

Navy Bike Ride 2026 Participant Info Sheet

14 June 2026

Biking through the water



Schedule

- **Participant arrival:** 1200-1230
- **Beginning of bike ride:** 1300
- **Post-ride meal:** 1500

Location

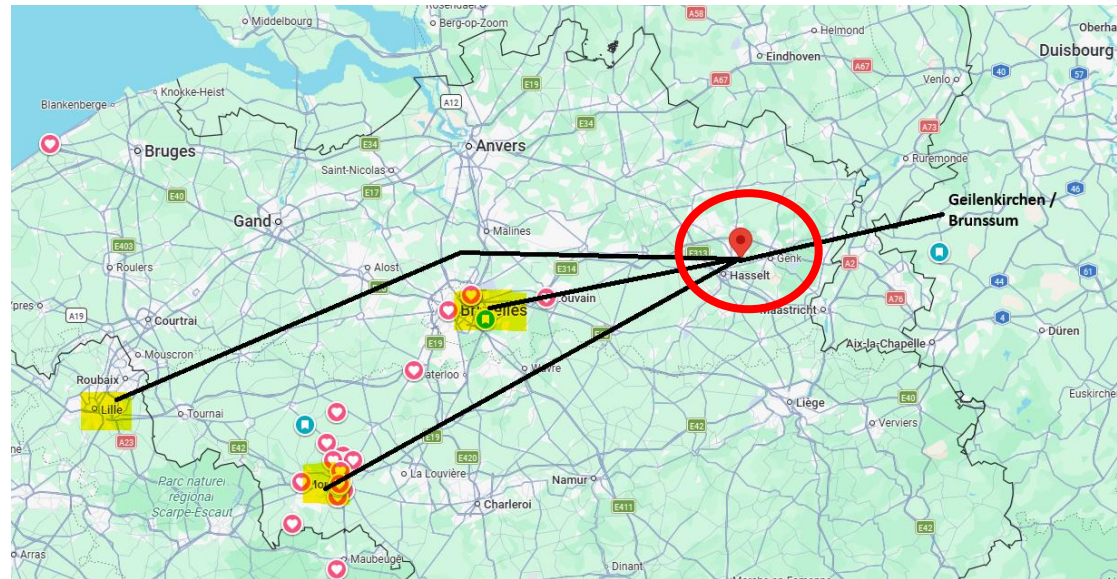
- Bokrijk Provincial Domain, Limburg Province, Belgium
- **Parking and meeting location: Bokrijk Parking 1**
 - **Address:** Craenevenne 121, 3600 Genk, Belgique
 - **Google maps link:** <https://maps.app.goo.gl/4CSh4hmisVMfXwJ69>
- **NOTE:** Parking is at 5€ per vehicle

Driving distance to event location:

- From **SHAPE:** 1h45 (**147 km**)
- From **Brussels:** 60 minutes (**81 km**)
- From **GK:** 60 minutes (**70 km**)
- From **Brunssum:** 40 minutes (**50 km**)
- From **Lille:** 2h30 (**200 km**)

