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THE NR. 1 MAGAZINE FOR AN ACTIVE CYCLE LIFE

GRATIS!

cyclalive
magazine

THE ICONIC MONT VENTOUX TOUR DE FRANCE 2025

Cycling around Sun Moon Lake in Taiwan

The KronplatzKing challenges you on a mountain bike!

Ljubljana: cycling capital of a true cycling nation



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Forbidden to throw on public roads!

A look back at the spring cycling season from Mallorca

It was a good spring, though from a professional racing perspective, it can't exactly be classified as the most thrilling or dramatic.

To truly capture the imagination, we need more races like the recent editions of Milan–San Remo, Paris–Roubaix, the Brabantse Pijl, and the Amstel Gold Race — races where the battle is fierce, and the suspense remains high until the final kilometers. The fact that Pogačar and Van der Poel dominate so many one-day races by such wide margins doesn't really help maintain that tension.

Still, their solo exploits — which these exceptional champions have been pulling off for several seasons now — undoubtedly command respect and admiration. That goes without saying. But it's all become a bit predictable, and over time, it may start to feel boring for many fans. It's a natural phenomenon, one that even marked the Eddy Merckx era after a few years of suffocating dominance.

Especially for us Belgians, it can be tough to watch a Slovenian and a Dutchman do exactly what we'd love to see from Remco Evenepoel and Wout van Aert. Of course, most Belgians probably wouldn't find it boring at all if it were our own riders dominating the field. Who doesn't sit on the edge of their seat when Remco launches a solo attack, when Wout controls the front of the race, or when Jasper Philipsen powers to yet another bunch sprint victory?

It just goes to show: every statement, every word, has multiple truths. What feels dull to one person is absolute delirium to another. It all depends on where you're standing — and how you choose to look at it.



Which brings us straight to Wout van Aert.

As I write this foreword, it's been exactly a week since Wout won the gravel stage to Siena in the Giro d'Italia. What a beautiful, emotional release that was at the finish line in Siena! After so much suffering and so many setbacks in recent years, it had been quite a while — since the 2024 Vuelta, in fact — since Wout had tasted the sweet joy of victory. What character, what determination, what incredible mental strength Woutje has. Truly amazing!

And the same goes for none other than Remco Evenepoel! His preparation is going smoothly, and what he showed in his comeback gives real hope for what lies ahead. We're eager to see what he'll be capable of in the upcoming Tour de France.

And what about Jonas Vingegaard? At the end of May, it's still a complete mystery to the entire cycling world how his form is shaping up. However, there are some whispers going around that Vingegaard might be stronger than ever — that his numbers are even better than before. Just hype, or could it be true?

The only certainty right now for the general classification in the 2025 Tour?

Well, Tadej Pogačar will once again be the man to beat in the 2025 Tour de France. Hopefully, Jonas and Remco can add a bit more suspense this time around compared to what we saw in 2024.

Other contenders for overall victory? Honestly, not really! Something truly extraordinary would have to happen for anyone other than Tadej, Jonas, or Remco to be standing on the final podium in yellow in Paris on July 27.

Cycling greetings from Mallorca

We've spent almost the entire spring following the season from Mallorca — a setting that once again reminded us of the reality and relativity of life. Mallorca is known as the ultimate cycling island. A place every cycling enthusiast should visit at least once. A place teeming with riders discovering the island's diversity — enjoying nature, smooth roads, sunshine, warm temperatures, the sea, and the mountains.

And yet, right here in Mallorca, you'll barely find a single local Mallorcan who shows the slightest interest in Milan–San Remo, the Tour of Flanders, Paris–Roubaix, Liège–Bastogne–Liège, or the Giro d'Italia.

It's a perfect example of how cycling and its stars are practically sacred in a small country like Belgium — while the very same sport goes almost completely unnoticed on cycling's most iconic island. Just one of many reminders of how greatness, popularity, and fame are always relative.

And with that, we've already introduced one of the main themes for our upcoming issues of Cyclelive Magazine: cycling tourism and professional cycling in Mallorca will take center stage in the editions to come.

But in this current issue, we take you on a ride to the breathtaking Sun Moon Lake in Taiwan. From there, we travel through Ljubljana — the capital of cycling nation Slovenia — into South Tyrol and on to St. Gallen in eastern Switzerland, seeking true challenges in the Swiss Alps. As always, the joy of cycling and discovering new places is at the heart of this magazine.

We wish all our readers an amazing summer of cycling — and plenty of reading pleasure with this FREE issue of Cyclelive Magazine!

Enjoy it!

Warm cycling greetings from Mallorca,
Patrick Van Gansen



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The leading group in the Strade Bianche stage
at the Giro d'Italia 2025 – won by Wout van Aert
Photo: LaPresse

112^e ÉDITION

TOUR de france™

5-27 JUILLET 2025



LÉGENDE / THE KEY

- | | | | |
|--|---|--|---|
| | Grand Départ
Race Start | | Arrivée finale
Race finish |
| | Ville ou site départ
Start town or site | | Étape en ligne
Stage |
| | Ville ou site arrivée
Finish town or site | | C.L.M. individuel
Individual time trial |
| | Repos
Rest day | | |

TOUR DE FRANCE 2025

THE FIRST THREE STAGES

Just popping over the border for three days of Tour de France fun

This year, as cycling fans, we can once again experience the start of the 112th edition of the Tour de France up close. The Grand Départ will take place from July 5 to 7 in the Lille-Nord de France region. A unique opportunity to hop across the border and experience a day or weekend of TDF in all its glory.

History Tour de France in this region

This makes Lille the 18th time that a stage has started. The very last time was in 2022 with the fifth stage between Lille Métropole and Arenberg. In that stage, the riders had no less than 11 cobblestone lanes with a total of 19.4 km under their wheels, but this year the riders will completely ignore



them. Already in 1906, Lille was finish location of the 275 km long first stage from Paris. After that, it was battled for a stage win 15 more times. The previous Grand Départ in this region dates back to 2001. Then the Côte d'Opale was host. After 1960 and 1994, Lille is 'ville départ' for the third time.

Lille City Center © Laurent Javoy



Tour de France 2025 in numbers:

21 stages, **7** flat stages, **6** hilly scenery, **6** mountain stages, **5** uphill arrivals, **2** time trials, **2** rest days, **8** new arrivals and departures.

A total of **3,320** kilometers and **51,550** altimeters. **184** riders will arrive at the start from **23** teams. The caravan will travel through **11** regions and **34** departments.



Peloton in Kassel 2022
© A.S.O. Charly Lopez

Stage 1 – July 5, 2025

Lille – Lille 185 km

This 185 km opening stage starts and finishes at L'Esplanade du Champ de Mars, near the beautiful citadel on the edge of Lille's old town. The famous fortress builder Vauban has left his mark here.

Although this stage is relatively flat, it includes three short climbs: the Côte de Notre-Dame-de-Lorette (1 km at 7.6%), the cobbled climb of Côte de Cassel (1.9 km at 3.5%), and the Mont Noir (1.3 km at 6.4%). The route touches the southern border of France several times, with the Zwarteberg and Kasselberg serving as great vantage points to watch the riders pass by.



Nécropole nationale de Notre-Dame de Lorette
© Sarah Roynette



© Rens Klaasse

These climbs will also be key battlegrounds for riders aiming to win the first polka-dot jersey of the race.

At the Côte de Notre-Dame-de-Lorette lies a large French military cemetery, resting place of soldiers fallen during World War I. The site also honors former Tour winner François Faber from Luxembourg, who disappeared and died in 1915

Of the four climbs on the route, three are located in the final 30 km. About 60 km before the finish, the peloton passes through the idyllic, elevated fortress town of Montreuil-sur-Mer, where Vauban also left his mark.

Stage 3 – July 7, 2025 Valenciennes - Dunkirk 178 km

Again, this is an almost complete-



The idyllic Montreuil-sur-Mer
© Rens Klaasse

during combat in the First World War. His body was never recovered.

Stage 2 – July 6, 2025 Lauwin-Planque – Boulogne-sur-Mer 212 km

With a 212 km stage over a hilly course, the riders will travel from Lauwin-Planque, near the town of Douai, to the coastal town of Boulogne-sur-Mer, known for its beautiful walled old town. The finish line is on the gently uphill Boulevard Mariette.

At the start town, the American company Amazon operates a large distribution center. After passing Arras, the peloton rides past the 136-meter-high Mont Saint Eloi, where there is a memorial to François Faber.

ly flat stage of 178 km from Valenciennes to Dunkirk. We know this finish town well—it was the start location for Stage 4 in 2022, where Wout van Aert sealed a brilliant victory in Calais. At that time, he was wearing the yellow jersey and helped lay the groundwork for winning the green jersey.

What makes this stage special is that, for the second time in three days, the riders will climb the Kas-selberg (2.3 km at 3.8%). This time, however, they'll take a different route than in the opening stage.

Especially for the fans

On July 3rd and 5th, you can visit the Tour de France 2025 Fan Park at Place de la République in Lille. And on July 5th, there's also the

'Fête pour le passage du Tour de France' on Drève de l'Hôpital in Seclin.

CYCLING YOURSELF IN THE WAKE OF THE RIDERS

Of course, there is nothing like taking the (racing) bike yourself to enjoy the beautiful landscapes in the region of the Grand Départ. The Vélomaritime is a beautiful cycling route that runs for 118 km along the Opal Coast. In the Vallée de la Lys and the hills of Monts de Flandres, you can also use the 800 km long network of cycling nodes that connects to our Flemish network. From the website pas-de-calais-toerisme.com you can download the necessary cycling brochures.



Or do you go for the more intense work?

For ambitious cycling tourists, this hilly region of the Hauts-de-France will host a number of challenging tours in the coming period, this time also featuring the first stages of Tour de France. On June 22, the l'Enfer des Flandres will be held. A cyclo from Bailleul, just across the border, of 225 km (1700 hm). This ride has an explicit nod to the Tour de France. But exactly which one that is should remain a surprise.

More info can be found at
bailleulveloclub.fr



Armentières will be the starting point of the CHTI Bike Tour on June 28.



At the finish in Boulogne-sur-Mer
© Rens Klaasse



Victory Wout van Aert in 2022 © A.S.O. Pauline Ballet

This edition of the 230 km ride is a special du Grand Départ du Tour de France.

More info
www.lechtibiketour.org



du Cap Gris-Nez' on Sept. 7.

More info:
www.helloasso.com



By the way, all these organizations also have shorter distances and rides for mountain and gravel bikes.

Text: Rens Klaasse



ODE TO A MAN OF CHARACTER WOUT VAN AERT



As we're putting the finishing touches on this issue of Cyclelive, Wout van Aert has just won the epic Strade Bianche stage in the 2025 Giro d'Italia. We couldn't let that moment pass by without recognition, so with this photo collage, we tip our figurative hats to the character and perseverance of the man from Herentals.

It tells us something — that if Wout finally stays free from bad luck, he's going to have an incredible Tour de France as well. We sincerely hope he does!



IN NORMANDY AND BRITTANY

Stage 4 – July 8, 2025

Amiens to Rouen – 173 km

After three stages in Nord-Pas-de-Calais with Lille as the base, we now head in a different direction, traveling from Amiens—the capital of the Somme department, where André Greipel won a stage in 2015 and Dylan Groenewegen did the same in 2018—towards Normandy and Brittany. We find ourselves in a region rich in cycling history.

In the final 22 kilometers to Rouen, the riders pass three climbs. The



Window painting Jean Robic



Vélo de piste by Anquetil at Rouen 2012 tour exhibition

first is the Côte de Bonsecours (elevation 135 meters, 900 meters at 7.2% gradient). For a great cycling story connected to this hill, we look back to the first post-war Tour de France in 1947. On July 20, the last stage from Caen to Paris (257 km) was raced. It would be the day of Breton Jean Robic, who trailed the Italian Pierre Brambilla by 2 minutes and 58 seconds in the general classification.

With 140 km to go, Robic launched a decisive attack on the Bonsecours to shake off Brambilla—and succeeded. The race fragmented, with several groups heading toward Paris where Briek Schotte won the stage. Robic finished seventh in



Jacques Anquetil

a group of four, 7 minutes and 36 seconds behind. Brambilla came in more than twenty minutes later. This heroic effort made Jean Robic the first post-war Tour winner.

Today, when you climb the Bonsecours, you'll see a large monument on your right. Don't miss the local basilica, where a votive offering (an ex-voto) has been placed in the Chapelle Notre Dame—a token of thanks for a granted favor. You are standing on sacred ground here!

Next, the route leads to Rouen, the city of Jacques Anquetil. On June 29, 1957, he won his very first Tour stage here, racing from Caen (134 km), laying the foundation for his record five Tour victories.



Côte de Bonsecours



Remco Evenepoel in the White Jersey among the Burgundy vineyards stage 7, Tour 2024
Photo: Gregory Van Gansen

Rouen is a city of grandeur—take some time to explore its center. During the last Tour arrival here in 2012, André Greipel was the stage winner. That year, the city also hosted a major exhibition dedicated to Anquetil.

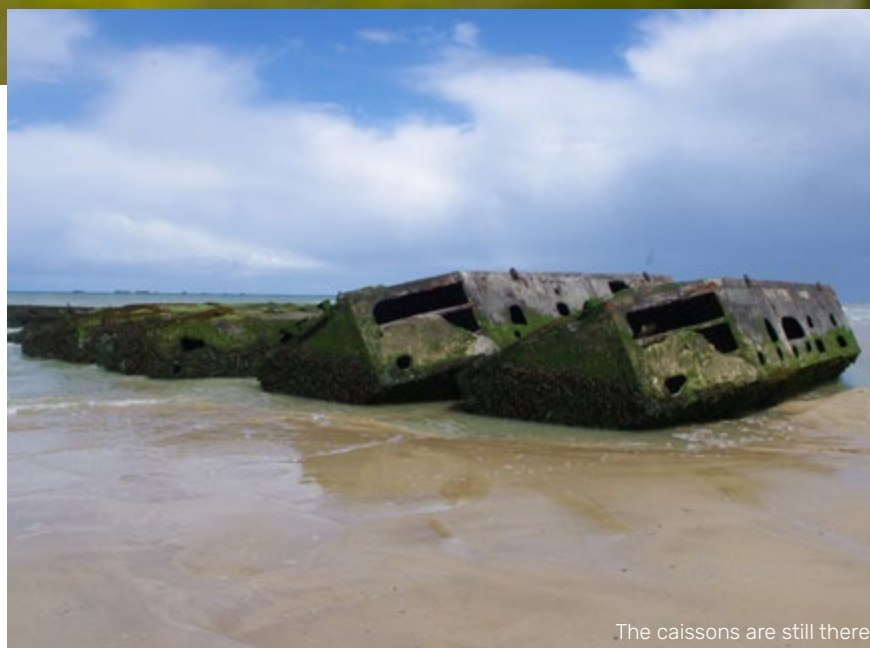
Stage 5 – July 9, 2025

Caen to Caen

Individual Time Trial – 33 km

We can't ignore it—this has to be the day of world champion Remco Evenepoel! With the big gears on this flat course, high speeds are expected. It's a flat route, so it might just be a Belgian celebration in Caen. But the city has been celebrating all year long—it's marking its 1,000th anniversary this year.

The last time the finish line was here was in 2006. Back then, Óscar Freire took the win by beating Tom Boonen. Caen only came into international focus after the 1944 invasion and is also known as the city of 100 clocks. It's no surprise



The caissons are still there

that the first time trial is held here! When you're cycling here yourself, a glass of Normandy cider is definitely the perfect refreshment!

Stage 6 – July 10, 2025

Bayeux to Vire, 201 km

This stage is the second-longest of this Tour edition and runs through rolling terrain. Bayeux lies just a few kilometers south of the famous Omaha Beach invasion site. The nearby Arromanches is steeped in

invasion history. It's still impressive to spend some time here and absorb the history.

From Bayeux, the route heads south toward Flers, then loops westward back to Vire. In 1997, Mario Cipollini won the longest stage of the 84th Tour de France here, covering 262 km and wearing the yellow jersey for several days. Will another rider of that caliber win here again?



Stage 7 – July 11, 2025

Saint Malo-Mûr de Bretagne 194 km

The last rider to win a stage in Saint-Malo was Marcel Kittel in 2013. The city rises like a fortress from the sea. From here, ferries depart to Jersey, Guernsey, and the English coast. During a press trip, we took a day ride to Jersey from here—highly recommended. Sailing and cycling: the perfect combination! Everything on this day is focused on the Mûr de Bretagne. The riders will pass it for the first time with 17 kilometers to go. After a loop through St. Gilles Vieux Marché, the final showdown follows. Who will succeed Mathieu van der Poel?

