

cyclolive magazine

WHERE ARE THE LIMITS OF TALENT BOY THIBAU NYS?

The top performers in the UCI World Rankings
Our gravel tip of the month is the Hohe Salve
Dossier Switzerland cycling country



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Forbidden to throw on public roads!

* The organizer and responsible for this contest is the tourist office of Andermatt-Ursertal. Cyclolive Magazine in no way bears responsibility for the content, execution and/or follow-up of this contest.

Celebrating or biking into the new year?

As we are doing the final editing of this magazine, we are in the midst of year-end festivities. Christmas has just passed and preparations for New Year's Eve and New Year's Day are in full swing. We have already celebrated Christmas for the most part on our bikes and we are now planning to experience the transition from New Year's Eve to New Year's Eve on our bikes as well. The fact that we can do this in beautiful Spanish Malaga of course makes it much easier. The past few nights the temperature here did not go below 12 degrees with a beautiful clear starry sky in the firmament. So when this new Cyclolive is in your hands now, we have cycled into 2025 while partying. We hope you too celebrated these days in an original and fun way and that you started the new cycling year full of energy and joy.

Win a super weekend for two In Andermatt Switzerland

To make 2025 unforgettable already maybe for one of our readers, our partner - Andermatt Cycling, Switzerland - is giving away an amazing weekend for two. Did you know that the Alpenbrevet in Andermatt is already completely sold out so you can't register for this epic cyclosportive cycling event anymore? Well with a little bit of luck you will still be at the start of the Alpenbrevet thanks to the tourist

board of Andermatt-Ursertal. But that's not all! Andermatt-Ursertal is also giving away two nights at the Radisson Blu Hotel for the winner and a second person. Just scan with your phone the QR code found below, enter your name and email address and maybe you will be the lucky one!

Set out on an adventure in 2025

This issue, as you would expect from us, is full of adventurous cycling tips. The main focus is on beautiful Switzerland, which is perhaps too often overlooked in our low countries when it comes to cycling. The Swiss want to put that right, and they have fully embraced bicycle tourism in recent years. Safe, unforgettably beautiful cycling routes and cycling events are the result. Read all about it in this issue. Besides Switzerland, in this issue we also take you to Croatia, Mallorca, Italy, Germany and Austria. Plenty of choice to make it a sparkling cycling year!

We wish all our readers a wonderful, healthy, adventurous and sporty 2025 and also lots of reading pleasure with this new Cyclolive!

Patrick Van Gansen and the entire Cyclolive team!



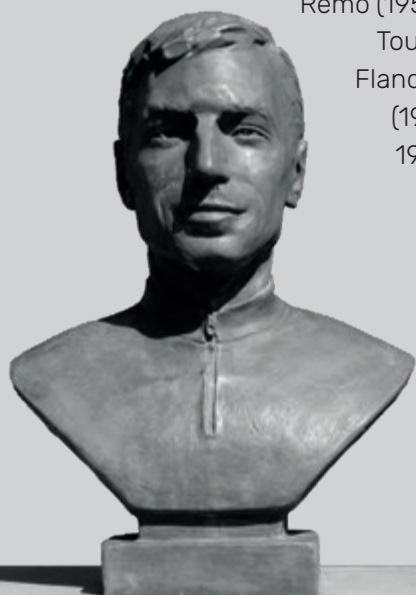
Enter this contest for a chance to win 2 nights at the Radisson Blu Hotel as well as a spot in the sold-out **Alpenbrevet in Andermatt** in the fall of 2025! *



R.I.P. RIK VAN LOOY

We all know that one day our lives will come to an end. When someone has passed the age of ninety, people often say, "It's a nice age." But whichever way you look at it, it is a final goodbye, during which memories often surface. In the case of the death of Rik Van Looy, there are many. He was (we must switch to the past tense) one of the great Belgian cycling luminaries. His name is mentioned in the same breath with those of Eddy Merckx, Rik Van Steenbergen, Roger De Vlaeminck but also with the older names such as, for example, Luciën Buysse, Sylvère Maes and Briek Schotte. Recently, his string of victories has been widely reported in the press and on television. In all sorts of ways he has already been adulated. That after Merckx he was one of the very best Belgian riders ever, everyone agrees. Of course we cannot ignore his victories in the great classics: Milan-San

Remo (1958),
Tour of
Flanders
(1959,
1962)



RIK VAN LOOY
2x WERELDKAMPIOEN WIELRENNEN PROFS

Geschenken door familie De Voegt
met ondersteuning van lokaal bestuur Grobbendonk

Paris-Roubaix (1961, 1962, 1965), Liege-Bastogne-Liege (1961), Tour of Lombardy (1959) and his world titles in 1960 and 1961.

Van Looy concludes his cycling career with the Dutch Willem II-Gazelle.team, for which he won in 1967: 19, in 1968: 17, 1969: 19 and in 1970 two victories. The most appealing victories from that period are Paris-Tours in 1967, Waalse Pijl in 1968 and in 1969 the E3 Prijs Harelbeke. With the team, he is by far the rider with the largest annual salary. In 1969, he is on the payroll for one million Belgian francs. Of course, everything should be reflected on the wage situation of that time. Noiselessly, he bids farewell to cycling in 1970. *"I didn't feel like crawling on the bike every day anymore. A second reason was that I no longer felt at home among all those strange riders. My friends and also my enemies weren't cycling anymore. I appeared like a 'bompa' at the start among a bunch of young brats whose father I could have been."*

Then there are the personal memories. With a number of journalists, we were invited on September 8, 2006, to be present at the opening of the Rik Van Looy cycling route from the Bloso Center in Herentals, Via his hometown of Grobbendonk, the route runs via Zandhoven, Ranst, Wijnegem, Schoten, Brecht, Rijkevorsel, Malle, Beerse, Lille and so back to Herentals. Taking turns, we were able to ride with the Emperor of Herentals for a few kilometers at the head of the group of

about 25 men. I had that honor on the long straight along the Albert Canal. Those kilometers are etched in my memory. After all, riding alongside and with such a great champion doesn't happen to you every day! Van Looy composed the route himself, and a few things were important to him. First, it must be safe and second, it must be pleasant. Everyone must be able to enjoy it in his or her own way.

Then we got to meet Rik again at the presentation of the book written by Mark Vanlombeek and Robert Janssens on the occasion of his 80th birthday.

Now everything is truly in the past, but the memories of this great driver will remain.

Text and image: Teus Korporaal

Palmares

- 18 Ritten Vuelta a España ('65, '64, '59, '58)
- 12 Ritten Giro d'Italia ('62, '61, '60, '59)
- 7 Ritten Tour de Franc ('69, '65, '63)
- 3 x Paris-Roubaix ('65, '62, '61)
- 2 x World Championships ('61, '60)
- 3 x Gent-Wevelgem ('62, '57, '56)
- 2 x Ronde van Vlaanderen ('62, '59)
- 2 x Paris-Bruxelles ('58, '56)
- 2 x Paris-Tours ('67, '59)
- 1 x Milano-Sanremo ('58)
- 1 x Giro di Lombardia ('59)
- 1 x Luik-Bastenaken-Luik ('61)
- 1 x Waalse Pijl ('68)
- 4 x Harelbeke-Antwerpen-Harelbeke (= nu E3 Harelbeke) ('69, '66, '65, '64)

Rik Van Looy is No. 8 on Pro Cycling Stats' All Time ranking

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Publicity photo of William II- Gazell
© Archief Willem II- Gazelle



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After a great year 2024

WHERE ARE THE LIMITS OF TALENT BOY THIBAU NYS?

Like father like son?

It was once the title of a popular TV show among our northern neighbors. In contemporary cycling, there are also sons who follow in their father's footsteps. Well-known examples include David and Erik Dekker, Mathieu and Adrie van der Poel, Nicolas and Alexandre Vinokourov and Boy and Jean-Paul van Poppel. In Flanders, Thibau and Sven Nys are undoubtedly the couple most in the spotlight. Both are top cyclists but Thibau's results on the road cannot be matched by father Sven. During the road season and the first half of the cross season, we rode with the 'little Cannibal' and we also look ahead.

Still passionate about cross country

We go back for a moment to September 2023 and the beginning of the then cyclocross season. It got off to a flying start for Thibau Nys. In his first five races, he immediately took three wins: in the B-Mine cross in Beringen, the UCI World Cup race in Waterloo, USA, and the Koppenberg cross. His victory in Waterloo was a nice gift for one of his team's sponsors. After all, Waterloo is the home of bike manufacturer Trek. After that very good start, however, he could not continue that strong line. He wasn't satisfied with that either, but in hindsight he felt he had made a nice step.

The 2024 road program

By the way, the first part of his road program, with the Tours of Roman-

dy, Hungary and Norway, was almost identical to that of 2023. With second places in stages of the first two rounds and a win in the one in Norway (his first as a pro), he was already quite successful then. But in 2024 he will be at the start with even more ambition, as he wants to perform in every race.

The first World Tour win

After the tough 2023 cyclocross season, Nys took the necessary rest after the world championships in Tábor, to prepare for his first road season as a pro with World Tour team Lidl-Trek. After an altitude training in Tenerife, the now 21-year-old Thibau was at the start of his first road race of the season, the Swiss Tour de Romandie, at the end of April. In the second stage he was in the early breakaway for the first time in his career. And it carried right to the end. With a strong final sprint with three uphill he took his

first victory in the World Tour and immediately got to put on the leader's jersey as well. *"I felt really super good on that final climb. I will remember this for the rest of my life"*. It became clear right away: After a tough race and in a final uphill sprint, he is hard to beat.

Like a Puszta rider through the Hungarian land

Just over a week later he was already at the start of the five-day Tour of Hungary. The history of this relatively unknown race dates back to 1925. The course is certainly not easy. After the first flat stage there was a lot of climbing to do. The finish of the last three stages was uphill. That jacket seemed to fit Thibau just fine. With a strong final sprint he won the third stage and also took the leader's jersey. A day later he did the same and strengthened his leading position. In the last stage he was not in danger anymore and



Puszta rider fires up platoon - © Pertorini Máriaó tdh.hu



Patiently waiting
behind the **stage**

The peloton passes through a Hungarian village - © Vanik Zoltán tdh.hu



so he wrote the first cycle race on his palmares.

Mark Cavendish was also riding in this round. He finished second in the points classification after Thibau. It was his penultimate preparation race before the Tour de France in which he finally took the record for the number of stage wins (35).

On to the far north

In the first stage of the Tour of Norway, it was an instant hit for Nys. The climb of almost 4 km at an average of 6% to the finish was a piece of cake for him. And he was also the first holder of the leader's jersey. In this race Wout van Aert also made his comeback after his heavy fall in Dwars door Vlaanderen.

The Tour of Switzerland

For many riders, this race is the very last test before the Tour de France. But for Thibau it was the preparation for the Belgian championship with which he ended the first part of his road season with a nice 4th place. In the final kilometers of the third stage, Nys sees his chance. When Wilco Kelderman takes off he picks his wheel. In the last 150 meters on the uphill finish in Rüşchlikon, Nys sets the pace and wins the sprint convincingly. This gives him his sixth win of the season. He keeps Stephen Williams and Alberto Bettiol behind him. *"I had been thinking about this stage for some time. I also knew after the reconnaissance that this would be something for me. This is more than a dream and that comes with emotions. This is my best win so far."* Once again, proof of how strong he is on finishes like these.



The second stage win is in - © Karancsi Albert Rudolf tdh.hu



Teammates thank after second stage win © Vanik Zoltán tdh.hu

Three times is a charm

In the Tour of Poland, Thibau resumed his road season. And in

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Where would be the limits of this talent boy?

what a way. Here, too, he found his beloved finishes: "fairly short and very steep or three to four kilometers of not too steep climbing." There he won the first (final climb 450 m at 3.6%), third (900 m at 8.1%) and sixth stage (3 km at 5%) The latter was then also the queen stage. And in the process he beat the top riders of the peloton such as Kelderman, Ulissi, Vingegaard and Mohorič.

The last of the road season

His last road race was the Bretagne Classic-Quest-France in which he finished fifth. Afterwards, he said there might have been more in it: "Physically, I had one of my best days this year, but I gambled at a moment where I probably shouldn't have. With that I lost the race". It is once again clear that Thibau has taken a big step.

'You know who is calling?' Cross is calling'

In every round he participated in, he won a ride. A flying start at the very highest level. If he wants to compete for a final victory in a tour he will have to invest more in his time trial. In Hungary that was not the case. But he doesn't want to leave cross-country racing as his first love for the time being. That is still too much his playground. We had already prepared our bones and thick winter coat.

Also a flying start in the cross

After his last road race and a rest period of almost two months, Thibau rode his first cross in Beringen. He consciously chose to ride only



one cyclocross per weekend this season. An understandable choice in connection with his ambitions on the road. In his first six cyclo-cross events, he already achieved three victories. Cherry on the cake was of course the European title in Pontevreda, Spain. After a riveting battle, he settled in the last lap by

jumping over the bars with the surprisingly strong "home rider" Felipe Orts Lloret.

Pursued by bad luck....

Immediately after the European Championship, he adds lustre to his star jersey with the victory in Lokeren. But then, just like last

year, we see a downward trend in his performance. In Hamme a crash made it impossible to have a good result. During the World Cup in Dublin he also went down in the chaos caused by Czech Boros' fall on the bars and was hit by another rider. After a stage with the Lidl-Trek road team in

Wilier TRIESTINA

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Filante SLR CVNDSH, the record-breaking bike.



EK Pontevedra © Sprint Cycling Agency

Calpe, he was present again in Namur but there two flat tires prevented him from being at the front of the results. We cannot deny that a dose of bad luck can explain his lesser performance.

Of one thing, however, we are certain: Thibau will turn out a few more times this cyclocross season. Will he peak at the right time and will luck be on his side at the championships? The one who can come closest to Mathieu van der Poel at the upcoming World Championships is a Thibau Nys in top condition. By the time you have this magazine in your hands, the answer has already been given.

Will he **peak** at the **right** time and will **luck** be on his side at the **championships**?

Debut in the Ardennes classics?

On the road, he will focus on the Walloon classics for the 2025 season so he can have a rest and training period after the cyclo-cross season. In any case, he has already ticked off the Flèche Wallonne.

Where would be the limits of this talent boy?

No one at this time can give a meaningful answer to this question. All that we would write - and sometimes read about - is speculation. Therefore, let us wait quietly and not put too much pressure on Thibau. Maybe we should first learn to enjoy what he has already shown. Enjoy those wonderful achievements before immediately asking what he could win in the future. In a few years, the answer to our question will follow.

Good luck Thibau and above all, enjoy it yourself!

Text: Rens Klaasse

THE ICING ON THE CAKE FOR VICTOR CAMPENAERTS

The end of the road season is the time for honoring our cycling stars. They also have this tradition in cycling-loving Gavere, East Flanders. During an intimate gathering at the town hall, local rider Victor Campenaerts was honored for his stage win in the 18th stage of the Tour de France between Gap and Barcelonnette, which he had long anticipated.

In the sprint he beat Frenchman Vercher and Pole Kwiatkowski after a tough stage with no fewer than six 3rd category climbs. The emotional release after the line at the sight of his son Gustaaf, born in June during an altitude training camp in Spain, provided unforgettable images. For Victor, this victory fulfilled a long-cherished dream. And as befits a good teammate, Victor also included Brent Van Moer in the homage to thank him for all the work he did for him and the team during the Tour de France.



