



Sample the 5 Trappists!

Cross-border cycling route in Brabant and Flanders





The Trappist region

The Trappist region 'The Trappists' are members of the Trappist region; The Trappist order. This Roman Catholic religious order forms part of the larger Cistercian brotherhood. Life in the abbey has as its motto "Ora et Labora " (pray and work). Traditional skills form an important part of a monk's life. The Trappists make a wide range of products. The most famous of these is Trappist Beer.

The name 'Trappist' originates from the French La Trappe abbey. La Trappe set the standards for other Trappist abbeys. The number of La Trappe monks grew quickly between 1664 and 1670. To this today there are still monks working in the Trappist breweries.

Trappist beers bear the label "Authentic Trappist Product". This label certifies not only the monastic origin of the product but also guarantees that the products sold are produced according the traditions of the Trappist community. More information: www.trappist.be

Sample the 5 Trappists!

Experience the taste of Trappist beers on this unique cycle route which takes you past 5 different Trappist abbeys in the provinces of North Brabant, Limburg and Antwerp. Immerse yourself in the life of the Trappists and experience the mystical atmosphere of the abbeys during your cycle trip. Above all you can enjoy the renowned Brabant and Flemish hospitality. Sample a delicious Trappist to quench your thirst or enjoy the beautiful countryside and the towns and villages with their charming street cafes and places to stay overnight.

Did you realise that the Trappists make various other products in addition to their famous beer? Discover them all: cheese, jam, chocolate, honey, soap and candles. These products are available at several of the abbeys and often from local catering establishments and shops along the cycle route.

This inspiring cycle route is marked out alongside 5 Trappist abbeys in Flanders and Brabant. There are plenty of opportunities along the route to sample and enjoy all the delicious products that are made under the Trappist name. The route passes by Trappist abbeys in the following locations:

- **Our Lady of the Sacred Heart Abbey in Westmalle (province Antwerp)**
- **Maria Toevlucht Abbey in Zundert (province North-Brabant)**
- **Our Lady of Nazareth Abbey in Brecht (province Antwerp)**
- **Koningshoeven Abbey La Trappe in Berkel-Enschot (province North-Brabant)**
- **Achelse Kluis Abbey in Achel (on the Dutch-Belgian border)**



Cycle along all 6 sections of the route to discover the Trappists in Brabant and Flanders

Based on the existing cycle route network, the Sample the 5 Trappists! route has been created which will take you past the 5 Trappist abbeys in Flanders and Brabant. Just follow the route markers on the cycle route network. The loose-leaf maps in the back of the booklet show which network intersections you should follow to cycle the route and which are the best places to stop and take a break

The entire route is 334 kilometres in length and comprises 6 sections. Each section has its own unique features and there is a contrast between rural landscapes and urban dynamics. The route passes through various cities such as Antwerp, Tilburg and Turnhout, but also through picturesque villages such as Zundert, Hilvarenbeek, Oirschot, Poppel and Merksplas. Various arrangements for each section can be booked with businesses located alongside the route, the best tips for these are included in the back of this route booklet.

Section maps:

Section 1: **From 'De Koninck' to the sisters of Brecht**

Section 2: **Experience Zundert in the footsteps of a monk**

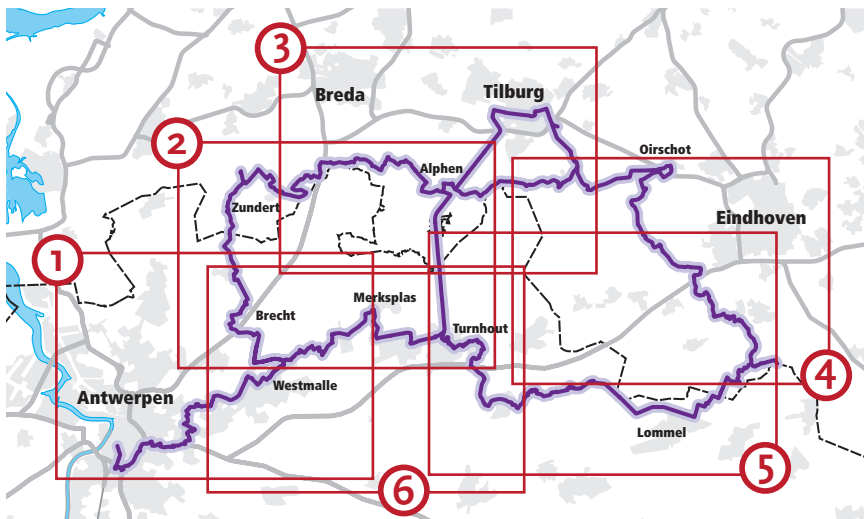
Section 3: **Pray and work: discover the world of La Trappe**

Section 4: **Explore the borders of the Brabantse Kempen**

Section 5: **Enjoy the natural surroundings of the peaceful Kempen**

Section 6: **The flavour and mysticism of monastic life**

Alternative route: **Shorten your route via the Bels Lijntje former railway track**



Cycle Route Network (Fietsknooppuntennetwerk)

Is there something not quite right with the signage on a route? Does this route booklet send you in the wrong direction? Have the route signs become almost unreadable? Comments or suggestions about signage, paths and this route booklet will be highly appreciated. For Brabant you can notify this via 'Meldpunt Routes' on the website www.routesinbrabant.nl (in Dutch) . If you have other questions, please contact info@routesinbrabant.nl or call **0031-(0)800 4050050**.

For the province of Antwerp you can fill out a notification form on www.routedokter.be, for the province of Limburg you can go to www.toerismelimburg.be/meldpunt, or call **0032-(0)800 96967**.



Section 1: From De Koninck to the sisters of Brecht

Get on your bikes and set off on the route from the city of Antwerp to Brecht. Dismount at De Koninck visitors' centre. Few Antwerp companies have such a strong relationship with the city as De Koninck brewery. No surprise then that a 'bolleke' Koninck (the name comes from the shape of the glass) has become a regular feature of a visit to the city of Antwerp. The city is also renowned for its art, culture and international harbour.

Having sampled this delicious beer the route takes you to the abbey of Our Lady of Nazareth in Brecht, the abbey being located in the Kempen. A unique feature of this location is that Trappist nuns live in the abbey. The nuns make ecological soap products under the 'Trapp' brand name. The abbey is located about 30km from the city of Antwerp.

There is also plenty for the nature lover to see on this route. Enjoy the Rivierenhof, a lively park with plenty to offer just outside Antwerp centre. A delightful place where you can experience culture in restful surroundings. The protected heathland of the Brechtse Heide is located to the south of Brecht. A feature of this landscape is the remarkably flat and open agricultural area, surrounded on many sides by large areas of woodland.

You will find yet another abbey on this route, the Our Lady of the Sacred Heart Abbey in Westmalle. This abbey was founded in the eleventh century. This order was named 'Trappist' after La Trappe Abbey in Normandy. The monks live in a community where prayer and work are central.

