sports in brussels

thematic kit

visit.brussels
SIZED FOR SPORTS
1. INTRODUCTION

Just as you are enjoying a leisurely stroll, you find yourself overtaken by joggers in the middle of the Warandepark/Parc Royal, as bicycles gently break away from the Schuman roundabout (the heart of the European quarter), and businessmen and women are keeping in shape at the gyms of the city's many 5-star hotels: discovering Brussels is quite a sport in its own right!

Its prime central location, easy accessibility by rail, car, airplane, ship or bicycle and its huge green lung (with numerous parks, woods and ponds) combine to make the Belgian capital a very popular destination.

Courtesy of Eddy Merckx, Jacky Ickx, Justine Henin, Kim Clijsters and more recently sports people such as Vincent Kompany, athletics aces such as the 'Borlée family', or golfers such as Nicolas Colsaerts, Belgium has been making waves that reverberate to all corners of the globe.

The Brussels Capital Region, which hosted the EURO 2000 football championship to great acclaim, is clearly staking its position as a great backdrop for major international sports events, such as the Memorial Van Damme, held at the King Baudouin Stadium (Heizel/Heysel) and widely considered to be one of the best athletics events in the world.

In 2020, the capital of Europe is set to put its name back on the map of the world of international football as a host city for the UEFA European Championship.

Sports are also one of the mainstays of the famous 'savoir-vivre à la bruxelloise'. Fancy going for a swim, a climb, a jog or a 'putt' in between meetings, a museum visit or simply have a good time with friends?

This special interest report will point you in the right direction in your quest for information.

Summary:
1. Introduction
2. Playing sports in Brussels
   - Outdoor sports
   - Indoor sports
   - Be happy (Wellness)
3. Major events
4. Application files
5. Useful links
6. Contacts visit.brussels
2. PLAYING SPORTS IN BRUSSELS

OUTDOOR SPORTS

Jogging

Brussels gives its visitors space to breathe. There is no shortage of jogging trails in an environment that is exceptionally green: the Jubelpark/Cinquantenaire at the heart of the European quarter, the Warandepark/Parc Royal just outside the Royal Palace where the King works and the seats of power of the Belgian public authorities, Terkamerenbos/Bois de La Cambre, adjoining the fashionable quarter of Louizalaan/Avenue Louise, the numerous parks around the foot of the Atomium, at the Heizel/plateau du Heysel, the Zoniënwoud/Forêt de Soignes: the choice is huge!

Below is a selection of the trails best rated by Brussels residents.

a. Trails

Warandepark/Parc Royal
Right in front of the Royal Palace is an absolute joggers' paradise! It is not uncommon to spot heads of state during European summits here. You are certain to keep a cool head in the shadows of the many trees and statues that line the park, as you pace yourself on the inconspicuously marked out earth and gravel track.

Underground station: Park/Parc.

Terkamerenbos/Bois de La Cambre
Located in the southern part of the capital, the 'green lung' of Brussels is very popular among Brussels residents. Offering all manner of trails in a magical setting that take you along the banks of a gorgeous pond, Robinson Island, an ice-skating rink and a stables. Wedged between the Terhulpen/La Hulpe and Waterloo boulevards and avenue Franklin Rooseveltaan, at the outer end of Louizalaan/Avenue Louise, which was built to facilitate access, the wood is the extension of the Zoniënwoud/Forêt de Soignes into the city.
At the weekend, the Terkamerenbos/Bois de La Cambre is off limits to cars, which only adds to the charm of the place.

Bus lines: 38, 41, 60 Tram lines: 23, 90, 93, 94.

Zoniënwoud/Forêt de Soignes
Brussels Environment offers 3 different tracks (5, 10 and 20 km) that start out at Rood-Klooster/Rouge-Cloître. The trails are signposted with kilometre markers. Every week, in the middle of the 'Zoniënwoud/Forêt de Soignes', A deps (the General Directorate of Sports of the French-speaking Community) invites people to discover the fitness trails. These trails are set up as 'training' circuits. The idea being to get all your muscles working again in the form of an indoor warm-up (no charge), or by jogging. Next comes a trail selected to suit your fitness level followed by stretching.
exercises at the end of the session. Plus you get to grab a shower at the Zoniënwood/Forêt de Soignes's Sports Centre.

www.foretdesoignessport.be

Jubelpark/Parc du Cinquantenaire
Residing in the shadows of the towering buildings of the European quarter, Autoworld and the triumphal arch of the Jubelpark/Arcades du Cinquantenaire sits a nicely shaded track away from traffic. 30 hectares of classically laid out gardens. The more courageous among you will jog as far as Woluwepark/Parc de Woluwe, home to 180 different tree species and an extraordinary hilly terrain.