Succession assured

Mayor Dierick handed Gustaaf a bodysuit with the Belgian colors that Victor had been allowed to defend during the World Cup in Zurich, Switzerland. After all, you can't get infected with the cycling bug early enough. And the Col du Campi, located in front of the town hall, is a great place to cover the first meters on a bike with dad and training wheels.

Firefighter-to-be?

In 2025, Victor will make a three-year move to Visma-Lease-a-bike, the team for which he rode before. Yet he is also already thinking about the period after his cycling career. According to him, the profession of firefighter is right up his alley. And the barracks in Gavere are only a stone's throw from his home. But first let's see if Victor, like his fellow townsman Thomas De Gendt, succeeds in completing the triple with a stage victory in the Vuelta. In any case, that wish has already been toasted with a local Valeir.

Text: Rens Klaasse

TEAM TACTICS IN OPTIMA FORMA



Surprise: it worked!
© A.S.O. Thomas Maheux

'Tis wonderful to see on the tube how a team executes a piece of team tactics. Are they pre-conceived plans or does a situation arise spontaneously in the race? How is the game played and how does it eventually lead to results or victory? We will briefly recall two moments from the past cycling year 2024: one in the men's and one in the women's.

Frank van den Broek & Romain Bardet (Team dsm-firmenichPostNL)

We go back to the first stage of the 2024 Tour de France: Florence-Rimini. Over a distance of 206 km there are three second category cols and four third category. After about fifteen kilometers, Tour debutant Frank van den Broek, Ion Izagirre, Valentin Madouas, Matej Mohoric, Clément Champoussin, among others, set off. Later, Ryan Gibbons and Johann Abrahamson join. The climbing caused the

group to gradually shrink. On the Côte de San Leo (575 m. 5 km at 7.4%), only Madouas, Abrahamson and Van den Broek are still in the lead. Then follows a beautiful piece of cycling. Romain Bardet, the leader of dsm-firmenichPostNL, breaks away from the peloton and hunts down the three leaders. Van den Broek drops back to catch his leader. A perfect scenario follows. The two join Madouas and Abrahamson. Soon Abrahamson has to pass. On the Côte de Montemaggio (519 m. 4.3 km at 6.7%) the lights go out for Madouas too. The road to Rimini then lies open for the two teammates. At the top of the Côte de San Marino (651 m. 7 km at 4.8%), their lead is over a minute and a half. Downhill, there are then 27 kilometers to go. The big question is whether the two can hold their own against the chasing



A spontaneous Frank van den Broek
© Teus Korporaal

pack behind them. With three kilometers to go, only twenty seconds remain. Van den Broek enters the final kilometer first. Will the rookie win after all? No. There is such a thing as hierarchy. The photos of the finish, which have eternal

value, show it beautifully. Leader Bardet has a small lead, but both make the victory gesture and with an outstretched hand they thank each other. Then from surprise both hands on the head. Merci beaucoup. Five seconds later, Wout van Aert wins the sprint from the chasers. Bardet, who is on his last season comes into yellow. Van den

Broek gets to cloak himself in the green of the points classification the next day and, as best young rider, is also winner of the white jersey, and on top of all that, there is the prize of combativeness for him. As a Tour debutant, you couldn't wish for a better start. Truly a boyhood dream. Bardet may have the stage and the yellow jersey but Van den Broek is the man of the day due to his long escape and will be celebrated in the After-Tour criteriums after returning home.

Lotte Kopecky & Lorena Wiebes (Team SD Worx-Protime)

After her world title and second place at the World Gravel Championships, the Simac Ladies Tour is scheduled as the final race of the season between Oct. 8 and 13. Lorena Wiebes wins the second, third and fifth stages. The standings then are; In the lead Franziska Kooi (Team dsm firmenich PostNL), at

five seconds Zoë Bäckstedt (Canyon/SRAM Racing) and third at eight seconds Lotte Kopecky. With her fifth place at fifteen seconds, sprint star Lorena Wiebes can no longer win the Simac Ladies Tour. Going in a breakaway may not be in the cards. That is why all the cards are being put on Kopecky. First, the team will make sure the entire pack stays together so there can be a sprint. Wiebes will be the last to put Kopecky, who needs the bonification seconds, in a good position. The play succeeds. Kopecky takes the stage win, the bonification seconds and, as in 2023, the overall victory. All in all, an example of clever team play. With her speed, Wiebes could have easily taken her fourth stage win here. She will benefit from such shifts in reverse at some point in the coming years. What goes around comes around!

Text: Teus Korporaal



Lorena Wiebes leads Kopecky to win
© Teus Korporaal



The top performers in the UCI World Rankings



Tadej Pogačar in the yellow jersey on his time trial bike stage 7 Tour 2024 © Gregory Van Gansen

At the end of the year, there are many ways to take stock. In cycling, the riders, coaches and teams will look back on the season and see if it brought what was thought and hoped for beforehand. The cycling fan looks back in a different way. First and foremost is what he/she enjoyed most. Which moments are forever remembered. What has been of lasting value. Everyone has his/her own summation. We are going to unravel the season once again and take the UCI ranking as a basis. Naturally then the big names pass by: Tadej Pogačar, Remco Evenepoel, Jasper Philipsen, Matthieu van der Poel. These are men who have achieved great performances this season. Unforgettable! Among the ladies, we draw attention to three riders from the Sd-Worx Team: Lotte Kopecky, Demi Vollering, Lorena Wiebes along with Italian Elisa Longo Borghini.

Tadej Pogačar

Since September 2021, Tadej Pogačar is the undisputed leader of the UCI rankings. What a season he has had again this year! It starts

with his win in the Strade Bianche on March 2. Then he wins all the jerseys in the Volta Ciclista a Catalunya and wins Liège-Bastogne-Liège on April 21. Then follows his win in

the Giro d'Italia including the mountain classification and six stages. In the Tour de France, he also wins six stages and, of course, the overall classification. He ends the year with an incredible series: Sept. 15 GP Montréal, Sept. 29 World Championship in Zurich and then in the rainbow jersey his victories in the Giro dell'Emilia (Oct. 5) and the Tour of Lombardy (Oct. 12). Attached to all the one-day victories is the story of great breakaways after splitting demarrages. It all starts in the Strade Bianche with an 80-kilometer solo. In the world championship, he does it with 100 kilometers to go. He just drops everyone as if it



is no effort. With the rainbow jersey around his shoulders he repeats this trick in the Giro dell'Emilia on October 5, he sets off on the San Luca with 35 kilometers to go and no one will see him again. In the Tour of Lombardy, he repeated the trick once again. Everything happens on Colma di Sormano. Pogačar and his mates closed the gap to a disintegrated breakaway group on the climb. The summit is 6.6 kilometers away and the distance to the finish is 48.4 kilometers. It is the moment for Pogačar. He immediately attacks and no one follows or can follow him. At the top, his lead over a chasing group with Evenepoel, Mas and Van Eetveld is already 01'09". The bird has flown. His ride to Como is a true demonstration. After 2021, 2022 and 2023, it is his fourth win in the round of falling leaves. Evenepoel comes second at 03'16" and third man Giulio Ciccone finishes at 04'31" What differences! Pogačar is a phenomenon!

UCI victories 2024: 25

Remco Evenepoel

Of course, we will also not forget the successes of Remco Evenepoel in 2024. He is second in the UCI world rankings. Leading the way, of course, are his two gold medals at the Paris Olympics in both the time trial and the road race. But that's not all because a month and a half later he also becomes world time trial champion. In the Tour de France, he becomes winner of the time trial Nuits St. Georges-Gevrey Chambertin and also takes the white junior jersey to Belgium. He also wins the time trial in the Critérium du Dauphiné. In February everything started with a win in the time trial and the overall classification in the Tour of the Algarve. Conclusion: Evenepoel is the best time trialist of 2024!

UCI victories 2024: 9

Jasper Philipsen

On the UCI World Ranking List dated Oct. 22, 2024, sprinter Jas-

Remco in full concentration – stage 5 Tour 2024
© Gregory Van Gansen





Mathieu van der Poel and Jasper Philipsen wheel in wheel during stage 5 of the 2024 Tour © Gregory Van Gansen

per Philipsen is in third place. The basis for this ranking is his win on March 16 in Milan–Sanremo. Before then, he has already won a stage in the Tirreno–Adriatico. The Classic Brugge–De Panne is his next prey. Next up is a stage win in the Ba-loise Belgium Tour. In the Tour de France, there are three stage wins. In most cases, Mathieu van der Poel

is the last man to pull the sprint for him. His latest win is on Oct. 3 in the Sparkassen Münsterland Giro, but above all, Milan–Sanremo is the big hit!

UCI victories 2024: 9

Mathieu van der Poel

We start but in early spring, be-

cause that's when world champion Mathieu van der Poel shows a wonderful piece of cycling. It has been much said that wearing the rainbow jersey is a curse. Just think of the 2012 world champion Philippe Gilbert not scoring his first win until a year later, Sept. 5, 2013, at the Vuelta a España. Van der Poel sets an incredible run. He



wins the E3 Saxo Classic, the Tour of Flanders and Paris-Roubaix. That's making cycling history. On the UCI world ranking, there is a fifth place for him.

UCI victories 2024: 4

Lotte Kopecky

She is the undisputed leader of UCI World Ranking 2024. In total, she records 16 victories. In the spring, she is best in the Tour of United Arab

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Emirates, Strade Bianche, Nokere Koerse and Paris-Roubaix. She then wrote the Tour of Britain to her name and became Belgian champion in the time trial and on the road. If that wasn't enough, she won the Tour de Romandie, the European time trial championships and, as the icing on the cake, the world road championships. Then also a second place in the World Gravel Championships. Finally, as the new world champion, she also won the Simac Ladies Tour in October.

UCI victories 2024: 16

Demi Vollering

Second in the UCI World Ranking but still she will not be satisfied and that will be because of her second place in the Tour de France Feminin. The year starts well with overall wins in the stage races Vuelta a España Femenina, Itzula Women, Vuelta a Burgos Femmes and the Tour de Suisse Women. Then the Tour starting in Rotterdam. The second day there she wins the time



Lotte goes full out to get away alone
© Gregory Van Gansen



Lotte as the winner of the Schaal Sels 2024
© Gregory Van Gansen



One-podium Tour 2024. f.l.t.r.: Vollering, Niewiadoma, Rooijackers
© A.S.O. Thomas Maheux

U Cycle?

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Belgian bike brand for U



***learn more about U.Scanini?
www.uscanini.eu***



Lorena Wiebes © Teus Korporaal

trial and immediately captures the yellow jersey. In the fifth stage she loses the lead in the general classification due to a fall, which is taken over by Katarzyna Niewiadoma. Vollering is then ninth with and arrears of 01'19". In the sixth stage she nibbles another four seconds off her deficit. Everything has to happen in the final stage to the Alpe d'Huez. It will be a battle between Vollering and Rooyackers with Niewiadoma in the background. Vollering wins the stage and then it's waiting for the Polish rider who finishes fourth at 01'01". Then the calculation is quickly made: Niewiadoma wins by four seconds ahead of Vollering. A denouement that will be recorded in the Tour books in golden letters! The eight-second difference between Greg Lemond and Laurent Fignon in the 1989 Tour de France is immediately relegated to second place.

UCI victories 2024: 15

Elisa Longo Borghini

The 32-year-old Italian is one

of the leading ladies in the peloton. She is strong in one-day races, but can also digest a multi-day stage race well. Last year, she set a fine series starting with wins in both the Tour of Flanders and the Brabantse Pijl. Before starting in the Giro d'Italia Women, she becomes Italian champion on the road. On July 7, she wins time trial in the Giro, laying a decent foundation for the overall win. All days she remains overall leader. At the tally, she has a 00'21" lead over Lotte Kopecky. At the beginning of October, after her third place in the World Championships, she wins the Giro dell'Emilia. The total sum results in third place in the UCI World Rankings.

UCI victories 2024: 7

Lorena Wiebes

By far, she is the fastest sprinter in the peloton. Her first big wins in 2024 are the Tour of Drenthe (March 10), Ghent-Wevelgem (March 24) and the Scheldeprijs (April 3). She also stands her ground in

multi-day races with wins in the Ride London Classic (May 24-26) and the Baloise Ladies Tour (July 17-21). In September she became European champion on the road and also won the Dutch gravel championship. Finally, she makes her mark with three stage wins in the Simac Ladies Tour. With 23 victories, she is one of the top riders in contemporary national and international women's cycling. To top it off, she also becomes world scratch champion without any track experience in Ballerup, Denmark.

UCI victories 2024: 22

Text: Teus Korporaal



Elisa Longo Borghini
2024 Ladies Tour, stage 4
© FakirNL, wikimedia ccbya4

UCI World Rankings Oct. 22, 2024

1. Tadej Pogačar	11655
2. Remo Evenepoel	6072
3. Jasper Philipsen	4790
4. Ben O'Connor	4096
5. Mathieu van der Poel	4053
1. Lotte Kopecky	6389
2. Demi Vollering	5019
3. Elisa Longo Borghini	4799
4. Lorena Wiebes	3811



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MALLORCA

The ultimate cycling paradise with Rompelberg Cycling Holidays

The sun colors the sky a soft orange as I fill my water bottle and check my bike. Today there's a Queens ride on the program: a challenging ride through the Tramuntana mountains of Mallorca. It's exactly what I was looking for when I booked my vacation with Rompelberg Cycling Holidays. Here you will find everything a cyclist could wish for.



From adventure to relaxation: anything goes

Rompelberg is all about cycling in the broadest sense of the word. Whether you want to blast up rock hard or ride the coastline at a leisurely pace, there is always a route to suit you. I notice this right away at the starting point for the group rides. There are tours for beginners, for recreational riders and for the cyclists who like to push themselves to the limit. I opt for the latter category, and the guide looks approving. Everything is clear, tightly organized, but with a relaxed atmosphere.



The first climb comes soon, and the group slowly pulls apart. I feel my heart rate shoot up, legs burning. It's tough, but the reward - a view of the valley where the morning mist still hangs among the trees - makes up for everything. Our guide, who knows the terrain like the back of his hand, encourages us. He knows exactly where to push on and where it's smart to save your strength.

Perfect preparation, maximum performance

What also struck me immediately was the quality of the equipment

Sa Calobra, an iconic climb with **hairpin** turn after **hairpin** turn

and guidance. My rental bike, I chose the Wilier Filante SL with Shimano Ultegra Di2, is a gem: light, smooth and perfectly tuned. No fuss, just enjoy riding. This is clearly not a standard "vacation bike." The equipment is taken seriously here, and that makes all the difference if

you want to take on a big challenge. The routes have also been carefully chosen. For the adventurous cyclist, there are technical descents and challenging climbs, such as the Sa Calobra - an iconic climb with hairpin after hairpin that makes you feel like you're in a race. But the more recreational routes are also impressive. You can cycle leisurely along the coast or through the flat inlands, where the scents of wild herbs and flowering orange trees keep you company.

Along the way, the guide will tell you about the region. Did you know



that most oranges here are not used for export, but in local dishes? Or that there are villages where time seems to stand still? You don't just bike, you really get to know the island.