Our Lady of Nazareth Abbey

Abdijlaan 9

B-2960, Brecht, Belgium

E: trapp.nazareth@telenet.beW: www.abdijnazareth.be

Distance: 46 km



Cycle route network intersections: 58-40-4-3-15-19-24-22-21-23-43-45-47-63-62-51-50-49-48-99

Starting points:



Station Noorderkempen, Oudaenstraat, 2960 Brecht (from the station to intersection 99 via 81 and 98)

Waalsekaai, 2000 Antwerp (from the quay to intersection 58)

Antwerp Central Station, Koningin Astridplein 27, 2000 Antwerp (from the station via intersection 13 to 58)

Section 2: Experience Zundert in the footsteps of a monk

If you are interested in meditation and prayer you should visit Maria Toevlucht Abbey, among the woods and meadows of Zundert and close to the Belgian border. The abbey offers retreats with meditation and prayer. An overnight stay in the abbey's guest house is also possible.

The abbey is located in a beautiful area with historic country estates and nature reserves. The area from the south of Breda across the Belgian border forms an extensive cycling paradise. Traces of peat extraction from hundreds of years ago are hidden in the ever-changing countryside.

This region has many attractive cafes and restaurants that serve the Trappist beer from Zundert. The amber-coloured beer brewed in Zundert is one of the two Trappist beers in the Netherlands. If you want some supplies to take back home, the Trappist beer is on sale in the abbey shop.

In addition to Trappist beer, Zundert is also famous as the birthplace of the artist Vincent van Gogh. The Van GoghHuis with its museum stands on the spot in the Markt where he was born. Memories of his youth are kept alive here. Vincent leads you through a radio play with plenty of visual appeal.

If you want to discover the region and experience Brabant hospitality, reserve one of the farm guest rooms, the local equivalent of a B&B and often in an old farmhouse. Combine your stay with a Trappist arrangement.

Maria Toevlucht Abbey

Rucphenseweg 38

4882 KC Zundert, the Netherlands

E: info@abdijmariatoevlucht.nl

W: www.abdijmariatoevlucht.nl or www.zunderttrappist.nl

Distance: 44 km



Cycle route network intersections: 50-49-48-99-69-68-80-91-92-3-2-1-49-46-79-88-64-3

**Take note: work to be carried out in 2016/2017. Directions to the centre will disappear and will be replaced by intersection numbers. Where these numbers are known, they are indicated in colour.*

Starting points:



Abdij Maria Toevlucht, Rucphenseweg 38, 4882 KC Klein Zundert (from the abbey to intersection 79)

In den Anker Farmhouse inn, Rucphenseweg 35, 4882 KB Klein Zundert (from the farmhouse to intersection 79)

Zundert Centre, Nassauplein, 4881 CL Zundert (from the centre to intersection 3)

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Section 3: Discover the world of La Trappe

Experience the tranquillity of the first Trappist brewery in the Netherlands. Koningshoeven Abbey, close to Tilburg brews the renowned 'La Trappe' beer . The sampling room is located in the middle of the beautiful gardens of this Trappist monastery. Want some respite from your bike ride? Then try the La Trappe beers and enjoy lunch on the lovely terrace.

You can take a guided tour by arrangement and learn all the secrets about the production. You can also watch a film about the history of the brewery. You can round this off by sampling the excellent beer and enjoying a rich variety of traditional regional products.

Discover the Nieuwkerk Monastery in Goirle. This monastery has a beautiful historical facade, a feast for the eyes. This inspiring location allows you to be at one with yourself and with everyone else.

There is a wide range of activities in the vicinity, including cultural heritage and art. Vincent van Gogh's roots lie here. If you want to see how he lived you can do so in Vincent's Art room. If you are a culture lover you can also visit the De Pont and Textile museums.

If you really want to discover La Trappe and the beautiful surroundings, book one of the La Trappe arrangements. If one day is not enough for you there are plenty of opportunities for staying overnight in the vicinity of La Trappe.

Koningshoeven Abbey

Eindhovenseweg 3

5056 RP, Berkel-Enschot, the Netherlands

E: info@koningshoeven.nl

W: www.koningshoeven.nl or www.latrappetrappist.com



Distance: 76 km

Cycle route network intersections: 3-70-43-44-45-47-75-48-62-64-63-11-12-70-74-34-9-10-80-65-66-78-82-6-5-44-42-43-38-50-77-75-76-12

** Take note: work to be carried out in 2016/2017. Directions to the centre will disappear and will be replaced by intersection numbers. Where these numbers are known, they are indicated in colour.*

Starting points:



Koningshoeven Abbey, Eindhovenseweg 3, 5056 RP Berkel-Enschot (from the abbey to intersection 82)
Tilburg Station, Spoorlaan, 5038 CB Tilburg (from the station to intersection 65)

4**Section 4: Explore the borders of the Brabantse Kempen**

Cycle through the green corridor across the heath and woodland of Hamont-Achel. The route takes you past the Saint Benedictus-Abbey which lies right on the border between North Brabant (Netherlands) and Limburg (Belgium). The abbey is known locally as the 'Achelse Kluis'.

The abbey itself is not open to the public, but you can visit the abbey's inn. If you want to treat your senses to an unforgettable experience, enjoy one of the delicious Trappist beers or regional dishes. Take a look also at the brewing vats, you can watch the brewing process at certain times.

The Brabantse Kempen region is known for its picturesque villages and attractive natural surroundings. The region has a rich heritage and you can visit countless historical monuments with attractive street cafes (Hilvarenbeek, Haghorst, Oirschot and Eersel), local museums and a number of lovely examples of typical merchants' houses in the vicinity of Bergeijk. You will cycle through what is known as 'the land of the contented person'.

Enjoy yourself in De Roos museum brewery in Hilvarenbeek, this authentic village brewery dates back to the 19th century. Take a look in the museum or sip one of the delicious Bikse Tripel, de Roos, Konjel or Rooie Fik beers in the sampling room.

If you want tips for a delicious meal or if you cannot fit everything into one day, book one of the arrangements. There is more information in the loose-leaf pages at the back of this booklet.

St. Benedictus Abbey De Achelse Kluis (Achel Hermitage)

De Kluis 1

3930, Hamont-Achel, Belgium

E: abdij@achelsekluis.org

W: www.achelsekluis.org



Distance: 59 km

Cycle route network intersections:

5-**44**-**61**-2-3-23-61-62-20-24-83-81-31-32-51-52-53-35-38-62-88-86-63-60-61-7-69-3-1-93-2-32-33-217

** Take note: work to be carried out in 2016/2017. Directions to the centre will disappear and will be replaced by intersection numbers. Where these numbers are known, they are indicated in colour.*



Starting points:

Hilvarenbeek Centre, Vrijthof, 5081 CB Hilvarenbeek (from the centre to intersection **44** or **5**)

Oirschot Centre, Markt, 5688 AJ Oirschot (from the centre to intersection **61**)

Natuurpoort De Achelse Kluis, Abdijweg 50, 5556 VE Valkenswaard (from Natuurpoort to intersection **33**)

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Section 5: Enjoy the natural surroundings of the peaceful Kempen

After sleepy Achel, cycle through Belgian Limburg to reach Postel via the rural community of Lommel. Postel is well-known for its abbey and is a suburb of Mol. In Mol you can visit, amongst others, the Zilvermeer Provincial Recreation Domain.

