

LIMBURG  FLANDERS

HEATHLAND

ATHLETE GUIDE



F.C.S.
Flanders Classics

LIFETIME
UNBOUND
— GRAVEL —

WELCOME TO HEATHLAND

Ready for an unforgettable ride through the gravel paradise of Limburg? During Heathland Gravel, you'll discover the most beautiful gravel paths of Hoge Kempen National Park, Belgium's first national park.

Let yourself be guided by the beauty of the Limburg heath and leave the hustle behind. From mid-August to mid-September, the gravel paths turn a stunning purple. Find your rhythm as you cycle along epic views and rugged trails.

But that's not all! Heathland Gravel is the very first official European qualifier for Unbound Gravel 2025, the gravel event every true gravel fan dreams of.

In this document, you will find all the information about the program, the course, the lottery, and much more. This way, you'll be well-prepared for a successful first edition of Heathland Gravel.

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PROGRAM

Gravel is fun! Enjoy a full-on gravel weekend with social rides, friendly chats with (ex-)pros, and (food) parties. Gravel? More than 85%! Atmosphere and coziness? More than 100%!



FRIDAY AUGUST 9

- » 16:00: Participant check-in
- » 18:30: Sunset social ride – Italian Impressions (49 km)
- » 20:30: After-ride drink

SATURDAY AUGUST 10

- » 10:00: Warm-up recon ride – Trackwalk Thrills (explore the first part of the course - 33 km)
- » 14:00: Participant check-in
- » 15:00: Social ride out – Meander Mission (39 km)
- » 17:00: Track stand challenge
- » 17:30: Taco party (food not included in package)
- » 19:00: Participant briefing
- » 20:00: Campfire + Unbound cinema

SUNDAY AUGUST 11

- » 07:00: Participant check-in
- » 08:00: Start 160km (Unbound Gravel Qualifier)
- » 08:10 - 09:30: Free start 110 + 70 km
- » 13:00: Arrival of the first 160km participants
- » 15:30: Official podium ceremony 160km
- » 17:30: Unbound Gravel lottery
- » 18:00: Afterparty
- » 22:00: End of Heathland Gravel 2024



START TIMES / WAVES

NR	CATEGORY(IES)	OPEN	START
1	Invitation	07:30	08:00
2	M/F/X -29	07:30	08:02
3	M/F/X 30-39	07:30	08:04
4	M/F/X 40-49	07:30	08:06
5	M/F/X 50-59	07:30	08:08
6	M/F/X 60+	07:30	08:10
7	All categories 70 & 110 km	n/a	08:10 - 09:30

Important points:

- » Be aware of potential congestion in the first kilometres.
- » Crashes or other issues may cause bottlenecks and delays in the first part of the course.
- » In such situations, it's important to maintain the calm and friendly gravel atmosphere. Help each other if needed. Chill, it's gravel!

COURSE

Heathland Gravel features 3 different distances. Detailed information about the course, elevation profiles, and key points can also be found on our website.

The courses run right through Hoge Kempen National Park, Belgium's first national park. Let yourself be surprised by the unique landscapes. Cycle through purple heath, golden dunes, endless forests, and along stunning ponds. As an organizer, we rely on the sportsmanship of all participants to ensure the continuity of this event.

RESPECT NATURE, OTHER PARTICIPANTS, AND OTHER PARK VISITORS. DO NOT LITTER.

Participants can switch to a shorter distance during the event. This does not need to be reported to the organization. Switching your ticket to the qualifier distance is only possible until Thursday, August 8.

Distances:

DISTANCE	ELEVATION	UNPAVED	TIMED
160 KM	670 meters	85%	145 km timed over 9 timed sections
110 KM	450 meters	85%	No timing
70 KM	270 meters	90%	No timing

NOTE

- » The first kilometres run over the 'Lange Terri'. The 160 km course starts slightly differently compared to the other distances.
- » The route may be adjusted based on weather conditions.
- » The final route will be emailed a few days before the event. All previous routes are unofficial.
- » In case of an accident or issues on the course causing a blockage, participants must take the quickest route back to the course



TIMED SECTIONS

Heathland Gravel is an event where podiums for the longest distance (160 km) in various categories are determined through time registration on no less than 9 timed sections. On the shorter distances, there is time registration on some timed sections as listed below. The times are not included in a ranking.

