oprichtte. Al enkele jaren speelde hij met het idee om een uurwerk te maken, dat voldeed aan de standaard van betrouwbaarheid, waarvoor zijn bedrijf bekend stond. Hans Wilsdorf was altijd gefascineerd door de Tudor Dynastie. Het symbool van de Tudors is de roos; symbool voor kracht en gratie. Deze is dan ook terug te vinden op de vroegere wijzerplaten van TUDOR. Hierbij verwijst kracht naar de robuustheid van het uurwerk en gratie naar de schoonheid van de lijnen. De Black Bay en de Royal behoren tot de meest geliefde modellen binnen de huidige collectie. Op Watches & Wonders 2023 introduceerde TUDOR enkele nieuwe modellen, waaronder de Black Bay 54, de iconische Black Bay met bordeauxrode bezel, een nieuwe Black Bay GMT en nieuwe wijzerplaten voor de Royal collectie.

## Black Bay 54

TUDOR introduceerde haar eerste duikhorloge in 1954, dit uurwerk had de referentie 7922. De Black Bay 54 is een herinterpretatie van dit model en vormt de puurste, moderne uitdrukking van het originele horloge. De 37 mm kast heeft de klassieke verhoudingen van weleer, bezit het technische vernuft van TUDOR's Manufactuur Kaliber MT5400, is waterdicht tot een diepte van 200 meter en is uitgerust met de comfortabele 'T-fit' sluiting. De productie en specialisatie in duikuurwerken leidde in 1956 tot een samenwerking met de Franse marine en later ook de 'US Navy'.



Zo is de iconische snowflake-wijzer, die beter afleesbaar is onder water, het resultaat van de samenwerking met de Franse marine. Verder heeft TUDOR ook horloges geleverd aan de marine van onder andere Canada, Italië, Zuid-Afrika en Argentinië.

## De Black Bay

De introductie van de Black Bay in 2012 vormde de revival van TUDOR. Deze collectie werd geïntroduceerd met de iconische Black Bay, die was voorzien van een bordeauxrode bezel. Dit uurwerk was het resultaat van zestig jaar TUDOR-historie in de duikwereld. Een subtiele mix van traditionele esthetiek en hedendaagse techniek. In maart 2023 introduceerde TUDOR de derde generatie van de Black Bay. Deze nieuwe generatie werd helemaal hertekend. Zo is de kast van het uurwerk 1 mm fijner, zijn de flanken eleganter en is de bezel iets breder. Ook maakte de snowflake-secondewijzer plaats voor een nieuwe lolly-pop secondewijzer. Het resultaat is een subtiele mix van heritage, functionaliteit en elegantie. Het uurwerk is nu naast de 'three-link' stalen band ook verkrijgbaar met de elegante '5-link bracelet' of met een nieuwe rubberen band. Alle varianten zijn uitgerust met de comfortabele 'T-fit' sluiting.

## Master Chronometer

In de nieuwe Black Bay vinden we een TUDOR Manufactuur Kaliber MT5602-U, die is gecertificeerd door de 'Federal Institute of Metrology', oftewel METAS. Om dit certificaat te behalen, moest het uurwerk een omvangrijke test doorstaan. Deze is in de TUDOR Manufactuur uitgevoerd, waarbij het uurwerk op vijf belangrijke criteria is gecontroleerd, zoals precisie (afwijking van 0 tot +5 sec per dag), weerstand tegen magnetische velden (tot 15.000 gauss), waterdichtheid en gangreserve (70 uur). Uiteraard moet het uurwerk 'Swiss Made' zijn om voor het certificaat in aanmerking te komen. Na goedkeuring mag het uurwerk de naam 'Master Chronometer' dragen.

## Vijf jaar garantie

Elke TUDOR wordt onderworpen aan een reeks grondige tests om de precisie en betrouwbaarheid te garanderen. TUDOR heeft zoveel vertrouwen in de steeds strengere kwaliteitszorg voor zijn horloges, dat ze met een gerust hart de nieuwe standaard durven aan te kondigen: op elk TUDOR-horloge geldt een internationale garantie van vijf jaar.



# TUDOR

## #BORN TODARE

What is it that drives someone to greatness? To take on the unknown, venture into the unseen and dare all? This is the spirit that gave birth to TUDOR. This is the spirit embodied by every TUDOR Watch. Some are born to follow. Others are born to dare.



### Snowflake hands

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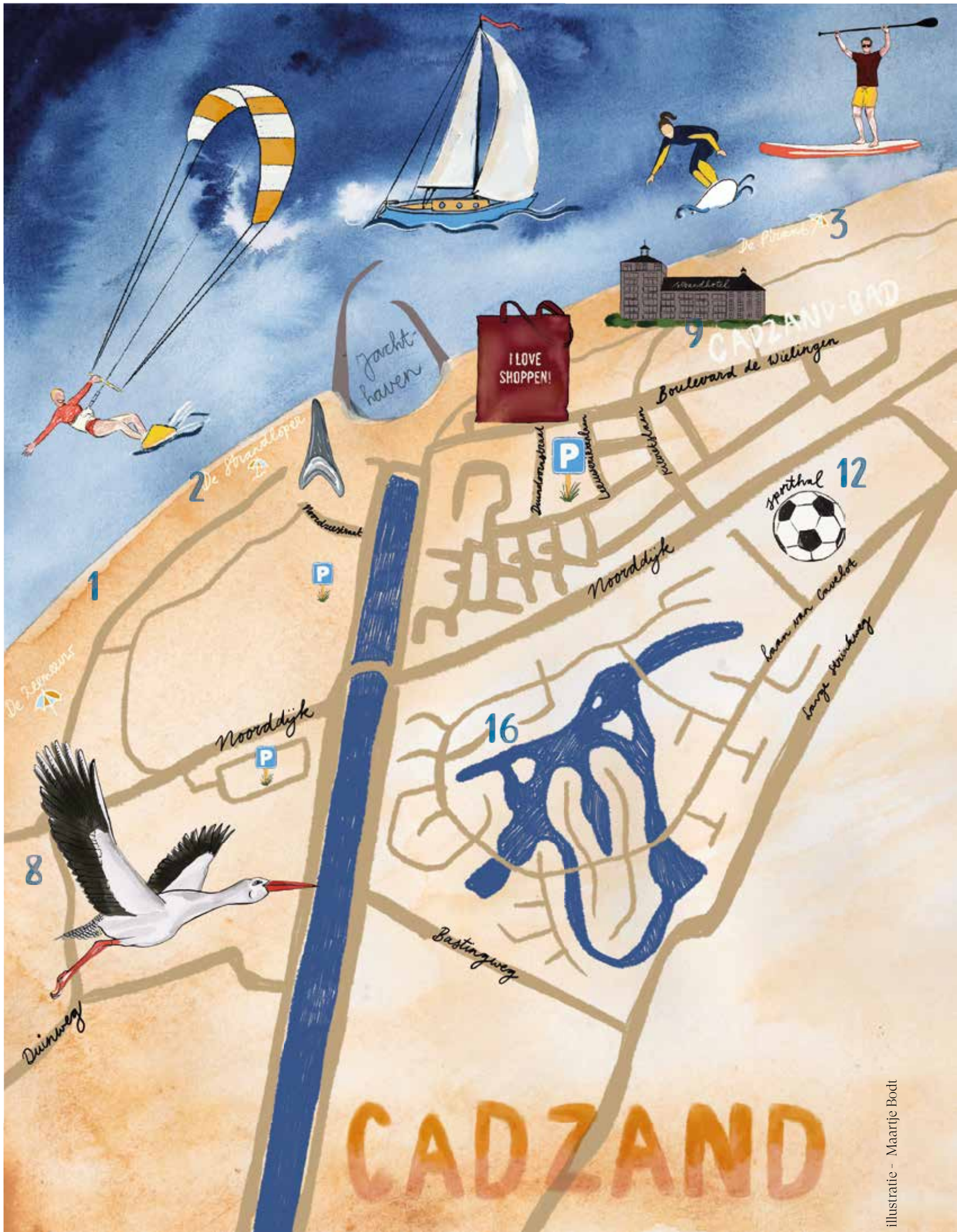
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**BLACK BAY**



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illustratie - Maarje Bodt





# DISCOVER

## Beach Pavilions

- 1 De Zeemeeuw
- 2 De Strandloper
- 3 De Piraat
- 4 Caricole
- 5 Moio Beach
- 6 Ruig
- 7 Dok 14

## Landmarks

- 8 Natural Reserve the Zwin
- 9 Strandhotel
- 10 Hotel De Blanke Top
- 11 Shortgolf
- 12 Sports hall
- 13 Maria church
- 14 World Peace Flame
- 15 Mill Nooit Gedacht
- 16 Noordzee Résidence Cadzand-Bad

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## VAKER ZO'N VAKANTIEGEVOEL!

Aan de Zeeuws-Vlaamse kust is het heerlijk vertoeven. De zee, de mooiste stranden van Nederland en de Zeeuwse dorpjes laten u ieder moment van het jaar tot rust komen. Wanneer u Zeeuws-Vlaanderen binnenrijdt, ziet u het landschap veranderen en begint het vakantiegevoel. Hier proeft u van de typische Zeeuwse tradities, cultuur en natuur. Tegelijk ervaart u een gezellige, bourgondische sfeer in een streek die volop in ontwikkeling is.

### KUNT U NIET WACHTEN OP UW DROOMWONING IN ZEEUWS-VLAANDEREN?

Bel ons vandaag nog of bezoek onze website.  
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[www.dedobbelaere.nl](http://www.dedobbelaere.nl)

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@dedobbelaeremakelaars



Strandresidentie en De Branding

### WIJ HEBBEN DE WONING DIE U ZOEKT

Als nieuwbouwspecialist verzorg(d)en wij de verkoop van de bovenstaande en onderstaande projecten.



Duinhof Zuid/Oost, Duinhof Noord en Badhuis

### ONTZORGEN VAN BEGIN TOT EIND

Vanaf de eerste kennismaking tot en met de handtekening bij de notaris. Uw vastgoed verhuren? Onze dochteronderneming Duinhof Holidays helpt u verder bij deze stap.



Duinhof Noord

### KENNIS VAN DE MARKT

Door onze regionale kennis en uitgebreide databases zijn wij op de hoogte van prijzen, vraag en aanbod en kennen wij de markt als geen ander.



Havengebied Breskens

### PROFESSIONELE AANPAK

Vakkundig, eerlijk en persoonlijk advies.

# ZEN AT SEA



Yoga can offer a welcome retreat from the busy world we inhabit, as it helps you to go back to basics. To silence the mind, and to reconnect to your environment and – above all – yourself. There’s no place like the seaside for yoga. Our reporter Elodie Kint tries it out.

“Yoga is often thought to be extremely spiritual or fluffy, but it is actually really down-to-earth”, Dru Yoga instructor Els van Venrooy assures me when she notices I’m a bit ill at ease in the beginning. We’re on Cadzand’s beach. “By linking your breathing to your movements an becoming very aware of your surroundings, you can ground. It’s a sure way to find your inner silence, and to create room for balance, both physically and mentally.”

The sea offers the perfect backdrop for that quintessential yoga-experience, Els reckons. That is why she teaches an almost daily yoga class on the beach in summer. Preferably in a tranquil spot, such as the Zwin, a natural reserve between Knokke-Heist and Cadzand. “This is where I can feel my connection to nature most strongly. Bare feet in the sand, and sun on your face. It is an unparalleled sensation.”

#### **Dru yoga**

I was easily persuaded to have a try myself. And that is how I find myself with Els on the beach, for my first ever seaside yoga session. I’m inexperienced, my mind is busy and I am rusty beyond my years, but she tells me all of that doesn’t matter. Els’ form of practising yoga, dru yoga, is accessible to anyone. Full of good cheer, I start the first set of exercises.

“We are going to do the sun salutation”, Els explains, as behind me a ray of sun makes its way between the clouds. “Turn around and follow my lead.” Els gathers her hands at her chest, lifts her arms over her head, leans her hips forward and arches her back. I follow her lead and inhale deeply. The sun kisses my skin and the gentle sounds of the sea caress my ear.

While exhaling, we bend down, placing our hands on the ground and folding in our heads. From my partly closed eyes, I can just about see my long hair dancing in the salty sea wind. “Breathe in, straighten your back and place your hands on your shins”, Els instructs, followed by a short silence. “Breathe out and take a big step backwards with your right foot. Put your left foot next to it, your hands supporting your body.”

#### **Inhale, exhale**

As I feel my fingers pressing into the sand, I lower my upper body, as shown by Els. With our hands tightly next to our ribcage, our elbows tucked in and our shoulder blades squeezed. While inhaling, we slowly push our upper body upwards. I can feel the muscles in my shoulders, abdomen and chest stretch. I can feel a space I didn’t even know existed open up in my chest. From the so-called “upward dog” position, we gently move into the “downward dog”.



## Relax and unwind at the coast, and stay the night in Cadzand

Is it profound relaxation you're after? Then book a hotel stay in one of Cadzand's many hotels. What about the Strandhotel for example? Home to no less than three of Sergio Herman's F&B concepts: Pure C, Blueness and AIRrepublic. Apart from that, the hotel also houses a wellness space with a heated pool, two saunas and comfortable chaise-longues.

Imagine leaving the daily hustle and bustle behind and driving to Cadzand. While driving, you notice the landscape becoming increasingly green. Vaster. Less and less cars on the road, and people seem less hurried. Once you arrive, you take an invigorating walk on the beach. Getting a breath of fresh air and clearing your head. It leaves you completely replenished for the scintillating culinary experience – and the wine pairings!- that takes place at night. At the end of the day, get into your comfortable Auping-bed and enjoy the phenomenal North Sea views.

Start your day at a leisurely pace with a delicious breakfast at the Pine House, another of Sergio's culinary brain child. Take your time and browse your paper. Then stroll to the beach for yoga and meditation. And you know what? With your relaxation level at its peak, you might want to add a little round of the saunas. Basking in the gentle heat of the infrared sauna, and continuing with the more intense experience of the infusion sauna. A cold shower to end this nourishing experience. Or if you prefer a more active approach, take a morning plunge in the pool and swim some laps.

You can take our word for it: after a weekend like this, you'll feel on top of the world.

[www.strandhotel.eu](http://www.strandhotel.eu)

Aligning my back, neck and arms, I push up my hips. Knees slightly bent, I stretch away. This time, I can feel the space in my back. While gently inhaling, we place our left foot forwards, put our right foot next to it and our hands back on the ground. My fingertips gently stroke the sand.

Inhaling again, I place my hands on my shins and straighten my back. Breathing out, I touch the sand with my finger tips. Breathing in, I raise my torso and arms, tilting my hips and opening my chest. Exhaling one last time, we gather our hands at our chest.

### Let your mind go blank

The sun salutation consists of flowing, simple movements, attainable to even an inexperienced yogi like me. That allows me to really become absorbed by the exercise. Els' instructions are clear and leave no room for error. I let my mind go blank and just exist in the here and now. In these magnificent surroundings which I'm experiencing more consciously than ever before. We repeat the sun salutation several times, alternating between right leg forward first and left leg forward first. A couple of other exercises follow, and we end our session with a guided meditation. I admit to having a short attention span and Els promises to cater her guidance to my specific needs. I sit cross-legged and place my hands palms upwards on my knees, joining my thumbs and index fingers. Once I'm comfortable, I close my eyes and Els starts to talk. With her voice, she guides me through my body, from the tips of my toes to the tip of my head. I focus on every body part she names.

### Live meditation sounds

First, the right side of my body. Then the left one. And then we move from the tips of our fingers all the way up. Since it's an active way of meditating, I have no trouble remaining focuses. And a couple of minutes into the meditation, as soon as Els notices that I've found my peace and focus, the silences stretch, and my breathing becomes the centre of my attention. Inhale, hold, exhale.

At home, one would resort to Balinese meditation music, but here, the peaceful sounds of the surroundings suffice. I can hear the waves breaking, the seagulls crying, and the wind sweeping past my face. I can hear the sand crunching beneath me, the beach grass rustling, and the slow deep humming of the large sea vessels on the Western Scheldt.

I am totally present and completely in the moment. On Cadzand's glorious beach. A part of a marvellous world, a bigger picture. All of the sudden, I feel tiny, and my worries seem irrelevant. Or at least, they don't matter now, not in this very moment. I managed to let go of them for the past hour. And it feels like a revelation: so that's what yoga can do to you.

[www.druyoga.nl](http://www.druyoga.nl)



# Recipe

## ZEELANDIC PEARL WHEAT RISOTTO WITH HOLSTEIN BEEF MEATBALLS



geniet van chef kok-gechten-

### **Bruist! Cadzand**

Bistro | bar Bruist! in Cadzand serves original dishes with a strong focus on local products. Their shared dining concept consists of small sharing dishes, allowing you to discover a wide range of different flavours. Order a single dish as a sneaky snack to accompany a drink or revel in a full night's culinary entertainment by mixing and matching dishes to your heart's content. And why not stay the night in one of their comfortable guest rooms?