The Norbertine Abbey Postel is located deep inside the Kempen, surrounded by woods and fields. Several buildings, old and new, somewhat rambling but attractive lead onto the centuries' old chapel. Enjoy the natural surroundings and be sure to sample a delicious 'Postel' beer with the accompanying cheese.

On the border between Retie and Oud-Turnhout we pass by the Corsendonk Priory. This currently houses a conference centre and hotel. The 'Corsendonk' beer is named after the priory and is brewed in Brasserie Du Bocq.

Just before you cycle into Turnhout you can take a short detour to 't Nest Brewery. A brand new brewery producing delicious beers with names such as 'Hertenheer, Koekedam or Schuppenboer' (King of Hearts, Queen of Diamonds, or Jack of Spades).

The peaceful Kempen brings you to the historic regional capital of the Antwerp Kempen: Turnhout. Turnhout is known as the 'playing card city'. The charming town centre with the Duke of Brabant's Castle, historic market and Taxandriamuseum, are certain to delight you. Take a break and enjoy a drink and a snack in one of the many catering establishments.



Distance: 62 km

Cycle route network intersections:

32-31-27-225-226-227-230-231-546-232-76-77-72-7-92-91-27-28-64-47-62-46-45-1

Starting point:



Turnhout Centre, Boomgaardstraat, 2300 Turnhout (from the centre via intersection 45 to 1)

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Section 6: The flavour and mysticism of monastic life

Our Lady of the Sacred Heart in Westmalle is surrounded by woodland. Westmalle Abbey is located in Antwerp province. Westmalle Abbey was damaged in the First World War, only a few monks stayed on. A new extension to the abbey was completed in 1964. There are currently about 20 monks in Westmalle Abbey.

They run a farm, a cheese farm and a brewery. In addition to the two renowned types of beer the monks also produce excellent cheese. You can sample all these delicious products in the nearby Café Trappisten. You can also buy the products in the abbey shop.

Café Trappisten, originally a grocer's shop opposite the Trappist abbey was partly a cafe until 1923. After the old café was demolished it reopened its doors as a brand new building on the same location. Take a break and relax on the splendid terrace.

During your cycle trip you can discover the countryside and combine this with a stay at one of the charming hotels and B&Bs. The local cafes and restaurants serve excellent food with fresh regional ingredients.

The village of Merksplas contains the visitors' centre of the Landloperskolonie (Vagrants' Colony). Open from September 2016. The Landloperskolonie is a meeting point for cyclists and hikers who are passionate about nature and heritage. You will find a wealth of rural and cultural history here.

Our Lady of the Sacred Heart Abbey

Antwerpsesteenweg 496
2390, Westmalle, Belgium
E: info@trappistwestmalle.be
W: www.trappistwestmalle.be



Distance: 30 km

Cycle route network intersections: 1-68-49-72-30-71-85-84-83-66-50-51-62



Starting point:

Café Trappisten, Antwerpsesteenweg 487, 2390 Westmalle (from the café to intersection 68)

Alternative route: Shorten your route via the Bels Lijntje former railway track

If you don't want to cycle the entire route it's possible to shorten the route. To do this, take the Bels Lijntje alternative route.

It follows the route of a former railway track between Tilburg and Turnhout. Because the expectations of the connection were not fulfilled, they decided to run the last goods-train in 1973. In 1989, a cycle path was built on the track bed from Tilburg to Turnhout. There are several signalman's houses along the route and a valuable fauna and flora is flourishing on and near the track bed. This heavily used cycle track is definitely worth discovering. Many hospitable businesses welcome cyclists along the route with catering and sightseeing opportunities.



Distance: 17 km

Cycle route network intersections:

63-93-92-91-82-87-5-3-2-1



Starting points:

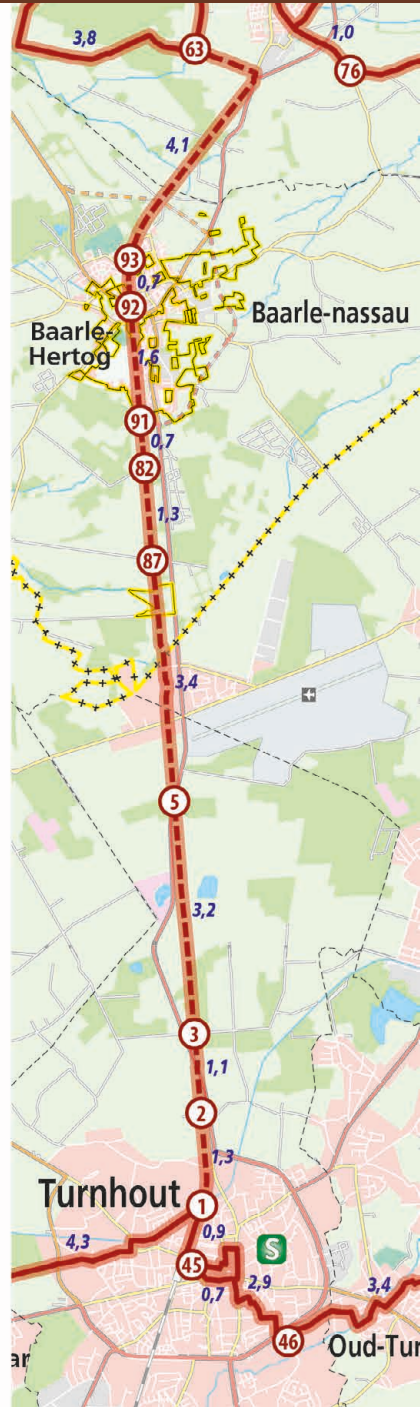
Café Zaal Terras Welkom, Stationstraat 57, 5131 BM

Alphen (from the café via intersections 12 and 11 to 63)

Centrum Turnhout, Boomgaardstraat, 2300 Turnhout

(from the centre via intersection 45 to 1)

