

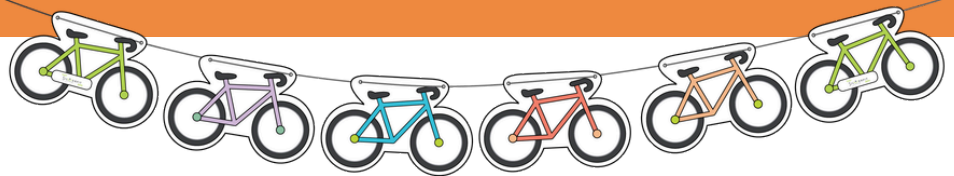


Route Booklet Tour SilverFit Mile Theme France



The theme of this Tour SilverFit Mile route booklet is 'France'. We've gathered a bunch of stunning routes in France that we'll be cycling together over the next two weeks!





Tour SilverFit Mile - France theme

For some of you, participation is already an annual tradition, while others are joining for the first time.

We are delighted that so many healthcare providers are putting energy into participating in this sporting competition. We hope that this event brings you, your colleagues, and of course the clients much enjoyment and enthusiasm.

In this booklet, you will find a stage recommendation for every day of the Tour SilverFit Mile, along with interesting facts about each location for even more fun! On the last page, you will find a table to record the daily results.

You can share the results with the participants weekly. Who is in the lead?

Customers with a service agreement can cycle along on all routes of the Tour SilverFit Mile. Are the routes not listed? Connect your system to the internet or contact us at: info@silverfit.nl

Locations that do not have a service agreement can cycle other routes during these two weeks. Or use the Google Street View functionality to cycle routes in France as well.

For further questions, please feel free to contact us at: evenementen@silverfit.nl

We wish you lots of fun during the Tour SilverFit Mile and we look forward to hearing all your stories!

We enjoy following your progress!

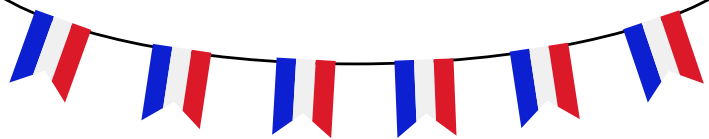
During the event, you can share photos and short videos of clients and staff on your Facebook, Instagram, and LinkedIn accounts. Tag us by mentioning **@SilverFitInternational** in the text and use the hashtags: **#TourSilverFitMile** **#SilverFit** **#SilverFitMile**

Does your institution not have social media? You can also send photos and videos to evenementen@silverfit.nl; we can publish these on SilverFit's social media channels.

By sharing photos and videos, you show how fun it is to live at your location and how enjoyable it can be to exercise together!

The SilverFit team wishes you lots of fun. Go for it!





Tour SilverFit Mile Route



Tour SilverFit Mile Route

Below you will find the recommended routes for each day of the Tour SilverFit Mile. Click on 'film routes' in the menu and look for the title in **bold letters**. For avid cyclists who want to complete more than one route per day, routes can also be created via Google Street View. This allows you to cycle to various locations.

Week 1

Day 1

The time has finally come: the Tour SilverFit Mile begins! We start with the cycling route through **Luxembourg**, which allows you to discover the city in a surprisingly green and varied way. You cycle past the impressive fortifications and through the deep valleys that surround the city.

Day 2

Today we are going through **Amiens**. You will cycle along the River Somme and through the unique floating gardens of Les Hortillonnages. Along the way, you will pass charming bridges and historical sites, with the highlight being the view of the impressive Amiens Cathedral.

Day 3

The next stop is beautiful **Chantilly**. The route passes the famous Hippodrome de Chantilly horse racing track, for which the city is known. You will also cycle through beautiful neighborhoods, chic avenues, and typical streets. A peaceful ride full of nature, history, and French charm!

Day 4

Off to **Nancy**! This cycle route takes you past elegant squares and green boulevards. You cycle past the famous Place Stanislas, one of the most beautiful squares in Europe and a UNESCO World Heritage Site. The route continues through parks and past historic buildings that showcase the city's rich history.

Tip: Have some time to spare? Also try the Travel Through Time feature or play the Guess the Picture game with one of the photo albums!