### Ingredients for 2 shared dining servings

#### **Risotto:**

2 tbsp. olive oil  
1 shallot  
2 cloves of garlic  
50 g pearl wheat ("Zeeuwse Vlegel" brand)  
150 ml vegetable stock  
50 g shelled peas  
1 sprig of fresh mint  
1 sprig of fresh oregano  
15 g grated "Ouwe Zeeuw" cheese (available at Fromagerie Erik Murre)

#### **Meatballs:**

butter  
200 g ground Holstein beef (available at De Heerenhoeve)  
1 tbsp. chopped flat leaf parsley  
1 tbsp. breadcrumbs  
1 Zeelandic free-range egg  
smoked Eastern Scheldt salt to taste ("Zeeuwsche Zoute" brand)  
freshly ground black pepper to taste

#### **Garnishing:**

1 tbsp. olive oil  
2 spring carrots  
1 tsp. Vadouvan spice blend

### Instructions

Finely chop the shallot and garlic. Heat 2 tbsp. of the oil in a heavy bottom pan. Softly stew half of the shallot until smooth. Add all of the garlic, and half of the peas with the oregano leaves. Add the pearl wheat and fry briefly. Deglaze with some vegetable stock and give it a thorough stir, Keep adding vegetable stock and stirring occasionally until the pearl wheat is entirely cooked. This process will take you 40-45 minutes.

In the meantime, remove the carrot greens, leaving just a small short stub. Scrape the carrots and cut in half lengthwise. Mix 1 tbsp. of the olive oil with the Vadouvan spice blend and use it to sprinkle the carrots. Roast the carrots for 20 minutes in a preheated oven (180 degrees) until fork tender.

Mix the ground beef with the egg, breadcrumbs, the other half of the shallot and the chopped parsley. Season to taste with the smoked salt and the black ground pepper. Form mini meatballs (3 cm in diameter approximately). Melt the butter in a saucepan and fry them over medium heat.

Lastly, blend the remaining half of the peas with the fresh mint leaves. Add this mixture to the risotto once it's cooked, along with the grated "Ouwe Zeeuw" cheese. Serve the risotto in a deep bowl, topping it with the meatballs and finally adding the spring carrots as a garnish.



# SEA TREASURES



**Shark tooth** Are you interested in finding a multiple million-year-old treasure? You've come to the right place. You can find fossilized shark teeth at the tide line, mixed in with the shells, pebbles and other fragments. Every once in a while, a tooth from the biggest shark ever to have existed, the giant megalodon, is found. Big or small: any fossil you can find, is a treasure to cherish.





**Mussel** Eating mussels will make you feel better. Not only because they are sumptuously delicious, but also because they contain a lot of valuable nutrients: vitamins, minerals and unsaturated fatty acids. Moreover, they are also beneficial to the water quality and the biodiversity, because they filter water. Mussel banks are small biotopes housing many different kinds of organisms.



**Oyster** Forget about the pearl, the real treasure is the oystershell. One side rugged and whimsically jagged, the other side smooth as silk and with a mother-of-pearl sheen. Enough to keep you looking.

text - Sonja Barentsen  
photography - Carfried Verwaayen



**Starfish** Starfish are powerhouses and master burglars. They can open mussels (anyone who has tried to open a live mussel can affirm the difficulty) using pure power, sheer inventiveness and stamina. Do you want to experience just how strong a starfish really is? Put one on your hand, and immediately notice its suction cups firmly gripping you.

## VAKANTIEHUIZEN EN APPARTEMENTEN AAN ZEE

Bij Villa Mer Vakanties vindt u uw favoriete vakantieverblijf in Cadzand. Van eenvoudig tot super luxe. Van een lang weekend tot een paar volle weken genieten aan zee. Zoek en boek, snel en makkelijk online via [www.villamer.nl](http://www.villamer.nl)

**VILLA**  
— MER —  
VAKANTIES

### UW VAKANTIEHUIS VERHUREN?

Bent u eigenaar van een vakantiehuis of appartement en wilt u dit verhuren? En is dit zo comfortabel, luxe of mooi dat onze gasten er ook blij van worden? Dan praten wij graag met u verder! Neem contact met ons op.

### ONZE ZEKERHEDEN VOOR HUISEIGENAREN:

- ✓ betrouwbare gasten
- ✓ maandelijkse betaling
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[www.villamer.nl](http://www.villamer.nl)

*Team Villa Mer*

# 12 hours

## AT THE BEACH

Pure indulgence! A day off, a radiant sun and the whole day ahead of you. Time to make some plans. While there is nothing wrong with spreading out your towel on the beach of Cadzand and languidly enjoying sun and sea, there is so much more to be experienced in those 12 hours of free time!

### 📍 Nice and breezy?

Perfect weather to fly your kite! Get the knack of launching your kite and challenge the wind, with the sea providing the perfect scenery. Feel the power of the wind and unwind. Strandshop Allaart will provide you with kites that guarantee hours of fun for yourself and your (grand)children. *Allaart Strandshop: Boulevard de Wielingen 42, Cadzand-bad*

### 📍 Kitesurfing is the ultimate relaxation

Is physical exertion your way of relaxing? Then you've come to the right place. Cadzand Sports will make sure you stay on the move, with kitesurfing being one of the most spectacular sports of the moment. You don't have to take our word for it, you can go and experience it yourself: the sound of the wind, the droplets of salty water in your face, the sun warming your skin: kitesurfing will make you unwind. Are you curious to find out whether you're a born kitesurfer? Or are you looking to enhance your kitesurfing skills? This is your day! *Cadzand Sports (kite school): Duinweg 4, Retranchement*



### 📍 100% bliss on a beach bed

Nothing beats the beach when it comes to that quintessential holiday feeling. Lounging under an umbrella, reading your book or magazine, a refreshing dip in the sea, drying up in the sun and maybe even taking a little nap. Of course you can spread out your towel, but allow yourself the luxury of spending the day on a comfortable beach bed. Rent yours at beach pavilion De Zeemeeuw. And while you're there, have a look at their menu too. They have everything to make the most of your beach day. *Strandpaviljoen De Zeemeeuw: Duinweg 4, Retranchement*

### 📍 Strolling down the boulevard

One of the nice things about having the day off, is having the time to carefully pick your outfit. Walking down the beach or casually strolling the boulevard: see and be seen. Strut your stuff in your nicest beach- and holiday proof gear. Esclusa Mode is the spot to score exclusive ladies' fashion, shoes, bags and jewelry. A sight to behold! *Eclusa Mode: Boulevard de Wielingen 51D, Cadzand-bad*



### 📍 French fries complete the beach day

Few things are as delightful as a day well spent at the beach: paddling in the surf, building sand castles and run around the dunes. Even on cooler days, the beach is a good idea. At the end of the day, you've definitely earned some tasty french fries. Sunset is the golden hour for french fries! At Café Frituur, the potatoes are freshly peeled and cut in house, resulting in the most finger-licking good fries.

*Café Frituur: Boulevard de Wielingen 2A, Cadzand-bad*

### 📍 Properly protected

Spending time outdoors and enjoying the sun is very tempting, but don't forget to protect your skin. Using proper sun protection isn't optional, but a real must. Protect your skin with a sunscreen with a high Sun Protection Factor (SPF) to enjoy the sun responsibly. A high SPF protects your skin against UV rays and helps prevent sunburns. Do you know how much SPF your skin needs? Goodies Beauty & Health will gladly advise.

*Goodies Beauty & Health: Boulevard de Wielingen 51E, Cadzand-bad*

### 📍 Have a meal at dune crossing 9

Whether you're actively enjoying the beach, or lazing around, a break on a sunny terrace is always a good ideal. Right on the beach, enjoy the stunning views of the sprawling beach and sea. Moio's beach

restaurant is right on the edge of Cadzand-Bad. Its seaside location guarantees fresh, mostly local dishes, with a casual atmosphere. Let go, nobody's in a hurry here.

*Moio Beach: Vlamingpolderweg 3a, Cadzand-bad*

### 📍 Colour the beach

Apart from quality, a comfortable fit is the most important aspect of your bikini or bathing suit, adding to your confidence on the beach! Seatrendz sells bathing suits of all kinds in all sizes, and definitely has something in stock to flatter your body type. Just remember: every body is a bikini body! Forgot your slippers, sandals or sunscreen? Add them to your shopping basket at Seatrendz!

*Seatrendz: Boulevard de Wielingen 40, Cadzand*

### 📍 Wine and dine on the beach

Let's be honest: we don't really need a reason to pick a spot on a beach pavilion's terrace. Salty hair, sandy feet: a beach pavilion offers the ultimate beach experience. A nice cool beer, a glass of crisp rose, an I love Zeeland apple juice or a trendy poke bowl: sit back, enjoy the sun on your face and rejoice in the easy life. As the sun starts to set, choose something from the extensive and tempting Beach&Bites menu at Dok14. The hardest thing you'll do today is deciding which bites to taste.

*Strandpaviljoen Dok14: Zwartepolderweg 16*

### 📍 Browse the menu

End a long day at the beach on a savoury note, with a meal on a beach side terrace. Swipe the sand from the table, ask the friendly staff for your favourite drink, have a look at the menu. Eating out at a beach pavilion is a casual affair. Cocktail in hand, you watch as the beach starts to empty. This might be the highlight of the day: temperatures are becoming milder, the sun paints the sky a bright orange. You hear the murmur of the sea and the cries of the seagulls. And you savour the moment.

*Restaurant Strandpaviljoen Caricole: Boulevard de Wielingen 1A, Cadzand*

### 📍 Beach picnic

Gather your beach equipment, pack a cooler with tasty snacks, don't forget about your umbrella and sunscreen and get to the beach nice and nearly to bag your favourite spot. Pass by the supermarket for some freshly baked buns and squeezed orange juice and anything else that tickles your fancy today. Indulge for the day, it's your holidays after all and the sun is shining. You'll make good on those healthy intentions tomorrow.

*Spar Cadzand: Boulevard de Wielingen 38, Cadzand*



# STRAND RUIG

**AAN DE NOORDZEEKUST GENIETEN VAN  
ONZE HUISGEMAAKTE VISSOEP. GENIETEN  
VAN HET PANORAMA-UITZICHT DAT RUIG TE  
BIEDEN HEEFT.**

**ONZE KEUKEN BIEDT VOOR IEDER WAT WILS,  
EN KWALITEIT STAAT VOOROP.**

**STRAND RUIG IS EEN TOTAAL-  
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GENIETEN, VAN JONG TOT OUD!**



**ZWARTEPOLDERWEG 1A  
4506 HT CADZAND**

**INFO@STRANDRUIG.NL  
(+31) (0) 117-396609**

**WWW.STRANDRUIG.NL**

# HEALTH SEASIDE RESORT

Since 2014, Cadzand has the designation “Health Seaside Resort”. A stay in Cadzand has obviously always been considered pleasant and healthy, but the official status is clear evidence of the fact that experts agree that Cadzand is a healthy, clean and relaxing environment to spend time in. A cut above all other seaside resorts.

Escaping the city and getting a breath of fresh air at the seaside? Always a good idea! A relaxing beach walk, an invigorating plunge in the sea, or even just the mere fact of waking up in the healthy sea air works miracles for your health. It lowers stress and fatigue levels. Unsurprisingly, a beach walk or sea plunge increases happiness. The panoramic views of the sea, the wind in your hair and the salty smell distract you from the daily grind. Your head clears, and the worries give way to a fresh outlook and creative solutions.

## Quality label

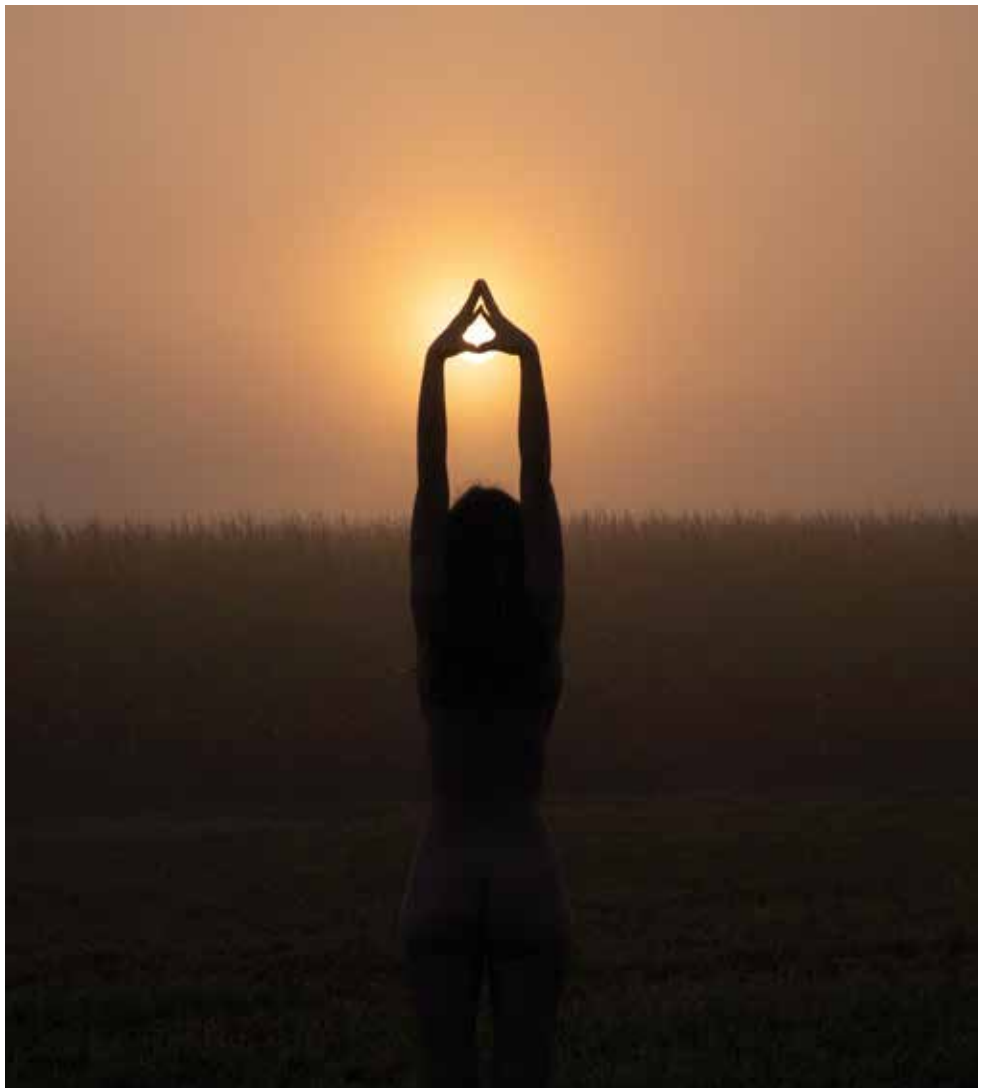
Apart from that, Cadzand also meets all of the European Spas Association’s (ESPA) quality requirements. The salty water,

the tides, the air currents and the sunlight contribute to a healing effect and firmly confirm Cadzand’s status as a beneficial, stylish sea resort. A status like this is not easy to come by; it’s an honorary title as much as a quality label. Look around, take a deep breath, and experience the beneficial effects of Cadzand firsthand.

## Blue Flag Beach

Cadzand is a place for hedonists, foodies, and people enjoying an active lifestyle. Living, moving and recreating healthily: all is possible in Cadzand. Whether you prefer relaxing or more challenging acti-

vities, Cadzand’s beach has pride of place. The pile heads, beach huts and stylish beach pavilions are characteristic for Cadzand’s beach. Cadzand proudly flies the Blue Beach Flag year after year. The Blue Flag being the international hallmark for clean beaches and pure water, it means you can enjoy carefree days on the beach and in the sea. Moreover, in summer Cadzand records the highest amount of sunlight hours in the Netherlands. The extensive facilities only add to the enjoyment of beachgoers. Are you in urgent need of some coastal happiness? Then Cadzand is the perfect location for a wonderful and beneficial seaside stay.



text - Caroline Houmus  
photography - Anne Nobels



# Vakmanschap, passend advies en persoonlijke service



U kunt erop vertrouwen dat u bij Stevens Interieur in Terneuzen de juiste keuze maakt. Onze interieuradviseurs staan voor u klaar. Ze komen desgewenst aan huis om u te begeleiden naar een oogstrelend eindresultaat. In onze winkel kunt u inspiratie opdoen en de collectie bekijken en 'voelen'. Zo kunt u meteen combinaties maken met onze verschillende producten en krijgt u een goed beeld van de mogelijkheden.

Verlengde van Steenbergelaan 5 Terneuzen

✉ [info@stevensinterieur.nl](mailto:info@stevensinterieur.nl)

☎ 0115 - 695498

**STEVENS**  
**INTERIEUR.NL**



# Duinhof HOLIDAYS



Verhuur  
Location  
Vermietung

[www.duinhofholidays.nl](http://www.duinhofholidays.nl)

Boulevard de wielingen 7B  
4506 JH Cadzand-Bad  
+31 (0) 117 712690  
[info@duinhofholidays.nl](mailto:info@duinhofholidays.nl)

# ABC Cadzand

## A

### Accommodations through Room of Cadzand

Room of Cadzand's rental portfolio boasts some real gems at the Zeelandic coast. With immaculate attention to detail, they aim to offer you a thoroughly relaxed stay. Services range from a welcome basket filled with luscious Umami cosmetics to a late check out.