Customized guidance

At Rempelberg, you'll notice that the team members are cycling enthusiasts themselves. They under-

It is wonderful
not to have
to worry about
anything

stand what you're looking for as a rider, whether that's improving your

climbing technique, discovering breathtaking routes, or just having fun. The guides are not only professional, but engaged. They help you pedal that little bit harder, give technical tips or point out that hidden terrace that serves the best café con leche.

That personal contact makes every day unique. You feel like you're

not just a client, but part of a group experiencing something special together.

The perfect base after a day on the bike

After this monster ride, it is time to return to my hotel. I chose a cozy 4-star hotel with half-board. It is wonderful not to have to worry about anything. My room is spacious and comfortable, and after a hot shower I am downstairs in no time for a good dinner. Everything here is geared toward giving cyclists like me a worry-free vacation.

But I could also have chosen an apartment, where you have more freedom to arrange your own meals, or a luxury 5-star hotel with wellness facilities. At Rompelberg, there really is an option to suit ev-

You cycle through
picturesque villages
where time
seems to stand
still



everyone. What they all have in common is that you notice that these accommodations are geared to cyclists: secure bike parking, meals adapted for athletes and a relaxed atmosphere.

There's plenty of room for relaxation, too. A dip in the pool or a drink on the terrace while going

over your accomplishments of the day with the other guests - it's all part of the fun. For example, after my ride I take a seat on the terrace, a mix of avid cyclists, recreational cyclists and everything in between. The atmosphere is casual, and you immediately notice that everyone comes here with the same goal: to enjoy themselves. The Rompelberg

team sits there with broad smiles and some of the guides talk enthusiastically about the day.

Cycling with a smile

What made this vacation complete for me was the balance. Balance between effort and relaxation, between challenge and fun, and between achievement and connection. Everything was right: the atmosphere, the guidance, the routes and especially the people.

Whether you come to push your limits or just to cycle in good company, Rompelberg Cycling Holidays offers everything you need.

I fly home with tired legs and a head full of memories. And as I flip through my photos at the airport, I know for sure: this was no ordinary cycling vacation. This was an experience I won't soon forget. I board the plane with one thought: I will be back. Mallorca stole my heart - and Rompelberg made it possible.



E-bike vacations: relaxing enjoy the best of Mallorca

New at Rompelberg Cycling Holidays: e-bike vacations! Especially for active people who want to discover in a relaxed way what Mallorca has to offer. With an e-bike you can explore the island at your own pace. These vacations are a fresh addition to the existing offer, with routes and guidance that are fully tailored to those who value comfort and experience.

With a high-quality e-bike, you experience the best of both worlds: you still pedal yourself, but get a nice push when needed. That means those beautiful but steep roads through the Tramuntana mountains or the long coastal routes become accessible to everyone. The routes are carefully mapped out and tailored for e-bikers, with plenty of stops to enjoy everything that makes Mallorca so unique.

Imagine cycling through quaint villages where time seems to stand still, past terraces with inviting smells of fresh coffee and local delicacies. You stop at an old finca to enjoy a freshly squeezed orange juice or an artisanal tapa, overlooking a glittering sea or vast olive groves. The island offers a perfect blend of nature and culture, and the e-bike allows you to explore everything in a relaxed way.

With personal attention and guidance from Team Rompelberg, everyone - beginner or experienced cyclist - feels comfortable. It is not about speed or performance, but about experiencing a vacation where you can discover yourself and the beauty of Mallorca at your own pace.

In short, an e-bike vacation is perfect for those who want to be active and fully enjoy all that this beautiful island has to offer.

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Mallorca op zijn mooist, zorgeloos fietsen.
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Use your finger instead of a key

Never look for the bike key again? That works. With the BORDO One 6000AF, your fingerprint is now all you need to open the lock quickly. One touch and the bike lock is unlocked. A total of eight fingerprints can be stored.

The smart upgrade for the classic ABUS BORDO folding lock opens up even more possibilities: Control the lock with the free ABUS One app or give other people access.

Hard steel and a loud alarm provide the security your bike deserves. The robust bars of the lock have a soft cover to prevent damage to the bike. With its locking circumference of 120 cm, the lock can also be easily placed around large objects. For transportation, you can simply fold it and store it in the included lock holder.

You always have the most personal key with you: Just put your finger on it, and the lock opens.

BORDO™ One 6000AF/120 SH Finger Print

- 5 mm thick bars with additional soft cover to protect against paint damage
- Opening without a key via fingerprint and the ABUS-One app
- Easy and secure integration of multiple users - up to 8 fingerprints can be stored and additional users can be invited via the app
- Practical 120 cm locking circumference



- 3D Position Detection - detects vibrations and very small movements in all three dimensions and triggers an alarm
- Intelligent alarm - the lock only emits a short warning tone in the event of small and short vibrations, for example, by a soccer ball
- USB-C connection to operate the lock if the battery runs out while the lock is closed
- Storage of the last location where the bike was parked or put down
- Status display by LED

Suggested retail price from € 249,95

Padlock in new guise

With the ABUS Touch™ 57, worries about a lost key or forgotten numerical code are a thing of the past.

Make life a little easier and secure your bike shed or a locker with the weatherproof ABUS Touch™ 57 fingerprint lock. Simply place your finger on it and the lock opens. The sensor, which works over 360°, recognizes up to 20 taught fingers from any position - no matter how they are placed. Teaching the fingerprints is super fast. As one of two administrators, you simply place your own, already learned finger on the fingerprint sensor for three seconds and the "Teaching Mode" function is activated. Ten seconds are required to reach "Erase Mode." Accidental erasure of fingerprints is thus virtually impossible. The lock is equipped with a replaceable CR2 battery.

Even after a battery replacement, the stored fingerprints are retained. With the shackle made of hardened steel and thanks to the double ball lock, your belongings are optimally protected in case of medium risk of theft. From now on, lost keys are a thing of the past.

ABUS Touch™ 57

- Spring-loaded bracket for automatic opening
- Lock case made of coated zinc alloy
- Hardened Nano Protect™ bracket CR2 battery
- Capacitive sensor with minutiae recognition
- 20 different fingerprints can be stored
- Double ball lock
- Automatic locking IP certification IP66 & IP68

Suggested retail price from €59,95



Super lightweight set of climbing wheels The Stream Aero wheel set from Newmen



Newmen stands for innovative and high-quality wheels and bike-parts produced entirely in Germany. The combination of true carbon lightweight construction, aerodynamics and safety is the challenge of every wheel builder, but rarely does a brand succeed in combining this as Newmen does. We took a closer look at the brand's Stream Aero set.

The Stream Aero wheelset is the lightest wheelset in the Newmen range and is made for the mountains. The set combines a 35 mm rim on the front wheel with 38 mm tread height on the rear wheel. The inner rim width of 22 mm is perfect for modern tires up to 28 mm wide. Thanks to the outer width of 29.5 mm, the Stream Climbing maintains its top aerodynamic values even with wide tires.

The most important link is the VONDA Aerowide carbon spokes. Not only do they weigh 40 percent less than comparable steel spokes, they are also significantly stiffer. As a result, the front wheel needs only 15 spokes, while 18 aero carbon spokes create a stiff rear wheel.

For less air turbulence, they at Newmen also created the integrated aero valve, which disappears completely into the carbon rim. The result: better aerodynamics, cleaner look. The 1035-gram Stream Climbing set is therefore not only a topper for mountain stages, but also an ultralight all-rounder with uncompromising aerodynamics.

Each Stream wheel comes with a complete Stream Aero valve set, pre-assembled tubeless rim tape and a Tubolito Tubo-Road inner tube.



Newmen Testlab: safety along the test bench

At the heart of Newmen's innovative strength lies the company's in-house testing laboratory. Here the entire Newmen wheel set undergoes a baptism of fire to ensure that it meets the highest standards. The Newmen wheels (as well as stems and handlebars) undergo inten-

sive overload, fatigue and stiffness tests to ensure their robustness and reliability even under extreme conditions.

From the drum or brake test bench to the burst pressure test, the wheels are subjected to the most stringent testing

procedures. Using special impact tests, for example, the manufacturer ensures that Newmen rims can withstand strong shocks and impacts. The meticulous testing of every detail, right down to the hubs, guarantees that Newmen wheel sets are also leaders in reliability and safety.



Tekst: Patrick Van Gansen

Concap Energy shots blood group dependent

In the Concap range, you will find several Energy shots and the Concap un-BEET-able.

That's because the energy shots are blood group-specific: the Concap Bomba and Concap Turbo are generally better for blood groups A, AB and B due, among other things, to the presence of caffeine. For blood group O, there is the variant with natural sources of caffeine: Concap K-Rosine.

If you're mainly going for endurance, choose the Concap un-BEET-able shot based on beet. For best results, use it a few days before the big effort or race to recharge yourself.

Price per bottle un-BEET-able: € 3,00

Price per Energyshot: € 2,40



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(1) Aanbieding geldig bij aankoop van een nieuwe Kia EV3. De korting van € 5.000 is opgebouwd uit een Salonpromotie van € 3.500 en een overnamepremie van € 1.500. Deze overnamepremie is BTW inclusief, alleen van toepassing wanneer een Kia-dealer uw oude wagen overneemt, en komt bovenop de waarde van uw oude wagen. Deze aanbieding is geldig tot 31/01/2025, is onderhevig aan algemene voorwaarden. Voorwaarden op kia.be. (2) Prijs BTW inclusief, alle kortingen en premies reeds in mindering gebracht met inbegrip van de voorwaardelijke overnamepremie. Aanbod voorbehouden aan consumenten van 16/12/2024 t.e.m. 31/01/2025. *7 jaar garantie of 150.000 km (wat het eerst wordt bereikt, zonder kilometerbeperking tijdens de eerste 3 jaren).

**Het getoonde model is enkel illustratief. V.U.:



U.SCANINI 922 ROAD FRAME Is unknown really unloved?



The Belgian bicycle brand U.Scanini has been producing frames since 1986, but if you ask the average cycling tourist if they know the brand, the answer will usually be negative. However, U.Scanini is actually the very first bike brand in Belgium to launch carbon frames on the market. The brand started with chromolybdenum frames, then moved on to aluminum, titanium and then U.Scanini became a true Belgian pioneer of carbon frames. Those first carbon frames consisted of glued carbon with alu lugs and a few years later the first monocoque

carbon frames were launched under the name U.Scanini 911.

So how come the brand doesn't sound very familiar?

Well, simply because marketing and creating brand awareness was not on the producer's program. You can find the frame on the market under the brand name U.Scanini, but more so under the private label of bike stores that market their own brand with quality frames. So maybe you are cycling on a U.Scanini without even knowing it?....

New frame 922

In the summer of 2024, U.Scanini launched the sale of the new 922 frame. A monocoque frame manufactured in T800S carbon. The model delivered to Cyclelive Magazine - which we will test intensively in the coming months and of which a test report will follow later - was equipped with Shimano Ultegra DI2 and carbon wheels from SX Force. The frames are made in Asia, completely according to the wishes and geometry of the manufacturer and has following characteristics:

- Rigidity frame by oversized bottom bracket
- Modern-today design
- Weight frame 920gr, fork 335gr T800S carbon
- Excess epoxy in the tubes removed
- Press-fit bottom bracket
- Integrated cables
- Drop aero seatpost
- Complies with UCI standards
- Available in 6 sizes
- Integrated cockpit available for this frame
- Only available through authorized bike dealer and the manufacturer states that the frame; "is on the best possible line both technical-qualitative and price-wise".

In other words, you get more value for less money.

Recommended price frame + fork: € 1.999



Our test bike U.Scanini 922 Shimano Di2

- Complete Ultegra Di2 groupset disc
- Carbon wheels 44mm high with ratchet technology
- Cockpit handlebars 922
- SX-Force 3D saddle
- Continental Grand Prix 700 x 25C tires
- Paint in 2 or 3 colors matte or shiny

Recommended price:

€5.499

More information on:

www.uscanini.eu

U.Scanini

The Thule EasyFold 3

The ultimate bike carrier for any adventure

Take your cycling adventures to the next level with the new Thule EasyFold 3, an innovative design that offers unparalleled convenience and versatility. Thanks to the adjustable bike arm and swivel head, you can safely transport bikes with frame sizes from 20 mm to 90 mm, ideal for children's 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 can be easily converted 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 rack with integrated lighting, makes this bike rack 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



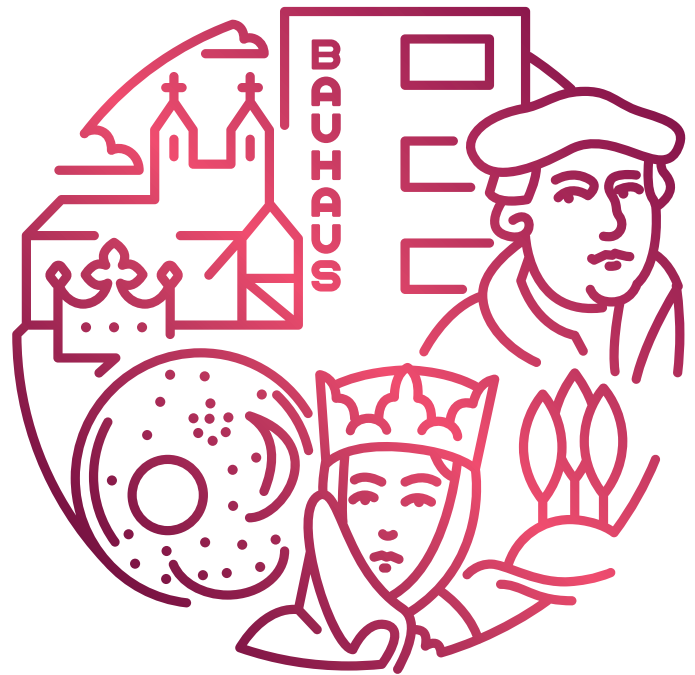
The new Thule Chariot Sport 2 is perfect for sporty parents looking for comfort, flexibility and style. The FlipWing feature allows you to quickly switch between bike and stroller mode without removing the front wheels. The tow bar easily clips onto your bike with one hand.

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

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Concept store or multi-brand? FOR CUBE STORE FLANDERS, THERE IS NO DOUBT



The phenomenon of concept stores focusing entirely on one brand has been present in Belgium since 2010 when the first concept store in Flanders opened its doors in Westerlo. Recently, we were invited to the opening of Cube Store Flanders in Torhout, where we were introduced to this still not so common formula ourselves.

Where most bicycle retailers represent multiple brands in order to offer a larger selection to customers, concept stores go in the other direction. They argue that just specializing in one brand makes a big difference to the end customer. At Cube store Flanders, the opening in Torhout was a follow-up to the first Cube store that owner Thomas Vauter opened in Harelbeke in 2020.

We were eager to learn more about the philosophy behind the story of the inspirer who dared to open a second Cube Store in hard times.

Hello Thomas, tell us a little bit about how you got into the bike business.

"After my studies in Barcelona and Lille, I joined my father's construction company and started working there as a site manager for several years. My interest in cycling at that time was rather recreational.

About four years ago, I started looking for something different. It was a bit of out of the box thinking for me then to take my professional career in a different direction.

Mobility was completely changing in cities by then. Bike lanes were popping up bicycle reimbursement was being promoted in full force, etc.

So it seemed like a good idea to get into the bike business."

So how did you end up at Cube?

