

VOLUME 15 - NO. 77

THE NR. 1 MAGAZINE FOR AN ACTIVE CYCLE LIFE

GRATIS!

# **cyclolive** MAGAZINE

**107TH GIRO D'ITALIA  
OR CHOOSE TO CYCLE IT  
YOURSELF!**

**Colnago - The myth of a living legend**  
**Kočevsko - Discover the Secret Forest of Slovenia**  
**Put the Brixental Valley on your 'MTB Bucket List'**  
**A little different cycling in the Altmark**



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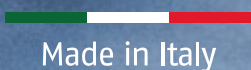


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## Cyclolive turns 15

Time goes by at breakneck speed! Fifteen years! Cyclolive Magazine has turned fifteen... Like in a flash, those years have flown by. Cyclolive Magazine is stronger today than ever, and we reach more readers through our print and digital magazines than ever before. That a free cycling magazine has a place in the media world is now a proven fact. But above all, what we have learned over the past fifteen years is that Cyclolive Magazine is different, and must remain different, from all other media. Therefore, in the next fifteen years we will focus even more on cycling and enjoying ourselves in different countries/regions of Europe. Because that is what Cyclolive stands for; living and kicking cycling life in all its facets, flavors and colors. Enjoying the nature, the culture, the history, the traditions, the culinary delights, the challenges and all the cycling opportunities that the different regions have to offer us and to convey that to our readers. Thus, we think and hope that Cyclolive will give you beautiful and diverse inspiration to go cycling outside your known habitat(s) as well. That we can give you that push to go on a cycling adventure and discover roads you would otherwise never think of cycling. That is what we will continue to do in the coming years.

Are we celebrating on our fifteenth anniversary? Yep most definitely! We celebrate the party we celebrate every day! Because every day is another feast and a reason to celebrate! And...if possible with the bicycle as our companion on the dance floor of asphalt, cobblestones, gravel or concrete ...

### Cyclolive nr 77

In this issue of Cyclolive Magazine, we focus on what the Giro d'Italia can mean for you as a cyclist and besides a description of the route, we give lots of tips on what to see, do, eat, drink and discover in and between the departure and arrival points of this Giro 2024. That the professional cyclists are our heroes and inspiration is great! But that the inspiration brings our readers on the trail themselves is even more wonderful!



In this issue we also went cycling on the Slovenian wonder-cycling ground. In the Kočevsko region it is beautiful cycling with many challenges for road and off-road cyclists. In Koroska, with the MTB and the headlights on our helmets, we dove underground into the black hole. A real sensational experience that still left us silent for a moment.

We headed to the Brixental in Tyrol to further tick off our 'MTB - to do bucket list', and also around the beautiful Krka waterfalls in Croatia, the MTB was our best friend to explore all the beauty.

By road bike, we then headed back to Alta Badia to conquer the Dolomites in all their splendor with our two-wheeler.

We also went recreational and electric cycling in the Altmark region of Germany to discover history, culture and German delights that we previously knew very little about.

Furthermore, we have three giant tips for you at the back of this magazine: The Cycle Tour in Germany is your 500 km challenge for 2024. The Gran Fondo Col de la Loze is our summer tip for 2024, and cycling in Hainaut from the Hof van Kalenberg is our third tip that will take your cycling pleasure to new heights.

Enjoy the good weather - which will undoubtedly turn up soon - and as a rather good former cyclist once said, "Ride as much or little, as long or as short as you want, but ride!" (dixit Eddy Merckx)

Again, we wish you lots of reading pleasure with this new free issue of Cyclolive Magazine... And us? Well, we jumped on our bikes to celebrate the fifteenth anniversary of Cyclolive Magazine in style on the island of Ibiza. Report on this will follow in one of our next issues.

Patrick Van Gansen



## CONTENTS

- 
- 6 107th Giro d'Italia - or rather cycle it yourself!**
  - 14 Alfredo Binda icon of the Giro d'Italia**
  - 17 The love for Italy goes through the stomach**
  - 24 History of the Giro and statistics**
  - 28 Colnago - The myth of a living legend**
  - 32 The sponsors of World Tour teams - What does who do and who is what?**
  - 38 Bookshelf**
  - 40 Gathered News**
  - 43 Technical Digests**
  - 50 In the spotlight - 0% funding in the cycling world**
  - 52 Put the Brixental valley on your 'MTB Bucket List'**
  - 55 On adventure in the Dolomites**
  - 58 Unusual cycling adventures in Koroška**
  - 62 Kočevsko - Discover the Secret Forest of Slovenia**
  - 66 Through the unique nature of national park KRKA in Croatia**
  - 70 Dutch Divide**
  - 73 Just a little different cycling in the Altmark**
  - 78 Cycle Tour - your 500 km challenge in the heart of Germany**
  - 79 Our July tip: Gran Fondo Col de la Loze**
  - 81 A barrel of challenging cycling routes from Hof van Kalenberg**



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# 107TH GIRO D'ITALIA

## 4-26 MAY 2024



In this Giro issue we take you on a discovery through Italy, with the Giro 2024 as our guide. We start with a short overview of the route with some facts and tips for those who will actually follow the Giro on the spot, or for those who later want to go to Italy to cycle in the footsteps of the riders and thus discover the diversity of the Italian country. If you trek to Italy, it is of course appropriate to also read a bit about the local cuisine and culture. All that supplemented with a little history of the Giro and you are solidly prepared for three weeks of Italy in all its glory.

### Part 1 - From Turin, via Genoa to Naples - Rides 1 to 9

In the first part of this Giro, 1457 kilometers are already covered or more than 43% of the total distance. The cities of Turin, Genoa and Naples have been stage locations since the very first Giro d'Italia in 1909. It was in Turin that the later overall winner Luigi Ganna won. This year's start will be in Venaria Reale just

outside Turin. Here used to be the country houses of the royal family. The grandeur will undoubtedly come to the screen via the start coverage in the living room. Simon Yates is the last stage winner in Turin on May 21, 2022.

The second stage it is one that captures the imagination more. The climb from Biella to the Santuario di Oropa is a real challenge. Pink jersey wearer Tom Dumoulin is the last winner here in 2017.

Stage three arrives in Fassan (province of Cuneo). For cycling fans, nearby Cuneo is a place to be. On June 30, 2024, the Gran Fondo La Fausto Coppi will start here, including the climb to the Colle Fauniera (2480 m.). There is a choice of 111 km with 2500 altimeters or 177 km with 4125 altimeters. From our own experience we can say that you will have a great day.



Eerste Giro winnaar Luigi Ganna. Medaillon op wielerkapel in Brinzio (It.)



Tom Dumoulin Giro winner 2017

## Riding scheme

01/	4 May	Venaria Reale-Torino	136 km	hills	***
02/	5 May	San Francesco al Campo-Santuario Di Oropa	150 km	hills	***
03/	6 May	Novara-Fossano	165 km	flat	**
04/	7 May	Acqui Terme-Andora	187 km	flat	**
05/	8 May	Genova-Lucca	176 km	hills	***
06/	9 May	Viareggio-Rapolano Terme	177 km	hills	***
07/	10 May	Foligno-Perugia	37,2 km	time trial	****
08/	11 May	Spoletto-Prati di Tivo	153 km	mountains	*****
09/	12 May	Avezzano-Napoli	206 km	hills	***
10/	14 May	Pompeï-Cusano Mutri (Bocca della Selva)	141 km	hills	***
11/	15 May	Foiano di Val Fortore-Francavilla al Mare	203 km	flat	**
12/	16 May	Martinsicuro-Fano	183 km	hills	***
13/	17 May	Riccione-Cento	179 km	flat	*
14/	18 May	Castiglione delle Stiviere-Desenzano del Garda	31 km	time trial	***
15/	19 May	Manerba del Garda-Livigno (Mottolino)	220 km	mountains	*****
16/	21 May	Livigno-Santa Cristina Valgardena	202 km	mountains	****
17/	22 May	Selva di Val Gardena-Wolkenstein in Gröden	154 km	mountains	*****
18/	23 May	Fiera di Primiero-Padova	166 km	flat	**
19/	24 May	Mortegliano-Sappada	154 km	hills	***
20/	25 May	Alpago-Bassano del Grappa	175 km	mountains	*****
21/	26 May	Roma-Roma	126 km	flat	*



Gran Fondo Fausto Coppi shirt



Gran Fondo Fausto Coppi on the road

During the stage from Genoa to Lucca, the towns of Carrara and Massa, famous for their marble quarries, are passed. Whoever cycles around there should try to visit one of those studios where sculptures are made. We visited the Nicoli & Lijndam atelier here a few years ago where Marco Pantani's head was recently carved from the marble.

The sculpture is in the shape of a sundial and stands in neighboring Aulla. In the studio, about four sculptors are at work. All of them artists. This kind of work makes an impression! After Lucca come the gravel strips of the Strade Bianche in the sixth stage. A day later, the first time trial will be held between Foligno and Perugia. Last year, as now, there were also two time trials, which produced wins for Remco Evenepoel and Primož Roglič. Both men opted for the Tour de France this year and will therefore not be there in this Giro. Foligno is in the heart of important wine production areas such as the dry Sagrantino di Montefalco, Rosso di Montefalco, Grechetto (white) and Trebbiano (white). Just go to the wine shop and see what goodies you can pick up to get into the mood!



Statue of Marco Pantani made in Carrara



Owner Nicoli talks about his business



By the way, check out the official Giro d'Italia website and see what the regional dishes are for each stage. After the first tough mountain stage to Prato di Tivo

(1450 m.) which gets five stars (14.7 km, average 7% ), the next day Naples comes in sight, where last year Mads Pedersen was the strongest.





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## Part 2 - From Pompeii to Livigno Rides 10 to 15

After the rest day, the second week begins explosively with a mountain stage from Unesco World Heritage Site Pompeii to the Bocca delle Selve with a final 20.9 km climb from Cusano

Mutri that has an average gradient of nearly 8% for the last four kilometers. Whether the riders passed by Pompeii during the rest day or on a training ride remains to be seen. At least with the start they will catch a glimpse of it.

In the eleventh and twelfth stages, which largely run along the Adriatic coast, the sprinters can go their way. This will also be the case in the stage between Riccione and Cento, which is flatter than flat. Fabio Jakobsen and Tim Merlier who are among the participants will certainly catch attention in these stages. Riccione is two meters above sea level and Cento fifteen meters. On the way the riders will pass through Cesena, the birthplace of Marco Pantani and in Forlì they will pass the place where Ercole Baldini, the 1958 world champion, lived until December 2022. Feb. 14, 2004, marked the 20th anniversary of Pantani's death. Pantani's region hosts the annual Gran Fondo Nove Colli.



This year it is scheduled for May 19. For our readers, this may not be able to be scheduled now, but perhaps a tip for next year! There are even complete packages offered that are worth checking out. Starting in Cesenatico, where there is a beautiful statue of Il Elefantino, where you can visit the Pantani museum and where he is also buried.

The following time trial on May 18 starts at 109 meters and ends at 66 meters. Along the way, after 4.5 km, 132 meters is the highest point. In other words the riders can put the big mill on it!

In the fifteenth stage to the ski resort of Livigno (Mottolino) with four climbs along the way and then another finish uphill,

the climbers and classification riders are in full swing. It is the longest stage of this Giro d'Italia edition and there will be 5500 altimeters to cover. The profile pictured here says it all! Which classification rider will strike here and lay a foundation for the final victory? Livigno will host the Winter Olympics in 2026.

Along the way you are passing Aprica. This is where the start of the Gran Fondo Gavia-Mortirolo, also known as Gran Fondo Marco Pantani, takes place every year. This year the event will take place on June 23. Speaking from personal experience; this is a wonderful event whichever version/distance you do!

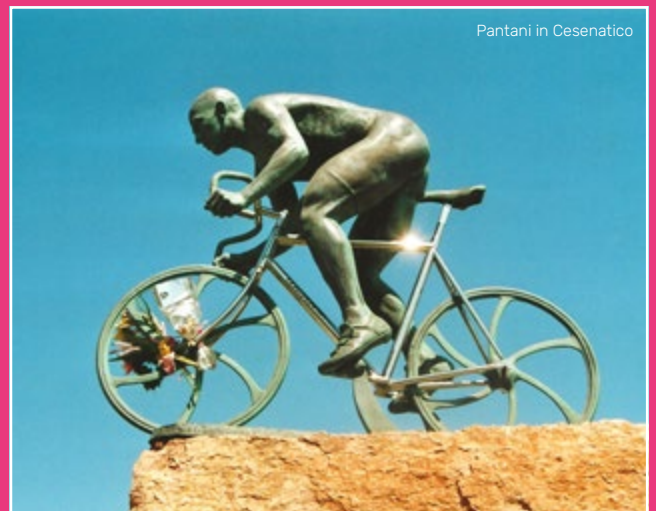
Profile fifteenth stage



Gran Fondo Marco Pantani shirt



At the meet in Aprica



Pantani in Cesenatico

## Week 3 From the Dolomites to Rome - Rides 16 to 21

As in every edition of the Giro d'Italia, the center of gravity is in the final week.

In stage 16, shortly after the start it is already going over the Passo di Stelvio, the roof of this Giro with 2758 meters. The rider who passes here first gets the Cima Coppi prize. In 2020, the Giro passed here for the last time. Whether the break-away riders will also win the stage remains to be seen, because after the summit almost 150 km remain with over 35 km of climbing in the finale. After this stage a lot will be clear about the balance of power between the riders.

The 17th stage is again a five-star stage. A total of five climbs with an uphill finish on the Passo Brocon.



Stelvio in 2017 when Thomas De Gendt won photo: www.giroaditalia.it

In stage 18 the climbers can catch their breath and the sprinters or a bunch of early escapees will take over again.

The 19th stage between Montegiliano and Sappada has a negligible altitude difference of only 350 meters in the first 85 kilometers. Then

things get a little more serious with climbs to the Passo Duron (1076 m.), Stella Valcada (958 m.) and the Cima Sappada (1290 m.). The profile further shows the way! Watch and enjoy!

In the 20th stage, the riders get Monte Grappa (1675 m.) in front of their wheels twice and finish in Bassano del Grappa, where Eddy Merckx crossed the finish line first 50 years ago in 1974. He then beat Francesco Moser, Felice Gimondi and Gianbattista Baronchelli in the sprint. Surely not the least names!

After this stage we will know, who - without accidents - will be the overall winner of this Giro, because the classification work is now definitely over.

After a long move from Bassano del Grappa to Rome, the sprinters can get to work in the final stage. Last year Mark Cavendish recorded his 19th stage victory in the Giro d'Italia here. Who will succeed him as winner of the final stage? First, the riders ride to Lido di Castel Fusano and then make several laps around the city. In the immediate vicinity of the Roman Forum, which for centuries was the center of ancient Rome, lies the finish line.

Profile sixteenth ride



Profile seventeenth stage





Forum Romanum

Over 4.5 million people visit this historic site every year.

### Forecast

Naturally, a preview includes a forecast. It doesn't seem so difficult this year. Remco Evenepoel, who had to leave the Giro d'Italia early last year as overall leader due to a positive coronal test, will not be there this year. He is going to the Tour de France. Tadej Pogačar is doing things differently, opting for both the Giro and Tour this year. Wherever you read about his choice, he is very clear. He is going for overall wins in both tours. It's certainly not wrong to set yourself high goals and work toward them. If there's one rider who can grab the double, it's him. Our prediction: the Slovenian will win this 107th edition of the Giro d'Italia, with supremacy. The last to score the double was Marco Pantani in 1998.

Text and image unless otherwise noted:

Teus Korporaal

Profile nineteenth stage



Profile twentieth drive



# ALFREDO BINDA

## ICON OF THE GIRO D'ITALIA



Alfredo Binda

Ho, ho will the ardent cycling connoisseurs say, “Fausto Coppi and Eddy Merckx also won the Giro five times.” In turn, we will say that Alfredo Binda was the first to achieve this feat. This then is the outcome about which we will give some further details. Some years ago we spent weeks wandering around Italy in search of the roots of the most famous Italian cyclists. Just a few names: Costante Girardengo. Gino Bartali, Fausto Coppi, Francesco Moser, Gastone Nencini, Ercole Baldini, Ottavio Bottecchia, Luigi Ganna, Marco Pantani and so on. Similarly, Alfredo Binda came our way.

### Born and died in Cittiglio.

For cycling enthusiasts to soak up some of the atmosphere surrounding Binda, a visit to the town of Cittiglio (near Varese in northern Italy) is recommended. That Binda was born here (1902) and died here (1986) is noticeable. A plaque has been placed on his birth house on Via N.Sauro No. 2. In front of the station, a square has been given his name and there is a beautiful cycling monument. A museum has been set up for him in the immediate vicinity. It's all not that big but fun to look around. In the cemetery on provincial road SP 394 west of the village is an imposing memorial on

the family tomb. Even outside Cittiglio, the tifosi have not forgotten their champion. Inside the gate of the Varese stadium there is a bust of the Italian champion immediately to the left. Along SP 62 near a cycling chapel between Brinzio and Rancio Valcuvia, where riders from the region are commemorated, there is a bronze medallion to him with the text: Alfredo Binda una vita per il ciclismo (a life for cycling). On the day (October 15, 2011) that the Tour of Lombardy passed the chapel of the Madonna di Ghisallo, a bust for Binda was unveiled there. Now three great champions stand side by side: Fausto Coppi, Gino Bartali and



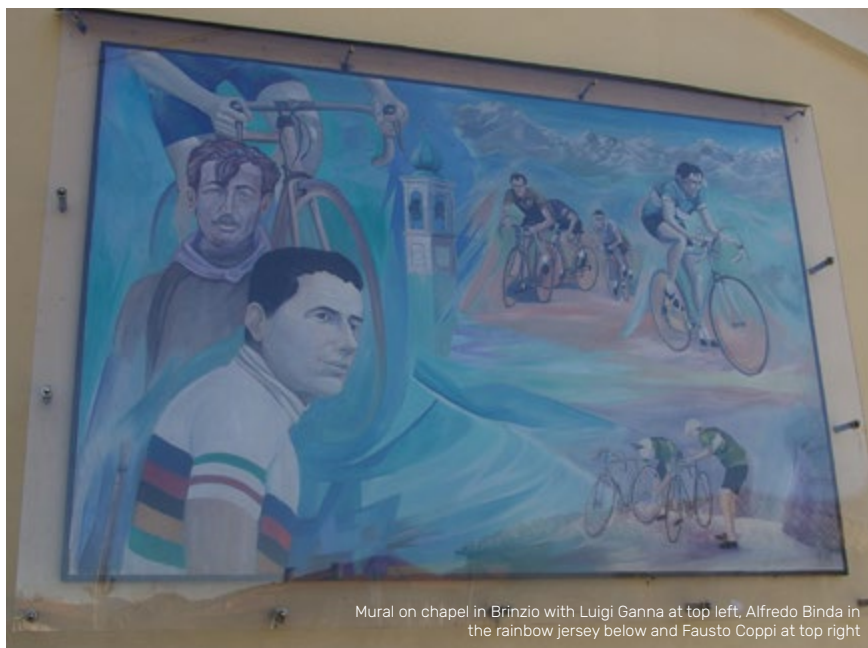
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Entrance to the museum in Cittiglio



Mural on chapel in Brinzio with Luigi Ganna at top left, Alfredo Binda in the rainbow jersey below and Fausto Coppi at top right



Medallion at cycling chapel near Brinzio



Tomb of the Binda family in Cittiglio with Alfredo Binda in the middle

Alfredo Binda. The Dutch magazine "Wielersport" wrote in 1972, "Alfredo Binda was applauded and lauded to the insane in his golden cycling years. A man of great, of very great class."

### Giro d'Italia

On the "eternal" ranking of stage winners in the Giro, there is Binda with 41 victories, he stands in second place behind Mario Cipollini, who has 42 victories. Between 1925 and 1935, Binda appeared at the start of the Giro nine times. After already becoming overall winner in 1925, he also won his second Giro in 1927 in which he crossed the finish line as the winner in no fewer than twelve of the fifteen stages. The year 1928 was slightly less: overall winner and six stages. After his

fourth victory in the Giro in 1929 in which he wins eight stages in a row, he is asked not to start the following year. The organizers want other riders to compete and pay him mountains of lira to stay home. Binda honors the request for that year but returns. In 1931, after two stage wins, he says goodbye to the Giro. In 1932 he finished seventh and in 1933 he crowned his Giro career by winning six stages and the overall and mountain classification.

### Campionissimo

Three times he became world champion. In 1927 at the Nürburgring, in 1930 in Liege and in 1932 in Rome. For times he can wear the Italian champion's jersey. In 1929 and 1931 he wins Milan-Sanremo and in 1925, 1926, 1927 and 1931 the Tour of Lombardy. When you have all that on your palmarès, you get the honorary title "campionissimo" in Italy.

Text and image: Teus Korporaal



# The love for Italy goes through the stomach!

If you were a tourist traveling through Italy for a few weeks or months, culture -, nature -, and culinary delights are some of the certainties you will discover in the boot. Therefore, we have put together some culinary and cultural tips for those who want to follow the Giro d' Italia, or do part of the route after the Giro itself. We start with an aperitif and end, of course, with a glass of Roman wine.



## Campari was born in Novara

Not everyone knows that one of the most famous aperitifs in the world was invented in Novara!

Novara is a good 50 km from Milan and is the starting point of the third stage of this Giro. The city is well worth a visit for its many historic buildings with a distinct cultural and artistic character. But besides discovering these beautiful buildings, you can also soak up another piece of history.

In the mid-19th century, Mr. Gaspare Campari bought the Caffè dell'Amicizia in the city center, where he perfected the recipe for his "bitter." A recipe that has remained unchanged ever since and is served worldwide when a party is programmed. We are already taking a cocktail as an aperitif to start this Giro, choosing a Campari Orange. Scholl!

## European Wine City 2024

Right around the city of Novara, rice fields are already the order of the day, but once you leave the city completely behind, the area turns from plains to hills, and from rice, agriculture turns to wine. The central Novara area is a succession of rows of vines dating back to Roman times, with increasingly satisfying and successful results over the centuries. It is no coincidence that Italy's first cooperative wine cellar was founded in the province of Novara, an area where viticulture has always been particularly



Barolo, made from Nebbiolo  
© Biskuit ccbya20

favorable due to its microclimate, thanks to the proximity of Monte Rosa and mineral soils of moraine and volcanic origin. Here the Nebbiolo, the king of Piedmont vines, vinified pure or in a blend with indigenous grapes, produces the area's DOC and DOCG wines. These include the historic Ghemme Docg, Boca Doc, Fara Doc and the Colline Novaresi Doc series. That the Colline Novaresi area has received the prestigious recognition of European Wine City 2024 proves that you definitely must have been here once as a wine lover.

## Acqui Terme

Acqui Terme, the starting point of the fourth ride, is a fascinating spa town known for its steaming waters as far back as Roman times. It is surrounded by vineyards and landscapes that were inscribed on the World Heritage List by UNESCO in 2014 for their breathtaking beauty. Located in the province of Alessandria, a border area between Piedmont and Liguria in the Alto Monferrato region, this city is rich in environmental, scenic, artistic and gastronomic attractions, not far from the major cities of Genoa,



Milan and Turin. San Remo is also not so far away (about 160km). The impressive remains of the Roman aqueduct testify to the importance water has always had for this city, which offers its visitors an enviable combination of art, culture, history, gastronomic excellence, charm and Italian hospitality that make it a unique and captivating destination.

### Truffle Region

The truffle is a delicacy that is one of the top products of this region. Truffle grows underground here throughout the area, in harmony with oaks, willows, limes and poplars.

Porcini mushrooms also grow abundantly here in the valleys. These are highly sought after by gourmets in the fall and winter months when the game season is underway.

### Stockfish stew

**The Stoccafisso all'acquese** is also a famous specialty. It is a kind of stew made of stockfish (dried cod), potatoes, anchovies, olives, olive oil and finished with pine nuts. A recipe passed down from generation to generation and found on various menus in Acqui Terme's restaurants.

A stockfish is created by the method of preservation by drying, one of the oldest ways of preserving food. It is a very old technique of which there are traces since the ninth century, that is, since the time of Charlemagne. It was an easy and cheap way to preserve and be able to transport food for inland trade.

### Spoleto: a food culture to savour

In the starting place of ride eight, it is best to take some time to enjoy gastronomic delights! We will give

you some examples of dishes that have their origin in this region.

**Strangozzi:** (also known as Stren-gozze or Stringozzi) is a local type of pasta of very simple and ancient origin. Strangozzi get their name from their shape, which resembles the leather laces of a shoe. They are slightly thicker than traditional noodles, with a dough based on flour and without eggs. Strangozzi are combined with simple, essential spices: first and foremost Spoleto oil, but also fresh tomatoes and forest products such as wild asparagus, mushrooms and truffles.

**Crescionda:** among the many traditional sweets, the Crescionda is undoubtedly the most typical pastry of the Spoleto region, although it is quite unknown in the rest of the region. When cut, it consists of three layers: the first layer consists

of macaroons and flour, the second, a light central layer like vanilla pudding, made of milk and eggs, and the third, dark-colored layer consists almost exclusively of chocolate.

**Castagnole:** The castagnole is a traditional delicacy eaten around Carnival time. The Italian saying is “Finito Carnevale, finito amore, finito di mangiare le castagnole.” The dough for Castagnole is made from eggs, sugar, flour and lard.

They are sprinkled with powdered sugar and/or honey and Alchermes liqueur is added for the beautiful bright pink appearance. Castagnoles get their name from their small, round shape, which resembles that of chestnuts. In other regions, then, they can take other shapes. For example, they can be oblong, round (small or larger) or even almost square.

### Vedi Napoli e poi muori

See Naples and then die?... No, leave it for a while longer! I do want to visit Naples, but would still like to continue in this life for a while!

Naples is one of the most populous cities in Italy, with almost a million people living there.

It has been a multicultural city since ancient times. To walk in the heart of the old city is to relive its history. The long and characteristic streets, church architecture and old noble buildings reveal different layers, showing different historical and artistic influences. In 1995, Naples' historic center was declared a “World Cultural Heritage Site” by UNESCO. One of the



Castagnole © Duygu Kamar



Napels © Kelly

most famous streets is Spaccanapoli, a very long street that, seen from the top of Vomero hill, seems to split the historic center in two. Then there is the street Saint Gregorio Armeno which is famous for its artisan stores of nativity scenes.

A stop at the cathedral is recommended to see the Chapel of Saint Gennaro, considered one of the masterpieces of Baroque art.

After discovering all this, there is one thing everyone should really know! Naples is the home of Pizza!

### **Pizza Margherita**

If anything is associated with Naples, it is pizza: the classic and

most famous “pizza Margherita,” topped with mozzarella, tomatoes and a leaf of basil, has been joined by many new and sophisticated “gourmet” recipes, fashionable since the passage of time and suitable for all tastes.

Pizza is a “serious business” in Naples and its “making” is considered pure art: therefore, nothing is improvised and the preparation consists of very meticulous procedures, artisanally passed from one artisan to another. In 2017, the “art of Neapolitan pizza makers” was even declared an “Intangible Heritage of Humanity” by UNESCO, recognizing the cultural relevance and identity value of pizza as a “Neapolitan brand of quality.”

However, visitors

who want to enjoy the flavors of traditional Neapolitan cuisine should prepare themselves for an abundance of choice! One of the other typical products is

“casatiello,” a kind of “rustic cake” made of dough mixed with pepper and lard and filled with eggs, salami and cheese, traditionally prepared at Easter.

Actually, Neapolitan pastries also offer many delights; sweet tooth should not skip a stop at a traditional pastry shop to sample one of the local delicacies: the famous “**Babà**,” offered by every

*“Maybe better: see Naples and stay? Or do you want to explore more and travel further?”*

café and restaurant, either in its classic rum-flavored recipe, or topped with custard, cream or chocolate; but also the traditional “**Sfogliatella**”, a pastry with a delicious filling of semolina, ricotta cheese, eggs, sugar, candied fruit cut into small pieces, wrapped in a shell-shaped crisp puff pastry (called “riccia”) or surrounded by a round-shaped thick shortbread (“frolla”) Babà and ice cream with the taste of Sfogliatella certainly deserves to be tasted as well.

### **The cherry tomatoes from Pompeii**

Pompeii is starting place of ride ten. The city is near Naples and Salerno and close to other attractions such as Herculaneum, the Sorrento Coast and the Amalfi Coast. The beautiful view of the island of Capri, clearly visible from Pompeii, completes the picture. This is a region rich in natural and cultural beauty.

Pompeii and the region around it is known in the culinary field for its famous cherry tomatoes, especially the tomato with the PDO “Piennolo del Vesuvio”: this is one





Grana Padano

of the oldest and most characteristic agricultural products of Campania, so much so that it is depicted in the traditional Neapolitan nativity scene. The cherry tomatoes from Vesuvius are preserved according to the old custom “al piennolo”. This is a characteristic technique in which a few bunches of ripe tomatoes are tied together to form a large cluster, which is then hung in ventilated rooms for optimal storage until the end of winter.

The tomatoes are oval and pointed in shape and have a distinct sweet and sour taste. They are excellent for preparing the delicious Italian sauces. They are used not only in traditional pasta dishes, but also on Neapolitan pizzas and in many other recipes. Delicious!”

### **On the shores of Lake Garda with Grana Padano cheese in hand!**

The fourteenth stage is a unique opportunity to pair cycling with beautiful nature and high-end culinary pleasures. The time trial is 31.2 kilometers long and ends at the shores of Lake Garda in Desenzano del Garda. What more could you want than to spend a day supporting the riders, taking pictures of them and choosing a restaurant to finish off the day in high culinary style?

The main ingredient of Lake Garda cuisine is, of course, fish. Here, you can enjoy trout, eel, pike, perch and from the beginning of summer the sardines. The local restaurants know better than anyone else how to optimize the taste and aroma of these products.

But Desenzano’s flagship cheese is Grana Padano! This cheese with an exceptional flavor is suitable for any type of meal and is an Italian delicacy of which they are rightly proud. The cheese is excellent to incorporate into various dishes, but also to enjoy during an aperitif with friends, as a snack or at the lunch or dinner table.

### **Specialties to take home**

The small village of Fiera di Primiero starting point of ride 18, lies at the foot of the Pale di San Martino, the largest massif of the Dolomites, at the confluence of the Cison and Canali rivers, in the eastern part of Trentino. In the past famous for the wealth of its mines, it became the commercial and administrative center of the entire valley in the 15th century.

Today it is a beautiful mountain village, located at an altitude of 730 meters. In the restaurants you will find some very specific dishes of the region that you should put on your "to eat list". Make a note of the following specialties, which you can easily take home with you:

- **Tosela:** is made every morning from freshly milked milk and is usually served with polenta and sausage (luganega).
- **Botiro di malga** cheese from Primiero: in the local dialect, "botiro" means butter, and during the Serenissima period the best butter sold in Venice came from the alpine pastures of Primiero. Botiro di malga has an intense color, ranging from straw yellow to golden yellow; the aroma is moderately aromatic, with fairly lively floral and spicy notes. It has a soft consistency and is easily spreadable.

• **Carne Fumada di Siror:** smoked beef to eat raw.

### A glass of Frascati wine

The riders will arrive in Rome on Sunday, May 26. We will therefore gladly conclude this culinary feast with a toast to the winner with a glass of Frascati in hand!

The Romans were fond of wine, and so until the unification of Italy, Rome was dotted with an unimaginable number of rows of vines standing alongside urban structures. This is another piece of the city's unique history.

But the real quality wine from Rome, came from outside the city. A popular saying goes, "Vale più un bicchiere de Frascati che tutta l'acqua der Tevere" - a glass of Frascati wine is worth more than all the water of the Tiber. The hills of the Castelli Romani have always been an ideal area for

viticulture, both because of its soil composition and its mild climate. It produces dry and fresh wines with a fruity aroma.

The province of Rome's two DOCGs come from Frascati: the **Frascati Superiore** and the **Cannellino** wine. The Cannellino is actually the outlier of the region. Cannellino di Frascati is made from the grapes also used for the Frascati. However, the grapes for Cannellino are harvested late, so the grapes lose their skins and moisture. The grape itself thus obtains fermentation and delicious aromas. Through this process one obtains a slightly sweet wine, which goes very well with Maritozzo, aged Pecorino cheese, or "ciambelline al vino" (ring-shaped wine cookies).

So, to the conclusion of this Giro d'Italia, we want to say cheers on everyone's health. Cheers!  
Text: Patrick Van Gansen



Druiven voor Cannellino  
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# HISTORY OF THE GIRO D'ITALIA

Luigi Ganna, winner of the first edition of the Giro d'Italia  
Wikipedia - Public Domain



On August 7, 1908, the Gazzetta dello Sport announced the first Tour of Italy. In response to the initiative of major competitor Corriere della Sera, who had launched a car race throughout Italy, the Gazzetta dello Sport presented the Italian counterpart of the Tour de France. The following year, the time had come and the first Giro d'Italia started. The first stage started on May 13, 1909. It went from the Loreto Square in Milan over 397 kilometers to Bologna, where Dario Beni became the Giro's very first stage winner. That first edition covered 2448 kilometers divided into eight stages. Italian Luigi Ganna (no relation to Filippo Ganna), won three stages and became the first ever overall winner. Incidentally, the overall winner was then determined with a points system. The one with the fewest points was the win-

ner of the Giro. Ganna won with 25 points, ahead of Carlo Galetti with 27 points and Giovanni Rossignoli who gained 40 points. Since then, the Giro has been organized by the newspaper printed on pink paper.

In 1914, for the first time, an overall ranking was calculated by time rather than points. Alfonso Calzolari became the winner of this edition with a lead of 1h57'26" over Pierino Albini.

In 1931, the first maglia rosa was awarded. A pink jersey because the newspaper was - and still is - printed on pink paper. Learco Guerra was then the first pink jersey wearer. In 1933 the mountain classification was also introduced and from 1966 the points classification was also introduced.

Until 1950, all Giro's were won by Italians and the stage race had national rather than international appeal. The Swiss Hugo Koblet changed this by becoming the first non-Italian to win the tour. Thus the Giro slowly but surely gained international allure.

The final classification was won seven times by a Belgian. This is mainly due to Eddy Merckx, who won the race five times. The two other Belgian winners are Michel Pollentier (1977) and Johan De Muynck (1978). Merckx also has the most Belgian stage wins to his name with 25. Roger De Vlaeminck follows with 22 stage wins.

In 2017, Tom Dumoulin became the first and only Dutch rider to win the Tour of Italy.



# STATISTICS OF THE GIRO D'ITALIA

You can experience the history of the great laps in several ways. Rows of books have been written about it. Tens of thousands of articles have been written, but you can also do it differently. Stripped of all frills just look at the facts with some brief statistics. Below we paint a picture of the Giro d'Italia.

## Most pink sweaters

Eddy Merckx	78
Alfredo Binda	59
Francesco Moser	57



## All days classification leader

Costante Girardengo	1919 (10 stages)
Alfredo Binda	1927 (15 stages)
Eddy Merckx	1973 (20 stages)
Gianni Bugno	1990 (21 stages)

## Most ride wins

Mario Cipollini	42
Alfredo Binda	41
Learco Guerra	31
Costante Girardengo	30
Eddy Merckx	25
Giuseppe Saronni	24
Francesco Moser	23
Alessandro Petacchi	22
Fausto Coppi	22
Roger De Vlaeminck	22

## Most stage wins per round

Alfredo Binda	1927: 12 of 15 rides
Learco Guerra	1934: 10 of 17 rides
Giuseppe Olmo	1936: 10 of 21 rides

## Five-time winners

Alfredo Binda	1925, 1927, 1928, 1929, 1933
Fausto Coppi	1940, 1947, 1949, 1952, 1953
Eddy Merckx	1968, 1970, 1972, 1973, 1974

## Triple winners

Giovanni Brunero	1921, 1922, 1926
Gino Bartali	1936, 1937, 1947
Fiorenzo Magni	1948, 1951, 1955
Felice Gimondi	1967, 1969, 1976
Bernard Hinault	1980, 1982, 1985

## Two-time winners

Carlo Galetti	1910, 1911
Costante Girardengo	1919, 1923
Giovanni Valetti	1938, 1939
Charly Gaul	1956, 1959
Jacques Anquetil	1960, 1964
Franco Balmamion	1962, 1963
Giuseppe Saronni	1979, 1983
Miguel Indurain	1992, 1993
Ivan Gotti	1997, 1999
Gilberto Simoni	2001, 2003
Paolo Savoldelli	2002, 2005
Ivan Basso	2006, 2010
Alberto Contador	2008, 2015
Vincenzo Nibali	2013, 2016



## Final victories by country

69	Italy
7	Belgium
6	France
4	Spain
3	Russia and Switzerland
2	Colombia, United Kingdom and Luxembourg
1	Australia, Canada, Ecuador, Ireland, The Netherlands, Slovenia, USA and Sweden

### Most number of podium finishes

Felice Gimondi - nine podiums  
1st in 1967, 1969, 1976  
2nd in 1970 en 1973  
3rd in 1965, 1968, 1974, 1975

Gino Bartali, Fausto Coppi and Gilberto Simoni are on the podium seven times.

Vincenzo Nibali is on the podium six times: 1st in 2013 and 2016, 2nd in 2011 and 2019, 3rd in 2010 and 2017

### Most participants

1928: 298 riders

### Most participations

- Wladimiro Panizza:  
18 times between 1967 and 1985  
Best classification: second in 1980  
- Domenico Pozzovivo:  
appeared 17 times through 2023.  
Best classification: 5th in 2014 and 2018

### Slowest average

Alfonso Calzolari 1914: 23.437 km/h  
Giovanni Brunero 1926: 24.865 km/h  
Giuseppe Enrici 1924: 25.201 km/h

### Fastest prologue

Rik Verbrugghe  
2001: 58.874 km/ph in Pescara 7,6 km

### Longest ride

Costante Giardengo:  
1914 winner of the ride Lucca-Roma (430 km) at an average of 26.202 km/h

### Longest time trial

Fausto Coppi: 1951 Perugia-Terni 81 km

**Shortest Giro:** 1912 - 2439 km

**Longest Giro:** 1954 - 4337 km

### Biggest difference final ranking

Alfonso Calzolari 1914 1u55'26" to Albino Pierino  
Giuseppe Enrici 1924 58'21" to Federico Gay  
Costante Girardengo 1919 51'56" to Gaetano Belloni

### Smallest difference final classification

Fiorenzo Magni 1948 11" to Ezio Cecchi  
Fiorenzo Magni 1955 13" to Fausto Coppi  
Eddy Merckx 1974 13" to Gianbattista Baronchelli

### Youngest winners

Fausto Coppi 20 years, 8 months and 25 days  
Luigi Marchisio 21 years, 1 month and 12 days  
Giuseppe Saronni 21 years, 8 months and 15 days

### Oldest winners

Fiorenzo Magni 34 years, 5 months and 29 days  
Toni Rominger 34 years, 2 months and 8 days  
Fausto Coppi 33 years, 8 months and 18 days  
Primoz Roglic 33 years, 6 months and 29 days  
Alberto Contador 33 years, 3 months and 25 days  
Chris Froome 33 years and 7 days

### Oldest participant ever

Giovanni Gerbi 1937 - 47 years

### Longest escape

Lauro Bordin:  
1914 about 350 km in stage Lucca-Roma (430 km)  
Stage winner Costante Girardengo

Gerrit Voorting and Michele Gismondi:  
1954 - 233 km in stage Bari-Napoli (279 km)  
Stage winner Rik Van Steenbergen

González Arrieta:  
1992 - 233 km in stage Saluzzo-Pila (260 km)  
Stagewinner Udo Bolts

Laurenz Rex:  
2023 - 210 km in 11th ride Camaiore-Tortona 219 km

### Least number of finishers

In 1914, only eight riders of the 81 starters reached the finish of the Giro.

# GIRO D'ITALIA BOOK BY OUR EDITOR

**For almost fifteen years Teus Corporaal has been writing for "Cyclelive Magazine," but in addition Teus is also the author of several cycling books. A few years ago he delved into the history of the Giro d'Italia and compiled an overview of all the firsts of the Italian Tour. His book was titled: EERSTE**

Everything in life happened once for the first time. Your first day of school, your first boyfriend or girlfriend, your first kiss and so on. In sports, it is no different. Everything has a beginning. So it is with cycling: the first bicycle, the first races on the track, the first races on the road, the first race between two cities and then of course the first Tour de France in 1903, the first Giro d'Italia in 1909 and later the first Vuelta a España in 1935. Before and between these lies the advent of the first classics: Liège-Bastogne-Liège (1894), Paris-Roubaix (1896), Tour of Lombardy (1905), Milan-Sanremo (1907), Tour of Flanders (1913).

In his book, he focuses on the Giro d'Italia and as many first moments as possible are presented, such as the first Giro, the first five-time winner. Naturally, the Dutch and Belgian firsts are also highlighted such as, for example, the first Belgian and Dutch pink jersey wearer, the first Belgian and Dutch stage and final winner. But also the first rider to become overall winner without winning a single stage is reviewed. There is also attention for the first woman to ride in the men's peloton.

Of course there is also attention to the mountain classification and

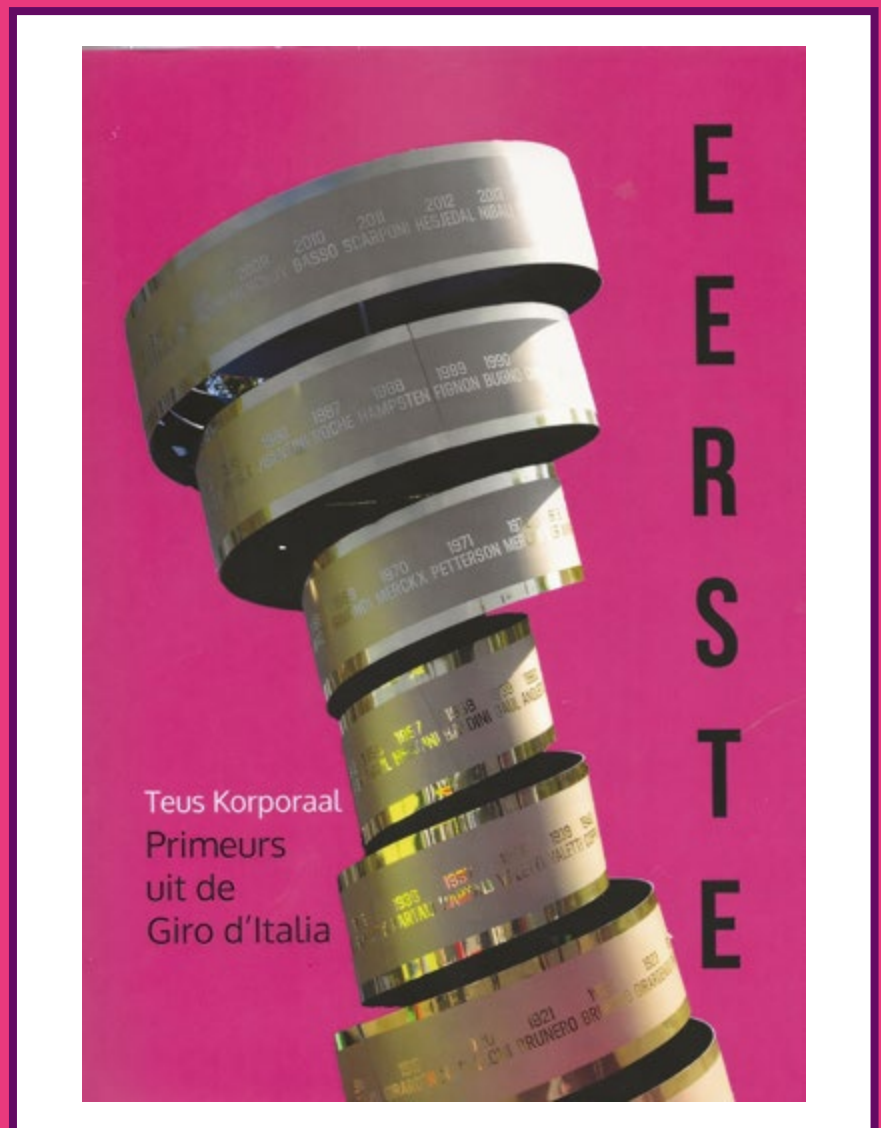
the first passages and arrivals on the big Dolomites and Alpine cols, among others. Then the points and youth classification are discussed. Who is the first winner, who is the first Belgian or Dutch rider in these classifications? Then attention is paid to the black jersey that is awarded to the last man in the classification. Who is the first wearer and which Dutchman or Belgian got to put on this gem for the first time? The prologues and time trials are also highlighted. Of course, the first starts in Bel-

gium and the Netherlands are also covered, as well as the first start outside Europe.

In short, it is a colorful mix of firsts from the history of the Giro d'Italia, which has lasted more than a century.

Ordering the book is possible at bookstores or directly from the publisher: Publisher Boekscout [www.boekscout.nl](http://www.boekscout.nl)

ISBN number 978-94-643-1355-0  
Price 19,50 Euro



# THE MYTH OF A LIVING LEGEND

Initiated by the United Nations, World Cycling Day has been held annually on June 3 since 2018 to promote the role of bicycles in achieving sustainable development goals. World Cycling Day celebrates a mode of transportation that has been around for more than two centuries and whose popularity continues to grow. In addition, there are always inspiring quotes to reflect on the importance of cycling in society. Former cyclist and team leader Jean de Gribaldy left us a wonderful quote: *“Cycling is not a game, it is a sport. Tough, hard and untouchable, and it requires great sacrifices. One plays soccer, or tennis, or field hockey. But one does not play at cycling”*.



Ernesto Colnago with grandson and marketing manager Alessandro Brambilla Colnago



## Colnago in the spotlight

The Colnago bicycle brand is a myth in the cycling world. Every cyclist or cycling tourist who has ever ridden a bicycle of this world-famous brand talks about it with great reverence and awe. Some even go so far as to have their Colnago hanging on the wall in the living room or standing next to their bed in the bedroom, whether or not also under a blanket. During World Cycling Day 2023, Ernesto Colnago's bicycle collection in New York was the guest of honor. Regarding this, Ernesto said, *“We are proud to have been invited and to represent LA Bicicletta on such an important day. In life, my family and I have done nothing but study, create and further develop this wonderful means of transportation.”*

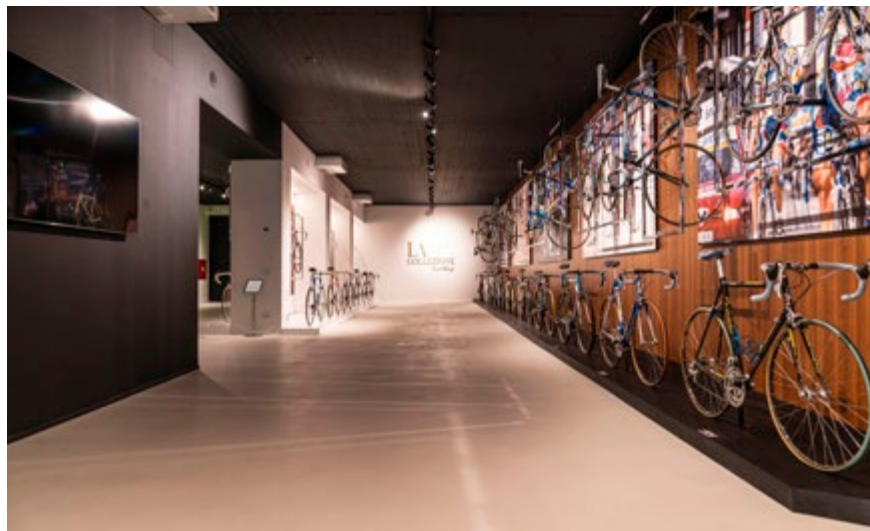
## The result of 50 years of passion

Leszek Sibilski, UN Ambassador and a Polish sociologist and cyclist who promoted the establishment of World Bike Day in 2018: *“Since the birth of the bicycle,*

there have been many men of great talent and creative spirit who have improved this unique machine for human mobility. Without doubt, Ernesto Colnago is one of the greats who expanded the possibilities of the bicycle. The bicycle is no longer just a means of transportation, but a companion in the growth of human evolution. The Ernesto Colnago collection is not only about the legacy of one of the greatest figures in the development of bicycles in modern history, but also a place to reflect, inspire, empower and above all educate future generations to further develop this tool of active mobility. World Cycling Day was created by the United Nations to promote cycling for everyone in all corners of our world. The Ernesto Colnago Collection is an essential part of World Cycling Day's mission."

### LA Collezione

Since the age of 13, the now



92-year-old Ernesto Colnago has been working with bicycles. The family business in Cambiago near Milan was founded in 1952. Ernesto's grandson, Alessandro Brambilla Colnago, is marketing manager of the brand. About the unique collection, he said the following: "The collection is the result of more than 50 years of work and passion my family has for bicycles. From a small workshop of a few square meters, unique piec-

es, prototypes and projects have been developed over time that now attract enthusiasts from all over the world. Each piece has a story, its anecdote, its curiosity all contained in an exhibition where love and authenticity are made available to all for the first time."

### See LA Collezione by Ernesto Colnago for yourself sometime

Bike enthusiasts who come to visit LA Collezione are becoming





Ernesto Colnago met Giuseppe Saronni

more and more numerous. There are those who are enchanted by the bikes that have made history such as those of Merckx (world endurance record in Mexico), Saronni (world title at Goodwood) or Ballerini (Paris-Roubaix in 1995) and relive memories and emotions, there are those who observe the prototypes that draw inspiration and note the peculiarities and then there are those who prefer to walk in silence through the corridors of LA Collezione to take in every detail. What binds all these people is a strong passion for bikes and, in many cases, a surprising knowledge of each piece on display. In addition to the bikes, there are 80 original jerseys from riders who rode a Colnago, 400 photographs of Colnago's 75-year career as a mechanic, innovative designer and businessman.



### Live the myth

LA Collezione by Ernesto Colnago, the collection of his memories, of his old and future dreams, emotions and ideas, all in the place where everything began can be

visited at Via Cavour 25, 20040 Cambiago MI.

All info can be found at [www.la-collezioneec.com](http://www.la-collezioneec.com).

Text: Rens Klaasse / Images: LA Collezione EC



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[www.kocevsko.com](http://www.kocevsko.com)

# THE SPONSORS OF WORLD TOUR TEAMS

## What does who do and who is what?



The world of cycling cannot do without sponsors. It starts with the local cycling clubs and ends with the major World Tour teams. Sponsors are a fundamental part of professional cycling. Teams base their existence on the money from the names that adorn their jerseys, while companies hope to gain visibility, brand image and create greater name recognition for the brand or one of their products. The mutual interest between teams and sponsors is essential to the survival of the sport. Teams become an itinerant showcase for their sponsors, and television broadcasts are especially important

in reaching as much of the world as possible. While changes in sponsors are common in the professional peloton, which undergoes a facelift each year with some goodbyes and some welcomes, there are also those who are etched on the minds of viewers. A number of brands have long been associated, even almost fused, with cycling. Sponsors/brands are of all kinds and do not have to have any link at all to the sport itself. For example, car sponsors, construction companies, supermarket, telecom, banks, watch, beverage, food sponsors, etc., have appeared in cycling over the years.

In this article we discuss all the sponsors of the World Tour teams for the 2024 season.

We do not talk about the amount of sponsorships, but give an overview of who is behind the sponsor names. In other words, this is a guide that tells what each sponsor stands for.

### 1. Alpecin-Deceuninck

The Belgian team, present on the road, in cyclocross, mountain biking, and gravel races, has made a name for itself with important vic-





tories in all these disciplines. The Roodhooft brothers' team has been part of the World Tour since 2023.

Alpecin is the brand of hair care

products from German company Kurt Wolff of Bielefeld. The shampoo against hair loss is known for the use of a caffeine complex that inhibits the negative effect of testosterone on hair roots and energizes hair. Alpecin is proud to be the best-selling hair soap in Germany and with this sponsorship wants to extend its brand awareness to the rest of Europe/world

The Belgian company Deceuninck manufactures plastic window and door systems and roof and façade profiles.

**Bike:** Canyon



## 2. Arkéa-B&B Hotels

The team has been part of elite cycling since 2005, although this season will be the first with this name formation, which has already been contracted for at least three years.

Arkéa's background is in the French banking and insurance business of its cooperative parent company, Crédit Mutuel Arkéa.

The Crédit Mutuel Arkéa group is made up of nearly 40 subsidiaries with business lines such as banking - for individuals, companies and institutions -, insurance, asset management, real estate services,

B2B services and others. The group has a portfolio of about five million clients.

B&B Hotels is a French chain of budget hotels. The hotel brand is known for offering low-cost accommodations and has a total of 761 hotels across 15 countries in Europe.

**Bike:** Bianchi

## 3. Astana-Qazaqstan

Due to the doping perils within the Spanish Liberty Seguros-Würth team in 2006, sponsors dropped out and through Kazakh rider Alexander Vinokurov, interest was generated from Kazakhstan who took over the sponsorship. A year later, the Kazakh team was formed under the name Astana. Astana is the capital of the country and it also literally means "capital" in Kazakh. The city received this name in 1998, the name already changed to Nur-Sultan in 2019 and was renamed Astana again in 2022. Nevertheless, the cycling team has always kept the name Astana. After the team existed for two years, the name of the country was added. So here there is no one specific sponsor, but behind the Astana team is a Kazakh Business consortium. Samruk-Kazyna is the team's actual sponsor. It is a fund-with the government of Kazakhstan as its



sole shareholder—that is an investment holding company. This giant has a portfolio that includes a gas and oil company, the Kazakh postal company, airlines, construction companies and mining.

**Bike:** Wilier Triestina

#### 4. Bahrain-Victorious

The team is sponsored by a joint venture of Bahraini companies, with money coming through Sheikh Nasser bin Hamad Al Khalifa from several state-owned companies: Bahrain Economic Development Board, Bapco, Balteco, National Bank of Bahrain, Al Salam Bank and Alba.



**Bike:** Merida

#### 5. (Red Bull) – Bora-hansgrohe

The German team has strengthened its stated ambitions with the recruitment of Primož Roglič. The main sponsorship is provided by Bora, a German manufacturer of kitchen appliances with a special extraction system. The system eliminates the need for extractor hoods due to the special surface on which pots and pans stand, sucking up the fumes.



Hansgrohe is a German manufacturer of bathroom and kitchen accessories, such as showers, faucets, thermostats and sinks.

Red Bull will be the main sponsor of the team starting with the Tour de France. The energy drink launched since 1987 has long been the absolute market leader of all energy drink producers, worldwide.

**Bike:** Specialized

#### 6. Cofidis

“Compagnie financière de distribution” short for Cofidis is a French provider of consumer credit and insurance.

Cofidis is one of four French teams in the peloton. The team has existed since 1997 and was sponsored by Cofidis from its inception. In addition, Cofidis is also associated



with Spanish cycling as one of the main sponsors of the Vuelta and the Spanish Cycling Federation. Cofidis is thus in its 28th year as a cycling sponsor. So here we are really talking about a sponsor that has grown close to cycling.

**Bike:** Look

#### 7. Decathlon-AG2R La Mondiale

The arrival of Decathlon was much talked about in the cycling world. The huge sporting goods chain has more than 1,700 stores worldwide across 60 countries, including 35 stores in Belgium. It is the largest sports store chain in the world with a catalog that includes more than 150 sports disciplines. Known for its affordable prices, the brand focuses, now with the Van Rysel bikes, on the cycling elite.



AG2R La Mondiale is an insurance and financial services company with a focus on business.

**Bike:** Van Rysel

#### 8. EF Education-Easy Post

This is the American team of former rider Jonathan Vaughters. The team, with riders such as Neilson Powless, Ben Healy and Rui Costa, is sponsored by EF Education First, an educational company focused on languages, travel, cultural exchange and studies, with nearly 60 years of experience and headquartered in Switzerland. EasyPost is a software company that



facilitates shipping logistics by enabling companies to integrate operators. In short, Easy post processes and dispatches documentation flows for companies.

**Bike:** Cannondale

### 9. Groupama-FDJ

This French team is another of the veterans in the peloton. Groupama is a French insurance company that operates in many countries around the world and the letters FDJ stand for the gaming company Française des Jeux - the national lottery of France.