Stage 8 – July 12, 2025

Saint Méen le Grand-Laval 174 km

We're heading to the birthplace of three-time Tour winner Louison

Bobet, who was born here on March 12, 1925. In other words, there's a reason to celebrate this year—his 100th birthday. The Tour pays tribute to him.

When American troops liberated the village on August 3, 1944, the young Louison joined them and spent about a year and a half with a French regiment that was part of General Patton's forces. The village still breathes Bobet.

This is the second time the riders start here. At the heart of the village is Rue Louison Bobet, home to the bakery where he was born. The highlight is the Bobet Museum, and be

156 m - km 164,5
et 180



MÛR-DE-BRETAGNE
293 m - km 166,5 et 182
(2 km à 6,9 %)

© ASO



Commemorative column in center of village

sure to visit the cemetery as well. Visiting here might just feel like a Bobet pilgrimage!

The flat stage to Laval will be one for the sprinters—and that immediately brings Jasper Philipsen to mind. Laval last hosted a stage in 2021 when Tadej Pogačar won the time trial here. Laval also has a special cycling history as the birthplace of Jacky Durand, the man who surprised everyone by winning the Tour of Flanders in 1992.

Text and image: Teus Korporaal

HEADING TO THE PYRENEES

Stage 9 – July 13, 2025

Chinon – Chateauroux 170 km

It's a bit of a transition, but even in the days leading up to the Pyrenees, there's plenty to experience. The flat ninth stage between Chinon and Chateauroux, covering 170 kilometers, will be a true transition stage, because in the tenth stage from Ennezat to Le Mont Dore, the real work begins. It's almost certain there will be a sprint finish in Chateauroux!



Museum entrance

Stage 10 – July 14, 2025

Ennezat – Le Mont Dore

What the day will bring during this stage through the Massif Central—with seven climbs and 4,300 meters of elevation gain—is the big question. Just take a look at the profile. After starting in Ennezat (just north of Clermont-Ferrand), the route heads west before turning south at Loubeyrat toward Clermont-Ferrand.

From there, the riders pass the Puy de Dôme and continue southwest toward Mont-Dore/Puy de Sancy.

The big question is whether Tadej Pogačar will make his mark here for the first time and immediately set things straight. It's certainly a beautiful day for it! And it would add some extra color to the French national holiday!



Step right up!



Pont St. Pierre over the Garonne in the city center

Stage 11 – July 16, 2025 Toulouse-Toulouse 154 km

After the tough ride in the Central Massif and the subsequent well-deserved rest day, it will be another day for the sprinters. The riders will ride clockwise around Toulouse. Along the way they will ride along the Garonne for several kilometers and will also cross it a few times. Ride your own bike in Toulouse? As in so many French cities, there are rental bikes everywhere.

THROUGH THE PYRENEES TO CARCASSONNE

Stage 12 – July 17, 2025 Auch-Hautacam 181 km

There's a remarkable piece of cycling history connected to Auch. In 1975, Eddy Merckx won his 34th and

Hautacam November 2024 waiting for skiers.
© www.valleedegavarnie.com



final Tour de France stage here—fifty years ago. A true milestone. Will this be remembered?

The twelfth stage goes over the Col du Soulor (11.9 km at 7.3%) and then via the Col des Bordères (3.1 km at 7.6%) to Argèles-Gazost, where the climb to Hautacam (1,520 meters high, 13.6 km at 7.8%) begins. Hautacam has hosted the finish six times. It was first climbed in 1994, with the stage won by world champion Luc Leblanc. The surprise winner in 2000 was Javier Otxoa, who beat Lance Armstrong. Sadly, Otxoa was later seriously injured in a car accident with his brother, who died

in the crash. The most recent winner at Hautacam was Jonas Vingegaard in 2022. If you ride up Hautacam yourself, you'll find a plateau, but if you walk or bike to the sides, you'll be treated to spectacular panoramic views.

Stage 13 – July 18, 2025 Loudenvielle-Peyragudes 11 km Time Trial

This is the second time trial of the race. The climb is easy: 8.4 km uphill, 1.6 km flat, and 1 km downhill. The finish line has been here four times. In 2022, Tadej Pogačar narrowly beat Jonas Vingegaard in a thrilling finish. Now, everyone will race





alone without being able to measure themselves directly against others. Will it be Tadej, Jonas, or Remco Evenepoel showing his strength? It promises to be an exciting day. The general classification contenders can no longer hide.

Stage 14 – July 19, 2025: Pau-Superbagnères, 183 km

Pau has been part of the Tour since 1930 and has hosted a stage start or finish 76 times. Whether the riders are heading into the Pyrenees or coming out of tough mountain stages, Pau is a cycling stronghold. If you visit Pau, be sure to check out the Tour des Géants near Bois Louis-Stade Tissié, where yellow pillars honor all Tour winners. The fourteenth stage is a classic: Tourmalet, Aspin, Peyresourde, and finishing at Luchon-Superbagnères with over 5,000 meters of climbing—real work for the great climbers! The first rider over the



Jacques Goddet
on the Tourmalet

Tourmalet receives the Souvenir Jacques Goddet. Superbagnères was last visited 36 years ago, in 1989, when Robert Millar (now Mrs. Philippa York) won.



Top Peyresourde

Stage 15 – July 20, 2025 Muret-Carcassonne, 169 km

Before the rest day, the peloton travels east from the Toulouse region to the medieval city of Car-



cassonne. But first, riders face about 2,500 meters of climbing. In 2022, Jasper Philipsen won here for the first time by beating Wout van Aert, Mads Pedersen, Peter Sagan, Danny van Poppel, and Dylan Groenewegen. We mentioned six names—one of them (except for Sagan, who won't be racing) could win again in beautiful Carcassonne!

Text and images: Teus Korporaal





MONT-VENTOUX

Stage 16 – July 22, 2025

Montpellier-Mont Ventoux 172 km

For the riders, spectators, and TV viewers alike, this day will be the highlight of the 2025 Tour de France. The climb to the summit of Mont Ventoux (The Giant of Provence) remains something magical. Every rider, and every cycling enthusiast, will attest to that. There is an indescribable attraction. Ventoux rises solitarily in the landscape. From a great distance, you can see the white of the Ventoux with the tower on top. As a cy-

clist, you simply have to have been there at least once! We speak from experience after camping for years at the foot of Ventoux in Bédoin. From your caravan, you have an unlimited view of the Ventoux and you carefully pick the day when you will make your climb, because the weather can have a huge influence. Everyone will agree that from Châlet Reynard it can get quite windy. Everyone has their own story, because once you've been to the top, you have a story. The same goes for the riders who race up the mountain.



Stones, stones, stones..... photo: Joke Asman

Let's go back to the past for a moment, because a lot of cycling history has been written here. You could easily write a whole book about it. We'll keep it brief here. This year marks the eleventh time the Tour will finish on Mont Ventoux.

Only big names have conquered it! How will it go this year? The big favorite is Tadej Pogačar, but we hope Jonas Vingegaard can fully claim the mantle of dangerous challenger. The mythical Ventoux is not yet on the palmarès of either of these two, so hopefully they'll make it a spectacular duel that will be etched in our memories forever.

How did it go before?

July 13, 1958	Bédoin – Mont-Ventoux	12,5 km (time trial)	Charly Gaul
July 6, 1965	Montpellier – Mont-Ventoux	173 km	Raymond Poulidor
July 10, 1970	Gap – Mont-Ventoux	170 km	Eddy Merckx
July 13, 1972	Carnon Plage – Mont-Ventoux	207 km	Bernard Thévenet
July 19, 1987	Carpentras – Mont-Ventoux	(time trial)	Jean François Bernard
July 13, 2000	Carpentras – Mont-Ventoux	149 km	Marco Pantani
July 21, 2002	Lodève – Mont-Ventoux	221 km	Richard Virenque
July 25, 2009	Montélimar – Mont-Ventoux	167 km	Guan Manuel Garate
July 14, 2013	Givors – Mont-Ventoux	242 km	Chris Froome
June 14, 2016	Montpellier- Mont-Ventoux	179 km	Thomas De Gendt
Finish due to strong winds shifted to Châlet Reynard			

• • Seven passages at the summit of Mont Ventoux • • • • •

July 22, 1951	Montpellier – Avignon	Lucien Lazaridès
July 9, 1952	Aix-en-Provence – Avignon	Jean Robic
July 18, 1955	Marseille – Avignon	Louison Bobet
July 13, 1967	Marseille Carpentras	Julio Jimenez (Death of Tom Simpson).
July 10, 1974	Savine le Lac – Orange	Gonzalo Aja
July 18, 1994	Montpellier – Carpentras	Eros Poli
July 7, 2021	Sorgues – Malaucène	Julian Alaphilippe 1st passage, Wout van Aert, 2st passage

The mythical mountain in numbers from all directions

Every cycling fan knows it: Ventoux

can be climbed from three different directions. The most legendary and toughest ascent starts from Bédoin

in, but the climb from Malaucène is almost as hard. From Sault, the climb is gentle and rolling until you reach Châlet Reynard, and from there you continue on the same road that comes from Bédoin to the summit—often battling the wind as an unwelcome companion. On page 30 of the article about Mont Ventoux, we show the three profiles so you can decide which climb(s) you want to tackle yourself. In that article, we discuss Ventoux in full detail—its quirks, tales, and facts—so you can prepare perfectly for a fantastic stay around the Giant of Provence.

Every true cycling enthusiast should have climbed all three routes in their lifetime. And if you love a real challenge, why not do all three in one day?

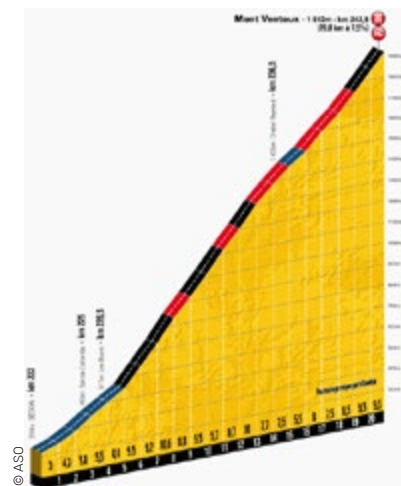
Riding around Ventoux from Bédoin

If you want a different experience, it's highly recommended to cycle AROUND Mont Ventoux. Whether clockwise or counterclockwise, it doesn't matter. It's a unique experience to see the bare mountain from the other side. Along the roughly 100-kilometer route, there are a few small hills, but that's negligible compared to Ventoux itself. The map shown here will guide you. Just do it once when you're here!

A second recommendation is to cycle from Bédoin to Malaucène, then turn left toward La Suzette



© Patrick Van Gansen



and Lafare, Beaumes de Venise (a nice place to take a break), Caromb, and back to Bédoin. We have logged many kilometers in the region, and these are just two of the many recommendations!

Text and images: Teus Korpelaar

INTO, AROUND, AND OUT OF THE ALPS

Stage 17 – July 23, 2025

Bollène-Valence 161 km

After the tough Mont Ventoux effort, a calmer day awaits with gently rolling terrain. Sprinters will be on the offensive. Bollène is new to the Tour—never before

neva, through Lyon and Avignon to the Mediterranean Sea. See www.viarhona.com

Stage 18 – July 24, 2025

Vif to Col de la Loze, 171 km

This stage—with 5,500 meters of climbing over the Col du Glandon (1,924 m), Col de la Madeleine (2,000 m), and finally Col de la Loze (2,304 m)—is one big challenge. The general classification riders must dig deep. Here the final masks will fall in a true battle of endurance. The final climb to Col de la Loze is relatively new. In summer 2019, as cycling journalists, we were invited to the opening of a new cycling route over the Col de la Loze. Until then, the summit was only accessible by lift for hikers and skiers. That changed when a four- to five-meter-wide bike path was built on both sides of the summit. No motorized traffic allowed. Where else do you find such a cycling mecca in the mountains with views of Mont Blanc? As soon as we arrived, we said to each other, “This is made for the Tour de France.” So we were not surprised when in October it was announced that the Col de la Loze would be a stage finish in the 2020 Tour! That stage was won by Colombian Miguel Ángel López. In 2025, it will likely be another renowned climber taking the win.



Cathédrale St. Apollinaire Valence
photo: © DC-ValenceRomansTourisme



has the city hosted a stage. Valence has more experience; the Tour has visited four times before with famous sprinters like André Greipel (2015), Peter Sagan (2018), and Mark Cavendish (2021) taking stage wins. Both Bollène and Valence lie along the ViaRhôna, an 815 km bike route from Lake Ge-



Want to do the climb yourself and don't have your own bike? Rent a bike (or e-bike) near the Courchevel 1850 ski resort and take on the Col de la Loze challenge. Then enjoy

an amazing descent to Méribel La Chaudanne. From there, continue downhill to Courchevel Le Praz, then climb back to Courchevel 1850. Total distance: 35 kilometers. Definitely a day to remember forever.

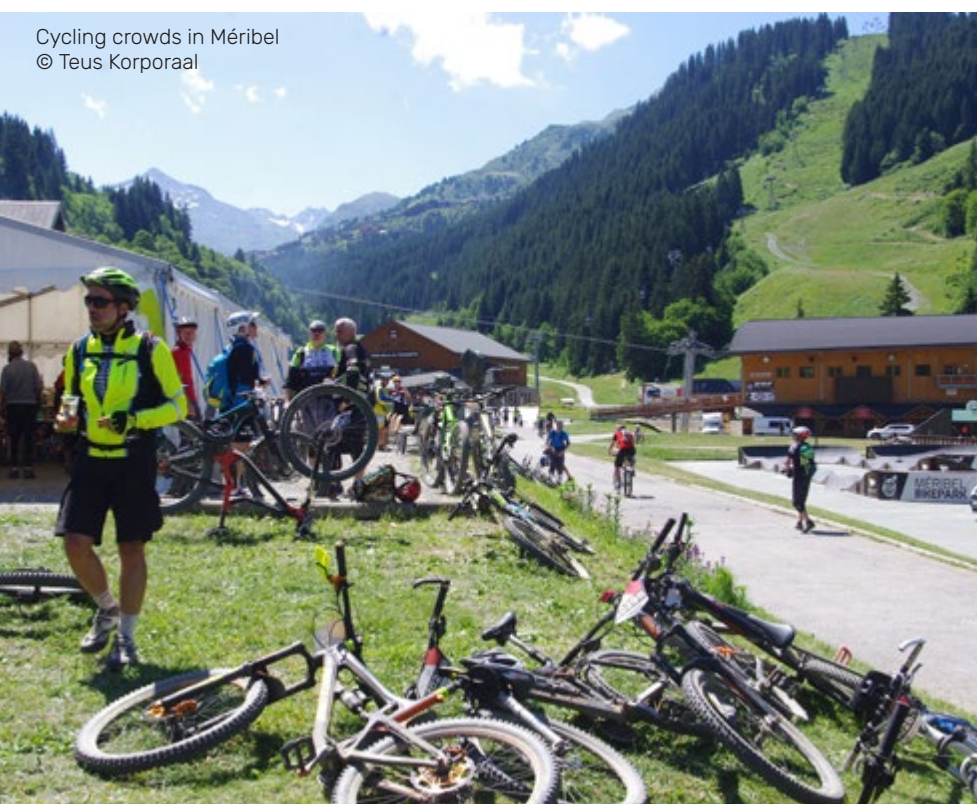
Stage 19 – July 25, 2025 Albertville to La Plagne, 130 km

Albertville is known for the 1992 Winter Olympics. This will be a short but tough stage with five climbs and an uphill finish. The big

View through the frame of the bike at the top of the Col de la Loze with Mont Blanc in the background © Teus Korporaal



Cycling crowds in Méribel
© Teus Korporaal



Col de la Loze, beginning of the free bike path © Teus Korporaal





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Porte Saint Pierre Pontarlier
© Joanna Maringue



A repeat of what happened in Pontarlier on July 15, 2001, would be a huge surprise. Then, a shattered breakaway of fourteen riders finished with Erik Dekker (Rabobank) taking the win with a 35'54" lead over the peloton. Australian Stuart O'Grady (Crédit Agricole), who finished third, became the new race leader. None of those men finished in the top ten overall in Paris. It was

a true outlier! Whatever way you look at it, it's a piece of Tour history.