#	NAME	START	FINISH	LENGTH	160 KM	110 KM	70 KM	KOMOOT
1	Terril Terror	0	30	30	X	X	x	View
2	Roelerheide	31	43	12	X			View
3	Heathland	48	68	20	X	x	x	View
4	Coal railroad	69	82	13	X	x		View
5	Oudsberg	86	98	12	X			View
6	Solterheide	99	119	20	X			View
7	Bergerven	121	129	8	X	x		View
8	Driepaal	130	140	10	X	x		View
9	Maas valley	146	156	10	x	x		View
				145				

IMPORTANT POINTS

Curious what's on your route? Already download the course stickers here. You will be able to grab your sticker at the start.

PROVISIONING

On the three courses, provisioning will be provided with water, sports drinks, and a wide range of fruit and cookies. Those needing extra energy can replenish their reserves with gels and bars from [BYE Nutrition](#).

GRAB YOUR BYE DISCOUNT NOW! USE THE CODE HEATHLANDGRAVEL IN THE WEBSHOP TO CLAIM YOUR 20% DISCOUNT ON BYE PRODUCTS (CODE DOES NOT WORK ON PRODUCTS ALREADY ON SALE).

Provisioning locations:

KM	NAME	ADDRESS	OPENING HOURS
30	San Lanaco	Lepelvormweg 47, 3620 Lanaken	08:30 - 11:30
85	De Zavel	Bergeindestraat 66, 3680 Maaseik	10:00 - 14:30
120	Cassishoeve	Neeroeterenstraat 103, 3680 Maaseik	10:00 - 16:15

Participants wishing to have their own provisions at the provisioning stations can drop off bottles at the start site. On Saturday until 20:00 and on Sunday between 06:00 and 06:30.

NOTE

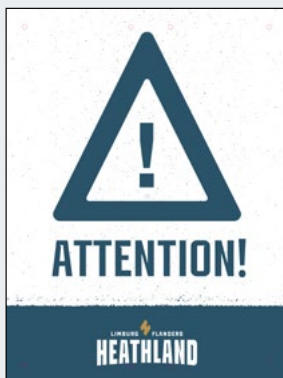
Teams may only support participants at provisioning stations. Provisioning at other places along the course is not allowed. Always consider traffic.

TAKE YOUR WASTE TO THE NEXT PROVISIONING POINT OR THE FINISH IF YOU TAKE ANYTHING FROM THE PROVISIONING STATION.



SIGNAGE

The various courses are not signposted. All participants must download the route and navigate using a GPS. Dangerous points or points where confusion may arise are indicated with the signs below. The start and end points of segments are also indicated with signs.



CATEGORIES

MEN OVERALL (TOP 3)	WOMEN OVERALL (TOP 3)	OPEN NON-BINARY
Men -29	Women -29	
Men 30-39	Women 30-39	
Men 40-49	Women 40-49	
Men 50-59	Women 50-59	
Men 60+	Women 60+	

NOTE

Categories are determined based on the birth year. Example: $2024 - 1994 = 30 >$ Men / Women 30-39. Even if you have yet to celebrate your birthday, you will race in this age category. Participants younger than 18 years old can participate in the event but are not eligible for qualification for Unbound Gravel 2025. The minimum age for participation is 16 years. The organization reserves the right to add, merge, or remove categories.



PODIUM CEREMONY

PERFORMANCE

All participants in the official qualifying distance (160 km) who reach the finish line before 15:00 will be included in the standings. They will have a chance to win a coin based on their performance. Participants must be present at the time of the podium ceremony (15:30) to receive their coin.

- » Coins can only be earned by participants in the official qualifying distance (160 km). 25 coins will be awarded based on the performance achieved.
- » At least one coin will be awarded within each category if there are at least 10 starters.
- » Participants within a category within which there are not 10 starters will be merged with a younger or older category.
- » The number of coins per category is based on the number of starters per category, relative to the total number of starters.
- » The coin of participants who do not wish to receive a coin will advance to the next person in the ranking of that age group. If nobody accepts the coin, it shifts to an older or younger age group.
- » Participants can only earn 1 coin. Winners of the overall ranking will no longer receive a coin from their age group. The coins will move to the next participants in the ranking of that age group.