Heysel
Just a stone's throw from the Atomium, the King Baudouin Stadium and Brussels Expo (Congrès) opens out as an immense green lung where you can jog to your heart’s content among centuries-old trees, fountains and historical monuments that date back to the 1958 World Exhibition. The 26 hectares of the Park van Laken/Parc de Laeken are included as part of a vast landscaped garden that takes in the Royal Estate (Koninklijk Domein/Domaine Royal), Ossegempark/Parc d'Osseghem, Stuyvenbergdomein/Domaine du Stuyvenberg and the colonial gardens.


b. Sight-seeing Jogging Experience

Thanks to this original set-up, people get to (re)discover some of the better and lesser known corners of Brussels city centre. Whilst you are out jogging at that! A Brussels guide will take you through the streets, parks and squares at your own pace following a trail of around 8.5 km, whilst sharing details and anecdotes about Brussels, the city's history and its hidden spots. The jogging experience is open to anyone with a minimum level of fitness.

www.brusselssightjogging.com

- “Pentagon” Tour: this is an 8.5 km trail that takes you around 'Old Brussels': Manneken Pis, the Central Market Square, the Royal Palace, the Cathedral of St. Michael and St. Gudula, the Marollen/Marolles quarter, the Zavel/Sablon, the Martelarenplein/Place des Martyrs, etc.

- “Europe” Tour: around 8 km for this trail that will take you around the European quarter. A great way to take a closer look at the various EU institutions, but also the many Art Nouveau-style homes to be seen criss-crossing your path around the buildings.

- “Atomium” Tour: from the foot of the famed Atomium - a fine and very unusual specimen of architectural prowess, the 8 km trail takes you along
parks, royal monuments and tourist attractions. 'À la carte' programme by simple request.

c. **La Promenade Verte**

The Green Walk (La Promenade Verte) is a wonderful hike in excess of 60 km that allows walkers and cyclists to explore the Region in full, taking in numerous parks and natural beauty spots. The Promenade Verte is divided into 7 sections, each representing different facets of the landscapes to be seen in the Brussels Region (Zoniënswoud/Forêt de Soignes and the south of Ukkel/Uccle - Woluwe Valley - Between Zenne/Senne and Woluwe - The Zennevallei/Vallée de la Senne and the Royal Parks - Molenbeek Valley - Rural landscapes - between Vogelzangbeek and Geleytsbeek). These 5 to 10 km stretches each roam a host of different landscapes (urban, rural and industrial).

The Promenade Verte can be covered in either direction. In some places, it splits into two so as to enable hikers and cyclists to comfortably get around or to prevent the latter from cycling onto particularly fragile sites.

T.: + 32 (0) 471 66 64 24

www.bruxellesenvironnement.be

**Bicycle**

Two-wheelers find nothing to stand in their way in Brussels! Bicycle-friendly road designs abound, making for healthy competition with the noisy flow of cars going about their everyday journeys in an unwelcome daily scenario that stifles the capital during rush hour. After all, this is the land of none other than Eddy Merckx, the greatest cyclist in history, who knows this region, his home turf, like the back of his hand. So hop on your bike 'Cannibal' style for a leisurely ride or to get to your seminar.

And here is a little tip for you: the capital of this flat country (Vlakke Land/Plat-Pays) being quite hilly, take it easy and stop off at a lay-by or take your two-wheeler with you on the Underground. In Brussels, that’s allowed!

**Villo!**

Pick up a bicycle at one railway station and return it at another, that is Villo! A self-service bike-hire system that is very easy to use and available round the clock, 24/7. Convenient, cheap and easily accessible, Villo! goes anywhere you want to take it: university, cultural hot spots in the city centre, trade fairs, events organised by Brussels-Capital, your favourite haunts.

www.villo.be
Provelo

Provelo offers customised cycling trails enabling you to discover the must-see places and secret corners of Brussels at your own pace. At 15 Londenstraat/Rue de Londres in Elsene/Ixelles, you can hire yourself a comfy city bike and be on your way in minutes.

Londenstraat/Rue de Londres 15, 1050 Brussels
T.: + 32 (0) 2 502 73 55
www.provelo.org

Guided mountain bike rides

The sports department of the Flemish Community Commission stages guided mountain bike rides for groups of enthusiasts around Zoniënwoud/Forêt de Soignes. The starting point for all of these trails is the Wabo Community Centre, where 12 kids’ bikes and 24 adult bikes are just waiting to be taken out on a ride.

Gemeenschapscentrum WaBo
Delleurlaan/Avenue Delleur 39-43, 1170 Brussels
T.: + 32 (0) 2 675 40 10
www.wabo.be

Golf

Fancy hitting a few little white balls in between meetings or playing the full 9- or 18-hole course? No worries: Brussels and the surrounding areas have no shortage of welcoming golf clubs. Easily accessible and less than an hour’s drive away from the capital.