Stage 21 – July 27, 2025 Mantes-la-Ville to Paris, 120 km

We all know how recent final stages have gone: a wide-open early part of the stage, champagne with the winner, photos with the jersey winners, then heading to Paris for the usual mass sprint. But this time

there will be a change. The 50th finish on the Champs-Élysées will have a completely different character. After the usual laps toward the Arc de Triomphe, following the fourth crossing of the finish line, the riders will take on the cobbles to the Côte de la Butte Montmartre, followed by a descent to the Champs-Élysées. This circuit will be done three times, and after the third descent, the riders will head straight to the finish. Pure sprinters will have a tough time.

With this change, it promises to be a very exciting stage, although most riders probably think differently. The general classification contenders will have to stay alert until the final kilometer, depending on the time gaps, and the champagne might best be saved for after crossing the finish line.

Text: Teus Korpelaar



TOUR DE FRANCE FEMMES 2025

IN BRITTANY

Stage 1 – July 26, 2025

Vannes-Plumelec 79 km

The first stage, at just 79 kilometers, is the shortest of this edition — let's call it a warm-up. A nice bonus: the stage winner will immediately get to wear the yellow jersey. So there's definitely something at stake! Let's go ahead and name Polish rider Katarzyna Niewiadoma, who became U-23 European Champion here in 2016. The 2024 overall winner could very well find herself in yellow, but first, the Côte de Cadoual (1.7 km at 6.2%) must be climbed three times. From personal experience: it's a tough little climb.

Stage 2 – July 27, 2025

Brest-Quimper, 110 km

Brest hosted the Grand Départ of the men's Tour in 1952, 1974, 2008, and 2021. In 2025, it will serve as the starting point for the Tour de France Femmes. All eyes in Brest will be on Cédrine Kerbaol, born here in 2001, who won Stage 6 (Remiremont-Morteau) in 2024.

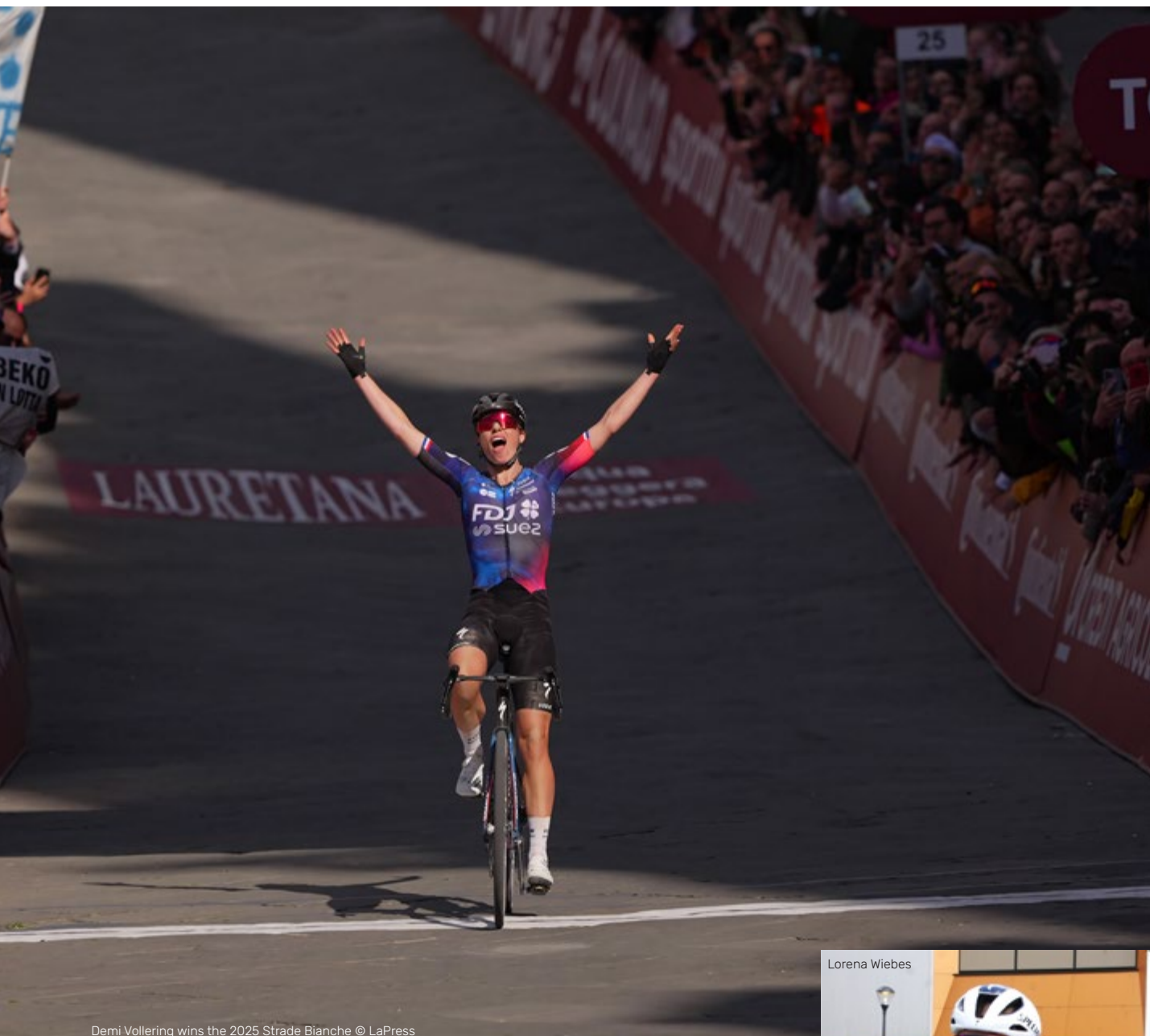


In Plumelec, the jerseys are blessed



Tour de France Femmes 2025 in numbers:

9 stages, 2 flat stages, 3 hilly stages, 2 medium mountain stages, 2 high mountain stages, 2 summit finishes, 1,165 kilometers in total, 166 kilometers is the longest stage, 17,240 meters of elevation gain, 154 riders, 22 teams, 15 departments.



Demi Vollering wins the 2025 Strade Bianche © LaPress

The stage profile makes it clear this won't be an easy ride. One thing is certain: Demi Vollering, now riding for her new team FDJ-Suez, will be aiming for a stage win. The seconds she lost in the previous edition will only fuel her hunger for yellow. In the men's Tour, Peter Sagan was the last winner here in 2018.

Stage 3 – July 28, 2025 La Gacilly–Angers, 162 km

The village of La Gacilly is closely linked to the founder and owner of the cosmetics company Yves Rocher (1930–2009). In 1958, he started selling hemorrhoid cream

via newspaper ads. This later grew into a mail-order company. In 1968 he opened his first factory and in 1970, his first store. At the time of his death, the company operated in 88 countries and had a turnover of two billion euros. Rocher also served as mayor of his hometown La Gacilly from 1962 to 2008. The village is also home to Rocher's botanical gardens. Against this backdrop, the women will start their ride to Angers. This relatively flat stage with just over 1,000 meters of elevation gain should be perfect for the strong sprinters. In the men's Tour, Mark Cavendish claimed



Lorena Wiebes

victory here in 2016. Will this be a textbook sprint finish for Lorena Wiebes? Or will Marianne Vos strike again and add another incredible victory to her already legendary record?



CYCLING SUGGESTIONS

Like a ribbon stretched across the landscape, the Canal de Nantes à Brest cuts a straight line through Brittany. In 1806, Napoleon I ordered the construction of the canal for strategic reasons. At the time, the English controlled the seas, and the canal was meant to break the isolation of inland Brittany. Work began in 1811 and was only completed in 1842. The canal became important for both importing and exporting goods. But when the Guerlédan reservoir was built in 1923, the canal lost much of its original function. By the 1970s, it was no longer in use.

The canal stretches 360 kilometers and includes no fewer than 236 locks, with a total elevation difference of 555 meters. A fun fact: between Rohan and Pontivy, there are 34 locks in just 21 kilometers. No matter where you start or which direction you go, the canal becomes your friend. It may sound monotonous, but it's anything but. The former lock-keeper's houses, in particular, are often a visual delight – beautifully restored with lovely gardens. The residents take great pride in them and are usually happy to chat. Other houses are sealed off, their history still visible in the stone.

A tip: don't just ride straight along the canal – take a few detours to nearby villages now and then.



Along the canal on the way to Santiago de Compostella



A second suggestion is to explore the Vélomaritime, part of EuroVelo 4, which runs along the entire northern coast from Roscoff in northwest Brittany to Dunkirk. In the Netherlands, this route has been nominated for the 2025 Cycle Route of the Year alongside the Göta Canal Route (Sweden) and the Route of North German Romanticism (Germany). The absolute highlight along the way is the UNESCO World Heritage site of Mont-Saint-Michel.

Note: between April 1 and September 30, cycling toward the mount is not allowed between 10:00 a.m. and 6:00 p.m.

The abbey was founded around the year 700 by Saint Aubert, who sought solitude and prayer on what was then a forest-covered hill.





According to legend, the Archangel Michael appeared to him and instructed him – not once, but three times – to build a church on the mount. Aubert obeyed and began construction in 708.

Today, efforts are focused on preventing the area around the mount from silting up and on managing traffic to the site. A few years ago, we rode parts of the route with a group of journalists – it's highly recommended!

For those interested in the great cycling champions from Brittany, we recommend the book by Teus Korpelaar: "Tour de France in Bretagne drie vedetten Jean Robic, Louison Bobet en Bernard Hinault" sportmedia@hetnet.nl



THE CROSSING FROM BRITTANY TO THE ALPS Stages 4, 5, and 6 July 29 - July 31 2025

If you want to get from Brittany to the Alps, there's no other choice than to cross straight through. That's exactly what happens between July 29 and July 31 with stages four, five, and six: Saumur-Poitiers 128 km, Chasseneuil-du-Poitou (Futuroscope) – Guéret 166 km, Clermont-Ferrand-Ambert 124 km (see profiles alongside).



It's clear that things gradually begin to climb toward the Alps.

Stage 7 – August 1, 2025 Bourg-en-Bresse – Chambéry 160 km

The first ninety kilometers are fairly flat, but then the road begins to gradually climb to the top of the Col du Granier (1134 m – 8.9 km at 5.4%). A seventeen-kilometer descent follows leading to the finish in Chambéry.

Stage 8 – August 2, 2025 Chambéry – Col de la Madeleine 112 km

It will undoubtedly be a tough day

for the women. It's not about the length of the stage, but the difficulty, with the sting in the tail: the Col de la Madeleine (2000 m – 18.6 km at 8.1%). Perhaps some riders will rejoin the lead group during the descent, and it may come down to a sprint. Will former teammates Lotte Kopecky and Demi Vollering battle for the victory here?

Stage 9 – August 3, 2025 Praz-sur-Arly – Châtel 124 km


At 1691 meters, the Joux Plane (11.6 km at 8.5%) is literally and figuratively the high point of this stage. The stage ends at the ski station Pré-la-Joux in Châtel, with a final climb of

2.2 kilometers averaging 5.6%. But once over the finish line, it's all over. The only question that remains: who will take the overall victory?

Will Demi Vollering, who lost by just four seconds in 2024, have better luck this time?

Will it be our own Lotte Kopecky who wins the 2025 Tour de France Femmes?

Or will someone else climb the top step of the podium?

We'll find out at the beginning of August!  Tekst: Teus Korporaal



Rit 8 © ASO



Rit 9 © ASO

MONT VENTOUX

A tough challenge... a true beauty... a true myth!



View of Mont Ventoux from Beaumes-de-Venise

When you hear the name Mont Ventoux uttered as a cyclist, the adrenaline immediately starts coursing through your veins. The Bald Mountain - so the Ventoux is also called because of its barren, treeless and lunar landscape - is more than an iconic climb. It is a true legend in the cycling world. The profiles of the climbs speak for themselves, but on top of that comes the unpredictable winds and sometimes extreme temperatures that make it even more difficult. And then there are the heroic battles fought throughout the history of the Tour de France on the flanks of the Giant of Provence. Cycling history that leaves no cycling fan untouched. Reasons enough that this mountain has become a must-do for every cycling tourist.

A Unique Landscape Shaped by the Power of Mother Earth

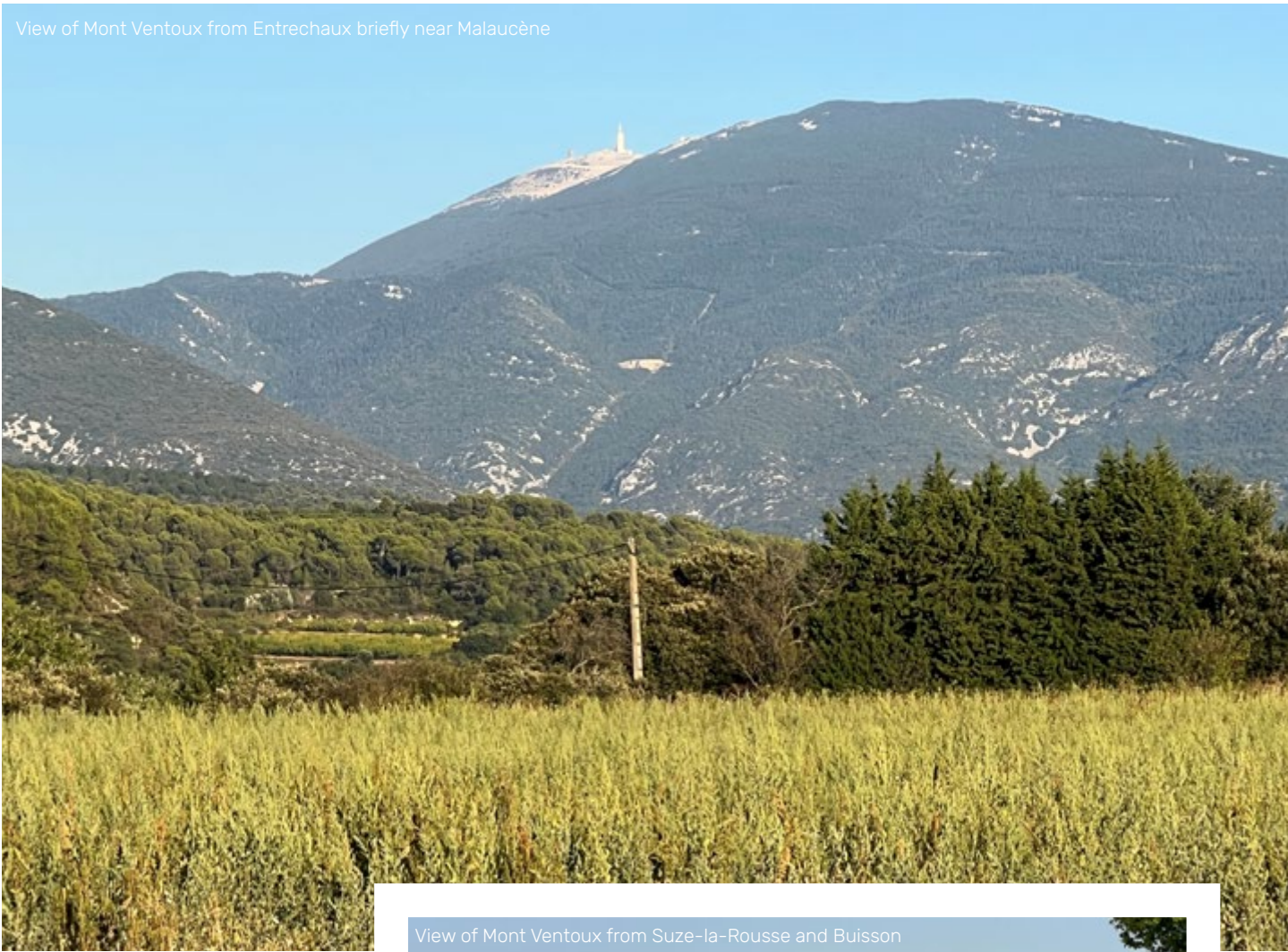
Mont Ventoux can be seen in all its glory from afar and from every point along a 360° circle. It's an impressive sight no matter where you view it from. This mountain, formed of frost-split limestone, rises to a height of 1,909 meters (6,263 ft), spans about 15 km in width, and stretches 25 km from east to west.

