



### THE GREEN PROMENADE

60 km Medium 7h + visits



This 60 km itinerary around the Brussels region links the various green areas of the city via circuitous routes reserved for pedestrians and cyclists, and allows you to discover a multitude of landscapes and natural environments. From the Soignes forest to the Heysel plateau, via the Neerpeede and the Woluwe park, get on your bike for a radical greening in a friendly atmosphere.

The Green Promenade can be walked in either direction.



Discover this walk in autonomy (without a guide) thanks to the road book to download (bottom of the page)  
Available in French only



### RUINS, ANIMALS AND HIDDEN GARDENS

32 km Easy 2h45 + visits



In Brussels, nature is never far away! Often considered the greenest capital in Europe, the city has many well-known and lesser-known green spaces. This rally invites you to get on your bike and (re)discover nature in Brussels. Between ruins invaded by plants, animals, urban vegetable gardens and places of relaxation, you will explore the parks and gardens of the Belgian capital. This is a completely self-guided tour, accompanied by a roadbook that will emerge you in a green world.



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Upload the GPX track



Tour with points of interest



#### More info:

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- Bike parking
- Car parking
- Lunch pack
- Bike storage room
- Bike rental
- Electric recharge
- First aid kits for cyclists and bikes





### BIKE RIDE WITH AN AUDIO GUIDE

17 km  Easy  4h + visits



Discover Brussels with friends, family or even on your own. Download your personal guide and get in the saddle!

Follow this 16 km audio-guided route through the city to discover the many facets of Brussels. Pedal between the remains of the medieval city, the architectural gems of Art Nouveau, the facades decorated with urban art and the many public parks.

All you need is a charged smartphone and a pair of headphones and you are good to go.

Available in French only

Tour with points of interest



Info and upload the GPX track



### BETWEEN LEGENDS AND HISTORY IN THE FORÊT DE SOIGNES

28 km + 6,5 km from the hotel  Medium  4h + visits



Only 4 km from the city center, the Forêt de Soignes covers 45 km<sup>2</sup> at the gates of Brussels. Jump in the saddle and, with the help of the road book, discover this real green lung, classified as a UNESCO World Heritage Site since 2017. Go in search of the places and monuments that dot the forest. Find the old abbey of Groenendael, the valley of the drowned children, the Queen's chapel or Notre Dame de Bonne Odeur, all of which are places of legend and history.

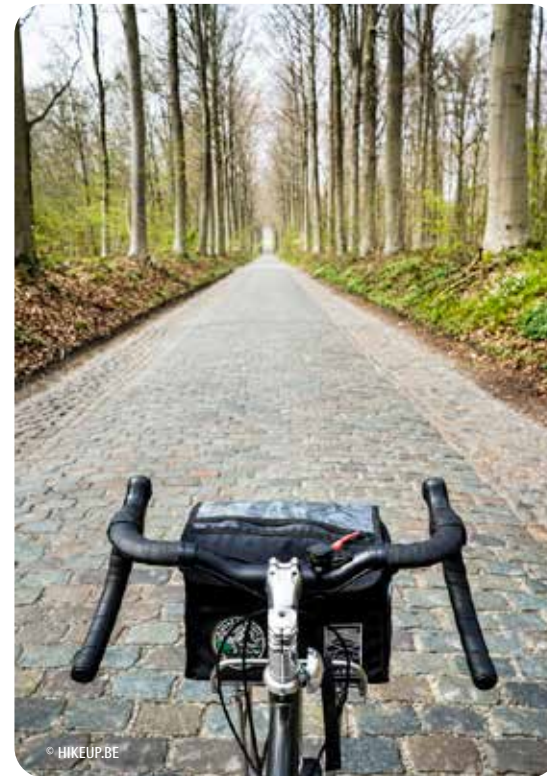


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