In Brussels

Royal Amicale Golf Club (18 holes)

The only 18-hole golf course in the Brussels-Capital Region, the R.A.A.G.C. plays to its key strength: its proximity to the heart of the capital, covering around 40 hectares in the rural setting of the Pajottenland, a landscaped natural park which the English are particularly fond of. The perfect setting of this course is only enhanced by another considerably strong suit: the covered driving range, lit by 40 spots.

Rue Schollestraat 1, 1070 Brussels
T.: + 32 (0) 2 521 16 87
www.golf-anderlecht.com
Brussels Golf Club Academy & Training Center
Open to players of every level: alongside a 9-hole course recognised by the Belgian Golf Federation for regular players, for learners the club offers 41 training mats (11 of which are indoors and lit), a grass practice area, an area for practising your approach shots, a putting green and training bunkers.
The golf course is open to players of all ages, from novices to experienced players, members and non-members, schools, associations, businesses for seminars, team building events and training courses, with or without golf initiation.
Terhulpsesteenweg/Chaussée de la Hulpe 53a, 1180 Brussels
T.: + 32 (0) 2 672 22 22
www.brusselsgolfclub.com

CLOSE TO BRUSSELS:

Royal Waterloo Golf Club (18 holes)
Inaugurated in 1923 in Sint-Genesius-Rode/Rhode-Saint-Genèse, in 1961 the Royal Waterloo Golf Club relocated to Ohain (Lasne) where it now has two 9-hole courses and the prestigious 'la Marache' course, designed by the famous British architect, Frederic Hawtree.
Vieux Chemin de Wavre 50, 1380 Lasne
T.: + 32 (0) 2 633 18 50
www.royalwaterloogolfclub.be

Golf Château de la Tournette (18 holes)
Located smack in the middle of Belgium, mere minutes from the ring road south of Brussels and in the heart of the Iitre and Nivelles valleys, one of the country's most beautiful golf clubs offers its members and guests a superlative setting.
The enchanting 160-hectare estate is complemented by a majestic 16th-century manor farm whose soul and spirit have been preserved.
Chemin de Baudemont 21, 1400 Nivelles
T.: + 32 (0) 67 89 42 66
www.tournette.com

Brabantse Golf (18 holes)
On the edge of the place known as 'Floordambos', a magnificent listed green space, sits one of the country's most popular golf courses.
Steenwagenstraat 11, 1820 Melsbroek
T.: + 32 (0) 2 751 82 05
www.brabantsegolf.be

Golf du Château de La Bawette (18 holes)
A lush haven of greenery that surrounds Château de la Bawette to the delight of pros and amateurs alike.
Chaussée du Château de la Bawette 5, 1300 Wavre
T.: + 32 (0) 10 22 33 32
www.opengolfclub.com/labawette
Golf Club 7 Fontaines
This club is home to two courses (one 18 and one 9 holes) rated among the best in the land.

Chaussée d’Alsemberg 1021, 1420 Braine-l’Alleud
T.: + 32 (0) 2 353 02 46
www.golf7fontaines.be

Golf Château de la Tournette (18 holes)
At the heart of the Ittre and Nivelles valleys, set in an alluring 160-hectare estate.

Chemin de Baudemont 21, 1400 Nivelles
T.: + 32 (0) 67 67 89 42 66
www.tournette.com

Royal Golf Club of Belgium (18 holes)
Set around Kasteel Ravenstein/Château de Ravenstein, in a time-honoured property that used to be owned by King Leopold II.

Ravenstein 3/Kasteel Ravenstein, 3080 Tervuren
T: + 32 (0) 2 767 58 01
www.rgcb.be

OTHER CLUBS:

Royal Latem Golf Club (18 holes)
The Royal Latem Golf Club was founded in 1909 on the estate of Albert Feyerick and was originally named 'Les Buttes Blanches', in reference to the flora that grows on the dunes. Set amidst a string of gorgeous villas, this 18-hole course is very technical and a challenge to golf players of any level. The Royal Latem Golf Club is a highly reputed private club that welcomes visitors from all across Europe.

Latemstraat 120, 9830 Sint-Martens-Latem
T.: + 32 (0) 9 282 54 11
www.latemgolf.be

Royal Zoute Golf Club (18 holes)
Bruges Golf Club was founded in 1899 by the colony of English ex-pats living in Bruges. It was to be the kick-off point for the Royal Zoute Golf Club which on repeated occasions was the setting for the Belgian 'Open' tournaments. The club was designed by Maurice Lippens, a visionary in his time. Here is a course set in a protected dune area that is bounded by the sea. Quite a setting. 'Golf du Zoute' is located in one of the most select seaside resorts on the Belgian coast, with its beach hemmed in by dunes, cycling trails, as well as tennis, sailing and not forgetting the great shopping opportunities or nights out at the casino.

