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WELCOME WALKS



HELPMAN

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Ready to get to know your neighborhood?

This self-guided tour will cover the basics you need in your day-to-day life, as well as the hidden gems that make this section of the city unique.

We've included links for some items here in the guide, and you can download this guide as a PDF from

<https://iwcn.nl/our-services/welcome-walks/>

If you have any questions, comments or suggestions, feel free to contact us on social media or send an email to info@iwcn.nl.

1 Sterrebos: Hereweg

This lovely park along Hereweg has several points of entry, but it is easiest to access from Hereweg between the ring road and the unexpectedly beautiful city prison. The park features winding walking paths among monumental trees, which offer some welcome shade on sunny days.

2 Mamamini Helpman: Helper Oostersingel 29 & 32

Mamamini sells second-hand clothing, furniture, books, and electronics at several locations across the city. Whether you need basics for your home, or just looking to spruce up your living space, their shops are always worth a visit. The Helpman locations are actually across the street from each other: one side sells household goods, while the other side is a clothing boutique offering a mix of vintage and current fashion.

3 Park Groenestein: Groenesteinlaan 22

This park is actually situated around a private mansion, but you can walk around freely and use the football field for some exercise.

In spring, the area transforms into a beautiful landscape as wild garlic sprouts and its lovely white flowers bloom.



4 Coendersborg: Coendershaag 1

De Coendersborg is a charming historic venue available for events such as weddings, receptions, and corporate gatherings.

5 RKZ Bios: Emmastraat 15

RKZ Bios is a former Catholic hospital that has been converted into the smallest cinema in town.

The cinema, located inside the old chapel, hosts screenings twice a week.

6 Winkelcentrum Helperplein: Helperplein 4

The Helperplein shopping center is a large complex that covers the basics: an Albert Heijn (supermarket), an ING ATM, a Kruidvat (drugstore), a Blokker (household store), and a HEMA (variety store), where you can get everything you need to make your house a home.

7 Huisartsenpraktijk Helperplein: Helperplein 19

In the Netherlands, general practitioners (GPs) are your first stop for most healthcare needs (except in emergencies). To see a doctor, you'll need to register with a GP's office. This building houses four general practitioners who can help. For more info about the Dutch healthcare system, visit iwcn.nl.

8 Helperzwembad: Moddermanlaan 40

This old swimming pool was built as part of the actual infrastructure of the street: several houses on the Moddermanlaan were heated by the pool's warm water supply. The pool used to be a public bath before showers became common in private homes. The complex was renovated a decade ago, so you can admire the building's wonderful craftsmanship while getting your laps in. Check sport050.nl for the pool's hours of operation.

9 Multifunctioneel Centrum De Wijert & Helpman: P.C. Hoofdlaan 1A

This recreational center offers a wide range of activities, like drawing mandalas, yoga, chess club, sewing club, and more.

10 Esserveld Cemetery: Esserweg

This park-like cemetery is almost a century old and has been granted national monument status due to the distinctive architecture of its gatehouse. It may sound a little morbid to hang out in a graveyard, but Esserveld can provide some welcome shade and solitude in the busy city, especially enjoyable on hot summer days.



To view the map online, scan here: