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THE NR. 1 MAGAZINE FOR AN ACTIVE CYCLE LIFE

GRATIS!

**cyclolive**  
MAGAZINE



FAREWELL TO  
AN ABSOLUTE GREATNESS  
**MARK CAVENDISH**

Cycling past the beautiful white villages of Andalusia

Unique cycling and wine region Saale - Unstrut

Free training APP in search of international breakthrough

For a moment to the magical Dolomites - 3 Zinnen



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Forbidden to throw on public roads!

## Goodbye 2024, hello 2025 with guts to explore more on bikes

The road season is already history and the year is quietly drawing to an end. 2024 was undoubtedly the year of Tadej Pogačar! What supremacy this young man from Slovenia demonstrated... That other riders were able to walk away with beautiful victories seemed only possible because Pogačar was not at the start. Of course there was also Remco Evenepoel, who was undoubtedly the best in the time trial and, in the absence of the Slovenian, took the Olympic road race in a spectacular way.

2024 was also the year in which then-reigning world champion Mathieu van der Poel rode a great spring with wins in E3 Saxo Classic Harelbeke, Ronde van Vlaanderen and Paris-Roubaix. Despite the demonstrations Mathieu shook out of his sleeve there, we were still a little hungry due to the absence of unlucky rider Wout van Aert. That 2024 was a truly unlucky year for Van Aert would prove later in the season. Peaking twice and showing twice that you are leaning towards your absolute best, but then...smack against the asphalt. In addition to the physical suffering, it must have been very hard on Wout mentally. The fact that he continues to show his fighting spirit and positivity says everything about the heart and mentality of the man from Herentals. Chapeau Wout!

Jasper Philipsen is also more than worth a mention. In addition to winning Milan-San Remo and three stages in the Tour, what stands out is that Jasper finished the season in third place in the UCI ranking. Talk about a great rider!

Jasper is the perfect bridge to talk a little about Mark Cavendish as well. In this issue we pay attention to this absolute best in the history of cycling. Cavendish can arguably be called the best sprinter of all time. Driven by statistics and records, Cav continued to strive for his 35th stage victory in the Tour during the years when things were not going so well. What a career this man

has had, congratulations Mark!

We have enjoyed a great cycling season immensely, but Cyclolive Magazine is mostly about enjoying cycling itself! That is why we are always looking for new challenges, different paths and wonderful new destinations to discover all the beauty the world has to offer.

Cyclolive Magazine biked in so many different places this year where we were always amazed by the diversity, splendor and expressions that nature gives us all over the world. Traveling and touring by bicycle enriches you over and over again. Experience culture, history, gastronomy and art while keeping your body in motion. With the bicycle you see more, experience things differently, go into more detail and have many more possibilities than with any other means of transportation.

In this issue we take you, among other things, while cycling to the beautiful white villages in the wonderful Axarquía region in Spanish Andalusia. Sometimes we don't quite understand why fanatic cyclists keep returning to the same region or even the same village/town. We think cycling should be discovery and adventure in addition to training. Spain is therefore much more than Girona, Calpe or Benidorm. Maybe it's time for you as a reader to do a little exploring too?

In this new FREE issue of Cyclolive Magazine you will find many more tips for great cycling destinations where there is plenty to experience and discover, on and off the bike. So I wish all our readers a lot of fun reading, a cartload of guts to step out of your regular cycling lifestyle patterns and a wonderful end of year celebration!

Patrick Van Gansen





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# Farewell to an absolute greatness

# MARK SIMON CAVENDISH

**Do you still need to introduce such a man to real cycling followers?**

**Surely every cycling fan knows him.**

**Surely every cycling fan knows he can sprint phenomenally.**

**Every connoisseur knows that he has been world champion.**

**Surely every cycling fan knows that in the past Tour de France, he knocked Eddy Merckx's stage record off the tables.**

**Cyclelive Magazine wants to put the greatest sprinter of all time in the spotlight one more time anyway with an overview of his richly filled career.**

## **Cool no-nonsense guy or a jerk?**

Mark Cavendish was a racing living legend until Nov. 10, 2024. A pure sprinter who won almost all of his victories on the road in a bunch sprint. A rider who brought out emotions in virtually every cycling fan. A jerk in the eyes of many and, on the other hand, an emotional, friendly, no-nonsense guy to others. Rarely will anyone not have had an opinion about the sprint bomb from Manx. But aside from his outspoken

character, Cavendish is without a doubt one of the best, and for Cyclelive Magazine - the very best sprinter there ever was.

## **From track rider to road rider**

Cavendish became a professional cyclist in 2005 and can truly be called a

“track product” as he was trained on the track. In youth, he achieved numerous victories on the track. In 2005, 2008 and 2016, he also became world team race champion. In 2005 he was paired with Robert Hayles, and in 2008 and 2016 with Sir Bradley Wiggins.

The fact that Cav also won an Olympic silver medal in the omnium in 2016 is also sometimes just forgotten in Belgium, but that still further emphasizes the Cannonball's champion status.





Cavendish grabs record number of stage wins in Tour de France  
© A.S.O Charly Lopez



### World title

In addition to his three world titles on the track, he becomes world road champion in Copenhagen on Sept. 25, 2011. In 2016, he is also second on the podium in Qatar, where Peter Sagan took the rainbow jersey for the second time.

### First Tour de France 2007

After turning professional during 2005, when the 2007 Tour de France starts in London, he rides his first grand tour in the colors of the T-Mobile Team. In the 4th stage Waregem-Compiègne he appears in the top ten of the day's classification for the first time. With in front of him the top sprinters of the time like Fabian Cancellara, Erik Zabel, Tom Boonen, Robbie McEwen, Bernhard Eisel. In the 8th (Alpine) stage Le Grand Bornand-Tignes, DNF appears behind his name. But he comes back and how!

For us, he is without a doubt the **best** sprinter there **ever** was

### Series of triumphs in the years 2008-2018

Between 2008 and 2013, Cavendish started five times in the Giro d'Italia and put seventeen stage wins on the counter (2008: 2, 2009: 4, 2011: 3, 2012: 3, 2013: 5 including wins in the points classification). Also included are the two team time trials in 2009 and 2011. In the Tour de France, there is an unbroken run of 12 participations between 2007 and 2016 with 30 stage wins. (2008: 4, 2009: 6, 2010: 5, 2011: 5, 2012: 3, 2013: 2, 2015: 1, 2016: 4). In the Vuelta a España, he starts twice. In 2010 he wins four stages, including 1 team time trial inclu-

ding the points jersey, and in 2011 he records one abandonment. The total victory counter then stands at Tour: 30, Giro 17 and Vuelta 4 makes a total of 51. In 2017 and 2018, the harvest remains at zero.

### Years 2021, 2022, 2023

In December 2020, Cavendish will sign a contract with the Deceuninck-Quick Step team. He will join the Tour as a 36-year-old to replace Sam Bennett. He seems to have blossomed back into the open at Patrick Levefere. He crossed the finish line four times as stage winner and also won the points classification. What a substitute! With his 34 Tour de France stage wins, he then equals Eddy Merckx. In 2022 Fabio Jakobsen is preferred as a sprinter in the Tour de France team. Then to the Giro d'Italia starting in Budapest. He does not disappoint the team.



Around Lake Balaton in Hungary, he scored another stage victory in the third stage by leaving behind Arnaud Démare and Fernando Gaviria. In the 2023 Giro d'Italia (Astana), Cavendish let everything come down to the final day in Rome. Such a final stage usually doesn't amount to much. A day earlier, Slovenian Roglic has driven Briton Thomas out of pink in a fantastic climbing time trial. The classification is then made and so only the final stage remains, which is for the sprinters. What we get to see is not only a sprint but also a

piece of camaraderie. It is Cav's friend and former teammate Geraint Thomas who takes the lead in the final kilometers and keeps the pace high to drop Cavendish off in an ideal position. The game succeeds. That's how beautiful cycling can be! With 120th place, his best finish ever in the Giro, Tour and Vuelta, Cavendish can pack his bags with satisfaction.

When he signs with Astana for 2023, he is guaranteed to ride the Tour de France. It does not sit well with him because in the

## A huge drive to still take that Eddy Merckx record

eighth stage Libourne-Limoges he has to leave the arena after a fall. The total then looks like this: Giro d'Italia 19, Tour de France 34 and Vuelta 4 becomes a total of 57. Cipollini also stands at 57 and Merckx is and remains the leader with 64 victories.

### Apotheosis with red lantern in 2024

Although he said in 2023 that it would be his last year he is coming back to that and so he will be at the start in Florence on June 29 for his 15th Tour de France. The ultimate goal is to improve the record of 34 stage wins he now shares with Eddy Merckx. Of course, the question is whether such a goal is a realistic one for a 39-year-old.

After the first sprint stage was won by Biniam Girmay, Cavendish is already on a roll in the fifth stage from St-Jean-de-Maurienne to-Saint Vulban (177 km). In order, he beats his sprint colleagues Jasper Philipsen, Alexander Kristoff, Arnoud De Lie and Fabio Jakobsen. A headline in the newspaper says: *'Sprint veteran has accomplished his mission in Tour.'* For that, he was brought to the Astana team to accomplish this feat in their colors. The record of 35 stage wins in the Tour de France has been realized and is going into the history books. All the rest is then just a matter of prestige: riding it out. In other words, there will be more than 2,500 kilometers in front of the wheels.

After his win, he is in 170th place at 1h37'40" in the general classifica-

Mark Cavendish during stage 5 in the past Tour de France. Victories only come after much suffering and that is just what his facial expression tells us here. © G. Van Gansen





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tion. Of the 176 riders who started, 174 remain in the race. To make a long story short, he can start the final time trial in Nice. He will then be in 140th and penultimate place at 6h13'57". Only his teammate Davide Ballerini is still more than a minute behind him. Then it becomes a trade-off between the two men. Cavendish records a gap of 09'14" (134th) and Ballerini 07'46" (113th). As a result, the red lantern is handed to Cavendish. Outside all the winners of the classifications, Cavendish is also honored on the podium of honor. Then his chap-

ter is closed. Who will break the new record? Pogačar, who still has many years ahead of him, is already well on his way with 17 stage wins in the Tour!

### So hard to say goodbye

There were very few races in 2020 due to the corona epidemic. Cavendish, at the age of 35, could no longer secure a new contract with his employer Bahrain-McLaren. In Gent-Wevelgem his last race for Bahrain McLaren, Cavendish jumped in with the day's breakaway riders in order to gain another spot-

light. After the finish, he tearfully said, *'This may be the last race of my career.'*

However, this was beyond Patrick Lefevere who saw his chance to push Cavendish to greatness one more time. Patrick offered Mark a one-year contract with Deceuninck-Quick-Step and what no one expected from him besides Lefevere, happened anyway. At the Tour of Turkey 2021, Cav managed to capture his first wins in three years, immediately winning four stages there, the harbinger of what was to





follow. Reborn as he was at Omega Pharma-Quick-Step, the now 36-year-old Cavendish took four stages and the green jersey at the 2021 Tour de France.

He was given a new contract in 2022, but was preferred by Lefevere's team to have Fabio Jacobsen as a sprinter for the Tour. Cavendish was very disappointed that he would not be able to break Merckx's record and went looking for a new team at the end of the season. The dream of becoming a record holder on his own clearly did not leave him. It wasn't until mid-January 2023 that Astana Qazaqstan Team offered the British champion a one-season contract. Cavendish scored his first and only victory of the 2023 season, in the final stage of the Giro d'Italia in which he had previously announced that he would retire as a professional cyclist at the end of

the season... In the Tour de France where Cav was determined to win his 35th stage victory, disaster struck in what would be his last Tour. He crashed in the eighth stage and had to leave the Tour with a broken collarbone.

### Records turn out to be important after all

The urge to break Eddy Merckx's record and become a record holder alone was too great and at the end of 2023 came the news that he will make another bid for the Tour de France stage record in 2024 in the Astana team. On July 3, 2024 and at the age of 39 he managed to turn the urge/dream of only becoming a record holder into reality.

Mark Cavendish is pre-eminently living proof that palmares, records and comparisons with the past do matter in cycling. How else do we



At the 2021 Tour of Turkey, Mark once again knots up for victory after a three-year drought © OPQS-Tour-of-Turkey-Stage





## Mark would **not stop** until he also grabbed that second place in the **all-time** rankings

explain his enormous drive to yet break that Eddy Merckx record – 34 stage wins in the Tour – and become the record holder alone? It simply meant a lot to Cavendish to break that record.

### All time rankings:

And finally, we add a few facts that not everyone will know by heart: Mark Cavendish is ranked 26th on ProCyclingStats' ALL TIME RANKING. That's just one place better than Mario Cipollini. Cavendish has won a total of 165 professional victories, putting him in second place in terms of victories in the all-time ranking in terms of professional victories. This underlines the great-

ness of the best sprinter of all time with a thick marker!

### Ranking professionele UCI overwinningen:

1. Eddy Merckx 279 wins
2. Mark Cavendish 165 wins
3. Mario Cipollini 163 wins

So it should be obvious how important these statistics may be to Cavendish. Yep, because he scored three UCI victories in 2024, which, in addition to only holding

the record for number of Tour de France stage wins, also made him jump over Cipollini into second place in terms of total UCI wins. Mark had a clear plan before quitting: grab the record and second place on that all-time ranking of victories. So it happened and now he can say goodbye as a rider with full satisfaction, at least...if he doesn't change his mind again after the holidays.... 🚀

### Principal victories:

- 35 Stages Tour de France** '24, '21, '16, '15, '13, '12, '11, '10, '09, '08
- 17 Stages Giro d'Italia** '23, '22, '13, '12, '11, '09, '08
- 3 Stages Vuelta a España** 2010
- 1 x World road champion** 2011
- 1 x Milano-Sanremo** 2009
- 3 x Scheldeprijs** 2011, 2008, 2007
- 2 x Points classification Tour de France** 2021, 2011
- 2 x Final ranking Tour of Qatar** 2016, 2013
- Final ranking Dubai Tour** 2015
- 3 Stages Tirreno-Adriatico** 2014, 2012, 2009
- 3 Stages Tour of Switzerland** 2014, 2009)
- 2 x Kuurne-Brussels-Kuurne** 2015, 2012





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# FILIP CARDOEN

## From the 'Pompeschitter' in Dadizele to cycling cartoonist from Moorslede



The platoon in the studio / Photo: Rens Klaasse

The last rider to bear the nickname Lion of Flanders, was Johan Museeuw, but the first and true Lion of Flanders is Cyrille Van Hauwaert who was born in the small West Flemish village of Moor-

slede. A real cycling village, as this is where the World cycling championships took place in 1950. Moorslede is also the home of the well-known paintbrush virtuoso Filip Cardoen. This is where Fi-

lip finds his inspiration for the widely known colorful pictures of riders that appear again and again in Flanders - and far beyond - during the heydays of cycling. Time for a visit.



## From cows to the course

It seems like a very big step. Yet it is the path taken by the now 69-year-old artist Filip Cardoen. His father was a cattle dealer and as a young guest he drew the identity cards of his father's cows. Because the spot pattern



of each cow is unique and unchanging. And so that requires very good observation skills. It was his first official assignment. After art school and his military

service, he joined the Roularta publishing company as an illustrator. There he drew the front pages for a number of well-known magazines, including Trends and Knack.

## The love of the course

His father-in-law infected him with the racing bug. Grandpa was a big Frank Vandenbroucke fan and drove around for years with a Frank sticker on his rear window. He had been racing himself, so hence that love. Filip himself, when he still worked for Roularta, participated in a race with journalists around the provincial domain Sterrebos in Roeselare. Besides working with pencil and brush, he had been handy with the ball since his school days. That's why he played handball for twenty years.

## The first cycling cartoons

He made his first cycling cartoons later in life as part of the Village of the Tour (of Flanders) in 2000. That was when, for the first time, a place along the course was highlighted and a person or business, which shaped the Tour of Flanders, was honored or commemorated. That was then Ingelmunster, at the time the home town of three-time Tour of Flanders winner Eric Leman. From then on, Filip has been virtually the regular cartoonist along the route of Flanders' finest. But also when the Tour de France is a guest in Belgium, his cartoons adorn the places where La Grande Boucle passes. My first introduction to Filip was through a cartoon by Tuur Decabooter when Gavere was the Village of the Ronde in 2007.

## Not to be confused with Nesten

He is often asked if he is the son



Cover book 50 years of paintbrush virtuoso  
Photo: Filip Cardoen

of his compatriot Rik Delneste (Nesten), who died in 2018. Then he has to disappoint the questioner. Nesten made cycling caricatures (a humorous depiction of a person) while Filip makes portrait cartoons. And that really is a big difference. Filip's portraits bear more resemblance to the riders, and that immediately indicates where the two artists' work differs.

## Nesten made cycling caricatures while Filip makes portrait cartoons

### The whole platoon thunders through the studio

When you step into his studio you join a colorful pack of riders. There are a few crates full of pots of brightly colored paint and brushes in many sizes. On the wooden boards are painted portraits of the current generation of riders but also of the great heroes of the (sometimes distant) past. As some riders have changed teams or their teams ride in new jerseys, he is busy adjusting some of his portraits at the start of a new cycling season.

### An honorable assignment

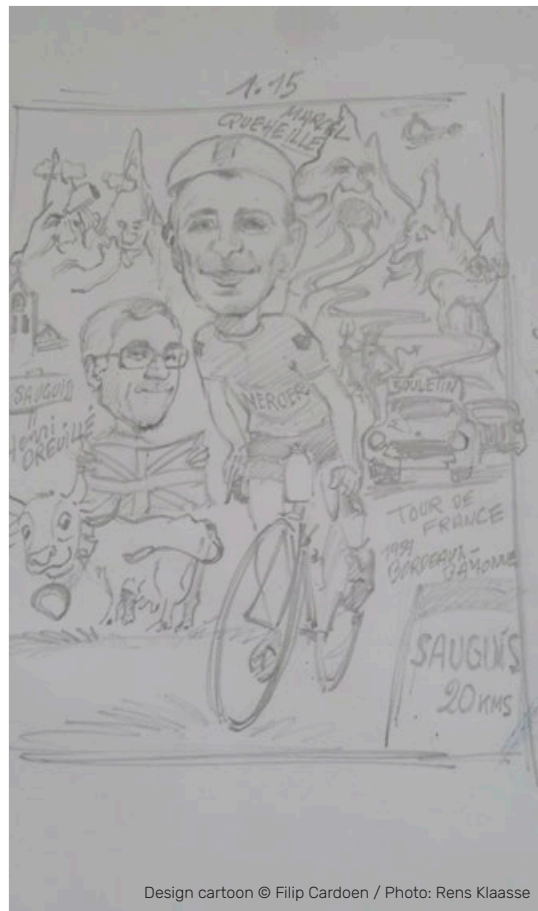
Filip is just working on a commission from the French Basque Country. On a table is a sheet of paper with a rough sketch of what





Honorable assignment / Photo: Rens Klaasse

generation of riders, he supports Tadej Pogačar. Meanwhile, his prints adorn the wall of many riders' homes. Want to have a personal cartoon made for yourself or a friend of a favorite rider? For



Design cartoon © Filip Cardoen / Photo: Rens Klaasse

he is painting on the wooden board. It is a portrait of the cyclist Marcel Queheille (le petit Souletin) who was born in Sauguis-Saint-Étienne (Zalgize-Donetztebe). In 1959, he won the 9th stage of the Tour de France which finished in Bayonne in his home region. A cartoonist and paintbrush virtuoso, he was approached for this by Henri Breuillé of the "Petit Musée des cycles" in Cambolès Bains. Marcel, who died in 2021, was an old friend, so naturally the museum must pay due attention to him. What is striking is that, as in more of his portraits,

it shows a cow. Actually, considering the beginning of Filip's career, a kind of monogram.

### A Cardoen cartoon gift

Nor does Filip shy away from portraits or scenes on walls. For example, one of his largest paintings, featuring the likes of Odiel Defraeye and Jempi Moseré, can be found on the wall of the Roeselare fire station on Koning Albert I-Laan. His favorite rider all-time is Eddy Merckx. It is also the most requested rider by commissions. He has certainly painted him more than 50 times. Among the current



Jempi Moseré  
Fire Station Roeselare  
Photo: Rens Klaasse



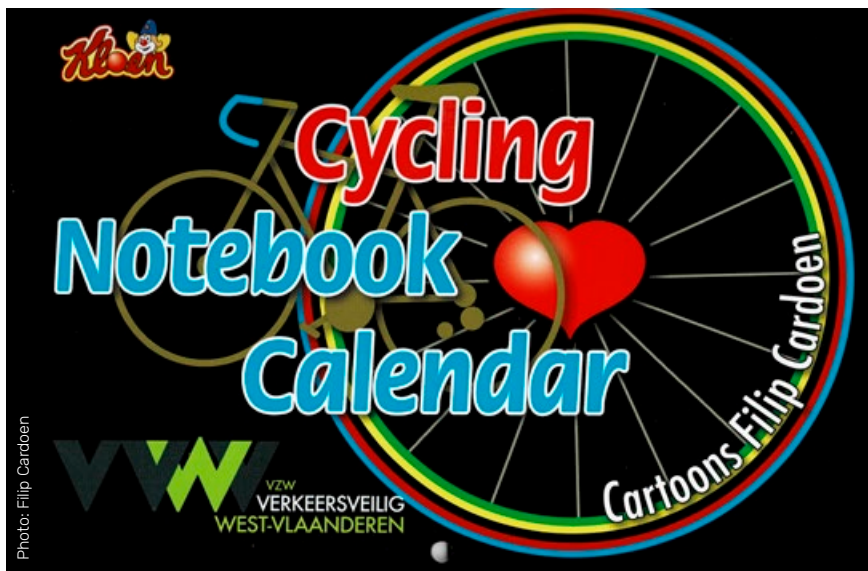
WILIER TRIESTINA

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### Cycling Notebook Calendar for charity

Since 2006, Filip has also been committed to the non-profit organization Kloen, which provides smiles for sick children. To this end, he has created a unique (birthday) calendar in 2024 with 250 beautiful cartoons and all kinds of facts about your favorite riders (cycling journalist Kurt Titeca took care of that). The calendar can still be ordered for € 12,00 (including shipping costs) at [info@kloen.be](mailto:info@kloen.be).

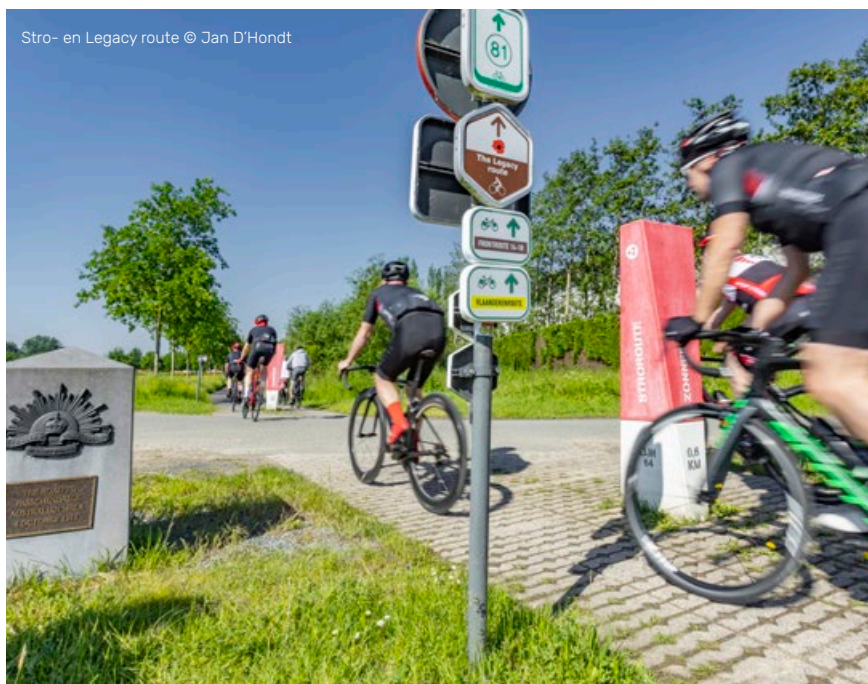
### Cycling through history

Filip has a very wide range of subjects on which he paints. The history of World War I has not left Filip unmoved either. To see some of his "war paintings," we get on our bikes in Moorslede. We head for the Storroutte, a green axis on the bed of the former railroad line 64 between Roeselare and Ypres. Just before entering that route, we pass Café De Vier Kaven at the impressive mural "Moorslede Front Village". It depicts an air battle that took place here in 1917.



### De Legacy fietsroute 14-18

The Storroutte joins the signposted Legacy bicycle route 14-18 at Passchendaele. On this route near Zonnebeke are, among others, the famous Tyne Cot Cemetery and the Memorial Museum Passchendaele 1917. In the park near the museum stands the pou mau-mahara, the impressive eight-meter-high Māori monument. Near the Polygon Forest, opposite the café De Dreve, painted by Filip, stands the bronze Brothers in Arms statue of the Australian brothers Hunter. It illustrates the haunting story of Jim burying his





brother John on the battlefield near the site of the monument. On a meter-long pedestal is carved a piece of text from Brothers In Arms, the famous song by Dire Straits. Be sure to walk into the café to have a Brothers in Arms beer. The inspirer of the project, pub owner and amateur archaeologist Johan Vandewalle, is sure to tell you the ins and outs of his project.



Café De Dreve / Foto: Rens Klaasse

### Along Flemish cycling history

A rider from the small farming hamlet of Slypskapelle, located near Moorslede, started the cycling craze in Flanders. Cyriel Van Hauwaert won the opening stage between Paris and Roubaix in the 1909 Tour de France. The first compatriot to succeed. A year earlier, he had already won the Paris-Roubaix race. Milan-Sanremo and Bordeaux-Paris are also on his list of honors. Last year, a plaque was inaugurated in Slypskapelle for the rider who helped originate the term Flandrien. And it shows. Because in addition to a street name, a bust in the town hall and a monument at the sports hall, the giant Cyriel has been a resident of Moorslede since 2020. Filip made the design of the giant's head, which you might come across from time to time, because every now and then giant Cyriel



Memorial plaque Cyriel Van Hauwaert Slypskapelle / Photo: Rens Klaasse

Filip with the head of the giant Cyriel © Filip Cardoen





World Cup 1950 monument  
Photo: Rens Klaasse

goes out with other colleagues to perform at cycling events. For example, he appeared at the Belgian championship time trial in Gavere in 2022.

### How a small Flemish village was briefly the center of the cycling world

On Aug. 20, 1950, 130,000 cycling fans showed up for the third World Cup hosted in our country. Moorslede owed its success in winning the championship to a wealthy potato farmer. But also to Cyriel Van Hauwaert who by now was a successful manufacturer of bicycles in Brussels. Because he was on the main board of the Belgian Cycling Federation, he was able to use his influence to allocate the WC to Moorslede. At the spot where 'Iron' Briek Schotte crossed the finish line first in the Breulstraat stands a very modest little monument. The sign made by Filip that stood next to it unfortunately fell during a storm.



### The 'Pompeschitter' represents a somewhat tipsy Dadizele man who, moreover, was also on the plum cake

#### 'De Pompeschitter' in Dadizele

On our journey home, on Filip's advice, we stop in the pilgrimage town of Dadizele with its impressive basilica and beautiful 18th century Spanish chapel. In the domain 't Torreke, located next to the basilica, stands the statue of the Pompeschitter. Created in 1980, the statue is based on a caricature of Filip from the beginning of his career in 1975. It depicts a Dadizele man who indulged in beer and plum cake in excessive amounts during the fair. He didn't get home in time and was forced to do his business in the first best pumping trough. The cake of the same name is now a local delicacy.



Stand at Velofollies / Photo: Filip Cardoen

#### Until the next Velofollies

Filip has been a regular guest at the bicycle fair Velofollies in Kortrijk for several years. He looks forward to meeting you there.

Text: Rens Klaasse



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# Vila Real de Santo António

## Town on the EuroVelo 1 Atlantic Coast Route

When you are vacationing in a region, there are those places that have a certain appeal by name alone. For example, how about the name as it appears in the headline of this article. Another facet is added when your own first name is also derived from Saint Anthony. Just one more motive to cycle there once (and even several times). It is definitely a pleasant town and there is plenty to see. Vila Real, as it is called for short, is located at the extreme southeastern tip of the Portuguese Algarve on the Guadiana River that forms the border with Spain.





## EuroVelo 1

This international bicycle route that starts or ends in Portugal (it depends in which direction you want to cycle the route) starts in the north in Caminha and runs along the entire Atlantic coast to the Algarve to leave the country again in Vila Real de Santo António by crossing to Ayamonte in Spain. A distance of 920 km has then been covered. The Algarve section from Sagres to Vila Real runs on the same roads as those of the Ecovia do Litoral and even features dual signage.

The EuroVelo 1 then runs across Spain via Salamanca and Pamplo-

### Schematically, the Algarve itinerary looks as follows

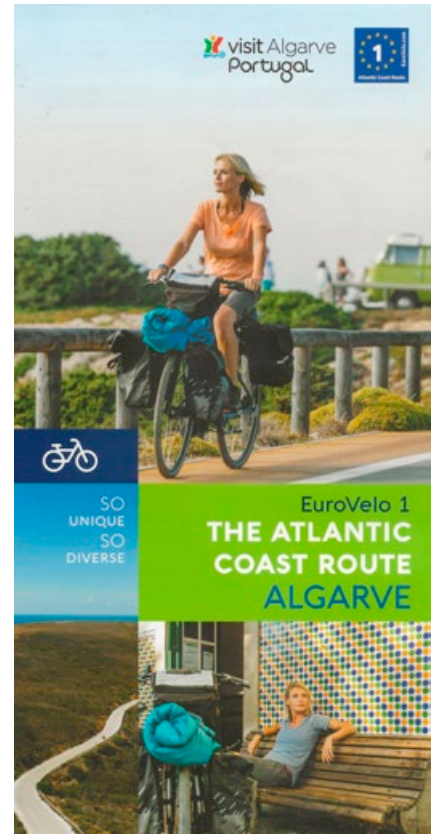
Vila Real Santo António-Tavira	30 km	Ascent 160 m	Descent 158 m
Tavira-Faro	41 km	Ascent 215 m	Descent 205 m
Faro-Albufeira	49 km	Ascent 300 m	Descent 250 m
Albufeira-Lagos	64 km	Ascent 520 m	Descent 580 m
Lagos-Sagres	47 km	Ascent 700 m	Descent 650 m

na and along the Atlantic coast in France to Brittany. Here it crosses to Plymouth and via England, Ireland and Scotland to Aberdeen. Sail across again to Bergen in Norway and then keep going straight to the North Cape. That's a total of 11,150 km. That bit in Portugal is negligible!

### Vila Real de Santo António

Cycling into town, you first pass the lighthouse and after a few hundred meters you come to Avenida da República. On the right the Guadiana River (and the border with Spain) and on the left imposing buildings. Sometimes dilapidated with trees and tall weeds in the gutters, but others again well maintained and radiating atmosphere. The first building

worth seeing is the so-called Capitania, or harbor master's building. Especially take a look at the beautiful tile work. Just a piece of history you are presented with. Cycle down the Avenida and look at the buildings. Especially in the morning when the sun shines on them it gives it even more dimension. A little further on you can turn left into the shopping area. You then come to a large square



Beautiful tile work on the Capitano building

called Praça Marquês de Pombal with a beautiful pavement of clean

Praça Marquês de Pombal





Natural park between Castro Marim and Santo António



Regiokaart



Fishermen ride bikes to work

lines. It got that name for a reason. After the village disappeared in a tidal wave in the 17th century, Marquês de Pombal had the city rebuilt according to his own design. Just look closely at the map and you will see that all the streets

run dead straight like a grid pattern and are divided into equal blocks. Terraces plenty to look around at your leisure. Also note along the waterfront the beautiful pavement with the square Portuguese cobblestones with all kinds of mo-



tifs such as anchors, lobsters and more. There you can see that paving is a real profession!

### Departure and arrival point third stage Tour of the Algarve 2024

Here on the central square, Praça Marquês de Pombal, starts the third stage of the Volta ao Algarve 2024. Among the participants are two-time winner Remco Evenepoel (overall winner in 2020 and 2022 - at that time we don't know yet that Remco will also win this 2024 edition) and Wout van Aert, who will take this stage to Tavira in a sprint

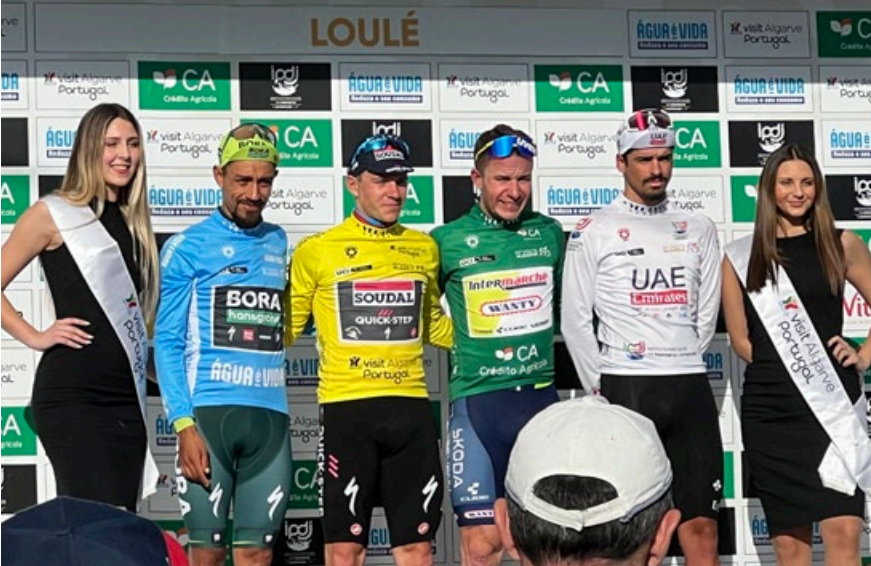
to his liking. It is not entirely coincidental that Wout van Aert wins. Just meters from the start line stands the City Hall of Vila Real de Santo António with the city logo on the front with the stylized letters V R O A, which includes the initials of Van Aert's last name! Nothing is coincidental when you look for coincidences! Nice to see the men racing over the same roads where you yourself have partially cycled during previous vacations. At home in front of the TV you again feel the warmth of the sunbeams and even smell the fragrance of the thyme.

### Out and about in the region

The surroundings of Vila Real de Santo António lend themselves very well to making some rounds in the hinterland or along the coast. A nice trip with a nice goal is to cycle to Azinhal and from there via the Barragem de Beliche back to the coast. First you pass Castro Marim with two imposing castles. Via Junquera you will arrive in Azinhal. In the middle of the village a surprise awaits you. There is a pastelaria there where the most delicious pastries are made. Behind the counter the owner is often busy







decorating her pastries. To the west are the Beliche reservoirs. The lack of water was clearly visible here in early 2024. Driving back, you can then enter the national park Reserva Natural do Sapal de Castro Marim, which includes flamingos and salt lakes. Vila Real de Santo António can already be seen in the distance. Along the way you will hardly see the population cycling. You won't see school children cycling, or bicycles at the supermarket. The cyclists are often tourists or the fishermen who go by bike to their boat on the beach.

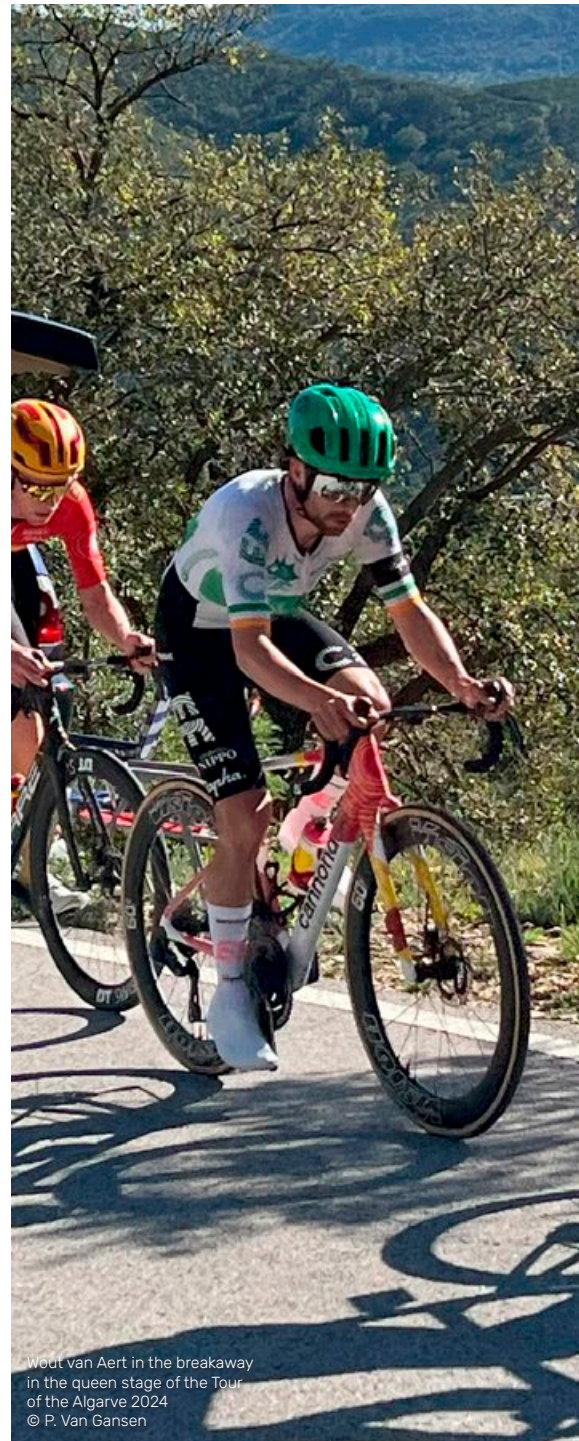
### How was it again in the 2024 Volta ao Algarve?

This traditional preparation race in Portu-

gal could count on unprecedented media attention. The beautiful field of participants including Remco Evenepoel and Wout van Aert must have had something to do with that. The Belgians did a fantastic job. Already in the first stage it was a sprint victory in Lagos for Gerben Thijssen. In the second stage Remco Evenepoel was beaten in the final meters at the top of the Alto da Fóia by Daniel Martinez. Then in stage three - which took the riders from Vila Real de Santo António to Tavira - it was up to Wout van Aert to snatch the flowers. Stage four was a 22 km time trial in and around Albufeira, which of course was right up the alley of world time trial champion Remco Evenepoel.

In the 5th stage from Faro to the steep Alto do Malhão, also the queen's stage, Evenepoel was again beaten in the sprint by Daniel Martinez. Evenepoel also became overall winner and Gerben Thijssen brought the green points jersey back to Belgium. We can speak of a successful Tour of the Algarve as far as the Belgians are concerned. ▀

Information:  
[www.turismodalgarve.pt](http://www.turismodalgarve.pt)  
[www.algarve.pt](http://www.algarve.pt)



Wout van Aert in the breakaway in the queen stage of the Tour of the Algarve 2024 © P. Van Gansen

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[www.algarve.pt](http://www.algarve.pt)



Remco Evenepoel after the podium ceremony with Cyclist Magazine in hand © P. Van Gansen





### Final ranking Volta ao Algarve 2024

1		Remco Evenepoel (BEL) 🏆	Soudal-Quick-Step	18h 45' 53"
2		Daniel Martínez (COL) 📈	Bora-Hansgrohe	+ 43"
3		Jan Tratnik (SLO)	Visma-Lease a Bike	+ 1' 21"
4		Ben Healy (IRL)	EF Education-EasyPost	+ 1' 42"
5		Thymen Arensman (NED)	Ineos Grenadiers	+ 1' 45"
6		Tom Pidcock (GBR)	Ineos Grenadiers	+ 1' 49"
7		Wout van Aert (BEL)	Visma-Lease a Bike	+ 1' 57"
8		Sepp Kuss (USA)	Visma-Lease a Bike	+ 1' 59"
9		Stefan Küng (SUI)	Groupama-FDJ	+ 2' 06"
10		António Morgado (POR) 📉	UAE Team Emirates	+ 2' 09"



# Gravel bikers can indulge in West Zeeuws-Vlaanderen



The region of West Zeeuws-Vlaanderen is well known to Flemish cycling tourists. Especially the exposed and well-maintained bicycle paths ensure that many cyclists cross the border with our northern neighbors during the weekend. With the cycling club or friends a ride on the road bike through the polders and villages, along meadows and fields, over dikes and along the coast with the most beautiful views over the Westerschelde. With of course a stop at one of the cozy cafes.

But recently, thanks to Gastvrij Zeeuws-Vlaanderen, you can get out there with your gravel bike! You have the roads almost to yourself and there is plenty of room to clear your head. The routes take you to the quietest spots of the vast West



Zeeuws-Vlaanderen polder landscape, through picturesque villages and along historic fortified dikes. You cycle along country roads, cobblestone lanes and gravel

paths. A kind of Paris-Roubaix and Strade Bianche experience in one!

**There are three routes:**  
**1. A salty gravel adventure**





This route gives you a 114 km adventure along the beautiful coastline of West Zeeuws-Vlaanderen and the quiet hinterland. West Zeeuws-Vlaanderen at its best from the Zwin to the Braakman.

## 2. Boundary graveling.

During this relatively tough 97-km ride, you'll push your limits both literally and figuratively, continuously flirting with the Belgian border and even having to operate a ferry.

## 3. Paris-Roubaix of the Zeeland country.

Lover of cobbled roads? Get your heart racing during this 89 km long spirited ride over the West Zeeuws-Vlaanderen cobblestones with often the wind as the main opponent.

All info on the routes with the GPX tracks and accommodations can be found on the website: [gastvrijzeeuwsvlaanderen.nl](http://gastvrijzeeuwsvlaanderen.nl)



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# Velofollies: a barrel of bicycle ideas



From January 17 to 19, 2025, Kortrijk Xpo will host the 17th edition of Velofollies, the cycling fair for active cyclists and cycling enthusiasts. Visitors can once again marvel at more than 300 exhibitors spread over more than 40,000 m<sup>2</sup> of exhibition space. With the largest range of bicycles in the Benelux countries, Velofollies is clearly a trendsetter and offers a good reflection of what the bicycle market has to offer. Add to this the interesting workshops, an e-bike test zone and numerous interviews and meet & greets with (former) cyclists, and you have the ideal recipe for a whole day of cycling fun.

An overview of what there is to discover in January 2025:

## Focus on performance in road bikes and MTB

At Velofollies, you can spot many new models and innovations in the field of road bikes. The focus here is mainly on lighter materials and an increasingly aerodynamic design of frame, handlebars and wheels, with cables and accessories completely hidden in the frame. Mountain bikes are also becoming lighter, but the focus here is mainly on more advanced shock absorbers.

And in both categories, of course, e-support is also just around the corner.

## Gravel: not a one-day wonder

The popularity of gravel bikes continues to gain momentum with a growing number of gravel bike events, former racers taking refuge in the gravel bike and, of course, rising sales figures. The gravel bike is clearly not hype, but a full-fledged bike category, lighter and faster than a





## Versatility, adventure and discovery

mountain bike and more suited to unpaved surfaces than the road bike. Versatility, adventure and discovery are keywords for the gravel cyclist looking for passion, inspiration and challenge against a backdrop of the heroic images of

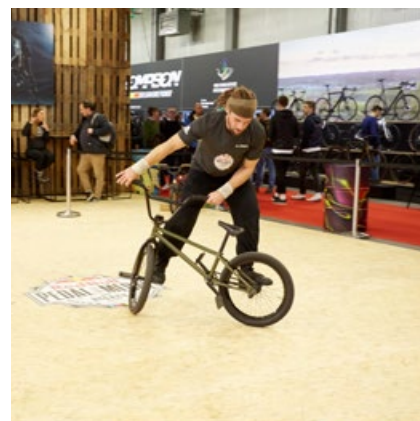
the Strade Bianche. It is therefore logical that manufacturers and exhibitors are fully committed to it at Velofollies with new models and innovations such as specific gravel components, a 1x13 gravel group, 30mm rims, etc.

### E-bikes unstoppable

Electric bikes have clearly been on the rise in recent years, but next edition they will be more popular than ever at Velofollies. The latest models not only offer better performance, with a longer range and faster charging times, but great strides have been made in terms of style and design as well. Whereas e-bikes used to be mainly practical, we now see them increasingly being designed with an eye for design. Moreover, they are also making their entrance into the "peloton": electric support in mountain bikes, but also increasingly in racing bikes, are gradually becoming no exception in sporty cycling clubs.

### Bicycle tourism on the rise

The number of tourism services



and organizers of active cycling vacations and cyclo's also increases year after year at Velofollies. From pleasant recreational cycling vacations over social rides to legendary climbs and epic challenges. By the way, the Velofollies website offers a handy tool to quickly navigate







between product categories to prepare your ideal course: 'race', 'gravel', 'travel',...

### Technology and sustainability go hand in hand

What stands out at Velofollies is that bike brands are also investing more and more in new tech-

nologies, such as integrated GPS systems for navigation assistance, tracking systems for theft prevention, built-in heart rate monitoring, automatic suspension and, of course, further development in battery technology for e-bikes with even charging capabilities for smartphones. The focus on com-

fort, safety and efficiency is evident here. These new technologies also embrace bike sustainability, many manufacturers opting for more sustainable materials and production processes (think bamboo, recycled aluminum, biodegradable lubricants,...). , so good for your health as well as the environment.



If you are planning to buy a new bike in 2025, want tips & tricks on nutrition and training, are looking for a nice cycling vacation or just want to spend a pleasant afternoon with cycling friends, spotting trends and riders, a visit to Velofollies should definitely not be missing from your cycling agenda.

Velofollies takes place from Friday, Jan. 17 to Sunday, Jan. 19, from 10 a.m. to 6 p.m. with an evening opening on Friday until 8 p.m. Tickets cost 15 € in the online presale.





## The ideal formula for team building days or just a great cycling vacation



### Staying at the Court of Kalenberg

Hof van Kalenberg is located in the beautiful rural village of Voort. This beautiful 5-star vacation home can accommodate 12 people

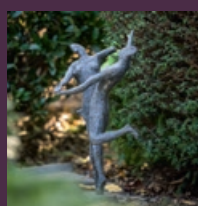
- Two bathrooms with shower and bathtub
- Four spacious bedrooms without carpet
- A large living room overlooking the garden
- Open kitchen
- A separate relaxation area
- The garden offers privacy and the terrace faces south.
- Jacuzzi and sauna
- A charcoal barbecue and deck chairs complete the Haspengouw vacation feeling.
- Washing machine and dryer.

### Hof van Kalenberg is a member of bicycle logies Limburg! Extras for the cyclist:

- A professional bike wash can be rented.
- Lockable bicycle storage at the house also for electric bicycle.
- Bicycle tools for small repairs are available in the house.
- Bicycles can be rented on request
- Bicycle maps in the house and cycling logbook with our favorite routes
- Bicycle cafes in the neighborhood where you are very welcome as a cyclist
- The cycling track of Zolder at less than 25 km



5 STARS BY TOURISM FLANDERS



**HOF VAN KALENBERG**  
VAKANTIEWONING HASPENGOUW

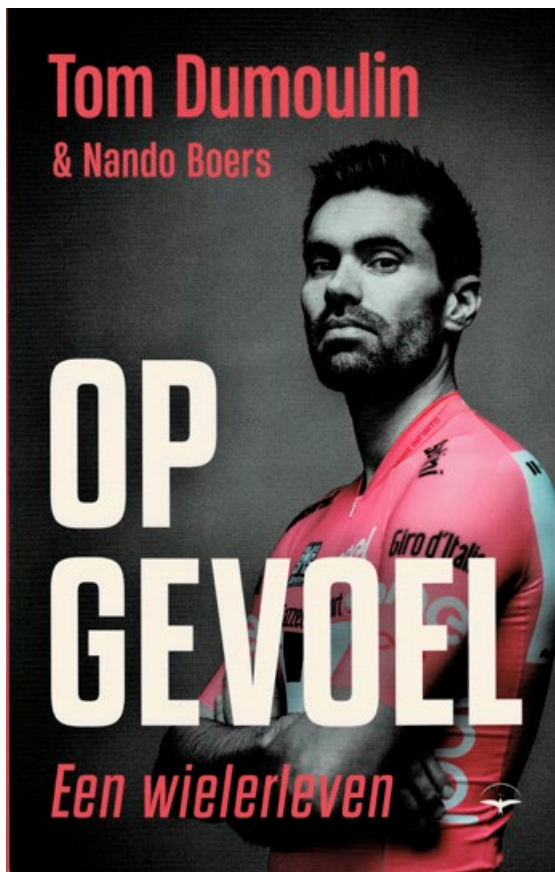
Hof van Kalenberg is the perfect vacation rental for a cozy get-together with your family or friends.

Arrangements on request

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

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## 'Op gevoel. Een wielerveven.'

Tom Dumoulin, the first Dutchman to succeed in winning the Giro d'Italia. He also won two Olympic medals in his career, two world titles and multiple stages in all three grand tours. He was also close to overall victory in the Vuelta and Tour de France. But in the end, it turns out that the way he is in life does not fit the requirements of cycling teams for a top cyclist. He is too much man and too little machine.

The tight straitjacket in which riders (have to) live turned out not to suit him after all. After he stops cycling, he and writer and journalist Nando Boers go back to the places that, for whatever reasons, have played a leading role in his career. To look back and

consider what cycling has meant. About the pleasure he got from his sport but also the lack of it.

The book is, as we know Tom, a candid account of a top athlete who, overcome by doubts, chooses to quit the sport he loves so much. But he can't let go of the world completely because in the meantime he has returned to a new role.

For € 23.99 the book is for sale from the publisher ([thomasrap.nl](http://thomasrap.nl)) or in regular bookstores.



## 'De Ronde van België, een cultuurgeschiedenis op twee wielen'

The book reflects the search for the (cycling) history of our country. For nowhere on our planet has daily life become so intertwined with the sport of cycling that is in the DNA of each of us.

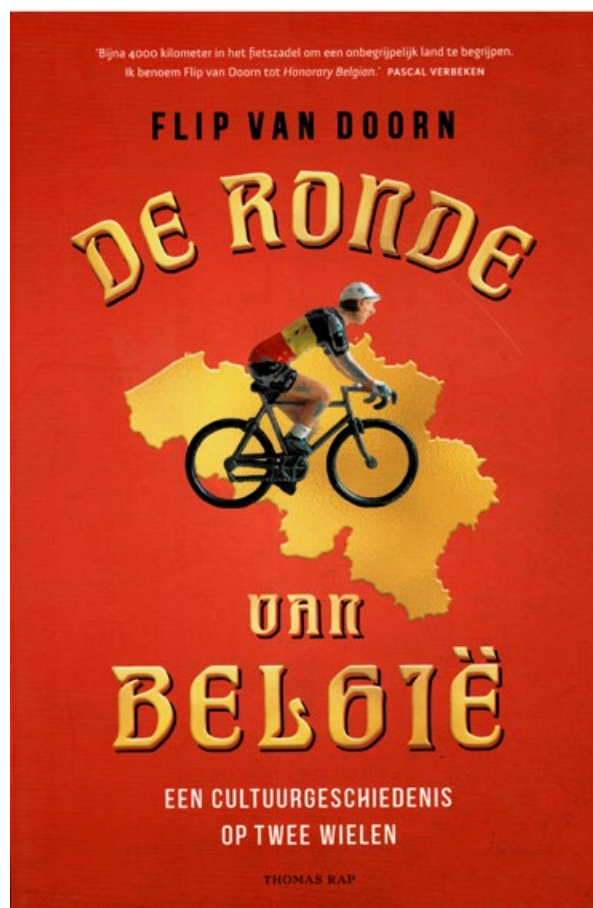
To understand this as an outsider, the author Flip van Doorn, who lives in Friesland, took to his bicycle. In a prologue and seven stages he rode over 3,750 km through our country. The routes of the famous cycling classics were his guide, with occasional excursions across the border. His own family history also appears to be partly in our country.

Seeing it all himself and the many meetings with our compatriots along the way has given him a good picture of Belgian (cycling) culture for his book. Every countryman personally knows at least one (former) rider who has written a big or small cycling story. In the end, for Flip

it was more like a pilgrimage through our country during which he lit an imaginary candle at every chapel and cycling monument he met along the way as thanks for yet another paragraph in his book.

The 768-page book is definitely recommended for someone who wants to discover Belgian (cycling) culture. With the book in hand, you can easily make your own pilgrimage through our country. And that goes for cycling, history and culture buffs alike.

The book is available in bookstores, through the publisher (Thomas Rap) or via [flipvandoorn.nl](http://flipvandoorn.nl) for € 34.99 That website also includes the routes Flip cycled and points of interest along the way.





## '1974. Het verhaal van Merckx, Cruijff, Ali en Jan Wauters'



1974 was a magical year of sports! Eddy Merckx wins his last Tour, his last Giro, his last World Cup. Johan Cruijff is the best soccer player in the world, but he loses the World Cup final against West Germany. And Mohammed Ali recaptures the world boxing title after his suspension by defeating Fraizer and Foreman.

Jan Wauters, Flanders' greatest sports journalist, was there everywhere. Fifty years later, son Benno delved into his father's archives. This resulted in a very readable book. It is peppered with the memories of wife Thérèse to Jan. But of course Jan himself also has his say. His heart beat especially for cycling. And Eddy Merckx was his bench-

mark. Both of their careers were more or less the same. An account of the extensive interviews he had with him is therefore not lacking. Benno's own cycling career is also discussed.

For all fans of Jan Wauters and Eddy Merckx, this book will bring back the old, perhaps somewhat bygone memories.

It can be ordered from the publisher (borgerhoff-lambe-rigts.be) and costs €24.99. It is also available in bookstores.



## 'Het verhaal van Flandria'

Flandria, the team of father Pol and son Aime Claeys from Zedelgem in West Flanders, is the most legendary cycling team our country has known to date. A small bicycle manufacturer who created a legendary cycling team. Between 1959 and 1979, riders such as Joop Zoetemelk, Jan Janssen, Jean-Pierre Monseré, Michel Pollentier, Freddy Maertens, Erik Leman and Roger De Vlaeminck rode in the peloton wearing the iconic red racing jerseys. Not to mention, of course, there was team leader Briek Schotte. In the mid-1970s, it was definitely the best team in the world. The riders raked in big wins. But despite those great successes, things went downhill..

This book by noted cycling author Filip Osselaer is about the dramatic fall of the team between 1974 and 1979. It kept pace with the business decline of the bicycle manufacturer. Based on interviews with the protagonists of the time as well as with the son of Mr. Pol, the big boss of the brand and the factory. The unmissable story for fans of cycling history from the belly of the peloton and the family, on the shop floor in Zedelgem, Warneton and Zwevezele, all the way to Portugal.

The book is available for €24.99 through the publisher (lannoo.be) and in bookstores.



## 'Knooppunter Fietsboek Midden-Nederland'

After the previously published book on Southern Netherlands (Limburg, North Brabant and Zeeland), the Bicycle Book on Central Netherlands is now also available. With 30 ready-to-use bicycle routes in the provinces of South and North Holland, Utrecht and Gelderland. Using the routes, author Harry Bunk shows you how varied the central Netherlands is.



The routes are plotted on the basis of the familiar bicycle junction networks and can be downloaded with the code in the guide. A short and a long version of each route is available. From a tour around the northern island of Texel to a tour in the east towards the German border. Past old Dutch (fortified) towns and villages, the characteristic windmills and through unspoiled nature. With a Knooppunter roadbook on your handlebars, you can enjoy all that beauty. The guide gives you tips on places of interest and places to eat and drink along the way. The many photos in the book give an excellent impression of what you can expect along the way.

The book is available for € 25.99 from the publisher (lannoo.be) and in bookstores.





## 'Op de fiets met Emile'

June 5, 2024 marked the 100th anniversary of the death of painter Emile Claus. They did not want this to go unnoticed in the Leie region. Impressionist Emile Claus sought his inspiration in the region of his birth, which was close to his heart. The landscape with the meandering Lys River and its light is wonderfully depicted in his colorful paintings.

With the route 'Op de fiets met Emile' you will discover all those picturesque places where the 'prince of luminism' found colors and light. The route, which largely follows the cycling nodes, starts on the Leie in Deinze at the Museum of Deinze and the Leie

Region (mudel). There is a loop of 33 km through Deinze, Deurle and Machelen and of 34 km from Sint-Eloois-Vijve towards Waregem and Machelen. The full tour is also possible, then you pedal 64 km through the beautiful Leie landscape. And if you want to admire some of his works visit the museum.

The free map is available at tourism Deinze. You can also download the map and the gpx files from the website at [www.deinze.be](http://www.deinze.be).



## UCI hands out awards for 2024 with unique record for Shirin van Anrooij

At the end of the road season, the UCI Women's WorldTour and UCI WorldTour seminar awards were handed out in Nice, France. Belgium was the winner twice, namely in the UCI Women's WorldTour classification won by Lotte Kopecky and also as the best country in the UCI Men Elite World classification.

However, the awards ceremony could not be called a real success, as only two winners came to collect their prizes in person. The fact that Tadej Pogačar - who finished first in the UCI Men Elite World rank-

ing - was present was more than a palliative. Dutchwoman Shirin Van Anrooij - who was named best young rider in the UCI Women's WorldTour classification - also came to collect her prize. She did immediately set a unique record, as it was the third time in a row that she became the overall winner among the youngsters. Never before, had anyone succeeded in that. In early November, she underwent surgery for a pinched femoral artery in her left leg and therefore will not participate in any cyclocross races this winter.



Teksten: Rens Klaasse



## Convenient lock with your fingerprint as the key

Progress in technology is an unstoppable evolution on all fronts. That this innovative technology also benefits the security of our bikes becomes clear with the new Yardo 7807F from ABUS. A capacitive sensor on the chain lock allows you to open the bike lock without keys or dials - just with your fingerprint. The YARDO chain lock consists of a round, 7-millimeter-thick chain that provides robust theft protection. The ends of the optional 85 cm and 110 cm long chain are connected to a lock case made of zamak.

### Unlock in seconds with fingerprint

The special feature of this lock case: It is equipped with an accurate fingerprint sensor that recognizes up to 20 scanned fingerprints. When you place your clean finger on the sensor, the lock opens in an instant.

Scanning multiple fingerprints allows for flexibility when sharing the bike lock or bike with multiple people. The locking process is extremely simple, as the lock automatically locks itself when the lock ends are inserted into the lock case. To prevent scratches on the bike frame, the lock case is encased in a silicone cover. IP66 and IP68 certification indicates that the lock case is dust and weather resistant. A double ball lock offers better protection against forced opening.

With this YARDO chain lock, comfort and functionality go hand in hand and you are right with the times. The fingerprint technology is trendsetting and offers maximum comfort and a



**Yardo  
7807F**

high level of security.

- Round, 7mm thick chain (length 85 and 110cm)
- Lock case made of coated zinc alloy
- Incl. CR2-battery
- Precise capacitive fingerprint sensor
- Store up to 20 individual fingerprints

- Double ball lock for better protection against forced opening
- Quick lock without fingerprint thanks to automatic locking
- Dust and weather resistant thanks to IP certification IP66 & IP68

**Recommended retail price from  
€99.95**

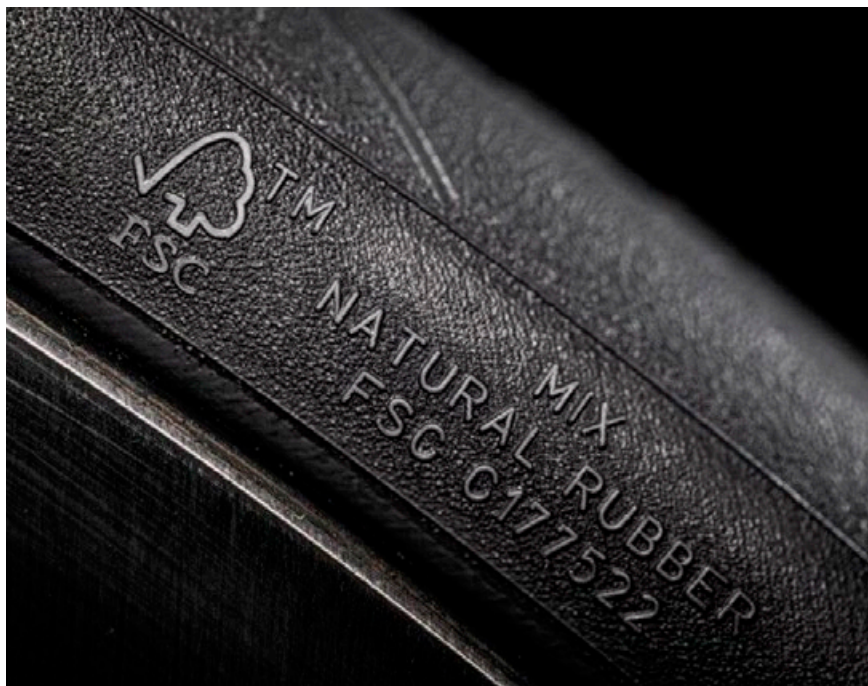


## PIRELLI P ZERO RACE RS THE WORLD'S FIRST BICYCLE TIRE WITH NATURAL FSC®-CERTIFIED RUBBER

The P Zero Race TLR RS is the first tire in cycling to use natural rubber\* certified by the FSC® (Forest Stewardship Council®, the NGO recognized worldwide for responsible forest management).

*Pirelli's outer tire received the certificate because of the components sourced from sustainable forests*

This outer tire, produced at Pirelli's Milan-Bollate plant, opens the way for a whole range of products with certification indicating that the natural rubber used comes from plantations managed in a way that guarantees biological diversity and benefits local communities and workers. FSC® is the main global organization that issues certifications for materials from the forestry sector.



### **From attention to nature to high performance.**

The World Tour Lidl-Trek team was at the start of the 2024 Tour for the first time with the P Zero Race TLR RS.

"The decision to increasingly use FSC® certified natural rubber in

our products is in line with Pirelli's concern for nature and biodiversity," said Piero Misani, Chief Technical Officer at Pirelli, "but also with the desire to pass on the benefits to the local community and workers in the areas where the natural rubber comes from. This is our social and environmental commitment, which we combine with research for the best performance, without compromising on safety, to meet the demands of both professional and demanding amateur cyclists. Also, our experi-

*Now it appears that attention to nature can be reconciled with safety and maximum performance*





ence in Formula 1, where since this year all tires also contain FSC®-certified rubber, shows that attention to nature can be reconciled with safety and maximum performance.”

The P Zero Race TLR RS is a tubeless ready outer tire that represents the latest evolution of Pirelli road bike outer tires. The tire has been specially developed for competition riding, with characteristics that focus on all-weather grip, good handling during braking, sprinting and cornering, low rolling resistance and minimal weight. The tread depth and fabric layers of the structure have been completely revised to reduce weight (-8%\*) and, together with the compound, contribute to a significant reduction in rolling resistance (-16%\*).



(\* ) mean values of tests of all four available measures relative to the PIRELLI P ZERO RACE TLR.

## Concap Max Energy

**Discover the latest sports drink from the Concap Max line.**

Its name suggests it: It gives you maximum energy and works on the endurance of the body.

This sports drink with delicious red fruit flavor can be used for blood group A, AB and B both before and during exercise. Blood type O athletes should mix half a dose with their isotonic sports drink because of the caffeine content.

Price: 36 euros per jar.

**Concap also offers discounted rates to athletes, clubs and teams ask about it at [info@concap.be](mailto:info@concap.be)**





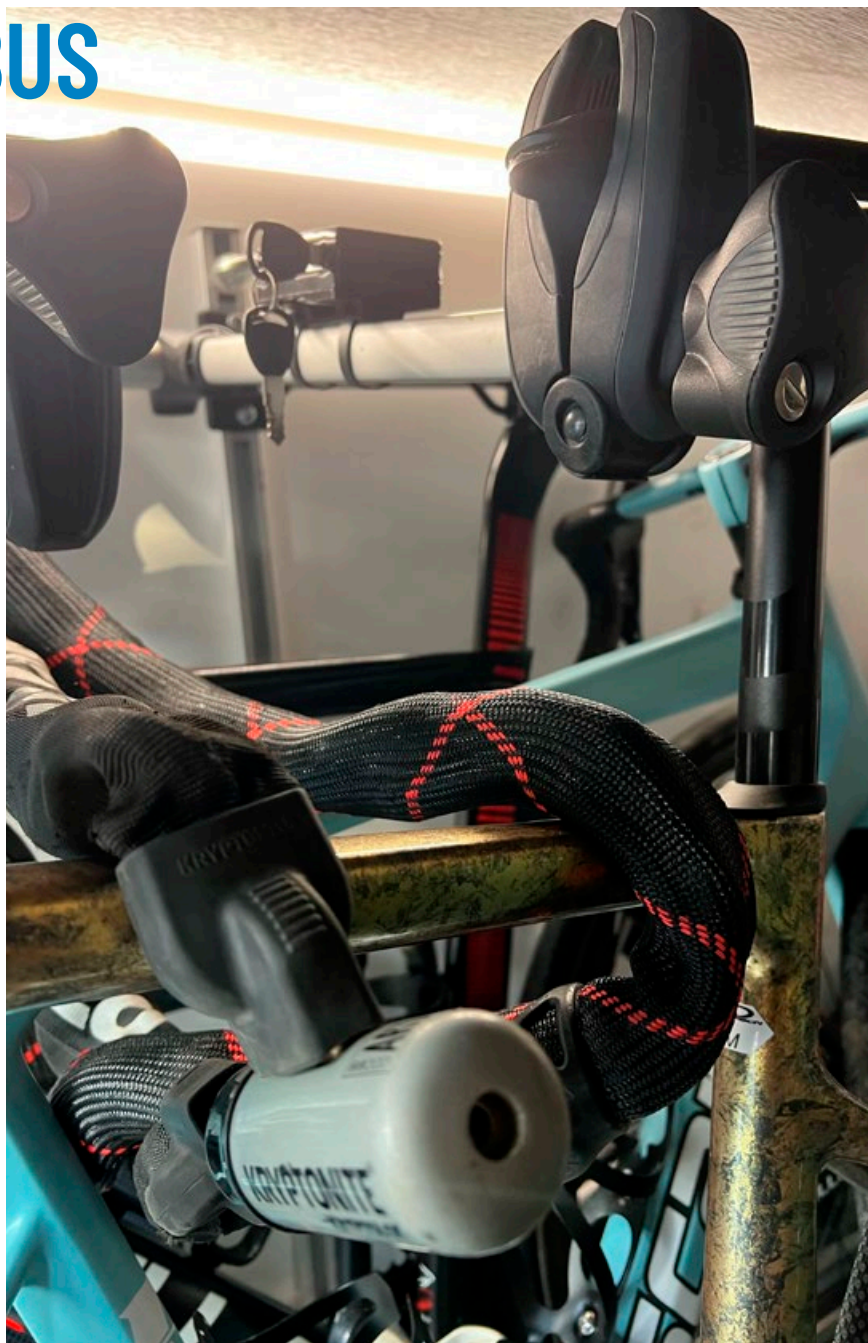
## Secure your expensive bikes wherever you want with this alarm box from ABUS

Securing your expensive bicycle has increasingly become a necessary evil in recent years. Where can you still leave your bike with an ordinary lock as security? Answer: nowhere!

### Traveling by motorhome with those expensive bikes in the garage...Ola is that even possible?

Even when you're near your bike, you have to watch them. So too if you are traveling by car or motorhome. Suppose you and your partner, friend or family are enthusiastically taking the motorhome to a beautiful cycling region...How do you take two expensive road bikes and two equally expensive gravel bikes - or MTBs? Are you really comfortable sleeping with such a capital in the garage of the motorhome or even worse on the bike rack at the back of the motorhome? Yes, it can be done, if you use the right security!

ABUS has the solution for securing your bikes with the alarm box in addition to a wide range of different locks. You simply place the alarm box on the mounting arms of



your bike rack, or on your bike itself, and the box does its job when someone wants to take the bike off the rack. We ourselves did the test with our bikes that are secured in the garage of our motorhome with the necessary (different) security locks.

The bikes are placed neatly side by side in a bike rack and on top of the arm of the last placed bike we placed our alarm box. From the moment the bike is manipulated the alarm box starts to give a first warning. At a second manipulation (movement) it goes into overdrive. The alarm is so loud



and screeching that anyone who wants to take the bike away must leave the bike to keep their ears shut.

You can also simply mount this inconspicuous box anywhere on the frame of your bike. Even though the box does not replace a security lock, the deterrent effect is really good! However, we do recommend using the combination of a good lock and the alarm box. After the box has been armed via

the key, even minimal movements and shocks to the side, front and rear and/or up and down are sufficient to activate the alarm function. And with 100 db it is really convincing ...

The box is also very easy to switch on and off. Switching it on with a press of a button and switching it off with a key. An absolute must for anyone who has an (electric)



bike, but also very effective for mopeds or scooters.

### Another nice thing to know: There are 2 types:

- Alarm box 2.0: with the above specifications and also the ability to insert a plug-in chain so you can still attach it to a pole, bike rack,...
- Alarm box RC: lightweight version of the normal alarm box. Finished in plastic instead of metal, but operated by means of a remote control which allows you to "hide" this box completely.



### SPECIFICATIONS:

- **3D Position Detection**  
Recognizes shocks and the smallest movements in all three dimensions and activates the alarm
- **Intelligent alarm**  
in case of small, short shocks, such as by a soccer etc., the lock emits a short warning signal
- **Incl. CR2 battery**
- **Secure attachment**
- **Low weight** of only approx. 370 g
- **Dimensions** (l x w x h):
  - 82 mm x 58 mm x 37 mm

**Recommended price:** €59.95  
Prices from €39.95



## The Thule EasyFold 3

### The ultimate bike carrier for any adventure

Take your cycling adventures to the next level with the new Thule Easy-Fold 3, an innovative design that offers unparalleled convenience and versatility. The adjustable bike arm and swivel head allow you to safely transport bikes with frame sizes from 20 mm to 90 mm, ideal for kids' bikes to heavy mountain bikes and e-bikes.

With an intuitive click-in/click-out feature, loading and unloading bikes is easier than ever. The fully foldable design makes storage and transport effortless.

The Thule EasyFold 3 easily converts from a 2-bike to a 3-bike carrier, or from a 3-bike to a 4-bike carrier with an additional adapter. The stylish bike carrier with integrated lighting, makes this bike carrier both functional and visually appealing. Get ready for endless bike adventures!

#### Recommended price:

- 2-3 bikes: 969.95 €
- 3-4 bikes: 1069.95 €



› Take your cycling adventures to the next level

Thule EasyFold 3 bike carrier

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# The Thule Chariot Sport

## Tip for active families



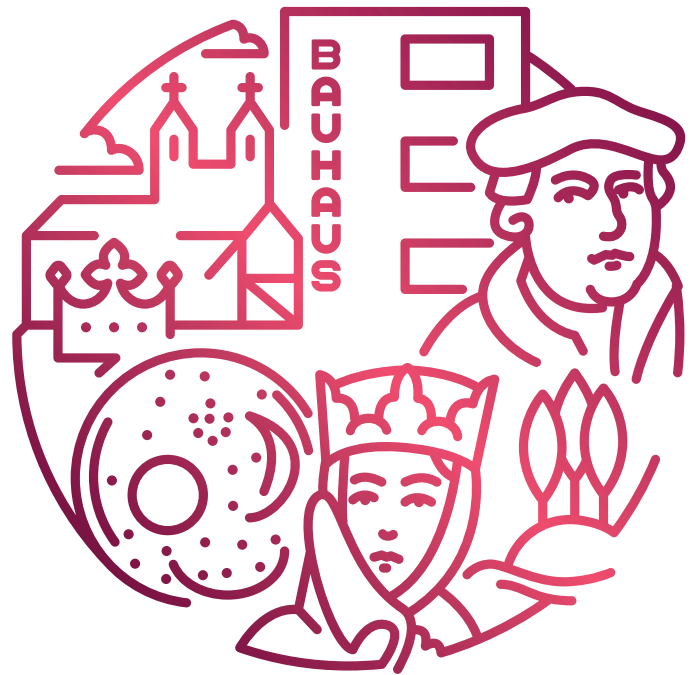
The new Thule Chariot Sport 2 is perfect for sporty parents looking for comfort, flexibility and style. The FlipWing feature allows you to quickly switch between bike and stroller mode without removing the front wheels. The tow bar easily clicks onto your bike with one hand.

In addition, the cart is foldable, making it easy to carry or store, ideal for travel and everyday life. The Jogging Kit (sold separately) turns it into a jogging stroller in no time. Equipped with integrated high-visibility LED lights for traffic. Safe, durable and designed for active families!

**Recommended price:**

- Single: 1424.95 €
- Double: 1574.95 €

## THE INSPIRING SIX

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[world-heritage-saxony-anhalt.com](http://world-heritage-saxony-anhalt.com)



SACHSEN-ANHALT

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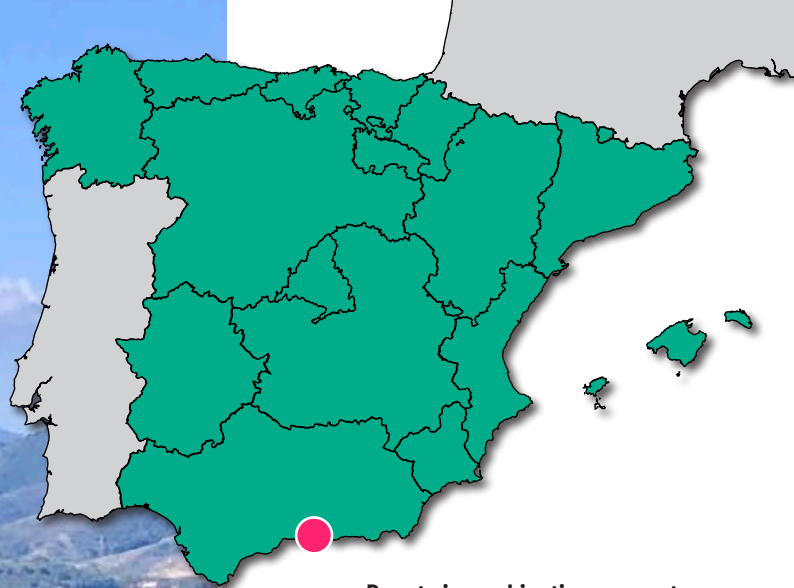


Torrox - Algarrobo - Sayalonga - Competa - Frigiliana - Nerja

# CYCLE PAST THE WHITE VILLAGES OF ANDALUSIA

The insanely beautiful coast with Nerja and the Balcon de Europa in the distance





Beauty is a subjective concept and thus depends on various tastes. Yet there are certain things, which everyone agrees are the exceptions among all other beauties. For more than 35 years I have been traveling with the motorhome all over Europe. How many times the entire coastline of eastern and southern Spain has been on the program I don't even remember exactly. In countless coastal towns I have at least once set foot on the ground and taken the bike out to go inland and cover part of the coastline by bike. It is beautiful in many places on and around the Spanish costas. And for cycling we spontaneously think of the areas around Girona, Tossa de Mar, Tarragona, Peñíscola, Valencia, Dénia, Moraira, Calpe, Alicante, Aguilas, Mojacar, Salobreña. Beautiful, more beautiful, most beautiful and then we end up in the Costa del Sol and more specifically the area between, Almuñécar, Nerja and Torrox Costa. If possible, the inland is even more beautiful there than the coast and a bike ride along the white mountain villages is something every trained cyclist should do at some point.

We start from Camping El Pino from Torrox Costa.

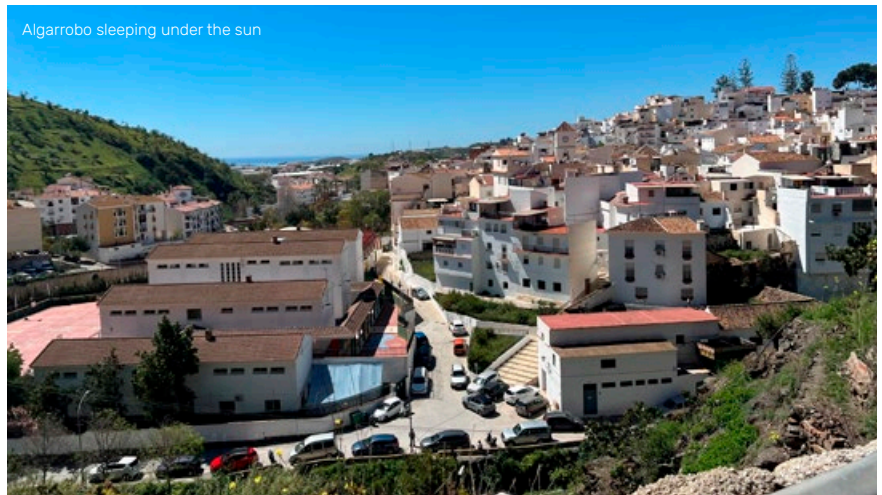
### Torrox - El mejor clima de Europa

As you drive into Torrox Costa along the coastal road from Nerja, you are immediately thrown off guard. Here you are in the best climate in Europe. However, a (cycling) vacation in Europe's sunniest climate with an average of 320 days of sunshine a





Algarrobo sleeping under the sun



year offers much more than just sunshine. – In fact, a “sun-day” in Torrox is an average of eight “sun-hours” per day. So you might expect it to be very dry and arid here – as in several regions of Spain. But nothing could be further from the truth! Due to the proximity of the Sierra Nevada and surrounded by a number of other mountain ranges,

nature here is green and inland you will find many (small) rivers and waterfalls. A phenomenon that few people know is that the water coming from the Sierra Nevada flows for the most part to the southwest side so, towards Torrox/Malaga. Bad luck for the other sides of the Sierra Nevada, because there nature faces tremendous drought in some plac-

es. The combination of the best climate in Europe with the water from the mountains, makes it a paradise across the board.

### Discovering the white villages nearby

**Torrox – Algarrobo – Sayalonga – Competa – Frigiliana – Nerja**

It is late October, and at noon the temperature has risen to a



nice 26°C. Under a steel blue sky, we set off from El Pino campsite in Torrox, along the coast toward Malaga. Our bike tour will go straight through the heart of the Axarquía region. This region is a relatively unknown pearl on the Costa del Sol. For about 10 km we ride along the coast until we turn right into the road that



leads to Algarrobo. Immediately we start climbing at percentages between 1 and 8%. Algarrobo is the harbinger of things to come. Clinging to the mountainside, the white houses seem to be enjoying

a pleasant siesta in the sun. Once we ride out of Algarrobo in the direction of Sayalonga, we come to a beautiful low-traffic road that winds further uphill with percentages between 5 -9%.

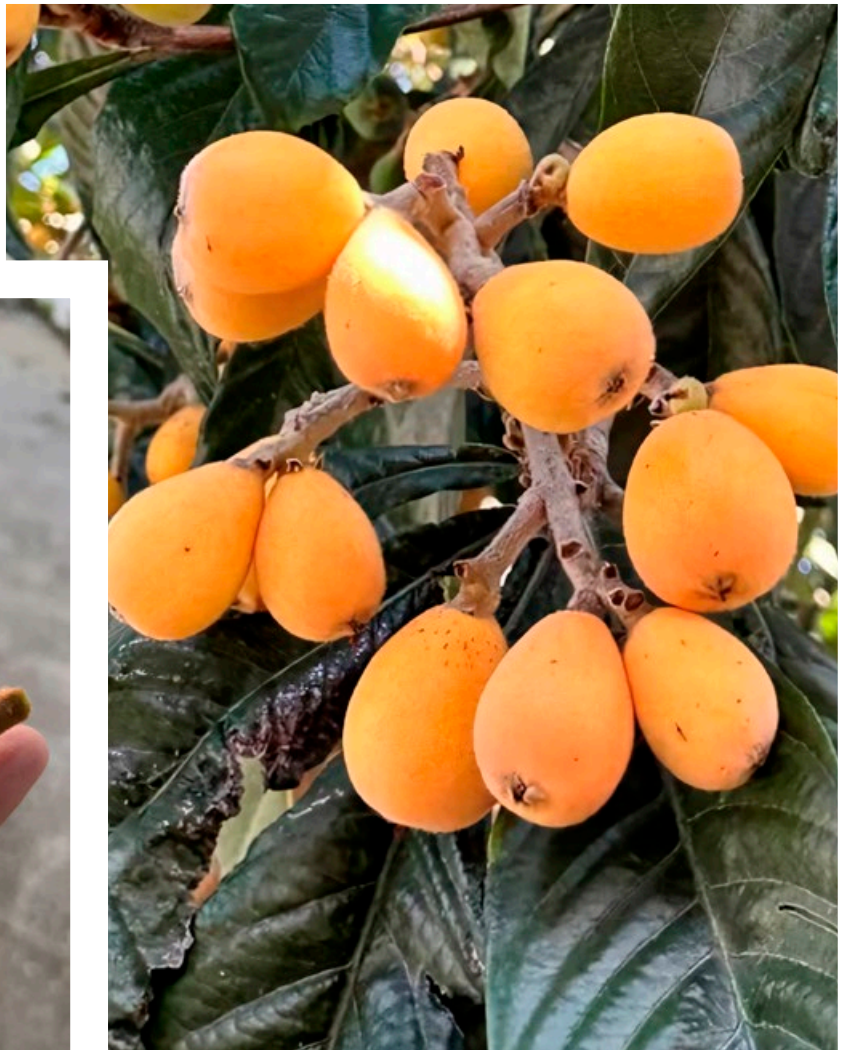




A very nice climb that leads to the for us intriguing town of Sayalonga, the Spanish heimat of the nisperos.

The what?...I now hear many readers say...well yes, the nisperos or in Dutch loquats. A fruit that when picked ripe from the tree was voted the absolute favorite fruit of yours truly. So the nispero, originally coming from China where it is called the pipa. The valley surrounding the beautiful white Andalusian village turns cheerfully orange every May because of the fruit trees full of ripe nisperos.

From Sayalonga we climb on - gently with occasional steeper sections - to Competa. You can see the white village from afar. Competa is one of the truly beau-





tiful white villages in Andalusia. Its architecture is a mix of Arab, Roman and Christian influences. Very worthwhile to stop and take some pictures. Driving out of Compeeta, the road climbs further up until we reach the highest point at almost 800 m. From sea level we have just climbed 18 kilometers which thus amounts to a 4.4% average. From here on it goes down towards Torrox pueblo with some steep uphill sections in between. When we arrive in Torrox, we are a few kilometers from the El Pino campground, but we know there is still a beautiful road with little traffic where we will burn our legs and cheer with pleasure. Without encountering a single car, the road goes over 14 km and two climbs towards Frigiliana. The sections above 15% sometimes seem to want to take our courage away, but once we arrive in Frigiliana, all pain is forgotten.



Sayalonga - the white village is the Spanish heimat of the nispero



You don't cycle past Compeeta without taking a picture

### Nispero - Juicy and flavorful

The nispero, also called loquat or Japanese medlar, is an oval-shaped fruit. Its color ranges from yellow to deep orange and its skin is thin. The orange flesh is very juicy and the taste is slightly sour to honey sweet. For me personally, it cannot be compared to any other fruit; its intense flavors are scrumptious. In the heart are two to five relatively large and inedible brown seeds.