Caddiespad 14, 8300 Knokke-Heist
T.: + 32 (0) 50 60 12 27
www.zoute.be
**Ski**

Although Brussels may not have any natural mountains, those with a penchant for the Alpine sport can still enjoy it an all-year dry ski slope! The perfect way to prepare for your skiing holiday or to get initiated into the joys of skiing.

**Yeti Ski slope**

Okay, so Belgium is not exactly known for its skyscraping mountain summits. The country's highest point is around the 694-metre mark above sea level (Signal de Botrange in the Ardennes)... But that does not mean to say that you cannot enjoy winter sports, whatever the weather! Not far from the training centre of RSC Anderlecht, the famous football club, is the Yeti dry ski slope, which allows novices to take up skiing or advanced skiers to stay in shape for their next winter break.

Olympische Dreef/Drève Olympique 11, 1070 Brussels  
T.: +32 (0) 2 520 77 57  
www.yetiski.be

**INDOOR SPORTS**

**Swimming**

In Brussels you do not want to waste your time looking around for a swimming pool that meets with your favour. If you are of a sporty persuasion, how about doing some lengths at the splendorous Sportcity in Sint-Pieters-Woluwe/Woluwe-Saint-Pierre? Fancy getting pampered? The luxurious Aspria gym is waiting for you. The Brussels Capital Region has several public swimming pools. If you are after something original, push open the doors of Victor Bouin Swimming Pool, a little architectural gem which has weathered the years in wonderful fashion since 1903, the year in which it was built.

Let us not forget the famous Bains de Brussels, built in 1953 in the popular Marollen / Marolles quarter. It is as if this swimming pool is suspended in the same building: there is one pool on the first and another pool on the third floor. The latter offers a superb vista of the rooftops of the historical quarter and is a stone’s throw from the Zavel/Sablon and its antiques shops, chocolatier outlets, luxury boutiques and renowned restaurants.

**Océade**

If you have come with the whole family, there is one place that is certain to delight kids and adults alike: Océade, in the middle of the Heizel/Heysel plateau. It is an immense water park with water slides, chutes, artificial waves and other fun attractions.

Avenue du Football 3, 1020 Brussels  
T.: +32 (0) 2 478 49 44  
www.oceade.be  
Underground line 6: bound for 'Koning Boudewijn/Roi Baudouin - Heizel/Heysel station'  
Bus line: Line 88 Heizel/Heysel station.  
Tram line: Line 23 Heizel/Heysel station.
Nemo 33
Did you know that Brussels has one of the deepest pools in the world? A truly unique place, open to all, thanks to the professional supervision that is on hand. Nemo33 is a diving pit that is 33 metres deep, where divers get to descend to the bottom, oxygen bottle on their back, under the protection of certified instructors. After the big thrill, it is time to grab a bite to eat at the restaurant/bar room which offers a fabulous view of the pool, like an aquarium! Nemo 33 pays tribute to the famous Captain created by Jules Vernes in his adventure book 'Twenty Thousand Leagues Under the Sea' (1870).

Rue de Stalle 333, 1180 Brussels
T.: +32 (0) 2 332 33 34
www.nemo33.com

OTHER POOLS:
www.piscinesbruxelles.be

Nereus Swimming Pool
Place Reine Fabiola 10, 1083 Brussels
T.: +32 (0) 2 427 19 36

Víctor Boin Swimming Pool
Wipstraat/Rue de la Perche 38, 1060 Brussels
T.: +32 (0) 2 539 06 15

Neder-Over-Hembeek Swimming Pool
Lombardsijdestraat/Rue de Lombartijde 120, 1120 Brussels
T.: +32 (0) 2 268 00 43

Sportcity Swimming Pool
Salomélaan/Avenue Salomé 2, 1150 Brussels
T.: +32 (0) 2 773 18 20

Poséidon Swimming Pool
Dapperenlaan/avenue des Vaillants 2, 1200 Brussels
T.: +32 (0) 2 771 66 55

Elsene/Ixelles Swimming Pool
Zwemkunstrlaat/Rue de la Natation 10, 1050 Brussels
T.: +32 (0) 2 515 69 31

Longchamps Swimming Pool
De Fréplein/Square De Fré 1, 1180 Brussels
T.: +32 (0) 2 374 90 05