"We were friends with Cube's importer in Belgium, Dirk Clinquant. At a nice dinner, after a while, we talked about doing business and how we saw the future. And so we came to the subject of the "Cube Store" concept."

In Germany, they had asked Dirk whether their concept of stores could also be rolled out in Belgium. It was not so simple for him to con-

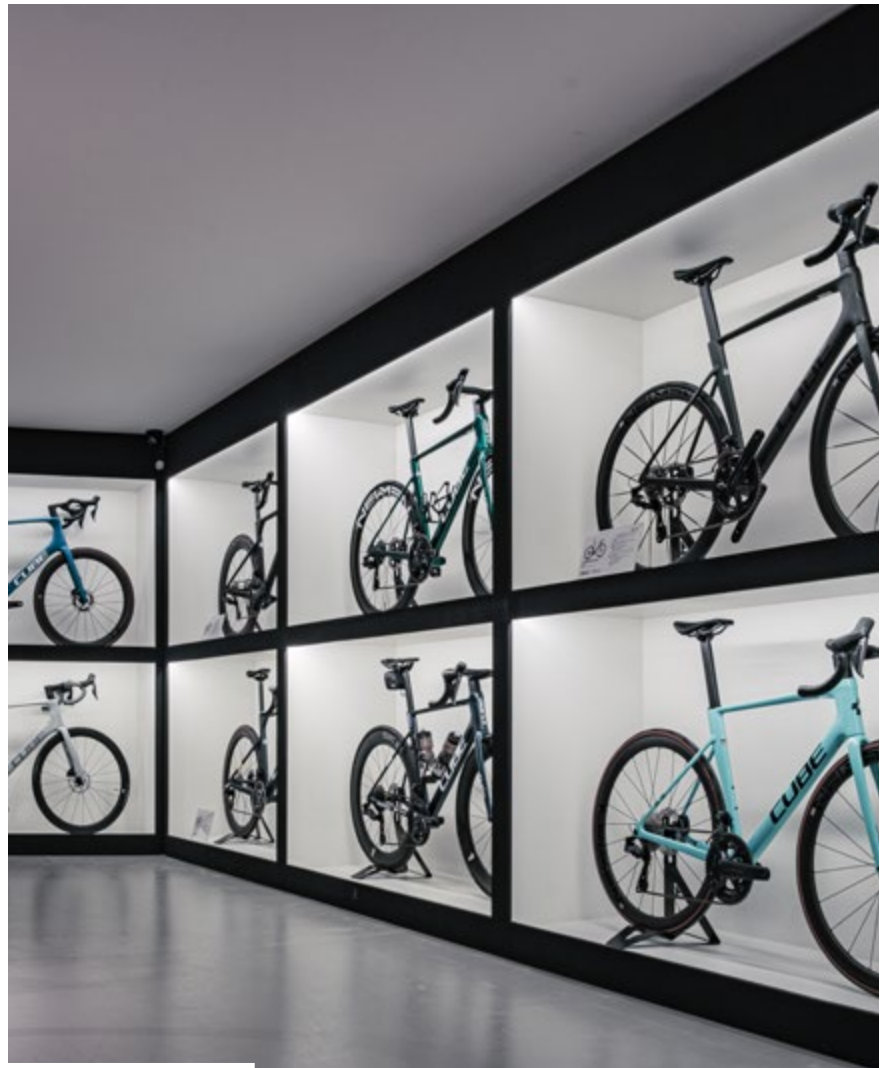
vince someone with an existing store - which in Belgium are almost all Multi brand - to start with one brand.

As I was driving home after our conversation, everything still stuck a bit and I started to do some research around Cube's concept story in Germany.

My vision even then was that the bicycle industry would quickly evolve toward the automotive story, where brands all have large garages built to the brand's standards in order to provide optimal service to their customers."

Yet did you not hesitate for a moment about multi-brands?

"Actually no. When I saw how super strong Cube was in the price/quality ratio, I very quickly became fully convinced that with a professional approach it would really be an added value to be fully specialized in one top brand.



And yes, sometimes you have to dare to jump into deep water and then swim until you reach dry land, right?

Then you started the first Cube Store in Belgium in the beautiful building in Harelbeke on Gentssesteenweg?

"No not at all, we first started in a smaller store. I built that smaller building myself with the help of my brother and a friend. The fact that we came from the construction industry was of course useful for that.

Then Corona immediately provided a huge boost, because everyone wanted a bike. As a result, we redid everything a good year later. We built again, but a bigger building in a prime location at Gentssesteenweg 212 in Harelbeke."

Still, it's a bit like putting all your eggs in one basket at Cube, isn't it?

"It is indeed a bit of an unwritten rule in the Business world that it is best never to depend on one big supplier or one big customer. So this goes against that rule.

On the other hand, that's just the idea of the concept. As I said, it's "out of the box" thinking, a bit against the grain. There is no doubt, however, that the after-service benefits. Our employees really know the brand and all of our products inside and out. That is simply not possible when you have several brands with all their specific know-how and requirements. The customer reaps the benefits at the end of the day, and that is ultimately the intention.

And you never thought about adding a second and third brand afterwards?

"No, not for a single moment. I saw how, partly through the sponsorship of the Intermarché - Wanty cycling team, Cube became more popular year after year and began to gain a larger and larger share of the market. That convinced me to stick to the vision and strategy of the Cube concept.

My ambition is to be the biggest and best in Belgium in offering Cube, both to show models in the



showroom, and in terms of stock and after-sales service."

So your ambition then left you to open the second Cube Store, surely a risk in turbulent times for the bike industry?

"To be honest, ever since the first day I started the Cube Store, I had the idea of eventually having multiple stores. That way of thinking is also something I kind of inherited from home.

That it is a difficult period right now in the bicycle business is true, but of course that is just the challenge of entrepreneurship.

Also, I believe very strongly in Cube as a brand. There is a lot of talk in the industry about a general oversupply of bikes, but sometimes you have to dig a little deeper.

I am convinced that among the real price/quality bike brands, there is not that much oversupply on the market! The problem is mostly with the less highly regarded brands or those that are way overpriced relative to what they offer. At least that's how we feel it at Cube anyway."

So then in the following years there will no doubt follow another opening?

"If the opportunity presents itself why not? Only it should not be at the expense of the customer. We must continue to give the service our customers are now used to from us and even improve it. That is the main thing before thinking of expanding further."

Thank you Thomas for the insight you gave us into the concept and philosophy of the Cube Stores. We wish you every success!

CUBESTORE FLANDERS

Harelbeke

Gentsesteenweg 212
8530 Harelbeke
+32 56 22 71 63

Torhout

Bruggestraat 146
8820 Torhout
+32 50 72 07 24

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Racing in the heart of the Austrian Alps

© TVB St. Anton am Arlberg / Patrick Bätz



In 2025, the small but renowned town of St. Anton am Arlberg will once again become the epicenter of the Austrian cycling world for a while. The 13th Arlberg Giro will take place on August 3, 2025 and attract 1,500 (former) professional and amateur cyclists from all over the world.

The ARLBERG Giro is widely regarded as one of the most spectacular

cycling races in the Austrian Alpine region. The 150-kilometer course, with an altitude difference of 2,500 meters, presents an enormous challenge while showcasing the breathtaking beauty of the Alps. From winding mountain roads to majestic vistas, the route combines technical difficulty with breathtaking scenery, making it one of the top races.

The race starts in St. Anton am Arlberg and the action begins almost immediately with the ascent of the Arlberg Pass. With gradients of up to 15%, it immediately hits the participants hard. After overcoming this initial challenge, cyclists are rewarded with a fast descent to Bludenz, which offers a brief respite. But the toughest climb then already lurks: the as-

cent of Montafon, a grueling 15 kilometers uphill where even an additional challenge awaits.

This section is not only physically demanding, but also brings that extra touch of competition, as the fastest cyclists on this climb earn the prestigious titles of “Queen and King of the Mountain.” The climb rewards participants with panoramic views of the surrounding Alpine peaks, a moment of awe amidst the mountains.

Once the riders reach the highest point of the race, the Bielerhöhe at an altitude of 2,032 meters, the descent begins along the famous Silvretta High Alpine Road. This descent leads to the Paznaun Valley and then through the Stanzertal and brings the cyclists back to St. Anton. There they are greeted by cheering spectators as they sprint to the finish line.

Additional races - highlights outside the main event

The ARLBERG Giro is more than a one-day event. Two additional races offer excitement for both participants and spectators and provide a weekend full of cycling action.

St. Anton Night sprint (1 august 2025)

This exciting sporting event takes place on the Friday evening before the main race. Then 100 men and 100 women compete in individual sprints over a 200-meter course in the heart of St. Anton’s pedestrian zone. Participants race against the clock and try to secure a spot in the top 16, advancing to the elimination rounds.

The final rounds follow a knockout system, with the fastest drivers competing against each other under the dramatic glow of a light show at dusk. The exciting atmosphere, combined with the close-quarters racing, guarantees an unforgettable experience for participants and fans alike. The top three men and three women will be crowned champions of this premier sporting event. In addition, the top 10 finishers in





each category will receive a coveted starting spot in Block A for the ARLBERG Giro on Sunday.

International cycling criterium (2 august 2025)

The evening before the main race, another adrenaline-boosting event takes place in St. Anton: the International Cycling Criterium. In this prestigious race, elite teams from all over the world compete on a technically demanding course that winds through the village center.

The criterium begins with the women's race, where cyclists demonstrate their skill, speed and determination as they ride through sharp turns and challenging sections. The men's race follows shortly after, with equally intense action....

The start and finish line in front of City Hall offers spectators an excellent view of the race. For participants and fans alike, the criterium

is an exciting warm-up to the main event.

A weekend full of cycling, celebration and alpine charm!

The ARLBERG Giro 2025 is not just a race, it is a celebration of Austrian cycling culture, the beauty of the Alps and a Tyrolean-style social event. From August 1 to 3, 2025, St. Anton will transform into a vibrant center for athletes and cycling enthusiasts with numerous activities and entertainment.

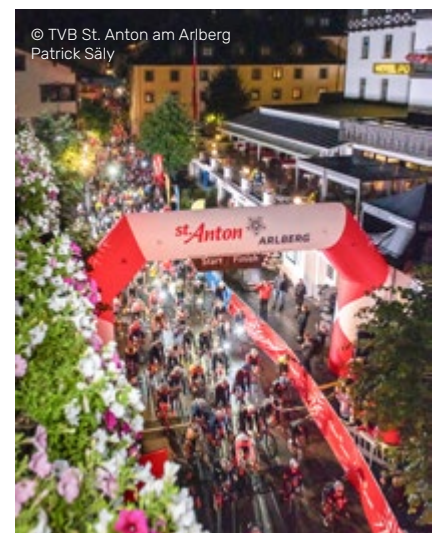
Visitors can explore the ARLBERG Giro Expo, an exhibition of more than 1,000 square meters featuring the latest innovations in cycling equipment and technology. Food stalls with regional delicacies and live music performances enhance the festive sporting and Tyrolean atmosphere, making it an event that appeals to all ages and interests.

Whether you are a seasoned cyclist

looking for a new challenge, a fan of competitive racing, or just someone who enjoys the scenic charm of the Alps, the ARLBERG Giro 2025 promises an unforgettable experience.

If you would like to learn more about this event or register yourself: www.arlberg-giro.com

Text: Patrick Van Gansen



Bike, relax, enjoy from the Hotel Continental Park in Lucerne



Hotel Continental Park in Lucerne is the perfect starting point for all cycling adventures in Central Switzerland. As the city's first certified Swiss Bike Hotel, it offers a unique combination of ideal location, comprehensive service and modern comfort. Located directly opposite the train station, it offers quick access to the Old Town, Lake Lucerne and the surrounding mountains - a perfect base for varied cycling tours and sporting adventures. The 86 modern and stylishly furnished air-conditioned rooms offer the ideal place to relax after an active day. For

a well-deserved break, the hotel's rooftop terrace with a magnificent view of the Alps invites you to linger.

Central Switzerland offers an impressive variety of trails and tours - from leisurely lakeside routes to challenging mountain adventures. The hotel has a bicycle garage with an integrated workshop, in-house MTB and e-MTB rentals, cycling maps and a laundry service. The hotel also cooperates with certified Swiss cycling guides, who offer attractive tours and courses for all levels.

The Bellini Locanda Ticinese restaurant offers guests specialties from Ticino, a first-class wine cellar and an idyllic summer garden in the middle of the city park. Whether for a short trip or a longer vacation - the Hotel Continental Park combines urban style with access to nature and adventure. All this from beautiful Lucerne which is an ideal destination for cycling enthusiasts and sports enthusiasts looking to get in and relax. **///**



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T: +41 41 228 90 50
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www.continental.ch

EXPERIENCE THE UNIQUENESS OF THE CYCLOTOUR DU LÉMAN 2025

On May 25, 2025, the Cyclotour du Léman invites cycling enthusiasts from all over the world to experience the breathtaking scenery around Lake Geneva. With its spectacular scenery, challenging route and unique atmosphere, the Cyclotour du Léman is one of the most unforgettable cycling events of the year.

© Sportograf

A tour full of variety

The Cyclotour du Léman is not only a sporting challenge, but also a feast for the senses. Participants cycle along the shores of Lake Geneva, through charming villages, past vineyards and picturesque harbors. The route connects Switzerland and France and offers beginners and experienced cyclists alike the perfect mix of fun and challenge.

Two route options for all levels

The event offers two different route lengths so everyone can find the perfect challenge:

** 176 km around Lake Geneva*

The complete ride for those looking for the ultimate challenge. Start in Lausanne, Switzerland.

** 112 km from Evian to Lausanne*

A route for participants who want to enjoy both the scenery and the sporting challenge. Start in Evian, France.



© Feezy 2024



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An event without rankings - the focus is on enjoyment

Whether you are a rider with ambitions or a recreational cyclist, the Cyclotour du Léman is suitable for everyone. Families are also catered for, as there is something for everyone with the shorter route and a children's race on Saturday. It's not just about crossing the finish line, but also about sharing the experience, being together and enjoying the unparalleled scenery.



© Feezy 2024

ual starter, in a team or with your family - the Cyclotour du Léman offers you the opportunity to discover the most beautiful side of Lake Geneva. Enjoy the time together with like-minded people, challenge yourself and experience a day you will long remember.

Don't miss this highlight of the 2025 cycling calendar and join us on May 25, 2025 to celebrate the beauty of Lake Geneva on two wheels! **///**



Safety and environmental awareness

The Cyclotour du Léman attaches great importance to safety. Clearly marked routes, professional guides and a comprehensive safety concept ensure that participants reach their destination safely and without stress. The Cyclotour du Léman is also an environmentally-conscious event: sustainability and respect for nature are key.

Learn more and register at <https://cyclotour.ch/>



© Feezy 2024

Register now for the Cyclotour du Léman 2025 and be part of a unique experience. As an individ-

FIND YOUR CHALLENGE FOR 2025



www.cyclotour.ch
Switzerland is waiting for you.