According to science, the origin of Mont Ventoux began

with the deposition of limestone layers on the seabed during the Mesozoic-Cretaceous period, when a shallow sea covered this area. Over millions of years, layers of

*"Like a squire,
Ventoux looks at the
beautiful nature that
lies at his feet"*

View of Mont Ventoux from Entrechaux briefly near Malaucène



limestone were formed from the accumulation of marine organisms like corals and shellfish, whose skeletons and shells consist of calcium carbonate.

Later, during the Cenozoic era—starting about 66 million years ago—the process continued. Massive tectonic forces created the Alps, and those same forces folded and uplifted the limestone layers from the sea, eventually forming Mont Ventoux as we know it today. These geological processes span hundreds of millions of years, though the final uplifts that shaped the mountain into its present form occurred over the last 5 million years.

In more recent history, deforestation that began in the 12th century left Ventoux as a barren heap of

View of Mont Ventoux from Suze-la-Rousse and Buisson



stones. By the late 19th century, reforestation efforts began. The mountain was replanted with species such as holm oaks, black pines, larches, Atlas cedars, beeches, and maritime pines.

This reforestation not only helped

restore the natural landscape but also benefits countless cycling enthusiasts. Just imagine having to climb this mountain entirely exposed to the blazing sun and relentless wind—thank goodness for the patches of shade we can now ride through!

Mountain of Wind and Weather

Mont Ventoux is also known as the “Mountain of the Wind” due to the extreme wind conditions often present at its summit. The name “Ventoux” itself is derived from the French word “vent,” meaning wind. But you might as well call it the “Mountain of Weather and Wind,” because it’s not just the wind that plays around this imposing peak. Extreme conditions—hot summers, cold winters, and year-round wind—serve as a reminder that nature reigns supreme. There’s even a local saying: “When Ventoux wears

*“Quand le Ventoux porte
son chapeau, il pleuvra
bientôt”*

its hat, rain is on the way.” So if you see the summit shrouded in clouds, expect rain later in the day.

The Mistral Wind

As a cyclist, you’re especially concerned about the wind when attempting a climb like this. So why is the wind on Mont Ventoux so notorious?

• Meteorological Influence and Unique Location

Mont Ventoux sits in a spot where various air currents converge. In particular, when the Mistral—a strong, cold wind blowing from the north through the Rhône Valley—sweeps through, the summit becomes especially dangerous. The mountain stands isolated in the landscape, with no nearby peaks to block or slow the wind.

As a result, the wind can blow freely and gain strength over the open terrain.

• Winds Can Reach Dangerous Speeds

At the summit, wind gusts can reach speeds of up to 300 km/h (186 mph). This makes the wind on Mont Ventoux extremely dangerous, especially for cyclists. Always check the weather forecast before attempting the climb!

• Barren Summit

The last 5 to 6 kilometers of the climb lead to a completely barren summit, meaning you’re entirely exposed to the wind. Even moderate winds can feel fierce here, especially after the physical effort you’ve already put in to reach that point.

Take on the Challenge!

There are three main routes to climb Mont Ventoux:

Climb from Bédoin (South Side)

Elevation: 295–1909 m | Elevation gain: 1614 m | Length: 21.5 km | Average gradient: 7.51%

The climb from Bédoin is considered the most challenging route. Bédoin is a picturesque village nestled among vineyards at an elevation of 295 meters on the southwest side of Mont Ventoux.

Mistral, Sirocco, or Just Some Wind...

The mistral frequently blows in the region around Ventoux, especially in winter and spring, though it can also occur in summer. Another, less welcome visitor is the sirocco, a wind originating in the Sahara that occasionally brings hot, dry air—and even sand—to the area. But it’s primarily the mistral that dominates the wind conditions on Mont Ventoux, making it a defining element of the mountain’s rugged climate.

The summit of the Ventoux in sight



*“Long live the bit of
shade we can now
cycle through”*



From the village, you follow the D974 road to the summit—a road that was constructed in 1882 and opened when work began on the meteorological observatory at the summit of the “Bald Mountain.”

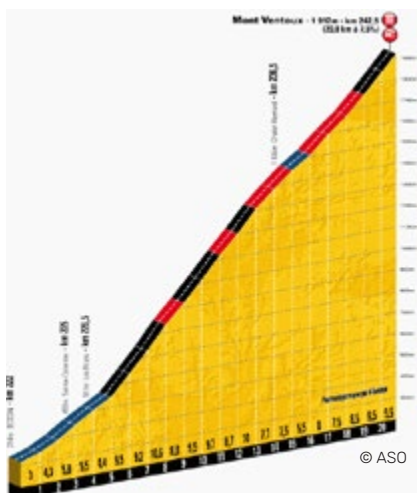
Most cyclists consider the village fountain in Bédoin as the official starting point. Others begin at a white line painted on the road a bit farther up—but by that point, you’re already gently climbing. From the fountain to the summit, the total climb is 21.5 km.

The average climb time is about 2 hours and 20 minutes. The fastest ever time—set during the EPO era—was 55 minutes and 51 seconds by Iban Mayo. However, there’s a strong chance that current stars like Tadej Pogačar or Jonas Vingegaard will break that record in 2025.

From Bédoin, the first 5 kilometers don’t exceed a 5.5% gradient. Then

“Something makes us suspect that the top time will be driven off the charts in 2025”

it gets brutal: for the next 8 kilometers, gradients range from 8% to 13.3% (with the steepest 100 meters). This section is pure survival mode—there’s no place to recover, just suffering. The final 7 kilometers ease slightly (5% to 8.5%), but just before the top, there’s a punishing stretch of more than 11%, including a final kilometer at 10%.



Climb from Malaucène (North Side)

Elevation: 327–1909 m | Elevation gain: 1582 m | Length: 21.2 km | Average gradient: 7.46%

Malaucène is another beautiful Provençal village located on the north side of Ventoux at 330 meters elevation. The surrounding area is filled with vineyards, olive groves, and orchards producing cherries, apricots, and even asparagus.

This route has a very different profile than the Bédoin climb. After just two kilometers, you'll already hit gradients over 10%. The gradient then drops to around 5–6%, before a brutal 3-km stretch averaging 10.5%. There are also a few easier parts—some even slightly downhill—and a few tough sections in the final kilometers (11–12%). This climb is less consistent than the Bédoin route, but just as tough. The experience differs too: while the Bédoin climb to Chalet Reynard winds along a narrow road with many sharp turns, this side features a wide road with a designated bike lane.



Wide road with a bike lane everywhere if you do the climb via Malaucène

Climb from Sault (East Side)

Elevation: 765–1909 m | Elevation gain: 1144 m | Length: 25.9 km | Average gradient: 4.7%

At 765 meters elevation, Sault sits much higher than the other two starting points. Located east of Ventoux, it's known for its stun-

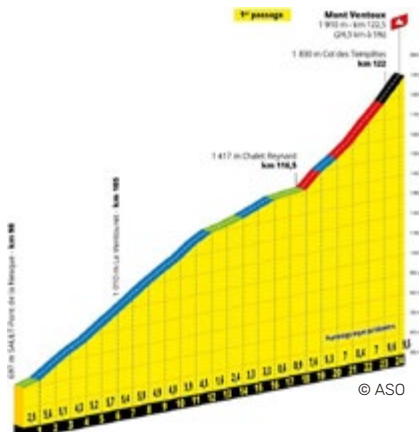
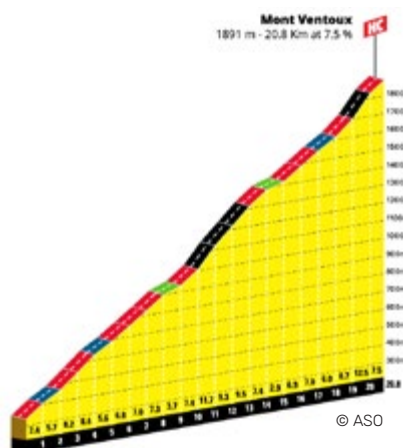
ning lavender fields and the nearby Gorges de la Nesque. The landscape around Sault bursts with color—purple lavender, golden wheat, and green vineyards—offering a visual feast unlike anywhere

else in the world. That alone makes this the climb every cyclist should add to their “to-do list.”

This is the longest route (25.9 km) but with the least elevation gain. The climb begins with a short 700-meter descent, followed by a gradual ascent. Until you reach Chalet Reynard, the grade never exceeds 6.4% and averages just 4.7%. From there, however, you join the same route as the Bédoin climb—so you'll need your climbing legs ready for the final stretch!

All Three Climbs in One Day

Conquering Mont Ventoux via any of the three routes is already an



“If there are three climbs why not complete all three in succession?”

immense challenge. But for the truly ambitious, there's an even more extreme feat: completing all three ascents in a single day—known as the “Cinglé du Mont Ventoux” (“Crazy Person of Mont Ventoux”).

When there are three ways to the top, why not ride them all? If you think this might be for you, nothing is stopping you! It's not that far from Belgium or the Netherlands—a road trip or camper van ride away. Spend a few days pushing your limits and enjoying the Provence sunshine.

Just go for it—we say do it!

 Text and images: Patrick Van Gansen



With 11 km to go via Malaucène, according to the road markings, you face a kilometer at 12%



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MERCKX 80

Why, at eighty, he is and will continue to be the all-time greatest

This year, Eddy Merckx celebrates his eightieth birthday. Forty-seven years after his retirement, the Cannibal is still referred to as 'the greatest cyclist of all time.' But why is that? Authors and former cycling journalists Guy Roger & Robert Janssens attempt to answer that question. To do so, they interviewed a large number of teammates, rivals, and observers. It quickly becomes suggested that Tadej Pogačar might gradually be seen as 'the new Merckx.'

The conclusion, however, is that even for a modern phenomenon like Pogačar, it's simply impossible to match Merckx. Cycling has evolved so much over the

years that any comparison inevitably falls short. Merckx raced all year long, whereas today's riders carefully peak for specific events. Equipment and support have also changed dramatically. Yet, it remains incredibly fascinating to revisit Eddy's unmatched career so many years later, enriched by the commentary of his teammates, rivals, and observers. That alone makes the book – which includes a foreword by the Cannibal himself – highly recommended.

The book is published by Borgerhoff & Lambergits and costs €24.99. It can be ordered via borgerhoff-lambergits.be and is also available in bookstores.



Text: Rens Klaasse

'Met de wind mee 2'

A month of following the wind as continuation of his previous cycling adventure that took him from Flanders to the Balkans. This time, Wouter Deboot starts where he left off – in Öttömös, Hungary. Once again, he rides 100 kilometers a day with the wind at his back, through a part of the Balkans that remains unfamiliar to many of us.

This book offers a wonderful opportunity to get to know this region, which was reshaped by wars. Wouter doesn't shy away from addressing the dark chapters of its recent history.

Wouter cycled across the Dinaric Alps, between churches and minarets, and through vibrant cities such as Sarajevo, Skopje, and Tirana. Even so far from home, he encountered traces

of Belgium – leading to meaningful encounters. The mountainous terrain made it a physically demanding journey, and extreme weather, from snow to searing heat, added to the challenge.

Yet Wouter always manages to turn unexpected meetings with ordinary people along the way into stories – large or small – that stir emotions in the reader, and sometimes in himself. His love for the region has clearly grown as a result.

The book is not only about tourist highlights, but also about the soul of the countries he crossed.

"This is undoubtedly my most intense cycling journey so far," he says.



The book costs €24.50 and is available in regular bookstores and through the publisher: pelckmansuitgevers.be/met-de-wind-mee-2



Text: Rens Klaasse



'Tour elentrik' in Stekene

Electricity and utility boxes often don't improve the appearance of the streetscape. Unfortunately, we can't do without them. But why not turn necessity into virtue? After all, they offer a perfect opportunity to transform them into beautiful works of art.

In the municipality of Stekene, 21 boxes have been turned into real gems through street art and are connected by a 37 km long cycling route. Each box tells its own story

under the theme "active by nature." Along the way, on the box in Kemzekestraat, against the wall of a bicycle shop, you'll even see a few cyclists. It's also a great spot for a pleasant break.

All information via: treepack.net
The route map is available by email at toerisme@stekene.be or at the library on Stadionstraat in Stekene.

Text: Rens Klaasse



Sven Nys Cycling Center renewed

The center located in Tremelo (Flemish Brabant) has reopened after a thorough renovation. It remains a hotspot for both road and off-road cyclists. You can enjoy riding laps on the popular GP Sven Nys cyclocross course, or start your ride on the Sven Nys Cycling Route, which has been updated.

Sven Nys redesigned his route, which has now been extended to 107 kilometers. In the rolling landscape of the Hageland, with its stunning views, you'll cycle through nature, past orchards, and over short, steep climbs that follow one another in quick succession – with something new waiting around every corner. Monotony is never an issue in this region.

After your ride, you can visit the temporary exhibition "The Youth of Today! Young Cycling Talent... Then & Now," which highlights young cycling talents, including Thibau Nys. The exhibition was developed in collaboration with KOERS, the Museum of Cycle Racing in Roeselare.



Visitors can also stop by the renewed eatery Velo Food & Drinks, where healthy dishes and a beautiful view over the course await. Definitely worth a visit.

More information can be found at www.svennyscyclingcenter.be

Text: Rens Klaasse / Images: © Lander Loeckx



Exploring the Ebro by Bike

In the area south of the Catalan city of Tarragona in Spain lies the river basin and delta of the Ebro (the Terres de l'Ebre). This beautiful region, rich in nature and culture (with historic villages), can be explored via the numerous cycling routes that run through it. And they vary greatly, from flat (including a Via Verde) to challenging routes for well-trained cycling enthusiasts. So there's something for everyone. The Catalan Tourism Board has published a handy leaflet with a map of the Terres de l'Ebre featuring 18 cycling routes, with details accessible via a QR code.

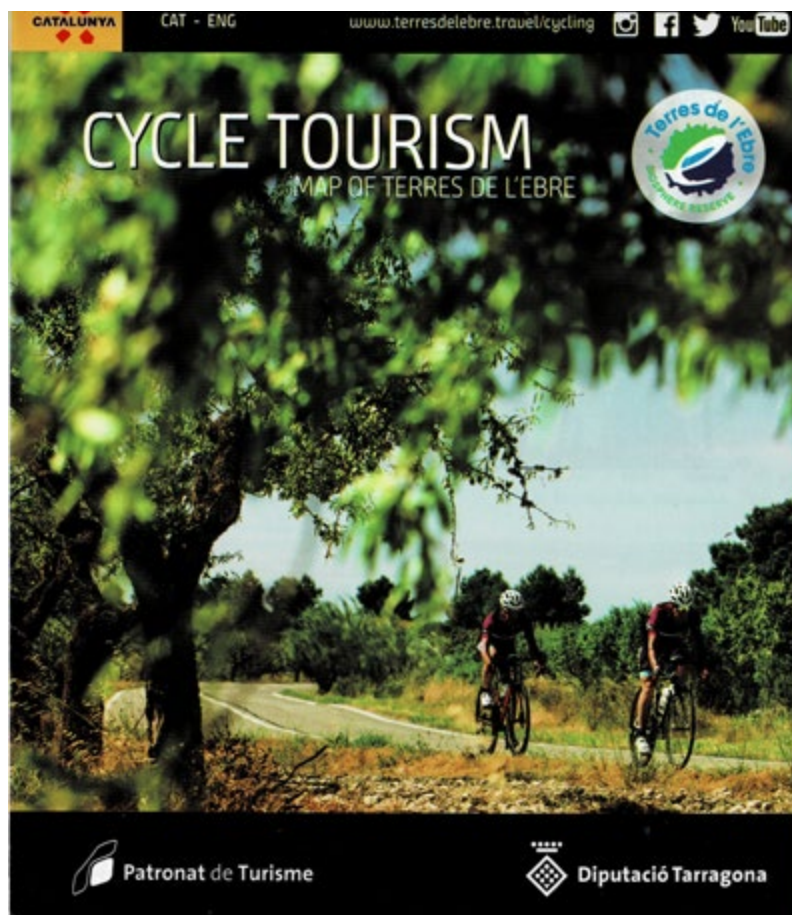
More detailed information can be found under the Cycling and Sports sections at www.terresdelebre.travel

Text: Rens Klaasse

Cycling



Sports



A must-stop in the Spanish town of Senija

For anyone who has ever taken a cycling holiday on the Costa Blanca, the name Senija will likely ring a bell. This small village, about 12 km from Calpe, is known for its street art. The facades are adorned with stunning murals. One of them stood out to us in particular as cyclists. The designer, Tardor Roselló, made brilliant use of a wall and facade that stand perpendicular to each other. And of course, the woman depicted in the artwork might just make you hit the brakes. We couldn't resist sharing this beautiful image with our readers

Text: Rens Klaasse



German cycling routes

That Germany is somewhat overlooked as a cycling destination in our region is crystal clear. The Germans have created beautiful cycling routes that take you through some of the country's most stunning areas. We're highlighting a few of those options briefly, so that maybe this summer you'll also consider expanding your cycling horizons across the border.



want to cycle for a single day covering distances of about 40 km, or go for something bigger like the Rheinische Apfelroute (124 km), everything is neatly presented on an easy-to-read map. Added bonus: it's all close to home. So if you choose this region, you can still sleep in your own bed at night.