'L'Espadon' Swimming Pool
Etterbeek Sports Centre
Veldstraat/Rue des Champs 69-71, 1040 Brussels
T. +32 (0) 2 640 38 38
Neptunium Swimming Pool
Jeruzalemstraat/Rue de Jérusalem 56-58, 1030 Brussels
T.: 32 (0) 2 215 74 24

Laken/Laeken Swimming Pool
Kerkveldweg/Champ de l'Eglise 73-89, 1020 Brussels
T.: + 32 (0) 2 425 57 12

Le Calipso Swimming Pool
Léopold Wienerlaan/Avenue Léopold Wiener 60, 1170 Brussels
T.: 32 (0) 2 675 48 99

Bowling
Specialists of the 'strike' and kings of the 'spare' are certain to find something to set their pulses racing in the Belgian capital and keep their hand in with the sport of taking down those pins! And more often than not in the kind of musical and festive atmosphere that is typical of Brussels. After all, there is more to life than just sport ...

The Crosly Bowling
One of the oldest bowling clubs of the capital, well loved by Brussels residents. Located within spitting distance of the Zavel/Sablon and the Grote Markt/Grand-Place. 25 Bowling lanes. Multi-purpose room (banquets, meetings, seminars, etc). The 'Roof' restaurant is open all week from 8am until midnight.
Keizerslaan/Boulevard de l'Empereur 36, 1000 Brussels
T.: + 32 (0) 2 512 08 74
www.crosly.be

Bowling Stones
36 bowling lanes: the biggest bowling alley in the Benelux! Ideally located along the Brussels ring road. Free private car park with over 400 spaces! 450 m² terrace facing due south. N9ne Restaurant, bistro, lounge bar and banquet hall. Business Centre.
Brusselsesteenweg/Chaussée de Bruxelles 397, 1780 Wemmel
T.: +32 (0) 2 532 36 26
www.bowlingstones.be
**Ice-skating rinks**

Although bereft of a good quality hockey club, Brussels is no stranger to the cold, or to winter sports for that matter. Because here, ice skating is a popular recreational, festive family form of fun entertainment. A wonderful opportunity to recall the great times you had as a child when you first pushed open the doors of the Poseidon or the Plaisirs d’Hiver.

**Poseidon**

The Poseidon is a well-known institution around the Brussels region. Equipped with a detachable roof that opens in 3 minutes when it is dry and cold. Plus you get to spend as long as you like twirling around on the rink.

Dapperenlaan/Avenue des Vaillants 4, 1200 Brussels  
T.: + 32 (0) 2 762 16 33  
Underground station: Tomberg  
[www.skate-poseidon.be](http://www.skate-poseidon.be)

**Winterpret/Plaisirs d’Hiver (December 2015)**

The leading winter attraction of the marvellous Christmas market. About to take its winter quarters on the enchanting Muntplein/Place de la Monnaie in 2015, this is an extremely popular attraction among visitors. Novices, professionals, children... all take to the ice for a scene that is a joy to behold by the spectators amassed alongside. Singled out for praise by the Wall Street Journal, the Winterpret/Plaisirs d’Hiver ice-skating rink takes in over 1,000 m² of ice on an area that measures 60 metres in length. The actual skating area can accommodate up to 300 people at the same time, with skaters of all ages having a great time.

Muntplein/Place de la Monnaie, 1000 Brussels  
[www.winterwonders.be](http://www.winterwonders.be)

**Wall Climbing**

Brussels was an early adopter as far as climbing is concerned, as our city was home to the first indoor climbing gym in Europe, over 25 years ago. Since then, plenty of new climbing gyms have opened to the public, with Brussels probably one of the cities with the highest density of rock climbing gyms in the world.

**Brussels Monkey Climbing**

Brussels Monkey Climbing is one of the highest wall-climbing gyms in Belgium. Here you will find dozens of climbing routes, ranging from entry level all the way up to the most challenging categories. Various courses and initiation sessions available.

Sippelberglaan/Avenue du Sippelberg 1, 1080 Brussels  
[www.brusselsmonkeysclimbing.com](http://www.brusselsmonkeysclimbing.com)  
Metro: Ossegem/Osseghem. Bus line: 20 'Sippelberg'
Roc’House
This indoor climbing gym is 15 metres in height, with a cant that tips forward by a staggering 5 metres. In all, climbers are looking at 400 m² + 160 m² of wall to vanquish, with 60 climbing routes that cover every difficulty level.
Boondaalsesteenweg/Chaussée de Boondael 277, 1050 Brussels
T.: +32 (0) 475 73 07 12

BE HAPPY

Gyms

When it comes to wellbeing, you will have no trouble finding specialist gyms in Brussels, but there is also plenty on offer in specialist hotels that have been purpose-designed to deliver specific care and wellness treatments for their 'sporty' clientèle.

