



**Netherlands - Belgium - Abbeys and Beers Cycling Brabant and Flanders
(2025)**

**7 Days/ 6 Nights
Individual Self-guided**



Experience the taste of Trappist beers on this unique cycle route which takes you past four Trappist abbeys in Holland and Belgium. Trappist beer is not a type of beer. It is beer that is brewed by a Trappist order of catholic monks. Trappist abbeys are located in gorgeous pastoral countryside where connecting to the earth and to the divine almost comes naturally. Abbeys open their guest rooms to people in need of a short spiritual retreat. Passing cyclo tourists, however, are not permitted to enter the abbeys or the breweries. But fear not! For the hospitality of bars and restaurants in Brabant and Flanders is renowned! And so is the beauty of the Flemish and Brabant countryside. So you'll still have a good time. The famous city of Antwerp is one of the highlights of this tour. But charming villages such as Zundert, Hilvarenbeek and Merksplas will leave you spellbound. Don't like beer? Don't worry, the Trappist abbeys also produce cheese, jam, chocolate, honey, soap and candles. The last part of the journey follows "Bels Lijntje", a Rail Trail between Tilburg and Turnhout, more than 150 years old.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350
TICO Ontario Registration No: 50022848

Itinerary Day to Day

Day 1: Arrival in Turnhout

In the heart of the Kempen region lies Turnhout, also known as the city of playing cards. In 1826 the world's first pack of cards to come off a printing press was manufactured here. Printing playing cards became a successful industry. The National Museum of Playing Cards can be found here in Turnhout. If you have time to explore, the Castle of the Dukes of Brabant is worth a visit, as is St. Peter's Church. You will find accommodation right in the lively centre of town at Best Western Plus Turnhout City.

Day 2: Turnhout Antwerpen 69 km

Your first stop of the day is in Merksplas. From 1822 to 1993 an agricultural labour colony for tramps and beggars was located here. Look around a former "tramp farm". Continue to Westmalle, where Benedictine monks brew beer within the walls of a Trappist abbey. The "Trappist order of Cistercians of the Strict Observance" originated in the monastery of La Trappe in France - hence the name. Trappist monks and nuns follow the Rule of St. Benedict. They do not go out into the community to serve the poor and the sick. Instead their number one business is continual prayer. But their monasteries must be self sufficient. So they perform manual labour while they pray and live off the fruits of their labour (bread, cheese, beer, soap, candles etc.) which are sold in abbey shops. The proceeds feed the monks and nuns; go to the upkeep of the abbeys; or to charity. In Westmalle, pop in at the Trappist Café across the road to indulge in a beer and watch an informative documentary.



Day 3: Antwerpen - Brasschaat 48 km

Antwerp has a long tradition of brewing and drinking beer as you can see by the many beer bars and breweries in the city. The historical centre is beautiful and very popular with shoppers. Your hotel is opposite the central train station. Set off in a north easterly direction past a string of typically Flemish villages until you reach Brecht and the Abbey of Our Lady of Nazareth. All Trappist monasteries are dedicated to St. Mary. These Trappistine nuns don't brew beer but they do make candles, soap and shampoo, on sale in the abbey shop.



Day 4: Brasschaat – Breda 58 km

Set off for the Netherlands. Cross the border into Brabant province and make your way to Maria Toevlucht Trappist Abbey (Our Lady of Refuge) where monks brew Zundert Trappist. Have a beer in the village of Zundert. Trappist beers contain residual sugars and living yeast and are said to improve with age. They are considered to be among the finest in the world. Top off your day in Breda. If you feel like a night on the town, join in with the locals

and savour the delights of the many quality bars and restaurants in this city loved for its nightlife and hospitality.

Day 5 Breda-Oisterwijkca.60 km

Staying in friendly Brabant, enjoy the lovely countryside marked by streams, woods and idyllic villages. After your visit to Tilburg, a university town, with a mix of historical and modern architecture, you will spot the towers of the Koningshoeven Abbey of Our Lady. This is where the famous La Trappe label specialty beers are brewed. A long time ago these grounds belonged to King William II (Koningshoeven means the 'king's farms'). An order of Cistercian monks fleeing religious persecution in France made their home here. At first they tried to earn a living by farming the arid heathland to support themselves and their charities. When this proved too hard, they started a brewery. In the abbey shop, today, you can buy products manufactured here by the sixteen remaining monks. Luckily, after one or two beers, it's so not far anymore towards Oisterwijk, where your day will come to an end. The last part of today's stage is going through the 'Oisterwijkse Bossen en Vennen' a beautiful nature reserve with woods, heath and fens

Day 6 Oisterwijk–Turnhoutca.60km

On the last leg of the tour you will cycle from Oisterwijk back to Turnhout in Belgium, following a Rail Trail called 'Bels Lijntje' (Belgian Line). The railway, built in 1867, was 31 km long and was intended to open up the Belgian market to Tilburg industry. It became a cycle path in the 1990s. The 150th anniversary of Bels Lijntje will be celebrated with special events in 2017. On the banks of the Rail Trail a project is underway to save the honey bee by planting fields of bee plants such as buckwheat at intervals along the length of the trail, like stepping stones, to ensure sufficient quantities of pollen throughout the year. The Rail Trail takes you through Baarle, geographically one of the oddest villages in the world. It is divided into thirty enclaves, some in Dutch Baarle Nassau and others in Belgian Baarle Hertog. You can tell in which country you are by looking at the pavement tiles, signs in the road and the flag on the house number tiles. Look up Baarle Nassau on google maps and you'll see how higgledy piggledy the border is.