Information

www.radregionrheinland.de



Large sections of the cycling routes are built on Bahnstraßenwege—former (industrial) railway lines. A few years ago, we cycled here ourselves for a few days and were sehr zufrieden (very satisfied).

Information

www.einfach-bergisch-radeln.de
www.bahntrassenradeln.de

Rheinland

Roughly speaking, this is the area west of Düsseldorf, Leverkusen, Cologne, and Bonn—in other words, west of the Rhine. A handy map guides you through over twenty routes. Whether you

Cuxland

A beautiful guide presents twelve cycling routes in the area north of Bremen, bordered by the North Sea, the Weser, and the Elbe. It may not be the first place on your priority list, but after reading the guide, it's clear that it's well worth a visit. The featured routes average about 50 km in length and are rated from leicht to schwer (easy to hard). On four of the routes, you'll come across so-called Milchtankstellen, where you can fill your bottle with milk instead of just plain water! If you're looking for more ambitious rides, this is also where you can start the Elbe Radweg or the Weser Radweg.

Information

www.cuxland.de

Text and images: Teus Korporaal

Bergische Panorama Cycle Routes

For this, we travel to the region east of the Rhine near Düsseldorf and Leverkusen. At the heart of the area lies Wuppertal. Three signposted cycling routes have been laid out here: the Bergischer Panorama Radweg (132 km), the Panorama Radweg Balkantrasse (51 km), and the Panorama Radweg Niederrheinbahn (35 km). The available map also shows four suggested shorter routes of around 35 km.



More and more bikes stolen from garages or garden sheds



Fietsdiefstal blijft een hardnekkig probleem in onze samenleving, en niet alleen op straat. Steeds vaker slaan dieven toe in garages en tuinhuizen, waar fietsen vaak minder goed beveiligd zijn. Volgens Fietsberaad Vlaanderen worden jaarlijks naar schatting 25.000 tot 30.000 fietsen gestolen, waarvan slechts ongeveer 16.500 bij de politie worden aangegeven. In het Brussels Hoofdstedelijk Gewest steeg het aantal gerapporteerde fietsdiefstallen van 2.900 in 2015 naar 5.001 in 2022, een stijging van maar liefst 70%.

Although garages and garden sheds are often considered safe storage spaces, they are not immune to theft.

Thieves take advantage of poorly secured doors or windows to break in quickly and quietly. Once inside,

they can operate without being disturbed. That's why it's essential to take extra security measures within these spaces as well.

Security Tips for Garages and Garden Sheds:

- **Always lock up:** Make sure doors and windows of your garage or shed are always securely locked, even if you're stepping away only briefly.
- **Limit visibility:** Prevent valuable items like bicycles from being visible from outside. Use curtains or window film to block the view.
- **Use sturdy locks:** Equip doors with cylinder locks featuring three-point locking systems to make break-ins more difficult.



- **Anchor your bike:** Always secure your bike to a fixed object like a wall anchor or solid rack, even inside your garage or shed. This makes it harder for thieves to take the bike quickly.
- **Use high-quality bike locks:** Invest in a solid U-lock, folding lock, or chain lock. Avoid combination locks, as they are often easy to crack.
- **Install motion-sensor lighting:** Outdoor lights that turn on when motion is detected can deter thieves and increase the chance of catching them in the act.

By implementing these measures, you greatly reduce the risk of theft. A well-secured bike is not only less attractive to thieves, but it also gives you peace of mind.

Some Highly Effective Security Systems:

• ABUS WBA 60/75/100

This anchor can be installed on a wall or the floor. It always comes with "special" plugs and is sealed afterward with a metal ball that makes it impossible to remove the anchor. These anchors even have an ART certification.

Suggested retail price: from €49.95

• ABUS WBA 65 B/SB + Bike Holder

Wall anchor that includes a metal plate for mounting your bike "on the wall." In addition to anchoring, this allows you to neatly store your bike without it getting in the way.

Suggested retail price: €69.95



• **ABUS WCH 90 XPLUS™ + ABUS ACH 9KS/110 (Twin Chain) or ABUS ACH 9KS/130 (OneKey)**

ABUS's newest anchoring system. A metal housing is installed on the wall or floor with an integrated chain lock. The benefit is that the chain lock can remain hanging and ready for use. The Twin Chain system even includes two chain locks. A bonus: the system features an XPLUS™ cylinder, which can be customized—meaning one key can lock your bike, remove your battery, and open your lock on the go.

Suggested retail price: from €199.95

• **ABUS Alarmbox 2.0 or RC**

Alarmbox 2.0 is a metal box with an alarm and 3D position detection. If the lock senses vibrations, it will emit a short warning tone. If the tampering lasts longer than

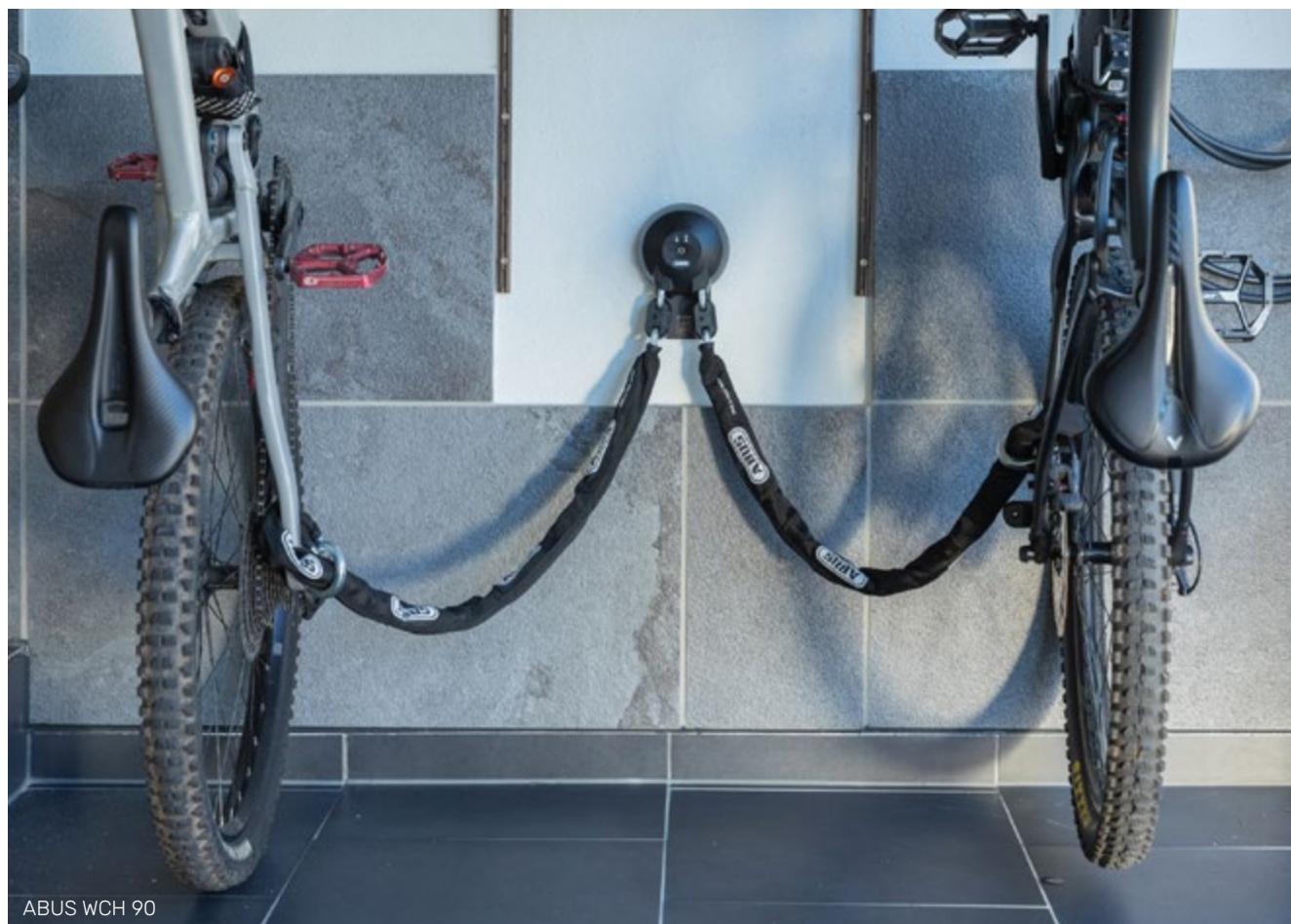


five seconds, a 100dB alarm goes off. You can also insert a plug-in chain to attach to a wall or ground anchor. The Alarmbox RC is a lighter version of the 2.0, which can be activated/deactivated with a remote control. This allows you to place the alarm (invisibly)

wherever you want.

Suggested retail price: from €39.95

More information on these security systems can be found at abus.com



Concap Max Energy already gives you a nice head start

With this powerful sports drink featuring a delicious red fruit flavor, you're already setting yourself up for a successful start to your training or race. This drink is ideal as a pre-workout or in your first bottle during exercise. The formula naturally boosts your energy, focus, and endurance while also helping to reduce muscle stiffness after effort.

Perfectly tailored for blood types A, AB, and B for use before and during exercise. Blood type O? Then mix half a dose with your isotonic drink due to the caffeine content.

Usage tips:

1 dose in half a bottle, 45 minutes before exercise.

During exercise: ¼ to ½ dose mixed with your base drink for extra endurance and lactic acid buffering.

Price:

€36 per container

Extra benefit: Athletes, clubs, and teams enjoy exclusive discounts!



Concap S-D-P helps you get to peak performance!

Concap is the only brand on the market offering supplements tailored to blood type, ensuring better absorption and effectiveness. The Concap S-D-P – Shake, Drink & Perform – is a formula you use before exertion to support maximum energy, improved endurance, and faster recovery.

Thanks to added amino acids and natural nitrates from spinach and beetroot, you get extra oxygen to your muscles for peak performance. Suitable for both recreational athletes and competitive sportspeople. For especially important training sessions or competitions, you can even use up to 1.5 servings for an even greater effect.

Flavor options:

S-D-P AB: Black currant flavor
S-D-P O: Tutti frutti (soon also in cola flavor!)

Usage:

S-D-P AB: up to 1.5 caps in half a glass of water, drink 45 minutes before exertion.

S-D-P O: up to 1.5 caps in half a glass of water, drink 1 hour to 1 hour 10 minutes before exertion.

Price: €29.50 per bottle.

Extra benefit: Special discounts for athletes, clubs, and teams

For more info:
info@concap.be
www.concap.be



Selle Italia "White Range": Flite Boost, SLR Boost, SLR Boost 3d and Novus Boost Evo available in white

Selle Italia presents the new "White Range," a collection that gives its most iconic saddles – Flite Boost, SLR Boost, and Novus Boost Evo – a unique look with an elegant white version. The innovative version of the SLR Boost with a 3D-printed cover is also available in white.

The new "White Range" consists of the four models mentioned above, all featuring a carbon rail and a superflow hole. The most striking version of the collection is the SLR Boost 3D, developed with Carbon DLS technology, with a special 3D-printed custom pattern that gives the saddle a unique look, 100% Made in Italy. This model includes zones that provide progressive differentiated cushioning across the entire surface.

With the expanded lineup, Selle Italia combines visual appeal and performance, offering cy-



clists the opportunity to customize their bike with an elegant touch.

The "White Range" saddles are available through official dealers and on the Selle Italia website.

Suggested retail prices:

SLR Boost 3D Kit Carbonio Superflow White: €449.90



SLR Boost Kit Carbonio Superflow White: €314.90

Flite Boost Kit Carbonio Superflow White: €314.90

Novus Boost Evo Kit Carbonio Superflow White: €279.90

More info:

www.selleitalia.com/white-range/



Alé inspired by the colors of the earth

Five nature-inspired earth tones, advanced technologies, and race-ready aerodynamics: that's what Alé calls the EARTHY STYLE, a new collection from the PR.E catalog line of the Italian apparel brand.

Based on nature's color palette, the EARTHY STYLE jersey combines distinctive colors with innovative technologies to deliver a sleek race fit and uncompromising comfort.

The EARTHY STYLE collection is made from high-quality, ultra-lightweight fabrics perfect for rides in warm weather and features the following specific qualities:

- Jet Stripe sleeves: a three-dimensional fabric that channels airflow to optimize aerodynamics and reduce air resistance. The raw cut enhances the sleek, technical look.
- Micro-perforated front and back for exceptional breathability and a second-skin fit.
- Minimalist collar and bonded hem without seams to reduce chafing



and maximize comfort during every ride.

- Available in five earth tones (Comodoro Green, Gothic Purple, Kashmir Yellow, Namibia, and White), available in men's fit.

Suggested retail price:
from €124.

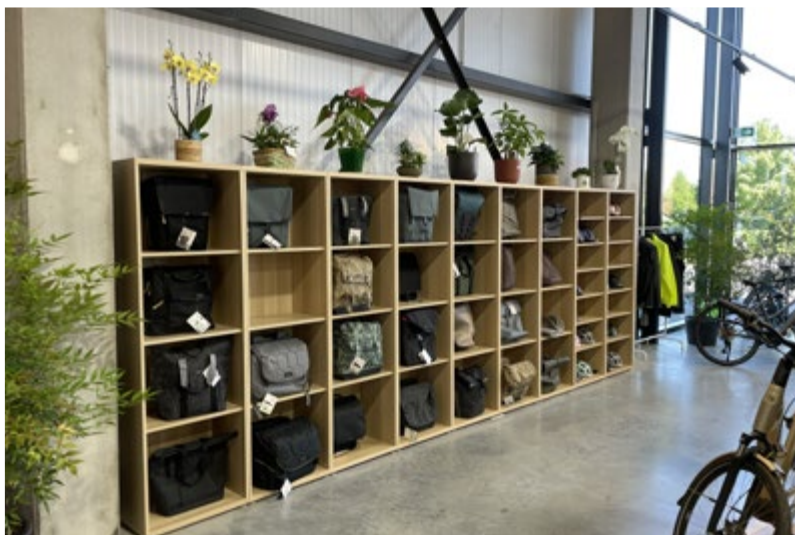


FD Bikes starts new chapter at brand new location in Brecht



FD Bikes has been a fixture in the Brecht-Sint Lenaarts area for years. However, managers Filip Carpentier and Chris Kerstens are bursting with ambition to raise their business and service to the highest possible level. That is why they seriously invested in a brand new, spacious and modern location at Ringlaan 23 in Brecht. To celebrate this new milestone, FD Bikes organized a festive opening weekend on Saturday, May 10 and Sunday, May 11.





A new location with the same trusted service.

The new branch not only offers more space but also additional opportunities to serve customers even better. The new location is easily accessible, has ample parking, and has been fully designed with comfort and experience in mind. From a larger showroom with an extensive range of e-bikes, city bikes, speed pedelecs, and sporty models from nine top brands, to a fully equipped workshop where craftsmanship and service are central. FD Bikes remains true to its core values: customer focus, expertise, and passion for cycling.

"With this move, FD Bikes aims not only to grow as a company but also to strengthen its bond with customers. A visit to FD Bikes should be more than just a purchase; it's an experience where the customer is at the center. That's why we continue to invest in tailored solutions such as bike loans for individuals, the FD Bikeplan for companies—with which we are launching a special leasing formula in the cycling world—our maintenance packages, and free assistance after servicing," says owner Filip.

Successful opening weekend

During the opening weekend, the new branch was presented to the public in style. With a drink and a snack in hand, numerous cycling enthusiasts got acquainted with the beautiful showroom and the wide selection of bikes and accessories from the FD Bikes range.



Managers Filip Carpentier and Chris Kerstens at the opening reception of their new location



Cycling is much more than a trend. Nowadays, everyone can enjoy nature, good weather, and the endorphins of movement while cycling. Electric bikes make this enjoyment accessible to everyone.