[roomof.nl](http://roomof.nl)

## C

### Columbia, tearoom/restaurant/pizzeria

Columbia stands for tasty, affordable meals, cozy vibes and quality. Conveniently located near the dunes, the beach and the sea. Menu choices include pizza's, pasta's, (mini) pancakes, fish and meat dishes and an ample variety of freshly baked goods. There is a large terrace to be enjoyed on sunny days.

[restaurantcolumbia.nl](http://restaurantcolumbia.nl)

## D

### De Blauwe Zeedistel

For those searching a great holiday home in or near Cadzand, de Blauwe Zeedistel is a sure bet. They rent and manage several properties in the surroundings of Cadzand. Book online through their website.

[blauwezeedistel.nl](http://blauwezeedistel.nl)

## B

### Bianca Bonte

Bianca Bonte's cookware shop in Oostburg has been a household name for over 30 years now. If you're into cooking yourself, or if you're shopping for a nice present, this is your place to be. You won't know where to look first as you enter this treasure trove, its displays crammed with the most delightful kitchen items.

[biancabonte.nl](http://biancabonte.nl)

## E

### Esclusa

Your inner fashionista's heart will skip a beat when browsing through Nathalie's boutique filled with clothing, bags and jewelry, by brands such as: Be Parisian, Vince, Shades, Inti, Momoni, Joseph and Liviane. Needless to say, this seaside boutique also has a stylish selection of bathing suits.

[esclusamode.nl](http://esclusamode.nl)



F

## Festival

Beach pavilion Caricole hosts the kite festival held every year in spring, summer and autumn. Find all details on Caricole's website.

[caricole.nl/events](http://caricole.nl/events)

G

## Grenzeloos

A converted warehouse in Retranchement houses grill/roisserie Grenzeloos. The wood-fired grill takes pride of place in the restaurant. Fresh North Sea fish dishes and aged meats are accompanied by a glass of your favourite wine. With a wine list of over 200 wines, you'll be spoilt for choice!

[grenzeloosretranchement.nl](http://grenzeloosretranchement.nl)

H

## Het Ruim

Het Ruim offers storage solutions for both private individuals and businesses. Services include self storage and caravan and mobile homes storage. Het Ruim is the perfect solution for anyone in need of some extra space, and they will gladly advise you and accommodate your storing needs.

[het-ruim.nl](http://het-ruim.nl)

i

## Invest Mobile

Electric, trendy and completely noiseless: these golf carts can take you to the beach, shopping or just leisurely cruising around. Extra bonus? The golf cart is extremely easy to park. Hire or buy yours via Invest Mobile.

[invest-mobile.com](http://invest-mobile.com)

j

## Jetty

Cadzand's marina is home to Channel Sailing – hire your boat from them and leave the jetty behind to explore the rest of Zeeland, or even France, Belgium or the UK. Not a sailor yourself? Then simply enjoy the wonderful panorama at the marina, and indulge in a delectable dinner at Sergio Herman's Air Republic brasserie.

[jachthavencadzand.nl](http://jachthavencadzand.nl)

K

## Kiekdôôze

Cadzand used to have its own traditional dress. Travel back in time to ca. 1900 to see what it looked like: in Cadzand-Dorp, there's a small townhouse doubling as a giant diorama (kiekdôôze in the local dialect).

L

## La Cigogne Boutique

La Cigogne Boutique Suites are located in the quaint little village of Retranchement, next to natural reserve the Zwin. The five suites have been furnished to a very high standard with design furniture and natural materials. The atmosphere here is relaxed and casual.

[lacigogne-retranchement.com](http://lacigogne-retranchement.com)



# M

## Matchpoint

If you're looking for career opportunities in Zeeland, or recruiting new staff, Matchpoint will prove to be the ideal matchmaker between employers and employees.

[matchpointbanen.nl](http://matchpointbanen.nl)

# N

## Neptunus Verhuurburo

The rental properties in Neptunus' portfolio all have one thing in common: they're all at a 10 minute maximum walk from the beach. Neptunus offers additional amenities including good WiFi, bike rental, handcarts and children's furniture. They'll help you find a holiday home perfectly tailored to your needs.

[neptunuscadzand.nl](http://neptunuscadzand.nl)



# O

## Opulence

Nothing screams relaxation and opulent pampering like a trip to the beauty centre. At Petra's, choices range from a facial to a deeply relaxing full body massage.

*Mariastraat 7 0117-372 385*

# P

## Perfect vacation home through Verhuurburo Cadzand

Finding nice accommodation is the first step in your perfect holiday plan. At Verhuurburo Cadzand, they're well aware of the importance of your vacation rental for the overall success of your holiday. You'll be spoilt for choice with their large inventory of holiday homes in and around Cadzand.

[cadzand.nl](http://cadzand.nl)

# Q

## Quad

You haven't been to the North Sea coast if you haven't gone for a ride in a pedal kart. Hire your quad pedal kart at Neptunus for an afternoon of nostalgic fun.

[neptunustweewielers.nl](http://neptunustweewielers.nl)

R

## Ristorante and Gelateria La Spezia

Cadzand-Bad's hotspot for Italian delights including pizza's and cannelloni, and exquisite home made ice cream. If you feel like spending a cosy night at your (holiday)home, then you'll be happy to know that all meals can be ordered as take away as well.

[la-spezia.eu](http://la-spezia.eu)

S

## Sports hall Cadzand

Opened daily, the sports hall is an excellent venue for your athletic endeavours; with tennis, squash, badminton, basketball and volleyball courts and a football field. Make your reservation through their website.

[desporthal.com](http://desporthal.com)

T

## TOP Cadzand

The Tourism Entrepreneur Network of Cadzand (TOP Cadzand) is the publisher of this magazine. Have a regular look at their website to stay in the loop with tips and activities in Cadzand.

[cadzand.life](http://cadzand.life)

U

## Unique weighbridge shed

Make sure to visit Cadzand-Dorp and its historical (but still accurately functioning!) weighbridge and adjoining shed. A remnant of the past unique not only to Cadzand, but to the entire Netherlands. The weighbridge shed is easily recognizable by the inscription "Cadsandria" above its door.

V

## Vow of peace

The World Peace Flame has been tirelessly burning in Cadzand since 2004, symbolizing every human's yearning for world peace.

[wereldvredesvlamcadzand.nl](http://wereldvredesvlamcadzand.nl)

## Voluptuous Fish soup

Enjoying a voluptuous, generously filled North Sea fish soup on Strand Ruig's glorious beachside terrace, doesn't that sound like a plan?

[strandruig.nl](http://strandruig.nl)



W

## Wielewaal family campsite

Campsite de Wielewaal is a quiet, excellently maintained family-oriented campsite in the polders with views of Cadzand's mill. Neighbouring the campsite on the same terrain is an active farm which yields crops such as rapeseed, grains and grass seed.

[campingwielewaal.nl](http://campingwielewaal.nl)

ij (Y)

## Yes to ice cream

When the question is ice cream, the answer is always yes! Pick a flavour at La spezia or LouLou and enjoy this quintessential beachside treat!

[la-spezia.eu](http://la-spezia.eu)  
[brasserieloulou.nl](http://brasserieloulou.nl)

Z

## Zilt en Zout

Zilt en Zout offers a predominantly traditional French-Zeelandic cuisine with a strong focus on fresh, local produce. With the Zwin as its back garden, this restaurant provides the ideal scene for a lunch or dinner following a vigorous walk or bike tour. Zilt en Zout regularly organises guided tours of their surroundings with guide Soan Lan Le.

[ziltenzoutcadzand.nl](http://ziltenzoutcadzand.nl)



# SHORT GOLF CADZAND - BAD



## Sportief plezier voor iedereen!

Jong, oud, ervaren golfer of beginner, iedereen is welkom bij Shortgolf Cadzand-Bad!

In een laagdrempelig en ongedwongen sfeer kennismaken met het golfspel, dat kan! De Shortgolfbaan aan de entree van Cadzand-Bad beschikt over 9 uitdagende holes voor elk niveau, aangelegd in een mooi natuurlandschap. De afstanden variëren tussen de 48 en 90 meter; in vergelijking met een grote golf loopt u dus minder en golft u meer. Een golfvaardigheidsbewijs is niet nodig, daarom is het ook een leuke activiteit met familie, vrienden, kennissen of collega's. En geniet tussendoor of na afloop van een drankje en borrelhapje op het gezellige terras!

Nu ook mogelijk om grenzend aan de golfbaan te overnachten; check de naastgelegen, luxe vakantiewoningen voor 6 personen: [www.hoevecezant.nl](http://www.hoevecezant.nl)









# NIKKI MATHEUSSEN

For years on end, Nikki Matheussen (45) roamed the globe like a modern nomad, without really knowing where she belonged. Always chasing the sun and the sea. Until coincidence – or fate – led her to Cadzand and she felt: this is it. This was meant to be.

For the longest time, Nikki felt that she hadn't encountered her true home yet. She lived the "modern nomad" lifestyle, a phrase first coined by her sister when they were brainstorming for a name for Nikki's Instagram-account. "I used to always be on the move, from one place to the next, and my sister said: you're not unlike a nomad. But a modern one, in a modern world."

Nikki used to save up all her holidays to spend them in faraway destinations with optimal surfing conditions; from the Canary Islands to Brazil and from Cabo Verde to Florida. She visited all of those places in order to live her best life. "Cruising past kilometers of abandoned beach, stopping occasionally to quench my thirst with a fresh

coconut sold by a local for a small amount of money". That was her idea of an ideal day. And she enjoyed every minute of it.

"During those trips, I lived according to my own personal rhythm", she explains. She experienced the freedom she found lacking in our modern world packed with "must-dos". Where life just happened to her, instead of consciously being lived to the fullest. Kitesurfing was her way of escaping this sensation. "As a kiter, you're an infinitesimal dot in the huge ocean. The wind carries you along and defines your direction. You're literally swept away and you need to surrender. That feels liberating."

### Coming home in Cadzand

Nikki was not opposed to the idea of settling down, but she hadn't found the right place yet. Everywhere she lived felt like a mere stopover. That's why she'd never bought a house, always renting, always ready to pack up and leave again. "Deep down inside, I just knew that there had to be a spot on earth that would feel like home. But where and when I would find it, I had no idea."

In the end, it happened unexpectedly. "I clearly remember it being a glorious spring day in 2009. We were supposed to go kite-surfing in Knokke-Heist. But the wind being offshore, we were not allowed on the water, since the risk of drifting off in the direction of the UK and not being able to return was too big. One of my friends had the brilliant idea of going to Cadzand. With the beach being slightly differently angled there, maybe the wind would be favourable there." Since the majority of the group had no car at the time, Nikki and her friends hoisted

their kit onto their bikes. With our full gear, we biked right up to the dyke, and crossed the Zwin reserve by foot. We lugged our gear through the loose sand, and finally arrived at a beautiful lagoon with perfect waves and favourable winds. A profound sense of belonging took over. I can hardly describe it, but I just knew: this is it, this is home." From that day onwards, Nikki started travelling back and forth between Zeebrugge, where she lived at the time, and Cadzand. Cadzand never disappointed. In summer, in winter; she always felt comfortable. "It's hard to explain, but a certain atmosphere prevails: life is easygoing, people are down to earth, not worried about the things that do not matter and not as rushed. It gave me the space to live life following my own rhythm, the way I did during my travels."

### "The sea gives me everything"

When she met the love of her life, they came to a firm decision: Cadzand was to be their home. "So we started house hunting. We'd spent a considerable amount of time looking for just the right place, but the offer of houses that were suitable as a permanent residence was limited. Until one day, we received a call from a friend who was a real estate agent. He said: I have just the place for you. We viewed the property and immediately fell in love. It is a beautiful, old house with a barn and views of the meadows with a large flock of sheep. I can see the dunes in the distance, I hear the waves and smell the sea."

Cadzand has been home to Nikki for ten years now, and there is no doubt in her mind that it has been the right choice. "Living just a stone's throw away from the



### In need of Vitamin Sea?

Are you craving some “vitamin sea”, just like Nikki? Hotfoot it to below Cadzand spots for a hefty dose!

#### Cadzand Sports

Cadzand Sports, located right next to beach pavilion De Zeemeeuw and natural reserve the Zwin, is the undisputed hotspot for kite-surfers. Apart from kitesurf lessons, Cadzand Sports also offers other aquatic activities: supping, powerkiting, bamboo stick arts, golf surfing and longboarding. An offer like this keeps you entertained every day!

#### Moio Beach

Apart from being a cool North Sea beach club, Moio Beach also offers a wide array of activities with their “Adventure Sports” clinics: on the beach, in the surf, in the dunes and at sea. Bumball, lacrosse, golf and ball shooting, but also blokarting, surf-rafting, golf surfing, skimboarding and supersupping. Available upon request for groups (5+ participants) and individually with the special summer program in July and August.

#### De Zeemeeuw

Catamaran school De Zeemeeuw’s offer goes far beyond catamaran sailing only. They can teach you golfsurfing, supersupping, kayaking, bodyboarding and beach volleyball as well. Each year in July and August, they host the special Zwinsport four-day event: 4 days for youngsters aged 9-17. Apply online, or enquire about the possibilities of organizing group activities at any other moment of the year.

sea is a dream come true”, she says. “The sea gives me everything, starting with immense joy. I can swim in it, surf on it, and eat from it. But the sea also brings me peace and guidance. I can spend hours on the beach, just watching the waves. That is my way of meditating and clearing my head.”

#### Freedom as the pinnacle of luxury

Being able to leave the house in a wetsuit, bike to the beach and score good waves is a true luxury to Nikki as a surfer. The sense of freedom she searched for high and low is at the tips of her fingers. Her wanderlust faded away. Since she lives in Cadzand, only the occasional trip to their second home in France is still on the agenda.

“Living in Cadzand feels like an endless holiday”, she says. She is connected to nature and lives according to the season. As co-owner of two businesses – Sous les Pins and WELDLAB- she is in charge of

her own schedule. “I live following my own rules. So when a good swell is coming in and I have no appointments, I shut down my computer, grab my board and hit the waves. I can always catch up on work later. That freedom, that’s my wealth. And I experience it daily in Cadzand.”



text - Elodie Kint  
photography - Nikki Matheussen



SEASIDE SPA ESCAPE

# SEA YOU SOON

## HOTEL NOORDZEE



Of het voor een paar uur, een dag of een week is: wij hebben maar één doel. U in de rustige omgeving van de zee naar een plek van diepe ontspanning. Laat u wegvoeren in de weldaad van de zee in een heerlijk zeewierbad van ZJI Sea Wellness.



# ZJI



# WWW.HOTELNOORDZEE.COM

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# Recipe

## EEL IN GREEN HERB SAUCE WITH FRESH FRENCH FRIES



Griet van der  
kerk  
rechten-  
Griet

### Bistro Beaufort

Bistro Beaufort is a wine bar in Cadzand with an innovative wine & dine concept. They serve timeless classics as well as inventive dishes with a twist. Needless to say, they have the perfect wine pairing for every dish. On a summer day, you can enjoy the sunny terrace, and in winter, you can cosy up in their warm industrial interior.

### Ingredients for 4 servings

1kg fresh eel  
1 liter fish stock  
2 bunches of parsley  
1kg fresh spinach  
1kg sorrel  
1 bunch of dill  
½ bunch of tarragon  
lemon juice  
1,5kg of high starch potatoes  
salt and pepper

### Instructions

Make sure the eel is thoroughly cleaned and gutted. Cut the eel in chunks of about 5cm. Mix 10 g of salt with 1 liter of fresh water and leave the chunks to soak in the fridge overnight.

Rinse the eel with plenty of running water. Bring the fish stock to a boil and add the eel. Reduce heat and leave to simmer for approximately 20 minutes.

Remove the eel and reserve. Blanch the green herbs in the fish stock for 10-20 seconds. Combine the herbs in a blender with 250 ml of stock and process to the desired consistency. Season with salt, pepper and lemon juice. Take a clean pan to heat up the eel with the sauce before serving.

Serve the eel with French fries. For the fries, peel 1,5 kg of starchy potatoes, and cut into 1cm batons. Keep the fries in a water-filled bowl until you pre-fry them. Drain the water and pat the fries dry. Pre-fry them in the frying pan in 4 batches at 160 degrees for 6 minutes.

Leave the fries to cool for half an hour, raise the temperature on the frying pan to 180 degrees and fry the fries until they're golden yellow. Tip: Belgians use tallow to double fry their fries, to add to the flavour.

Slightly sprinkle the fries with sea salt and serve the eel in green herb sauce with a chilled glass of Chablis or a local "Tripel Jules" beer from Aardenburg.



# A DAY AT THE SEASIDE

Enjoy the seaside responsibly! On a beautiful summer day, there's nothing more enticing than a day at the seaside. Spending a leisurely day slumbering on the beach, or choosing a more active approach and taking a small boat or SUP out on the water. Pure bliss, but never throw caution to the wind and come prepared.

Unfortunately, accidents can happen, warns Jacco Nortier (31), skipper with the Royal Netherlands Sea Rescue Institution ("Koninklijke Nederlandse Reddingsmaatschappij"- KNRM) in Cadzand.

Jacco inherited the KNRM "bug" from his father. "I started as a lifeguard and later moved on to the KNRM, which I joined ten years ago. The KNRM station in Cadzand is the smallest one in Zeeland. Our team consists of about twelve volunteers at sea and two or three assistants on shore." Whereas lifeguards have a preventive role, the KNRM only comes into action when there is a possibly dangerous situation. Last year was the busiest year yet for Jacco and his colleagues. "We made 42 interventions, with usual yearly averages ranging between thirty and forty."