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Westmalle



TRAPPIST

Westma



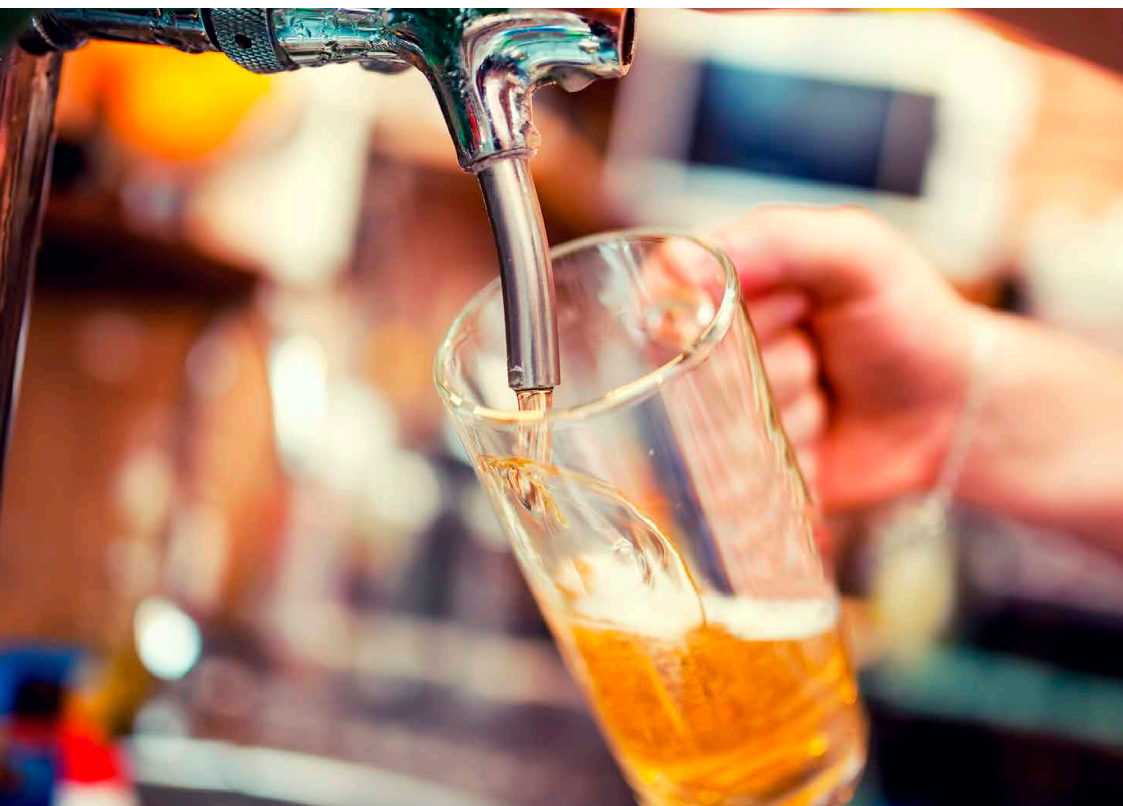
TRAPPIST

Tips for an enjoyable experience on your journey

You can experience the Trappists in the natural and built-up surroundings of the **Sample the 5 Trappists!** cycle route. But don't forget the hospitable enterprises that are established along the route. They offer many extras amenities to add to your experiences.

Various arrangements can be booked with these enterprises. In addition they offer products made from Trappist beer. Explore these unusual experiences in the form of Trappist menus and/or overnight stays. Book one of the arrangements and experience the mystical atmosphere, home-grown culture and spirituality along the route.

The route sections and businesses along the route and/or the Trappist arrangements can be found for each route on the loose-leaf pages at the back of this booklet. View the selection of arrangements on www.tastesofabbeys.com.



Tastes of Abbeys

The concept of this international cycle route through Brabant and Flanders originated from the European project Tastes of Abbeys. As a result of collaboration between Routebureau Brabant, Toerisme Provincie Antwerpen, Vitaal Leisure Landschap regio Hart van Brabant, TastesofAbbeys.com and various regional partners, this cycle route has been planned with the greatest care. Its aim is to stimulate sustainable tourism to the Trappist abbeys.

The portal site of Tastes of Abbeys is the most important result of the EU project.

For more information visit the websites:

www.tastesofabbeyes.com, www.routesinbrabant.nl, www.visitbrabant.nl and www.kempen.be

Published: 2016

Routebureau Brabant in collaboration with VisitBrabant, Toerisme Provincie Antwerpen, Vitaal Leisure Landschap regio Hart van Brabant, TastesofAbbeys.com and various regional partners.

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Visit Antwerp - Central Station

Koningin Astridplein
2018 Antwerpen
www.visitantwerpen.be

Our Lady of Nazareth Abbey

Abdijlaan 9
2960 Brecht
www.abdijnazareth.be

De Koninck

Mechelsesteenweg 291
2018 Antwerpen
www.dekoninck.be

Antwerp Brewing Company

www.seef.be

Tourist Office of Brecht

Gemeenteplaats 1
2960 Brecht
www.toerismebrecht.be

Loeyakkershof Holiday Homes

Vaartdijk 11
2960 Brecht
www.loeyakkershof.be

Afspanning De Hand

Boomgaardstraat 1
2018 Antwerpen
www.dehand.be

De Pelgrim

Boomgaardstraat 6-10
2600 Berchem
www.brasseriepelgrim.be

Tourist Office of Malle

Antwerpsesteenweg 246
2390 Malle
www.toerisme-malle.be

**Facts:**

The city of Antwerp is a popular destination for a day (or weekend) visit, mainly because of its easy accessibility and renowned shopping streets. Antwerp has a long beer tradition as can be seen by the large number of beer cafes in the city, from small intimate cafes hidden away in dark corners to beer speciality establishments in the beating heart of the city.

De Koninck Brewery will amaze you with 10 interactive spaces. Discover the history, the unique link with the city and the origins of the iconic Koninck 'bolleke'. This experience will stimulate your senses.

The search for a lost recipe of an old Belgian regional beer resulted in the Antwerp Brewing Company. The Antwerp Brewing Company's mission is to bring back to life the legendary Seefbier – lost for 80 years – and to re-establish Seef as a unique type of Belgian beer!

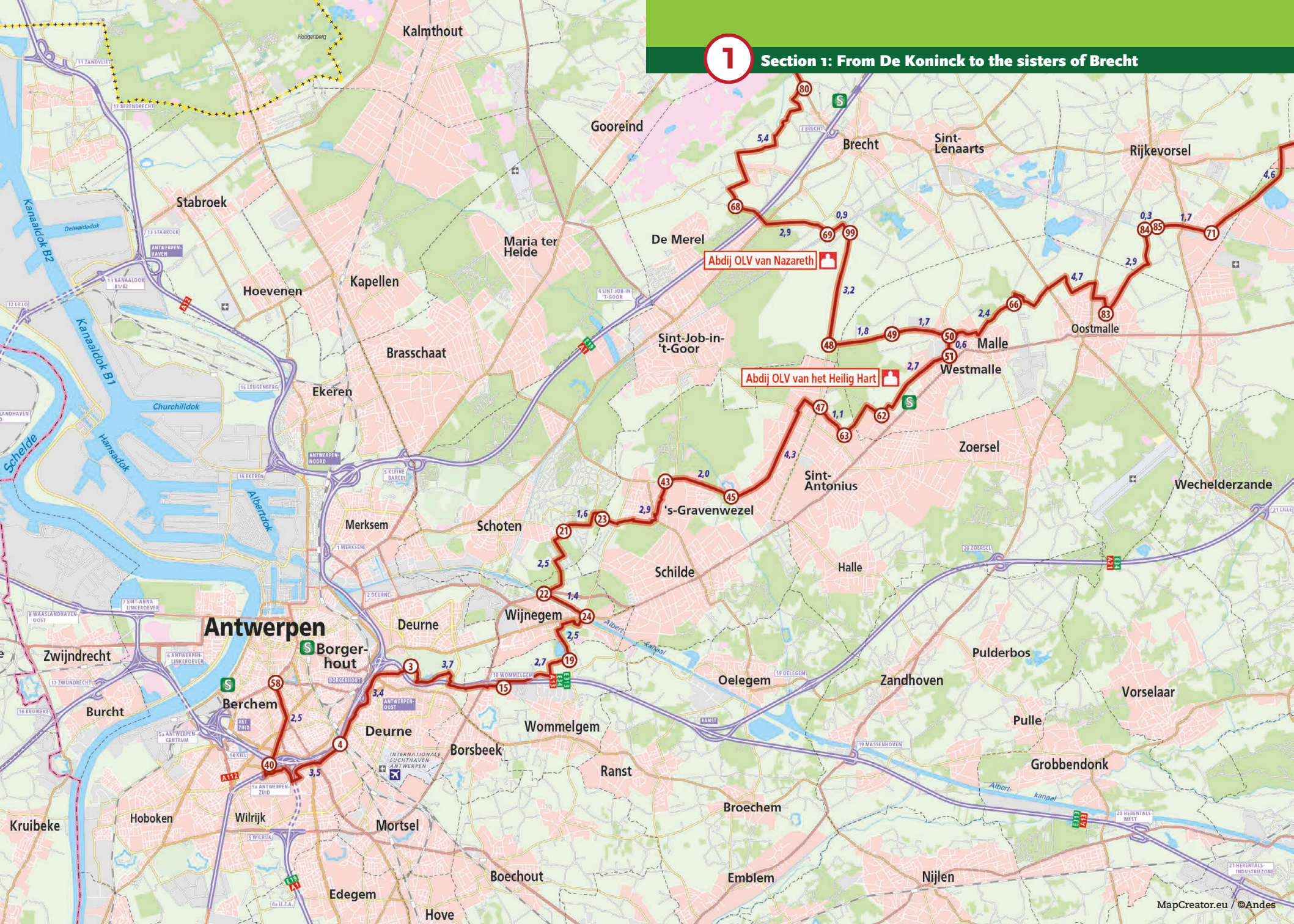
The 'Voorkempen' in the province of Antwerp is known for its many contrasting parks and castles and many residential developments. Among those you may encounter are the Provincial Green Domain Vrieselhof, with a castle of the same name, De Villers castle, De Caters castle or the 's Gravenwezel castle.