**Bike:** Wilier Triestina

### 10. Ineos Grenadiers

Ineos Grenadiers is the heir to



Team Sky and the team has been running with its current name since 2020. INEOS is a giant dedicated to chemistry -chemicals, polymers, gas, oil, and more. The group consists of 36 companies in 29 countries. Ineos is also present in other sports such as Formula 1, rugby and sailing, and the company also has several consumer brands, including INEOS Grenadiers, a line of SUVs. Grenadiers are actually a group of soldiers who used to be adept at throwing hand grenades. Real attackers, in other words, but in today's zeitgeist perhaps out of place? Or very current...

**Bike:** Pinarello



### 11. Intermarché-Wanty

A homegrown team with a French main sponsor. Present in the World Tour since 2021, the team is sponsored by the Intermarché supermarket chain, which is part of Les Mousquetaires. This group also includes the brands Bricomarché and Netto, among others. In addition to France, the group has a strong presence in Portugal, Belgium and Poland.

For its part, the Belgian company Wanty specializes in the construction of civil and public works,



road works, sewage works, as well as rental, sales and maintenance of construction machinery and building materials.

**Bike:** Cube

### 12. Lidl-Trek

The second American team in the peloton has German supermarket chain Lidl as its first name sponsor. Lidl is an international supermarket chain with great success in most of Europe. Lidl operates in 23 countries with more than 11,000 stores. Trek is considered the largest bicycle manufacturer in the United States with a long history in the industry.

### 13. Movistar Team

This is the retirement blanket of



the peloton. The team has existed since 1980 under the names Reynolds, Banesto and later iBanesto.com. Between 2007 and 2010, the team was called Caisse d'Épargne. Banesto came into cycling as the main sponsor in 1990, succeeding Reynolds, which had been in the peloton since 1980. Current sponsor Movistar has already attached its name to the team since 2011. Movistar is a Spanish Telecom company.

Another nice detail: the team's helmet sponsor is the German company ABUS and they have been sponsoring the team since 2017, sustainable, quality sponsorships are clearly valued in the cycling world.

**Bike:** Canyon

#### 14. Soudal-Quick Step

We return home with two Belgian companies as sponsors of Patrick Lefevere's team.

Soudal is a manufacturer of silicone, putty, adhesives and moisture protection products. Quick Step is a manufacturer of laminate, wood and vinyl flooring. The Patrick Lefevere-led team has consistently maintained its sponsorship with Quick Step over the years. Quick Step took its first steps into the professional cycling world in 1998 as the co-sponsor of the Mapei team. With 26 years of sponsorship, Quick Step is one of the longest sponsors in the pro peloton. The other sponsor(s) on the jerseys have changed several times since then. Soudal joined in 2023.

**Bike:** Specialized



#### 15. Team DSM Firmenich-Post NL

The team that includes Romain Bardet, Fabio Jakobsen and Warren Barguil in its ranks has a double/triple sponsorship from DSM/Firmenich tied to the Dutch post.

DSM is a company that includes several other businesses in food, animal nutrition, health-care, pharmaceuticals, food and beverages. Since 2023, DSM-Firmenich is the result of the merger between the Dutch DSM and the Swiss Firmenich. DSM's activities in Health and Nutrition are complemented by Firmenich's activities in perfumery and flavor for processed and canned products. This results in a merger group with four major activities with combined sales in excess of €12 billion and 28,000 employees.

PostNL, as its name implies, is the Dutch postal company.

**Bike:** Scott

#### 16. Team Jayco-Alula

This Australian formation is sponsored by Jayco, which is a manufacturer of motorhomes, caravans and trailer homes. The American family business was founded in 1968 in the U.S. state of Indiana by Lloyd and Bertha Bontrager. They began by making a small folding caravan. Very soon larger caravans were also made. In the 1970s, the first trailer homes and later giant motorhomes were produced. The company continued to grow, employing several thousand workers by 2024.

ALULA is a tourism office of the

ancient Saudi Arabian city of Al-'Ula, a UNESCO World Heritage Site.

**Bike:** Giant

### 17. Visma-Lease a Bike

The reference and glutton in the peloton is the Dutch team Visma-Lease a Bike. Visma is a Norwegian provider of Cloud software that digitizes and simplifies business processes. The name Visma is a contraction of Visual Management Applications.

Lease a Bike is a bicycle rental company for companies and their employees in several Central European countries. Lease a Bike is owned by the Pon Holdings.

**Bike:** Cervélo

### 18. UAE Team Emirates

The team of Slovenian cycling



prodigy Tadej Pogačar, among others, has led the UCI teams ranking for quite some time. Surely this is somewhat surprising, as the cycling world always points to Visma-Lease a Bike as the best organized and successful team.

UAE stands for United Arab Emirates. The state is located in Southwest Asia and borders Saudi Arabia and Oman. The UAE consists of seven emirates of which Abu Dhabi and Dubai are the best known. The initials of the state (UAE) have given the team its name since 2017.

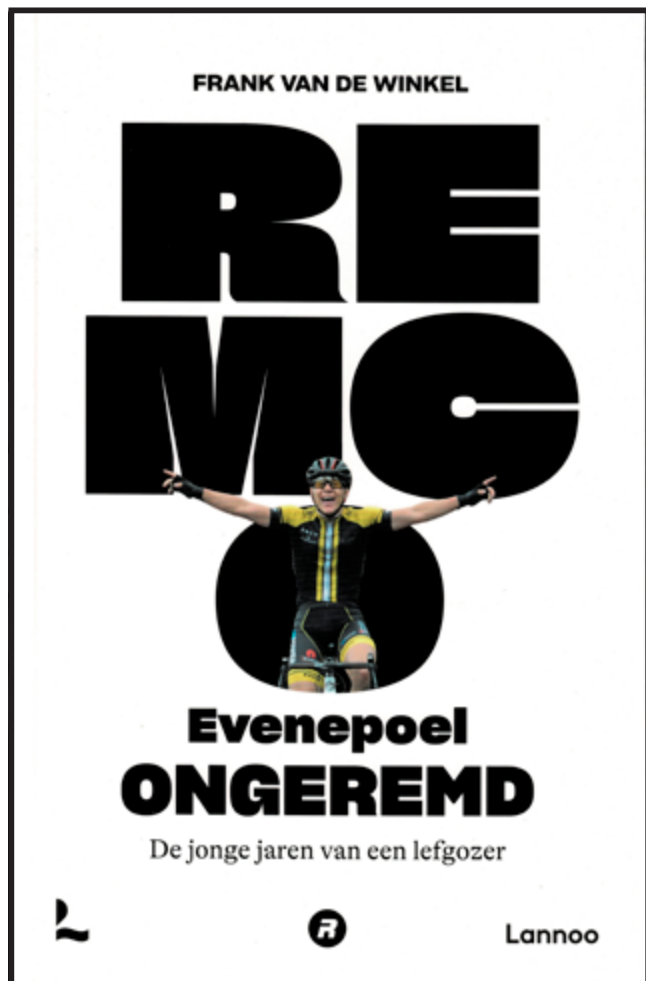
Emirates is the airline that is part of the Emirates Group.

**Bike:** Colnago

*text:* Patrick Van Gansen  
*Composition:* Teus Korporaal



## REMCO Evenepoel ONGEREMD



From soccer player to cyclist. That characterizes the young years of this talented adventurer from the Pajottenland region. In this biography, author and local resident of Remco, Frank van de Winkel, describes the first seventeen years of Remco's life based on seventy testimonies from friends, family and trainers.

Remco himself and his parents were not interviewed. His soccer years with Anderlecht, PSV and KV Mechelen were crowned with selections for the national team and a few international matches. But the blood, after a conflict with his club, eventually creeps where it cannot go and he made the switch to cycling in 2017. The sport in which his father raced as a pro for about three years. Because of his physical qualities, one of his soccer coaches already saw that he had more aptitude for cycling. And after five cycling seasons, Remco has already proven that more than enough. Frank calls him an incredibly ambitious person. With his attacking style, he pushes boundaries. Whether he would have made it as far in soccer as he did in cycling will forever



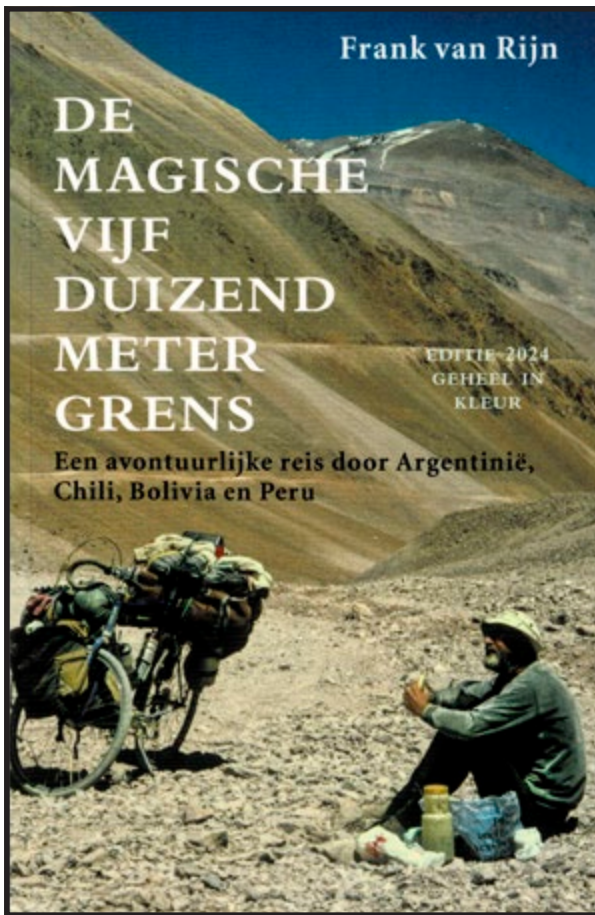
remain a question. But it is ultimately up to the reader to determine who Remco, after reading the book, is to him. Forty-two exclusive photographs of Remco provide nice support for the text.

The book is available for €24.99 in regular bookstores and from the publisher at: [www.lannoo.be/nl/remco-evenepoel-ongeremd](http://www.lannoo.be/nl/remco-evenepoel-ongeremd)

/// Tekst: Rens Klaasse

## De Magische Vijfduizend Meter Grens: anniversary book Frank van Rijn

While the now 76-year-old world cyclist has just retraced his own travels through Uganda and Kenya in Africa, the anniversary edition of the book published earlier in 2020 about his adventurous journey through Argentina, Chile, Bolivia and Peru will be released. He now has 17 books of adventures to his name from the cycling trips he has made over a period of 55 years. An



achievement certainly worthy of an anniversary book.

The world is his home. During his wanderings, he sometimes visits the same place more than once. It is fun to see after many years whether or not much has changed there. And then Frank tells that, sometimes with accompanying footage, in his own humorous way that often makes the reader smile. Many have been following him with pleasure for years. And his wonderful travel stories deserve that. As if you were riding along on the carrier yourself.

Unlike the earlier edition, the anniversary book of his fifteen-thousand-kilometer journey through South America now contains no fewer than 101 color photographs that give a good idea of just how beautiful that continent is. With the highlight being the ascent of the 5559-meter-high volcano Chuquiamañta in Chile.

The book can be purchased for €23.99 in bookstores or ordered from the publisher via: [www.uitgeverijelmar.nl](http://www.uitgeverijelmar.nl)

 Tekst: Rens Klaasse



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

## Genieten en Fietsen op en rond de Mont Ventoux

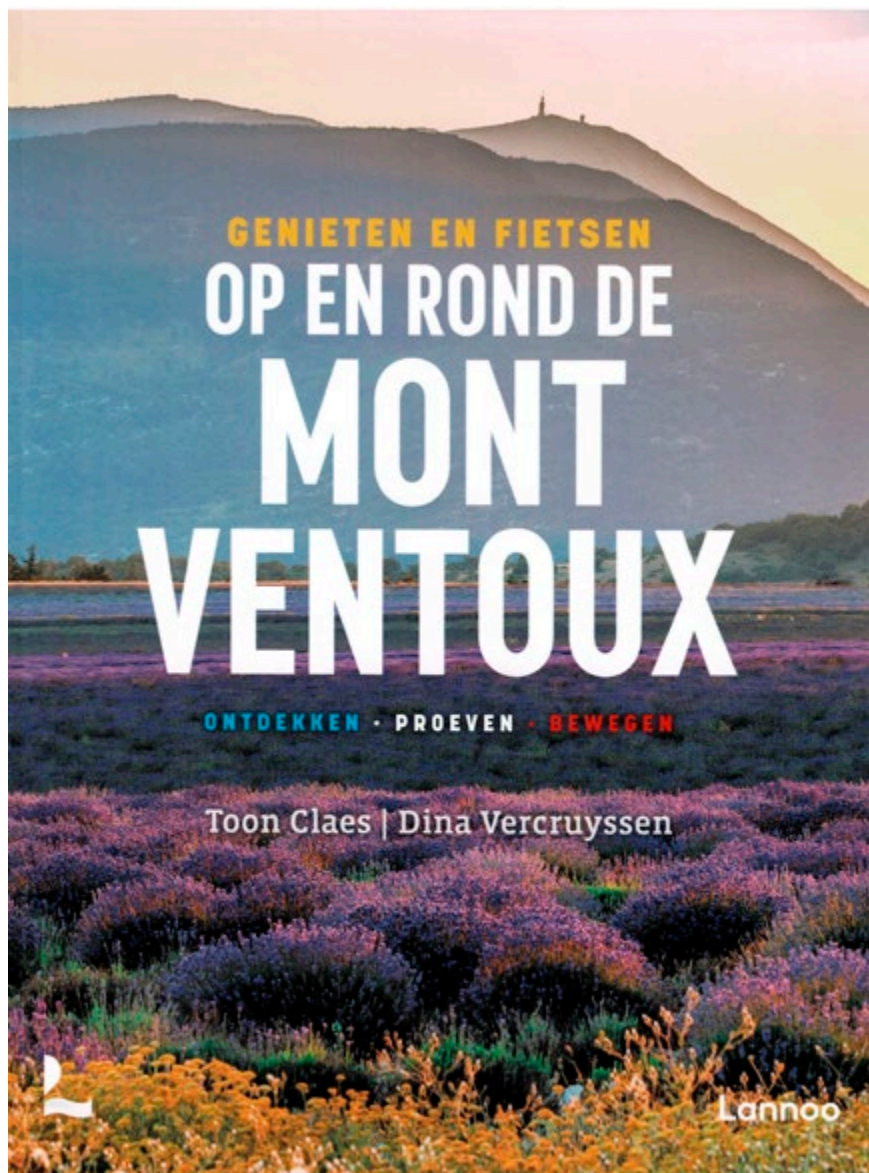
At last there is a complete travel guide to Mont Ventoux. This mythical cycling mountain is at the top of many cyclists' bucket lists. The authors Toon Claes, internationally renowned sports surgeon for whom the mountain no longer holds any secrets, and Dina Vercreuysen, who has a B&B at the foot of the mountain, didn't fail to notice that either. After all, you don't leave exclusively to cycle up the mountain. Because the many sights and picturesque villages in the region around it guarantee a very pleasant stay. And you can fully enjoy this before and after reaching the top..

The very colorful guide optimally prepares you for what you will see along the way during the climb to the summit, and that from all sides that you can drive up the mountain. The profiles are also indicated. A good trail knowledge is indispensable. And for those who don't just come for this bare mountain, the book contains an overview of all the climbs in the region and a number of beautiful cycling routes. Also listed is where to find a bike store.

In addition, of each of the villages in the area, the history, sights, delicacies, nice stores, pleasant terraces and restaurants receive extensive attention. In short, the guide gives you all the information you need to climb Mont Ventoux, bike around the region and explore the region.

The foreword is by Wout van Aert who experienced his "moment de gloire" here during the Tour de France on July 7, 2021. After reading the book, you will surely go in search of your own moment of glory at the summit.

For €36.99, the book can be purchased through the publisher's website [www.lannoo.be/nl/genieten-en-](http://www.lannoo.be/nl/genieten-en-fietsen-op-en-rond-de-mont-ventoux)



fietsen-op-en-rond-de-mont-ventoux and in bookstores. // Rens Klaasse

## Stormreis van een jonge hond

Single trip Portugal and a return Turkey. A bicycle journey of over 19,000 km. But Bram den Hertog's book is much more than just an account of his travels. For he also gives a candid glimpse into his personal life and what occupies him in it. And that is quite complicated. In despair, he has been wondering for years what is wrong with him because he is not happy with himself. One day he has had enough: he stops his studies at the police academy, he quits his rent, he goes cycling. He leaves everything that was bothering him behind, but he takes himself everywhere he goes. The goal of his first cycling trip was the Sahara Desert, but the trip went very differently because of the Covid, among other things.



Together with his father, as far as Switzerland, he rides the first part of his bicycle tour to Turkey. And that is enriching because spending time together as adults is a unique opportunity to build memories. But also to gain an understanding of what is important to him in life.

But fortunately, in addition to the philosophical thoughts and lofty stories, the book also pays plenty of attention to the cycling realities of everyday life. As a solo cyclist, you have oceans of time to think about anything and everything but you also have to eat every day, spend the night and occasionally look for a bike repair shop for an urgent repair. The hospitality he receives in Turkey is something we could learn a thing or two from. Stormreis van een jonge hond is available for €22.99 in bookstores and through the publisher's website [www.uitgeverijelmar.nl](http://www.uitgeverijelmar.nl)

 Rens Klaasse



# 30 JUN 2024

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Poupou meets you everywhere



## ViaRhôna

The motive for visiting a Bicycle and Walking Fair in winter is to get ideas for your next trip or a longer vacation. Even if you only get one good idea, after all, the entrance fee has already been earned. You may also be reminded of a previ-

ous trip. That was the case with us when we had a chat with one of the French exhibitors about the ViaRhôna. The route runs from Lac Léman near Geneva to Sète or Port St. Louis du Rhône on the Mediterranean. With some journalists a few years ago, we drove part of this

route between Lyon and Montélimar. Three different route maps are available: Léman-Lyon, Lyon-Avignon and Avignon-La Méditerranée. The nicely done maps offer lots of information about what you'll encounter on your route.

Teus Korporaal



Reason enough to stop for a moment

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MAGAZINE

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[www.cyclelivemagazine.com](http://www.cyclelivemagazine.com)

## No more excuses: a bell on every race bike with HideMyBell

Every decent city bike has a bell, but for sporty cyclists they are a big NO: they look stupid, add weight and ruin aerodynamics!

Sounds familiar, doesn't it?

They have now found the solution to that in the Netherlands with HideMyBell. This new and already improved - second generation Regular2 - integrated bell fits on any good road or gravel bike and ensures that no one has an excuse not to mount a bell on their bike anyway.

### HideMyBell Regular2

The HideMyBell Regular2 features a new fiberglass composite construction, with an upgraded steel spring and a bell hammer with brass end. You can ring this bell with your hands in a relaxed position on your handlebars without looking - even with winter gloves. The solid 95db ring tone ensures that your fellow road users will hear you coming, making safety for you and other road users much higher. The mount is easy and quick to install thanks to the 2-piece clamp design borrowed from its lightweight sister model (Raceday SL) designed for Team Visma-Lease a Bike.