## In action

The nature of KNRM's interventions varies greatly. "On shore, someone might have fallen off their horse, or there might be a seal in trouble. At sea, we might be called into action because of a missing child, or a sport boat with engine problems." Jacco finds his role at KNRM very satisfactory. "It is nice to be out on the water, being able to help people. And we get to work with really nice equipment."

## Killer whale in distress

The most memorable case to date for Jacco was a beached killer whale. "When the coast guard contacted me and told me we'd have to deal with a killer whale, I asked them whether they were really sure. It turned out they were. We were able to refloat it, but unfortunately she ended up dying, because she was already sick."

## KNRM's tips

Jacco does have a couple of useful tips if you plan a day at the waterside. "If you go to the beach, make sure you know exactly

where you are. At the beach entrances, you can find information signs, explaining what the different beach flags mean. Moreover, each beach entrance has its own number, so you can be located quickly when you call in an emergency. It is also a good idea to save the coast guard's number on your phone."

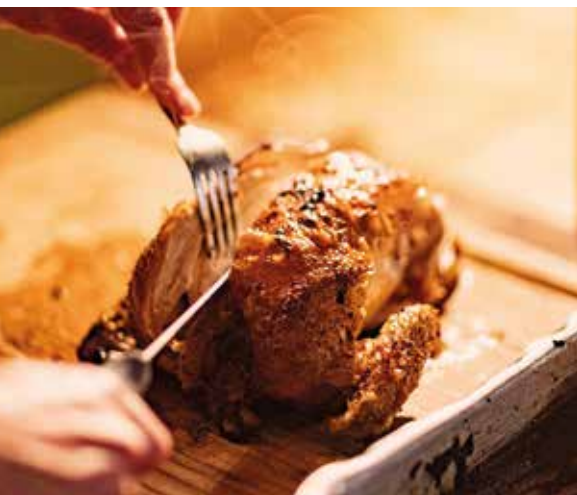
## Wind and currents

"Keep an eye on the weather forecast and the wind direction. Do not use flotation devices when the wind is offshore. Does your ball drift away? Avoid getting into a dangerous situation and don't try to recover it. Rip currents are not very common here, but you have to be aware of currents nevertheless. Do not attempt to swim against a current, but swim across it, parallel to the shore, and swim back to shore at an angle."



# GRENZELOOS

Rotisserie Grill in Retranchement



Grill rotisserie Grenzeloos is te vinden in een oude loods in Retranchement. Het houtvuur waarop het vlees en de vis worden bereid staat centraal in het restaurant. Niet alleen het vuur bepaalt de sfeer, ook het knusse interieur met zijn eigenzinnige look. Er wordt gewerkt met eerste klas superverse Noordzee vis en gerijpt vlees die worden gecombineerd met een zeer uitgebreide wijnkaart met 200 wijnen, met een ruime keuze aan wijnen per glas. Ook het verwarmde terras biedt gelegenheid om van de specialiteiten te genieten.

Telefonische reserveringen 0117 851 622 | maandag en dinsdag gesloten

Zwinstraat 3 4525 AC Retranchement | grenzeloosretranchement.nl

# FORAGING





In the polders just outside Cadzand, you can find Ingrid Vanbrabant's wonderful domain called Kulderzipke. Busy daily life fades into a faint and distant memory once you enter the domain and reconnect with nature. Ingrid is an expert on foraging, and will tell you all there is to know about fauna and flora on the domain and in the immediate surroundings. And even more interesting than that: she will teach you what to do with the plants and herbs you've foraged.

Ingrid welcomes us in one of the domain's old barns recently converted into a brand new workshop space. It is light, airy and cosy at the same time, and it feels like a big homely livingroom. There is a kitchen with loads of counter space, a sitting area and a couple of tables for Ingrid to welcome her guests and students. With the help of a colleague, she offers a full year's training, requiring the students to gather once a month. Since living here and turning the domain into a small paradise with two holiday cottages to boot, everything has fallen into place for Ingrid.

#### **Foraging course**

"I've always had this deeply engrained love of nature, even though it didn't really run in the family – my parents and sister don't take an above-average interest in nature. I was trained to be a physiotherapist and took a foraging course in 2017. I already knew a lot about identifying all sorts of plants and trees, but even before finishing that course, I knew I wanted to learn more." Ingrid decided to take the two-years herbalist training in Ghent. A herbalist is trained to know all uses of plants, both medicinal and culinary. "It was quite challenging, since I had to study a lot of Latin terminology. And as a herbalist, you're never done learning. I continuously come up with new recipes."

#### **Own domain**

Ingrid lived in Cadzand at first, but knew she wouldn't stay there. "The real estate agent showed me this domain, an old horse riding school. It was pretty run down and messy. But I saw the potential and knew I would be able to restore it to beauty." We take a casual stroll around the domain

encompassing no less than 5 hectares. "I designed and planned everything myself. I included a lot of zeelandic hedges, and planted heritage tall fruit trees, because of their scenic and historic value." As we walk along, Ingrid points out different species: cherry trees, apple and pear trees and even walnut trees. "Because of all the hedges, the place is crawling with birds and other small animals. All the way in the back, I had a small pond dug."

#### **Nature running its course**

With the exception of the fruit trees and some small species including rosemary and marshmallow root, Ingrid didn't do a lot of planting. "There are a lot of indigenous species and all sorts of species tend to sprout up spontaneously. The estate is criss-crossed with a plethora of small paths, which I do mow for reasons of accessibility, but other than that, I let nature run its course. In every small patch, there are 10 to 15 different species of plants and shrubs. I can locate any one of them, and I adapt my foraging walks to what I want to show. I'm enthralled by nature and want to tell a lot about it, so I always have to keep half an eye on my watch, because time tends to fly when we are out on those walks", Ingrid chuckles. We can only agree.

#### **Inspire people**

You don't have to be a trained herbalist in order to forage. "You do have to know a couple of basic rules. Always be mindful of what you pick, because some plants are poisonous. Do not pick plants close to farmland which can be sprayed with chemicals, and avoid places with lots of passing traffic or people walking their dogs. And don't pick more than you need." On her



"This domain is meant for peace and quiet. That is also why our holiday cottages don't have TV's"

domain, Ingrid wants to inspire people. "I have them use their senses and their jaws are guaranteed to drop, because people just don't know about the culinary potential of some plants. It is a skill we seem to have lost. My chief goal is to awaken people and have them reconnect with nature, look at things differently."

### Kulderzipke

"The domain borrows its name Kulderzipke from a Belgian TV-series which most Belgian visitors remember. When I asked people close to me to help me come up with a name for the domain, that didn't yield any satisfactory results. Until one day I remembered the series about Kulderzipke the farmboy, and found it a fitting name", Ingrid explains. She explicitly calls Kulderzipke a domain, and not an estate. "Because an estate is public, and I don't want that. You don't want rascals on the domain, or people walking their dogs (because of the foraging, ed.). This domain is meant for peace and quiet. That is also why our holiday cottages don't have TV's."

### Back to nature

Ingrid notices that a lot of people long to go back to basics. "I think this longing had been years in the making, and was accelerated by Covid. We tend to lead a more outdoors life nowadays, and we want to live

more responsible. Statistics relating to lifestyle diseases are gloomy. People want to be aware of what they eat, it is something I've been noticing in people close to me as well." Ingrid reckons that the herbalist training has changed her for the better. "I spent time with like-minded people, close to nature. It also led me to choosing an organic diet. Anything non-organic doesn't provide us with the necessary nutrients. Foraging for food is the origin of an organic lifestyle."

### Foraging DIY tips and tricks

Ingrid: "There is a big chance you can find ground elder in the garden of your (holiday) home. This is a delicious herb to use in a pesto or soup. Hairy bittercress can often be found in flower pots and beds, and it tastes like garden cress. Very taste on a sandwich with tomato, or in a garden salad. In Cadzand-Bad, you can find wild arugula near the coastline. It looks a lot like regular arugula, but is even spicier. The leaves and flowers are a delicious addition to your vegetable sandwiches. Pick with caution, though: if you want to pick wild arugula, only pick a couple of leaves and flowers from one single plant. If we pick everything, the plant won't be able to self-seed, and we'll have nothing left the following year. Make sure you leave enough for insects and bees."



### About Ingrid and Kulderzipke

Ingrid Vanbrabant is a Belgian native, born in Leuven. She moved to Zeelandic Flanders in 1989. She started her herbalist training in 2017 and graduated in 2019. That's when she started the guided foraging walks on her domain Kulderzipke. Starting in April up until and including October, you are welcome to join those walks. The paths are accessible for wheelchairs and strollers. Children's activities on the domain include a bicycle cross track, a natural playground and a sand mountain with shells and shark teeth.

Have a look on [www.kulderzipke.nl](http://www.kulderzipke.nl)

# Onbezorgd wonen. Met Syndiq, specialist in VvE beheer



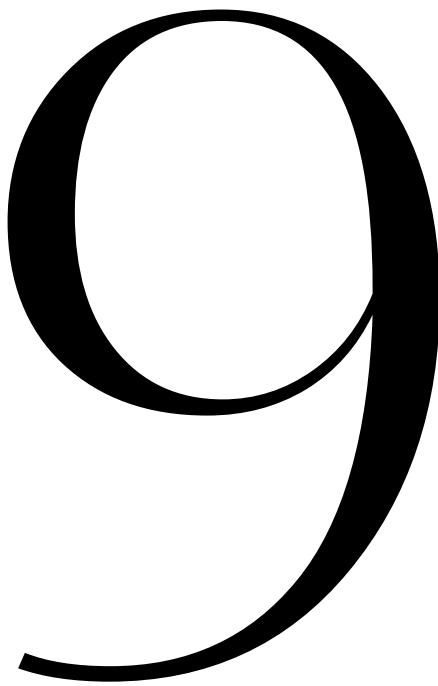
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# TRENDS IN INTERIOR DESIGN

The exuberant lifestyle, outdoor living and of course: the beach. Those are a few of the main reasons people acquire a holiday home in Cadzand. And they love to see those elements reflected in the decoration of those homes. This results in a couple of remarkable trends in interior decoration. Patricia van den Berge (Paras Concepts) lists the 9 most important ones.

## **Sandy tones**

"Modern interiors are no longer as pristinely white as they were a mere 5 years ago", comments Patricia. Nowadays, homeowners take their inspiration from their surroundings, which is why a lot of people here prefer sand tones. "This is of course closely connected to the beach – one of the main reasons for people to spend time in Cadzand". The concept developer explains that sand tones provide a neutral base and are often combined with other shades evoking the sea: a soft grey-green or a muted grey-blue.

## **Wooden furniture**

Wood is featured in most interiors. "Preferably wood that looks a bit weathered, almost washed up from the sea. This has been popular for a while now in Eastern countries such as Bali, and closer to home in Ibiza, and the trend has firmly made its way into Cadzand now as well. No matter how modern the interior: wood is omnipresent. "We see wooden tables, doors, kitchens, or a refinished cabinet for the wash basin", says Patricia, "Unsurprisingly, because wood adds character and atmosphere to your home".

## **Microcement flooring**

Where flooring in holiday homes is concerned, style and comfort go hand in hand. "It shouldn't matter if you enter your home with feet sandy from the beach. Wooden and microcement flooring are low maintenance. Microcement is a calcareous material, enabling a natural look with stroke effects. Moreover, microcement and wood are a match made in heaven. Since microcement is highly adhesive, it can also be applied to walls."

## **Floor-to-ceiling windows**

Patricia tells us that lots of natural daylight is a clear trend for holiday homes in the region. "This is obtained by large windows, french windows and sliding windows, allowing the light and fresh air to flood in. People come to Cadzand to enjoy an outdoors lifestyle, with quiet and space that they often lack at home. Large windows give a sense of spaciousness, and allow holidaymakers to hear and smell the sea. Opening your window in the morning and thinking: yes, I'm in Cadzand! That's what people are really after.

## **Burgundian lifestyle**

The Burgundian lifestyle draws people to Cadzand. Enjoying local dishes and drinks. "Interior decoration reflects this lifestyle in the form of large American fridges, wine fridges and oversized kitchens. People want to be able to prepare their meals together – maybe even hire a private chef – and spend deliciously languid hours at the dining table. This is fitting for Zeelandic Flanders as a food region as well: we have the best restaurants in the region, the freshest ingredients from the sea and local produce from the land."

## **Fireplace**

One item that should not be missed in a beach holiday home is a fireplace. "Homeowners explicitly wish to install a (gas)fireplace, soapstone stove or pellet stove. They envision romantic moments: comfortably reading a book or watching a movie in front of a roaring fire. And it really adds to a relaxed and cosy atmosphere", Patricia tells us. "Sustainability is an increasingly important factor as well: a pellet stove, for example, heats up quickly and can be combined with underfloor heating, warming up the house in a minimum amount of time."



## Acquiring property in Cadzand?

Feeling inspired to buy a holiday home in Cadzand and decorate it according to the latest trends? Take a look at the local real estate agents' listings.

### De Dobbelaere Makelaars

De Dobbelaere Makelaars is a realtor with almost 30 years of experience in Oostburg, Breskens and Cadzand-Bad. Apart from a professional team and an ample range of permanent or recreational homes and new build houses, this real estate agency also offers the services of a stager/stylist in order to get your house ready for listing.

### Immo de Nijs

Luxury holiday homes, coastal properties, group accommodations or pet friendly houses: Immo De Nijs is the specialist in holiday homes and apartments in Cadzand and the surrounding area. Immo De Nijs has a portfolio of (temporary) rentals, and buying and selling of property.

### Van Akker Makelaar

With listings ranging from detached houses to sea view apartments, Van Akker Makelaar has a top notch portfolio for luxury holiday rentals. Apart from that, Van Akker also helps you buy or sell your property, on a no cure no pay basis.

### Verhage Lemahieu

Verhage Lemahieu operates in several aspects of the market: sales, valuation, property development, zoning plans, etc. There is one common denominator in all their projects: the housing market in Zeelandic Flanders. Their expertise make them a trustworthy partner for homes in Cadzand and surroundings.

### Tak Makelaardij

Tak makelaardij has a great social media presence. If you follow them on Instagram or Facebook, new listings will automatically appear on your feed. It also allow you to have a sneaky peek inside the region's beautiful homes.

### Gentle curves

Another interior decoration trend quickly gaining ground, are soft and gentle curves around the house. "By this I mean that walls no longer have sharp corners, but rounded ones. This can be obtained by making curved corners when plastering. It gives a luxurious feel and ties in with the natural effects that I've mentioned previously. It is a trend that has started in countries where you spend your summers outdoors and I can see it being applied in homes that are meant to be a long-term investment, to be enjoyed by generations to come."

### Multiple bathrooms

Having just one bathroom in your home is outdated. People owning holiday homes prefer all their bedrooms to have an en suite bathroom, or a private shower and washing basin at the very least. "They want to replicate the luxury hotel atmosphere, with a home that is kitted out with all possible amenities. A place for everything, and everything in its place, just like at home. Multiple

bathrooms also add to the rental potential of a holiday home, enabling holiday home owners to make a nice profit when they're not using the home themselves."

### Outdoor room

The garden and outdoor space is an increasingly important part of the decoration. "People owning holiday homes prefer to spend most of their time outdoors. That's why they request large outdoor kitchens, a good barbecue area and a cosy lounge zone. Additionally, an outdoor firepit for those cooler nights and an outdoor shower to get rid of the beach sand can be added to the wishlist. For winter days, we advise modern conservatories, to enjoy that book or aperitif."



# La bouche, la main et le verre de vin

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LATRINITÉ 

# DEAR GUEST,



EN

Cadzand is a delightful place to holiday, that much is clear. We're so glad you're here, welcome! This magazine highlights all of Cadzand's charms and its diversified offer, whether you're here for the day or a longer period of time. By browsing this magazine, you'll discover its wide array of possibilities.

### **Tempted to learn about all the ins and outs?**

Scan the QR code to unlock the contents of this magazine in both English and German on our website [www.cadzand.life](http://www.cadzand.life). Highly recommended, obviously, with the variety of topics we'd like to tell you about!

**Are you a beach-lover?** Then make sure not to miss out on the article about Cadzand's unique "Health Seaside Resort" designation. Spending time here is not only a relaxing and joyous endeavour, it has also shown to be beneficial to your health. We share our best insider tips for a blissful day on the beach, have a chat with surfer girl extraordinaire Nikki and show you the finest treasures from the sea. There is something for all tastes! We pay a little visit to the birds in natural reserve Het Zwin and teach you about foraging in our fine region. We're proud of Cadzand, our cheerful inhabitants and our welcoming entrepreneurs. Cadzand is truly unique, with an individual and captivating vibe. Do you agree? Then you'll be thrilled to read about Cadzand's signature style trends, which will allow you to recreate a small part of the Cadzand life at home. Or you could also just visit us again real soon!

# LIEBER GAST,



DE

Dass Cadzand ein wunderbarer Ort zum Wohlfühlen ist, brauchen wir Ihnen nicht mehr zu erklären - Sie sind hier, also herzlich willkommen! Mit diesem Magazin möchten wir dies noch einmal bekräftigen. Cadzand hat viel zu bieten, egal ob Sie für einen Tag zu Besuch kommen oder für längere Zeit hier bleiben. Beim Durchblättern werden Sie viele Anregungen entdecken.