Transportation

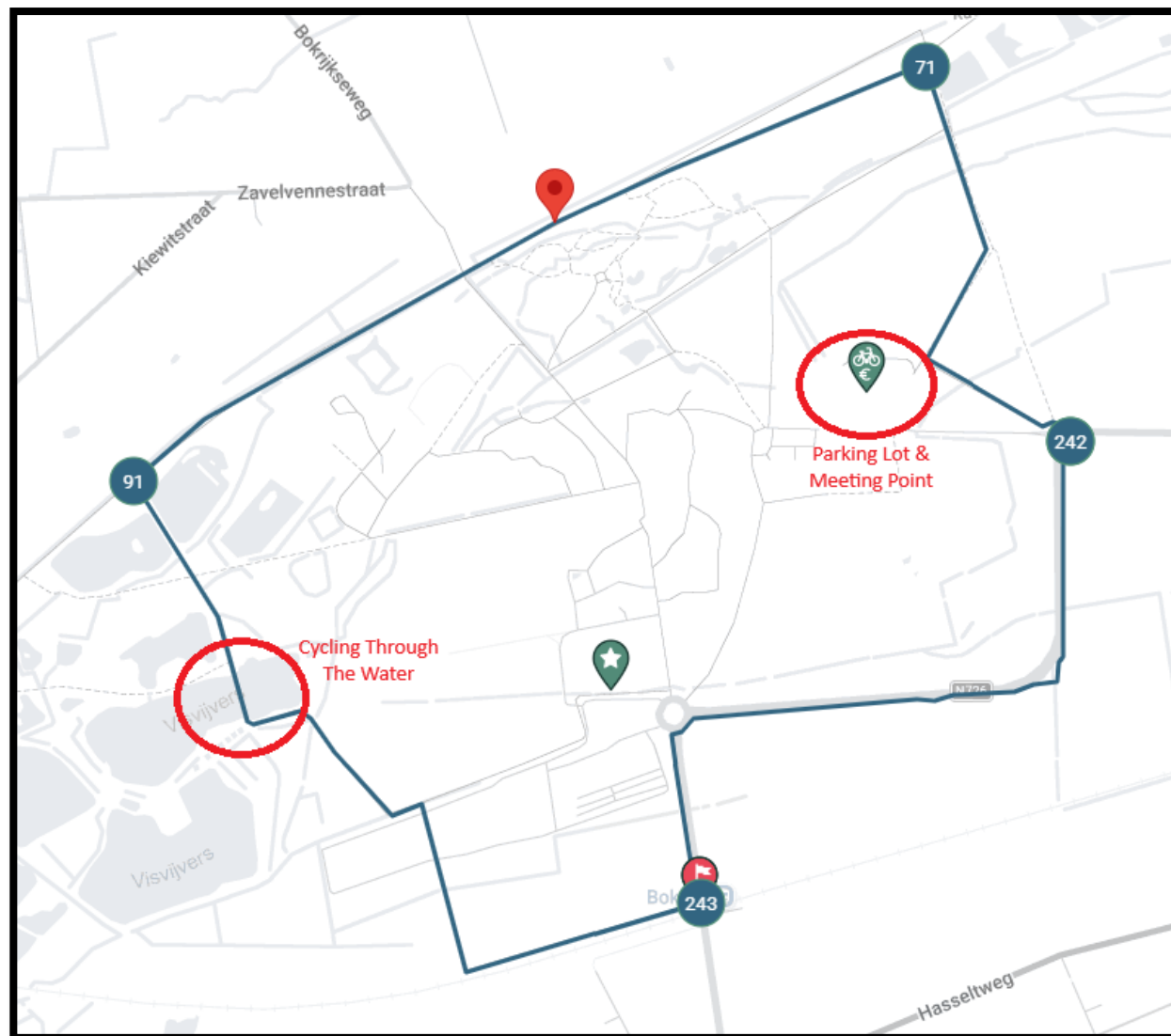
- Participants will be responsible for their own transportation. Transportation of bikes may be facilitated via the use of the Det van. Bike racks are available through PSP.