Basic Fit
The opportunity to exercise day or night in a professional environment is what Basic Fit brings. The concept is to make workouts/bodybuilding accessible to the general public, courtesy of a dense local network. There is a Basic-Fit centre just a few minutes from your hotel, your seminar location, your tourist destination.
www.basic-fit.be

Aspria Royal Rasante
As a guest at the Royal Rasante Aspria Hotel (16 rooms and 3 suites), you have access to the hotel's very own Aspria fitness and wellness club and its magnificent spa. This exclusive establishment sits in a green setting, just 15 minutes from the heart of Brussels and 5 minutes from the national airport.
Aspria Royal La Rasante is a veritable hive of activity with a spa, swimming pools, tennis courts, conference room with state-of-the-art features and facilities, but also activities for children and beauty workshops.
Donkeraat/Rue Sombre, 56, 1200 Brussels
T.: +32 (0) 2 609 19 27
www.royallarasante.be

The Hotel Brussels
A spellbinding environment, located on the 23rd floor of one of the most visited hotels in the capital, the Urban Spa & Fitness at The Hotel is certain to beguile you. This 250 m² space is all about relaxation and wellness. Treat yourself to the full pampering treatment, enjoy a session in the sauna or the hammam, have a workout in the gym, fully equipped with the latest cardiovascular and bodybuilding equipment, or sign up for a care treatment at one of the three spa salons. All of the rooms provide a spectacular view overlooking the city!
The Urban Spa & Fitness is on the 23rd floor.
Waterlooalaaan/Boulevard de Waterloo 38, 1000 Brussels
T.: +32 (0) 2 504 33 35
www.thehotel-brussels.be
Silken Berlaymont Brussels
Care treatments especially for golf enthusiasts. The Silken Berlaymont Brussels is conveniently located and has its own Wellness Club with sauna, a Turkish bath, steam bath, jacuzzi, infrared booth, terrace, massage parlour and a room with cardio-vascular equipment.
Karel De Grotelaan/Boulevard Charlemagne 11-19, 1000 Brussels
T.: +32 (0) 2 285 41 74
www.hotelsilkenberlaymont.com

Dolce La Hulpe Brussels
The Dolce La Hulpe Brussels is located in the middle of the Zoniënwoud/Forêt de Soignes. An appealing setting for a peaceful and verdant sanctuary just a few minutes from Brussels city centre and the international airport.

After a seminar or a sport session, you can immerse yourself in a magical setting: the Spa Cinq Mondes! An exclusive and luxury establishment of 800 m² with an indoor swimming pool, sauna, hammam and a gym. While you are here you may wish to make the most of it and discover the jogging and mountain biking trails in the 72 hectares of surrounding forest.
Chaussée de Bruxelles 135, 1310 La Hulpe
T.: +32 (0) 2 290 98 00
www.dolcelahulpe.com

Martin’s Spa
Looking for a spa, a thalassic therapy room or a gym that is just as easy to reach from Brussels or from Namur? Are you naturally open to the quality of the installations and care treatments on offer? And are you alive to the small details that make the difference?

In that case, welcome to Martin’s Spa, where serenity, modernity and professional guidance are rolled into one, in the sumptuous setting of the Château du Lac de Genval.
Avenue du Lac 87, 1332 Genval
T.: +32 (0) 2 655 74 66
www.martinshotels.com

Waer Waters
Waer Waters is an exceptional establishment that offers occasional visitors and members a unique welcome and complement of services. A highly reputed brasserie that is on a par with the reputation of the prestigious 5-star Waerboom Hotel.
The establishment is fitted with the latest state-of-the art facilities, decked out in sleek design lines, with impeccable cleanliness, wholly devoted to your wellbeing, decked out in nothing but noble materials such as wood and blue stone. The gardens and terraces lend the whole setting a warm and friendly atmosphere. Waer Waters is also a gym with a choice of great activities, ably guided by professionals.
Rodenberg 21, 1702 Groot Bijgaarden.
T.: +32 (0) 2 467 08 08
www.waerwaters.com
**Thermae Boetfort & Grimbergen**

Thermae Boetfort is a wellness centre set up in a 400-year old castle at the heart of a magnificent estate. The group also owns Thermae Grimbergen, which has been housed in a sumptuous 20th century manor to provide myriad relaxation and care treatments, along with accommodation.