**Zugang zu allen Details bietet der beiliegenden QR-Code.** Wenn Sie diesen scannen, führt er Sie auf die Website [cadzand.life](http://cadzand.life), wo Sie das Magazin sowohl auf Deutsch als auch auf Englisch lesen können. Sehr praktisch, um keines der vielfältigen Angebote zu übersehen!

**Mögen Sie den Strand?** Dann lesen Sie unbedingt den Artikel über den in den Niederlanden einzigartigen Bad-Status von Cadzand. Schließlich ist ein Aufenthalt hier nicht nur wohltuend und entspannend, sondern auch nachweislich gesund. Wir verraten unsere besten Tipps für einen Tag am Strand, sprechen mit Surferin Nikki und zeigen Ihnen schöne Schätze aus dem Meer. Da ist für jeden etwas dabei! Wir werfen einen Blick auf die Vögel im Naturschutzgebiet Het Zwin und zeigen, was in unserer Natur essbar ist. Wir sind stolz auf Cadzand, seine gut gelaunten Einwohner und gastfreundlichen Unternehmer. Cadzand ist einzigartig und hat seine eigene Charakteristik. Sind Sie auch dieser Meinung? Dann lesen Sie unbedingt den Artikel über Einrichtungstrends und wie Sie sich Cadzand nach Hause holen können. Oder kommen Sie einfach bald wieder!

# THE ZWIN: A BIRD'S PARADISE

Flocks of loudly honking geese flying overhead. A chattering skylark descending from the sky. The grating call of the sandwich tern. The nightingale's lyrical serenade. The utmost Southwest of the country hides a plethora of the most beautiful birds and their songs.







If you're not a birdwatcher yet, chances are you'll become one here. If you have a bit of an eye and ear for birds, you'll soon realize you've stumbled upon a truly magnificent bird's paradise. They are everywhere around us, in all seasons. Most birds obviously prefer the peace and calm, so the majority chooses a natural reserve as their habitat. Cadzand and its surroundings are spoilt for choice when it comes to natural reserves; in just a short amount of time, you can bike from one bird's Valhalla to the next. In order to spot birds, the best way to move around is by foot or by bike, armed with a good pair of binoculars. Or, better yet, a telescope. Up until fairly recently, we had to resort to specialist bird guides to look up birds' descriptions and images, but nowadays there are handy apps to help us out. The app BirdNET for example matches birds and their songs.

**The Zwin's birds**

The Zwin is a tidal inlet with mud flats and saltmarshes, connected to the North Sea. Thousands of birds flock to this "international bird airport" to hatch, to stuff themselves with food before their migration or to hibernate. With over 350 species, bird enthusiast will definitely be able to indulge themselves. Bearing in mind the tides is key to successful bird spotting; the best moment is during low tide, when the birds forage for worms, snails, shrimp and shellfish in the shallow waters and on the dry patches of land.

Hibernating guests of the Zwin include mostly waterbirds such as ducks, geese and waders. They've often traveled far to get to the Zwin: the Greater White-fronted goose and the bean goose settle down here to hibernate after their rearing season in Siberia or even further up north, as do the widgeon and the whistling duck. They can clearly be recognised by their whistling call when they fly over on a winter evening.

A couple of species to be found year-round at the Zwin, are common shelducks and oystercatchers. This last one stands out, not only because of its red beak and noisiness, but also because Sovon -the Dutch Centre for Field Ornithology- named it bird of the year 2023. The oystercatcher should be massively present on the mud flats, scraping together its food, but counts have clearly demonstrated a huge reduction in their population. This is why the oystercatcher is now being monitored even more closely: by keeping track of when and where the oystercatchers brood and how many chicks are being raised, researchers are trying to find the root cause of this bird's (and other species') rapid decline.

**Nesting birds in the Zwin**

Around a hundred different species come to the Zwin in order to breed. Amongst the most spectacular ones are the couples of storks coming to the Zwin every year to raise their chicks. The Zwingeuil channel is often visited

“If you're not a birdwatcher yet, chances are you'll become one here.”

by little egrets and spoonbills searching for little fish and shrimp. The Zwin is an important breeding area for the avocet (a distinctively-patterned black and white wader with with a long up-curved beak), redshanks, and large tern colonies, sharing their time between the Zwin and nearby natural reserve Waterdunen.

**The tern**

After having hibernated in Africa, the sandwich tern and the little tern descend upon our nutrient-rich coastal area, famished after their long trek. In the summer of 2022, the tern was all over the news because of an outbreak of bird flu, decimating the species. The sandwich tern can be considered a more elegant version of the much more common seagull, with its black cap, a long black bill with a yellow tip, a long tail and webbed wings and feet. Since they only breed one chick per year and they were already on the European red

“The Zwin is a tidal inlet with mud flats and saltmarshes, connected to the North Sea. Thousands of birds flock to this “international bird airport” to hatch, to stuff themselves with food before their migration or to hibernate. “



list of birds (listing species with extinction risk), a bird flu outbreak puts them in a particularly vulnerable position.

### **The black-winged stilt, unique in the region**

Another remarkable nesting bird with the Zwin as its habitat, is the black-winged stilt. This magnificent bird mainly breeds in the Mediterranean, but its numbers in our region have been on the rise for a couple of years now. You cannot leave our region without having spotted it, it's truly unique. You'll have the best chance of spotting them in the Sophiapolder or the Blikken, since this is where a couple of stilts have been breeding over the past years. The black-winged stilt is characterized by its very long bright pink legs, its black wings and back, its long and straight bill and its white head and neck with a varying amount of black. Their call in breeding time consists of sharp, high-pitched yaps.

### **What can you hear but not see?**

Spring is the peak season for bird spotting, with the birds' calls at their loudest. The nightingale is one of the singing birds being closely monitored. This small, rather ordinary looking bird is praised for its clear, exuberant song. Having just returned from warmer climes, they sing their fabulous song from the brushwood in the dunes of Cadzand-Bad, in the Kievitte Polder and the Oudelandsche Polder. This smart little guy is very difficult to spot, since it stops singing immediately if you get too close to discovering its hiding place. This makes seeing this little virtuoso a stroke of genuine luck. They breed close to the ground, with their nests averaging between 3 and 7 eggs.

### **Spot singing birds near Retranchement**

If you want to go on a fun walk with guaranteed bird spotting, then go explore the old embankments encircling the village of Retranchement near Cadzand. Chances of the great tit, blue tit, robin, wren, blackbird, blackcap, linnet, greenfinch, putter, Cetti's warbler and willow warbler putting in an appearance are high. In the open areas, you will look out over puddles where coots, moorhens, several types of ducks and other water fowl roam. Maybe you'll even see the European tree frog, its croaking filling the whole village with a buzzing sound in the month of April. If you see a small bird sitting on a stake, it is probably a common stonechat. This flycatching migrating bird is becoming more common here in winter. Feeding fields are being

sown for the turtle dove, which is slightly more colourful than the collared dove, in an attempt to compensate the high mortality rate due to the hunting of these migrating birds in France and Italy.

### **Monitoring birds**

West-Zeelandic Flanders' society for nature conservation 't Duumpje, has a bird working group mapping all breeding birds in the Kruis creek and the Erasmus and Sophia polders, along with the numbers and circulation of other birds, birds of prey and farmland birds in general. In order to keep track of all the birds in our area, a lot of bird counting has to be done, often at the crack of dawn, and sometimes even at night, in order to be able to count the church owls for example. The bird counting is very important to get an accurate idea of the bird population in the area and its needs. Expansion of our residential areas and intensified farming have caused the birds' habitat to shrink, with less and less quiet, sheltered breeding spots remaining. This has particularly affected the partridge, the lapwing and the skylark. In the area surrounding Cadzand, those birds find shelter and food in edges of fields between Retranchement and Zuidzande, created specifically to protect them. If you want to spot meadow birds, you've found a good reason to explore that stretch of fields.

## **Tips**

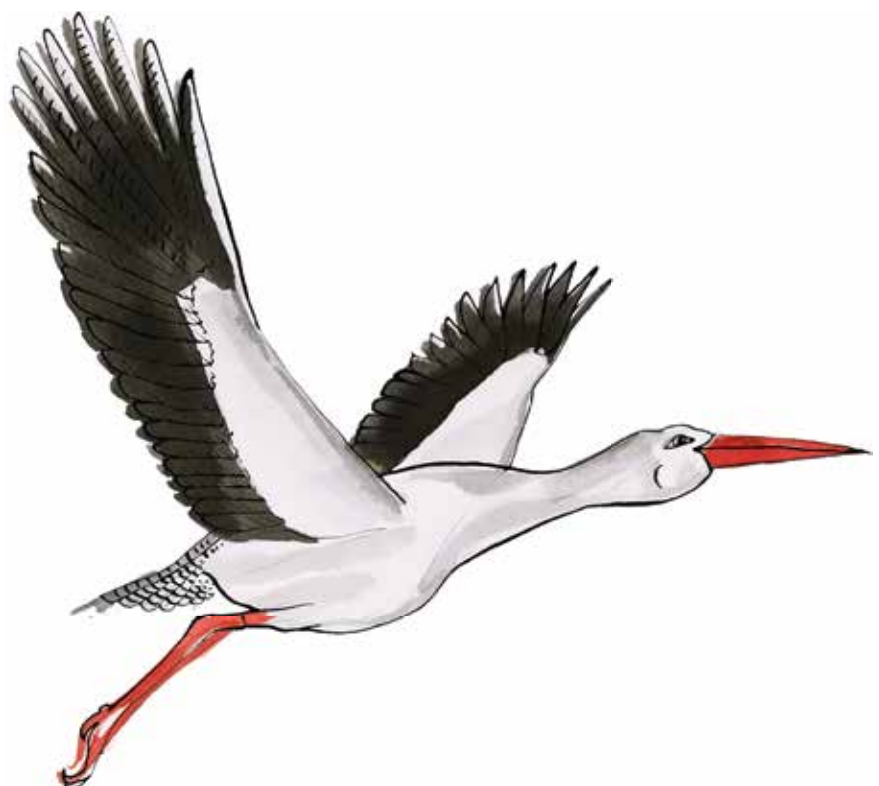
Do you want to spot birds in the Zwin area?

[hetzeeuwse-landschap.nl](http://hetzeeuwse-landschap.nl)

[duumpje.nl](http://duumpje.nl)

[zwin.be](http://zwin.be)

[anwb.nl/wandelen/routes/sternen](http://anwb.nl/wandelen/routes/sternen)





### ✓ **Persoonlijke service**

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### ✓ **Vastgoed experts**

Met meer dan 10 jaar ervaring weten wij alles over de vastgoedmarkt aan de Zeeuwse kust.

### ✓ **After sales**

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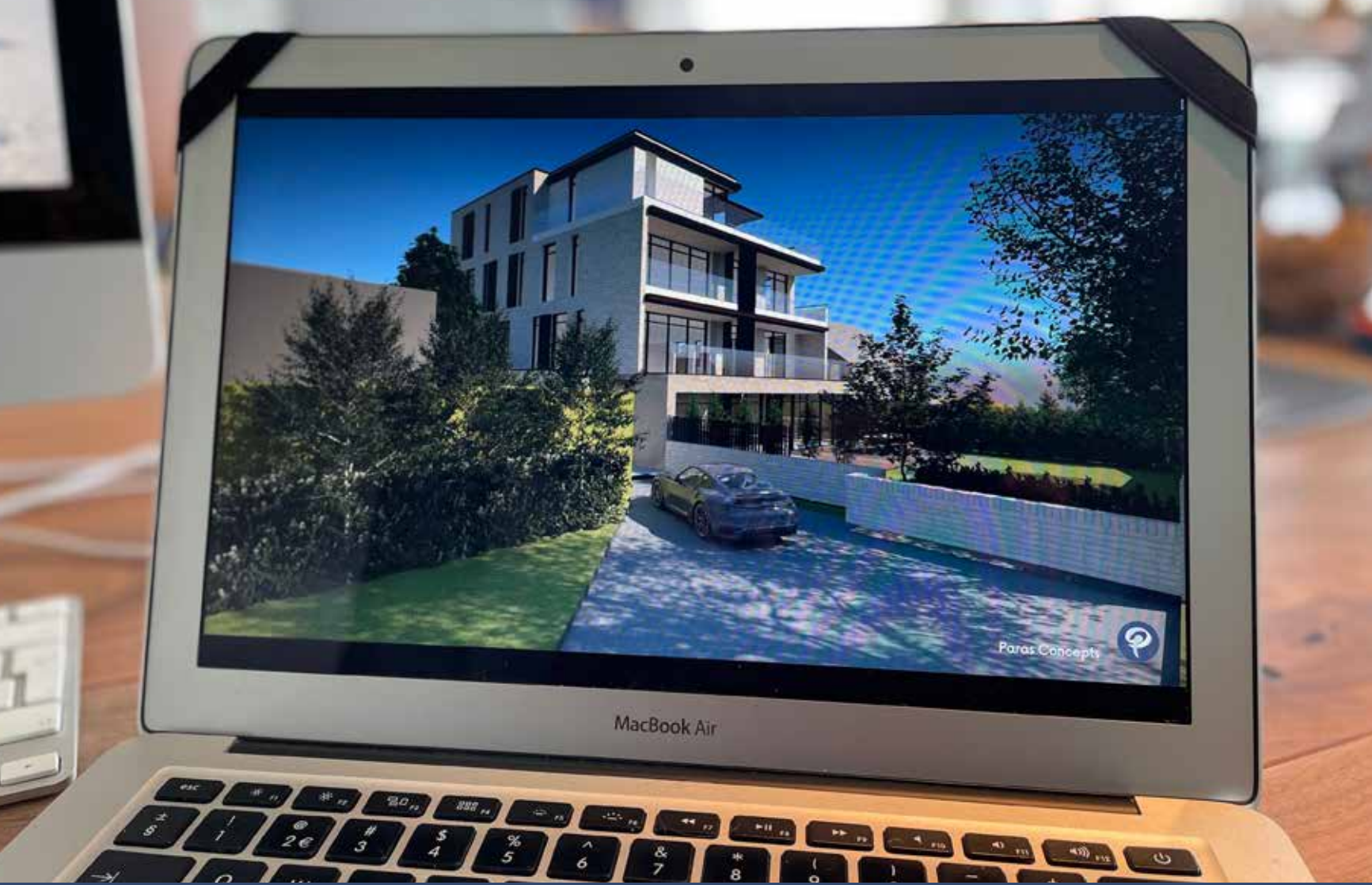
“Wij geloven dat een huis veel meer is dan een stapel stenen. Een huis kopen of verkopen is niet niks en daarom zijn wij voor u de makelaar waar u op kunt bouwen.”

**Meer weten? Neem vrijblijvend contact op.**

**Tak Makelaardij & Taxaties**  
Boulevard de Wierlingen 54  
4506 JL Cadzand Bad

Telefoon: 0117 85 29 51  
E-mail: [info@takmakelaardij.nl](mailto:info@takmakelaardij.nl)





**Paras Concepts BV** is een fris en vooruitstrevend ontwerpbureau gevestigd in de mooie badplaats Cadzand te Zeeland. Het ontwerpbureau bestaat uit een jong en gemotiveerd team wat u altijd te woord kan staan. Wij zijn sterk in het ontwikkelen van concepten in de bouw waarbij de gebruiker centraal staat. Het maken van exterieur- en interieurplannen versterkt de kwaliteiten van het concept. Daarbij houden we rekening met wat onze opdrachtgevers voor ogen hebben. Een belangrijk aspect is dat we met onze concepten streven naar een duurzame en sociale omgeving.



**paras**

concepts design development

# TOP WITH KIDS



For parents travelling with their kids, having a choice of entertainment for their little ones is of paramount importance to make the family holiday a success. And even though catering to everyone's needs might seem like a daunting task, Cadzand and its surroundings provide a large variety of things to do: active and sporty or culinary and indulgent – we bet you'll have a lovely time!



## Pedal away

Zeeland is the perfect region for bike tours if ever there was one. Following an expansive network of dedicated bike points (so-called "fietsknooppunten"), the possibilities to craft your perfect route are sheer endless. Combine bike points in the green hinterland with those along the coast and enjoy the vast expanse of the region. Neptunus has a huge assortment of rental bikes. Choose an e-bike to brave the relentless Zeelandic wind: a regular ladies or men's bike, or a hip cargo bike, tandem or mountainbike. Biking with small children or your beloved dog? Make sure to reserve your bicycle trailer so they can travel in style and comfort.



## Brasserie LouLou

Feast your – and your children's – senses on LouLou's colourful and botanical decoration and their exciting menu options. Relax with a casual drink and little bites to share (calamari, chili con carne nachos and Turkish flatbread with hummus are amongst the firm favourites). The lunch and dinner menu provides fish and meat dishes as well as tasty vegetarian options. A welcome break from the run-of-the-mill French fries and "frikandel" dishes, LouLou's kids menu touches the right balance between originality and accessibility. Make sure to preselect either the early (ideal with kids) or later (for a romantic tete-a-tete) dinner shift.