Day 7: Return from Turnhout

After breakfast, your holiday will come to an end.

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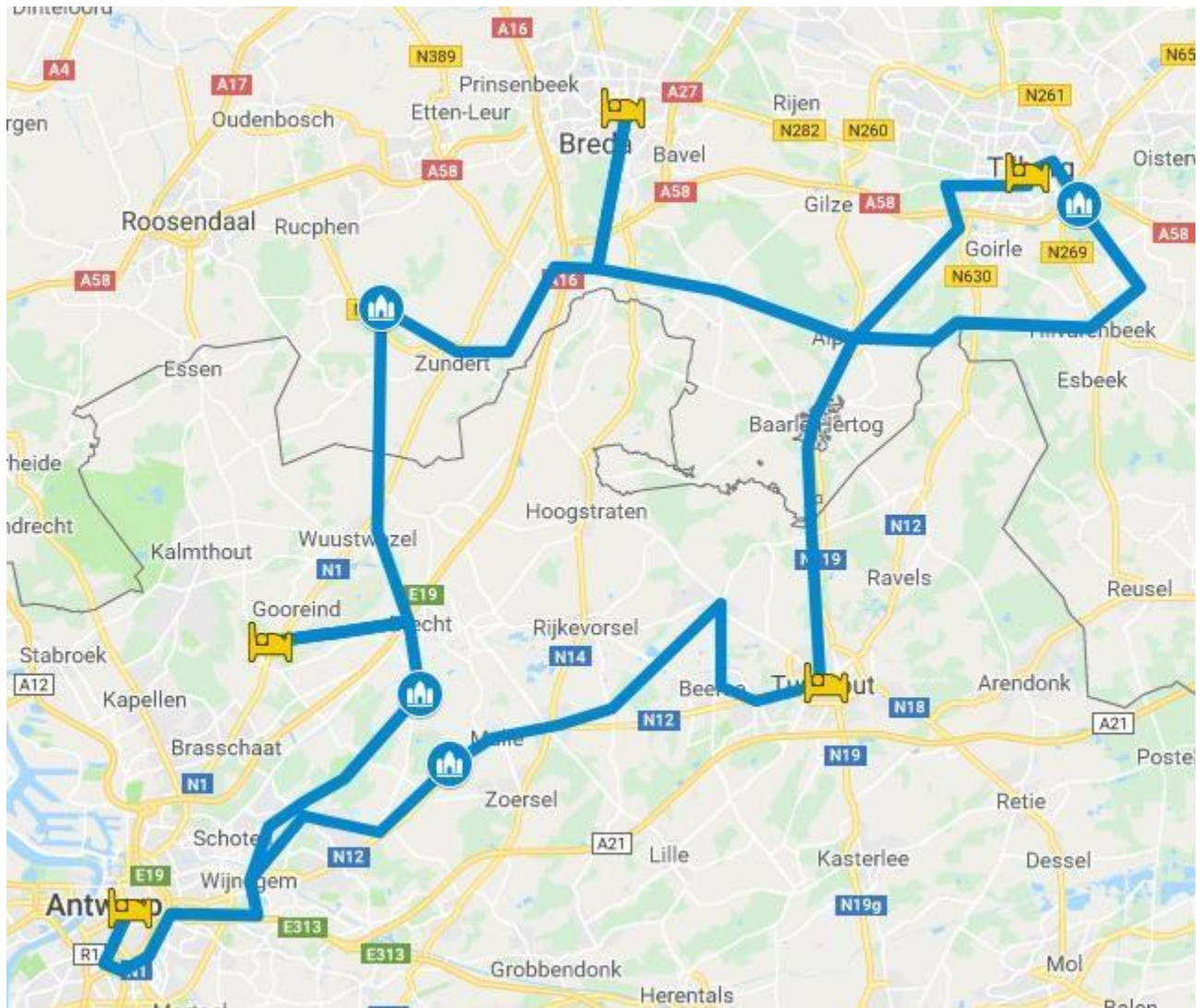
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Route



Technical Characteristics:

Route Profile: This is an easy cycling trip on relatively flat terrain, suitable for people with little or no cycling experience. Daily cycling distances span roughly 30-50 km. Distance: 268 km

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Travel Season: Departures Saturdays between April 5 and September 20

Price per Person: *all prices subject to confirmation on booking*

Double occupancy with breakfast	€ 765
Single Supplement	€ 415
Bike Rental 21/24 gear	€ 99
E-bike Rental	€ 198
Extra Night Double Occupancy B&B (only possible in Turnhout)	On request
Helmet rental	€15
Theft Insurance bike/e-bike	€18/36

If customers you don't want to receive the printed travel documents (hotel list, vouchers and roadbooks) at the first hotel, you can choose the APP ONLY option, which will only send you theGuibo link. TheApp only discount is €20 per room

Accommodation:

Stay in 3 or 4 star hotels with own bathroom

Included:

- 6 overnight stays in 3 star and 4 star hotels with own bathroom
- Breakfast (buffet)
- Route description and maps , Guibo App
- Daily luggage transfer (1 piece per person max 20kg)
- Tourist tax

Not included:

- Other meals
- Insurance
- Parking

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Bikes

You will receive your rental bike at the start of your holiday and return it before you go home. All bikes are provided with chain locks.

24-speed gear Bike



E-Bike



Assisting people in realizing their touring dreams worldwide is our passion.



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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