Functionality also counts: In addition to the subtly integrated bell, the Regular2 includes a hard mounting point for a GoPro or lamp adapter on the bottom. The total package makes it a go-to solution for anyone who wants a cockpit with sleek looks with accessories of every level, while maintaining a minimal look and aerodynamic profile.



HideMyBell  
Regular2



HideMyBell  
Raceday Serie

### Specifications:

Discreet and loud integrated bell  
Included adapters:  
Garmin/Wahoo/Bryton/Mio/Polar/Lezyne  
Lightweight at 47 grams  
Steel spring lever with brass hammer  
31.8mm round clamp  
Made of strong fiberglass-reinforced polymer  
Made and developed in the Netherlands

**Suggested retail price: €42**

### HideMyBell Raceday Series

The CloseTheGap DNA is competition cycling, which is why came the launch of the new HideMyBell Raceday Series. The HideMyBell Raceday is a true must-have with premium looks and materials. The bell can be taken off the adapter with a simple click during race days and also just as easily put back on for training on public roads.

### Specifications

Click-off bell  
Made of UD Carbon  
Handlebar clamp width 11 mm - round 31.8 mm  
Lightweight 25g + 15g bell with quick release buckle  
Matte black finish  
Bicycle Motion AWARD winner 2020  
Included in the package:

- Adapters: Bryton, Wahoo, Garmin, Sigma ROX (Garmin adapter)
- GoPro style adapter

**Suggested retail price: €62**



**Info:** [www.closesthegap.cc](http://www.closesthegap.cc)

## ABUS GAMECHANGER 2.0

### Faster forward with optimized aerodynamics



**The ABUS GameChanger 2.0 is the new ultimate aero helmet for professional cyclists, triathletes and ambitious athletes in the battle for watts and seconds. Its predecessor - the GameChanger 1.0 - is already a classic in aerodynamics and, at the time, was the founder of the new performance category of ABUS helmets. It impressively proved its success on countless kilometers in the Tour de France, the Giro d'Italia and countless races around the world. Now the second generation of the GameChanger has been developed in close cooperation with the pro riders of the Movistar Team - with the aim of optimizing it and beating the wind even more.**

The GameChanger 1.0 set higher standards for an aerodynamic helmet. Thanks to its multi-position design, the helmet was trimmed for maximum aerody-

namics and optimal ventilation. Based on the success and performance values of its predecessor, ABUS developers have now developed a completely new aero helmet with the GameChanger 2.0, which has proven in numerous tests to have improved performance in the crucial points. These crucial points are aerodynamics, ventilation, comfort and safety.



## Aerodynamics

To meet the most modern aerodynamic requirements in the high-speed range, the GameChanger 2.0 has a wider Kamm-Tail. This means that the helmet's aerodynamic profile is 11% longer. Extensive test sessions in the wind tunnel and on the track have proven that the new GameChanger 2.0 offers the rider a decisive aero advantage especially in the range of today's racing speeds between 46 and 52 km/h thanks to the modified aero shape.

The tail of the GameChanger 2.0 has been pulled down 8° further in the lower Kamm tail. This correspondingly modified angle optimizes the position of the head in the lower racing position of the handlebars with the head facing down and forward.

The central AEROBLADE in the upper part of the GameChanger 2.0



directs the airflow away from the head even more efficiently with the help of the internal ventilation channels through the helmet. At the same time, they optimize both aerodynamics and ventilation in this strategically important helmet area.

## Ventilation

With its new, improved aerodynam-

ics, the Airboost front inlet sets standards, and the new EYEBROW VENTS forehead ventilation lead to 32% more air inside the helmet and provide a perfect storage option for cycling glasses. The ACTI CAGE's horizontal bars specifically direct airflow into the helmet at higher speeds and guarantee consistently good ventilation. Due to their shark fin shape, in racing position they act as a closed surface, directing the remaining airflow, which is not used for ventilation, aerodynamically favorably over the head.

The specially shaped EYEWEAR PORTS at the front and the AIR-PORT VENTS at the back of the GameChanger 2.0 are compatible with regular curved sports glasses, creating two easily accessible storage options for different types of glasses. When more air goes in, more must go out. That's why the AIRFLOW STAR DESIGN provides a 20% higher air extraction rate. Par-





ticular importance is placed on the revised, wider rear diffuser with its enlarged air outlets and the optimized air flow through the revised air ducts in the helmet.

The developers have succeeded in optimizing the ventilation ducts of the GameChanger 2.0 in such a way that they not only serve pure aerodynamics, but also provide a near-perfect temperature through simultaneous pressure and suction of the incoming and outgoing air. The tempering effect of this technology, also known as Forced Air Cooling Technology, is based on the Venturi nozzles known from aviation. It helps riders focus and perform better, even at top speed.

## Comfort

Ergonomics and comfort also keep you going fast. What's the point of advanced airflow control

and unparalleled aerodynamics if the helmet just doesn't fit comfortably and perfectly in practice? The new strap system with 12 mm wide FLOW STRAPS PRO in the rear portion of the straps and a wider V-shape of the straps, always places the GameChanger 2.0 in the optimal head position. The central ZOOM PRO retention system works precisely like a

Swiss timepiece and - thanks to the new sliding system - always guides both the straps and the adjustment system into the individually optimal position.

## Safety

With the GameChanger 2.0, the MIPS AIR NODE system enters the realm of performance aero helmets. In addition, the MIPS versions are complemented by the FIDLOCK buckle - virtually synonymous with fast, intuitive, easy-to-use helmet closure.

The GameChanger 2.0 is offered in two versions, a total of 11 different colors and three sizes (S, M, L). The weight is 260g (S), 265g (M) and 275g (L).



[www.abus.com](http://www.abus.com)

[fb.com/abuscycling](https://www.facebook.com/abuscycling)

[@abus\\_cycling](https://www.instagram.com/abus_cycling)

**Suggested retail price:** from €249.95

## Concap Keton Drink for improved performance

Concap Ketone drink converts the body's own substances into energy after sugar reserves are depleted. Ketones are also called the fourth fuel or super fuel. These provide extra energy that allows the muscles to perform better. So your body can handle more during exercise, improving endurance, and it also supports the body's ability to recover. This is also highly recommended for athletes who want to lose a few pounds since it also converts fats into energy.

For more info: [www.concap.be](http://www.concap.be)



## Iron syrups from Phar-Mi-Lan, a Concap brand, for faster and better absorption

Phar-Mi-Lan iron syrups are unique partly because they do not cause tooth discoloration as is the case with other liquid iron formulations available in Europe. The syrups are extremely absorbable and recommended for many target groups. Consider, for example, ladies with acute iron deficiency. They use 2 to 3 doses per day spread over 2 intakes per day, to be taken 30 minutes before or after a meal to enhance absorption.

This is also a not-to-be-missed syrup for athletes and teens that is much better absorbed than tablets. Athletes use one dose before training and if iron levels are low an additional dose sober. Teens use one dose sober in the morning, or one 30 minutes before dinner.

The iron syrups of Phar-Mi-Lan, a brand of Concap, have been recommended by various doctors for more than eight years due to their good absorption and action without side effects. If you have an iron deficiency, or symptoms of iron deficiency such as fatigue, pale skin, headaches, dizziness and the like, this super potent syrup will take away your symptoms quickly and efficiently and at a very affordable rate!

For more info: [www.concap.be](http://www.concap.be)



## An E-bike that makes you stand out in the crowd!

REANY E-BIKES found the perfect stage at Velofollies in January to introduce itself with an exclusive exhibition premiere. With the slogan: 'The lightest E-bike in the Benelux and maybe even beyond', the brand kicks open doors that were closed until now. The weight of an E-bike is becoming increasingly important for potential buyers and REANY BIKES eagerly responds to this with this exclusive and very sporty looking E-bike.

The super cool minimalist design and single speed will especially seduce young people. With a super light weight as well as a super light price - starting at 2,299 euros - this is an E-bike that will revolutionize the E-bike world, because in addition to this exceptional price and weight, quality is also guaranteed. With a very solid carbon or aluminum frame, only quality components, qualified European production in Portugal, and extensive warranties on all components, this is a top quality bike.



### The very lightest E-bike

REANY E-BIKES is the result of intense research and repeated testing to arrive at a quality E-bike at the best possible price. Moreover, an E-bike that meets the desire of almost all cyclists with a remarkably low weight. Because lightweight means easy to handle, easy to maneuver, and a longer range.

### Wannahave

The REANY E-BIKE has a sporty and very special look. An E-bike 'that stands out from the crowd'. The stylish REANY E-BIKES exert a strong attraction on young people and those who want to feel young. When you see it, the feeling that you absolutely want it overwhelms you. With on top of the look also the Gates Carbon Belt, the integrated OLED display and headlight in the handlebars, the Magura/Tektro disc brakes and the reliable rear-wheel motor, this bike has everything to conquer the E-bike market.

### Choice of three models

There are two aluminum-framed models: the REANY E-BIKE W1





with a woman-friendly step-up and the REANY E-BIKE N1. Top model is the super-light carbon REANY E-BIKE PRO W1. Each model is available in two frame variants.

## Handy app

The REANY app allows you to control the E-bike. This app also provides a package of practical information, such as battery status, support level, location of the E-bike, as well as control of cadence and lighting. The navigation widget shows the fastest route, and with up-to-date weather updates, you are always well prepared for your ride. This app will evolve into a user platform with additional support functions.

## Extended warranties

On every new REANY E-BIKE, you have a five-year frame warranty, a three-year fork warranty, a three-year battery warranty and a two-year warranty on other parts.

## How can you order a REANY E-BIKE?

Buying a REANY E-BIKE can be done at a dealer of the very fast growing dealer network in Belgium and the Netherlands, but you can also order it online at [www.reanybikes.nl](http://www.reanybikes.nl)

## Summary:

- Lightweight from 14.3 kg (carbon frame including battery!)
- Attractive minimalist and cool design
- Choice of solid carbon or aluminum frame
- Three models, two frame variants
- Colors: Heartbeat Red (W1), Stone Gray (N1), Night Black (W1 & N1) and Desert Gray (W1 PRO)
- Integrated and easy-to-read OLED color display or LED display
- Beautifully integrated 40 Lux LED headlight in handlebar
- Free use of REANY app
- Reliable technology with power sensor
- Powerful yet quiet rear-wheel motor (max. 50dB)
- Five assistance levels
- Range up to 100 km
- Low maintenance Gates Carbon Belt drive
- Magura or Tektro hydraulic disc brakes
- Removable 360Wh LG frame battery with smart BMS and anti-falling system
- Due to light weight the E-bikes are easy to lift or move
- Extensive warranties on frame, fork, battery and parts
- Extensive dealer network Benelux
- Online ordering also possible
- Prices from 2.299 euro



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



## 0% FINANCING FOR INDIVIDUALS WITH BICYCLE ASSISTANCE AFTER MAINTENANCE

The bicycle world has evolved in all areas in recent years. For example, bicycle leasing has become fully established in recent years. But what exactly is bicycle leasing? Can anyone enter into a lease just like that? The answer to that question is no. Bike leasing is only for companies and not for individuals. However, we recently came across a 0% financing offer on the purchase of a bicycle and free bicycle assistance after a service. We wanted to know more about these offers, so we took a closer look at these phenomena.



We went to FD bikes in Sint Lenaerts - Brecht, where the 0% financing is offered on bikes available from stock and where we also saw the free bicycle assistance. We had a conversation with Filip Carpentier, manager of FD Bikes.

**Hello Filip, we see here a 0% financing, is that new for bicycle stores?**

*"Bicycle shops that can offer loans for private persons are hard to find, let alone at 0%... that's really unique! However, we at FD bikes*

*have the right licenses to also offer financing for bicycles."*

**So I can buy any bicycle here at 0% financing?**

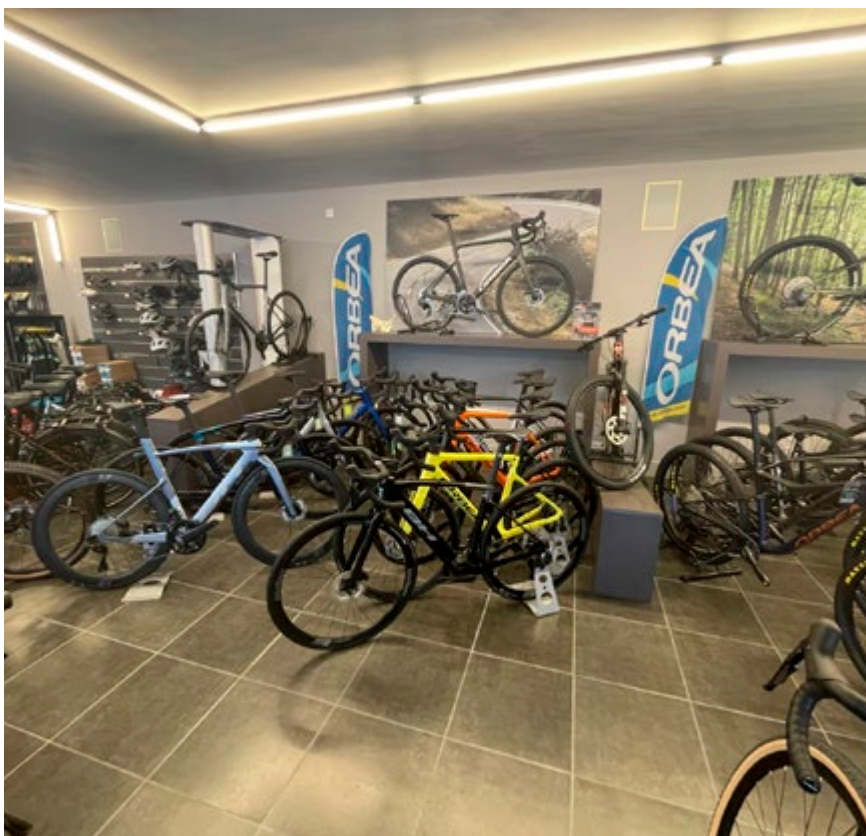
*"Of course borrowing money also costs money, which is why the 0% action only applies to bicycles from our large stock. Of course, you can also finance bikes on order at excellent rates, but not at 0%."*

**Why are you doing this promotion?**

*"Most dealers do offer bike leasing, but that is exclusively reserved for companies. Since many private individuals are also interested in purchasing a bike on a monthly budget, we have responded to this."*

**How come you are offering this and we have hardly seen it anywhere else so far?**

*"It is not so easy to obtain approval to offer financing to private individuals. FD Bikes is recognized by FSMA as an official intermediary. So we are trained & approved to offer loans and provide advice on*



this. This is quite unique for the bike business.”

### How exactly does it work? Is an advance payment required?

“It’s very simple, depending on the amount borrowed you have a maximum term. The smaller the amount is the shorter the maximum term is. The customer is free to choose whether he wants to pay an advance or not. Since the customer pays no interest and therefore the loan costs him nothing most people take a financing without an advance. It is a simple financing with no residual value and no filing fees or other surcharges. You divide the amount of your purchase by the number of months you repay, it’s as simple as that. So for a 2400 EUR bike you pay 100 EUR per month over 24 months.”

### Through which bank does the financing go?

“We work through Alphacredit/Cetelem which is part of BNP Paribas Fortis. We find it important to work with quality partners. Through them we can immediately process the application and obtain an agreement. So as a customer, you know within five minutes whether your bicycle loan has been accepted. The administration afterwards also runs smoothly and easily.”

### Are many bikes sold through this system?

“We can propose financing for all bikes - from EUR 500 upwards. We have therefore already sold a lot of different bikes with this system, mostly the slightly more expensive e-bikes or sports bikes.”

### Are leasing formulas also available?

“We do offer leasing formulas, but

these are reserved exclusively for companies. Often these come with maintenance contracts which sometimes makes the monthly fee quite expensive. For private individuals we like to keep it simple & we think financing is much more interesting.”

### Is that possible with a maintenance contract for private individuals?

“Maintenance contracts are less common for private individuals. However, we do offer our customers interesting maintenance packages with clear service and pricing. In addition, you receive one year of free bicycle assistance after every maintenance! Because if we have serviced your bike, you shouldn’t break down. If you do have a breakdown (flat tire or something) you can count on free assistance.”

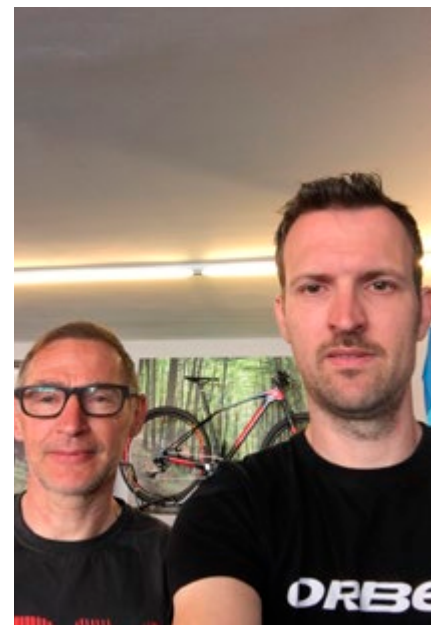
### What is your ratio of sales - race - MTB - city - E-bikes?

“As a local dealer in the region of Brecht, we sell city bikes, e-bikes & speedpedelecs as well as sports bikes (race & mtb). Although Dirk & I are passionate cyclists, we do not only focus on the sportive range, but we also offer bikes for every day use. Our main brands are Gazelle, Sparta and Batavus for the e-bikes and Kettler for the speed pedelecs. For racing bikes, gravel bikes & mountain bikes, we have a very nice selection from Orbea. BH bikes is a nice addition for electric sports bikes. Recently we have also become distributor of the Austrian top brand Simplon, still less known but really the cream of the crop! These are all products that we stand behind and that offer very good value for money.”

### Would you like to tell us something more about the business?

“Over the past 10 years, Dirk and I have built FD-Bikes into a bike shop with an excellent reputation. Thanks to the personal and sympathetic “no-nonsense” approach, we enjoy the trust of very many bike enthusiasts in this region. Providing excellent service every day and responding to the changing needs of the customer obviously remains the challenge. Standing still is going backwards, which is why we are always looking for new opportunities, to improve and expand our service and offer to the customer. The offer of our 0% financing or free assistance after maintenance are great examples of how FD-Bikes tries to make this a reality.”