Coin distribution based on registrations 3 weeks before the event

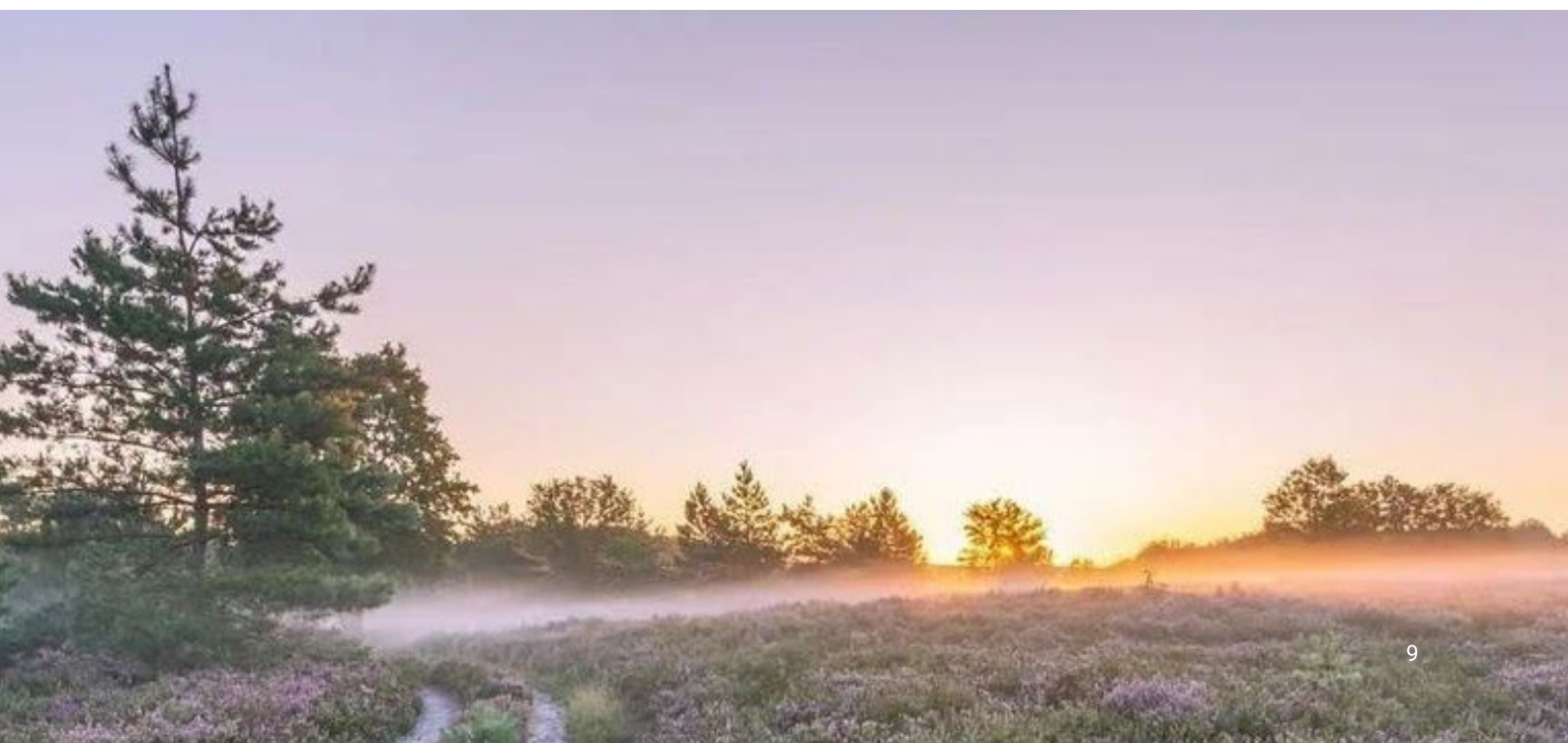
MEN OVERALL (TOP 3)		WOMEN OVERALL (TOP 3)	
Men -29	3	Women -29	0
Men 30-39	4	Women 30-39	2
Men 40-49	4	Women 40-49	1
Men 50-59	3	Women 50-59	1
Men 60+	1	Women 60+	0

NOTE

The above table is subject to change according to the number of starters in each category and the total number of participants. The final distribution will be made on Saturday, August 10, after closing the registrations.

LOTTERY

Participants who did not win a coin based on their performance will have a chance to win one of 25 coins distributed through the lottery at the end of the day. Participants can only earn or win one coin. An innocent hand draws notes with the participant's name on it during the official draw. Participants must be present at the time of the ceremony (17:30) to receive their coin.