## Golfpark Cadzand-Bad

Has your family outgrown miniature golf? Introduce your children (aged 8 and above) to "real" golf at Shortgolf Cadzand-Bad. Shortgolf is a shorter version of the regular game, played on a smaller 9-hole course. With hole-lengths ranging between 30 and 90 meters, a round of shortgolf is accessible for all ages, since less walking (and more golfing!) is involved. If you want to further elevate the authenticity of the experience, make sure to rent your golfcart at Invest Mobile: bang on trend and environmentally friendly to boot!

## Fly your kite

It takes either some patience or a good supply of athletic prowess, because kiting comes in many forms and kites are available in all shapes and sizes. Start out with the entry-level delta kite which is a fun and easy DIY project if you choose to make your own. If you prefer the store-bought version, have your pick at Montezza. A couple of times per year, beach pavillion Caricole hosts a kite festival, attracting extraordinary (and large!) kites. The perfect opportunity to fly your own kite. The more, the merrier.



### Shark tooth hunting

Visiting Cadzand and returning home without a shark tooth is a no-go. Both Cadzand and Nieuwvliet are well-known for the frequent shark tooth discoveries. One of the best spots to find your very own shark tooth is on the beach in natural reserve “De Verdrongen Zwarte Polder” near Cadzand Bad. Keep your eyes peeled for the characteristic shell and shell grit strips on the beach, since they more often than not contain shark teeth. Out of luck? Shark teeth can be bought from several stores around Cadzand: the Spar supermarket for example, or the dedicated Shell Shop (Schelpenwinkel) Giftshop Cadzand. Or visit Petra’s Finest Chocolates Atelier for the chocolate version as a yummy alternative!

### Aquatic sports

Cadzand is the place to be for water sports enthusiasts; it might even be the very reason you’ve picked Zeelandic Flanders as your holiday destination in the first place. At Moio Beach, you will be spoiled for choice, with an offer ranging from beach golf and beach lacrosse to ball shooting (a game of Frisian origin). Feeling adventurous? Then have a go at blokarting, bumperball, golf surfing, powerkiting, surf kayaking or rafting. Just outside of Cadzand, on the other side of the border, visit Lakeside Paradise for everything surf-related: supping, kitesurfing or windsurfing, have your pick. Your kids can also learn how to wakeboard here, a fun and cool skill to show of to their friends!



### Seal spotting

Even though the Voordelta is the seals’ main habitat, they can also be spotted in the Eastern and Western Scheldt. Peering out over the water until you see a small black head popping out from between the waves: spotting seals from shore, though not impossible, takes a fair amount of luck. Increase your chances of seeing seals by booking a Western Scheldt boat tour with either boating company “Festijn” or with Knokke Boat. A fun activity for the entire family, that will teach you not only about seals, but about marine life in general. Don’t forget to take your binoculars or a good camera.

### Staying the night at the Zwinhoeve

Staying at the Zwinhoeve is a sure way of having a kid-friendly holiday. Located right next to the natural reserve “Het Zwin” and the North Sea dunes, this campsite pulls out all the stops in order to provide your little ones with a holiday to remember. On top of the campsite’s already extensive facilities, the animation team entertain the little guests with daily activities including craft afternoons, treasure hunts, musicals, bouncy pillows, obstacle courses, sporting battles, archery and foam parties. The convenient app informs you of the daily offer, providing some much needed downtime for team mom and dad as well.



### Cadzand’s Pirate

Can you imagine a pirate without a ship? Of course not. That’s why beach pavilion De Piraat has installed an adventurous pirate playground ship right next to the pavilion on the beach. While the grown-ups sip their cocktail and enjoy the sprawling views the terrace offers, the kids can explore the pirate ship to their hearts’ content. If all those adventures cause them to become a little peckish, a nice pancake will restore their energy. Just winding down and being served after a nice day on the beach, what’s not to like? At De Piraat, you and your children will be spoiled and pampered, leaving you fully refreshed for the next beach day.





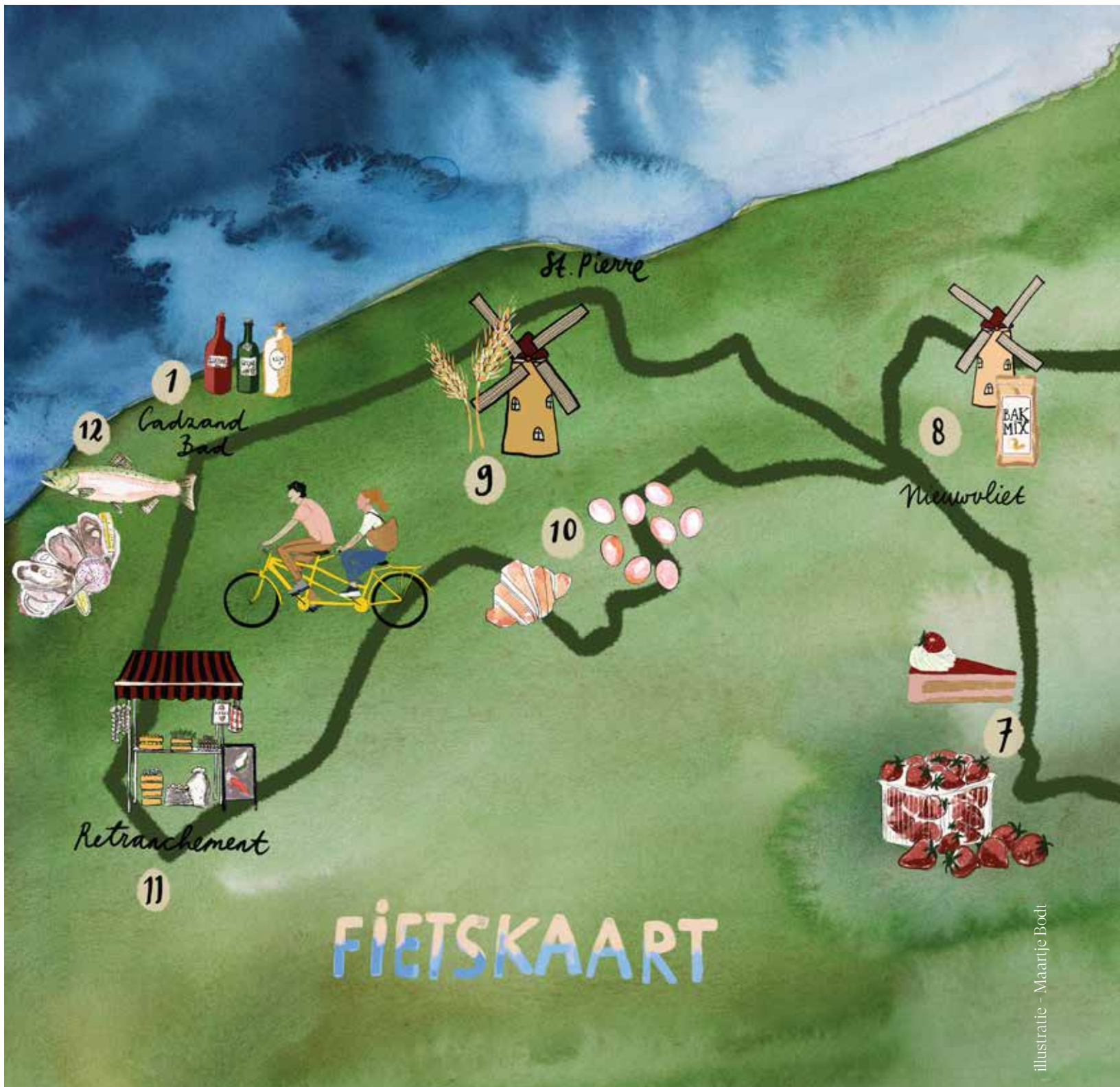
  
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# CULINARY BIKE TOUR



When biking through the region, you will encounter a myriad of small stalls and local sales outlets. Marcin Beaufort, owner of culinary consultancy agency Culi-Advies and consultant for Food Region West Zeelandic Flanders, has crafted this route especially for you foodies. Marcin considers sharing meals to be a true connecting factor. His aim is to inform, inspire and organise. This route will take you to shops and stalls selling fish, vegetables and fruits, liquors and wines, allowing everyone to enjoy the culinary riches of this region.



### Starting point

- 1 Delicalicious, Cadzand-bad  
Local liquors, vinegars and wines.
- 2 Sorting farm D'hont, Groede  
Onions, garlic, potatoes, orchard pears, eggs and several types of vegetables.
- 3 Dutch Bargain, Groede  
Zeelandic beer, brewed in their own brewery in Groede, and a menu consisting of almost exclusively, local produce.
- 4 Farm shop van 't Westeinde, Schoondijke  
Shop filled with local delicacies.
- 5 Butcher shop Tresonie, Schoondijke  
Zeeland's only master butcher, selling their own (Zeelandic) beef.
- 6 Heerenhoeve, Oostburg  
Milk, dairy and delicious ice cream.
- 7 Tea garden De Morelleput, Nieuwvliet.  
Homebaked goods and fruit from own orchard.
- 8 Mill, Nieuwvliet  
Ground flour and baking mixes.
- 9 Mill "Nooitgedacht", Cadzand  
Guided visits.  
Whole wheat meal flour, ground wheat flour, semolina, bran.
- 10 Bakery "Leurgans", Cadzand-Dorp  
Regional products and fresh eggs.
- 11 Stall "Voogdt", next to the mill in Retranchement  
Seasonal produce. Strawberries, bell peppers, tomatoes, pears, eggs and fresh juices.

### Finishing point

- 12 Terence Zahn, Cadzand-Bad  
North Sea fish and seafood.

You can rent a bike, tandem, children's bike or electric bike from Neptunus at 44 Boulevard de Wielingen. Renting an electric golf cart or electric E-shuttle bus: [invest-mobile.com](http://invest-mobile.com)



BAK JIJ DE STERREN VAN DE HEMEL, MET JE HANDEN IN HET DEEG EN DE BLOEM ACHTER JE OREN? VOEL JIJ JE DIEP VAN BINNEN EEN 'SERGIO HERMAN', EN VERWEN JE IEDEREEN MET EEN STERRENMENU? VERLIES JE JEZELF IN ELK KOOKBOEK EN KRIJG JE AL HONGER VAN ALLEEN HET RECEPT LEZEN? BEN JIJ EEN ECHE BBQ-JUNKIE, EN GEEF JE ALLES EEN GRILL- OF ROOKSMAAK?

BEN JE OP ZOEK NAAR CADEAUTJES DIE JE LIEVER ZELF WILT HOUDEN? HEB JE EEN ZWAK VOOR MOOIE MESSEN? AAN HET SPAREN VOOR EEN MOOI SERVIES? DROOM JE VAN EEN KEUKENMACHINE? OF HEB JE EIGENLIJK ALLES AL WAT JE HARTJE BEGEERT MAAR GENIET JE VAN LEKKER RONDNEUZEN?



Kom langs,  
kijk je ogen uit,  
ruik, proef en  
verdwaal.



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# 10 X GAULT & MILLAU

Mouth-watering local produce, the North Sea's briny offerings and hugely talented chefs: West Zeeland-Flanders is a bonafide culinary hot spot. We pride ourselves on our region's restaurants' above average representation in gourmet guides such as Gault&Millau.

Just like Michelin, Gault&Millau issues a yearly guide, listing the country's finest restaurants. The big difference between Michelin and Gault&Millau is their rating system: whereas Michelin uses its famous star system, Gault&Millau scores according to a points system. Gault&Millau's reviewers evaluate the restaurant based on multiple criteria, with scores ranging from 0 to a maximum of 20 points. Only restaurants scoring a total of 10 or above are listed in the guide, and are further subdivided into 5 different levels.

Restaurants scoring 10, 11 or 12 points offer an "honest and interesting cuisine". In restaurants with a total score of 13 and 14 points, you can enjoy "thoughtful meals, reliable quality and a touch of originality". Those scoring 15 or 16 points are considered by Gault&Millau to serve "a remarkable cuisine". A score of 17 or 18 points is synonym to "an exceptional cuisine and memorable dining experiences". Only the absolute culinary top can boast 19 or 20 points.

No less than 10 West Zeelandic Flemish restaurants are quoted in the guide's 2022 edition. Clear proof of the fact that our region is a foodie's paradise. Let us take you on a tour of Gault&Millau's favourites.





**12**  
/20

**Le Sommet**

Restaurant Le Sommet serves traditional French dishes with a modern twist. Located on top of the dunes, the restaurant offers a glorious view of the North Sea beach to accompany what Gault&Millau describes as "compositions of harmonious flavours and textures of scallops, eel and sweetbread".  
*Boulevard de Wielingen 1, Cadzand*



**12**  
/20

**De Schaapskooi**

Having lunch and dinner in a casual country atmosphere in de Schaapskooi comes highly recommended by Gault&Millau. The 1653 farmhouse, where many years ago hundreds of sheep used to graze, is now the perfect setting to enjoy seasonal specialties and Zeelandic delicacies, ranging from eel in butter, cream or green herb sauce, to mussels prepared the classic way or -surprisingly delightful - served raw.  
*Zuiderbruggeweg 23, Sluis*



**13**  
/20

**Vijverhoeve**

De Vijverhoeve is a former family farm turned restaurant. Home-grown seasonal produce is the common element in exceptional dishes such as the marinated tuna with langoustine, or the pigeon with foie gras. Those dishes can be enjoyed in a picturesque setting, surrounded by greenery, with a lovely summer terrace.  
*Greveningseweg 2, Sluis*



**13,5**  
/20

**Dell'Arte**

Robbert Dellaert opens the doors of his former parental home in Cadzand to guests looking to savour his classic dishes reflecting his deeply engrained connection to Zeelandic Flanders. The setting is tasteful and relaxing. Gault&Millau rewarded Robbert's refined dishes with a rising score in 2022.  
*Mariastraat 34, Cadzand*

**14**  
/20

**La Trinité**

La Trinité is a former ABN AMRO bank turned into a fine dining restaurant on the banks of the Damse Vaart in Sluis. La Trinité is a feast for all the senses, from the first amuse-bouche to the last friandise accompanying your coffee. The restaurant opens for lunch as well from Friday until Tuesday. A nice way of becoming acquainted with François de Potter's cuisine. Enjoy their southern facing terrace on sunny days. And don't forget about Evelyne, the restaurant's hostess and a true wine fetishist.  
*Kaai 11, Sluis*



14,5  
/20

### Etablissement 1880

The historical market place of Groede is home to the attractively decorated Etablissement 1880. Gault&Millau highly values the attention to detail in this restaurant; starting with an amuse-bouche of Iberian ham ravioli, tomato, hummus, tabouleh and pomegranate to accompany the aperitif and ending on a high note with a chocolate pearl served in a stylized oyster shell next to go along with the after dinner coffee.

*Markt 9, Groede*



15,5  
/20

### AIRrepublic

AIRrepublic is another one of Sergio Herman's endeavours. A beach pavilion in Cadzand-Bad with expansive sea views and a cuisine described by Gault&Millau as "predominantly sea-inspired". Gault&Millau's reviewers rave about dishes like the generously filled fish soup, grilled langoustines and turbot on the bone.

*Maritiem Plaza 1, Cadzand*



16,5  
/20

### Spetters

Restaurant Spetters in Breskens' marina not only boasts a Michelin star, but can also pride itself on a Gault&Millau score of 16,5 points out of 20. According to Gault&Millau, Spetters' cuisine is synonym to "fine gastronomy with a local touch, and imported products of exceptional quality". Chef Laurent Smallegange's signature dishes meet the highest standards. "Sublime and filled with authentic culinary joy".

*Kaai 5, Breskens*



18  
/20

### De Kromme Watergang

Even after 25 years in the business, Michelin-starred chef Edwin Vinke never ceases to amaze with his characteristic dishes, says the Gault&Millau guide. Herbs and spices from all over the globe give the local dishes prepared at De Kromme Watergang their "interesting edge" and provide "an extra dimension". Dishes range from a plump oyster with mojito and black olive to North Sea crab with charred avocado.

*Slijkplaat 6, Hoofdplaat*



18  
/20

### Pure C

One of the dishes on the menu that clearly illustrate Pure C's cuisine is a perfectly cooked scallop with succulent pork loin, ragu and pork knuckle. Pumpkin and a chicory jus play an equally stellar role in this perfect harmony of flavours. When it comes to the sweet dishes, the kitchen brigade surprises with audacious and well-rounded creations, striking the perfect balance between sweet and sour, intriguing and exciting right until the very last bite.

*Boulevard de Wielingen 49, Cadzand*

# CHARLOTTE PILLEN

Spain-inspired Zeelandic Liqueur: confusing as the Spanish name might be, co-owner Charlotte Pillen assures us that Hierbas de las Dunas is a truly Zeelandic product, with no less than 18 local ingredients and a completely local production process. Hierbas de las Dunas is “delightful in a cocktail or on the rocks as an aperitif”.

The inspiration for Hierbas de las Dunas comes from the Spanish island Ibiza. A couple of years ago, Charlotte and her partner Syrco Bakker (executive head chef at Michelin-starred restaurant Pure C, ed.) were holidaying on the island. “We really enjoyed the Hierbas Ibicencas, an aniseedy herbal liqueur served after meals, which restaurant owners make according to heritage recipes with ingredients found in the direct environment.”