More info: [www.fdbikes.be](http://www.fdbikes.be)



# Another one for your 'MTB Bucket List'

# BRIXENTAL VALLEY



***“Let’s go mountain biking in the Kitzbüheler Alpen for a while.”***

**A mountain bike vacation in the Kitzbüheler Alpen - Brixental means tours through the high Alps, legendary trails and the world-famous Hahnenkamm right on your doorstep. With this selection, you would do well to do your homework and create your cycling bucket list for the Brixental. Because preparation is half the fun of cycling, especially when an XXL MTB region awaits you....**

The numbers are as astonishing as the high alpine dream world with the Wilder Kaiser, Kitzbüheler Horn and Großer Rettenstein: more than 800 km of MTB trails, eight first-class singletrails, 81 MTB tours of all levels of difficulty, a total of 30,000 altitude meters and five cable cars to make alpine fun accessible! The Brixental in the heart of

the Kitzbüheler Alpen with its three villages of Brixen im Thale, Kirchberg & Westendorf awaits both beginners, and pros with excellent cycling infrastructure and Tyrolean trail fun at its best. Connoisseurs, enjoyers and “biters” alike will find their master in the rolling mountain landscape - whether in one of the challenging bike parks, on the challenging Fleckalmtrail, or on one of the many other trails.

### **The Fleckalmtrail**

To warm up, head to the Bike & Skill Area in Brixen im Thale or the Bike Park in Kirchberg - and then the first solid starter on our bucket list for the Brixental awaits: the Fleckalmtrail. At 7.2 km in length, the pristine Fleckalmtrail is one

of the longest singletrails in Tyrol - and one of the five “Great Trails of Tyrol.” Especially the length requires a lot of concentration from trail bikers.

The Fleckalm gondola in Klausen takes you comfortably to the Fleckalm mountain station at 1,797 meters, where you can first enjoy the WOW mountain panorama. From here, the varied, medium-difficult trail winds downhill about 1,100 meters - through the impressive mountain world of the Kitzbüheler Alpen. In the lower open section, the trail winds along the edge of an alpine meadow in numerous bends and offers fantastic views. Pausing and enjoying is a must here! Over narrow forest roads, along



© Mathäus Gartner

a ski slope, lush alpine meadows, dense forest areas: the single trail offers plenty of natural variety and certainly lives up to its reputation. Turn after turn, the trail winds its way down the steep forest slope with its many roots. Occasionally it briefly goes back up and these kinks require a good basic fitness

level. Then the route continues after the Fleckalm mountain inn with a great flow - including super fast turns and (small) jumps. If you need a (real!) cool-down in between, take a dip in the Ehrenbachhöhensee lake not far from the Fleckalmbahn mountain station. Authorized & recommended!



© Michael Werlberger



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Our verdict: The Fleckalmtrail is an absolute highlight, not only technically but also in terms of scenery, making it a permanent fixture on the Brixental's bucket list.

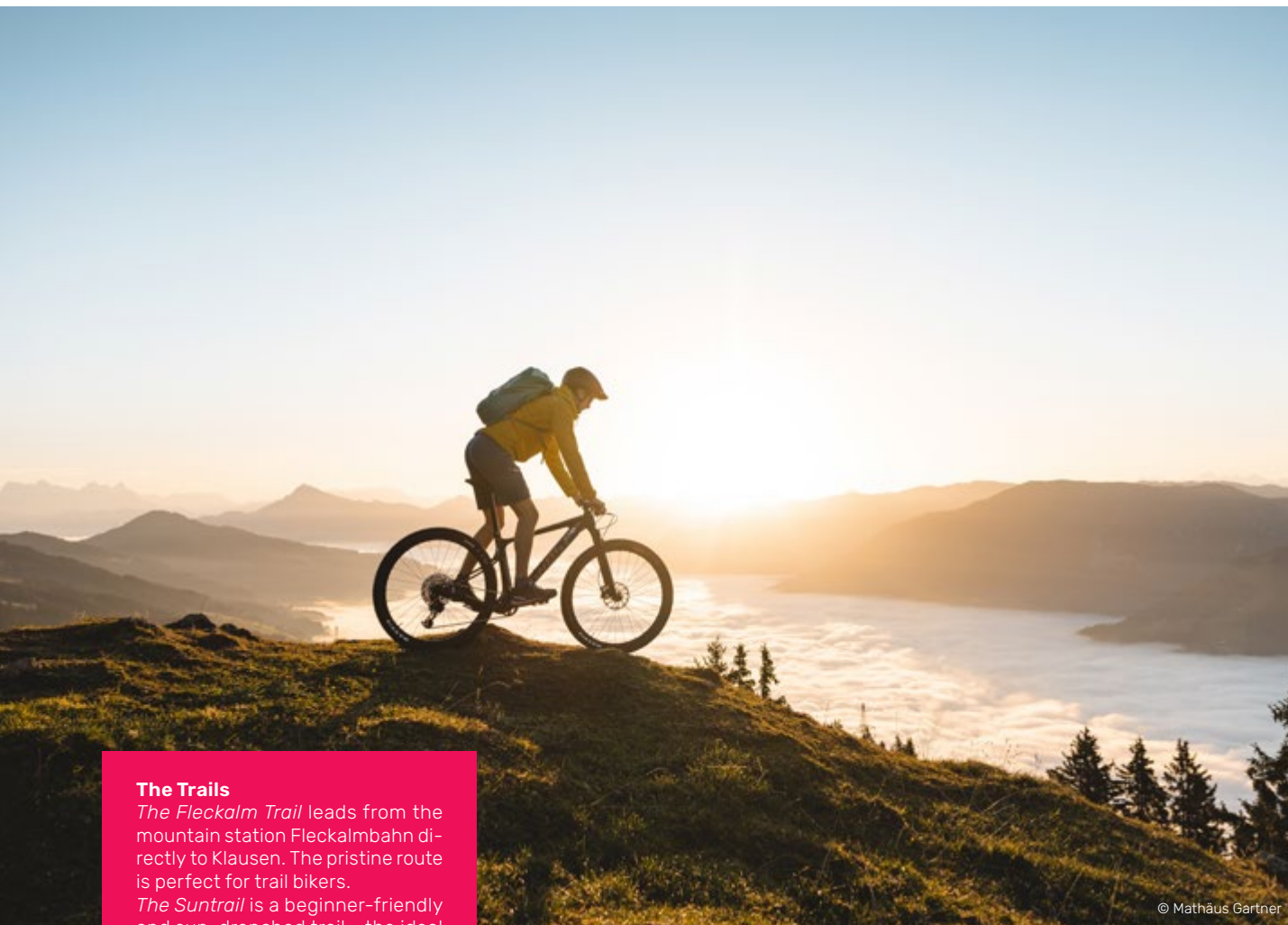
### From the Suntrail to the Hahnenkamm Trail

The Suntrail in Brixen im Thale (2.5 km | 400 m | easy), on the other hand, is the perfect introduction to cycling in the Kitzbüheler Alpen. The sun-drenched, flowing trail also offers beginners a first-class flow. Between waves and curves, through dense spruce forests and with a difficulty level that is always beginner-friendly.

Feel you can handle a bit more? Then choose between the Hahnenkamm Trail (7.2 km | 850 altimeters | difficult)

and the Lisi Osl Trail - named after Kitz's famous mountain bike star, Lisi Osl (2.3 km | 450 altimeters | medium

km trail, while experienced bikers warm up nicely here for the ultimate Fleckalmtrail.



© Mathäus Gartner

### The Trails

*The Fleckalm Trail* leads from the mountain station Fleckalmbahn directly to Klausen. The pristine route is perfect for trail bikers.

*The Suntrail* is a beginner-friendly and sun-drenched trail - the ideal introduction to cycling in the Kitzbühel Alps.

### Destination

[kitzbuehel-alpen.com](http://kitzbuehel-alpen.com)

### Best Travel Time

Mid-May - end of October

### Stay at a specialized bike hotel

*Alpenhotel Landhaus Küchl*\*\*\*, Kirchberg in Tirol, [kuechl.at](http://kuechl.at)  
*Bikehotel Klausen*\*\*\*\*, Kirchberg in Tyrol, [klausen.at](http://klausen.at)  
*Minglers Sportalm - Das Gourmet und Geniesserhotel*\*\*\*\*, Kirchberg bei Kitzbühel, [hotel-sportalm.at](http://hotel-sportalm.at)

### More cycling hotels and regions

[signature-trails.com](http://signature-trails.com)  
[bike-holidays.com](http://bike-holidays.com)  
#MyPlace2Bike



difficulty). At the end, a jump into the Schwarzsee - one of the warmest and, in our opinion, most beautiful lakes in the Alps - awaits you. And, of course, there are also the alpine mountain bike tours to the Gaisberg, in the Windau Valley or on the Aschauer Höhenweg... Not bad as an idea for an unforgettable day either!

### Three-day MTB tour, the KAT BIKE Tour

In addition to these classics from the Kitzbüheler Alpen, there are many more great routes in the Brixental. These include the MTB Family Area Streiteck and the two new Sonnenrast trails in the Sonnenrast gondola area. Beginners can improve their technique step by step on the 3.8

But in addition to all these trails, we have to add another brilliant tip: the KAT BIKE Tour! This three-day MTB tour through the Kitzbüheler Alpen offers 170 kilometers of top-class MTB fun.

### Cycling hotels

Oh, and then there are the hotels that specialize in mountain biking.

If you are staying in the Kitzbüheler Alpen, stay with the experts who are on bikes themselves and know all the tours and trails like the back of their hand! We can recommend the bike hosts Philipp Haueis, Michael Küchl and Andi Hauser for an MTB biking vacation (see box).

At the foot of the UNESCO World Heritage Site in Alta Badia

# ON AN ADVENTURE IN THE DOLOMITES



©Chiara Redaschi

**In the South Tyrolean region of Alta Badia, we are in the heart of the UNESCO World Heritage Dolomites and in the middle of a paradise of mountains with unparalleled panoramas. Surrounded by the unique natural landscape, picturesque gravel roads and the legendary Sellaronda with its quartet of unforgettable mountain passes await your efforts. Here you will train with a sense of adventure and the thrill of discovering the unique and perhaps most beautiful mountain panoramas in Europe.**

Alta Badia is located in the heart of the UNESCO World Heritage Dolomites and in the south of Val Badia. Surrounded by the spectacular peaks of the Dolomites and some of the most legendary pass roads that will literally take our breath away.

From thrills to relaxation, from fun to discipline and from tradition to modern excesses: the South Tyrolean Alpine region of Alta Badia is the province of unlimited possibilities! Ambitious racing cyclists will find their own personal approach here. But even those who want something different from a strict training schedule will find plenty of pleasure stations that invite you to linger - all embedded in the fascinating customs of the Ladin people. We are welcomed to Italy's northernmost province with a cheerful "Bengnüs!" Don't worry, this is just a friendly "Welcome!" in the third national language of the South Tyroleans: Ladin. Only about four percent of South Tyrol's population still speaks this language, but in the

province's Alpine villages the melodious dialect echoes from every alleyway. We don't come here just for a thorough training/cycling vacation. No, we completely immerse ourselves in the culture of northern Italy and traditional customs in the majestic Alpine panorama.

## **The most beautiful mountain passes in the Dolomites**

The region in the south of Val Badia impresses not only with its endless mountain panorama, but also with the most beautiful mountain passes in the Dolomites. Here we are spoiled with a wide choice of altimeters. For this reason alone, Alta Badia should be on your bucket list. The highlight is the legendary Sellaronda trek. This route is one of

the most beautiful circular routes in the Alps and covers almost 58 km and around 1800 altimeters (depending on the departure point). The route goes through the most beautiful areas of the Dolomites and especially over the most beautiful passes. On the menu are the Passo Sella, Passo Pordoi, Passo Campolongo and Passo Gardena. All four climbs are even, not very steep, and so at first glance they do not look very difficult. But make no mistake, because here the altitude at which you cycle plays a big role - only the Campolongo does not go above 2000 meters. The altitude does end up making it tougher than expected, especially if you want to keep up the pace.

But you might best drop that pace a bit on the Passo Gardena, because this is the perfect opportunity to enjoy the Dolomites! Here you turn back and forth over some fifteen hairpin turns, each with unparalleled views of the Dolomite peaks.

Twice a year Sellaronda Bike Day is organized. Here the pass roads are completely car-free and for cyclists only. Make a note of the following dates: 08/06/2024 and 14/09/2024.

### Home base for cyclists on the Sellaronda

Those who cycle many miles through the Dolomites need a base station where they can recharge their batteries. Hotel Gran Paradiso\*\*\*\* in San Cassiano is located directly on the quartet passes of the Sellaronda. And also the route of the Maratona dles Dolomites runs right past the hotel. The hotel has devoted itself entirely to racing cyclists and not only offers an all-round carefree training package, developed together with the famous cycling coach Giovanni



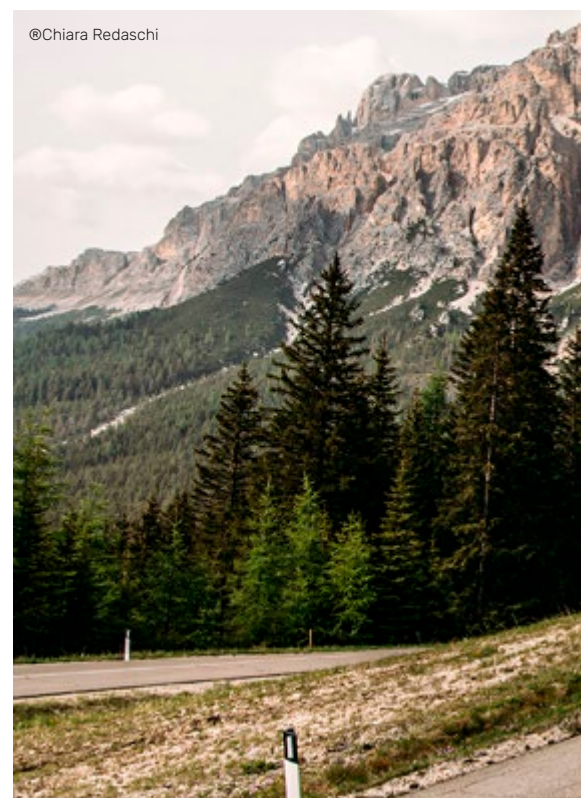
© John Braynard

Camorani, but also has a host who is himself a racing bike fanatic: Roland Ploner knows the racing bike area like the back of his hand. In the heart of the UNESCO World

impressive panorama. Afterwards, indulge your taste buds with delicious temptations from Ladin and Tyrolean cuisine. Well rested and with a glass of wine, the route plan-

**“We don’t just come here for a thorough training camp/biking vacation.”**

Heritage Dolomites, the Hotel Gran Paradiso impresses not only with endless possibilities for racing cycling vacations, but also with plenty of relaxation and enjoyment: with a panoramic view of the pale mountains and the Fanes-Sennes-Prags Nature Park, you can recuperate your muscles in the Finnish sauna and let your thoughts run wild. In the infinity pool, you’ll feel like you’re floating directly into the



©Chiara Redaschi



ning continues; where do we go tomorrow? How about a trip over the passes Valparola and Falzarego to Cortina d'Ampezzo?

### Gravel biking with panoramic views of the Dolomites

If the endless mountain passes around Alta Badia are not enough for you, hop on your gravel bike and explore the region beyond the asphalt. A perfect mix of challenging mountain passes, panoramic alpine paths and some single trails that you can also conquer on a gravel bike awaits you here. Alta Badia simply combines panoramic views, challenges and a sense of adventure. Alpine gravel biking at its best awaits you here. It's all about steep trails and rough gravel here, always challenging and always varied. However, there are a few things to keep in mind when you go gravel biking in the Dolomites, as Klaus Irsara, himself an avid gravel biker and owner of Hotel Melodia del Bosco\*\*\*\*, knows how to tell you: "You have to be aware that you can't ride the same distances here as you can

*in Belgium. If you are going to ride tours of over 100 kilometers there, you can't automatically do the same in the Dolomites. Don't chase kilometers but keep an eye on the duration of your tour. And above all, keep it steady. Don't go to deep or you will suddenly be totally empty, without you felt it coming."*

### In the saddle with the host

Are you heading out with your host? You'll be hard pressed to find a more local guide than boss and cycling expert Klaus Irsara of Hotel Melodia del Bosco\*\*\*\*! Whether it's an impressive road bike tour through the Dolomites, UNESCO World Heritage Sites, or broadening your horizons on gravel trails: Hotel Melodia del Bosco is the perfect place for road bikers and gravel bikers alike. The weekly guided tours take us to Passo Fedaia or Cortina d'Ampezzo, for example. Of course, this includes gourmet stops and breathtaking panoramic views. And if you want, you can book a complete package for a road bike vacation or start your road bike adven-

ture with the multi-day round trip "La Pedalata". If you prefer to stay at a home base, after a tour around the Sellama Massif or an exploration of the Armentara meadows, you can go straight to the wellness area. Trade your cycling clothes for a bathrobe and relax and unwind in the whirlpool, sauna, water beds or with a massage. Because after all those steps, relaxing is also part of a cycling vacation in Alta Badia.



### Stay overnight at a specialized cycling hotel:

Hotel Gran Paradiso\*\*\*\*  
gran-paradiso.it  
Hotel Melodia del Bosco\*\*\*\*  
melodiadelbosco.it

### More cycling hotels and regions

roadbike-holidays.com  
gravelbike-holidays.com  
#MyPlace2Bike



# UNUSUAL CYCLING ADVENTURES IN KOROŠKA



It is actually far too beautiful here in Koroška - in the UNESCO Karavanke Geopark, the green Pohorje and the Drava Valley - to go biking underground. But still we're going to do it, because it's a unique experience we don't want to miss. But before we go underground, we still want to explore all the beauty above ground as well.



## Slovenian Alps

The Koroška region in the Slovenian Alps is considered the Mecca for mountain bikers in Slovenia par excellence - no wonder because the lush green southern Alpine landscape offers countless opportunities for mountain bikers with a healthy urge for discovery. The Karawanken Geopark, Slovenia's first cross-border mountain bike park, offers countless MTB opportunities: Tours lead over gravel roads, forest, field and cart tracks, high up to alpine peaks or deep underground. In addition to spectacular single-trails like the Berry Line (1.3 km|150 m|medium), you can also discover Slovenia's first MTB park - the Bike Park Kope - during a mountain bike vacation in Slovenia's most important biking region. And then, of course, there is the legendary Jamnica single trail park-a small paradise of a total of 20 km of trails-as well as the MTB ZONE Bikepark Petzen with an 11 km long flow trail of a class of its own.

## Abandoned trails on the border between Slovenia and Austria

The tours mostly lead on abandoned trails once used by shepherds, hunters, soldiers and miners, through pristine valleys characterized by white limestone mountains and dense forests. Enduro riders and e-mountain bikers should definitely visit the area around the idyllic mountain village of Ribniško Pohorje, where the Black Peak E-Bike offers an unforgettable e-bike experience on a total of nine marked mountain bike routes of varying degrees of difficulty. With a length of more than 500 kilometers, the Pohorje region can be explored alone or accompanied by experienced guides with a little electric tailwind.

There is also a well-marked bike trail network of more than 1,000

km throughout the region - sometimes on asphalt, sometimes cross-country and uphill on forest trails and gravel roads. The popular 510-km Drau bike path also runs 145 km from Austria through Slovenia and the Koroška region, before continuing on to Croatia. One of the MTB highlights is the Jamnica single trail park, which along with the neighboring Austrian MTB zone, Bike Park Petzen is the traditional venue of the Enduro World Series and impresses with its all mountain and enduro nature trails.