From 04 to 06 July 2025

The Engadin Cycling Marathon

An unforgettable adventure in Switzerland

Imagine three days of pure thrills, five mountain passes with breathtaking views, 221 kilometers full of challenges and over 4,500 altimeters. This is the Engadin Cycling Marathon, an event that makes many cyclist's heart beat faster. This impres-

sive event leads from Zernez through the beautiful landscapes of the Alps. You will pass through the Swiss National Park Engadin, past reservoirs, impressive valleys and high mountain passes. Grab your road bike and take part in what is probably the

most spectacular Alpine race in Switzerland. The Engadin Marathon offers not one race, but three rides. You can ride them all or choose from the rides and so there is for every performance level and ambition the right challenge.



©Sportograf



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Friday, 04-07-2025 The prologue

3..., 2..., 1... And here we go! The prologue marks the beginning of the Engadin Marathon and immediately creates excitement and adrenaline. This individual time trial goes over about seven kilometers and more than 400 altimeters from Zernez to Ova Spin. The start takes place every 20 seconds from a professional launch pad, while the crowd applauds enthusiastically as if it were a pro race. The prologue traditionally takes place on Friday evening and is the perfect kickoff to an exciting weekend of racing. It not only serves as an ideal warm-up for the following days, but also gives the entire event a very special atmosphere.

Saturday 05-07-2025 La Cuorta - Ride 2 - 97 km

If you're looking for a challenge but don't want to push yourself to the limit, the "La Cuorta" route is for you. This route covers 97 kilometers and covers 1,367 altimeters over three beautiful mountain passes,

two of which cross the 2,000-meter mark. Right after the start in Zernez, the route goes uphill to the Ofen Pass. From there it continues through the Munt-la-Schera tunnel to Livigno, where the ascent of the Forcola Pass awaits you. This is followed by the Bernina Pass with its magnificent glacial landscape. The subsequent rapid descent to Pontresina offers you a fantastic view of the railroad line of the Bernina Express, a UNESCO World Heritage Site, and so back to Zernez.

Sunday 06-07-2025 La Svizra - The queen stage Stage 3 - 117 km

For anyone looking for the ultimate challenge, the "La Svizra" route is a must. Over 117 kilometers you will bridge 2,815 altitude meters. The route starts in Zernez and leads over the Flüela pass to Davos, further through the Landwasser valley to Alvaneu. Then the long climb to the Albula Pass and the fast descent to La Punt and back to the Engadin valley awaits. This

queen stage on day three, tests not only your endurance, but also your mental strength. But the prospect of overcoming all the passes makes the race and your achievement something very special.

More than a sporting event

The Engadin Cycling Marathon is much more than a cycling race. The varied preliminary program ensures that the experience off the course is not neglected. Look forward to culinary highlights such as pasta,





burgers and regional delicacies, relax in the chill lounge or discover exciting stands from sponsors. There is a bouncy castle for the kids and an evening concert rounds off the weekend perfectly.

An experience for everyone

Whether you have very ambitious cyclo sportive goals or you are more of a recreational cyclist, the Engadin Cycling Marathon offers you a unique experience in one of the most beautiful regions of Switzerland. Experience the combination of sporting challenge, impressive nature and social encounters.

Register now and be part of this unique adventure!

More information:
www.rad-marathon.ch

 Engadin Radmarathon

19th Engadin Cycle Marathon
from 4th to 6th July 2025



ANDERMATT ROAD CYCLING

About the 'big triple' from the cycling paradise of Andermatt

In the heart of Switzerland, the Andermatt region offers a true paradise for road cyclists. Nestled between historic Alpine passes such as the Gotthard, Furka, Oberalp, Susten, Grimsel, Nufenen and Lukmanier, the area beckons with spectacular eleva-

tion gains, breathtaking views and challenging routes that thrill any cycling enthusiast. In this article, we explore the unique routes and rich history of these passes, and show that Andermatt really does stand out as an exclusive destination for road cyclists compared to other Alpine regions.

From historic trade routes to spectacular bike trails

For centuries, the Alpine passes around Andermatt have had great historical significance as trade and travel routes. For example, the Gotthard Pass is one of the oldest and most important Alpine crossings. Since the Middle Ages, this pass has connected northern and southern



Switzerland and served as an important trade route for merchants, travelers and pilgrims. Furka Pass, known for its wild, tight turns and majestic scenery, was even the setting for the James Bond film Goldfinger. Today it is a must for experienced cyclists seeking the challenge of steep climbs and rugged, rocky mountain views.

Reaching new heights

In Andermatt, cyclists find themselves in the midst of one of the most impressive pass landscapes in the Alps - a paradise for demanding tours that uniquely combine challenge and scenery. The proximity to several legendary passes makes it easy to create routes of exceptional variety, al-

lowing cyclists to conquer several passes in a single day.

A particularly unique experience are the "Triples" - tours over three mountain passes, which highlight Andermatt's uniqueness as a cycling destination. The most famous of these routes runs over the Furka, Grimsel and Susten Passes, chal-



© Martin Wabel

© Martin Wabel



lenging seasoned cyclists with about 4,000 elevation meters over a good 120 km. This legendary loop, with its demanding climbs and varied alpine landscapes, is a true test of your perseverance and endurance. The tour rewards you with views that only the high mountains can offer.

Another highlight is the ride over the Gotthard Pass, where the historic cobblestone road "La Tremola," one of the most iconic routes for cyclists worldwide, winds its way in curves to the top. Considered one of the most beautiful routes in Europe, the southern slope of the Gotthard invites cyclists to experience alpine history on two wheels. This ride can be ideally combined with the Nufenen Pass, the highest internal Alpine pass in Switzerland, and promises a particularly varied ride through wild, barren mountain landscapes.



The Oberalp also offers an unforgettable ride: with its wide curves and gentle climbs, cyclists gradually make their way east from Andermatt. At the summit, a picturesque panorama and a lighthouse await. Although no longer in use, the tower has a fascinating significance. It marks the source of the Rhine River, which rises just above the pass at Lake Toma. The original lighthouse stood in the Netherlands, at the mouth of the river.

All of these routes pass through some of the most pristine areas of the Alps, offering the perfect blend of physical challenge and beautiful nature. With this range of tour options and the ability to combine as many passes as you like, Andermatt offers endless new adventures for even the most experienced cyclists.

Over the Furka, Grimsel
and Susten Passes:
4,000 altimeters in
124km. Sounds
good to you?

Push yourself to the limits

Andermatt hosts a series of exciting cycling events that push cyclists to their limits and showcase the region's challenging terrain. The Alpenbrevet is a legendary endurance race that attracts cyclists from around the world to conquer multiple high Alpine passes in one grueling day. Chasing Cancellara offers a unique opportunity to ride alongside and compete with former professional cyclist Fabian Cancellara. For those seeking off-road ad-

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© Martin Wabel



cyclists can conquer several high Alpine passes in a single day. While other cycling destinations are often more spread out, Andermatt offers short distances between different, spectacular routes. Additional highlights are the historic atmosphere and alpine culture deeply rooted in the region. Whether visiting a traditional inn or experiencing regional festivals and cuisine, Andermatt uniquely combines natural experiences with cultural depth. Andermatt's special microclimate also offers an unusually long season for cyclists, as the valleys often have milder conditions, even in transitional seasons.

See you soon!

Andermatt is a destination that offers perfect conditions for both seasoned pros and leisure-oriented cyclists. With its legendary Alpine passes, unique culture and varied routes, the region is a must for anyone looking for a unique challenge on two wheels in the Alps. Discover Andermatt, experience the magic of the passes and immerse yourself in the Alpine lifestyle on two wheels in the heart of Switzerland. **■**

ventures, the Octopus Gravel event leads participants through rugged, varied landscapes, making it an unforgettable challenge for gravel enthusiasts. These events not only put strength and endurance to the test, but also give riders a chance to experience Andermatt's unparalleled cycling atmosphere and community.

3, 2, 1 – Let's go!

Getting to Andermatt is easy thanks to Switzerland's well-developed transportation network. By train, Andermatt is easily accessible via the Gotthardbahn, with fast connections from Zurich, Basel and even Milan. By car, Andermatt

is about an hour and a half's drive from Zurich. On site, there is a wide range of infrastructure for cyclists: specialized bike hotels, repair stations, bike rentals and, of course, charging stations for e-bikes, making the stay especially pleasant and comfortable. There are also special maps and apps with recommended tours and detailed route information to make cycling in the area even more enjoyable.

Immerse yourself in the special historical atmosphere

Andermatt is distinguished from other popular cycling regions by its proximity and variety of passes and its unique microclimate. Here,



**Enter this contest for a chance to win
a spot in the sold-out “Alpenbrevet”
in Andermatt in the fall of 2025!**



Are you ready for your ultimate Swiss cycling adventure?

With any luck, you'll be at the start of this epic ride, plus enjoy two nights at the **Radisson Blu Hotel Andermatt** for you and a friend.



The organizer and responsible for this contest is the tourist office of Andermatt-Ursental.
Cyclelive Magazine bears no responsibility whatsoever for the content, execution and/or follow-up of this contest.

Spring magic on two wheels in RheinWelten, Eastern Switzerland

Lake Constance is well known to many cycling enthusiasts because the Eurobike cycling fair took place in Friedrichshafen on Lake Constance for many years. But did you know that the most beautiful places for cycling are on the other side of the beautiful lake in Switzerland?

The varied landscape of the St. Gallen-Bodensee region offers cyclists of all levels unforgettable trips by bicycle or e-bike. Whether it's relaxing family cycling along Lake Constance, sporting challenges on the many mountain biking trails, discovering the city of St.Gallen, graveling on the trails of the Heart Route or cycling along the Rhine - the region in Eastern

Switzerland has an adventure in store for all cycling enthusiasts.

Cycle the "RheinWelten" with the whole family

Along the Veloland-Rhine-Route 2, "RheinWelten" connects about 250 highlights waiting to be discovered. The route winds through picturesque landscapes, reveals cultural treasures and invites culinary discoveries. Cycling here is combined with visits to museums, wineries and farm stores, as well as inviting gastronomy and overnight stays. To facilitate experiences along the bike path, an app is available as a travel companion. The St.Gallen-Bodensee region of-

fers three unique discovery routes: On the "Lake & Beach" route on the shores of Lake Constance between Staad and Romanshorn you get the Mediterranean summer feeling. You can recharge your batteries - literally and figuratively - at numerous bars and restaurants that exude the Mediterranean beach feeling.

The "Wine & Farming" cycling route runs through the picturesque Rhine Valley and combines the beauty of cycling with the pleasure of wine. By bike or e-bike, you can enjoy breathtaking views of mountain panoramas, castles and palaces. Along the way, idyllic wine villages and farms invite you for a wine tasting.



Lakefront Rorschach © Mattias Nutt Photography

Cycling in St.Gallen
© Switzerland Tourism,
André Meier



“On the shores of Lake Constance, you get that Mediterranean summer feeling”

In the adventure world “Monastery & Beer” you can experience Swiss brewing culture and UNESCO World Heritage. The rich brewing tradition, dating back to the monastery of St.Gallen, is waiting to be discovered. The famous monastery plan from the 9th century is just one of the many attractions - three breweries are already marked on it. A stop at Switzerland’s oldest brewery is also worthwhile.

Family fun on two wheels

On the family route Lake Constance-Rhine even the little ones look forward to a cycling adventure. In six stages and 187 kilometers, it leads along the Rhine and

Lake Constance from Bad Ragaz to Schaffhausen. In the St.Gallen-Bodensee region, the route leads from Altstätten to Arbon. Idyllic picnic and barbecue areas and family-friendly restaurants with children’s menus invite you for relaxing breaks.

Cycling routes full of culture, history and magic

The Lake Constance Bike Rally leads on six different routes to the most beautiful places from St.Gallen to Appenzellerland and Thurgau. Along the routes there are secluded picnic spots, fireplaces and vantage points, as well as charming restaurants and a variety of experiences.

Would you like comfortable cycling on flat terrain along Lake Constance and through the picturesque Rhine Valley, or would you prefer a challenge in the Alpstein? The Velo Collection of Tourism St.



“On the **family route**
Lake Constance-Rhine
even the **little** ones look
forward to a cycling
adventure”

Gallen-Bodensee offers four cycling routes with distances between 20 and 45 kilometers for all fitness levels.

Four delicious cycling routes to savour

The “Rhine Pleasure Route - loop in the Green Ring” begins in the heart of the city of St.Gallen and leads through green suburban oases to the historic Mülener Gorge, the Drei Weieren recreation area, the city park and the Peter and Paul wildlife park. Numerous cafes and traditional inns provide refreshment in between.

On the bike tour “Italianità at Lake Constance” you cycle from the city of St.Gallen to the beautiful Lake Constance and back through the eastern Swiss hinterland. The route takes you through orchards, along the old Rhine River, along Lake Constance and through the Appenzellerland with stunning panoramic views of the eastern Swiss Alps. There are a few elevation gains



Eichhof farmshop © Thomas Egger



Haus of Wine © Thomas Egger

along the way, so it's worth packing your swim trunks and cooling off in Lake Constance.

On the “Loop mit Schoggi, Käse & Sän-tispanorama” all connoisseurs get their money's worth: past the Chocolarium and the Appenzeller Show dairy, where it is worth stopping by bike - the calories are burned along the way anyway. The Rhine Valley of St.Gallen offers the “circular walk from farm to farm.” You

“The **calories** are
burned on the way
anyway”

cycle over sunny vineyard terraces, along the Rhine and through nature reserves. The route takes you past the House of Wine in cozy Berneck, where viticulture has been a living tradition for more than 1,000 years.

Conclusion: For a cycling vacation with the whole family, this is the place to be. Cycling here is easy-going enjoyment of all the natural beauty along the shores of Lake Constance or the Rhine with always the lively vacation feeling around you.

And if mom and/or dad want to go uphill and downhill,... no problem the mountains are already smiling at you! 🚲



stAnton ARLBERG

AG
arlberg giro

03.
August
2025

150
Kilometer

2500
Altimeter

arlberg-giro.com

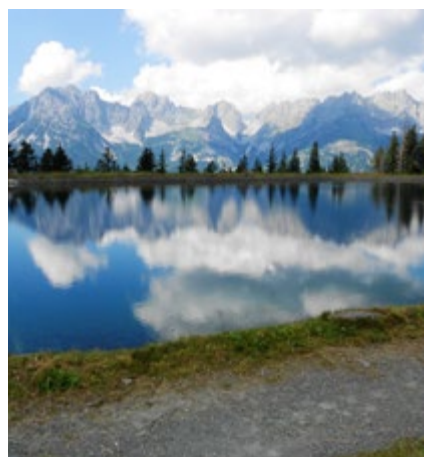
Kufsteinerland:

From city & nature to bike & culture

Training kilometers in Tyrolean Kufsteinerland

Tyrolean Kufsteinerland is a region where cycling is held in high regard. Between urban flair and rural idyll, every cyclist's heart is guaranteed to beat faster - and we mean that literally and figuratively. Mountains, valleys and rivers characterize the unique landscape on the Bavarian-Austrian border. In addition to a carload of (cycling) culture, the famous Kufsteinerland Cycle Marathon awaits you.

Here you cycle amid the beautiful panorama of a protected nature reserve. Der Zahme and der Wilde Kaiser in the Kaisergebirge nature reserve are a dream setting. Whoever sees the architecture of the striking rock towers of the Wilder Kaiser understands that this small mountain range is among the favorites of many cyclists. The jagged peaks, pinnacles and grates reach some 2,400 m high and are made of limestone. It is simply a beautiful picture that leaves impressions for life.



