

D' Echappée



RANDONNÉE



ROADBOOK

Timetable

Sunday, 9 May 2025

from 7:45 a.m.: first participants arrive

between 8:00 a.m. and 10:00 a.m.: individual start possible from 8 a.m. (exception: for 122 km tour: between 8 a.m. and 9 a.m.)

8:30 a.m.: joint start of the 122 km tour

9:30: joint start of the 28 km, 55 km, 87 km tours, and the gravel rounds

11am-3pm: lunch

3pm: last possible arrival

Starting times:

The above starting times are for those who want to do the Randonnée in a group or participate in the group start.

All road bike routes are signposted and are also available on the homepage as GPX files. The gravel routes are not signposted and are only available as GPX files.

All routes can be used individually from 8 am.

Food and drink and checkpoints:

Beidweiler (after 17 km)

between 8:30 a.m. and 11:00 a.m.

Berdorf (after 51 km)

between 9:30 a.m. and 12:15 p.m.

Bettel (after 73 km for the 122 km tour)

between 10:30 a.m. and 1:30 p.m.

Ermsdorf (after 28 km for the 55 km Gravel Tour, after 71 km for the 87 km Tour and after 102 km for the 122 km Tour)

between 9h00 and 14h30

Information on registration and lunch

Pre-registrations:

If you have already registered online and paid the participation fee, please register with us on site.

We keep a list of all registered persons.

Lunch:

Please register online for lunch. There will be pasta with a vegan basil sauce, prepared by the Nuddelfabrik. For dessert, there will be fruit cake.

Lunch (pasta + dessert) costs €10 and can be paid for on the day.



Onsite registration:

Please bring the participation fee of €30 in cash (otherwise pay via Payconiq) and pay it onsite.

Your participation fee will be donated in full.

start and finish area

Centre Polyvalent «Kuerzwénkel»
19 Rue de Berdorf, 6213 Consdorf

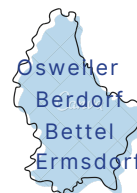


The municipality of Consdorf is providing us with the Centre Polyvalent 'Kuerzwénkel' as the start and finish area on 9 May.



- Come in an environmentally friendly way! We encourage all participants to travel by bike, public transport or carpooling.
- Parking spaces are available at the 'Kuerzwénkel'. If these parking spaces are fully occupied, it is allowed to park along the road. This has been approved by the municipality of Consdorf.
- Registration is possible in front of the 'Kuerzwénkel'.
- Toilets and changing rooms are available at the 'Kuerzwénkel', and the showers of the football club may be used.
- The subsequent pasta party will take place at the 'Kuerzwénkel'. Please register online in advance. Drinks will also be provided.

feeding station



There will be four refreshment stops (one for the 28 km and 55 km Gravel rounds, two for the 55 km tour, three for the 87 km tour and four for the 122 km tour).

The first in Beidweiler after 17 km, the second in Berdorf after 51 km, the third in Bettel (for the 122 km tour) and the last one 16 km before Consdorf.

We offer the following products at the refreshment posts:

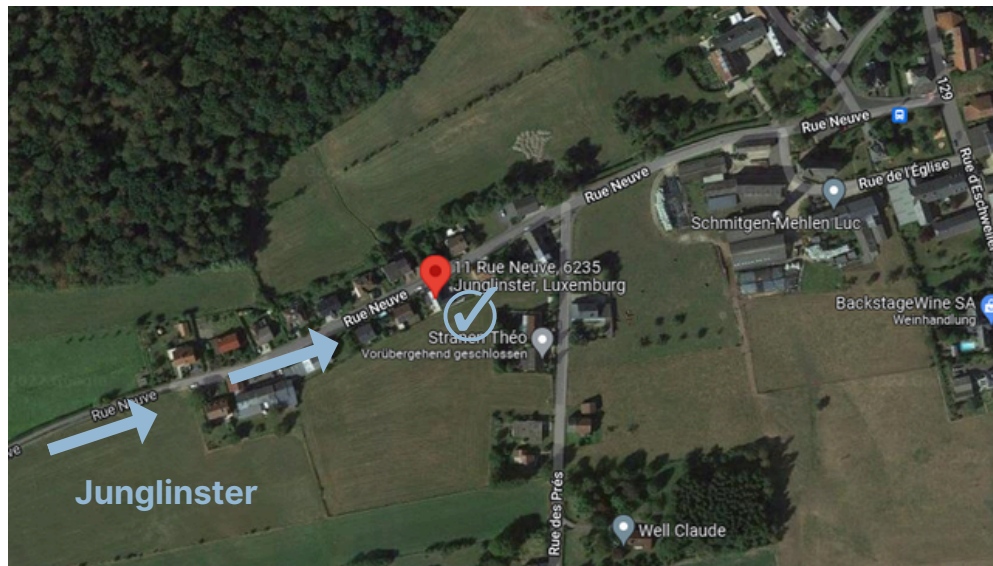
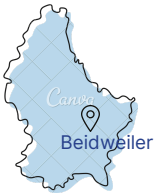
- Water
- Muesli bars
- Savoury and sweet pastries
- Apples
- Bananas
- Muesli bars