Soap products made by the nuns of Brecht, bearing the name 'Trapp', are on sale in the abbey shop. The abbey shop is open daily from 08:30 to 12:00 and from 13:30 to 17:00.



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Section 1: From De Koninck to the sisters of Brecht



Maria Toevlucht Abbey

Rucphenseweg 38
4882 KC Zundert
www.abdijmariatoevlucht.nl or
www.zundertrappist.nl

Trappist Brewery de Kievit

Rucphenseweg 38
4882 KC Klein Zundert
www.zundertrappist.nl

**Van GoghHuis Zundert/
VVV Tourist Information Zundert and
Brasserie Van Gogh**

Markt 26 en 27
4881 CN Zundert
www.vangoghuis.com

Hotel De Roskam

Molenstraat 1
4881 CP Zundert
www.hotel-de-roskam.nl

B&B Op den Vossenbergh

Vossenberghstraat 3
4882 JG Klein Zundert
www.opdenvossenbergh.nl

**Camping Internationaal Priem/
Resting point De Kievit**

Rucphenseweg 51
4882 KB Klein Zundert
www.internationaalpriem.nl/
www.rustpuntdekievit.nl

Camping De Ossewei

Nieuwmoerseweg 18a
4885 KK Achtmaal
www.campingdeossewei.nl

In den Anker Farmhouse Inn

Rucphenseweg 35
4882 KB Klein Zundert
www.indenanker.nl

Herberg 't Pannehûske

Rosendaalsebaan 4
4885 JK Achtmaal
www.pannehuske.nl

Restaurant and tasting De Ruyterhof

Hogestraat 22-A
4891 CB Rijsbergen
www.deruyterhof.nl

Den Hoek beer and cafeteria

Rucphenseweg 14
4882 KC Zundert
www.den-hoek.com

Taverne 't Dorp

Dorpsstraat 111
2990 Wuustwezel-Belgium
www.tdorp.be

Nouws Tweewielcentrum (cycle shop and rent)

Achtmaalseweg 10
4881 VL Zundert
www.nouwstweewielcentrum.nl

**Facts:**

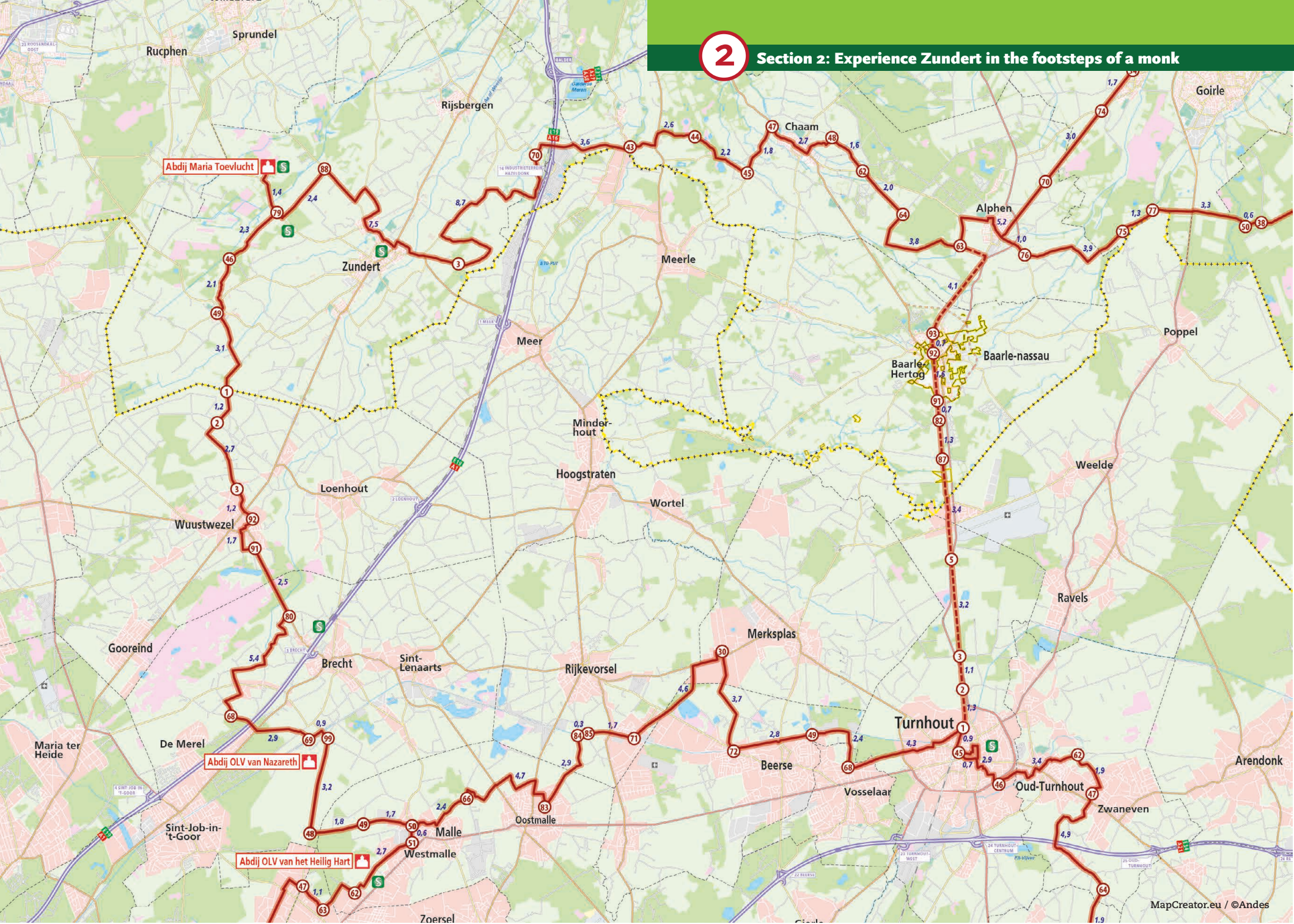
The Maria Toevlucht Abbey shop is open from Tuesday to Saturday 14:15 to 16:45. Sunday 11:00 to 11:50 and closed on Mondays.