The eight picturesque vacation villages around the fortified town of Kufstein present themselves with steep climbs and mountain pass roads towards the Karwendel or Kitzbühel Alps. On the other hand, there is the Inntal where you can cycle leisurely rides on flat roads that lead all the way to Innsbruck, where the valley then turns into the Bavarian Alps. As an added bonus, cross-border tours between Bavaria and Tyrol await you, as the region also scores points for its proximity to the Bavarian Lake District.

But that's not all, as Kufsteinerland skillfully combines city & nature and cycling & culture. Here you cycle through remote mountain villages until you have exhausted yourself enough to then immediately descend to the center of Kufstein for a cup of coffee. There, after the bike rides, the diverse cultural program awaits.



Varied choice of tours

From spring to late autumn, the Kufsteinerland offers good cycling conditions and a varied route network. Whether a visit to Hinterthiersee with impressive views of the Kaiser Mountains, flat stages to Rosenheim and Munich or cross-border tours through Chiemgau to Bernau am Chiemsee - there is something for everyone here. Meanwhile, leisure cyclists will appreciate the gently undulating routes through the

alpine foothills and along the Inn Valley, while ambitious riders will

Here you cycle among the cowbells

get their money's worth on the climbs to the Wilder Kaiser, Karwendel or Kitzbühel Alps. A highlight is the Great Ride Niedern-

dorferberg, which is among the top ten most beautiful road bike tours in Tyrol and offers plenty of flow and breathtaking panoramas. Kufsteinerland skillfully combines sporting challenges with cultural experiences - unique landscape meets urban flair in Kufstein.

Where road cycling meets culinary delights

Kufsteinerland is a treasure trove, especially for foodies. The Kaiserweis gourmet bike routes, for





© Kufsteinerland / Martin Bihounek

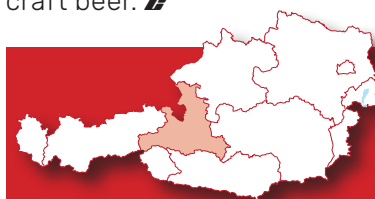
example, take you from village to village to specialists of great flavors - with a gravel bike, switching between gravel and asphalt is no problem. Stops at a farm store, cheese factory, schnapps distill-

ery or authentic Tyrolean inns make these tours a perfect gastronomic experience. On the "Fun & Culture" route, the Raritätenzoo, the Kossabiene apiary or the organic dairy Hatzenstädt invite

you to take a detour between challenging climbs. In the spirit of "enjoyment & craftsmanship," here we set off on our gravel bikes in the footsteps of old craft traditions and discover stiles and arts we didn't even know existed. What was already included in our science is how beer is brewed, but we still don't want to miss a refreshing regional beer. So we stop at Bierol for a home-brewed craft beer. //

Kufsteinerland Radmarathon: a classic for all cyclosporives

The highlight of the season since 2016 is clearly the Kufsteinerland Cycling Marathon. The Tyrolean mountains present themselves as a real challenge: the legendary bike marathon leads through the Kufsteinerland over 120 km and 1,800 altimeters. Impressive views of Pendling and the Kaiser mountains are guaranteed. Whether it's the marathon with over 120 km and 1,800 altimeters, the lake circuit with 95 km and 1,160 altimeters or the panorama circuit with 48 km and 400 altimeters: the three variants are a treat for everyone participating. Depending on the route, fast passages through the beautiful meadow landscape along the Inn alternate with tough climbs away from the valley, followed by descents into the villages around Kufstein. The start in the historic center of Kufstein is an impressive experience for participants and spectators alike. The crisp climbs to Lake Thiersee and the plateau near Bad Häring and Schwoich are sporting highlights that perfectly represent the Kufsteinerland cycling region. So mark the date of the 9th Kufsteinerlandradmarathon on August 24, 2025 in your calendar!



More info on this cycling destination

Tourismusverband
Kufsteinerland
kufstein.com

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Fairy tale mountain biking in the Salzburg Sportwelt



In the famous fairy tale by the Brothers Grimm, the Brave Tailor manages to do “seven at once.” A task that brave mountain bikers in the Salzburger Sportwelt can also accomplish! After all, the cycling region has seven sports resorts under one roof. Plus kilometers of trails, forested mountain ridges and on the high peaks always that wonderful 360° Alpine panorama. So action and variety are guaranteed here. And if you want to chase the ultimate kicks, venture onto one of the Alps’ most infamous signature trails: the Stoneman Taurista.

Seven at once

Why explore only one place on a mountain biking vacation when you can also conquer seven at once? If you’re wondering this, you’re in good hands in the Salzburg Sportwelt. Because here you get more than a lot: 1,500 km of bike trails, 500 km of MTB routes, 51 sign-posted tours, three cable cars and a very special trail of a class of its own. Sounds like endless mountain biking opportunities in one of the most beautiful vacation regions in

Action
and **variety**
guaranteed

the Salzburg Region. A place to be, for everyone who loves mountain biking whether for adrenaline junkies or leisure cyclists, idyllic alpine tours or quiet family tours, high altitude or challenging high alpine tours.



Seven villages/cities - 1 region

From Filzmoos in the west via Radstadt, Altenmarkt-Zauchensee, Flachau, Eben, Wagrain-Kleinarl to St. Johann-Alpendorf. Your tours are accompanied by the melodious tinkling of cow bells on the alpine meadows. In spring, when the snow has melted, the region's well-known winter resorts turn into lively biking spots, with impressive mountain pan-

oramas. From May to October, single trails and alpine mountain bike tours dominate the landscape instead of the 20 kilometers of slopes teeming with skiers and snowboarders. The Salzburg flow comes naturally thanks to the amazing panorama and by your own muscle power or with the help of a little e-power. Because the Salzburg mountains put your fitness and coordination to the

test on tours up to 2,000 meters above sea level.

First stop the bike park

But it doesn't always have to be uphill or downhill: in the valley, the Tauernradweg offers a good alternative for alpine tours - with the rewarding destination being the Krimml Waterfalls. Get a little more adrenaline in Wagrain, where the bike park is a great place to blow



Your **challenge?**
Over a distance
of 147 km
you will bridge
4700 meters

off steam. If you want to take it easy as an introduction to the Salzburg Sports World, start with the Sattelbauer MTB Tour: the roughly 1.5-hour ride on asphalt and gravel trails gives you a good first overview – including breathtaking panoramas of the Dachstein Massif.

The Griesenkar – Mayrdörfel MTB tour is more challenging, with single trails and a detour to the Wagrain bike park as the icing on the cake. And because biking makes you hungry, a stop at one of the many mountain huts and lodges is a must. A savory bacon snack and homemade Kaiserschmarrn – the traditional Austrian hut classic –



The trail is the goal: Stoneman Taurista

Speaking of the highlights of the Salzburger Sportwelt: the ultimate MTB challenge is not to be missed: the Stoneman Taurista signature trail. Over a distance of no less than 147 km and a difference in altitude of 4,700 meters (!) you will find everything that makes SalzburgerLand so special: rustic alpine meadows, huts, streams and mountain lakes, dense forests and views of 150 peaks in the rugged Hohe Tauern Mountains. At each of the peaks you reach, the next checkpoint awaits.

Divided into freely selectable stages, the Stoneman Taurista offers a completely individual mountain biking adventure, starting immediately with a highlight: the Rossbrand summit with its magnificent 360° panorama. Narrow trails lead through a high moor to the protected Johanneswaterfall near Obertauern. The water spray offers pleasant refreshment for the next stage: from Sattelbauer over forest trails down to Flachau. On a later part of the route you might get high on something other than the thin air from the mountains because in the Mandlberggut you can taste the specialties of its own distillery.



will complete your mountain biking experience.

Do you know what Dips&Drops are?

Those looking for cycling expertise will find it in the certified biking hotels, which are geared from head to toe to the biking target group. In addition to the traditional Alpines Gourmet Hotel Montanara**** in Flachau, a logistics partner of Stoneman Taurista with excellent tour advice and its own MTB / e-MTB rental, the newly opened bikehotel Dips & Drops**** is currently attracting all eyes. The first

bike and ski hub in Flachau (still known to regular guests as Tauernhof) gives a completely new perspective on cycling vacations. Behind the unusual hotel name are two off-piste sections and two freestyle sections in open terrain. This promises a closer connection between people with the same passion: mountain experience and adventure. And the friendly in-house bike guides in both bike hotels are a great added value given the wealth of possibilities in the Salzburg mountains. //

Destination

salzburgersportwelt.com



Your challenge: The Stoneman Taurista is the ultimate mountain biking experience in the heart of the Salzburg mountains.

Fotopunten: Rossbrand summit: impressive panorama Johannes waterfall: throw your bike aside for a splashy selfie

Highlight: the Krimml waterfalls in the national park plunge 385 meters into the valley. They are among the largest waterfalls in Europe and are an impressive natural spectacle.

Staying overnight with bicycle specialists:

Alpines Gourmet Hotel Montanara****, Flachau, montanara.com

THE SAN VIGILIO DOLOMITES

You should put them at the top of your MTB bucket list



© Moritz Hübner

In the heart of the Dolomites lies the region of San Vigilio - the gateway to the South Tyrolean natural parks of Fanes-Sennes-Braies and Puez-Odle. Here you bike on historic and breathtaking trails, with a cool flow through a natural landscape like nowhere else on this globe. Mountain biking in San Vigilio in the heart of the UNESCO World Heritage Dolomites is simply unique. High time to put this destination at the top of your cycling bucket list.

The San Vigilio Dolomites region, presents itself as an idyllic haven in the picturesque green Pustertal Valley. Here the clocks tick a little slower, old South Tyrolean traditions are honored and nature is protected as the greatest asset. The two small communities of San Vigilio and San Martin offer not only a perfect home base with the breathtaking backdrop of the UNESCO World Heritage Do-

lomites on its doorstep, but also particularly warm hospitality. The excellent mountain biking offerings that characterize the region are complemented by the friendly and family-friendly atmosphere. Here the true beauty of the Alps unfolds. For at the foot of the legendary Kronplatz, deceleration and acceleration find an inimitable balance. Spectacular views are best enjoyed from one of the longest



fore setting off on your adventure in the Dolomites, you can brush up on your MTB skills at the Skills Park Cir, where even the very youngest bikers are guaranteed to have fun.

The natural park trail: the Dolomites in their most pristine form

Only rarely can you experience the pristine Alpine space and high-alpine terrain so closely on narrow trails as on the nearly 52-km-long Fanes-Sennes-Prags Nature Park Trail.

Another great MTB adventure in the middle of the UNESCO World Heritage Site of the Dolomites starts in San Vigilio. First, the route leads through the valley to the Pederü inn. This is the entrance to the high plateau of the Fanes-Sennes-Prags Nature Park. The steep climb to the Rifugio Fanes requires endurance, but rewards you with spectacular views. The 500 altimeters this 2,500-meter climb on a path with 21 hairpin turns will sometimes make you call on your mother, but once you have overcome them, the feeling is indescribable. After

and smoothest trails in the Alps. Or you plunge into challenging descents and pump up the adrenaline, on one of the enduro tours.

Biking through two protected natural parks

Depending on your mood, the two natural parks Fanes-Sennes-Prags and Puez-Geisler are on the cycling program, or perhaps you prefer to head west to seek out the middle mountains. The iconic Kronplatz - site of the annual Kronplatz King Marathon - is a fixture on the bucket list. Because here, at an altitude of 2,275 meters, you will find not only two unique mountain museums, a top restaurant and a rustic mountain hut, but also some high-alpine South Tyrolean single trail legends, such as the legendary Herrnsteig - the oldest freeride trail in the Alps.

The Pale Mountains and Furkel Pass are also right on your doorstep in the Approved Bike Area - the panorama is unbeatable. And the MTB possibilities are even better. South Tyrol tastes particularly intense here - the Alpine-Mediterranean joie de vivre is infectious! There are virtually no limits to the freeride

The legendary Herrnsteig is the oldest freeride trail in the Alps

and downhill fun, the 52 km natural park trail is a gem in itself. If you still need some practice be-



There are virtually no limits to freeride and downhill fun

a refreshing stop at 2,100 meters, the route descends to the pass road that connects Cortina d'Ampezzo to Dobbiaco. The descent to the Rifugio Fodara Vedla, a historic alpine pasture, eventually leads through breathtaking scenery and offers one last chance to immerse yourself in the untamed beauty of this landscape. From there we roll through the valley back to San Vigilio, accompanied by the silence of the mountains and the memories of a day full of highlights. Breathtaking panoramas, fascinating wildlife and the stories of times gone by make this tour a unique experience - a real privilege for anyone who wants to experience the Dolomites in their most authentic form.

Our verdict on San Vigilio?

The cycling region definitely deserves a pole position on the MTB bucket list. With the spectacular Dolomites on one side and the great Alpine main ridge on the other, the starting point for a mountain biking vacation with true WOW views coupled with historical and cultural richness could hardly be better! ▀



© Alex Moling



Destination

sanvigilio.com

The nature park trail:

The trail at the top of the nature park is never really difficult, but due to its length (52 km) certainly a nice workout for everyone. The high alpine terrain is impressive and here you really experience the fabulous alpine natural landscape in all its glory. Interesting facts: the Fanes-Senes-Braies Nature Park shows the typical Dolomite landscape at its best: rugged peaks and steep walls, diverse flora and fauna and beautiful, deep blue mountain lakes.

Photo points:

Fanes' waterfalls are definitely worth a photo - as are the ubiquitous views of the high Dolomites!

Best travel time:

June - September

Specialised biker hotels:

Sporthotel Exclusive ****, St. Vigil in Enneberg, sporthotel-exclusive.com

Excelsior Dolomites Life Resort****s, St. Vigil in Enneberg, myexcelsior.com

For more biking hotels and MTB regions:

signature-trails.com/san-vigilio

bike-holidays.com

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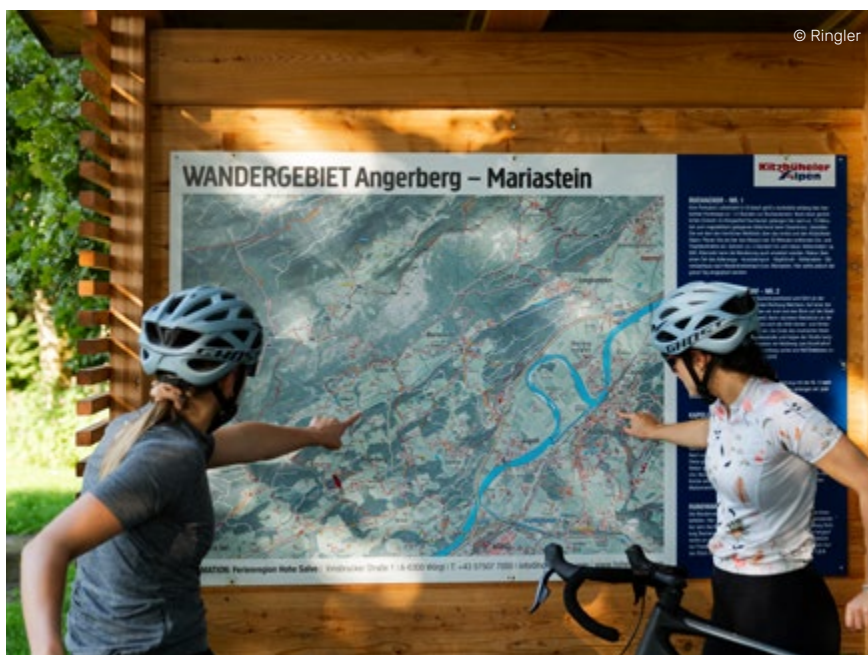
© wisthaler.com

Our gravel tip of the month is the Hohe Salve in the Kitzbühel Alps



Graveling here at 1,828 metres above sea level is pure fun. Endorphins and dopamine induced adrenaline and all the beauty around you. The Tiroler Kitzbüheler Alpen - Hohe Salve region lies at our feet with 360° panoramic views of spectacular peaks and long valleys. The gravel adventures are right at your feet.