feeding station

Beidweiler

8h30 - 11h30



The first refreshment post is located on the property of a private individual directly on the route.

At the first refreshment station, we offer the following:

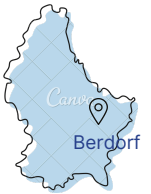
- water,
- apples,
- muesli bars,
- pastries.



feeding station

Berdorf

9h30 - 12h15



The refreshment post in Berdorf is located on the property of Haff Schmalen. Haff Schmalen is a sponsor of the Randonnée.

At the second refreshment stop, we offer the following:

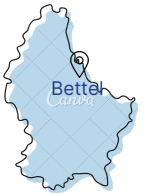
- water
- apples
- bananas
- muesli bars
- various pastries (sweet and savoury)



feeding station

Bettel

10:30 - 13:30



The third refreshment post is located on the property of a private individual directly on the route.

Only the participants of the 122 km tour pass through this refreshment post.

At the third refreshment post, we offer the following:

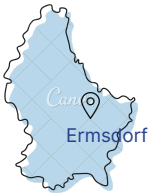
- water
- apples
- bananas
- various pastries (sweet and savoury)



feeding station

Ermsdorf

9:00 - 14:30



The refreshment stop in Ermsdorf is located at the junction of the 87 km and 122 km tours. Participants on the gravel route, the 87 km and 122 km tours pass through this refreshment stop.

At the third refreshment post, we offer the following:

- water
- apples
- bananas
- various pastries (sweet and savoury)



routes

All cycling enthusiasts – from beginners to competitive cyclists – are welcome at the Randonnée.

Four **road bike routes** – 28, 55, 87 and 122 km laps – will be available in the beautiful Mullerthal.

The routes will be signposted.



However, we recommend that you familiarise yourself with the selected route in advance. If you have a GPS device, you can load the GPX file onto your navigation device.

28 km tour



55 km tour



87 km tour



122 km tour



There will also be two **gravel routes** – a 35 and a 55 km round.

The gravel routes will NOT be signposted.

We therefore ask you to load the GPX files onto your navigation device.

36 km tour



55 km tour



code of conduct

1

The Randonnée d'Echappée is not a race. We want to have fun and spend a nice time together.

2

Even though we are sometimes riding in a group, we still have to follow the rules of the road. To name just a few examples: we stop at red lights, we observe the rules of priority and ride on the right-hand side of the road. We try to cross junctions and pass traffic lights as a group.

3

We ride in pairs next to each other at most.

4

We want to be seen as friendly people. Even if we feel we are in the right, we always treat other road users with respect. Shouting achieves nothing. Insulting hand gestures even less so.

5

We warn each other of upcoming obstacles and hazards (traffic lights, level crossings, potholes, bollards, etc.). We do this with loud commands and hand signals. You will quickly learn the common hand signals when you are riding with a group.

6

Everyone rides with a helmet.

7

We take care of the environment. We don't litter and dispose of our rubbish in rubbish bins.



