



Tour

SILVERFIT
Mile

THEME: SPRING IN EUROPE



WELCOME

How wonderful that you are participating to the **Tour SilverFit Mile!**

For some of you, participation is already an annual tradition, while others are joining for the first time - a very warm welcome to all English and Dutch, Belgian and French participants!

We are delighted that so many caregivers are putting energy into participating in this sporting competition. We hope that this event brings you, your colleagues, and the patients a lot of fun and excitement.

In this booklet, you will find a stage recommendation for each day of the Tour SilverFit Mile, along with interesting facts about each location - for even more enjoyment!

On the last page, you will find a table to record the daily results before sharing them with us weekly.

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

We love to follow your progress!

During the event, post photos and short videos of patients and staff on your Instagram, Facebook and LinkedIn accounts with the hashtags:

#TourSilverFitMile #SilverFit #SilverFitMile

You can also tag us using **@SilverFitInternational**

Does your facility not have social media? You can also send photos and videos to evenementen@silverfit.nl, and we will publish them for you on SilverFit's social media channels.

The SilverFit team wishes you lots of fun. Give it your all!



TOUR SILVERFIT MILE ROUTE

Here is a list of suggested routes for each day of the Tour SilverFit Mile!

For each route, there is an icon: 

This icon corresponds to the symbol in the menu of the SilverFit Mile, where you can find this route.

Click on "Movie Routes" in the menu and look for the **bold title**.

Day 1

Movie Route: Finally, the time has come, the Tour SilverFit Mile begins! Our first destination is the



Detmold Open-air Museum. This popular attraction offers a fascinating journey through the history of northwest Germany, showcasing authentic historical buildings, craftsmanship, and agricultural traditions!

Day 2

Movie Route: Next up, today we visit the **Zollverein** Coal Mine Industrial Complex. This UNESCO World



Heritage site in Essen impresses with its industrial architecture and the fascinating history of coal mining in the Ruhr region.

Day 3

Movie Route: Need to cool off? **Lake Constance Northside**, with an area of about 536 square kilometers,



is the third largest inland body of water in Central Europe, spanning Germany, Austria, and Switzerland. The perfect place for a bike ride!

Day 4

Movie Route: **Colmar** is a picturesque town in Alsace. Particularly now, in spring, the city enchants with its

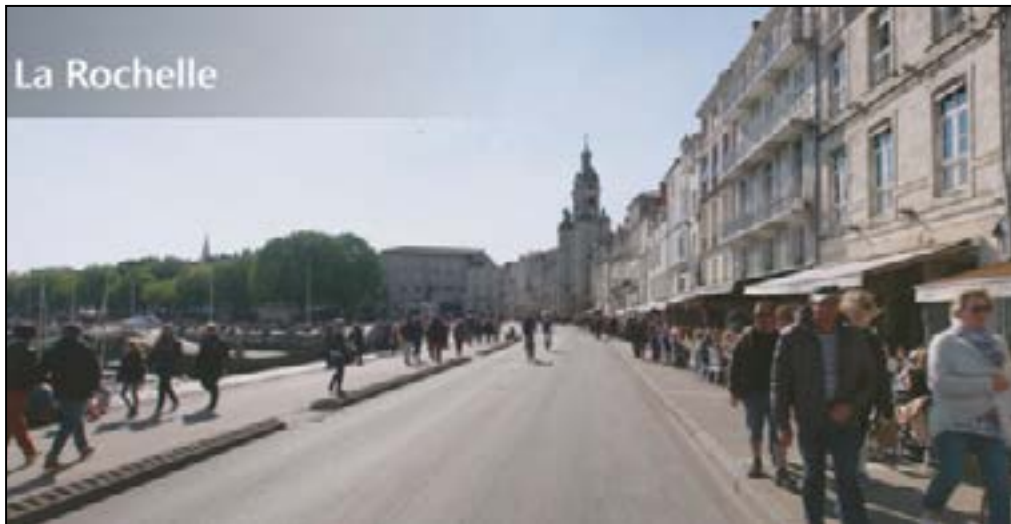


well-preserved half-timbered houses, romantic canals, and a rich blend of French and German culture - see for yourself!

Day 5

Movie Route: **Nice**, located on the French Riviera, charms with its Mediterranean coastal town charm. Here you'll also find the famous Musée Matisse! Are you ready to explore the coast with us?





Day 6

Movie Route: It's time to go from east to west! **La Rochelle** is a charming port on the Atlantic coast, boasting historic towers, protected harbor facilities, and a vibrant maritime atmosphere shaped by its rich history.



Day 7

Movie Route: Off to a new country! **Bokrijk** in Belgium delights visitors with historic buildings and a fascinating insight into rural life of bygone eras. Did you know there's also an "open-air museum" for contemporary art installations here?



Day 8

Movie Route: We start the new week in the idyllic town of **Knokke-Heist**. In this seaside resort, you'll find not only endless sandy beaches but also the Zwin Nature Park, home to various rare bird species.





Day 9

Movie Route: Today, we're getting a taste of city life! **Brussels** wins our hearts with its Gothic architecture, delicious chocolate, and the Atomium, an iconic landmark created for Expo 58 representing the nine atoms of an iron crystal.



Day 10

Movie Route: **The Betuwe: blossom route**, a picturesque town in the Netherlands, is known for its blooming orchards. Especially in spring, when the fruit trees are in full bloom! It's also time for the region's annual Blossom Festival.



Day 11

Movie Route: Get ready, today we're heading to **Amsterdam boat tour!** The capital of the Netherlands is famous for its picturesque canals, historic buildings, and vibrant culture. There are over 1,500 bridges here! We'll see a few of them today as we explore the city from the water.



Day 12

Movie Route: It's already the last day! **Keukenhof**, one of the world's largest flower gardens, is on the agenda today. Because what could be more beautiful than a colorful field of tulips? Let's enjoy this tour and conclude the Tour SilverFit Mile with this special experience amidst the diversity of flowers! Have fun!





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

Do you send us the results weekly? This can be done via the forms that your contact person receives from us.

Feel free to add your best photos so that we can share them on our social media (Instagram, Facebook and LinkedIn). Or post them yourself with the hashtags **#TourSilverFitMile** **#SilverFit** **#SilverFitMile!** You can also tag us using **@SilverFitInternational**

The winners will be announced on March 28th, and the award ceremony will be scheduled accordingly.