## Staying in the trail park: Bikebase Ecohotel Koros

If you want to get into the trail park right after getting up and ride until sunset, the Bikebase Ecohotel Koros is the perfect choice. The name says it all - you can enjoy your cycling vacation on the renovated organic farm in the middle of the Jamnica single trail park. As the first mountain bike hotel in Slovenia and cult base of BikeNomad with

***“Although this is one of the smallest regions of Slovenia, it gives the most diverse and rich impressions!”***

bike crazy guests from all over the world, the crew offers first-class cycling expertise, homegrown organic products and views of the immense mountains. Dixi Štrucl and his son Anej are both cycling and eco-pioneers. And certified bicycle guides. On the iconic steps of the “Mountainbikers Only Bike Centre” and in the informal club lounge,

countless friendships have already been made and touring experiences exchanged. "For me, mountain biking is simply a way of life," reveals cycling pioneer Anej, "In recent years, I have spent a lot of time building some 20 kilometers of trails in our Jamnica Single Trail Park!"

### Family Cycling Area Kope

If you like to stay with passionate mountain bike experts and regional connoisseurs - and who doesn't? - then we also recommend the Familyhotel Bike Area Kope - Lukov Dom. The family-run bike hotel is also located in the middle of pristine nature in the Family Bike Area Kope and therefore offers the perfect starting point for bike tours of Koroška. If you set up camp here, the Kope bike park is just a stone's throw away - here you can take the chairlift up, into the adventure and back down via the trails through the forest. Lots of jumps, fun and adrenaline included. If you want to get to know the area inside out, you should take a guided bike tour with Primoz Tertinek. The friendly hotel manager of the Lukov Dom, not only knows the region like the back of his hand, but is also a passionate cycling guide. Primoz can look back on 20 years of experience and, together with his own guides, organizes tours of the region for



his guests - regardless of whether they are drawn to the mountain, the valley or even underground in an open pit mine. "Glück Auf!"

### Underground beauty in the Slovenian Alps

The Black Hole Trail is a new experience and mental challenge even for the most experienced mountain bikers. After all, it's not every day you cycle underground through the underworld of Petzen, from one side of the mountain to the other. The route runs about 5 km and 150 altimeters through the abandoned tunnels of the Mežica mine - along the border between Slovenia and Austria. There are a few technically challenging sections to master (on

foot if necessary) - and you will occasionally have to straighten your headlights. Once your eyes get used to the darkness, the views of the endless black halls are breathtaking. The Black Hole Trail, which has rightly been labeled "Slovenia Unique Experiences - Recommended by Slovenian Tourist Board" since 2023, can only be done with a guide.



#### THE TRAIL

Jamnica Trail Park:  
(17 km | 500 m | level /medium) The trail park is a small paradise of beautiful trails. It is easy to master the natural trails and you can always take a break at the Ecohotel. Koros.

#### Destination

[koroska.si/de](http://koroska.si/de)

#### Staying overnight at a specialized cycling hotel

*Bikebase Ecohotel Koros*  
[mtbpark.com](http://mtbpark.com)  
*Familyhotel Bike Area Kope-Lukov Dom*: [kope.si](http://kope.si)

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## CYCLE TOUR

### 500 km anniversary ride: CYCLE TOUR celebrates 5th anniversary!

The **CYCLE TOUR** is a sporting challenge that takes place from 6 to 8 September in the heart of Germany. The route leads from Magdeburg through the Weimar region, past the lake landscape near Leipzig, to Halle/Saale and finally back to Magdeburg.

The 500 kilometers with a total of 3,000 meters of elevation gain are covered in three stages. In a family atmosphere and without a competitive character, 130 participants can look forward to varied routes and all-round care.

For more information, visit [www.cycletour.de](http://www.cycletour.de)  
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# CYCLING IN KOČEVSKO

On two wheels exploring  
the Secret Forest of Slovenia



© Jost Gantar

In the heart of Slovenia lies the enchanting region of Kočevsko, a haven for nature lovers and outdoor enthusiasts. With its lush forests, crystal clear water treasures and diverse wildlife, Kočevsko is a paradise for cyclists seeking both adventure and tranquility. Easily accessible from Ljubljana by public transportation or even by bicycle if you are not in a hurry and want to travel at your own pace while exploring the Dragon to Bear Route. Kočevsko is a worthwhile destination for those who prefer to explore by bike, whether for a cozy family outing or a more adventurous trip.



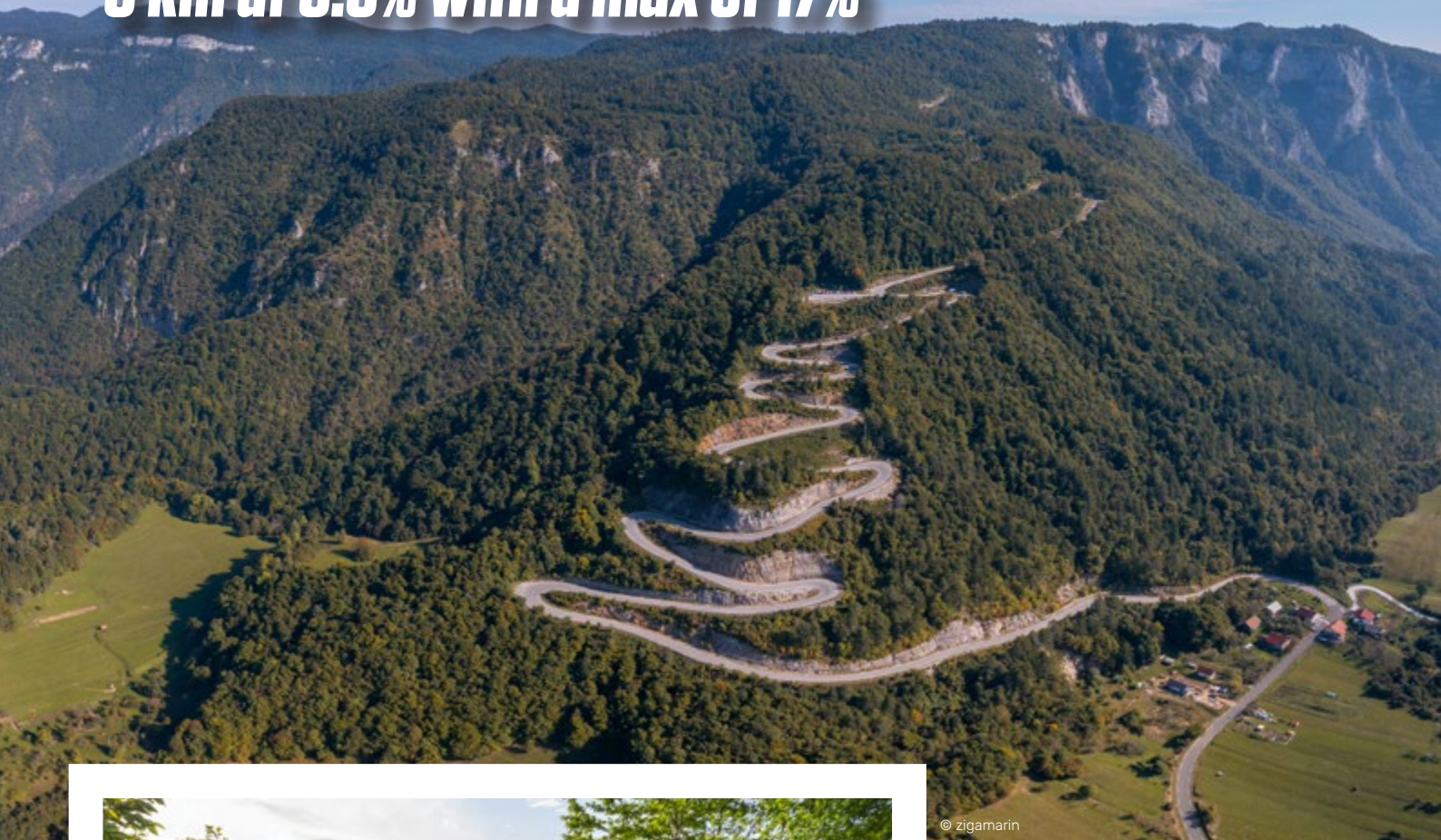
### Exploring the forest trails

One of the highlights of cycling in Kočevsko is exploring the vast forests, which cover more than 90% of the region and include six primeval forests. Cycle along the beautiful trails that wind through the forest and immerse yourself in the sights and sounds of nature.

With over 700 km of bike trails, there is plenty of opportunity to get in touch with nature. The forests of Kočevsko are home to a rich diversity of flora and fauna, including rare species such as brown bear, lynx and gray wolf. You don't have to worry, because you almost never encounter them there. If you

want to get to know them better and observe them safely in their natural habitat (observation is only possible with bears), you should sign up for one of the tourist tours provided. Stop by the Kolpa River, which is part of the border between Slovenia and Croatia and is particularly popular with cyclists,

# The Strma Reber pass goes over 8 km at 8.8% with a max of 17%



© zigamarin



© Jost Gantar

with quiet paths winding through the picturesque countryside. As you cycle along its banks, you can enjoy the tranquility of the surrounding landscape. A popular climb to Strma Reber Pass requires a long haul with 8 kilometers of hairpin turns, an average gradient of 8.8% and a maximum gradient

of 17%. The pass attracts hundreds of cyclists each fall for the recreational bike climb "Navkreber na Strmo Reber".

## **Dose of pure adrenaline**

For adrenaline junkies, Kočevsko offers opportunities for mountain biking, including the Kočevje MTB

Trail center with more than 20 km of contiguous trails. Kočevje is home to one of the largest MTB trail parks in Slovenia, MTB Trail center Kočevje, a popular spot for locals and visitors of all ages from nearby European countries. There, all mountain bike enthusiasts are welcome. Whether you are an experienced adrenaline junkie or a beginner. From easy flow trails to technically very advanced and challenging trails with different MTB elements that will make your heart beat faster: rocky sections, drops, jumps of different lengths, wall rides, berms, skinnies and much more.

## **Cycling culture and hospitality**

Aside from its natural beauty, Kočevsko is also known for its warm hospitality and rich cultural





sity of the region. However, this beauty is not something to be taken for granted. It is the result of careful forest management and nature conservation by local authorities and environmental organizations, especially the Slovenian State Forestry Administration. By cycling responsibly and respecting the environment, you can ensure that future generations can enjoy the wonders of Kočevsko for years to come.

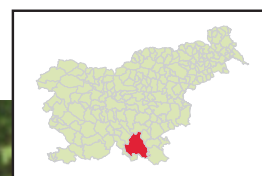
### **Bear watching**

For a more extensive cycling experience in Kočevsko, you can start with one of the most unique and exciting adventures. Observe and discover bears in their natural habitat, where you will get to know Kočevsko's wildlife, learn about their lives and follow their tracks. The day ends with a stop at an observation cabin, where you will have the chance to observe and view bears, without interfering with their lives. The Slovenian Tourist Board has even awarded the experience "Observing and discovering bears in their natural environment" with the Slovenia Unique Experience label as one of the most unique 5-star experiences for tourists in Slovenia. Cycling in Kočevsko is more

## **Here you can observe brown bears in their natural habitat**

than just a recreational activity. It is a journey of discovery, a chance to get in touch with nature and a chance to experience the beauty of the Slovenian wilderness up close. Whether you're exploring the forests, traversing the river valleys or conquering the hills, each pedal brings you closer to the heart and soul of this magical region. So grab your bike, hit the trails and embark on an adventure you'll never forget in Kočevsko. Where inspiring and pristine natural wonders await you after every turn.

**More information about Kočevsko, cycling in the Secret Forest of Slovenia, wildlife spotting and more can be found on the website below:**  
[www.kocevsko.com](http://www.kocevsko.com)



heritage. Along the cycling routes you will encounter charming villages to rest and taste the local cuisine. Bicycle-friendly accommodations, including campsites, guesthouses and eco-resorts, ensure a warm welcome. The entire Kočevsko region is best explored with one of the many guided bicycle tours. The Kočevsko cycling tour lasts four days and, in addition to the beautiful tour, you will also take away a nice package of nature and culture baggage at the stops at important natural and cultural sites.

### **Preserving nature for future generations**

While cycling through the pristine landscapes of Kočevsko, it is impossible not to be enchanted by the natural beauty and biodiver-



© Janez Papež

# 388 KILOMETERS OF CYCLING ROUTES THROUGH THE UNIQUE NATURE OF KRKA NATIONAL PARK



**KRKA**  
Nacionalni park  
National Park

The Krka National Park is a beautiful 109 km<sup>2</sup> cycling area in Croatia with enchanting nature and cultural-historical heritage around the most beautiful course of the Krka River and the lower reaches of the Čikola River. Precipitation of lime has created seven impressive waterfalls there.

“Skradinski buk” is one of the largest. This waterfall is also the longest tufa barrier (\*see box) in Europe. Visitors can walk around it through a network of paths and bridges with several old water mills that today house ethnographic collections. Near Skradinski buk are also the remains of the former hydroelectric power plant “Krka”.

which was the first in the world to light up a town – Šibenik – back in the year 1895.

The river Krka empties into small lakes in several places. Two spiritual centers were also founded in these places: a Franciscan monastery with the Church Mother of Mercy on the islet of Visovac and the Monas-

tery of the Holy Archangel in Carigradska Draga. Both monasteries are accessible by crossing by boat.

On the trails through Krka National Park, experience nature in all its glory with its rugged spectacular karst landscapes interwoven with fast-flowing rivers. With 388 kilometers of bicycle paths and



47 well-maintained hiking trails, active visitors can fully enjoy the National Park.

There are a total of twelve mapped cycling routes, including three MTB routes through mountainous terrain, three challenging cycling routes on paved roads and six trekking cycling routes for an enjoyable bike ride with friends or the whole family. There are three starting and ending points for all cycling routes: the Krka National Park office in Skradin, the visitor center in Laškovica and Krka Eco Campus in Puljane. The bike trails are provided with signposts and cyclists can use bike maps with detailed descriptions, photos and GPS coordinates of the routes. Along every bike route, cyclists are offered spectacular views of the river. Steeply downhill you get a big adrenaline rush on top of the blissful feeling you already have cycling through this indescribably beautiful countryside. The road continues through peaceful quiet valleys with unique panoramas. Along each bike route there is plenty of wealth of fauna and flora to enjoy.

Tufa is a freshwater limestone formed during a deposition process of precipitation of lime from water supersaturated with calcium carbonate (lime) from hot springs. Thus, tufa is formed when the CO<sub>2</sub> content (due to temperature rise) in the water drops and lime precipitates.





By MTB you will discover the deeper parts of the Park and experience this beautiful nature in your own way. The upper reaches of the Krka River, thanks to the configuration of the terrain, are ideal for ordinary road or electric bikes. At Krka Eco Campus in Puljane it is possible, with a request in advance, to rent an electric bicycle/Pedalec.

The National Park is open to visitors all year round. Visitors can admire it all by water, via paved

country roads, bicycle routes or attractive hiking trails. Very special is the 8.5 km long trail: Stinice - Roški slap - Ozidana pećina. It is considered one of the most beautiful trails in Croatia. The Krka Eco Campus is a visitor center with educational character and accommodation capacities. The center is open to children, students, researchers and volunteers, or in other words anyone who wants to learn about the natural and cultural-historical treasures of Krka National Park in detail.

Near the Eco Campus you can also see the spectacular waterfalls of the upper Krka River, such as the highest waterfall Manojlovac. And also the ruins of the Roman army camp Burnum offer an opportunity to learn something about the history of this area. Archaeological finds can be viewed in the archaeological collection on campus.

More information about the Park, opening hours, prices and all possible events and benefits can be found on the official web pages of "Krka National Park" and on social media: [www.np-krka.hr](http://www.np-krka.hr)



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(1) Op een laadpaal die minstens 240 kW elektriciteit opwekt. De echte laadsnelheid en laadtijd kunnen worden beïnvloed door de temperatuur van de batterij en de externe weersomstandigheden. \* 7 jaar garantie of 150.000 km (wat het eerst wordt bereikt, zonder kilometerbeperking gedurende de eerste 3 jaar). \*\* Foto ter illustratie. V.U.:





# DUTCH DIVIDE

## 1000 km bikepacking across the Netherlands



Parma bridge Sluis © Rens Klaasse

On a crisp winter morning, I cycle along the outside of the ramparts of the Zeeland-Flemish town of Sluis. As I cross the Damse Vaart via the Parma Bridge to ride in the direction of Bruges, my eye catches a sticker on the signpost. That one is from the Dutch Divide, a 1000 km offroad bikepacking route. It tells me nothing at all at that moment. But curious as I am, after returning home I go on the Internet to look for more info. You can read the result of that search below.

### **Bikepacking is becoming increasingly popular**

Since the advent of the gravel bike, you see more and more cyclists taking adventurous bike trips and camping minimally during those trips. And it is for them, among others, that this fun “tour” has been set out.

The Dutch Divide is a 1000 km offroad bikepacking route right through the Netherlands. From

the northernmost border post with Germany in Nieuwe Statenzijl to the westernmost border post with Belgium in the dunes near the Zwin in Retranchement. And that over 50% unpaved roads and paths through eight provinces with some 3000 altimeters. The route is divided into 7 stages of 119 km to a maximum of 172 km per stage. But of course the total route can also be completely divided according to your own wishes and needs.

## The route

From the starting point in Nieuwe Statenzijl, it goes through the flat polders of Groningen to the forests and dirt roads in Drenthe. The Sallandse Heuvelrug in Overijssel provides the first altitude meters. After

Holterberg and crossing the IJssel the route takes you over paths through moorland, sandy drifts and forests through the Veluwe in the direction of Amersfoort.

## Through the center of the Netherlands

The Onze Lieve Vrouwentoren tower in Amersfoort is the geographical center of the Netherlands, and the old city center provides a welcome change after all those miles through

nature. The route then continues through the Betuwe in the direction of Nijmegen. After the Maasduinen and crossing the river Maas, Noord-Brabant is the next province to be done. And that is synonymous with sand, forests, heath and much much more that makes life pleasant, namely forest cafes. The trails in Zeeland are ready-made gravel routes. The last kilometers after the bicycle foot ferry from Vlissingen to Breskens are enjoyable in West Zeeuws-Vlaanderen with beauti-



Starting point of route © Marc Dirx



Across the moors © Marc Dirx



Through the woods  
© Tim Zeelen

ful gravel paths and authentic towns and villages such as Sluis and Sint Anna ter Muiden. Past Retranchement it goes up the dike and then suddenly there is border post 369, the end point of the Dutch Divide.