RANDONNÉE D'ÉCHAPPEE

RIDE FOR A REASON



MOTIVATION

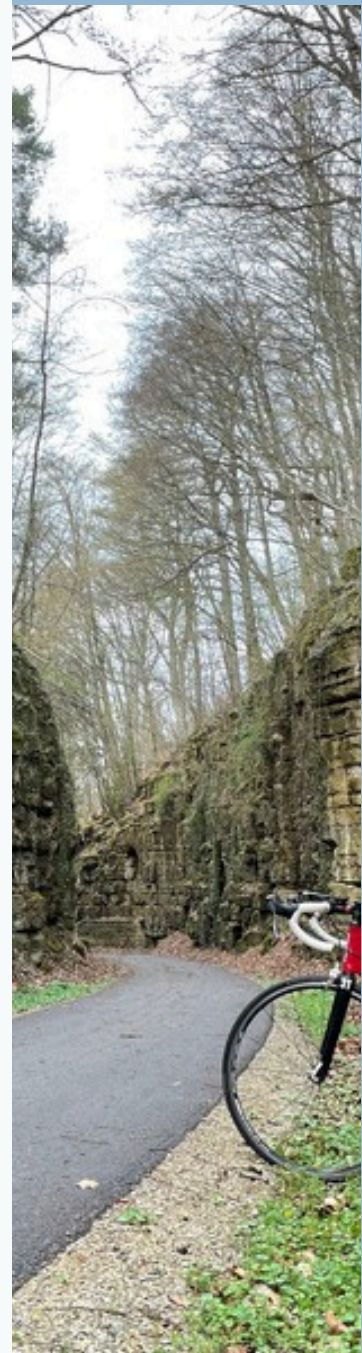
Our motivation is to promote physical activity in a sustainable way and to trigger positive emotions in the participants. At the same time, we support the Luxembourgish organisation 'Cooperation Nord-Sud'.

Furthermore, by choosing the routes in the beautiful Mullerthal, we want to show participants that they can enjoy unique landscapes without having to travel far.

We are always happy to discover nature in a sustainable way by bike. Furthermore, when it comes to mobility, the bicycle can make a decisive contribution to climate protection. We see it as our mission to inspire as many people as possible to adopt a sustainable lifestyle – whether it's by riding a bike and the bike as a CO₂-neutral means of transport.

What makes the 'D'Echappée' randonnée unique is that we have decided to donate all of the entry fees collected.

Fir de gudden Zweck



THE GOOD CAUSE

2025

2022



velafrica

2023



le Soleil
dans la Main - ONG

2024



Passerell



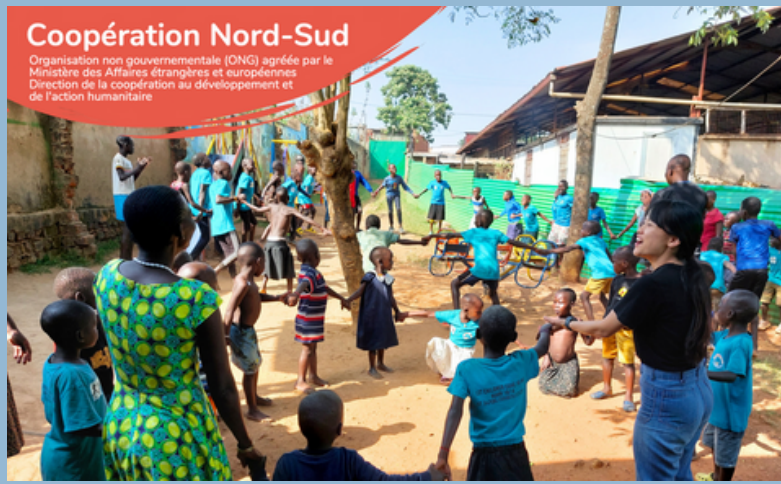
D'Echappée is a follow-up to the first bike tour called 'Passes for Africa', all of the proceeds from which are donated to a good cause. Originally, 'Passes for Africa' was a personal challenge set by our member Philippe Reuland to mark his 30th birthday; he took on the challenge of riding his road bike up all of Switzerland's mountain passes within a year. In addition to the sporting challenge, Philippe planned to combine his challenge with a charitable activity by collecting donations.