The monks of Maria Toevlucht Abbey have worked since 1900 under the motto 'ora et labora, pray and work' following the orders of Saint-Benedictus.

The Vincent van GoghHuis stands on the location of Van Gogh's birthplace. It is a house full of stories and experiences. Discover the Van GoghGalerie. A place for art of the future. The former Reformed Church (1805) is also in Zundert. Vincent van Gogh was baptised in this church and went there on Sundays to hear his father preach.

A lovely town nearby which is worth visiting is the Nassau town of Breda. There's plenty to see and do in Breda. In addition to a lively shopping centre there are many connections with the House of Nassau. Such as the Grote Kerk (church) where the first Prince of Orange and nine members of the Nassau royal household are buried, and Breda Castle, now the Royal Military Academy.





Koningshoeven Abbey

Eindhovenseweg 3
5056 RP Berkel-Enschot
www.koningshoeven.nl or
www.latrappetrappist.com

Nieuwkerk Monastery Goirle

Nieuwkerk 2
5051 PN Goirle
www.kloosternieuwkerkgoirle.nl

Vincents Art room

Stadhuisplein 128
5038 TC Tilburg
www.vincentstekenlokaal.nl

VVV tourist information Tilburg

Spoorlaan 434a
5038 CH Tilburg
www.vvvtilburg.nl

VVV tourist information Goirle

Buitelaar bookshop
De Hovel 21
5051 NP Goirle
www.boekhandelbuitelaar.nl

Museum De Pont

Wilhelminapark 1
5041 EA Tilburg
www.depont.nl

TextielMuseum

Goirkestraat 96
5046 GN Tilburg
www.textielmuseum.nl

Druiventros Berkel-Enschot

Bosscheweg 11
5056 PP Berkel-Enschot
www.druiventros.nl

Hotel Ibis Tilburg

Dr. Hub Van Doorneweg 105
5026 RB Tilburg
www.ibis-tilburg.nl

B&B Tilburg Gust van Dijk

Tivolistraat 22
5017 HP Tilburg
www.bedandbreakfasttilburg.nl

B&B Maarle

Maarle 14
2382 Poppel - België
www.bbmaarle.com

De Rosep Country Estate

Oirschotsebaan 15
5062 TE Oisterwijk
www.rosep.com

De Rooversche Leij eating and drinking

Corps Baantje 1
5051 PX Goirle
www.roovertscheleij.nl

Café Zaal Terras Welkom

Stationstraat 57
5131 BM Alphen
www.cafezaalwelkom.nl

**Facts:**

The Koningshoeven Abbey shop is open on different days and at different times each season. Check their website www.koningshoeven.nl for up to date information.

Museum De Pont is where art comes to life, where in-depth collections are made and where individual artists get the chance to organise exhibitions.

Pay a visit to the TextielMuseum. A museum with a collection including textile technique, industrial culture, textile design and sculpture.

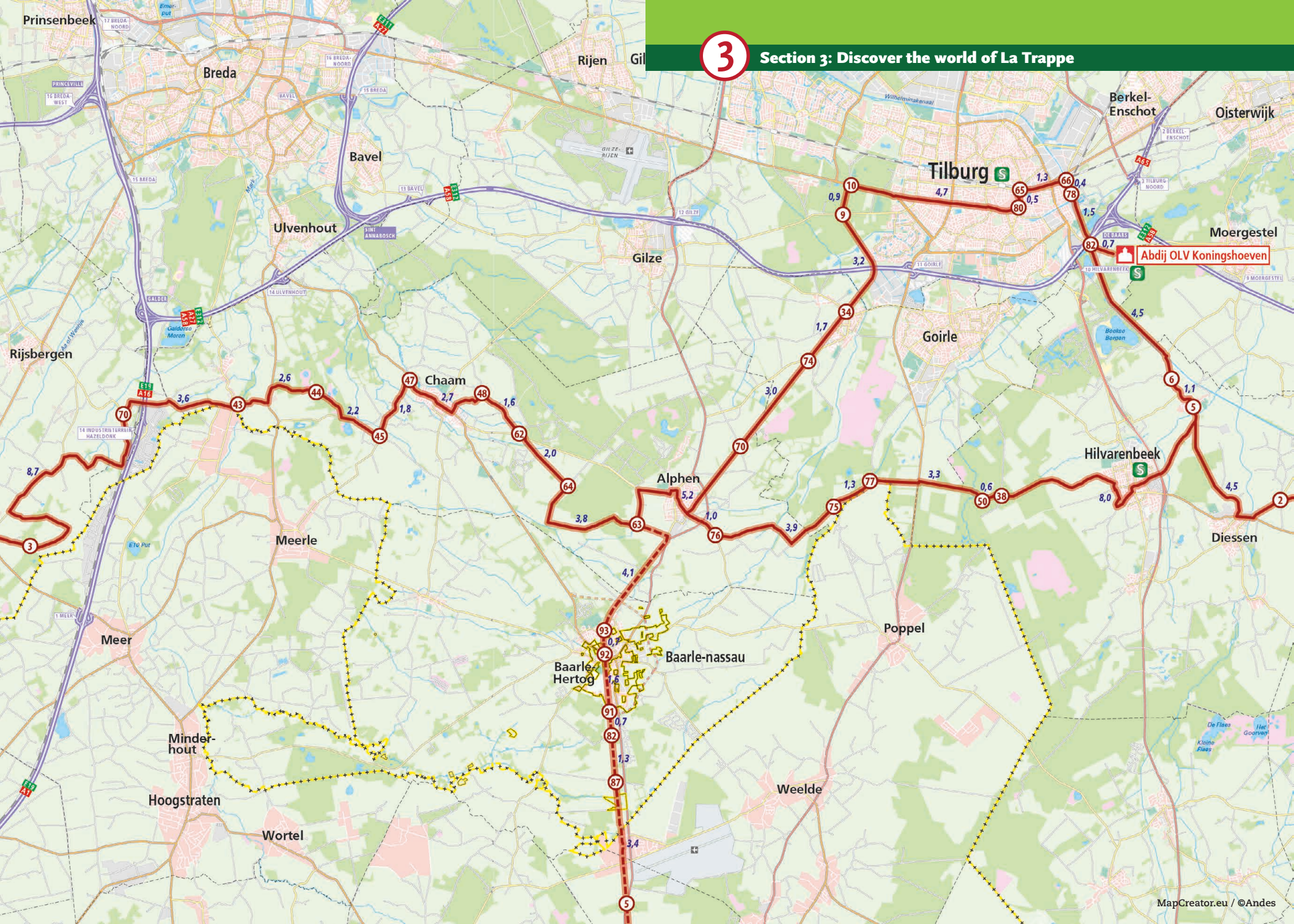
Wandering around Tilburg is, if you look carefully, the place where you will find hidden gems and unusual tales!

