

Visit the Hague

The Hague, celebrated as the international city of peace and justice, offers a unique blend of history, art, architecture, and natural beauty. With a rich history of global diplomacy, The Hague embraces its role as the epicenter of international justice, making it an inspiring destination for discussions and actions aimed at fostering nutrition resilience amidst the complex challenges of our time.

The Hague is the third largest city in the Netherlands and is known for its stunning architecture, rich history, and vibrant cultural scene.

Here are some of the best places to visit in The Hague before or after the Micronutrient Forum's 6th Global Conference:

Sightseeing

Peace Palace

The Peace Palace is one of the most iconic buildings in The Hague and is home to the International Court of Justice.

Binnenhof

This historic complex of buildings serves as the seat of the Dutch government and is a must-visit for anyone interested in politics or history.

Mauritshuis Museum

This museum is home to an incredible collection of Dutch Golden Age paintings, including works by Vermeer and Hals.

Escher Museum

This museum is dedicated to the works of the famous Dutch graphic artist M.C. Escher and features a wide range of his prints, drawings, and other works.

The Hague Beach

In October, the weather in The Hague is often still warm and sunny, making it a great time to visit the beach. The Hague Beach is a popular destination for both locals and tourists.

Palace Noordeinde

Palace Noordeinde is one of several palaces used by the Dutch royal family, and is the working palace of King Willem-Alexander of the Netherlands.

Recommended Restaurants

The Hague offers a plethora of dining options, and we are delighted to recommend a selection of establishments that not only provide nutritious and palatable dishes but also prioritize the use of local and sustainable ingredients.

Restaurant Zebedeus (Grote Kerk Area)

Restaurant Zebedeus is conveniently located near the iconic Grote Kerk. Zebedeus is renowned for its commitment to local and organic food. With a menu that celebrates the flavors of the region, you'll experience the essence of Dutch cuisine in a modern and sustainable way. Visit their website [here](#) to learn more.

Ethica Restaurant (City Centre)

For those seeking a culinary experience in the heart of the city, Ethica Restaurant is a prime choice. This establishment is dedicated to sustainability, offering locally sourced and

homemade dishes that capture the essence of The Hague's food culture. Explore their offerings at [Ethica Restaurant](#).

Gouden Kalf (Harbor Area)

The picturesque harbor setting of Gouden Kalf provides a unique backdrop for your dining experience. Known for its fixed menu prices, Gouden Kalf ensures you enjoy exceptional value while savoring dishes that emphasize quality and local ingredients. Find out more about this dining gem on their [website](#).

DOK28 (Harbor Area)

For a taste of the sea, DOK28 offers a delightful culinary journey in a waterside setting. Their menu is a celebration of seafood and more, making it an excellent choice for those looking to enjoy a maritime meal. Discover their offerings at [DOK28](#).

De Waterreus Beach Restaurant (Beach Area)

If you're a fan of beachfront dining, De Waterreus is a must-visit. What sets this restaurant apart is its year-round availability and easy walking distance from the heart of the city. Whether you prefer a leisurely lunch or a dinner by the sea, De Waterreus has you covered. Explore their offerings on their [website](#).

Brasserie de Beachroom (Boulevard with Sea View)

For an extraordinary dining experience with a sea view, Brasserie de Beachroom is an excellent choice. While it might not be within walking distance, the stunning vistas and exquisite dishes make it worth the short trip. Enjoy sumptuous meals while taking in the breathtaking scenery. Learn more about the Brasserie [here](#).

Getting around in The Hague

The Hague is a fairly compact city, and many of the popular tourist attractions are within walking distance of each other. However, the city also has a good public transportation system, including trams, buses, and trains, which can be a convenient way to get around.

The city is also great for cycling, and renting a bike is an easy and convenient way to explore the city. Bikes can be rented from many shops throughout the city, and there are bike lanes and paths all over the city, making it easy to get around on two wheels.

[Learn more about getting to & around The Hague.](#)