### Some more general info

There is no shortage of amenities such as stores, cafes, restaurants and campsites on this route: it is the Netherlands, after all. The Dutch Divide was developed by Marc Dirx and is made available by Baobab Bikes. The route is also available on Komoot. The starting point is 7 kilometers from NS station Nieuweschans. From the end point it is another 15 kilometers on the bike path through the dunes overlooking the Westerschelde and Walcheren to Brekens. The bicycle foot ferry to Vlissingen sails every half hour in the summer and moors next to the station. All info can be found at <https://baobab-bikes.nl/routes>.

Text: Rens Klaasse



End point of route © Rens Klaasse



# THE ALTMARK

## CYCLING A LITTLE DIFFERENTLY IN THE HAMBURG-BERLIN-MAGDEBURG TRIANGLE



© Dominik Ketz

**Cycling has many dimensions, and Cyclelive Magazine is first in line to do full justice to the entire spectrum. Some regions are perfect for ticking off a cartload of challenges. Sometimes a region is perfect for the MTB and/or gravel bike while another place is perfect for the die-hard road cyclist.**

We went to take a look at our eastern neighbors in the Hamburg-Berlin-Magdeburg triangle and it has to be said, the Germans pamper the cyclists.

Here you come to ride your bike in a juicy way with some friends or the whole family. If you still want

to complete some tough workouts, no problem grinding miles, doing blocks and intervals. But besides that faster work, come here to cycle quietly and at the same time soak up history and culture.

Neat villages and beautiful towns among fields, forests and meadows. This region is vast and relaxing and at the same time historic-mysterious. It is like a cycling vacation island for the whole family. Historic buildings, unique nature, history and culture, here you can combine efforts and relaxation with discovering beautiful things.

### The Elbe Region

When cycling in the Elbe region, the De Elberadweg is never far away. This unique cycle route along the river, is known as the most varied cycle route in Europe. The landscape, villages and towns lend themselves perfectly to a wonderful cycling vacation. On the banks of the Elbe are many important German cities such as Dresden, Wittenberg, Magdeburg and Hamburg. But in addition to this great cycling route, there are also a slew of other tours that are more than worthwhile. We selected two for our readers, the highlights of which we describe below:



### Bike Tour 1 The Altmark Circuit

This tour goes right through one of the oldest cultural landscapes of Germany, but for Belgians and Dutch it is still a golden tip to finally discover!

Eight Hanseatic cities, cozy villages and the unspoiled nature of the Altmark are an endless inspiration for cyclists on the Altmark circular road. No fewer than eight Hanseatic towns lie along the Altmark Circular Route alone. The 800-year history of the Altmark can be expe-

rienced in hundreds of fascinating buildings, castles, churches and houses in the north German brick Gothic style, which still bear witness to the economic prosperity of the Hanseatic League. The picturesque old towns are embedded in idyllic landscapes. The Elbe and its floodplain landscape, the Altmärkische Schweiz with its rolling hills and the natural park landscapes of the Drömling form a varied backdrop for one of the most beautiful bicycle tours in Germany. With only a slight incline, good signage and

bicycle-friendly hosts, the Altmark Circuit is an insider cycling tip in the easily accessible region between Berlin, Hanover and Hamburg.

The Altmark circuit combines culture and nature in the form of an 8 and leads through the towns of Salzwedel, Wittenberge, Havelberg, Genthin, Tangermünde, Stendal and Gardelegen on bike paths and low-traffic local roads. As a cyclist, you will be pampered in picturesque accommodations in the German style. Everything has to be perfect!

The Elbe region has a very distinctive character with its rolling meadows and steep banks. Fishing and shipping villages, quiet towns like Werben, Arneburg and Tangermünde are among the highlights along the river. The crystal-clear Eagle Lake is known as the "Pearl of the Altmark." The hills of Kellerberge near Gardelegen are a charming heath landscape. The Drömling in the southwest is an impressive nature park and moorland. The history of the "Antiqua Marchia" (Old March) is told at the Altmärkisches Museum in the Hanseatic city of Stendal. Chancellor Otto von Bismarck (1815-1898) was born in Schönhausen/Elbe. Centuries before him, Hanseatic towns such as Salzwedel, Gardelegen, Seehausen and Stendal ensured the region's prosperity. The founder of classical archaeology, Johann Joachim Winckelmann (1717-1768), came from Stendal. The cathedrals in Havelberg and Stendal and the half-timbered houses in Salzwedel are among the notable architectural monuments. In Diesdorf, a museum village introduces visitors to the life of past generations. Bicycle, hiking and horseback riding trails crisscross this paradise for active tourists as arteries for soft tourism.

Five Gartenträume parks and numerous private gardens and culinary specialties such as Altmärkische Hochzeitssuppe (Altmark wedding soup) or Salzwedeler Baumkuchen (Salzwedel tree cake) indulge gourmets in the Altmark.



© IMG Sachsen-Anhalt mbH /Steffen Lehmann



© IMG Sachsen-Anhalt mbH

**The many highlights of the Altmark circuit - take your pick ...**

Thematic highlights of the Altmark route include medieval Salzwedel, the many Romanesque churches, Arendsee with its monastery and water attractions, the stork village of Wahrenberg, Seehausen with its church and tower museum, the historic town center in Osterburg, the uniqueness of Werben as the smallest Hanseatic city in the world, the historic water town of Havelberg, Genthin with its cultural offerings from past and present, Jerichow Monastery, the historic town center in Tangermünde, the Elbe town of Arneburg, the Hanseatic city of Stendal, garden dreams in Tangenhütte, the historic town center in Gardelegen, Kunrau Castle or the regional museum in Diesdorf.

**Conclusion:**

Here you cycle alone, in a group or with the whole family and combine an active cycling vacation with a very rich history while the views and varied landscapes inspire you for the next cycling tour.



© B. Breuer



By bike and bus through the center of the Altmark: the PVGS buses are a good way to arrange the return trip, including free bike transportation.



Take time to discover the cultural treasures along the way and visit, for example, the Altmark and Winkelmann Museum in Stendal.



### **Bike Tour 2 Milde-Biese-Aland Tour River Landscapes in the Altmark Region**

Along the blue ribbon of the Milde-Biese-Aland rivers, this bike tour leads through the heart of the Altmark from the Mildequelle spring in Letzlingen with its hunting lodge to the Elbe cycling trail. The Milde-Biese-Aland river characterizes the landscape of the central Altmark. The cycle route cuts diagonally through the Altmark circuit and creates a direct connection from the climatic health resort of Arendsee in the north via the state-approved health resort of Kalbe (Milde) and the Hanseatic

town of Gardelegen to the moorland village of Letzlingen in the south.

This tour is best tackled on a gravel bike. It goes in four stages over paved field, forest and meadow paths of different types. Asphalt or concrete roads, sandy agricultural paths and quiet roads.

The cycle path offers peace and quiet and you will be amazed by so many beautiful nature observations. Curlews and lapwings are at home here and in autumn and spring you can admire many species of migratory birds. The Altmark is also an old cultural land-



© IMG Sachsen-Anhalt mbH

The river with the three name places - Milde-Biese-Aaland rises on the outskirts of Letzlingen. The river valley used to be a kilometer-wide drainage area for glacial melt water, so the unity of these watercourses was not recognized until late, hence the name "Milde-Biese-Aaland." The Romanesque Route runs through Arendsee and Kalbe, the Altmark Circuit in Arendsee and Gardelegen and the Gartenträume Route in Gardelegen. The Milde-Biese-Aaland Tour divides

the Altmark Circuit from north to south and opens up the central Altmark to cyclists.



**Regional Marketing and Tourism Association Altmark**

Marktstraat 13 39590 Tangermünde  
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© Mirko Pannach

scape with Romanesque buildings from the 12th/13th century. The Romanesque and Gothic churches and monasteries, old castles and manors, not to mention the Hohenzollern hunting lodge. The Milde-Biese-Aaland Tour runs from the fine sandy beach, from the Arendseer Höhe - a sandy pine heath - down to lush green meadows in the Biese Valley. Then it goes over the highest peak in the landscape, the Dolchauer Berg (94 m), back down to the bird sanctuary (SPA) on the Mild Meadows near Vienau and so on through pine heath and fertile farmland to the forests of the Letzlinger Heide.

# CYCLE TOUR

## Your 500 km challenge in the heart of Germany

### 500 km anniversary ride: CYCLE TOUR celebrates 5-year anniversary!

The CYCLE TOUR is a sporting challenge taking place from September 6 to 8 in the heart of Germany. The route leads from Magdeburg through the Weimar region, along the lake landscape near Leipzig, to Halle/Saale and finally back to Magdeburg. The 500 kilometers with a total of 3,000 vertical meters are covered in three stages. In a family atmosphere and without competitive character, 130 participants can look forward to varied routes and all-round care.

### Also for novice cyclists!

There is a suitable challenge for every cyclist. For example, there is the family tour of just over 50 km. The start takes place on Sunday, September 08, at 10:30 a.m. on the Karlsplatz in Bernburg at the official refreshment point of the



CYCLE TOUR and offers especially beginners the opportunity to get to know and love the CYCLE TOUR.

Also on Sunday, there is the 100 km tour connecting the cities of Saxony-Anhalt, Magdeburg and Halle an der Saale. On this tour, every cyclist is welcome. It is a tour that can be done at your own pace. The 100 km tour is ridden separately from the Cycle Tour which covers 500 km over three days.

The Cycle Tour itself is a real challenge for the well-trained cyclist. We give below a description of what to expect.

### Day 1 - Maagdenburg > Apolda

After the briefing and distribution of the start numbers the night before, you and the other participants will leave at 8:30 a.m. on Friday morning from the Dom Square in Magdeburg - where the grand finish is on Sunday - heading for the sunny south. The ride runs parallel to the River Saale and leads riders through several beautiful landscapes. Hotel am Schloß in Apolda awaits you and invites all participants to a social gathering in the evening.

Length of route: approx. 190 km  
Altimeters: approx. 1,700 m

### Day 2 - Apolda > Halle

Stage 2 in this edition is quite different from previous years and for the first time leads through the beautiful Weimarer Land, over the Leipziger Neue Seenplateau to Halle. You will arrive in Halle full of satisfaction and several partic-



ipants will pat each other on the back for the performance of the past two days. Carboloadung is now the order of the day so that the challenge can be completed tomorrow!

Length of route: approx. 200 km  
Altimeters: approx. 1,000 m

### Day 3 - Halle > Maagdenburg

The last stage will be fantastic! Together with more than 1,000 other participants in the CYCLE TOUR and transponder time-keeping, you will depart from the Hallmarkt in Halle along the Saale River on flat roads to Bernburg. The Saale continues to orient the participants and lead them from the south to Magdeburg, the capital of Saxony-Anhalt. Full of pride and joy you have now complet-

ed the 500 kilometer challenge and can reminisce about your achievement.

Length of route: approx. 110 km

Altitude gain: approx. 475 m

### All-round feel-good package

The number of participants in the three-day tour is limited to 130. The starter package includes the organization of the tour, participation in the cyclo of the CYCLE TOUR including timekeeping, the official CYCLE TOUR jersey 2024,

two nights' accommodation in 4-star hotels, two dinners with two drinks per person, breakfast, luggage transport, catering with snacks, gels, fruit and drinks, other small provisions and a team of several people who will be at your side 24 hours a day for support, service and motivational words. The three-day tour is not a cycling race, but an organized road cycling tour.

Price total package: 549,00 €



© Christian Schelauske



#### The main facts of the three-day CYCLE TOUR at a glance:

- Date: September 6 to 8, 2024
- Duration total event: Friday to Sunday incl. welcome evening on Thursday
- Distance and nature: 500 kilometers by road bike
- Course: GPS-guided, hand-picked routes
- Number of participants: max. 130 participants
- Two nights in 4-star hotels
- Breakfast & dinner together incl. drinks
- Personal supervision of the Cycle Team
- Safe luggage transport on all stages
- Catering points with great cooperation partners & high-quality products from SQUEEZY sports nutrition
- CYCLE TOUR CLUB membership & CT shirt 2024
- Secure bike storage in the stage locations
- Cancellation insurance can be booked via HanseMerkur

## OUR 2024 JULY TIP: THE GRAN FONDO COL DE LA LOZE CONQUER THE GIANT OF THE FRENCH ALPS

Looking for a new challenge? We can say with almost certainty that more than 97% of our readers have never climbed the - still fairly new - Col de la Loze. Therefore, we also dare - with firm certainty of later satisfaction for our readers - to give this golden tip: Discover the Gran Fondo Col de la Loze, the highly anticipated cycling event hosted by Brides-les-Bains on July 28! Whether you are a seasoned cyclist or an amateur, there are routes for all levels.

We go back very briefly to July 19, 2023 and the 17th stage of the Tour de France, which goes over the Col de la Loze and arrives in Courchevel. Felix Gal wins the stage from the long breakaway, but in the back-



@V-Vion

bb brides-les-bains  
les alpes

ground the unexpected happens. Tadej Pogacar, who had received a right around the jaw from Vingegaard the stage before, now suffers a double uppurcut. Tadej can no longer get a grip on the unleashed Vingegaard and is completely wrecked on the Col de la Loze....

The event in the Tour de France 2023, adds even more dimension to the already legendary col and it makes the Gran Fondo Col de la Loze one of the most imaginative cyclosporitive tours in France.

For fanatics, a course of 117 kilometers with no less than 4,377 altimeters, awaits you. Test your endurance and admire the breathtaking panoramas of the French Alps. The route includes two ascents of the Col de la Loze, once via Courchevel and once via Méribel, offering participants an epic challenge.

For those who prefer a less intense challenge, there are the shorter but equally spectacular routes. Choose between the 54-kilometer route with 2,424 altimeters or the 46-kilometer route with 2,141 altimeters. Both routes are also accessible for electric bikes. Whatever you choose, you are guaranteed an exceptional cycling experience.

Take up the challenge, share your passion and be part of this fantastic cycling adventure in the heart of the French Alps. You can register for the Gran Fondo Col de la Loze on the organization's website: [www.coldelalozebyblb.com](http://www.coldelalozebyblb.com)

**Date:** Sunday 28 July 2024

**Parcours:**

- 117 kilometers - 4377 altimeters
- 54 kilometers - 2424 altimeters
- 46 kilometers - 2141 altimeters





# A barrel of challenging cycling routes from Hof van Kalenberg



Organizing a cycling vacation or weekend with the group of friends or the cycling club and experiencing and strengthening the close bond of the entire group is not an easy undertaking for many. And yet, it is not that difficult to find the ideal formula to make the bonds of your cycling group even stronger. The key lies in renting an all-inclusive vacation home where everyone can fully experience the passion for cycling. But in addition to finding the right house, the right environment is also an absolute must. We found for our readers both the ideal vacation home - with the Hof van Kalenberg - and the ideal base for the most amazing cycling tours, in the village of Voort.



## Borgloon and the Tuscany of the North

Hosting a cycling enthusiast in the rural village of Voort is giving him everything he can dream of because from here, any wind direction chosen is a true cycling feast.

Voort, with 200 inhabitants, is the second smallest village in Borgloon. Here you are right in the heart of the fruit region in

Haspengouw - the Tuscany of the North.

Due to the history of the medieval Earldom of Loon - which originated here in 1020 - Borgloon possesses a splendor of buildings such as chapels, castles and a historic town hall. In the small and cozy town center you will find some nice, cozy restaurants. For cyclists, however, it is the immediate and wide cycling



### High culinary delights in Tongeren

Tongeren is 9 km from Borgloon and is the oldest city in Belgium! Ambiorix is a famous name and did honor to our people in the battle with the Roman emperor Caesar. Now he adorns the town square, close to the basilica which is also absolutely worth a visit, the renovated town hall and the Gallo Roman Museum which presents every year, in addition to the permanent collection, as well as a top expo.

Not in the mood for art? Tongeren has three starred restaurants; De Mijlpaal, Magis and Alter. There is also a weekly antiques market in Tongeren that attracts quite a crowd.

wonderful routes, challenges and cycling events.

Sint Truiden is also only 11 km from Borgloon. This beautiful historic city, which in terms of fruit culture and blossom experience is not inferior to Borgloon, is always very lively and offers a variety of offerings for the visitor in every season. Terraces, restaurants, culture, wine and beer tastings, ... you name it. Between Tienen - Sint Truiden and Tongeren you can cycle along the old Roman routes that are car-free!

surroundings that make Voort and Borgloon so attractive to spend a cycling vacation here..

### Cycling to all directions

Below we give you an overview of what all is within biking range from the Hof van Kalenberg:

Tongeren is only nine km away and invites you to visit Belgium's oldest city. From there you continue cycling along pleasant inner roads on the old Roman route to Maastricht (23 km). The area around

Maastricht is more than known to real cycling enthusiasts. The Cauberg in Valkenburg, the Camerig, Vaalserberg, Eyserbosweg and the Keutenberg are true challenges for every cyclist.

Want to go from Borgloon to Liege (approx 30 km)? You have the choice via Heers or Tongeren but steady climbing you will definitely do! Have you already climbed the Hallembaye? If you like a real challenge you should definitely do this! This region offers many

New to the region around Hof van Kalenberg is the indoor cycling track in Zolder. Cycling on the track is always an experience in itself. Zolder is less than 25 km from Voort. In short: You are here in the middle of the cozy Limburg where you always feel welcome.

The Belgian-Limburg cycling culture is everywhere and the cyclist is well liked here. Everywhere you will find locations that will welcome you with open arms and offer all the necessary service.

### Staying at the Hof van Kalenberg

Hof van Kalenberg is located in the beautiful rural village of Voort.

### This beautiful 5 star vacation home sleeps 12 people

- Two full bathrooms with shower and bathtub
- Four spacious bedrooms without carpet
- A large living room with a view of the garden
- Open kitchen
- A separate relaxation room
- The garden offers privacy and the terrace is south-facing.
- The jacuzzi and sauna
- A charcoal barbecue and sun loungers complete the Haspengouw holiday feeling.
- A secure bicycle storage room - also for electric bicycles - with a workbench and the possibility to clean the bicycle + bicycle tools for minor repairs.
- Washing machine and dryer.
- Information about the cycling routes can be found in the house or you can put together your own route via fietsnet.be or the bicycle junction planner.
- Hof van Kalenberg is a member of Fietslogies Limburg

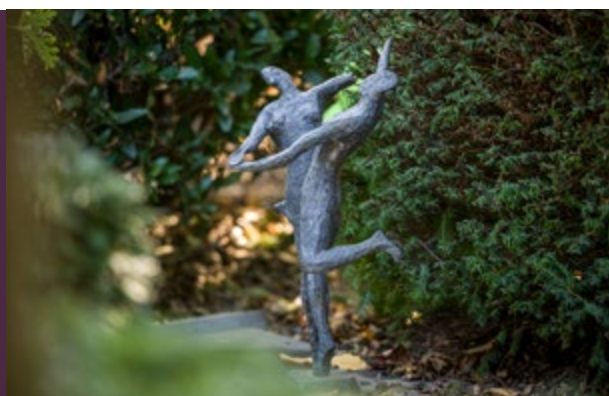


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[www.hofvankalenberg.be](http://www.hofvankalenberg.be)

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