Thermae Boetfort  
Sellaerstraat 42, 1820 Melsbroek  
T.: +32 (0) 2 759 81 96

Thermae Grimbergen  
Wolvertemsesteenweg 74, 1850 Grimbergen  
T.: +32 (0) 2 270 81 96  
www.thermae.com

**Thermen Dilbeek**

Only recently fully refurbished, this health centre located just off the ring road exit provides maximum comfort to re-energise body and mind: indoor swimming pool, hammams, cooling wall, saunas etc. A restaurant and a hotel are on hand to prolong the pleasure. Alone or 'à deux'?  
Kattebroekstraat 290, 1700 Dilbeek  
T.: +32 (0) 2 466 00 88  
www.thermendilbeek.be

**Football**

Football occupies a special place in the hearts of Brussels residents. A sport that historically originated amongst the working class, the derbies between Union Saint-Gilloise and Daring Molenbeek fuelled a lot of emotions on either side back in the day. These epic clashes fought out in the 1950s and 1960s inspired a Brussels culture that has been forever immortalised in the 'Bosseman & Coppenolle' theatre play.

At the highest level, RSC Anderlecht left its competitors behind in a blazing cloud of dust. The 'Purple and White' team has been the pride of Brussels football fans for many decades, in much the same way as the national team that briefly occupied 3rd place worldwide, and whose exploits are followed by over 40,000 fans every time they play King Baudouin Stadium (Heizel/Heysel), their home turf.

**RSC Anderlecht**

The prestigious Brussels football club, 33-time Belgian champion, 9-time National Cup winner and the proud owner of 3 European Cups, holds one of the most awe-inspiring international records: 50 uninterrupted years in the European Football Championship. Whenever they play Constant Vanden Stock Stadium, their home pitch, the 'Purples' seem to excel themselves. Group visits can be booked on request. Paul Van Himst, Vincent Kompany, Enzo Scifo, Jan Mulder, Robby Rensenbink, Franky Vercauteren, Georges Grün and a lot of other players have each written some of the most brilliant pages in the annals of this legendary club.

www.rsca.be
Red Devils
The national football team caused a huge stir in 1986 when they made it into the semi-finals of the World Cup in Mexico. The current generation, which has the likes of Vincent Kompany (Manchester City) and Eden Hazard (Chelsea) in its ranks, is one of the most talented generations of young football players in the world and got as far as the quarter finals at the World Cup in Brazil (2014).
The King Baudouin Stadium is still shaking! Log on to www.prosportevent.be for full details on guided stadium visits and the permanent exhibition on the Red Devils.

www.footbel.com

Euro 2020
On the occasion of the 60th anniversary of the first European football matches, for the first time the UEFA is set to organise the 2020 European Championships in 13 cities across the country. Among them, courtesy of its very solid application, Brussels has been selected to host at least 4 games (3 group games and one fourth-round game), with hopes of being assigned the opening match (to be decided in 2016). EURO 2020 will allow the capital of Europe to build a new stadium offering over 60,000 seats, to be named the 'Eurostadium', after Belgium having co-organised EURO 2000 with The Netherlands to great success.
Belgium maintains a privileged relationship with UEFA due to the fact that one of its most active members around the time the organisation was set up in 1954 was none other than Belgian José Crahay, the man who headed up the Belgian Football Association back then, and who was called in to play a key role in the fledgling organisation.

Sports in Brussels also include...
Alongside 'traditional' sports, Brussels has quite a few other oddities up its sleeve, that may not be your run-of-the-mill sporting activities, but will equally enable you to keep in shape or discover unusual sporting disciplines. For instance, you do not need sea legs to sail on two of the Brussels Region's most beautiful lakes. At Mellaertsvijvers/Etangs Mellaerts (Sint-Pieters-Woluwe/Woluwe-Saint-Pierre) and in Terkamerenbos/Bois de La Cambre (Elsene/Ixelles), you can hire a small boat for a gentle languorous sail across the water. After all the 'effort', you get to enjoy a drink or grab a bite to eat at the two excellent brasseries. More of an athletic effort and requiring considerably more technical skill on the other hand, why not try your hand at rowing on the Brussels Canal?

www.chaletrobinson.be
www.restauration-nouvelle.be

Another original idea to liven up your time in Brussels? How about viewing tightrope walkers or "slackers" as they are also known, at work from the highest sphere of the Atomium, defying a 70 metre drop as they walk across a tiny cable ... In fact, it may even inspire you to sign up to an initiation session yourself, conducted in complete safety by professionals.

www.beslack.be
Even more quirky than overcoming your vertigo, in Brussels you can step back in time and immerse yourself in the Middle Ages with a crossbow lesson at a secret location in the capital… As the heirs of a fine and longstanding tradition, Brussels still has 2 guilds of crossbowmen. People who are passionate about continuing the traditional of conventional crossbow shooting. After you have visited their museum and learned about their history, you will think yourself Robin Hood!
www.arbaletriers-saintgeorges.be