Therefore, especially with the good weather of recent weeks, it's a great idea for readers of Cyclelive Magazine to get to know the FD Bikes team.

A new bike? Kick off the new chapter together with FD Bikes!

FD Bikes

Ringlaan 23, 2960 Brecht / Tel: 03.664.86.46

fdbikes.be



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GECOMBINEERD VERBRUIK: 5,6L/100 KM - 126 G/KM (WLTP)

Milieu-informatie (KB 19/03/2004): [citroen.be](https://www.citroen.be)

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Leugenberg 105, 2810 Ekeren
T 03 660 09 00

KRONPLATZKING

Trophy hunting in the middle of the Dolomites!



The Kronplatz King mountain bike marathon is the pre-eminent mountain bike event in the Kronplatz Dolomite region. Every year, around 800 enthusiastic mountain bikers from all over the world try to win the coveted title of the new "Kronplatz King."

On 30.08.2025, it will be that time again and the battle for the Kronplatz crown will enter the next round.

In addition to the King discipline, there is also a lighter version:
Marathon King - 64 km
Prince Classic - 49 km



The "KINGMarathon" was shortened by nearly seven kilometers two years ago, bringing the total length to 64 km. Additionally, the total climbing was reduced to 3,150 meters of elevation gain. The shortened route of the "KINGMarathon" means a shorter ordeal for partici-

pating mountain bikers, as organizer Maurizio Kastlunger explains: "We took the participants' wishes into account. The total time in the saddle will now be shorter, but the cycling enjoyment will be even higher. We offer less quantity but even more quality."



2024 © Gianvito Coco

To guarantee the increase in quality, a new section has been added to the route immediately after the first climb from the start in St. Vigil to Rit, before returning to the familiar course toward the famous finish on the Kronplatz.

The new section runs from Rit to Wengen along the farms Biei - Rung before climbing up to Forcela da Cians, a two-kilometer steep ascent with 230 meters of climbing and a maximum gradient of 20%. Because of this addition, the last part of the old route on the northern slopes of the Kronplatz has been shortened compared to 2018.



KRONPLATZKING
MTB MARATHON

SOUTH TYROL
ITALY



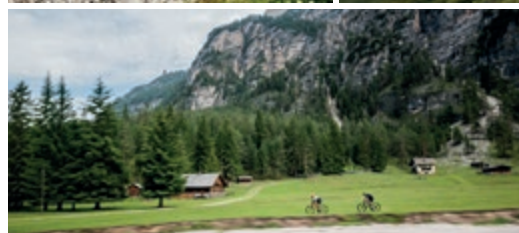


KRONPLATZKING MTB MARATHON

30.08.2025

KRONPLATZ - PLAN DE CORONES

King MARATHON - 64 km // 3,150m
Prince CLASSIC - 49 km // 2,130m



REGISTER NOW

www.kronplatzking.com
mtb@kronplatzking.com



However, the cycling enjoyment, which has always been synonymous with the Kronplatz King, will not suffer, as Kastlunger confirms: *"We have retained all the freeride downhill from Piz de Plaies, as well as those from the Kronplatz via Furciatrail, so all participants will conquer the freeride descents with a total length of eight kilometers and a single-track section of nine kilometers. Thanks to this year's route changes, you can enjoy a significant increase in panoramic views of the Dolomites and the famous Fanes-Sennes-Prags nature park."*



The **cycling fun**, which has always been synonymous with **Kronplatz King**, will not suffer.



Struggle and enjoy the Dolomites... a new challenge and an amazing adventure await you!

Want to take up the challenge? Then register at: www.kronplatzevents.com



Text: Patrick Van Gansen



CYCLO LA MADELEINE

Also a 'Madeleintje' on your plate?



Are you looking for something different this year than the ever-recurring bike rides back home? Or are you looking for a cyclo you've never ridden before where you can test your real climber's legs? At the cyclosporive La Madeleine, they come very close to a Tour de France stage experience.

La Madeleine is more than just a sporting challenge; it's a chance to conquer legendary mountain passes like the astonishing Lacets de Montvernier or the majestic Col de la Madeleine. It's those epic climbs and panoramic views that almost make you forget the effort. Together with cyclists from all over the world, you feel the energy of a peloton united by the same passion and fueled by caffeine gels.

The Maurienne Valley, a true gem in the French Alps, is

known for its rugged beauty and untouched authenticity. Surrounded by mountains, it has become a stronghold of the Tour de France thanks to scenic climbs such as the Galibier, Croix-de-Fer, Télégraphe, and many more cols. In terms of nature, the valley offers breathtakingly diverse landscapes, from alpine meadows to dense spruce forests and snow-capped peaks. It is home to the Parc National de la Vanoise, France's first national park, which shelters many endangered species such as the ibex, marmot, and golden eagle.

The races:

The "Montvernier": this 60 km family-friendly cyclo is accessible to young and old alike. With an elevation gain of 2400m, it's the perfect route for anyone wanting to discover the beautiful surroundings. Start at 8:30 AM on July 27th.



The "Madeleine": over 80 km with 2800 meters of climbing, the perfect course for those who want to test themselves as climbers on the slopes of Maurienne. Start at 7:55 AM on July 27th.

The "Sapey": with 4100 meters of climbing spread over 125 km, this gran fondo is tailored for strong riders or true climbers. It's the perfect route for those who want to test their KOM against the Tour de France Femmes stage on August 2nd. Want to be as fast as the women? Then start with many hours of training! Start at 7:45 AM on July 27th.



GRAVELBIKE-HOLIDAYS.COM IS LAUNCHING!



First Platform for Gravel Bike Holidays in the Alps Now Online

Gravelbike Holidays, the first specialized platform for gravel bike vacations in Europe, officially launched on April 29, 2025. Gravel biking has long outgrown its status as just a trend — it's a new way to enjoy outdoor adventures off the

beaten track, and it continues to gain fans. If you're looking for specialized bike hotels and the best gravel biking regions in Austria, Germany, Italy, and Slovenia, gravelbike-holidays.com is the place to be.

Gravel biking combines the best of both worlds. Whether it's gravel paths, single trails, or paved roads, the versatile gravel bike bridges the gap between road cycling and mountain biking — opening up entirely new possibilities. Gravelbike Holidays is a strong network of 35 certified bike hotels and



20 gravel biking regions across four countries, all uniting their expertise. Behind the platform is the team from MTS Austria, specialists in cycling vacations. Martin Baumann, MA, Procurator & Marketing Manager at Gravelbike Holidays (and a certified cycling guide), puts it simply:





©2023 Tobias Köhler

"With Gravelbike Holidays, we're not only launching the first international platform for gravel bike vacations in Europe, but also consolidating top-tier cycling expertise in the Alpine region. Our hosts know exactly what cycling guests need because they're passionate cyclists themselves, dedicated to delivering the perfect vacation experience."

Out on the Trail with the Experts
Wider tires, wider perspectives: OFFRoad. AdventureON. is the motto of the new platform — because the best adventures begin off the beaten path. The community is now connecting through gravelbike-holidays.com, driven by the spirit of shared gravel riding adventures.

In addition to the best hotels and regions in Austria, Germany, Italy, and Slovenia, vacation-hungry cyclists will also find top-notch touring tips, insider info, attractive offers, and inspiring stories on the blog. It's definitely worth exploring beyond the tarmac. The selected hotels —



© 2024 Jens Scheibe

in prime locations from the Alps to the Adriatic — are tested, certified, and adhere to a strict quality code. Cycling is the top priority, with guaranteed ideal infrastructure: GPS route planning, bike garages with video surveillance, laundry service, and guided tours with your host included.

And because there's more to a perfect cycling vacation than just riding, alpine-Mediterranean wellness and gourmet offerings round out the sporty Bike and More experience.

"We continue to expand our high-quality offering and are proud to partner with others who share our passion for gravel biking," adds Baumann. "Anyone who wants to be part of the active and fast-growing community can find us easily at gravelbike-holidays.com. We look forward to exploring hills and valleys together!"



Andreas Vigil



Now online:

gravelbike-holidays.com





Cycling around the insanely beautiful Sun Moon Lake in Taiwan

There are places where nature seems to have arranged itself with uncanny grace. Places where water and mountains, plants and trees, culture and tranquility effortlessly come together in harmony in a true paradise. Taiwan's Sun Moon Lake is one such place. This glistening body of water lies in the central highlands of Nantou County at 748 meters above sea level, surrounded by misty mountain peaks and dotted with temples, pagodas and lush forests. For cyclists, it's not just another pretty spot on the map – it's a destination with a heart and soul for the two-wheeler.

A real-life cycling paradise

The lake owes its name to its

unique shape: one side resembles a sun, the other a crescent moon. But it's what lines its shores that makes it truly unforgettable. In 2012, CNN ranked the Sun Moon Lake cycling route among the "Top 10 Most Beautiful Bike Paths in the World" – and it's easy to see why. The 29-kilometer loop features smooth, well-maintained paths, suspension bridges, waterfront promenades, and forest trails – all set in a landscape that delivers serenity, action, and cinematic views.

You don't need to be a seasoned cyclist to enjoy it. Bikes, including

The lake owes its name to its shape

road bikes, hybrids, and e-bikes for a more relaxed ride, can be rented at both major piers – Shuishe and Ita Thao. The route can be completed in three to four hours, but most visitors take their time, stopping to admire temples, sample local delicacies, or simply soak in the scenery.

From Shuishe, the main village and transportation hub, you can follow the lake counterclockwise. The



"Floating above the water" the Xiangshan section of Sun Moon Lake
© SML, Yeh Shih-Hsien

Shuishe section itself is a gentle warm-up — wide lanes with open views of the water and the distant Ci'en Pagoda. Early risers may witness the lake's iconic mist floating like silk above the surface, a natural gift that vanishes with the morning sun.

Further along lies the Xiangshan Bikeway, a 400-meter stretch gliding over the water on a sleek, elevated bridge. Here, cyclists ride so close to the emerald-green water that it almost feels like

floating. Nearby is the Xiangshan Visitor Center — a striking piece of contemporary architecture designed by Norihiko Dan — where sipping coffee on one of its panoramic decks is nothing short of magical.

The route winds past tea plantations and shaded valleys to the Ita Thao area, home to the Thao people — one of Taiwan's smallest and oldest Indigenous groups. Once a secluded settlement, their village now welcomes



Xiangshan Visitor Center ©SML



Yongjie Bridge ©TTA

visitors with a lively market, cultural performances, and a lake-side promenade filled with stalls selling everything from bamboo rice to wild boar skewers. This is a great place to pause, soak up local traditions, and sample the island's famous mountain tea.

A short detour from Ita Thao takes you to the Sun Moon Lake Rope-way, a cable car connecting the lake to the Formosan Aboriginal Culture Village. For those seeking a blend of cultural immersion and



The entrance to the Wenwu Temple is a popular photo spot and offers grand lake views ©TTA, SML



View from the Wenwu Temple with its striking orange roofs © TTA



©SML Ci'en Pagoda at the top of Mount Shabalan

amusement park thrills, this is the perfect combination.

As you continue cycling, the path begins a gentle climb. The Songbolun section offers stunning views over the lake's western shore and passes the grand Wenwu Temple — a masterpiece of architecture with red pillars, sweeping staircases, and lion statues. Dedicated to Confucius and Guan Gong, symbols of wisdom and martial strength, the climb to the temple is steep, but the view alone makes it worthwhile.



Shuishe Pier on the north shore of Sun Moon Lake© SML, Lin Meiru

Throughout the loop, rest stops are strategically placed, offering water, toilets, shaded areas, and even charging stations for e-bikes. Some also include picnic spots with breathtaking lake views.

For those with more stamina, the extended Tannan Route (around 55 kilometers) leads further away from the lake, into quaint villages like Toushe and Minhe. These quieter stretches feature rolling farmland and rice paddies set against forested hills — showcasing the tranquil rural charm of Taiwan.

A souvenir for life

Completing the full loop around the lake is more than a bucket list item — it's a souvenir for life. At several rental shops, including

the popular Giant outlet in Shuishe, riders can present their GPS logs or route stamps and receive a "cycling certificate" — a small but meaningful memento of their adventure.

Of course, road biking isn't the only way to experience Sun Moon Lake. The area is also a haven for hikers and mountain bikers, with a wide range of trails offering forest immersion and panoramic

viewpoints. The Hanbi Trail and Maolan Trail along the lake are perfect for relaxed strolls or rides, winding through camphor forests and scenic overlooks. The more challenging Shuishe Great Mountain Trail, ascending to 2,059 meters, rewards those who tackle it with views found nowhere else in Europe.

A must-see near Xuanguang Pier is the Xuanzang Temple, dedicated to the Tang Dynasty monk who inspired the legendary tale *Journey to the West*.

Evenings at Sun Moon Lake are as magical as the mornings. As twilight falls, the lake reflects the changing sky and lanterns begin to glow at Ita Thao's night mar-

Sun Moon Lake bike
trail in the "Top 10
Most Beautiful Bike
Trails in the **World**"

An **amazing**
939.5-kilometer cycling
route that circles the
entire **island**

ket. Travelers gather to watch the sunset from observation decks or temple terraces as the hum of scooters fades into birdsong.

With its harmonious blend of accessibility, cultural depth, and natural beauty, Sun Moon Lake

is more than a destination — it's a feeling. Whether you're a solo traveler seeking peaceful roads or a family in search of an active escape, cycling here offers a rare kind of journey: one that stays with you long after the wheels stop turning.



Taiwan – A cyclist's paradise beyond Sun Moon Lake

While Sun Moon Lake is undoubtedly Taiwan's most iconic cycling destination, the island as a whole is a hidden gem for two-wheeled travel. Taiwan boasts an impressively bike-friendly infrastructure,

Mystical vistas at Sun Moon Lake © TTA



Travel information Sun Moon Lake:

- **Accessibility:** Sun Moon Lake can be reached by bus or car from Taichung City in western Taiwan (approximately 1.5 hours). Taiwan Tourist Shuttle buses run regularly from the Taichung High-Speed Rail Station.
- **Best time to visit:** March to May and October to December offer the most pleasant weather. Summer can be hot and humid, while winter is cool and misty.
- **Where to stay:** Accommodation ranges from luxury lakeside resorts to more budget-friendly guesthouses and mountain lodges. While famous hotels such as the Fleur de Chine Hotel or The Lalu offer the highest luxury, smaller inns in Ita Thao provide the best cultural experiences.
- **Insider tip:** Try the famous "President Fish" (a local carp dish), and if timing allows, plan your trip to coincide with the Sun Moon Lake International Fireworks and Music Festival, held every autumn.
- **Cycling events:**
L'Étape Sun Moon Lake
Event Date: October 18, 2025
<https://letapesunmoonlake.com/event-info>
- **Cycling enthusiasts** looking for a truly competitive challenge can take part in L'Étape Sun Moon Lake, a prestigious cycling event that brings the spirit of major professional races to Taiwan. This event offers riders the chance to experience professional-level race conditions against the stunning backdrop of Sun Moon Lake. For more information, visit the official website: L'Étape Sun Moon Lake.

More info on Taiwan:

TAIWAN TOURISM ADMINISTRATION
c/o Taipei Tourism Office
Bleichstrasse 52, 60313 Frankfurt
Tel. +49 (0)69-610743
Email: info@taiwantourismus.de
 <https://eng.taiwan.net.tw>





tourism logo and can be ridden clockwise or counterclockwise. Along the way, cyclists encounter Taiwan's astonishing diversity — from dramatic coastlines and rice paddies to vibrant cities and serene rural towns.

Whether you're a casual rider or a cycling enthusiast with a love for endurance, Route No. 1 offers an immersive way to experience Taiwan's landscapes and cultures at your own pace. A comprehensive English-language cycling guide with maps, tips, and route suggestions is available online via Taiwan's official tourism website.

with extensive cycling networks, well-maintained roads, and a culture that warmly embraces bike tourism. For those seeking a more ambitious challenge, Taiwan Cycling Route No. 1 (環島1號線) offers the ulti-

mate adventure: a 939.5-kilometer loop that circles the entire island. Officially launched in December 2015 to promote recreational cycling, the route is clearly marked with brown signs bearing Taiwan's

TAIWAN
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The Lake and the Alps in eastern Switzerland - A paradise for sporty cyclists



In the early morning with the sun low over Lake Constance we get ready for a long ride. The first pedal strokes soon take us outside St. Gallen and ten kilometers later we are already cycling along the shores of Lake Constance. Along apple orchards and rolling hills we ride a little further up into the Appenzellerland where we enjoy beautiful views of the lake. Eastern Switzerland shows its best side - lonely roads, breathtaking panoramas and little traffic. Anyone who has ever been here knows that this region is an insider tip for those who love cycling. This part of Switzerland is the perfect region for road cyclists, gravel bikers and sporty e-bikers.