Day 5

Sea Life Paris Aqua is an underwater adventure for young and old. You will pass colorful aquariums filled with tropical fish, sharks, and jellyfish, and discover the fascinating world of the oceans. The interactive center lets you learn all about marine animals and their habitats, with special touch pools and educational exhibitions. This route is perfect for an entertaining day out with, for example, the grandchildren.

Day 6

A bike ride around **Mont Saint-Michel** and the surrounding village takes you through the vast landscape of meadows, dikes, and water. Along the way, you have beautiful views of the iconic tidal island and the charming village at its foot. The route offers a peaceful combination of nature and picturesque panoramas.

Week 2

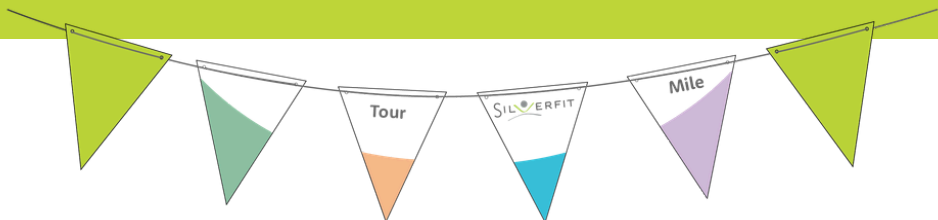
Day 7

We start the second week with a special route along the "Breton Caribbean": we sail on the **Glénan Island Cruise**. It is a group of small islands with crystal-clear turquoise water and white sandy beaches, off the southern coast of Brittany. A paradise to experience nature and the sea.

Day 8

A bike tour through **Nantes** allows you to discover the city in a lively and varied way. You cycle along the banks of the River Loire, through green parks such as Île de Versailles, and past historic buildings in the city center. Along the way, you pass artistic spots and colorful streets that exude the city's creative atmosphere.

**Don't forget to add up the results of the first week and share them with the participants! Who is in the lead?
Who is going to win the Tour SilverFit Mile?**



Day 9

A bike tour through **Bourges** takes you along historic streets, medieval buildings, and green squares. Along the way, you cycle past the impressive Cathédrale Saint-Étienne de Bourges, a beautiful example of Gothic architecture and a UNESCO World Heritage Site. The route also passes through quiet parks and along charming riverbanks, where culture and nature come together perfectly.

Day 10

We are heading down to the French Riviera! Today we are visiting beautiful **Nice**. You will drive along the famous Promenade des Anglais, past palm trees and the azure waters of the Mediterranean Sea. The route also takes you through the charming old town with narrow streets, colorful buildings, and cozy squares. This way, you combine beach, culture, and a beautiful Mediterranean landscape.

Day 11

We are staying on the coast and enjoying the beautiful weather. A bike tour through **Marseille** allows you to discover the bustling port city and its Mediterranean charm. You cycle along the picturesque Vieux-Port de Marseille, through lively streets and past seascapes, with views of the imposing Notre-Dame de la Garde. Along the way, you pass green spaces and beaches, where culture, nature, and the city's maritime life come together perfectly.

Day 12

The last day of these amazing two weeks has already arrived. We are wrapping up with a sophisticated excursion: welcome to **Monaco**! This special route offers a unique blend of luxury, sea, and spectacular views. You will drive past the famous harbor, gleaming yachts, and through the narrow, winding streets of the old town. The route also takes you along coastal roads with panoramic views of the Mediterranean Sea. Let's enjoy this final leg of the Tour SilverFit Mile. Have fun!

**Don't forget to add up the results.
Who cycled the most minutes?
And which resident was the oldest?
Get ready for a festive awards
ceremony!**

FINISH



Tour SilverFit Mile Participation Card

Name: _____

Age: _____

Day	Number of minutes cycled
1	
2	
3	
4	
5	
6	
Total	

Day	Number of minutes cycled
7	
8	
9	
10	
11	
12	
Total	

	Week 1	Week 2	Total
Total minutes cycled			
Total number of participants			

In the form above, you can roughly keep track of the total number of minutes cycled and how many residents participated.

This information might be nice to share not only internally but also, for example, on your social media channels.

Who knows, maybe next year you can turn it into a competition to surpass this year's results!

During the event, you can share photos and short videos of clients and staff on your Facebook, LinkedIn, or Instagram accounts with the hashtags: **#TourSilverFitMile**
#SilverFit #SilverFitMile.

We would appreciate it if you mentioned SilverFit with: **@SilverFitInternatinal**