### Exotic origin

The fruit tree has been cultivated for more than 1,000 years in China and Japan. In the late eighteenth century it found its way to Europe, and about a hundred years later the Tanaka species from Japan made its appearance in Spain. In Nerja, the first tree on the European continent was put into the earth by a local farmer. Later the cuttings were transplanted to Sayalonga, after which cultivation began there. Since the 1980s, this white village has become the "Paraíso del Nispero" in the Axarquía region. The orange fruit feels completely at home in the microclimate of this area, located between the Mediterranean Sea and the Sierra de Almijara. Today, with more than 500 tons per harvest, Sayalonga is by far the largest supplier in the province of Málaga.

### Healthy treat

The nispero is the perfect snack for athletes and all those who want to lose weight. This fruit is low in calories and very high in fiber, which as we know contributes to good bowel function. The flavorful fruit also contains vitamins A, B & C as well as minerals such as calcium, potassium and magnesium. Furthermore, the nispero helps reduce cholesterol and control diabetes.



## The most beautiful village in Andalusia

**Frigiliana** is something you definitely don't want to miss, located at an altitude of 320 meters and right above the well-known coastal town of Nerja. From here you have an immense view of Nerja and the Mediterranean Sea, the well-deserved reward for the earlier suffering is simply wonderful. A maze of streets, white-washed houses and everywhere the smells and colors of flowers, jasmine and (in the spring) lavender.

Frigiliana is often called the most beautiful village of Andalusia and has officially received that title many times. It really does look like a postcard picture! Moreover, from the most beautiful village of Andalusia you look down to one of the most beautiful beaches of Spain, surrounded by nature both landward as well as on the sea.

## Nerja

After a 6.3 km descent from Frigiliana, you already reach one of the beautiful beaches of equally picturesque Nerja. Nerja is a true beach paradise! And for those who want more, Nerja also offers all that is needed. It is an attractive village, with about 22,000 inhabitants and a wide range of activities, without the bustle of a larger city. You can eat out, stroll in the car-free center, enjoy cultural events.

Part of the old center of Nerja is exclusively accessible to pedestrians and cyclists. It invites for a relaxing walk and a fun photo session at the Balcony of Europe! There you can enjoy the most spectacular views of Nerja, and it buzzes with fun and life.



Frigiliana - From the most beautiful village in Andalusia look down to one of the most beautiful beaches in Spain









### Naming by the king

According to legend, the sight owes its name to King Alfonso the 12th. Because this king caused the fame of the balcony of Europe, you will also find his statue at the end of it. This lifelike statue is life-size and therefore makes a great place to take photos.

After our meeting and pleasant chat with Alfonso the 12th, we began the last part of our trip. Along the coastal road we soon arrived back in Torrox and - after 64 km and 1460 hm - were able to relax and recuperate in front of our camper at El Pino campground.



Torrox Pueblo with a view of Torrox Costa and the Mediterranean Sea

Text and images: P. Van Gansen

**Torrox Pueblo** is located inland about four kilometers from Torrox Costa. The village is nicely situated on a hill giving you a beautiful view over the sea and Torrox Costa. It is a nice warm-up by bike to go further inland and do a lot of altimeters. Torrox Costa is a small seaside resort with a beautiful long sandy beach. Along this beach runs a lively promenade where you will also find stores and several restaurants. The resort and village are surrounded by several national parks, in other words it is one of the most centrally located coastal towns to explore the amazing Costa del Sol and by extension beautiful Andalucia.

**CAMPING el PINO**

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

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*Fully enjoy your holidays on the Costa del Sol at Camping el Pino*



At **Camping el Pino** you can fully enjoy your vacations on the Costa del Sol. The campsite is located in a region called Axarquía. From the campground you will have a beautiful view of the surroundings and, thanks to the many avocado trees and other tropical trees, there are many fresh shade spots. There are also sunny places,

more suitable for winter. The 2-star campground is quiet and family-friendly with 369 pitches, 47 bungalows, café-restaurant, store, swimming pool, laundry room, etc. The campground is open all year round and thanks to the local microclimate, temperatures are pleasant both winter and summer.

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

Urbanización Torrox Park s/n  
29793 Torrox Costa, Málaga  
Tel/Fax: 952530006 – 952532578  
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# Cycling through the World Heritage Site of Anhalt-Dessau-Wittenberg



Dessau, Steglitzer Berg Burgtor  
© Elberadweg  
Felix Meyer

**The World Heritage Region of Anhalt-Dessau-Wittenberg offers everything you need for a perfect bike camping vacation in the great outdoors. Miles of trails through idyllic forests, across flowering meadows and along small streams and large rivers promise all kinds of variety. A dense network of international and regional cycling and hiking trails connect the tourist highlights of the region, such as the four sites recognized by the UNESCO Commission: The Luther monuments in Wittenberg; Bauhaus, master houses and arcade houses in Dessau-Roßlau; the Dessau-Wörlitz Garden Kingdom and the Middle Elbe Biosphere Reserve as part of the transnational Elbe River Landscape Biosphere Reserve.**

The World Heritage-listed region also has much to offer for sports enthusiasts who like cool water. The rivers Elbe, Saale and Mulde and the idyllic lakes such as the Goitzsche, Muldestausee, Gremminer See, Gröberner See, Bergwitzsee and Edderitzer See, with their various water sports facilities such as a modern wake park and other water attractions, invite plenty of action and relaxing hours also in addition to cycling. The area therefore invites you to explore by bicycle. The terrain lends itself to the use of either racing, gravel, electric or mountain bikes. Escape the daily grind and explore the Anhalt-Dessau-Wittenberg region your own way!

**“We chose the electric bike in this region”**

**Our tip for your vacation budget:**

With the World Heritage Card, you pay only once and get free admission to more than 130 arts, culture, nature and leisure activities all at once. You can buy this card both for 24-hour, as a 3-day or as a family card including a travel guide.

We chose the electric bicycle in this region. This way, we can





combine all possible sights while cycling without being covered in sweat every time we stop for a new culture shot. Here we share two of our rides that we enjoyed immensely.

**Tour 1**  
**Gartenreich Tour "Prins Franz" - Discover the paradise gardens**

An eventful tour takes cyclists through the Dessau-Wörlitz garden kingdom of Prince Leopold II. Friedrich Franz von Anhalt, a grandson of the "Old Dessauer".

The UNESCO World Heritage Site, with its romantic palaces, parks, avenues and small-scale architecture, is embedded in a beautiful landscape along the Elbe and Mulde rivers. At the beginning of the route in Großkühnau (Des-

sau), the Kühnauer Park is a scenic gem. The route leads past the Weinbergschlösschen to the palace and park Georgium. The palace houses the Anhalt Picture Gallery with a collection of old German and Dutch paintings. The route continues through Sieglitz Park, the Elbe Meadows and Vockerode to the parks of Wörlitz. Via Oranienbaum with its Baroque town, palace and park ensemble, the route leads to the beaver castle and the "Auenhaus" information center of the UNESCO Middle Elbe Biosphere Reserve to Mildensee and via Mosigkau Park back to the starting point.



Chinesisches Haus,  
Oranienbaum  
© WelterbeRegion  
Anhalt-Dessau-Wittenberg,  
Uwe Weigel, 2020

**"Romantic palaces amid the beautiful landscape between the Elbe and the Mulde"**



## Tour 2 Mulderadweg On old castles hunt

Old city centers, historic castles and palaces, museums and impressive buildings line this route.

At the beginning, cyclists can decide whether to start on the slightly longer Zwickauer Mulde or the Freiburger Mulde. At Sermuth, both branches of the river flow together to form the United Mulde. At the spa town of Bad Dübener, the course of the river reaches Saxony-Anhalt and the Mulde reservoir. The bike trail leads from Löbnitz through the Pouch peninsula to the Goitzsche, a flooded opencast mine near Bitterfeld-Wolfen. A detour to Ferropolis on the coal-steam-light route via the bypass around the Mulde reservoir is worthwhile. The Mulde bike trail takes you to Mühlbeck-Friedersdorf, Ger-

many's first book village, and on to Altjeßnitz with its maze, estate and castle park. Along the river meadows, the route reaches Dessau-Roßlau.

## Tip Middle Elbe biosphere reserve On a journey of discovery

The Middle Elbe Biosphere Reserve extends 303 kilometers from the



SUP auf Gremminer See, Ferropolis, Gräfenhainichen  
© WelterbeRegion ADW, Uwe Weigel, 2021



Strand am Naturcampingplatz am Möhlauer See,  
Möhlau © WelterbeRegion ADW, Uwe Weigel, 2021





Elberadweg, Dessau  
Siegltizer Park  
Felix Meyer (ccbync4)

**“Combining all possible sights  
while cycling without being  
covered in sweat every time.”**

Elbe through Saxony-Anhalt and is part of the trans-national Biosphere Reserve of the Elbe River Landscape - UNESCO World Heritage Site. The variety of different habitats in the floodplain is impressive and the basis for great species diversity. Countless plants and animals live here, including many endangered species. The beaver, for example, which was almost extinct here decades ago, has returned to the river landscape.



Venustempel Wörlitzer Park, Wörlitz © WelterbeRegion  
Anhalt-Dessau-Wittenberg, Uwe Weigel, 2020



**Learn more**

[www.welterbecard.de](http://www.welterbecard.de)

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# UNIQUE CYCLING REGION SAALE-UNSTRUT

Saale-Unstrut is a wine and cultural landscape in the heart of Germany, characterized by the high Middle Ages. A globally unique architectural heritage of more than 1,000 years of European history, along with pristine river landscapes and ancient vineyards, makes for an impressive destination to explore by bicycle.











The winemaking tradition, practiced since 998, is one you cannot drive past. Vineyards with steep terraces, dry stone walls and vineyard houses characterize

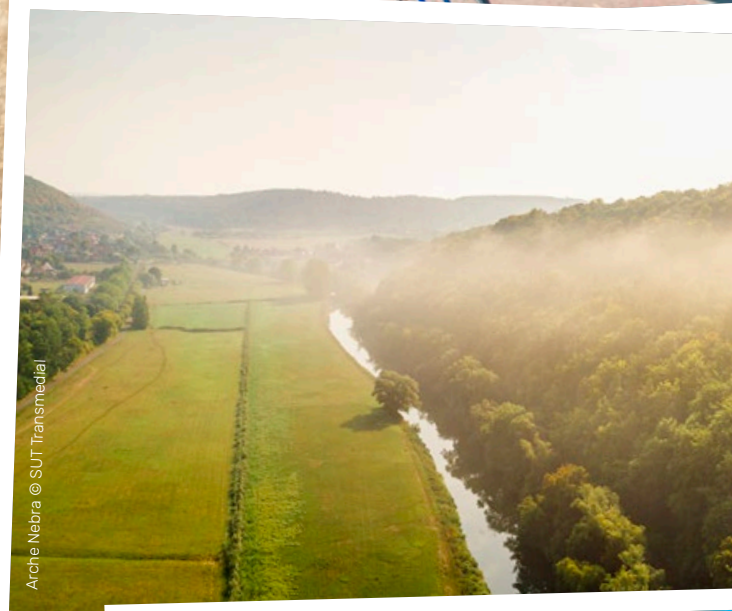
the region. Today, more than 50 grape varieties are grown on the 768 acres of vineyards. You could taste a new variety every week of the year and still not have tried

them all. Imposing castles and palaces, impressive cathedrals, monasteries and churches recall the period between the 11th and 13th centuries. These include





Saaleradweg  
© SUT Transmedial



Arche Nebra © SUT Transmedial



Zusammenfluss Saale Unstrut © SUT Falko Matte

Naumburg Cathedral, which has been a UNESCO World Heritage Site since 2018. The beautiful traffic-free asphalt roads, the hills and wine tasting make

Saale-Unstrut an ideal cycling holiday region.

The many well-developed bike trails lead not only along the

eponymous rivers Saale and Unstrut, but also to exciting themes: The "Sky Trails," for example, take you into the world



of archaeology and astronomy, including the world-famous “Nebra Sky Disc.”

Saale-Unstrut surprises and invites you to discover the region by bike more than once.

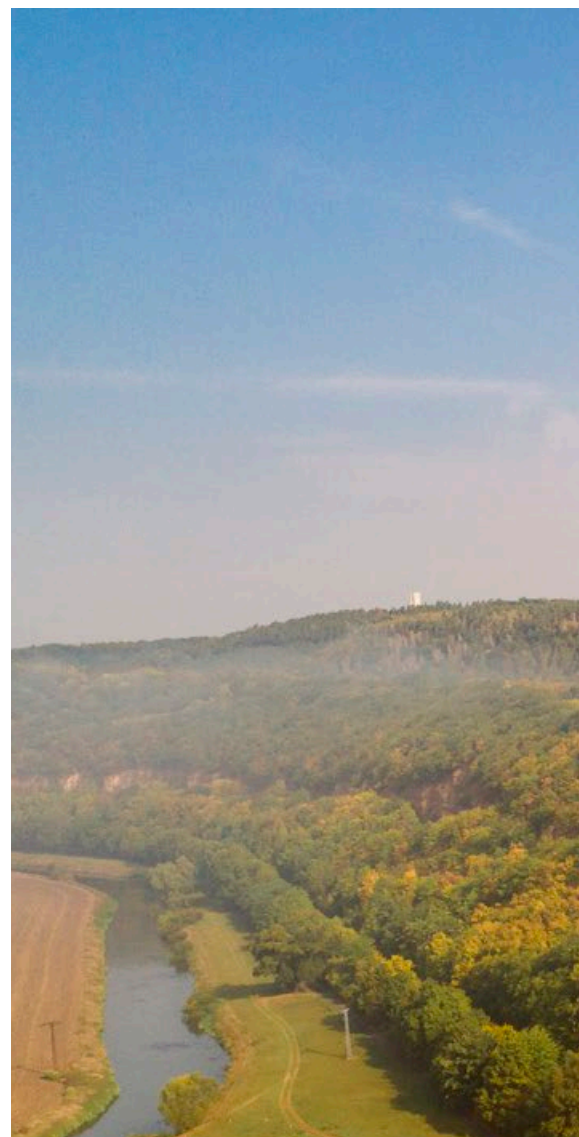
### **Cycle route 1: Saaleradweg Experience nature and admire extraordinary castles**

The Saaleradweg is one of the most attractive and varied river cycling routes in Germany. From the Fichtel Mountains to the Elbe lowlands, the cycling route traverses a varied landscape with a wealth of cultural monuments, picturesque river valleys and a multitude of towns and villages, from small, dreamy villages to large cities such as Jena and Halle (Saale).

The route follows the Saale from its source through the states of Bavaria, Thuringia and Saxony-Anhalt to its mouth. In the dam area, the route is especially popular with ambitious cyclists who like to do their interval training on the nasty climbs. From Saalfeld the route flattens out. Besides the impressive landscape, the most beautiful features of the cycling route are the many castles and palaces. In Saxony-Anhalt, the route runs about 180 kilometers from Kleinheringen to where the Saale flows into the Elbe at Barby.

### **Tip: Wine route Saale-Unstrut**

Cycle through the 1000-year history of viticulture on the Saale and Unstrut rivers. With nearly 770 hectares, the Saale-Un-



## **The “Sky Trails” take you into the world of archaeology and astronomy**



View on Merseburg © Saale-Unstrut Tourismus e.V.



# This is where the famous Sky Disc of Nebra was found



The Nebra Ark on the Unstrut  
© Saale-Unstrut Tourismus e.V.

strut region is the northernmost quality wine region in Germany. The Saale-Unstrut Wine Route opened on Sept. 17, 1993, and in its 30 years of existence has developed into a popular adventure route in southern Saxony-Anhalt.

The route is about 60 kilometers long and leads past old terraced vineyards to numerous wineries, wine taverns and wine islands. Medieval castles, mystical sites and the charming river landscapes of the Saale and Unstrut

rivers characterize the landscape all the way to Bad Sulza in Thuringia.







### Bicycle route 2 Himmelsscheibenscheibensradweg Bicycle path of the sky disk

#### On the trail of the Bronze Age

An exciting journey into the history of mankind, back to the Bronze Age, begins at the site where the famous "Sky Disk of Nebra" was found. The sensational find of the bronze disk with gold appliques is considered to be the oldest depiction of the cosmos in the world (about 3,600 years old). From the current repository of the sky disk, the State Museum of Prehistory in the city of Halle on the Saale, cyclists can follow the footsteps

You taste  
a different  
quality wine  
every week for a  
year

of history to the excavation site on the Mittelberg on this bike trail. From Halle (Saale), the trail leads to the Mansfeld region with its wine-growing area on the Süßen See, then leads you further to Querfurt Castle. This castle is one of the most powerful and special in Germany. The bike route continues through the Ziegelroda Forest to the Nebra Ark visitor and adventure center.