E-Biking in Elgg © Herzroute, Christof Sonderegger



Appenzellerland Tourism by Lake and Alps

A region that connects

Eastern Switzerland offers an incredible variety of routes: quiet roads along the lakes, the gentle hills of Appenzell, Lake Constance, Lake Zurich and the city of Zurich, Lake Walen, and the picturesque Toggenburg—plus a number of hidden climbs with over 1,000 meters of elevation gain. With all that beauty, we certainly mustn't forget to mention the stunning city of St. Gallen. Everything is reachable by bike within a few hours. Thanks to first-class infrastructure with specialized hotels, cafés, and service points, the region is perfectly tailored to sporty cyclists.

Lake and Alps Adventure – A fresh and original take on cycling

From April to October, cyclists have the chance to explore the region in a fun and engaging way by collecting points, participating in events, or tackling special challenges. Everyone who joins in is rewarded for their efforts! Those who diligently collect

points can qualify for the grand finale.

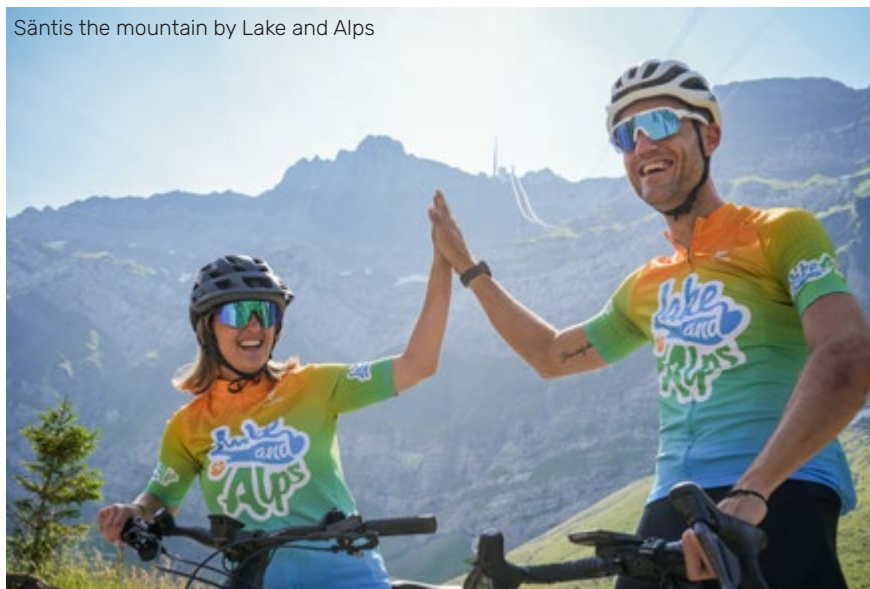
The main route: 540 kilometers of pure cycling pleasure

At the heart of this cycling region is the new main route along the lake and the Alps—a 540-kilometer route with over 9,000 meters of elevation gain that connects all of

E-biking in Bühl near Turbenthal
© Herzroute, Christof Sonderegger



Säntis the mountain by Lake and Alps



A **540-kilometer route**
with more than **9,000**
altimeters

Eastern Switzerland. The route is divided into six stages, each with its own character: from a relaxing ride along Lake Constance through the rolling landscape of Toggen-

burg to tougher challenges like the Schwägalp (9.3 km – 475 m elevation gain – summit at 1,300 m) or the Vordere Höhe.

But this route is much more than just a sporting adventure—it's a journey of discovery through the spectacular landscapes of Eastern Switzerland. Once you've completed the route, you'll understand why

Eastern Switzerland should no longer be a hidden gem.

And what's great too: if you complete the entire main route, you'll already have earned 40 of the 100 Adventure Points—a major step towards the final!

That Stefan Küng and Stefan Bissegger, two current Swiss world-class riders, hail from this region adds another dimension, reinforcing Eastern Switzerland's growing reputation as a true cycling mecca.

Text: Patrick Van Gansen



Appenzellerland Tourismus by Lake and Alps

StGallen
Bodensee



MONASTERY & BEER IN ST.GALLEN

The "RheinWelten" cycle path runs along the Rhine from the Oberalp Pass to the border in Basel. Travelling enthusiasts can discover regional, culinary and cultural highlights by e-bike in 15 adventure worlds – including in St.Gallen: **Enjoy the most beautiful side trip on the entire route.**
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Telephone 071 227 37 37

info@st.gallen-bodensee.ch
www.st.gallen-bodensee.ch

Eastern Switzerland gained a leisure gem in May 2025



After three years of planning and execution, the Herzschaufe Wil was officially opened on May 10, 2025. The event celebrated Switzerland as an extraordinary country whose beauty is best discovered on foot or by bike.

The three tourism regions of St. Gallen–Lake Constance, Thurgau, and Zurich Oberland, together with the city of Wil and the Herzroute organization, have launched a new tourism project: the Herzschaufe Wil.

This delightful cycling loop from Wil opens up the highlights of the diverse region around Wil, the Töss Valley, and Hinterthurgau in a peaceful and accessible way. From May 2025, you can enjoy quiet roads and fantastic viewpoints by bike or e-bike,

away from traffic. Cyclists will be pleasantly surprised by both large and small points of interest along the route. Fischingen Abbey, the historic Girenbad inn, and the Tobel Commandery each radiate their own unique charm. The scenic highlights are equally inspiring: the elevated Sitzberg, the charming Altbach stream near Kirchberg, and the panoramic view of Mount Säntis from Braunau are all truly impressive.

The loop is 95 kilometers long and is signposted in both directions as Veloland Route No. 999. As a “heart loop,” the route enjoys special status and will be added to the portfolio of the well-known Herzroute, which represents the most beautiful cycling routes in Switzerland.

If you don't want to cycle the route all in one day or in one go, excellent train connections allow for easy start and stop points in Rikon, Wila, Guntershausen, or Elgg. An e-bike rental service is planned in Wil, giving visitors from outside the region the chance to enjoy the route on a rental bike.

The route is suitable for anyone with cycling experience, but an e-bike is recommended for many, as there are long and demanding climbs. Approximately 10% of the route runs over gravel and natural paths. Charging stations are available along the route. A free route guide with full information and tips can be ordered from Herzroute.

herzroute.ch/bestellen



The new Wil Heart Loop runs over 95 kilometers, low-traffic side roads and country lanes through the three cantons of SG, ZH and TG



The route offers beautiful heights and views, such as the ridge at Sitzberg above the Töss Valley.



Starting in spring 2025, the Herzschaufe Wil, will show cyclists many unfamiliar spots.



With the town of Wil as its starting and ending points, the route offers a nationally recognized attraction.

One tough challenge after another from Wittenbach/St.Gallen

For us, real challenges do not always have to be the well-known mountains of the Tour, Giro or Vuelta. Because we enormously love the unknown and because it is consequently very adventurous, we are not infrequently looking for climbs that are fierce, but where we do not have to share the road with thousands of other cycling tourists. From the region of St.Gallen where we stayed at Hotel Garni Rössli in Wittenbach they are our pick. Here we give you some of those great - hard climbs where we enjoyed the suffering, the views and the solitude on the way to the top(s).

Stoss: 6.6 km - 7.24% average 13.5% steepest 100 m - 478 altimeters

As a warm-up, the first day's program included an 85 km ride from Wittenbach with the ascent of the Stoss.

Starting in Altstätten, this is a steady climb with almost no steep sections, unlike almost all other climbs you will encounter in this region. The road winds steadily up and you can see Altstätten getting smaller and smaller. This is a really nice climb to put the climber's legs to work and prepare for what is to come. At the top you have a magnificent view of the Rhine Valley and the Austrian Alps.

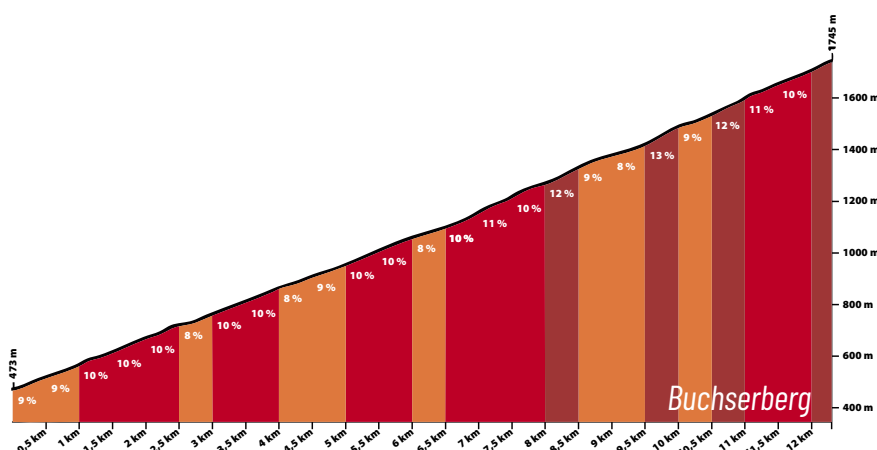
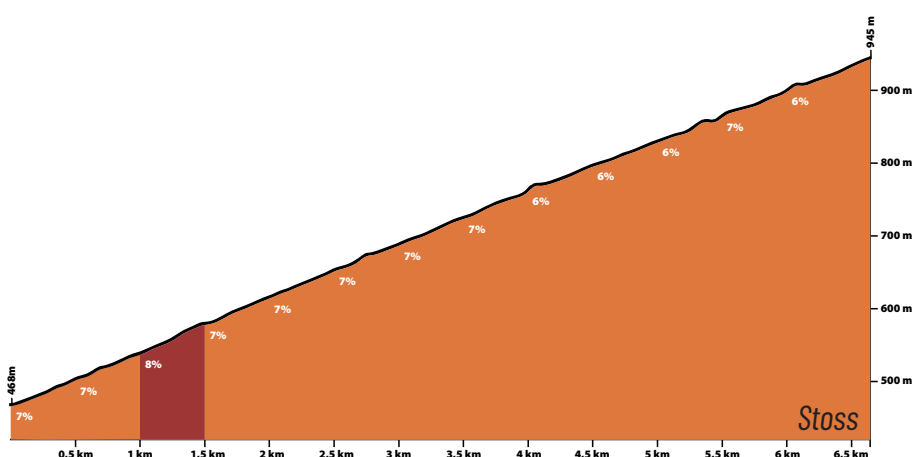
The Buchserberg: 12.3 km - 10.35% average - 17.6% steepest 100 m - 1,272 elevation-meters - 20 hairpin bends

From Wittenbach today it's off to Buchs, 62 km away, as we want to add the Buchserberg to our pal-



mares. From Buchs this climb is 12.3 kilometers long, bridges 1,273 altimeters with an average gradient of 10.4%. The climb is on a quiet road with breathtakingly beautiful scenery. Along the way you have great views of the Rhine Valley, Liech-

tenstein and Austria. The top of the climb is at 1,745 meters altitude. When we arrive back at our hotel, we have a tough 152 km ride behind us. Tired, satisfied and full of beautiful pictures on our retinas and iPhones, we lay down on our mattress.




**The Furt: 7.8 km - 13.12% average
22% steepest 100 m - 1,024 alti-
meters - 18 hairpin turns**

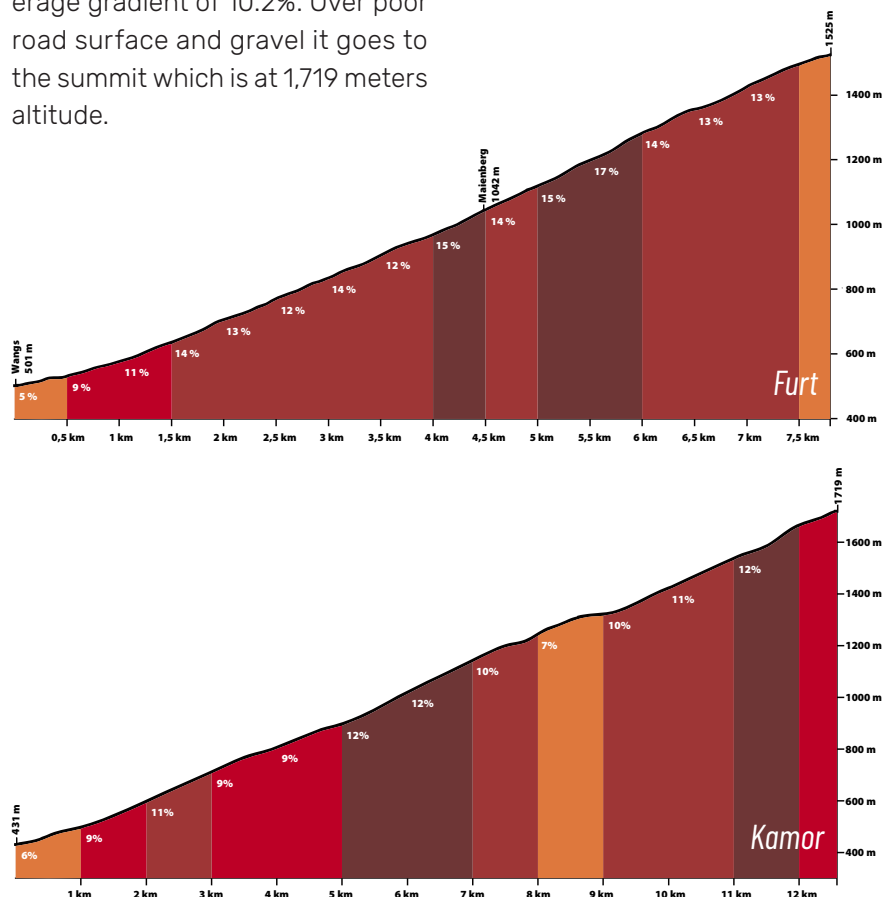
The Furt can be started from Wangs. This climb is known to be the toughest in the region and was definitely on our program. However, we have to admit that we cheated a bit to do this extremely difficult climb. Wangs is about 77 km from Wittenbach and we found that too far to do the entire trip by bike. We then drove a long way by car and started our bike ride from Rüthi so the total distance was just over 100 km. The Furt is 7.8 kilometers long and covers 1,024 elevation meters with an average gradient of 13.1%. After 5 km of climbing, a terrible ordeal awaits you as the next kilometer goes up at 16.4% average with a peak of 22% as the steepest 100 meters of the climb. That another 1.5 km follows at almost 14% is - we really shouldn't tell you - also a very hard nut to crack. The top of the climb is at 1,525 meters and your reward is a beautiful view of Lichtenstein and the Walensee.

**Kamor: 12.6 km - 10.22% average
18.8% steepest 100 m - 1,288 alti-
meters - 21 hairpin turns - gravel
and poor road surface**

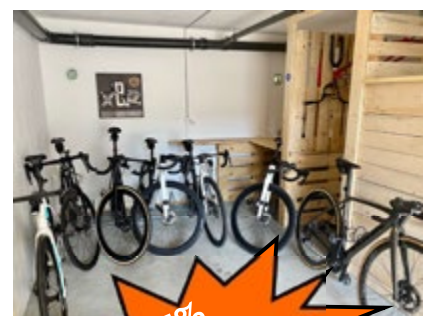
That we are fans of graveling we cannot hide. Therefore we could not ignore the Kamor. From Rüthi / Reinthal - 39 km from Wittenbach the ascent is 12.6 kilometers long, covers 1,288 altimeters with an average gradient of 10.2%. Over poor road surface and gravel it goes to the summit which is at 1,719 meters altitude.

When we arrive back at our hotel Garni Rössli, we have already completed another great adventure and training. Tomorrow we plan a leisurely ride along the shores of Lake Constance, because the whole body is screaming for recuperation....

 Text and images: Patrick Van Gansen



Your ideal bike hotel, perfectly located between Lake Constance and the historic old town of St.Gallen, our bike-friendly hotel offers a secure bike garage, e-bike charging station and a convenient small bike workshop. We look forward to welcoming you!