The heart of Tilburg contains the Spoorzone former railway works, until recently a closed-off part of the town many hectares in size. This is providing space for events, business participation and regeneration among the industrial heritage and modern architecture.



3

Section 3: Discover the world of La Trappe



Sint-Benedictus Abbey De Achelse Kluis (Achel Hermitage)

De Kluis 1
3930 Hamont-Achel - België
www.achelsekluis.org

Natuurpoort De Achelse Kluis

Abdijweg 50
5556 VE Valkenswaard

Vessem Brewery – De Gouden Leeuw

Jan Smuldersstraat 24
5512 AZ Vessem
www.brouwerijvessem.nl

De Roos Brewery Museum

Sint Sebastiaanstraat 4
5081 ZG Hilvarenbeek
www.museumbrouwerij.nl

VVV Tourist Information Land van de Hilver

Paardenstraat 1
5081 CG Hilvarenbeek
www.vvvlantvandehilver.nl

VVV Tourist Information Brabantse Kempen

www.vvdebrabantsekempen.nl

VVV Tourist Information de Grootte Heide

www.vvdegrooteheide.nl

VVV Tourist Information Valkenswaard

Markt 19
5554 CA Valkenswaard
www.vvvvalkenswaard.nl

VVV Tourist Information Cranendonck

Schepenhuis Budel
Markt 28
6021 CE Budel
www.vvcranendonck.nl

Hotel de Kroon

Rijkesluisstraat 6
5688 ED Oirschot
www.hoteldekroon.nl

Herberg De Schutskuil

Oude Grintweg 100
5688 MB Oirschot
www.schutskuil.nl

Restaurant De Hofkaemer

Hof 18
5571 CC Bergeijk
www.hofkaemer.nl

Van der Mierden bike and tandem rental

Akkerweg 2
5531 NT Bladel
www.fietsverhuurbrabant.nl

Fietsen met Streken

www.fietsenmetstreken.nl



Facts:

The 'Achelse Kluis' abbey shop is open from Tuesday to Saturday from 09:00 to 12:00 and 13:00 to 17:00.

The lovely estate of Gorp en Roover is located in Hilvarenbeek, close to the Belgian border. The centrepiece of the estate is formed by the two ancient hamlets 'Gorp' and 'Roover'. Nowadays the historical part of Gorp comprises four old farmhouses (built in 1925). The centre of Roover has three old 'long-gabled farmhouses', typical of this region.

The village of Diessen has a very long history. It was already inhabited in ancient times and has connections to St. Willibrord dating back to the eighth century. For that reason it's most imposing building, the fifteenth century church is dedicated to this saint.

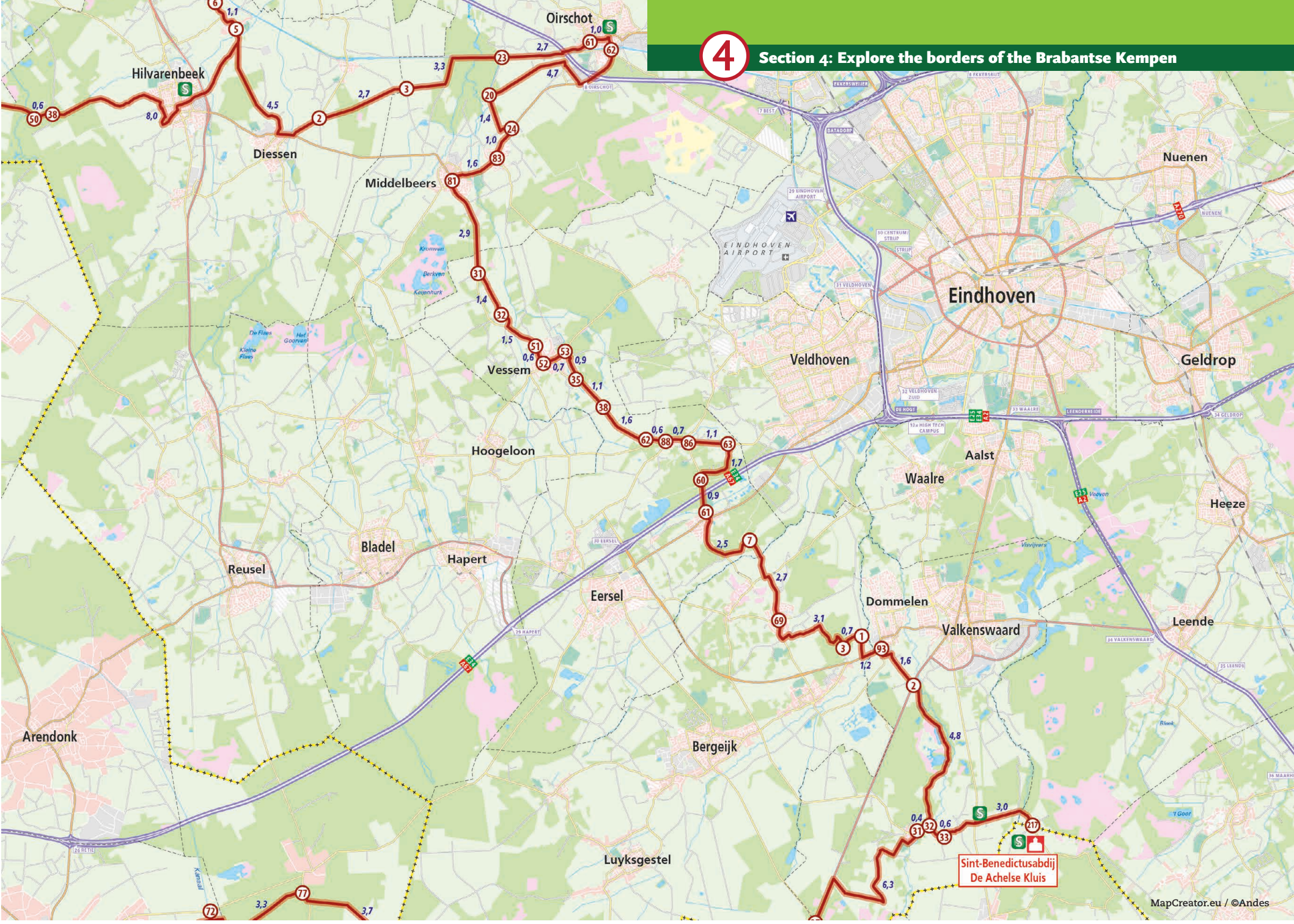
Haghorst is a picturesque mining village with beautiful countryside. The Wilhelmina Canal makes it perfect for cycle trips and picnics by the lock. During the summer months dozens of boats pass through and you can watch the boats and yachts enter and leave the lock; a real sight!

Beerze Brewery de Gouden Leeuw in Vessem has by tradition, always been a brewery. The brewery has its own brand of beer called Beerze. It's also possible to stay overnight here in the unusual hotel or get something to eat in the restaurant with its large terrace.