Across the Hohe Salve region runs a seemingly natural network of top tours. As a gravel biker, you simply feel good and welcome here. Especially, but not only, in the selected first-class biker hotels, such as Hotel Das Hohe Salve Sportresort**** in Hopfgarten, which more than lives up to its name. The gravel adventure in the Kitzbühel Alps starts right outside the hotel's door. On the way through picturesque side valleys like Kelchsau and Windau, magnificent views of the Kaiser



mountains, the Hohe Tauern, the Zillertal Alps and the vast Inntal are omnipresent. Both challenging climbs and gentle tours can be found.

Gravel biking in the Hohe Salve

Gravel biking in the Hohe Salve region combines alpine adventure with unique cycling fun. This means pure freedom off the beaten

track on gravel paths, forest trails, over rolling alpine meadows and quiet country roads. You experience the landscape more intensely than ever before - breathtaking views, hidden paths and unforgettable moments make every tour unique. Whether you want to enjoy nature or take on sporting challenges: the combination of varied terrain and panoramic views makes every gravel tour around the Hohe Salve unforgettable. The routes are very diverse and will delight beginners and pros alike. The icing on the cake? Thanks to the bike-friendly infrastructure, exploratory tours with a large radius are also possible: the cable cars transport bikes comfortably and inexpensively, and public transport is included in the guest ticket - ideal for longer tours where you return by train! With these services, even remote gravel routes can be explored. This is how flexible tour planning works in this region.

Challenges and variety for every level

The Hohe Salve region delights gravel bikers with a varied route network that offers something for every level. The Salvenradrunde is a true classic: this 62.9-kilometre round trip combines flat valley passages with challenging climbs and leads on gravel and asphalt paths through charming villages like Kirchberg and Westendorf. The first stage of the KAT Bike Sport+



The **cable cars** transport bikes comfortably, **ideal** for longer trips where you return by **train**

is full of altimeters. Here, the most impressive side of the alpine landscape of the Kitzbüheler Alpen awaits. The Brixentaler Radweg is perfect for recuperation training or for true leisure cyclists. This easy ride of just under 47 kilometres takes you past rivers, through idyllic villages and on well-maintained gravel paths. Whether you

enjoy panoramic tours or strenuous climbs - the Hohe Salve offers everything gravel bikers are looking for. The impressive nature makes every tour a unique gravel experience.

Staying overnight with gravel lovers

If you don't want to explore the region on your own or want to get to know lesser-known routes alongside the well-known ones, Das Hohe Salve Sportresort in Hopfgarten is the perfect place for you. Guide Patrick and his team offer daily guided tours of the Kitzbüheler Alpen as part of the innovative Move & Relax philosophy, alongside numerous indoor sports activities and tailor-made recuperation and relaxation. If you want, you can take your gravel cycling holiday to a whole new level with in-house performance diagnostics. Maybe then the challenging Salvenbergrunde route will even become just dessert for you. **||**



© Tobias Köhler

Staying overnight with Gravel specialists:

Hotel Das Hohe Salve Sportresort****,
Kitzbüheler Alpen, Hohe Salve, Hopfgarten
dashohesalve.at

For more cycling hotels and regions

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DAVID COOLS

from motocross rider to mountain biker

Cyclolive Magazine likes to pay attention to competitive categories lower on the pyramid of cycling competitions in addition to professional competitive cycling. Sometimes a story comes to our editors worthy of an article. Such is the case of mountain biker and former motocross rider David Cools.



Born with two wheels in the stomach

The story of David Cools is one of many falls, getting up again and trying to get back to being competitive. But also the story of an avid motocross rider who was forced to love the bike and eventually fell head over heels in love with mountain biking.

When David was five years young he started competing in motocross and for the next 33 years that competition as a motocross rider never left him. He even became Belgian Champion in the Inters class six times. Yet David could never realize



his big dream of turning pro. Especially the many serious injuries took their toll, so he could never get everything out of his career. The last injury he suffered during his motocross career, seven years ago, put an end to his motocross story. The accident left him with a very serious fracture to the femur and hip that nearly caused Cools to lose his leg. Game over, resulting in a tough physical and mental rehabilitation. It immediately became the start of a new sports career on two wheels, but this time on mountain bike.

Cools started riding ATB competitions in the D-series and after two

years of tasting the competition he switched to the A-series. Gradually he looked for bigger and bigger challenges in higher competitions. This is how he ended up in the Flanders Cup, where he now gives his best in the Masters 2 series (45-54 yrs) and became the overall winner in 2024.

David tell us a little bit about how you got from motorcycles to mountain bikes....

“Well after I realized that my motocross career was really over, I needed a new challenge and Dr. Toon Claes who operated on me gave it to me. My crash happened

in May 2017 and I was given a year by Toon Claes to be at the start of La Cannibale (Mont Ventoux) in June 2018. I made it and finished the ride! In hindsight, this may have been a bit extreme as a first goal, but I have – and definitely needed – those extremes at the time. After that, I continued riding the course bike for a while, but that didn’t give me enough satisfaction. That’s why I started picking back up mountain biking, which I used to use a lot as physical training. At first I didn’t want to ride races anymore at all, but after a local fun race I was bitten back by the competition bug and since then I have been com-



peting in MTB races almost every week.”

So it was like a spark that got the engine going again that local race?

“Yes, during the CX competition that Geert Wellens organized here in Vorselaar until recently, there was always a series for people from Vorselaar. That’s where I got the hang of it and the spark struck. Starting back, competing man to man, suffering and arriving completely broken, I had missed that hard...It may sound strange but that’s when the real love for the bike started.”

You come from the motorcycle world, are the two worlds similar?

“No those are different worlds, in the cross country world there is a lot of cycling as training but other-

wise there is little to compare. Or at least one thing, you have to train really hard for both sports!”

What drives you so fiercely to race?

“I just need that competition. I haven’t done anything but race since I was little. I’m already looking forward to March when the season starts back.”

How have your results evolved over the past few years?

“The first seasons were really tough, I left like in cross, all or nothing, and it was then a lot of NIKS. I also had to learn everything and training I did without any know-how. Sometimes I lacked speed, then strength or explosiveness. Maddening. But that changed because with the help of Luc Van den Broeck from Concap and sports doctor Sam Vermeire, I got better year after year. This past

season 2024, after five years of growth, I was finally able to ride a very good and strong season without any dip or relapse. This year I won races in the Wallonia Cup, Luxembourg Cup, podiums in the 3nation races, final winner of the Flanderscup classification and what I am most proud of, a third place during the Belgian Champignonship marathon in La Roche.”

What are your ambitions for 2025?

“That I can have another year like this year. I’ve been good all year and everywhere I started I was competing for the podium. If I can match that or maybe do a little bit better, then 2025 will be successful again.”

What do your workouts look like, how many hours a week?

“I exercise every day: cycling, mountain biking, strength training

and core stability, all come into play. In the winter I push the bike aside a little more and the focus is more on strength and stability. Then during the season it's more cycling, but I never skip the stability training. My body has suffered a lot during the MX career so keeping all the muscles strong is really a must! In the winter period I train about 15 hours a week. That also depends on the weather. During the season it is usually less, unless there is a specific goal to train for. But on average then I still train at least another 10 to 15 hours the week including the races."

Are you also paying attention to your nutrition?

"I've always paid some attention to my nutrition but since this year I've been under nutrition guidance from Natacha Van den Broeck of Proti Balance/Concap. And that really made a big difference! She made sure that I was sharp for a whole year without being hungry and that there was no muscle breakdown,

but even muscle gain. If you want nutrition guidance to perform better, you need to be with her!"

Do you also take supplements then?

"Yes, for the supplements I am under constant supervision of Luc Van den Broeck who adjusts me with the Concap products where necessary. Every year I have my blood values checked several times by my doctor. Luc then advises me with the right supplements so I can perform optimally. During the season, some periods I even visit Luc weekly and then we discuss which races are on the program and adjust the supplements accordingly."

So do the Concap products really help you that much? And how do you feel about it?

"Those help a lot, without the Concap products I would never have been able to compete at this level in mountain biking already. They give me strength, energy, better recovery and I hardly get sick any-

more. My level really went up a lot in a short time since I started using the products."

What kind of work do you do?

"My main profession is mailman but in independent secondary employment I am a motocross coach and personal trainer."

How long do you think you will continue to do competition?

"As long as I can handle it physically. I think they'll have to bury me with my bike and all someday..."
(David laughs exuberantly)

So is cycling without competition not an option for you?

"No, definitely not at the moment. But someday that will come about lol. I would like to put that off for a very long time though, by taking good care of myself and continuing to train hard."

Nice one! We wish you many more years of success on mountain biking David! 🏆



Tekst: Patrick Van Gansen



Discover the extraordinary fauna and flora around the KRKA waterfalls in Croatia

Krka National Park, with enchanting natural features and unique cultural and historical heritage, covers an area of 109 km² with the most beautiful part of the course of the Krka River and the lower reaches of the Čikola River. The main natural phenomenon is tufa, which has formed seven beautiful waterfalls.


The spectacular scenes of the river are revealed to visitors on the hiking trails and cycling routes. Cycling along the trails of Krka National Park treats you alternately with the adrenaline rush of descending the steep slopes and the

tranquility of passing through the gentle valleys. Cycling here is also a direct insight into the wealth of flora and fauna of the rich land and water habitats.

There are three starting and ending points for all routes: the Krka National Park office in Skradin, the visitor center in Laškovića and the Krka Eco Campus in Puljane. There are a total of 12 cycling routes, including three MTB or mountain bike routes, three Road routes and six Track routes for enjoyable family rides. The routes have proper bicy-



cle tour markings and visitors can use detailed brochures with specific descriptions, photos, maps and GPS coordinates of the routes.

Cycling is a great way to explore and experience more distant parts of the park in a special way, and the upper reaches of the Krka River are ideal for this type of activity because of the configuration of the terrain. At the Krka Eco Campus in Puljane you can also rent electric bikes, called pedalec, booking in advance is recommended though. 



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THE 'TOP RIVER ROUTES'

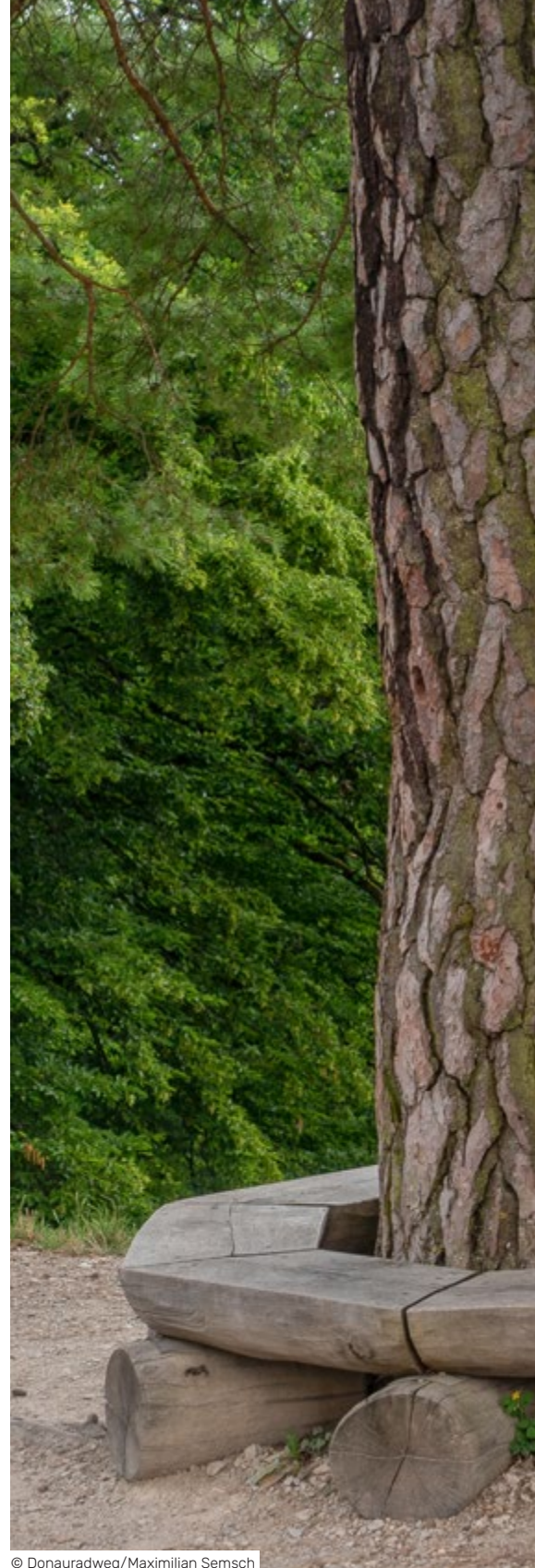
Cycling has many facets and countless possibilities. One of the many pleasures of (electric) cycling is being able to relax and still cover many miles. This way you take care of the body and inspire the mind to discover more of the world, its history, beautiful nature and culture. That is why we list below the beautiful cycling routes along the rivers in our neighboring country Germany.

Germany's most beautiful river bike paths

If you like to explore nature from the saddle, these bike paths are a

must. Nature lovers, peace seekers or cultural vacationers, these tours will take you to the most beautiful places in Germany. The low gradients and perfectly signposted cycling routes are also perfect for families or leisure cyclists.

All 10 cycling routes have one thing in common: they lead along Germany's most beautiful rivers. And yet each cycling route is unique, has its own special charm and promises unforgettable cycling and water experiences.



© Donauradweg/Maximilian Semsch

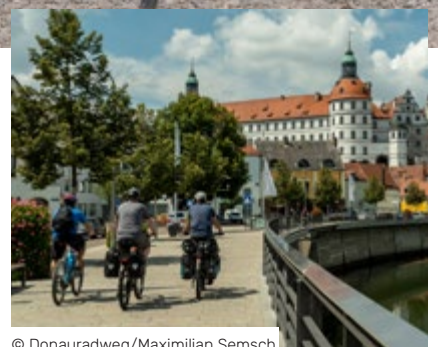
Immerse yourself in regional culture, discover romantic castles & palaces, enjoy culinary specialties, feel the urban flair in the bustling metropolises and recharge your batteries in the fascinating natural landscapes of the national parks and nature reserves along the banks.



1. Donauradweg, 600 km

The Danube is exciting, varied, dreamy and relaxing at the same time. The Danube Bike Trail in Germany is just over 600 km long and can easily be cycled in individual day stages. Sporty or relaxing with the whole family - the Danube is the ideal cycling area for everyone. The Danube rises in the Black

Forest, in Germany, from the confluence of the Breg, the Brigach and the Donaubach, which rises in Donaueschingen. The bike route starts shortly at the source of the Donaubach in Donaueschingen. Just starting your tour where the longest river in the European Union begins is already an experience in itself.