It inspired Syrco. “He reckoned: we also live in an environment with a dense plant and herb vegetation. So once back home, Syrco strolled through the dunes, hand-picking some herbs to experiment”, says Charlotte. He added water and sugar to

the fresh ingredients and slowly but surely, what started out as just a bit of extracurricular fun grew into a serious business. “He asked if I wanted to help with the realisation of a first batch, and we started looking for a partner to produce the Hierbas for us. This search quickly led us to Nick Singe in Groede, so really local. Nick already had a lot of expertise extracting flavours in alcohol and had all necessary licences in place, which made him a logical partner to move forward”, tells Charlotte.

#### Liqueur with a briny and sweet touch

The entrepreneurs joined forces and this resulted in a liqueur with briny and sweet touches. “Perfect on its own as an after-dinner drink, but also the ideal base for a cocktail. Or, simplicity itself: with lemon and tonic, as an aperitif – the way I prefer to savour Hierbas”, says Charlotte. “But I also enjoy Hierbas as a hot drink, with hot water and lemon juice, Not unlike the typical après ski glühwein”, she adds with a grin. Or you could follow in Syrco’s footsteps, and use the liqueur in the kitchen, like he often does at Pure C: “He makes oysters with a frozen Hierbas margarita. Or mussels, with Hierbas instead of the more traditional Ricard or wine, in order to accentuate the salty flavour. Our Hierbas also makes a delicious base for a sabayon, or chocolate-based

“I hope people will soon think: gosh, I feel like Hierbas now.”

desserts”, Charlotte sums up. More culinary inspiration will soon be available on the website, [www.hierbasdelasdunas.com](http://www.hierbasdelasdunas.com).

#### Sold internationally

Since 2020, Hierbas de las Dunas is a full-time job for Charlotte. “Until then, I had my own restaurant in Bruges, but I chose to sell it in order to focus completely on Hierbas de las Dunas. My ultimate goal is to turn Hierbas de las Dunas into a household name, and for people to sit on the terrace and spontaneously think: well, I really fancy a Hierbas de las Dunas now. And that is quite the challenge, because the product group is not very well known.” Her efforts are paying off: the herb liqueur is sold not only in Belgium, the Netherlands and Luxemburg, but is finding its way onto the shelves in the UK, Germany and Spain as well. “Six years ago, business owners had no idea what I was talking about when I asked them if they served Hierbas de las Dunas. But that has changed for the better, with an ever-increasing presence on the drink menus. The brand awareness is really on the rise.”

#### Handpicked

The exceptional story behind the liqueur vastly adds to its appeal. It contains no less than 18 different types of flowers, plants and herbs, including hawthorn, sea buckthorn berry, wild arugula, rosehip, rosemary, thyme, sea fennel, sea lavender and samphire. “They are picked from their natural habitat: we forage the elderflower and the wild thorn locally and Nick grows the samphire, sea lavender and sea fennel for us in Waterdunen in Breskens.”

“Unlike other brands using dried ingredients, we harvest all ingredients by hand and at their peak, and immediately put the fresh ingredients into alcohol. We then leave them to macerate separately in alcohol-filled jars, in order for all the aromas to be fully absorbed. Only when all herbs are completely



ready, we combine them into our liqueur. The whole process takes up to a year.”

#### **Local quality label “Zeker Zeeuws” (100% Zeelandic)**

The whole process is deeply embedded by Syrco’s core values: traceability, nature and transparency. Those are the cornerstones of all his endeavours. “We genuinely care about the exact provenance of ingredients. We use seasonal and local ingredients. And since the whole production process is local as well, we can closely monitor the entire journey to the end product”, Charlotte explains. Hierbas de las Dunas proudly boasts a “Zeker Zeeuws” quality label, testifying to the truly Zeelandic origin of the product. Last year, the liqueur was awarded a bronze medal in the “Regional Product of the Year” public election. “It is sometimes confusing, because the liqueur has a Spanish name. But it is a truly local, Zeelandic product. Apart from the sugar, all ingredients are sourced locally, and the liqueur is produced locally as well.”

#### **Hierbas de las Dunas 0.0**

Contributing to the positive image of Cadzand with Hierbas de las Dunas is a welcome extra to Charlotte. “We love living here. The proximity to the beach provides our busy daily life with a sense of peace and calm. From an entrepreneurial point of view, we see a lot of opportunities here, and we’re full of exciting new plans. I can’t reveal many details yet, but a lot of new things are coming your way.”

A little sneak peek? “We are currently developing a 0.0 version of Hierbas de las Dunas. It has taken us quite some time to strike the right balance for a non-alcoholic beverage with a long shelf life, containing fresh herbs, yet not a faint, watered-down version of the original liqueur containing 28 percent alcohol. We’re almost there, so this is one of the things that’s in the pipeline.”



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# SOUVENIRS

All of these keepsakes can be bought in Cadzand. Local products or items evoking memories of Cadzand.



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 Shark choco teeth Spar Cadzand Sambal Opa Co The Sunday/Strandhotel Zeelandic sugar waffles Goodies Appelaere apple juice Spar Cadzand

**SOUVENIRS**



Zeelandic Babbelaars (butter sweets) Spar Cadzand    Decorative shells and fish Seatrendz Lifestyle    Chocolate shell Petra's Finest Chocolates  
 Umami "Oriental Herbs" Seatrendz Lifestyle    Keychain "beach" Allaarts Strandshop    Painted oyster shell The Sunday/Strandhotel  
 Decorative fish Seatrendz Lifestyle    Bracelet with seashell Goodies    Washbag The Sunday/Strandhotel    Vinegar Delica Licious

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The realisation of this magazine is a joint effort of entrepreneurs belonging to the Tourism Entrepreneur Network of Cadzand (TOP Cadzand). A heartfelt thank you to all the TOP entrepreneurs who made this magazine possible!

## Shops

Seatrendz Lifestyle | Winkel met badmode, drogisterij en interieur | seatrendz.nl

Delica Licious | Slagerij traiteur en bakkerij | delica-licious.nl

Allaart's strandshop | Winkel met boeken, tijdschriften en strandspullen |

Kledingwinkel Esclusa | Merken zoals Momoni, Inti en Shades | esclusamode.nl

Drogisterij Goodies | Beauty & Health | goodies.nl

Chocoladewinkel Petra's Finest Chocolates Atelier | Chocoladewinkel met terras | petrasfinestchocolatesatelier.com

Supermarkt Spar | Bakkerij, versafdeling en slijterij | supermarktcadzand.nl

## Beauty and wellness

Beauty Center Petra | Gezichtsverzorging, manicure, pedicure en SoPolish

## Restaurants

Bistro Beaufort | Bistro met ruim assortiment aan wijn, oesters, kreeft en zeevruchten | bistrobeaufort.nl

Bruist! | Bistro, bar en beds | bruistcadzand.nl

Dell'arte | Lokale producten, seizoensgroenten en visgerechten | restaurantdellarte.nl

La Spezia | Italiaanse keuken | la-spezia.eu

L'angolo | Vlees- en visgerechten & pizza's | langolo-cadzand.nl

LouLou | Drinks, food en ijssalon | brasserieloulou.nl

Café Frituur | Verse friet van Zeeuwse aardappelen en snacks | Boulevard de Wielingen 2A

Restaurant Tearoom Columbia | Pizza's, pannenkoeken en visgerechten | restaurantcolumbia.nl

Zilt en Zout | Visspecialiteiten, Fruits de Mer, bijzondere wijnen en barfood | ziltenzoutcadzand.nl

## Sports

Cadzand Sports | Kitesurfen, Suppen en groepsactiviteiten | cadzandsports.nl

Golfpark Cadzand-Bad | 9-holes ronde shortgolf | shortgolf-cadzandbad.nl

## Sleeping

Camping De Wielewaal | Rustige familiecamping | campingwielewaal.nl

Camping De Zwinhoeve | Gezellige familiecamping | zwinhoeve.ardeer.com

Hotel de Blanke Top | 4 sterren strandhotel | blanketop.com

Hotel De Schelde | Hotel met zwembad, wellness en ontbijt | hoteldeschelde.nl

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Strandhotel Cadzand | Hotel, food en well-being | strandhotel.eu

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De Dobbelaere Makelaars | Aankoop, verkoop, verhuur en taxaties | dedobbelaere.nl

Tak Makelaardij en Taxaties | Verkoop, aankoop en taxatie | takmakelaardij.nl

Van Akker Makelaars | Verhuur en verkoop | vanakker.com

Verhage Lemahieu Ruimtelijke vorming & vastgoed | Verkoop, taxaties, nieuwbouwbegeleiding, bestemmingsplan en omgevingsvergunning | verhage-lemahieu.nl

## Beach pavilions

De Zeemeeuw | Vis- en vleesgerechten | strandpaviljoendezeemeeuw.nl

Moio Beach strandrestaurant | Eten, drinken, actie en avontuur | moio.nl

Strand Ruig | Een belevingen van eten en drinken | strandruig.nl

Strandpaviljoen/restaurant Caricole | Vis- en vleesgerechten, pannenkoeken en broodjes | caricole.nl

Strandpaviljoen De Piraat Cadzand BV | Pannenkoeken, lunch, diner en dessert | depiraat.nl

Strandpaviljoen Dok 14 | Eet, drink en geniet | strandpaviljoendok14.nl

## Holiday homes and apartments

Duinzicht.nl | Vakantiewoning Verhuur | duinzicht.nl

Room of | Verhuurbureau/bemiddelaar | roomof.nl

Verhuurburo Cadzand | Vakantiewoningen en appartementen | cadzand.nl

De Blauwe Zeedistel | Verhuur en beheer vakantieverblijven | blauwezeedistel.nl

Verhuurkantoor Villa Mer | Vakantiehuizen en appartementen | villamer.nl

Verhuurbedrijf Immo de Nijs | Verkoop en verhuur | denijs.info | cadzandvakantiehuizen.nl

Bedrijfsruimte Het Ruim | Logistiek, opslag en kantoorruimte | het-ruim.nl

Verhuurkantoor Neptunus | Verhuur van vakantiewoningen | neptunuscadzand.nl

## Advice and service

Ontwerpbureau Paras Concepts | Exterieur, interieur design, ruimtelijke ontwikkeling en regie | paras.world

Uitzendburo Matchpoint Banen | Werk en huisvesting | matchpointbanen.nl

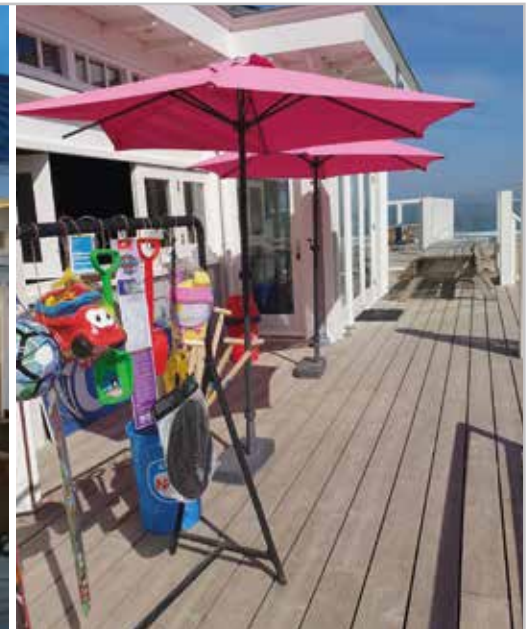
Marcin Culi Advies | Culinair en keukenmanagement advies | culi-advies.nl

Warm Werk | Bedrijfsadministratie en fiscale aangiften | warmwerk.nl

Golfkar Invest Mobile | Levering van golfkarren | invest-mobile.com

Noordzee Résidence Cadzand-Bad | Belangenbehartiging villa-eigenaren | villaparkcadzandbad.nl





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# Recipe

## PIZZA MARGHERITA



Gehet van chef kok gerechten-

### L'Angolo Cadzand

L'Angolo is located in the quaint village of Cadzand-Dorp and serves authentic Italian dishes, both fish and meat, and the real, unparalleled Italian pizza from the wood-fired pizza oven. Albeit set in the polders of Zeelandic Flanders, L'Angolo transports you to the Italian peninsula. With seasonal produce, Italian wines, aperitifs and digestives, and a heavenly covered terrace to be enjoyed in summer.

### Ingredients for 4 servings

#### Dough:

3,25 dl lukewarm water  
2 g fresh yeast  
550 g patent flour  
6 g salt  
3 tbsp. olive oil  
semolina

#### Sauce:

250 g peeled canned tomatoes  
6 g salt  
3 tbsp. olive oil  
3 sprigs of fresh basil  
600 g grated mozzarella 40+

### Instructions

Put the yeast in the water to dissolve. Add the flour and knead in the food processor using the dough hook, at middle speed.

Take out the dough and shape into a big ball. Leave to rest for 5 minutes. Then divide the dough into 4 equal pieces and shape into smaller balls. Put the dough seam down in the fridge, cover tightly with a damp cloth and leave to proof for 24 hours minimum.

Take the dough out of the fridge and allow it to reach room temperature. In the meantime, preheat the pizza stone in the oven at 250 degrees. Blend all ingredients for the sauce until smooth. Reserve the mozzarella.

Dust your counter with semolina and put the dough balls in the semolina one by one. Starting from the inside out, press your fingers into the dough balls to flatten and stretch them. Leave about 0,5 cm of edge, this will be your outer crust. Then pick up the dough with one hand and stretch it with the other, until obtaining a nice circle of about 30 cm in diameter.

Put the pizza bases one by one on a sheet of baking paper and pour one scoop of sauce in the centre of the base with a ladle. Then work the sauce to the outside edge, using a spiral motion. Leave a sauceless border of about 1 cm from the edge. Sprinkle the grated mozzarella on top and bake the pizza to a crispy golden brown in 7-9 minutes.

Buon appetito!





# WIJN, EL BULLI, EEN KNAPPE WIJNBOER EN JOHAN CRUYFF



Over wijn raak je niet uitgepraat. Dat is niet voor niets. Het is één van 's werelds populairste dranken en wat is nu lekkerder dan een glas wijn bij een goede maaltijd in goed gezelschap?

Annika Hollebek van restaurant Zilt & Zout, Anouschka Dierick van Bistro Beaufort en Jean-Louis Herman van HermanWines delen hun passie voor wijn en gaan daarover in gesprek. Want deze wijnkenners schenken niet alleen wijn, ze vertellen er ook graag over. Zo horen we over El Bulli, een knappe wijnboer en wat doet Johan Cruyff in dit verhaal?

Annika, Anouschka en Jean-Louis ontmoeten elkaar op één van de eerste zonnige dagen van het jaar. Bovenop de duinen, bij Boulevard de Wielingen in Cadzand, opent Anouschka gastvrij de deuren van haar seafood & winebar. De wijnen van HermanWines pronken op de bar. Met ieder een glas wijn in de hand kan het gesprek beginnen. We starten met een prangende beginnersvraag.

### **Klopt het dat je bij vis geen rode wijn moet drinken?**

Vissen behoren te zwemmen, in meren of de zee. En echte liefhebbers waarderen een vis die zwemt in een heerlijke wijn. De grootste discussie hierover is steeds: in welke wijn?! Zo denken veel mensen dat ze bij vis alleen witte wijn kunnen drinken. "Niets is minder waar", aldus Annika. "De juiste wijn is afhankelijk van de vissoort, bereidingswijze, bijgerechten en vooral je persoonlijke wijnvoorkeur. Ik merk dat gasten soms huiverig zijn om rode wijn te

bestellen bij een visgerecht, terwijl daar wel de voorkeur naar uitgaat. Ik vind het dan heerlijk om een mooie, lichte rode wijn te kunnen voorstellen, zoals Bourgogne Pinot Noir Maison Dieu, Vieille Vignes van Domaine de Bellene." Jean-Louis valt haar bij. "Er wordt vaak zo belangrijk gedaan met wijn-spijs combinaties. Alsof alleen de door de sommelier voorgestelde wijn goed bij dat specifieke gerecht zou passen. Integendeel! Het gaat uiteindelijk om je persoonlijke smaakvoorkeur én natuurlijk om waarin je op dat moment zin hebt."

### **Weten gasten goede wijnen te waarderen?**

Ondanks de opkomst van (speciaal)bieren en alcoholvrije dranken, ziet Annika dat de meeste gasten nog altijd voor wijn kiezen om de maaltijd te vergezellen. "Met name de Nederlandse gast heeft daarin een ontwikkeling doorgemaakt. Vlaamse gasten weten wijn van oudsher al te waarderen, en dan met name de klassieke Franse wijnen. Nederlanders waren daarin wat terughou-

dender. Een fles huiswijn was als het ware al voldoende. Dat is in de loop der jaren sterk veranderd. Mensen waarderen goede wijn en zijn ook bereid daarvoor te betalen." Anouschka wijst daarbij op hun rol als gastvrouw. "Als gasten zelf niet goed weten welke wijn ze kunnen kiezen, vind ik het leuk om te adviseren. Dat betekent vooral doorvragen. Heb ik eenmaal een beeld van iemands smaakprofiel, dan probeer ik ze te triggeren, bijvoorbeeld door een Masia Oliveda Blanc de Blancs te serveren in plaats van een Sauvignon Blanc. Een hartstikke leuke wijn, die ook nog eens goed betaalbaar is."