Route Options

1. **Route 1: Family Friendly Option**

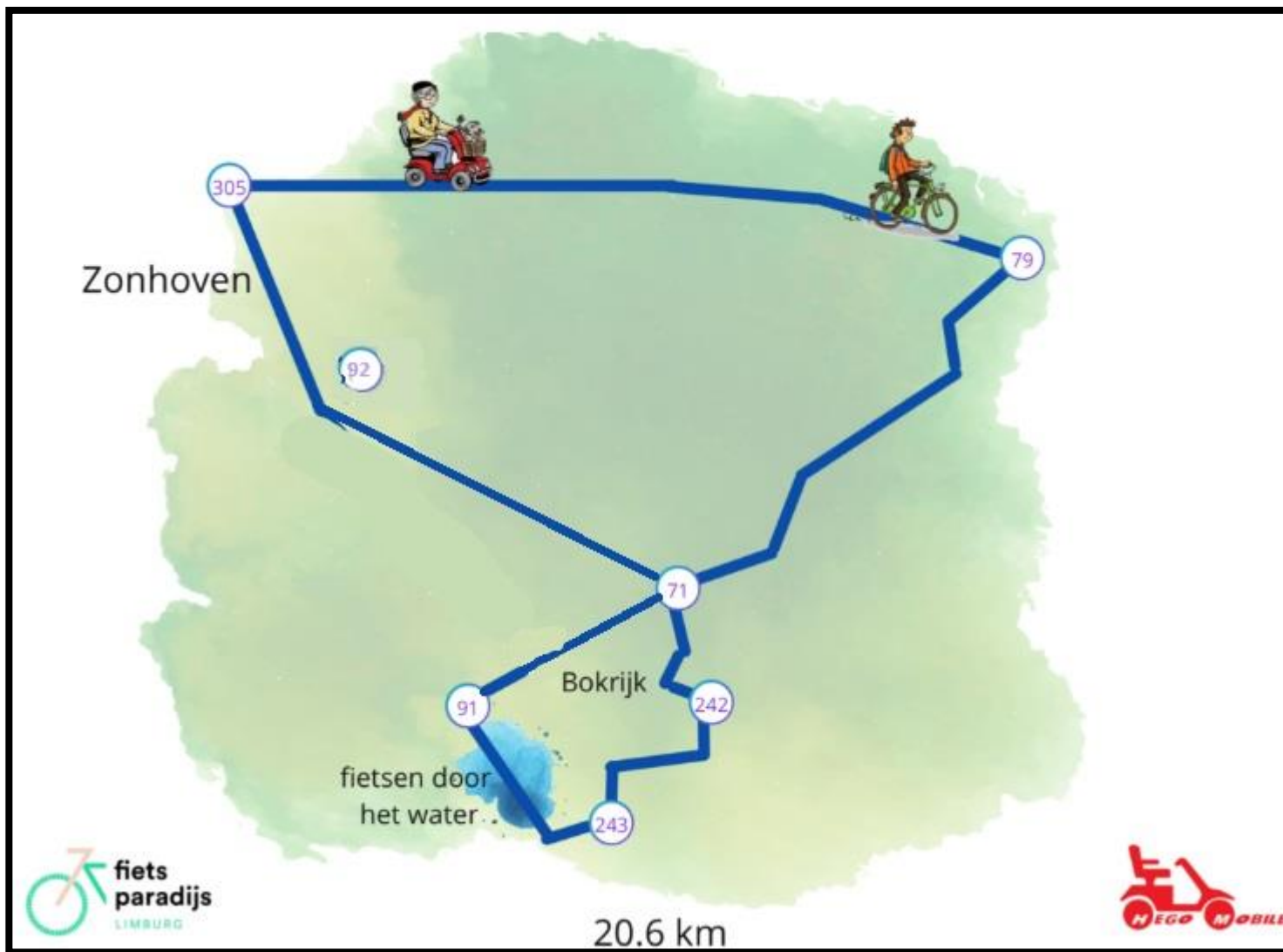
- I. **Distance: 6km**
- II. **Elevation:** flat throughout
- III. Possibility of completing loop numerous times
- IV. **Follow signs:**
 - i. Starting point
 - ii. Route **71**
 - iii. Route **91**
 - iv. Route **243**
 - v. Route **242**
 - vi. End point



Link: <https://www.visitlimburg.be/en/route/accessible-route-cycling-through-water-bokrijk>

2. Route 2: Full loop

- I. **Distance: 20km**
- II. **Elevation: medium**
- III. **Follow signs:**
 - i. Starting point
 - ii. Route **71**
 - iii. Route **79**
 - iv. Route **305**
 - v. Route **92**
 - vi. Route **71**
 - vii. Route **91**
 - viii. Route **243**
 - ix. Route **242**
 - x. End point