In the meantime, Nicolas Schmitz and Philippe Reuland, who were connected through their studies in Fribourg (CH), came up with the idea of organising a bike ride in Luxembourg to collect additional donations through a participation fee of 30 euros at the time. Quite unexpectedly, our bike ride became an official event, included in the official calendar of the Luxembourg Cycling Federation (FSCL). Two other colleagues, Alex Engeldinger and Daniel Foeteler, agreed to join the organising committee of the first edition of a bike ride in the Mullerthal region.

The first event enabled us to collect 8,000 euros for the 'Bike to School' project by Velafrica (more information about the 'Bike to School' project: <https://velafrica.ch/was-wir-tun/bike-to-école/>), which was a real success. In view of our great experience, we organised a second bike ride, which took place on 7 May 2023.

The funds raised during our second event were donated to the Luxembourg NGO 'Le Soleil dans la Main'. We had supported the construction of a school. This included financing the building, planting trees, setting up and equipping a sports field, building sanitary facilities, constructing drinking water networks and equipping the school (benches and school supplies).

In 2024, we were able to make a donation of €10,941 to the Luxembourg NGO Passerell a.s.b.l., which has been working since 2016 to promote the fundamental rights of vulnerable people, particularly asylum seekers and refugees.



We are pleased to organise a fourth edition of our bike ride, which will take place on 9 May 2025. We will once again support a Luxembourg organisation, 'Cooperation Nord-Sud'.

Specifically, we are supporting the STAR of Health project, which aims to improve the health of vulnerable women and children in Napak district by providing better access to health and sanitation services.

STAR of Health:

The context

The health care system in the Karamoja region faces major challenges and lags significantly behind the rest of Uganda.





The project focuses on three strategies to improve access to affordable quality health care and sanitation for women and children in Napak district.

✓ Capacity building

Strengthening human resource capacity in the health sector to provide quality maternal and child health services throughout Napak District.

✓ To provide comprehensive and quality emergency obstetric and newborn care, improve accessibility to these services and extend them to the poorest and most vulnerable populations in the district.

✓ Improving hygiene and sanitation for women and children

A global strategy also focuses on preventive measures such as improving hygiene and sanitation, especially for vulnerable groups.



ORGANISATION



The Mullerthal region – also known as ‘Little Switzerland’ – is a true paradise for road cyclists. The lush nature, hilly landscape and quiet roads are perfect for a bike ride. We organised our first Randonnée in this region in 2022 and we are very happy that we have now been able to establish the Randonnée d'Echappé in the Mullerthal.

The organising team consists of: Daniel Foeteler, Matthias Heck, Anne Homan, Philippe Reuland, Nicolas Schmitz, Chris Weyland and Giacomo Piovan. What connects the above-mentioned organising team is our place of study, Fribourg/Switzerland, where we met through the Luxembourg student association Friblëtz. The Diekirch Cycling Club is also acting as organiser; this is so that we can register the randonnée with the national governing body of cycle racing in Luxembourg. In addition, as a long-standing organiser of the randonnée, the VC Diekirch means that we can draw on the valuable experience of Jempy Schmitz in organising a randonnée.

Sustainability, regionality and environmental protection are very important to us in our lives and we want this to be reflected in the randonnée as well as in the search for sponsors.



GREEN. EVENTS

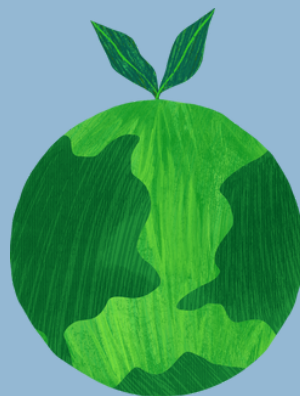
Our event is officially a Green Event!