PARTICIPATION PACKAGE

Each participant must collect his or her participation package in person. This can be done on presentation of the e-ticket. Those who cannot collect their participation package themselves can entrust it to a third party.

Your participation package consists of:

- » Frame plate (with chip for time registration)
- » Vouchers for T-shirt, free beer and hamburger on Sunday

What's included in your participation?

PRACTICALS	FOOD & DRINKS	EXTRA
<ul style="list-style-type: none"> » Frame sticker with the route » Bib number for your bike » Mechanical assistance on the route on Sunday » Complimentary parking during the event 	<ul style="list-style-type: none"> » Free tasty Belgian beers on Friday » Coffee on Sunday morning » Refreshments on the route on Sunday » Lunch on Sunday (12:00 - 19:00) » Free drink at the finish line on Sunday 	<ul style="list-style-type: none"> » Social ride outs on Friday and Saturday » Campfire and music on Saturday » Music and good vibes after the race on Sunday » Ceremony and lottery after the race on Sunday » Free T-shirt and medal at the finish line on Sunday » Goodies from our partners during the event

The participation package can be picked up at the registration office on the event site at the following times:

- » **Friday, August 9** from 16:00 to 20:00
- » **Saturday, August 10** from 14:00 to 20:00
- » **Sunday, August 11** from 07:00 to 09:30

MOBILITY

- » **EVENT AREA:** [Zetellaan 1, 3630 Maasmechelen](#)
- » **PARKING:** [Kolenmijn Limburg-Maaslaan 3, 3630 Maasmechelen](#)
(parking Patro Eisden – please do not park at the Decathlon parking lot or the Maasmechelen Village parking lot!)
- » **PARKING CAMPERS:** [Zetellaan 1, 3630 Maasmechelen](#)
- » **SHOWERS:** [Sporthal Schietskuil, Multatulistraat 14, 3630 Maasmechelen](#)

REGULATIONS

Participating in Heathland Gravel means adhering to the regulations listed below. This ensures that the event runs smoothly and safely for everyone involved.

PREPARATION

Thorough preparation is essential for a successful Heathland Gravel. Read the tips and tricks below and be prepared to enjoy your gravel adventure to the fullest.

TO PROVIDE

Tick off the list

Helmet	✓	Provisioning (energy bars and/or gels)	...
Navigation system (GPS)	...	Inner tire(s)	...
Mobile phone	...	Pump/CO2 air tanks	...
Water (at least 500ml)	...	Tire levers	...
Cash of debit card	...	Multitool	...
ID	...	Quick link (chain)	...

TIPS FROM THE ORGANIZATION

The organization provides useful tips and advice for participants to get the most out of their experience. This includes recommendations for bike maintenance, pacing strategies, and nutrition.

- » The organisation recommends a gravel bike with tyres of at least 40 mm. Provide tyres with appropriate tread adapted to the weather conditions.
- » A bell is mandatory to alert other users of the public paths.
- » Keep waste such as empty packaging or tyres until the next supply point or the finish line.
- » Participation in the longest distance (160 km) with an electric bike is not allowed.

SAFETY AND USEFUL INFO

Stay

Campers are allowed in the car park next to the event site. See mobility for practical info.

The nearest campsite is 6 kilometres from the event site. Find more info at <https://www.campingsalamander.be/>

Breakdown / accidents

- » Breakdown on the road? Call the emergency number on the back of your frame plate (+32 (0) 473 36 99 21). Our staff will help you back on the road as soon as possible, or bring you back to the start. Put this number in your contacts. After phone contact, you can quickly provide your exact location via Whatsapp. This way we can pick you up as soon as possible.
 - » Are you returning to the start yourself? Always follow the traffic rules. It is forbidden to cycle on motorways.
 - » The organisation recommends installing the [112 app](#). The app allows you to reach the desired emergency services quickly and easily in emergency situations.
- » Nearest hospital:
- East Limburg Hospital - ZOL Genk, Sint-Barbara campus: [Bessemmerstraat 478, 3620 Lanaken](#)
 - East Limburg Hospital - ZOL Genk: [Stalenstraat 2a, 3600 Genk](#)

PARTNERS

Heathland Gravel is made possible thanks to the support of our partners. Check out the full list of partners and sponsors on our website. Thank you for participating in Heathland Gravel! We look forward to seeing you at the start line for an unforgettable gravel adventure.