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www.hotelroessliwittenbach.ch

The best of South Tyrol

If you are looking for the best of South Tyrol, Valdaora/Olang on Kronplatz is the place to be. Wildly romantic is the word that best describes the small Alpine village of Olang in the heart of the Pustertal Valley. Those looking for an original, unspoiled, authentic South Tyrolean experience will find it here. Because this is South Tyrol as you imagine it and as we mountain bikers like to see it: rolling low mountain ranges with countless Alpine huts at medium altitude up to the high Dolomite peaks. Here you are in the hilly foothills of the UNESCO World Heritage Dolomites. Casual bikers are guaranteed to find their happiness. And if you're looking for a bit of adrenaline, Kronplatz is just a stone's throw away.

When you think of the Dolomites, you probably imagine adrenaline-filled descents, steep mountain peaks, and a rush of elevation

gains. But the South Tyrolean alpine village of Olang offers something different. It's greener, less rugged, more relaxed, and more family-friendly. Here, you're off the beaten path, away from the tourist crowds—somewhat decentralized yet still well-connected and centrally located in the Puster Valley.

Despite its central position, Olang am Kronplatz has preserved its authenticity and remains untouched by mass tourism. The modern Olang 1+2 cable car whisks you up to Kronplatz in no time, where you'll find a bike park and some of the region's best single trails.

Four hamlets at the foot of Kronplatz

Olang is a community of about





3,000 residents, made up of the hamlets Oberolang, Mitterolang, Niederolang, and Geiselberg. While three of these lie in the valley and are connected by the Puster Valley Cycle Path, Geiselberg sits on the slope of Kronplatz. The valley cycling path leads in all directions—to idyllic Valle di Braies, Valle di Anterselva, the unspoiled Fanes-Sennes-Braies Nature Park, and across the valley, to Rieserferner-Ahrn Nature Park and toward Bruneck.

This makes the valley path the

main artery of the region, with the branching side valleys as synapses and Kronplatz, the MTB hotspot, its vibrant, pulsing heart. Whether you're into quiet forest trails, flowing nature paths, scenic alpine rides, or technical single-tracks—Olang has something for everyone. Beginners and families will enjoy the MTB Skill Area in Oberolang, a varied 500-meter natural trail with beginner-friendly jumps, hairpin turns, and berms—perfect for practicing key MTB skills. A small uphill trail completes the setup.

Surrounded by Bike Experts

The gentle mid-mountain terrain is ideal for cycling families and perfect for leisure riders looking for trail fun over pure adrenaline. Valdaora proudly carries the title "South Tyrol's No. 1 Active Family Village," with many initiatives to back it up. Cyclists often stay in dedicated family hotels like Alpinhotel Keil, whose owner, Lukas Brunner, is an avid mountain biker. The hotel's nearly 400-year history reflects the valley's heritage, while its bike garage showcases its modern MTB focus.

Of course, traditional South Tyrolean cuisine plays a key role too. And atop Kronplatz, both mountain lovers and gourmet foodies will find bliss: Alpinn, the restaurant by 3-star chef Norbert Niederkofler, located in the LUMEN Museum at 2,275 meters, combines stunning Dolomite views with fine alpine cuisine—a true culinary highlight.

Fohr mo augn - At 2,275 m!

The Olang 1+2 gondolas take you effortlessly from Olang up to the sun-drenched peak of Kronplatz—and straight into trail heaven. Surrounded by giants like Marmolada, Tre Cime, Rosengarten, and Geisler, you'll be spoiled for choice: the Gassl Trail, the legendary Herrnsteig,



the Furcia Trail, Piz de Plaies, and the family-friendly Dragon Trail.

The Kronplatz Bike Park offers 18 different trails: from short to

long, smooth to steep, rooty and rocky to flowy, hand-built to machine-dug. Each one has its own story, just like the local farms, and a distinct personality. With five lifts operating from mid-May to



early November, biking here is as convenient as it is thrilling.

Ready for the Legend?

At 32.4 km and 1,410 meters of descent, the Herrnstieg is South Tyrol's most legendary single trail—a true icon. This alpine natural trail on the northern slope is the birthplace of mountain biking on Kronplatz. Its many variations—like Franz, the first hand-built trail, or Hans, a technically demanding forest path—allow for customized experiences on every ride. Named after land-owners or trail builders, each variant offers around 9 km of twists, berms, jumps, and fast turns—with a spectacular view of the main Alpine ridge.

Easy Going on the Gassl Trail

If you're a "Wahl-Ölanger" (Ölanger local by choice), the Gassl Trail should be high on your list. It's the longest and most beginner-friendly route at Kronplatz, stretching 24 km and descending 1,190 meters along the eastern slope—from the mid-station of ÖLANG 1+2 to Gassl. Along the way, you'll enjoy fantastic Dolomite views and a trail full of gentle jumps, smooth berms, and varied lines. Beginners and families can try their first single trail on the blue Dragon, located at the mid-station.

The easy Dragon Trail is a 2-kilometer single trail that's perfect for novices. From the Kronplatz summit, it flows down the gentle slopes to the ÖLANG 1+2 mid-station, crossing lush meadows and the unique "floating bridge" over the Schafslacke. Its mix of smooth turns and mild descents ensures riding fun and unforgettable scenery for everyone.



Destination

Tourismusverein Olang / olang.com



Trailinfo

Conviviality is the motto on the blue Gasslweg. The easy and wonderfully flowing 6 km singletrail on the eastern slope of Kronplatz leads from the middle station of the ÖLANG 1+2 mountain railway down 883 m to Gassl. The countless turns, easy jumps and gently sloping berms are perfect for your first freeride test runs - including panoramic views of the Dolomites for advanced riders.

Family biking in Oberolang

The MTB Skill Area in Oberolang is located right next to the Kinderwelt and on the panorama route of the Pustertal Valley bike trail and offers a 500-meter long natural trail with many different practice elements for beginners and children.

Staying overnight with bike experts

Alpinhotel Keil****, alpinhotel.it/bike

For more mtb hotels and regions

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Cycling far away from the crowds in full nature? **SLOVENIA!**

Slovenia,...the small country full of cycling talent. The land of Tadej Pogačar, Primož Roglič, Jan Tratnik, Matej Mohorič, Urška Žigart, but also and above all the land of endless beautiful cycling opportunities.

Slovenia has a lot to offer, especially for road cyclists, scoring high with its pristine nature, lush forests, impressive mountain ranges, authenticity, and its very own charm. Where the eastern Mediterranean meets the Alpine foothills in the north-west, very quiet side roads turn into long-distance cycling paths, leading routes from the Alps to the Adriatic Sea.

This is the place to be if you're a cyclist! If Slovenia isn't yet on your cycling bucket list, you bet-



ter change that soon. In the era of Instagram & Co., there aren't many insider tips left to discover. However, Slovenia still has a few blank spots on the European cycling map that will make any cyclist squeal with joy. Somehow everything here feels greener, more authentic, and more natural—in other words, exactly what most cyclists are looking for: away from the crowds, the masses, and the mainstream.

From the Alps to the Adriatic Sea

Adventurous cyclists will focus on a different region every day and discover the dynamic land-



scapes in no time. The Mediterranean east and southeast are characterized by plains, rolling hills, and vineyards; the northwest by the Alpine foothills and high Alps. Between the Alps and the Adriatic Sea, the hilly landscape of Brda offers the perfect setting for a cycling holiday in the Soča Valley. Thanks to the mild temperatures, the cycling season here lasts almost 365 days a year. And not to forget the glacier lakes of Bled and Bohinj... don't forget to indulge in a Bled cream cake to recharge your energy. In the Savinja Valley, you cycle through hop fields, along

forest and gravel paths beside the Savinja River. The impressive peaks of the Posavje and Pohorje mountains also offer great views from the saddle. However, the highlight remains the panoramic road of Solčava. Here, far from tourist trails, you cycle 37 picturesque kilometers along stunning glacier valleys, alpine meadows, and mountain farms—with views of the Kamnik-Savinja Alps.

Between the sea and the Karst

The south of Slovenia also has a lot to offer: Slovenian Istria combines Mediterranean flair with challenging cycling routes.

From the salt pans of Sečovelje, through rolling olive groves and vineyards, to the karst hills rising more than 1,000 meters high.

The coastal towns of Piran, Koper, and Izola are ideal for a relaxing stopover before you cycle back through hidden side roads in the nature reserves of the hinterland.

Our verdict on Slovenia?

Anyone who hasn't yet put Slovenia on their road cycling bucket list should do so quickly. Thanks to its dynamic landscape, Slovenia is surprisingly diverse and offers something new every day.



Unspoiled nature, lush forests, imposing mountain ranges, authenticity and a unique charm of its own

It is a country where cycling culture is beginning to thrive just like it does in Belgium.

In the land of champions

The great enthusiasm of the country for road cycling is of course no coincidence. Slovenia has produced some fantastic professional cyclists.

The story of **PRIMOŽ ROGLIČ** reads like a novel. The former ski jumper became an absolute cycling legend with his victories in the Vuelta a España (2019, 2020, 2021, 2024), the Giro d'Italia (2023), and Liège-Bastogne-Liège (2020).

TADEJ POGAČAR, on the other hand, is on his way to building the greatest palmarès since Eddy Merckx. He is rightfully compared to the greatest cyclist of all time.

A selection from his current palmarès:

- 3 x Tour de France (2020, 2021, 2024)
- 1 x Giro d'Italia (2024)
- 1 x Road World Champion (2024)
- 4 x Giro di Lombardia (2021, 2022, 2023, 2024)
- 3 x Strade Bianche (2022, 2024, 2025)
- 3 x Liège-Bastogne-Liège (2021, 2024, 2025)
- 2 x Tour of Flanders (2023, 2025)
- 1 x Amstel Gold Race (2023)
- 2 x La Flèche Wallonne (2023, 2025)

Both athletes have catapulted Slovenia onto the world cycling map and brought the passion for road cycling in their homeland to an absolute climax.



Primož Roglič © Konstantin Kleine (ccbyas4)



Tadej Pogačar © LaPress

More info on this cycling destination:

Slovenia Tourist Board / slovenia.info
Slovenia Outdoor / slovenia-outdoor.com

Staying overnight with cycling specialists:

Hotel & Glamping Ribno Alpine Resort****, Bled, hotel-ribno.si
Hotel Vila Robida***, Črni Kal, vila-robida.si
Hotel Grof****, Vranska, grof.eu

For more cycling hotels and regions:

roadbike-holidays.com
#MyPlace2Bike



LJUBLJANA

Capital of a true cycling country



© Zveza Karata Film

Cycling experiences in and outside of Ljubljana

Cycling is an essential part of Ljubljana's identity. The city boasts an extensive network of bike paths, well-maintained themed routes, and cycling experiences showcasing its top attractions. In and around Ljubljana, you can choose from short bike rides or full-day cycling tours, even multi-day trips. With about 230 kilometers of dedicated cycling routes, Ljubljana and its surroundings rank among



© Zveza Karata Film



© Zveza Karata Film



© Zveza Karata Film

the most bike-friendly cities. The countryside and forests around the city are interwoven with countless low-traffic roads and gravel paths, perfect for cycling. For those seeking more demanding cycling challenges, the nearby hills offer plenty of steep climbs and obstacles to test your fitness.

Ljubljana, the MTB capital

Slovenia is one of Europe's top mountain biking destinations. The country is known for its ex-

cellent natural MTB parks with diverse trails and technical challenges, and it is increasingly equipped with modern pump tracks. The capital offers excellent infrastructure, including well-maintained MTB routes and parks close to the city center, downhill tracks, pump tracks, BMX circuits, and practice areas suitable for both beginners and experienced riders.

Want to leave your bike in the valley?

Did you know Slovenia is also crossed by the famous Camino de Santiago (Jakobsroute), which extends beyond its borders to one of the world's most

renowned pilgrimage sites – Santiago de Compostela in Spain? The network stretches across much of the country and connects 67 churches dedicated to Saint James in Slovenia. In Ljubljana, it serves as a hub or crossroads of the three main routes: the Šentjakob route (branches from Dolenjska and Primorska), the Svetovišarska route (branches from Gorenjska), and the Prekmurje-Štajerska branch, with continuously new side routes leading to Saint James churches.

Time for a culinary break

Ljubljana is a world of its own, offering adventurous food lov-



© Zveza Karata Film



© Maratona Franja BTC City

ers a varied and colorful range for all tastes and budgets. Whether you seek traditional local cuisine or gourmet dishes, a trendy brunch spot or a classic breakfast, a romantic retreat or a lively venue for a night out

with friends, you'll find it here. Slovenian cuisine is characterized by fresh, high-quality, and organically produced ingredients, which locals and most top chefs source from Ljubljana's bustling markets.

an active way. The city not only offers excellent cycling opportunities but is also a perfect starting point to explore other cycling destinations in Slovenia. The cycling tours in the region are designed by tourism services to lead to various attractions, with suggested routes along low-traffic roads that offer beautiful views and a great experience. In Ljubljana and surroundings, you have plenty of choices between short cultural rides or long trips to get your fitness in top shape. Whatever you choose, you will soon realize you are in a cycling paradise. Don't be fooled by Slovenia's small size – the diversity you find in this small country can't be matched anywhere else. Where else can you find sea, beach, lakes, marshes, hills, mid-mountains, and high mountains all packed into one small area?

© Darko Pavlovic



© Zveza Karata Film



Just a short ride from Ljubljana discover Ljubljana's top attractions outside the city center in

Don't miss the top events

Whether participant or spectator, check out the biggest

cycling events in and around Ljubljana. The largest and best-known is the Tour of Slovenia, which you can follow on Eurosport. The Franja BTC City Marathon offers routes for everyone, from professionals to recreational riders and families, including the Barjanka Hervis, which takes cyclists through Ljubljana's scenic marshes. Mountain biking fans gather annually for the Ljubljana MTB Weekend, bringing together riders from various disciplines, as well as for BMX Race Ljubljana, Slovenia's biggest BMX race. Cross-country bikers can test their skills during XC Rašica, part of the SloXcup series.

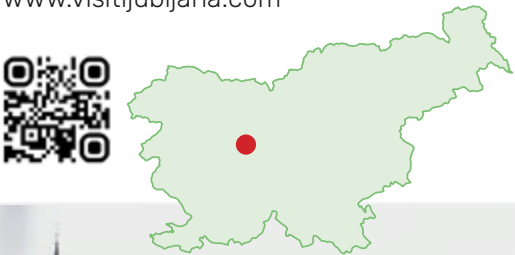
Ljubljana is a true cycling hub with an extensive network of bike paths, well-marked routes for recreational riding, and



trails that showcase the city's main sights. The city marks the start and end of the Slovenian touring bike route, while the region is also connected by long-distance cycling routes. We love cycling here through the breathtaking natural landscapes

and enjoying the unforgettable views and experiences.

www.visitljubljana.com



RIDE THROUGH THE GREEN HEART OF EUROPE

Cycling is a key part of Ljubljana's identity, with 230 kilometres of bike lanes, themed trails, and experiences that highlight top attractions. The surrounding countryside offers peaceful rides on low-traffic roads and gravel paths, while nearby hills provide steep climbs for more adventurous cyclists. Whether you prefer a short trip or a multi-day adventure, Ljubljana is one of Europe's most bike-friendly destinations.



Mestna občina Ljubljana
City of Ljubljana



unesco



I FEEL SLOVENIA

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De nieuwe Kia EV3.

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(1) 600 km volledig elektrische actieradius. 2WD Long range model met een 81,4 kWh batterij, geschat volgens WLTP.

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Koolhydraten: de sleutel tot topprestaties

Tijdens intensieve of langdurige inspanningen zijn koolhydraten dé brandstof waarop sporters draaien. De exacte behoefte verschilt per sporter en discipline, maar bij duursporters kan de opname van koolhydraten zelfs oplopen tot 150 gram per uur om hun prestatie te maximaliseren. Slimme koolhydraatname – via bijvoorbeeld sportdranken, energierepen of gels – zorgt ervoor dat je lichaam precies krijgt wat het nodig heeft, zonder ballast.

De juiste combinatie van koolhydraten, zoals glucose en fructose, verbetert bovendien de opname en voorkomt maag- en darmklachten. Producten zoals **Concap Isotonic**, **Concap Fruity Bars** en **Concap Energy gels** zijn ideaal om snel je energieniveau aan te vullen en optimaal te blijven presteren.

Met Concap Isotonic kun je zelfs tot 2 porties per 500ml drinken om eenvoudig extra koolhydraten binnen te krijgen. Verkrijgbaar in verfrissende smaken zoals lemon, orange en watermelon, en in handige verpakkingen van 770g, 1kg of 5kg.

Ontdek wat het beste werkt voor jouw lichaam en doelen – en til je prestaties naar een hoger niveau!