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Section 4: Explore the borders of the Brabantse Kempen



Sint-Benedictusabdij
De Achelse Kluis

Tourist office of Mol

Markt 1
2400 Mol
toerisme.gemeentemol.be

Norbertijnen Abbey Postel

Abdijlaan 16
2400 Mol
www.abdijpostel.be

Hertogen van Brabant Castle

Kasteelplein 1
2300 Turnhout

Taxandriamuseum

Begijnenstraat 28
2300 Turnhout
www.taxandriamuseum.be

Corsendonk Priory Hotel

Corsendonk 5
2360 Oud-Turnhout
www.priorij-corsendonk.be

Het Nest Brewery

www.brouwerijhetnest.be

Den Spytighen Duvel

Otterstraat 99
2300 Turnhout
www.spytighenduvel.be

Zilvermeer Provincial Domain

Zilvermeerlaan 2
2400 Mol
www.zilvermeer.be

Café De Penge

Lindekensstraat 45
2300 Turnhout
www.depenge.be

Corsendonk Hotel Viane Korte

Vianenstraat 2
2300 Turnhout
www.corsendonkviane.be

Sunpark Kempse Meren

Postelsesteenweg 100
2400 Mol
www.sunparks.com

De Klothoeve

Eerselseweg 1
2400 Mol
www.deklothoeve.be

Café Kor

Markt 19
2470 Retie

Tourist Office of Turnhout

Grote Markt 44
2300 Turnhout
www.toerismeturnhout.be

**Facts:**

An order of monks has lived in the Norbertine Abbey in Postel since 1140. They were called Norbertine after their founder St Norbertus.

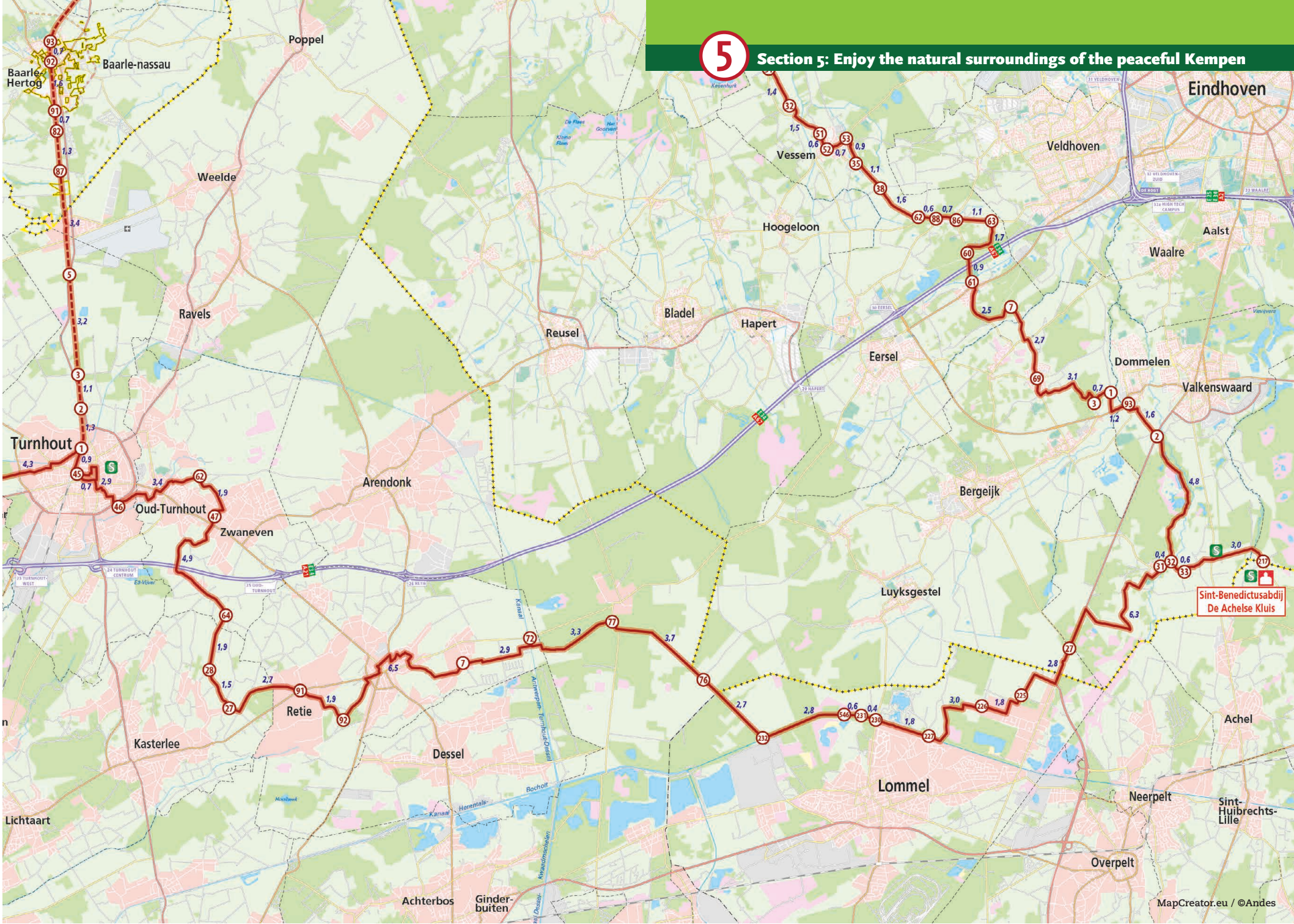
The origins of the Corsendonk Priory go back to the 14th century. The restored monastery, with its monumental chapter house, Gothic vaults and Renaissance park, is now a hotel and conference centre.

Provinciaal domein Zilvermeer is a famous tourist attraction. Since 1959 every summer thousands of tourists from home and abroad enjoy the sun on the sandy white beach. The recreation area is located in a beautiful natural area. Next to a beach with a swimming lake the domain has an extensive outdoor playground for all ages. You can also stay overnight at the campsite.



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Section 5: Enjoy the natural surroundings of the peaceful Kempen



Sint-Benedictusabdij
De Achelse Kluis

Tourist Office of Malle

Antwerpsesteenweg 246
2390 Malle
www.toerisme-malle.be

Our Lady of the Sacred Heart Abbey

Antwerpsesteenweg 496
2390 Westmalle
www.trappistwestmalle.be

Café Trappisten

Antwerpsesteenweg 487
2390 Westmalle
www.trappisten.be

B&B Noodrust

Jagersweg 51
2390 Westmalle
www.noodrust.be

Visitor centre of the Landloperskolonie

of Merksplas
www.kempenslandschap.be

**Facts:**

Our Lady of the Sacred Heart abbey shop is open daily, closed during times of prayer and on Sundays.

The grocery shop (now Café Trappisten) was originally purchased from the Trappists. The brothers were paid with a small amount of money, two cart-loads of manure and one bottle of Jenever.

Within the walls of the Westmalle abbey there is a farm, a bakery, a brewery and a cheese factory. The Westmalle Trappist cheese is a semi-hard, ripened cheese traditionally prepared. It is available in the small Abbey-shop or in Café Trappisten.

Don't forget to taste the delicious cheese croquettes in the company of a Westmalle Trippel of Dubbel in Café Trappisten. You can also try a "half om half", a glass filled with half a Westmalle Trippel and half a Westmalle Dubbel. Enjoy!



6

Section 6: The flavour and mysticism of monastic life