**Tip: Get off your bike and experience the Himmelswege**

For thousands of years, people

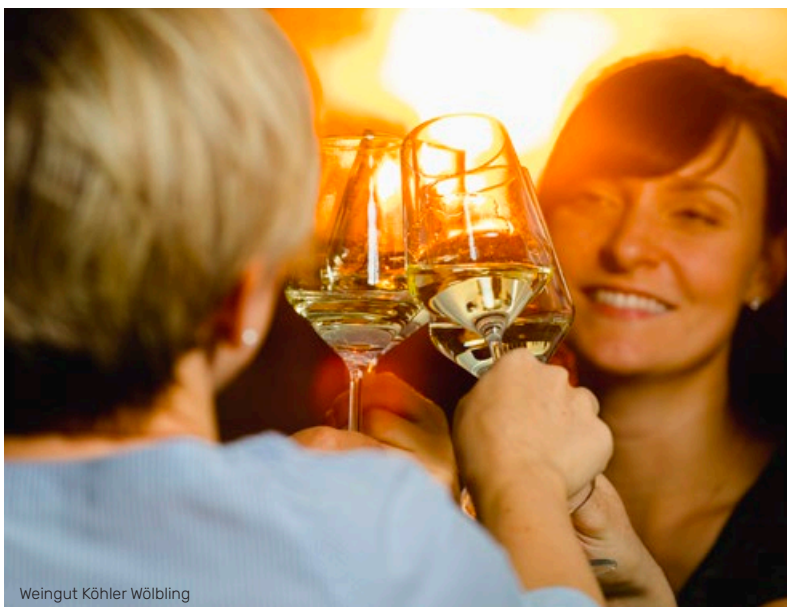




have looked to the night sky to discover the secrets of life. The tourist adventure trail "Himmelswege" also explores no less than the meaning of life, the wherefore and the whither. The answer is written in the stars. In southern Saxony-Anhalt, unique archaeological finds of international importance at four "Himmelswege" stations, provide information about the prehistory of a region that was once one of Europe's most important centers. Then at the fifth station - the solar observatory -

go on a journey to the stars and complete the circle! In Halle, Goseck, Lange- neichstädt, Nebra and Pömmelte near Magdeburg, you will find these exciting exhibitions about the sky and the earth, or perhaps also: about heaven on earth.

More information about the "Sky Trails" tourist route and the five stations can be found at:



Weingut Köhler Wölbling

### Learn more

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Tourismus GmbH

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Phone +43 (0)3445-233790

info@saale-unstrut-tourismus.de  
www.saale-unstrut-tourismus.de





# Welcome to paradise

© Samuel Confortola



© Samuel Confortola

Cycling high above the clouds, endless flows before you and an exclusive refuge to recover from your adventures... sounds like paradise to you? It is! Welcome to the Paradise Lodge in Livigno! Just 10 minutes from the city center and right next to the Carosello 3000 elevators you will find this brand new MTB hideaway in the heart of the Italian Alps in Lombardy. In a perfect location at 1,816 meters above sea level. Cyclists and connoisseurs will be in the thin and pure air and on one of the 14 trails in the Mottolino Bike Park in no time. And après-bike is also taken care of, as the 500-square-meter wellness area Soaria of the Paradise Lodge awaits you. Under the motto "Free Spirit," the innovative Paradise Lodge with its authentic alpine chalet character promises a small break high above everyday life. With maximum flexibility, close to nature and room for free spirits.



**Stay at the specialized cycling hotel in Livigno**  
Paradise Lodge\*\*\*\*S  
[paradiselodge.it](http://paradiselodge.it)

**More cycling hotels and regions**  
[bike-holidays.com](http://bike-holidays.com)  
#MyPlace2Bike





# Starting the season early in southern South Tyrol



**Before you would fall into a winter depression, you'd rather start planning now for the 2025 cycling season. And we have a golden tip for you: the south of South Tyrol! Yes, because while others are still knee-deep in snow, thanks to the mild Mediterranean climate here you can already complete the first training laps and enjoy the warm spring sunshine with an espresso. This is how the sunny early start@südtirolerunterland works.**

When you stay with the Teutsch family at the Teutschhaus road bike hotel in the village of Kurtinig an der Weinstraße, you've come to the right place to take your spring training to the next level. Not only the host has a passion for cycling, but also the hotel cycling guide Roberto Mich. He has been an enthusiastic cyclist for more than 35 years. In addition to being ex-Italian climbing time trial champion, he is also a proud Sellaronda winner. In

short: THE top guide to get you fully fit after the long winter! And don't worry: in the wine village of Kurtinig, despite all the hard work on your fitness, there is no shortage of fun. Because the smallest municipality on the South Tyrolean Wine Route is surrounded by around 70 hectares of vineyards, wineries, orchards (apple blossoms from April!) and exotic fig trees. So enjoyment is the second name of this small village 30 kilometers south of Bolzano.

## **Tasting, Dolomites & DOMS**

In this region, it's no surprise that the traditional family-owned Teutsch company, whose roots date back to 1506, has its own winery in addition to the Teutschhaus Bike Hotel. When you order the "house wine" here, as is customary in Italy, you actually get it. The weekly tasting with accompanying multivision show about southern South Tyrol in

the historic wine cellar is not to be missed! Host Walter Teutsch is not only a wine connoisseur, but also a tour expert. The most beautiful tours through the South Tyrolean lowlands start right outside his door and take us along the South Tyrolean Wine Route, as far as Bolz-

A trip along  
Lake Garda is also high  
on the priority list

ano and Merano and to the UNESCO World Heritage Dolomites. A great road bike tour to start in spring is the one through the asparagus and wine region of Trentino - all the way to the provincial capital of Trento for springtime dolce vita and a first gelato. The introductory tour from Teutschhaus via the old







Montan railroad line, on the other hand, offers beautiful views of the lowlands. Alternatively, we cycle to the Sarchet Valley and Lake Molveno. A tour along Lake Garda is also high on the priority list, as spring can be greeted beautifully here on the shores of Lake Garda! If you want to take yourself to the next level, you are certainly ready to put those wonderful miles on your counter.

### Cozy roll-in on & off the road

The region with its mild Mediterranean climate offers a wonderful cuvée for road cyclists and gravel bikers, consisting of the imposing Mendel Mountains, alpine terrain, flat valley cycle paths and steep

pass roads. Around the many charming villages in southern South Tyrol you will cycle from 200 to 2,000 altimeters with the Mendel Pass (1,363 m) as one of the highlights. If you have biked here you will definitely return in the summer as well, because then there are tours to the San Lugano Pass and there are wonderful altimeters to gain to Lake Fennberg.

In this cycling region in southern South Tyrol, not only racing cyclists, but also gravel bikers get their money's worth. Because on the province and language border with Trentino, we also find exciting gravel bike tours. The lower forest roads in particular have the advantage that they are usually snow-free from mid-February to mid-November. The wide, flat valley along the Adige River is just as suitable as the less-

er-known forest roads through the Trudner Horn Nature Park: South Tyrol's most species-rich nature park is home to around 60 species of orchids here.

### Fixed point: Sellaronda Cycling Day

The Sellaronda is anything but an unknown. The Dolomite legend is at its best a little later in the season, in early June to be exact, on Sellaronda Bike Day. On this car-free day, the Dolomite passes - Sella Pass, Gardena Pass, Pordoi Pass and Campolongo Pass - are exclusive to cyclists. Those who miss the spectacle will get a second chance in September.

**Our conclusion:** Whether you are a nature cyclist, a cyclo sportive competition beast, a long-distance cyclist, pleasure cyclist or cycling wine connoisseur - the South Tyrolean road cycling region is already perfect from the start of the season - early March.



#### More info on the cycling region:

Tourismusgenossenschaft Südtirols Süden  
[suedtirols-sueden.info](http://suedtirols-sueden.info)

#### Staying overnight at specialized cycling hotel

Hotel Teutschhaus\*\*\*S, Kurtinig, [teutschhaus.it](http://teutschhaus.it)

#### For more cycling hotels and regions

[roadbike-holidays.com](http://roadbike-holidays.com)

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# Cycling in the lake landscape of SalzburgerLand-Salzkammergut

Anyone who loves the element of water will love the Salzkammergut region! The turquoise blue lake landscape surrounded by numerous mountain peaks is unique in Austria. In addition to its more than 67 crystal clear lakes, the Salzbur-

gerLand - Salzkammergut region is known far beyond its borders for its network of cycling trails. And there's good reason for that: 6,000 kilometers of trails, ready for road cyclists addicted to discovering. It can be quite a challenge to pick

out the best tours along the lakes and the most beautiful pass roads on the northern edge of the Alps. How good that there are experts. Oh, and then there's the Mozart city of Salzburg. And the Salzburger Nockerl!



**There are no less than 70 beautiful lakes in SalzburgerLand**

Mondsee, Fuschlsee, Wolfgangsee, Hintersee, Krottensee, ... - it would go beyond the scope of this article to list all of the approximately 70 lakes in SalzburgerLand - Salzkammergut. The region is widely recognized as the lake region of Austria. Together with the mountains, the lakes form

a unique and extraordinary landscape. And that makes the region attractive not only for the leisurely cyclist seeking coolness and few altimeters along the lakes, but also for the climber looking to accumulate a bunch of altimeters. The cycling routes spread over a total of 6,000

kilometers between SalzburgerLand and Upper Austria, winding their way through the hilly foothills of the Alps. As many as six regions - namely Fuschlsee, Mondseeland, Attersee-Attergau, Salzburger Seenland, Eugendorf and Wolfgangsee - come together in this unique road cycling





© Oberösterreich Tourismus / Moritz Ablinger

huge network of specially marked routes. For example, on the Salzkammergut Lakes Monster Gravel Tour, which combines 82.8 km of single trails, forest paths, bike paths and side roads and leads to a panoramic 1,259 meters. From here you look out over ... lakes as far as the eye can see.

### **Bucket list for road cyclists & gravel bikers**

The gravel circuit Salzburger Seenland and the Haunsbergtrail should also be on the bucket list. The Wolfgangsee region is a new addition: a tour around the largest and deepest lake in SalzburgerLand is a must, as is an off-road trip to the Postalm. Here you can explore Austria's largest alpine area and indulge uninhibitedly in the rustic romance of mountain huts. Because if you haven't tried a cheese dumpling here or a snack with farmhouse bread, al-

Try an airy Salzburger  
Nockerl knödel  
here to know what  
Salzkammergut  
tastes like

pine cheese, bacon and buttermilk and airy Salzburger Nockerl knödel, you don't know what Salzkammergut tastes like! Those who prefer to ride without gravel can take advantage of the 600 km of bike trails in the Velodrom Salzburger Seenland for a wide variety of tours. The best way to learn more about the region, its people and hidden treasures is to join a local road bike guide on a guided gravel or road bike tour. You can find these experts at the renowned and certified road bike and triathlon hotel Jakob in Fuschl am See.

region. They all have great cycling vacations to offer full of nature, culture and excellent local cuisine.

### **In the footsteps of Empress Sissi & Emperor Franz**

The haven of famous literary figures, personalities and icons of the Aus-

tro-Hungarian monarchy turns out to be a first-class road cycling area that offers a huge variety of tours over lakes and mountain peaks from April to October. If you want to extend the route network even further, you can cycle on gravel bikes over the authorized forest trails and the







© SalzburgerLand / WOM Medien / Stefan Schopf

### Guest of the Ironman finisher

Host Jakob Schmidlechner is himself an enthusiastic road biker who, despite his great love of asphalt, also goes along with the flow of the gravel trend. In addition to Canyon rental bikes and all-round carefree service, he has personalized touring suggestions in store for his guests. Triathletes

are also in good hands with him, of course - the training area is right outside the door. You can also take part in the Trumer Triathlon or the Mondsee 5 Lakes Cycling Marathon, which covers five of the most famous lakes in Salzkammergut in one go. Or go for the crown in Europe's largest individual time trial around the picturesque Attersee,

the ASVÖ King of the Lake. Afterwards you can relax on the private beach with a 25-meter outdoor pool on Lake Fuschl or in the wellness area of Hotel Jakob. The calves of weary cyclists can also be loosened up with a leisurely walk and tasting in Salzburg's world-famous Getreidegasse to satisfy cultural cravings as well.



© SalzburgerLand / Markus Greber

#### More info on cycling regions:

[rennrad-austria.at](http://rennrad-austria.at)  
[rennrad.salzburgerland.com](http://rennrad.salzburgerland.com)  
[oberoesterreich.at/radfahren](http://oberoesterreich.at/radfahren)

#### Staying overnight with cycling enthusiasts:

Rennrad & Triathlon Hotel Jakob\*\*\*\*  
[hoteljakob.at](http://hoteljakob.at)

#### For more cycling hotels and regions

[roadbike-holidays.com](http://roadbike-holidays.com)  
[#MyPlace2Bike](https://twitter.com/MyPlace2Bike)





# South Tyrol from its most beautiful side Magical Dolomites – 3 Zinnen

If you are heading on a cycling vacation to the UNESCO World Heritage Site Dolomites, the 3 Zinnen Dolomites region should be at the top of your bucket list. The three striking mountain obelisks are not only a place of desire for mountain lovers from all over the world, but also a unique cycling area in South Tyrol. Connoisseurs come into their own in the 3 Zinnen Dolomites region, as do nature lovers and mountain enthusiasts.

With its unique mountain landscape, the region of the 3 Zinnen Dolomites has already turned the heads of many cyclists. With their spectacular ridges, climbs, meadows and alpine pastures, Sexten, San Candido, Dobbiaco, Villabassa and the Braies Valley are a real playground for mountain bikers. The impressive

UNESCO World Heritage Site of 3 Peaks is always in sight. And right in the middle of the area you will find a fantastic 29-km, 1,550-m downhill Alpine singletrail. The Demuth Passage is the region's most favorite trail and belongs on any serious Dolomite cycling bucket list. The region is full of WOW moments!



**The Demuth Passage is a trail that  
belongs on every Dolomite cycling bucket list**





### Exciting, challenging, diverse

There are 5 villages under one roof in the 3 Peaks Dolomites region: Sesto, San Candido, Dobbiaco, Villabassa and Braies. All are South Tyrolean villages of character. Dobbiaco, located at the intersection of several valley bike trails, scores high with the MTB paradise Silvestertal Valley. Braies is the gateway to the Braies Valley, which can also be discovered by anyone by e-bike. From Villabassa, San Candido, Dobbiaco and Sesto you will find the perfect starting points





for wonderful (cross-border) bike tours. From the MTB practice park you can go directly to the two single trails Erla & Standschützen. And then there are the characteristic trails of the region: the Demuth-passage and the Marchkinkele. The legendary Stoneman Trail also awaits you: 120 km and 4,560 altimeters to conquer in 1, 2 or 3 days - depending on your mood and condition.

### Follow the history on the Demuth Passage!

You embark on a short journey through the history of the earth



and time: After all, the famous pale peaks of the Sesto sundial were formed over millions of years as fossilized algae and coral reefs in the Tethys Sea, before they showed their angular face as the water level dropped. The Carnic border ridge on the other side of the Sesto Valley, on the border between Austria and Italy, was once the scene of a battle with heavy losses as the front line ran here during World War I. Today, the ridge offers cyclists a view of the East and South Tyrolean mountains and then sends them - full of humility and expectation - along the narrow path of the Demuth Passage to Sesto. An absolute must in the Dolomites!

### Border experience on the Carnic ridge

The view of the mountains of East and South Tyrol is truly sublime. But the Demuth Passage immediately catches our attention again. The trail extends up to the Kniebergsattel and is more of a day trip than a short trail, laid out as a high-alpine circular route. But cyclists with slightly less ambition also get their money's worth in the area. The network of gravel and mountain bike trails is so large and varied that there is something for every pair of calves. If you're biking in this region don't forget that other popular trail of the 3 Zinnen Dolomites region, the Marchkinkele. With its 7 km and 740 downhill meters, it goes up to the Silvesteralm.

From here there are three different trails that wind their way further down to Dobbiaco. We take the most difficult of the three, but less technically inclined cyclists can also blissfully descend on one of the other trails. Our

## Here you cycle along the Carnic border ridge along the front line of World War I

choice is a rather difficult and technical trail that gives us the necessary adrenaline and also takes us past historic (war) sites. So it goes on until we reach Toblach/Dobbiaco where our next challenge awaits: cooling off in Lake Toblach. With a maximum temperature of 16°C, the crystal clear water is only suitable for those who can withstand cold, tight skin. Off course it is mostly an imaginary issue and once you are in the water it is simply magical!

Especially because of the shooiness of nature and the very unique views on the '3 Zinnen', this region is an absolute must to quickly tick off your bucket list. So just do it! Smash open the door and go on an adventure!