© Donauradweg/Maximilian.Semsch

Starting point: Donaueschingen
Ending point: Passau

2. Elberadweg, 1.300 km

The Elbe cycle path is over 1,300 km long and runs from the Czech Giant Mountains to the North Sea. Unique culture and bustling metropolises alternate with virtually untouched nature. You accompany the river through beautiful rocky worlds, rustic vineyards and vast Elbe meadows. Because of the slight gradient, the route can be cycled both upstream and downstream.

Starting point: Špindlerův Mlýn
Ending point: Cuxhaven



© Elberadweg/Maximilian Semsch



© EmsRadweg/Maximilian Semsch

3. EmsRadweg, 385 km

385 km from the Senne to the North Sea - the EmsRadweg follows Germany's shortest river that flows into the sea from its source through five varied and attractive vacation landscapes. Because the route has virtually no inclines, young and old can comfortably cycle through nature, countryside and towns. Around 25 train stations allow for very flexible stage planning along the Ems.

Starting point: Hoewelhof
Ending point: Emden

4. Lahnradweg, 249 km

The Lahnradweg between Netphen and Lahnstein offers 249 km of varied cycling vacation fun, because the ADFC three-star quality cycle path offers good infrastructure, numerous cultural highlights and impressive natural beauty - and lots of history.

Starting point: Netphen
End point: Lahnstein



© Lahnradweg/Maximilian Semsch



© Mosel-Radweg/Maximilian Semsch/Mosellandtouristik GmbH

5. Mosel-Radweg, 248 km

World-famous vineyards, ancient sites, romantic castles and the unique river landscape including the meanders of the Moselle. The 248 km long, mostly flat Mosel bike path close to the banks unites everything that makes the Mosel so attractive in its route from Perl to the Deutsches Eck in Koblenz. The free audio tour "Listening Points on the Mosel bike path" reveals exciting discoveries and secrets of the region.

Starting point: Perl
Ending point: Koblenz

6. Neckartal-Radweg, 370 km

Germany's most contrasting riv-



© Neckartal-Radweg/Maximilian Semsch

er cycle path on 370 km from the source of the Neckar in Villingen-Schwenningen at the edge of the Black Forest to Mannheim, where it flows into the Rhine.

Cycling through the history of Baden-Württemberg: the Neckar Valley Cycle Path does not only impress with its enchanting valleys, impressive steep vineyards and ro-



© Rheinradweg/Maximilian Semsch



© Römer-Lippe-Route/Maximilian Semsch

mantic castles. The ADFC quality cycle path, certified with four stars, is above all a journey through time and a bicycle tour through history.

Starting point:

Villingen-Schwenningen

Ending point: Mannheim

7. Rheinradweg, 1.450 km

The Rhine Cycle Route follows

the Rhine from its source in the Swiss Alps to its mouth in the North Sea. Over a length of 1450 km, the route passes through four countries, a wide variety of landscapes and nine UNESCO World Heritage Sites. Numerous castles and palaces, historic towns and steep vineyards line the route and bear witness to the Rhine's historic past.

Starting point: Andermatt (CH)

End point: Hoek van Holland (NL)

8. Römer-Lippe-Route, 479 km

"History in flow" on over 400 km of route between Detmold and Xanten! Along the Lippe, the longest river in North Rhine-Westphalia, cycling enthusiasts can experience Roman culture in comfort from

the saddle and soak up the relaxing atmosphere of the water.

Starting point: Detmold

End point: Xanten

9. RuhrtalRadweg, 240 km

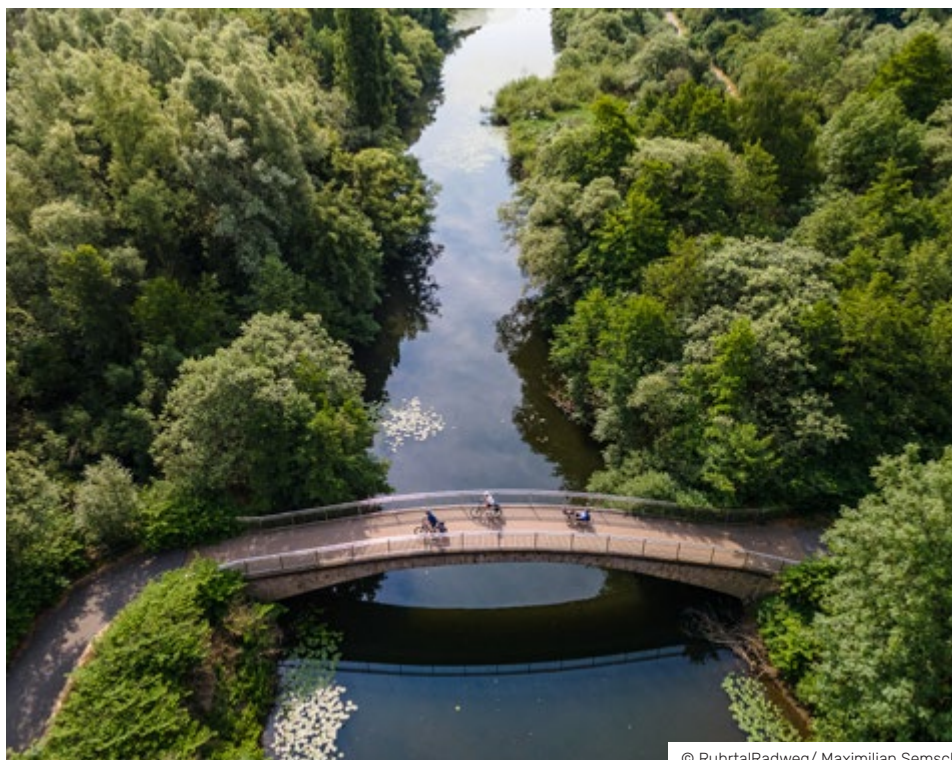
With a unique arc of tension between the low mountain range landscape of the Sauerland and the bustling cultural metropolis of the Ruhr, the Ruhr Valley Cycle Path is one of the most varied river cycling trails in Germany. Over a length of 240 km, the bike path connects impressive natural landscapes, picturesque old towns and impressive industrial monuments like pearls on a chain.

Starting point: Winterberg

End point: Duisburg

10. Weser-Radweg, 520 km

The Weser Cycle Path runs over 500 km from the Weserbergland to the North Sea. In addition to the cycling experience, the attraction here lies in immersing



© RuhrtalRadweg/ Maximilian Semsch



© Weser-Radweg/ Maximilian Semsch



Contact:

www.riverroutes.de/en/

Instagram @topriverroutes

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Bicycle maps, brochures and flyers

Discover the most beautiful river cycling routes in Germany Here you can view or download the digital flyer with the overview map of Germany's Top River Routes online www.riverroutes.de/en/prospektbestellung/



yourself in the fascination of thousands of years of history. Many towns and sights offer the opportunity to do so: from the UNESCO World Heritage Site of Corvey to the Pied Piper town of Hameln and the asparagus town of Nienburg to Bremen and the North Sea spa town of Cuxhaven.

Starting point: Hann. Münden

End point: Cuxhaven

A weekend off season with Jonas Rickaert and Arjen Livyns in the 'Hof van Kalenberg'



Arjen with Ibe of bike store Velo Vainqueur from Waregem

For most cyclists, November is a month of active rest to fully recharge their batteries - mentally and physically. Time to do things that are not possible during the season, and then gradually increase training sessions again during the month. That way, professional cyclists arrive with the necessary base, at the first team training camp that usually takes place in December somewhere in Spain on the Costa Brava.

But what's on the program those first weeks of November? That Remco Evenepoel likes to be a VIP at major sporting events we have read in various press. You can read how Jonas Rickaert (Alpecin - Deceuninck) and Arjen Livyns (Lotto-Dstny) enjoyed a cozy November weekend among friends here in Cyclelive Magazine.

First, let's get to know these two pros.

Jonas Rickaert

Jonas Rickaert has been in the public eye before in the service of his leaders at Alpecin - Deceuninck. Jonas was born on February 7, 1994 and with his 1m88 and 85 kg he is the prototype of a perfect leadout. Behind his back you are really out of the wind and in a

perfect slipstream to attack, just ask Jasper Philipsen. Jonas is also active as a track cyclist, but is thus mainly known as the perfect locomotive for Mathieu van der Poel and Jasper Philipsen. He won the national race 'Zwevezele Koers' on Sept. 27, 2024. In 2020, with 'Dwars door het Hageland', he won his only UCI-1Pro victory to date.

Arjen Livyns

Arjen Livyns born Sept. 1, 1994, is a true generational companion and bosom friend of Jonas Rickaert. At 1m70 and 58 kg, he is a very different type from the locomotive that Rickaert is. Arjen closed the year 2024 in place 503 in the UCI ranking. He has been riding with Lotto-Dstny since 2023 and before that he was a pro rider with Bingoal Pauwels Sausen, Roompot and Verandas Willems. Arjen finished seventh in the third stage of the Tour of Spain in 2024 - stage won by Wout van Aert.

A weekend among friends in the Haspengouw town of Borgloon

At the 'Hof van Kalenberg' a few months ago they received a request under the name of bike store Velo Vainqueur for a weekend stay in November. The weekend of November 22 - 24 was still free and Lisl and Ibe the owners of the bike store from Waregem did not hesitate for a moment to book. So they went to Borgloon with their daughter and some friends to stay at the "Hof van Kalenberg". Among those friends were also Jonas Rickaert and Arjen Livyns, who enjoyed the combination of a weekend of socializing and training.

The first guests arrived at the "Hof van Kalenberg" on Friday afternoon and by 7 p.m. the group of

The group of friends together in the living quarters of Hof van Kalenberg



The pizzas
were **tasted**
as if they were
a **local** delicacy

friends was complete. The bikes were safely stored away and prepared for training the next day through the beautiful Haspengouw region.

That Friday evening, cooking was not on the agenda. A nice pizza night was organized...the pizzas from Borgloon were tasted as if they were a local delicacy. Just goes to show that pro riders are really ordinary souls just like you and me. A good pizza tastes good to everyone!

After the children were in their beds, the sauna and jacuzzi were enjoyed before the lights went out in the "Hof van Kalenberg" and sleep was on the agenda.

In the wheel of Jasper Philipsen and Jonas Rickaert



Saturday ride with Jasper Philipsen

Saturday morning breakfast included bread, buns and coffee cakes fetched from the local bakery. The men then set off on a training ride towards Hasselt, where they had agreed to do some easy kilometers together with Jasper Philipsen. After more than three hours of training the riders arrived back home at the 'Hof van Kalenberg'. Meanwhile, the ladies had had a pleasant morning with the children. From the living room and the sunbathing area it is nice to chill with the view

of the pond and the fruit meadow with cows. For the children it was great that the little calf kept coming back to watch curiously at the fence.

Jonas and Arjen were only aware of the beauty of the Haspengouw countryside after their training. *'How beautiful it must be here in spring among all those fruit trees in full bloom,'* Jonas wondered.

In the afternoon it was time to relax and then shopping in nearby Hasselt was high on the ladies' priority list,

while the gentlemen opted for a walk through the Haspengouw countryside with the children.

Sunday morning it was training time again. The men now stayed

in the area between Borgloon, Heers and Tongeren. Only 700 meters from the vacation home is the Haspengouw loop where the last European Championships were also held. Jonas still

Cycling **slowly**,
even **very** slowly,
is the **message**
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of year



Arjen Livyns enjoys among Haspengouw fruit trees

recognized the course perfectly and let his friends enjoy the challenge on this tough and beautiful course. A lot of kilometers in the legs again, only now the pace was much slower than during the European Championships. Cycling slowly - even very slowly, is the message at this time of year. The foundation is the beginning of everything and so that foundation has to be as strong as possible. It is also immediately a unique opportunity to enjoy all the beauty you encounter along the way. This enjoyment of nature will be a lot less in about six weeks, because then the block and interval training will quietly enter the training schedule.

Jonas Rickaert

Top results:

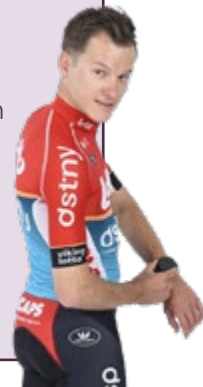
- 1st Dwars door het Hageland ('20)
- 1st Grote Prijs Marcel Kint ('17)
- 3rd Heistse Pijl ('21)
- 4th Dwars door het Hageland ('21)
- 6th Classic Brugge - De Panne ('23)
- 3rd GC Tour de Gironde Cycliste International ('14)
- 6th Tour de l'Eurométropole ('18)
- 5th Gooikse Pijl ('18)
- 4th stage BinckBank Tour ('18)
- 8th Scheldeprijs ('18)
- 10th AG Driedaagse Brugge - De Panne ME ('20)
- 10th GC Tour of Denmark ('18)



Arjen Livyns

Top results:

- 2nd Grand Prix de la Ville de Lillers Souvenir Bruno C ('20)
- 2nd Grand Prix Criquelion ('17)
- 6th Brussels Cycling Classic ('22)
- 5th Grand Prix Cycliste la Marseillaise ('21)
- 3rd Antwerpse Havenpijl ('17)
- 6th Trofeo Matteotti ('20)
- 7th Grand Prix de Wallonie ('19)
- 7th Grote Prijs Jef Scherens - Rondom Leuven ('16)
- 7th Egmont Cycling Race ('23)
- 7th Stage Vuelta a España ('24)
- 4th Stage Sibiu Cycling Tour ('24)
- 8th Muscat Classic ('24)



Staying in the 'Hof van Kalenberg'

Hof van Kalenberg is located in the 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 with a view to the garden
- Open kitchen
- A separate relaxation area
- The garden offers privacy and the terrace faces south.
- The Jacuzzi and sauna
- A charcoal barbecue and deck chairs complete the Haspengouw vacation feeling
- A safe bike storage - also for electric bikes - with work stand and possibility to polish the bike + bike tools for small repairs
- Washer and dryer
- Information about the cycling routes is available in the house or via fietsnet.be or [fietsknooppunten](https://fietsknooppunten.be) route planner

**Hof van Kalenberg is a member of
'Cycle-friendly accommodations Limburg'!**

At the departure on Sunday evening, the booking for the summer season was already re-booked and depending on their program, we will see Jonas and Arjen then once again over the Haspengouw roads recharging their batteries for the continuation of the 2025 season.

Text: Patrick Van Gansen

This story was created courtesy of **Velo Vainqueur**

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Staying at the 'Hof van Kalenberg'

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

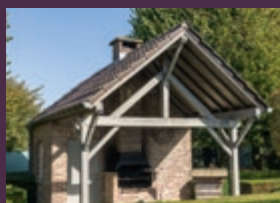
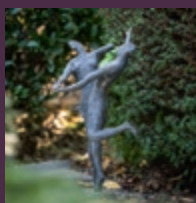
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- A separate relaxation area
- The garden offers privacy and the terrace faces south.
- Jacuzzi and sauna
- A charcoal barbecue and deck chairs complete the Haspengouw vacation feeling.
- Washing machine and dryer.

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



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VAKANTIEWONING HASPENGOUW

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