3. MAJOR EVENTS

MAY

20 kilometres of Brussels
31.05.2015
One Sunday each year, the capital of Europe gives free rein to joggers to criss-cross the most beautiful spots of its 19 municipalities. Each year over 30,000 people sign up to this friendly sporting event that kicks off at the foot of the Jubelpark/Cinquantenaire. An unmissable event.
www.20km.be

SEPTEMBER

Memorial Van Damme
11.09.2015
From Carl Lewis to Usain Bolt, the world's biggest athletics stars have left their footprints on the fast track of the King Baudouin Stadium, which has been the setting for the Memorial Van Damme for the last 3 decades. You cannot afford to miss it.
www.memorialvandamme.be

The Color Run
September 2015
A race unlike any other: colourful and festive. 5 kilometres with friends, exposed to a shower of paint and decibels. In 2015, the concept that came in from the United States is set to be held in Brussels for the third time. More important than winning, or even taking part, is for people to celebrate and enjoy themselves!
www.sport.be/thecolorrun

Brussels Cycling Classic
September 2015
Three years ago, Paris-Brussels - one of the oldest cycling classics - was renamed The Brussels Cycling Classic. This famous sporting event has seen a revival on a big scale. The barnstormers in the peloton jostle for space at the starting line for a knock-out race, finishing when the caravan arrives at De Brouckereplein/Place De Brouckère, at the end of one of the most prestigious Grandes Boulevards of Brussels.
www.brusselscyclingclassic.be
Eco Trail  
September 2015  
Explore the Belgian capital and the surrounding areas courtesy of this nature trail in an urban environment that focuses on promoting the local natural and cultural heritage. Covering an 80 km total distance, the trail takes to the paths of Zoniënwoud/Forêt de Soignes and the green walk all the way up to the Atomium. An original way of saying hello to this country's 2 other regions: Flanders and Wallonia!

www.ecotrailbrussels.com

Roller Bike Parade  
April to September 2015  
Driving across the city through the tunnels, woods and main boulevards: that is the Roller Bike Parade in a nutshell. The parade is held every Friday evening throughout the summer. The event is free of charge and a unique experience, with friends or with the whole family!

www.belgiumrollers.com

OCTOBER

Brussels Marathon  
04.10.2015  
A prestige event in the heart of the Capital of Europe that calls in on Grote Markt/Grand-Place in spectacular fashion: the reputation of the Brussels Marathon Half Marathon goes far beyond Belgium. This authentic event draws over 13,000 runners from over 50 countries. Because of the unique route it takes, the Brussels marathon has become the most fashionable running event of the last few years!

www.brusselsmarathon.be
4. APPLICATION FILES

Sport is an important driver in the promotion of the capital of Europe among international visitors. A sporting city is a young city that is going places!

As the agency for the promotion of tourism and culture in the Brussels Capital Region, visit.brussels is keen to do its bit to attract large-scale events and sports tournaments to the city of Brussels. Preparing the applications to land major sports events is hard work, and visit.brussels plays a key role in centralising all of the initiatives launched in this respect at Federal, regional, community and local level, even including private bids.

In the area of sports, visit.brussels
- works to facilitate these efforts in soliciting organisers/promoters and is able to assist with drawing up the bid book;
- puts the stakeholders in touch with each other: the Brussels Capital Region, the City of Brussels, the municipalities, organisers, sports federations and various other partners (sponsors, the media, institutions, the hospitality industry federation, etc.)
- contributes to the promotion of sporting events (helping to set up dedicated websites, newsletters, putting up banners around town, Brussels TV, competitions, welcome packs, etc.)

The future Eurostadium (60,000 places), set to host EURO 2020 UEFA games or Palace 12 at the Heizel/Heysel - a fully scalable and adaptable facility - are perfectly suited to host high-profile international sporting events.

5. USEFUL LINKS

Football: www.belgianfootball.be
Hockey: www.hockey.be
Basketball: www.basketbelgium.be
Table tennis: www.logis-audergem.be
COIB: www.olympic.be
Adeps: www.adeps.be
Bloso: www.bloso.be
Prosport: www.prosportevent.be
6. CONTACTS VISIT.BRUSSELS

**Press**
- Martha Meeze  
  m.meeze@visitbrussels.be  
  +32 (0) 486 53 31 81
- Pierre Massart  
  p.massart@visitbrussels.be  
  +32 (0) 475 53 08 07
- Gary Divito  
  g.divito@visitbrussels.be  
  +32 (0) 476 94 13 53
- Catherine Renard  
  c.renard@visitbrussels.be  
  +32 (0) 474 37 67 05

**Culture & Leisure**
- Alexandre Charlier  
  a.charlier@visitbrussels.be  
  +32 (0) 2 569 25 64

More information on:

www.visit.brussels

Online pictures library

Login: press@visitbrussels.be
Password: press