#### Destination

Tourismusverein 3 Zinnen Dolomites  
dreizinnen.com

#### Staying overnight in specialized bicycle hotel

Hotel Union \*\*\*, Toblach  
hotelunion.it  
Hotel Laurin's \*\*\*\*, Toblach  
hotel-laurin.com

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# Revolutionary FREE training app on the verge of international breakthrough?

In our society, (almost) everything revolves around money. In the world of cycling, of course, it's no different. A bike costs (a lot of) money and it doesn't stop there if you are an ambitious cyclist who wants to keep getting better. In fact, in professional cycling, money (read: sponsors) is all that matters. Without sponsors no professionals. Money also makes money. Try putting something new on the market without capital behind it. No money is (almost) no opportunities to successfully launch a great idea. A problem faced by several inventions and so the luck factor is the only thing left to have a chance of a breakthrough. We will, in function of a great new FREE training APP, look for that luck and try to help the inventor of the APP (retired physics professor Charles Dauwe) a bit in his search for the right partner to put the APP all the way on the map where it belongs!

**It's all about power and the energy you burn with it** *'Briek Schotte's world-famous quote in Flanders still applies "You have to ride when you have to ride". So we should only "go deep" when it really matters, namely, to make or close a gap, to pull off a sprint, to make the difference on a climb as Van Aert did on July 21, 2022 at Hautacam by driving Pogačar out of the wheel and launching Vingegaard to stage win.*

Unfortunately,  
that **anaerobic reserve**,  
that is, the charge on our battery,  
is laughably **small**

*In cycling, it's all about power, and delivering high power can only be done by drawing on the anaerobic energy reserve. Unfortunately, this anaerobic reserve, the charge of our battery, is laughably small, about 20 kilocalories. When pedaling you have already used 20 kcal after 30 meters in altitude and a 250 ml can of Coca Cola contains 5 times more energy.*



Another great example of "going deep into the anaerobic zone. A moment etched in our collective cycling memory. In stage 15 of the past Tour de France to Plateau de Beille, Jonas Vingegaard's team prepares an attack on yellow jersey wearer Tadej Pogačar. The Dane launches his attack, but gets a rock-hard counter on his neck and at the finish he has to concede over a minute to the Slovenian.



“Yet in **races** such as the Tour of Flanders, the anaerobic reserve is **depleted** more than 20 times.”

*Aerobic energy, on the other hand, is gigantically bigger. In an average race among elite riders, about 4000 kcal of aerobic energy is consumed so that anaerobic consumption would be only about 0.5% of total energy consumption. Yet in races such as the Tour of Flanders, the anaerobic reserve is depleted more than 20 times...* This is how Charles Dauwe starts his enthusiastic speech at the beginning of our conversation.

The tone is immediately set and it's a bit of a slap in the face what the professor does. But as we have always imagined a professor, it also has its charms. No fussing and circling around the goal with some syrup and sugar only to say where it stands later. No, straight ahead and concentrating on what science has to tell us.

However, we interrupt him in his further speech, because we would like to know the purpose and history behind the new APP before going on to the scientific and technical.

**Charles, sorry to interrupt but can you first tell me who are the people behind this revolutionary APP? Who are you people?**

‘First and foremost myself, retired physics professor. I initiated the whole project. As a scientist, I believe that knowledge should be made available to the many cyclists for free. Cycling has been

stuck in ignorance for too long when it comes to training. And we are far from where we will ever be in terms of that science. Alongside me, kayak and cycling trainer Frank Vandewiele joined us. Frank is a

trainer and he has been applying my scientific theories to some professional riders for years. He knows that this scientific guidance gets more out of the individual. Frank and I wrote an e-book together on



\*The power battle' goes on, with full respect for each other © ASO / Charly Lopez





Tadej Pogačar, de meester van het vermogen © ASO / Charly Lopez

training for power. The third man is American software engineer John Osborn. He is also retired and an avid cycling enthusiast. He developed the app SuperCycle.'

### **How did you come to develop the APP?**

'In 2014 I was introduced to the people behind iQO2 and became an unpaid employee out of pure interest. This gave me access to hundreds of power files of professional cyclists. I noticed that their system for 'performance analysis' was not optimal and we made some improvements. Then I also got the

These are much **better** models for anaerobic housekeeping but it is fighting a losing battle.

idea that the management of anaerobic energy was completely underexplored. iQO2 was taken over by EnergyLab and E-lab did not continue development in that nature. There was, however, another attempt at collaboration with Polar. Meanwhile, I had met Frank who

had written a first book on training for power. Frank immediately believed in my ideas and we started a long collaboration. At some point we were sufficiently convinced that we had developed a system for aerobic-anaerobic housekeeping that was much better than what paying people got on the big platforms such as Inscyd, TrainingPeaks or WKO+'

### **But these APPS don't have what you have....**

'Right! But these platforms do have millions of users, and what are we little shrimp against the



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capital behind them? We do have much better models for anaerobic housekeeping but it's fighting a losing battle.'

'Meanwhile, Frank and I were really obsessed with a possible app for live measurements of anaerobic reserve but here we were frustrated and blocked by our own poor knowledge of app programming and hiring a pro would have been an irresponsible investment.'

### **So were you stuck with the project?**

'Yes actually we were completely stuck. Until July 2022 when I discovered a cycling app SuperCycle in the Play Store, which I immediately fell in love with; very complete, beautiful, professional and above all free. I wrote to John Osborn asking if he could implement my live Exhaustion-Recovery model. For this I gave him the complete off-line code that I had tested in other computer languages.

Only 1 month later this was already

in place and SuperCycle is now the only cycling app in the world that has a live ExRec module.'

### **So everything was in place right?**

'Actually, no, because again we have a problem. SuperCycle works on smartphone and i-phone. Potential users would rather buy a Garmin, MIO, Sigma, Wahoo, etc... than use their own phone. Moreover, because of sponsorship deals, cyclists have no choice at all.'

### **So are you mostly limited commercially?**

'In short, we are actually shouting in the desert. This App is the basis for even better analysis and training possibilities and we want to appeal to every rider that with this there is gigantic progression to be made in their performance.'

### **So ultimately you are looking for partners to make the APP possible across all platforms?**

'I personally don't, because my goal is to make it available to cyclists for free. But as it always is, if you can't really launch it for lack of resourc-

es to publicize it the world won't really know about it until sooner or later someone else does take it commercially.'

### **Tell us a little about the science behind the APP**

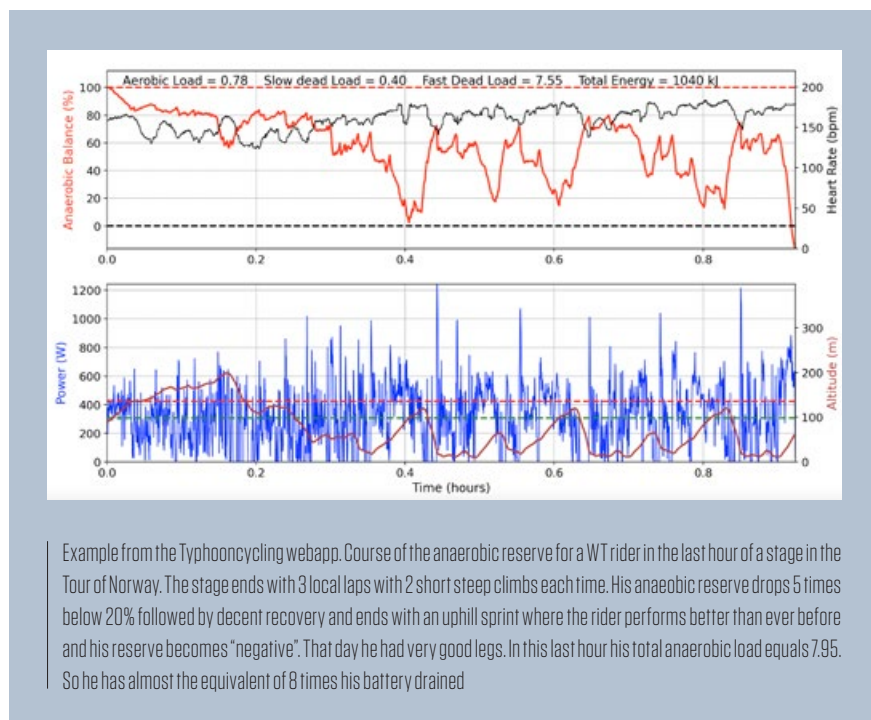
'Well as I said in the beginning, in a race like the RVV the anaerobic reserve is depleted dozens of times. So it is in recovery that that reserve is replenished.

It is replenished when intensity falls below a certain value and used up when intensity rises. To correctly picture the anaerobic ExRec or Exhaustion and Recovery, two questions must be answered and quantified. First, how quickly do we consume anaerobic energy when performing above certain limits? And then - and this is a thorny question - how quickly is this energy replenished when we ride in the recovery zone i.e. below a recovery threshold?

### **And what is the answer to that question?**

'The scientific literature agrees that recovery proceeds in an exponential manner but otherwise there is debate about important details. A study at Ugent in 2021 found that recovery is rapid when exhaustion is near and slows as recovery progresses. Moreover, little is still known about individual differences in recovery ability such as the influence of age, gender difference, etc.

Using many dozens of power files from professional and leisure athletes, we managed to create an ExRec model that meets the individual needs of the riders and cast this model in a 3 applications that show the course of the anaerobic energy balance solely on the basis of delivered power and corresponding exercise duration."



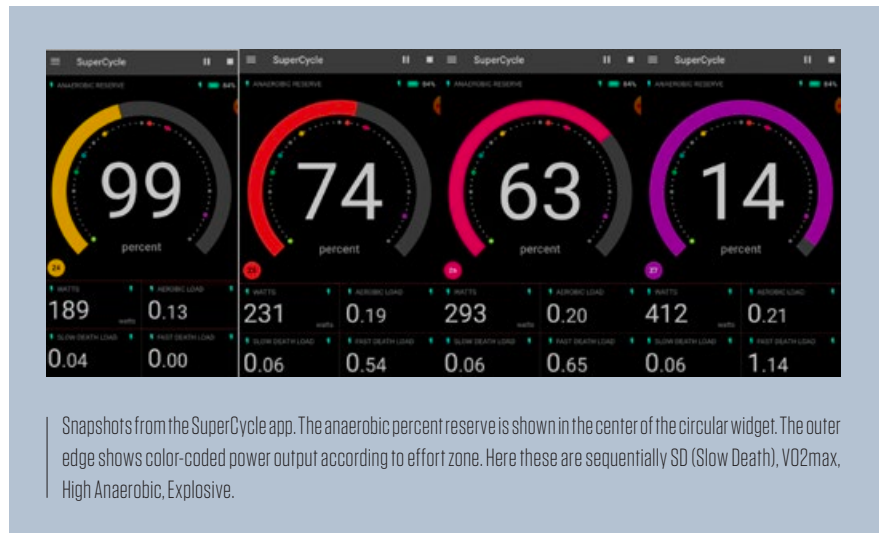
Example from the Typhooncycling webapp. Course of the anaerobic reserve for a WT rider in the last hour of a stage in the Tour of Norway. The stage ends with 3 local laps with 2 short steep climbs each time. His anaerobic reserve drops 5 times below 20% followed by decent recovery and ends with an uphill sprint where the rider performs better than ever before and his reserve becomes "negative". That day he had very good legs. In this last hour his total anaerobic load equals 7.95. So he has almost the equivalent of 8 times his battery drained



### Three APPS you say?

'Yes, initially there is the free web app at typhooncycling.org that can be used for analysis of power files from your races and workouts. Then our ExRec model is also built into the free cycling app SuperCycle for smartphones, found in Google Play and the App Store.

In this app, choose the "ECP" setting. On the optional screens you can set, choose the anaerobic widget. This gives you 'live' the evolution of your anaerobic reserve, 3 load scores and also the indication of the effort zone in which you are currently cycling.



Snapshots from the SuperCycle app. The anaerobic percent reserve is shown in the center of the circular widget. The outer edge shows color-coded power output according to effort zone. Here these are sequentially SD (Slow Death), V02max, High Anaerobic, Explosive.

### So that's two APPS already and the third one?

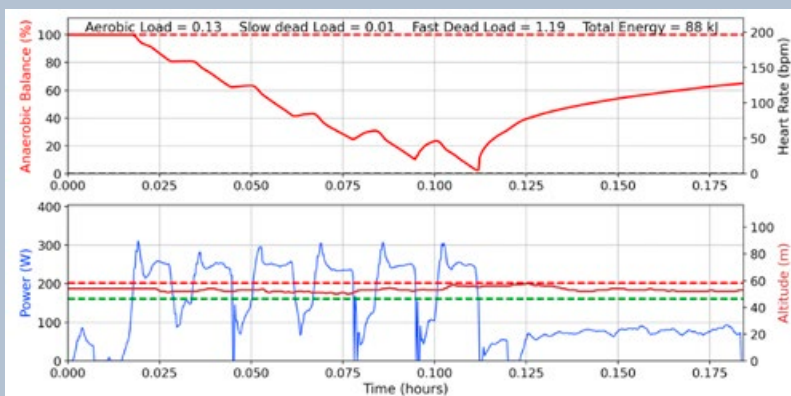
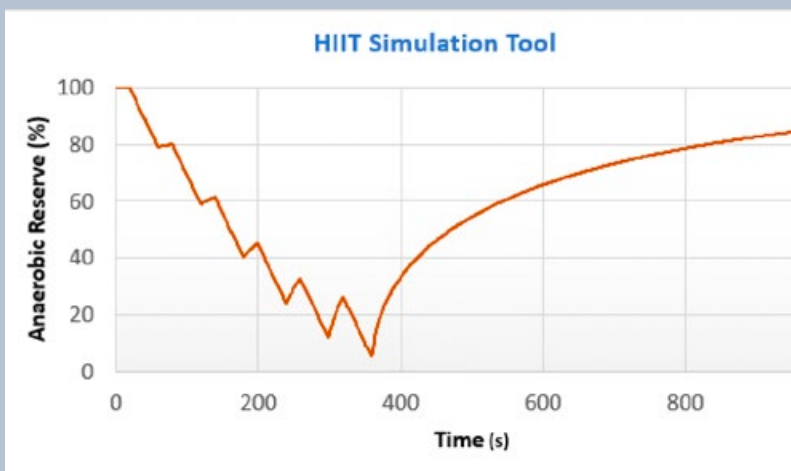
'As a third APP, we created a unique web app for planning and

evaluating interval training. Until now, setting up interval training was a matter of experience rather than scientific understanding. Significant is the frequent use of the Rating of Percieved Exertion to define the severity of effort.

Whereas the depletion of anaerobic reserve is relatively easy to visualize, the dynamics of replenishment are very complicated and highly individual. Thanks to the development of the Individual Recovery Index, we can now predict how the balance will evolve for a specific interval format and for this person. In this way, a trainer can perfectly estimate the physiological impact and training effect of the planned interval training.

### So a huge bonus for the trainer to adjust the workouts individually?

'You can say that yes! This specific interval format allows the anaerobic load to reach 1.2 before exhaustion occurs. By playing with the rest, the trainer now has the opportunity to increase the number of repetitions even more before exhaustion occurs. The anaerobic load and Accumulated Work Duration increase accordingly which in turn increases the training effect.'



**Planning an interval workout.** In this example, the trainer aims for maximum effect in the high anaerobic zone. He therefore chooses 250 W as the effort intensity. If this rider were to perform this 250 W in a sustained effort, he/she would be exhausted after 192 seconds. However, by choosing the interval format of 40" effort and 20" rest at 90 W, the trainer sees that six repetitions are possible which brings the load score to 1.2. A gain of 20%. "This theoretical training must then, of course, be verified in reality. After analysis of the workout by our webapp, the anaerobic balance indeed appears to be at zero and the rider indicates being totally exhausted."



**So do you have any future plans for further development?**

'No, there actually aren't any. Technically-scientifically, we are sitting with a finished product. Promotionally, we would have to put a huge amount of money to compete against giants and that is not the intention. The only possible evolution could be that one of the big players like Garmin or Wahoo would be interested in integrating the application with them. For another

thing, we have already met with Garmin in Brussels in September 2018 about this, with no result for now. Frank and I do want to write another book on interval training and thus give trainers and riders more insight into the theory of training.'

***Thanks Charles for this conversation and especially for your great work that sooner or later will still be picked up more widely in the cycling world. //***



Wout Van Aert on Hautacam



Kim Knaeps with SuperCycle App in action



Free webapp at typhooncycling.org



Link to SuperCycle App



© ASO / Pauline Ballet

A fantastic moment in Belgian cycling history!  
Wout van Aert wins stage 4 in the Tour de France from Dunkirk to Calais in the yellow jersey - after an amazing effort - and crosses the line flying.

Text: P. Van Gansen



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