Post Ride Activity

- **Location:** Bartizan Bokrijk
 - o **Address:** Craenevenne 131, 3600 Genk, Belgium
- **Link:** <https://bartizan.be/>
- **Menu:** https://bartizan.be/wp-content/uploads/2026/01/A4_menu-2026-ENG.pdf



Other

I. Free activities around Bokrijk Provincial Domain

- Large outdoor playground: accessible free of charge year-round, from sunrise to sunset
- Arboretum: Open year-round, free admission, from sunrise to sunset
- Fragrance and Color Garden: accessible year-round, free of charge, from sunrise to sunset
- For more information, visit: <https://bokrijk.be/en/your-visit/>

II. Bike rental

- No bikes? No problem! All participants can rent a bicycle for 10€
- Electric tricycles or mobility scooter also available for participants with reduced mobility.
- Link: <https://fietsparadijslimburg.be/afhaalpunten/huur-je-fiets-in-genk-bokrijk>

III. Open Air Museum

- 17€ per person, 3€ for children aged 3-12
- For more information, visit: <https://bokrijk.be/en/your-visit/>



How to register

1. **Free option** – Participants may join the challenge at no cost.
 - Link: [2026 Navy Bike Ride - Formation Europe – Fill out form](#)
2. **Official registration** – Through Race Roster to complete one of the challenges below. Choose the **Formation Europe Team**.
 - Link: <https://raceroster.com/events/2026/114088/navy-bike-ride-2026-defivelo-de-la-marine-2026>

Official NBR 2026 Challenges

Participants have the option to register online through Race Roster to sign-up for an official NBR challenge. Paid options below:

- 30 Day Monthly Challenges:
 - **Navy Bike Ride Virtual Challenge: \$30.00 CAD**
 - Ride as often as you want throughout the month of June as you achieve your own distance goals! There is no minimum or maximum distance; just ride with us!
 - **Registration includes:** NBR challenge coin of your choice
 - **520K Protector Challenge: \$45.00 CAD / \$90.00 CAD**
 - Celebrate the launch of the new Protecteur class ship with a unique distance challenge, as you cycle 520 Km combined throughout June.
 - **Standard version:** Registration includes an NBR shirt and an HMCS Protecteur-themed NBR challenge coin
 - **Premium version:** Registration includes an HMCS Protecteur-themed NBR cycling jersey and an HMCS Protecteur-themed NBR challenge coin
- Single Day Challenge:
 3. **116K Admiral's Ride: \$45.00 CAD**
 - Celebrate the Royal Canadian Navy's 116th Anniversary by riding 116K in a single activity!
 - **Registration includes:**
NBR shirt and an NBR challenge coin of your choice

Safety Precautions – Before The Ride

1. Bike Maintenance
 - I. Ensure your bike is in good working condition. Check the brakes, tires, chain, and gears.
 - II. Consider getting your bike serviced before the ride.
2. Safety Gear
 - I. Wear a properly fitted helmet and biking gloves.
 - II. Equip your bike with front and rear lights and reflectors.
3. Dress
 - I. Check the weather forecast and dress appropriately. Be prepared for changes in weather conditions. Consider a rain jacket or windbreaker if weather is cold and wet.

Safety Precautions – During The Ride

4. Hydration and Nutrition
 - I. Check the weather and make sure to carry enough water for the ride. The warmer it gets, the more you will sweat and will require to replenish your fluids. Consider adding electrolytes to your water.
 - II. Consider bringing energy bars or snacks to maintain energy levels.
5. Road safety
 - I. Obey all traffic laws and signals.
 - II. Be aware of your surroundings and watch out for hazards.
 - III. Avoid any distractions that could impair your hearing or awareness.
 - IV. Maintain safe distance from other riders to avoid collisions.

Safety Precautions – After The Ride

6. Cooldown
 - I. Stretch as necessary, rehydrate and eat!