### **We zien steeds vaker natuurwijn. Wat is dat eigenlijk?**

Dat is typisch een vraag voor de wijnleverancier zelf. Jean-Louis, die in het familiebedrijf min of meer met wijn is grootgebracht, vertelt dat inmiddels vrijwel alle wijnen die HermanWines verkoopt biologisch zijn. "Eigenlijk is biologisch bij ons de standaard. Een volgende stap daarin vormen vegan wijnen. Dat betekent dat geen dierlijke klaringsmiddelen gebruikt zijn om de wijn helder te maken. Zelf ben ik fan van vegan wijnen. Deze zijn soms iets meer troebel of hebben meer bezinsel, maar voor mij geldt: hoe minder je met een wijn doet, hoe beter je wijn in essentie is. Weer een volgende stap is de natuurwijn, zoals de Little Bastard. Dat zijn wijnen waarbij de wijnboer de natuur zijn gang laat gaan en waaraan echt niets wordt toegevoegd."

### **De klassieke Franse wijngebieden worden steeds duurder. Wat nu?**

Frankrijk is hét klassieke wijnland van de wereld, met diverse wijnen en wijngebieden die nog altijd een standaard vormen, zoals Bordeaux, Bourgogne en Champagne. Maar de wijnen uit deze regio's worden schaarser en daarmee duurder. Anouschka: "Iedere gast heeft een maximum aan wat hij wil besteden. Dat daagt ons uit om breder te kijken." Annika beaamt dit en vertelt dat de Spaanse Gallina de Piel, met zes wijnen in een betaalbare prijsklasse, een mooi alternatief vormt. Zéker met het verhaal erbij dat Jean-Louis vertelt. "'Gallina de piel' is een verkeerde vertaling van het woord 'kippenvel'. Johan Cruijff gebruikte dit woord na zijn eerste wedstrijd bij FC Barcelona om zijn Catalaanse fans te bedanken. Natuurlijk bedoelde hij 'piel de gallina', wat kippenvel betekent en wat je volgens de wijnmaker van deze wijnen moet krijgen. Die wijnmaker is David Seijas, voormalig sommelier van El Bulli. Hij werkt voornamelijk met inheemse druivenrassen met als doel om frisse en elegante wijnen te maken. Neem bijvoorbeeld Manar dos Seixas. Deze doet het, als alternatief voor een klassieke

Bourgogne, uitstekend bij zeevruchten. Leuk is dat we een proefpakket hebben van alle wijnen van Gallina de Piel."

### **Bourgogne; dat is toch jouw grote liefde Anouschka?**

"Klopt én die van mijn ouders. Eén van mijn favoriete wijnmakers is Philippe Bouzereau. Hij maakt klassieke Bourgogne wijnen op een verfrissende manier. Heel bekend, maar ook prijzig, is bijvoorbeeld zijn Meursault. Mooi is dat we met zijn Auxey-Duresses wijn, een naastgelegen dorp, een mooi en geloofwaardig alternatief kunnen schenken, dat ongeveer de helft minder kost." Annika beaamt dit en vertelt dat zij Philippe in Cadzand hebben ontmoet. "Een heel aantrekkelijke wijnboer bovendien", knipoogt ze.

### **Schaal- en schelpdieren gaan prima samen met 'oesterwater'. Vertel eens.**

Oesterwater is de bijnaam voor de prachtige wijnen die in de Chablis gemaakt worden. Dat deze wijn zo goed bij schaal- en schelpdieren past, komt omdat de Chablis-streek ooit een binnenzee was. In de grondlagen zit daarom ook nu nog veel kalk. Alle drie de wijnkenners zijn het erover eens dat een Chablis een uitstekende keuze is voor wie met een bont gezelschap aan tafel gaat. "Deze wijn is mooi, fris, vol van smaak en kan iedereen bekoren. Daarmee zit je altijd goed." Enkele suggesties zijn Moreau Naudet en Domaine Testut.

### **Tot slot: Champagne! Of hadden we daarmee moeten beginnen?**

Jean-Louis vertelt dat veel gasten champagne associëren met de grote namen van de grote champagnehuizen. Hij vindt het daarentegen juist leuk om op zoek te gaan naar kleine pareltjes. "Kleine wijnboeren, waar je waar voor je geld krijgt en niet betaalt voor die grote marketingmachines." Zowel Annika als Anouschka juichen het toe dat gasten steeds vaker voor bubbels kiezen, zoals Champagne, Cava of een goede Crémant de Bourgogne. "Champagne is veel meer dan een aperitief wijn. We zien om die reden steeds vaker dat gasten de wijn doordrinken tijdens de maaltijd. Met Champagne beginnen kan dus prima, maar ermee eindigen is net zo goed."

“Naast de grote wijnnamen zoeken en schenken we kleine pareltjes”



## **Wie**

**Annika Hollebek** is eigenaar/gastvrouw van restaurant Zilt & Zout ([www.ziltenzoutcadzand.nl](http://www.ziltenzoutcadzand.nl)) aan de Nederlands-Belgische grens ligt tussen Cadzand en Knokke. Vis, schaal- en schelpdieren voeren de boventoon op de kaart. Het assortiment wijnen is breed. **Anouschka Dierick** is mede-eigenaar/gastvrouw bij Bistro Beaufort in Cadzand ([www.bistrobeaufort.nl](http://www.bistrobeaufort.nl)), het familiebedrijf van de familie Dierick. De bistro is gespecialiseerd in seafood en wijn. De wijnkaart telt ruim honderd wijnen. **Jean-Louis Herman** van HermanWines uit Axel ([hermanwines.com](http://hermanwines.com)) vormt de vierde generatie in het familiebedrijf. Herman Wines is wereldwijd actief, gespecialiseerd in de klassieke Europese wijnlanden en heeft ruim 2.500 verschillende wijnen op voorraad.

## **Wat**

Je proeft bij restaurant Zilt & Zout en Bistro Beaufort een ruime selectie wijnen van HermanWines. HermanWines heeft ook een webshop, waar de particuliere klant zijn wijnhart kan ophalen! Veel bestellingen hebben next-day-delivery in Nederland & België. Bestellen kan eenvoudig online via [HermanWines.com](http://HermanWines.com). Wil je de wijnen liever ophalen in Cadzand, geef dit dan aan bij je bestelling! Deze kan desgewenst afgeleverd worden bij restaurant Zilt & Zout of Bistro Beaufort.

# Body AND MIND

Wellness lovers rejoice: Cadzand offers a wide array of beauty and wellness treatments, ranging from massages or pedicures to delightful saunas and manicures.

## Beauty Centre Petra

Founded in 1990, this beauty centre located in Cadzand-Dorp offers various treatments. Whether it is a facial you want or a full body massage, Petra has the right treatment for you. The brands used in this centre are Biodroga and Yon-Ka. Biodroga combines the most avant-garde cosmetic technologies with nature's finest ingredients. The combination of biochemistry with natural, biological ingredients make these cosmetics truly remarkable. Yon-Ka uses a unique aromatic experience to reach total well-being. Yon-Ka's treatments are holistic and professional, stimulating the senses with a deep respect for your body, mind and nature.

Petra's facials can also include a fruit acid peeling, needling or acne treatment. If you're after a flawless glow, then you might consider the vitamin C25 serum treatment: the high concentration of stable vitamin C works miracles for your complexion, has an anti-aging effect and diminishes blemishes. It is suitable for all ages and skin types. If you want to give nature an extra hand, then Petra can also offer botox or filler treatments, in collaboration with a cosmetic doctor.

Hair removal is also one of Petra's specialties, and she will also deftly tint your eyelashes and eyebrows. If you want to go the extra mile, she also offers permanent make up. For special occasions, Petra will get you party-proof with MAKEUP Factory cosmetics: high end make up, paraben-free and perfume-free to soothe even the most demanding and sensitive skin.

Do you have skin tags, age spots or other blemishes spoiling your complexion? Then fibroblast might be your gateway to flawless skin. The fibroblast pen containing ionised gas molecules causes a microcondensation in the epidermis, and successfully removes moles, tags and pigmentation.

The cherry on top of the beauty cake is a nice manicure and pedicure. Petra uses ProNails for a long-lasting effect, and removes corns and calluses if needed.

Mariastraat 7  
4506AC Cadzand  
0117-372385  
06-17566845

## Turn your (holiday) home into a DIY home spa

Enjoy a couple of hours of well-deserved me-time. with the finest selection of nice scrubs, masks, bath oils and body creams. Both The Sunday (the Strandhotel's giftshop: [www.strandhotel.eu](http://www.strandhotel.eu)) and Goodies ([www.goodies.nl](http://www.goodies.nl)) offer a wide array of the best wellness potions.



text - Mariska den Hartog  
photography - Hotel de Blanke Top



## The sea is a valuable source of ingredients beneficial to our skin

The skin products made by Zji allow you to enjoy those benefits in the comfort of your own home: take a bath or massage your face with (red) seaweed products. Zji products can be bought on the webshop ([www.zji.nl](http://www.zji.nl)) and several hotels in Zeeland offer Zji products as an in-room amenity.

### Other beauty hotspots in Cadzand-bad

Cura  
[curacadzand.nl](http://curacadzand.nl)

Nagelstudio Mooi  
[nagelstudiomooi.nl](http://nagelstudiomooi.nl)

Kapsalon X hair  
[xhair.nl](http://xhair.nl)

Trendy Nails by Joyce  
06-19916782

Pedicure Nelly  
0117-391712

### 📍 Hotel de Blanke Top

Hotel De Blanke Top's spa and wellness menu offers a mouth-watering choice of luscious facials and body treatments. Opt for the 1 ½ hour long scrub, body wrap and massage with active ingredients from seaweed, algae and marine plants for instance: after being thoroughly exfoliated, enjoy a relaxing scalp massage while the body wrap works its magic. The treatment is concluded by a full body massage with a massage product of your choice. Choose between a magnesium and a calcium body wrap.

Another remarkable treatment is the Hanakasumi: inspired by a unique Japanese ritual, Hanakasumi's special scrub tissues leave you with soft dewy skin and the full body massage offers deep relaxation. The Hanakasumi ritual also includes an extensive and energizing foot massage. An inspiring, invigorating and replenishing ritual, delicately scented with the soft tones of cherry blossom and lotus.

Boulevard de Wielingen 1  
4506 JH Cadzand-Bad  
0117-392040  
[blanketop.com](http://blanketop.com)  
[blanketop.com](http://blanketop.com)

### 📍 Hotel De Schelde

Cadzand's hotels will infuse you with a sensation of well-being right from the moment you arrive. Hotel De Schelde is no exception: your stay here will leave you completely at peace. The sense of serenity and tranquility is palpable in the lobby.

At Hotel De Schelde, you can stay in one of the 51 hotel rooms or one of the 4 suites offering space and snugness at the same time. The panorama will be beautiful and relaxing regardless of whether you book sea or land views; Cadzand is beautiful from all angles.

Hotel De Schelde boasts a pool and sauna area, including a steam room. Well-deserved relaxation after a vigorous walk or bike tour, or a small moment of indulgence at the end of the day. Do some laps in the swimming pool, get nice and hot in the Finnish sauna and conclude your wellness ritual in the aromatic hammam and you'll be good as new.

Book your stay through their website if you want to enjoy Hotel De Schelde's wellness facilities.

Scheldestraat 1  
4506 KL Cadzand-Bad  
0117-39172  
[hoteldeschelde.nl](http://hoteldeschelde.nl)

### 📍 Hotel Noordzee

One of Hotel Noordzee's star treatments is the Sea Creation: a luxurious and unique facial lasting a full two hours, using precious active ingredients obtained from the deep sea. The magical primal forces emanating from the bottom of the ocean provide inner balance, a delightful sense of lightness and radiating inner and outer beauty. Your skin's energy is stimulated, leaving you looking at least five years younger.

The treatment starts with a relaxing neck- and shoulder massage. A highly concentrated serum is applied with a tiger conch shell, followed by a mask increasing the skin's blood circulation. Your face and arms are cleansed with an enzyme peeling and while your arms are being massaged, the intensive-action Sea Creation mask works its magic on your facial skin. After that, a luxurious cream is massaged into your skin with heated obsidian stones (volcanic glass) and cooling coral stones. The mask and cream applied after this will leave the skin leaving radiant, gloriously plumped and toned, and youthful.

Noordzeestraat 2  
4506 KM Cadzand-Bad  
0117-391810  
[hotelnoordzee.com](http://hotelnoordzee.com)

# INSIDER TIPS

A couple of local entrepreneurs from Cadzand share their favourite spots with us. No one knows better than the locals, so when in Cadzand, do as the “Kezantenaren” do.

**1** Marjolein Vinke-Warmoeskeren, Profit First Professional and tax consultant at Warm Winst and Warm Werk: the beach and the Zwin are obvious favourites, but I also like to take a walk in the Erasmus woods – also known as the “Knokkert”. Approaching the woods from mini campsite de Knokkert located on the Vierhonderdpolderdijk, you pass by the grazing cows in the Strijdersgatpolder and as the hectic outside world slowly fades into the background, you enter the woods. Though not massive woods, they provide the necessary space to take a small break from everyday life.

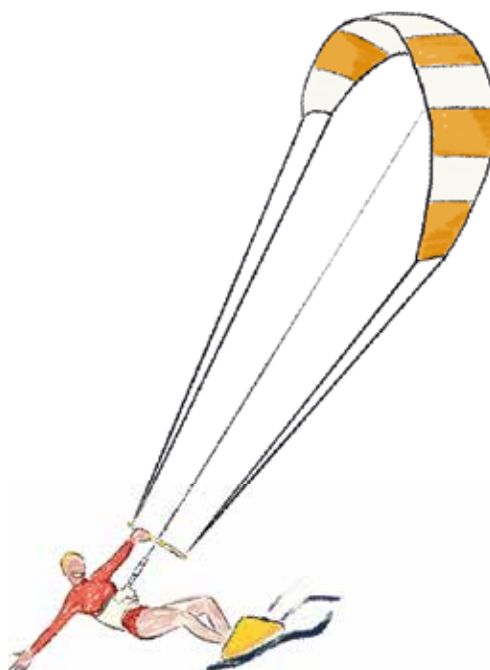
**2** Tony Verbeke, Hotel de Schelde management: strolling down the breakwaters in the marina still gives me that holiday feeling. When the sun puts in an appearance as well, this is true bliss.

**3** Ad Bastiaansen, board member at Noordzee Residence Cadzand-Bad: the lounge terrace next to the creek in Noordzee Residence is definitely my favourite hidden spot of Cadzand.

**4** Guus ter Doest and Annet de Maille-ter Doest, business owners at Duinzicht rental agency: our preferred habitat in Cadzand is the Zwin, where you can kitesurf, catamaran sail or kayak to your heart’s content. The Zeemeeuw’s terrace is a great pick for a nice bite. With enough space to fly your kite, build sand castles and participate in the treasure digging competitions in the summer holidays, this is a great place to

enjoy the sea, the beach and nature. This spot also provides front row seats to one of the most spectacular sunsets you’ll ever see.

**5** Martijn Anderson, Villa Mer Vakanties host: Cadzand is the ideal starting point for a ride on your gravel bike. A gravel bike is a hybrid between a road bike and a mountain bike. The gravel ride we like most meanders along the border stones between The Netherlands and Belgium. Its starting point is in Cadzand, at the westernmost border stone of The Netherlands, number 369, and its finish is at border stone 1 in Limburg. This Grenspalenklassieker (Border Stone Classic) is the yearly ultimate gravel bike challenge. When booking your accommodation through Villa Mer, you can also reserve a bike, and they will gladly share the best tracks in the region with you.



## 1. Warm Winst and Warm Werk

The team of Warm Winst and Warm Werk will help you make your business grow with their no-nonsense and individually tailored approach. They will advise you not only about turnover, but also about subjects including sustainable entrepreneurship and managing staff. Once you have a clear vision of what you want to achieve, they will craft your individual road map to success. If you need extra help with your administrative tasks such as accounting, payroll administration, tax returns and financial reports, Warm Werk is a solid partner.

warmwinst.nl – warmwerk.nl

## 2. Hotel de Schelde

Hotel de Schelde is a warm, cosy new hotel right next to the marina. You will feel right at home. The hotel provides breakfast service with live cooking, a restaurant, a swimming pool, wellness facilities and a south-facing terrace.

hoteldeschelde.nl

## 3. Noordzee Résidence Cadzand-Bad

Noordzee Résidence Cadzand-Bad promotes the collective interests of homeowners at recreational village Villa Park Cadzand-Bad. By constantly monitoring their quality standards, they guarantee a 5-star recreational experience.

villaparkcadzandbad.nl

## 4. Duinzicht.nl

Duinzicht.nl holiday rentals manage a wide-ranging portfolio of holiday homes and apartments in Cadzand-Bad. Their goal is to put the “home” into holiday home, and for you to have a carefree beach holiday!

duinzicht.nl

## 5. Villa Mer

Villa Mer has been providing holiday makers with the holiday rental of their choice in Cadzand for over 20 years now. A quick weekend getaway or a family holiday with the entire holiday (including your dog!): Villa Mer has the perfect accommodation. Every property is unique and has been carefully furnished by the owners themselves. Villa Mer makes sure your holiday home is nice and fresh for your arrival, and will hand you the keys. If you need some extra service, like a chilled bottle of bubbles to celebrate your arrival, or some firewood logs at the ready for the fireplace, Villa Mer will cater to your needs. Booking the holiday home best suited for your preferences through their website is an easy process.

villamer.nl

  
HOTEL DE SCHELDE  
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