We actively promote sustainable measures and organise the Randonnée 'D'Echappée' as a Green Event. Our goal is to minimise the negative impact on the environment, climate and the community. To achieve this, we rely on the following measures:

Sustainable catering

- Regional and organic products: All food and drinks offered come from the region and are mostly certified organic.
- Homemade baked goods: The pastries at the refreshment posts are baked in-house – with organic ingredients and fruit from our own cultivation. The cakes for dessert are also homemade.
- Local fruit: apples and bananas are sold loose at the weekly market in Luxembourg City.
- Sustainable cereal bars: sponsored by Hondsburen – no additives, no pesticides, 100% biodegradable packaging.
- Artisanal pasta: sponsored by the Nuddelfabrik – regional, no preservatives or additives.
- Fair trade and organic coffee: All our catering options are vegetarian, with a focus on sustainability and quality.



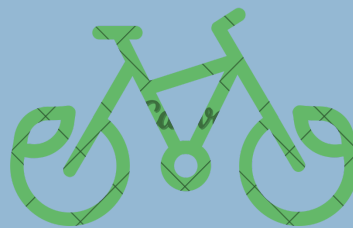
GREEN EVENT

Waste prevention & reuse

- No unnecessary waste: We consciously avoid gadgets and unnecessary packaging.
- Reusable route signs: Every year, we use the route signs of the VC Diekirch instead of producing new ones.
- Zero-waste catering: No packaged food at the feeding stations – water is available exclusively from the tap in drinking bottles brought along.
- Reduced printing costs: Flyers are limited to 250 copies and are produced by a sustainable printing company on 100% recycled paper with organic colours and green electricity.

Sustainable mobility

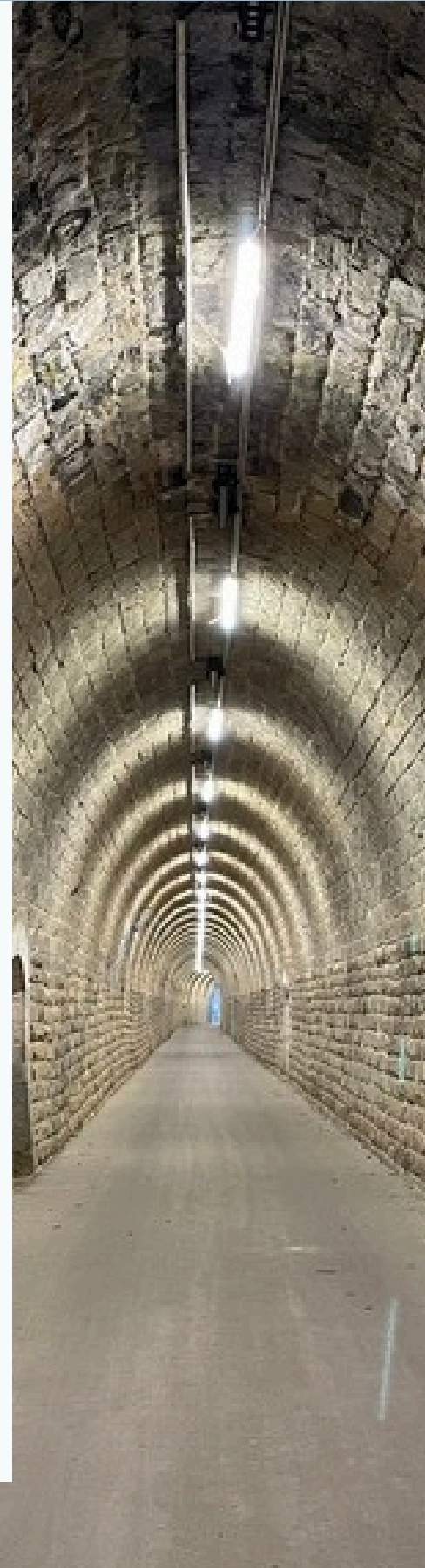
- Come in an environmentally friendly way! We encourage all participants to travel by bike, public transport or carpooling.
- Bicycle parking spaces available



With these measures, we are all contributing to an environmentally friendly event. Thank you for taking part!



SPONSORS





#DECHAPPEE

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dechappee

Follow the D'Echappée
channels on social media to
stay informed at all times.



D'Echappée



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REGISTRATIONS:
[HTTPS://DECHAPPEE.LU](https://dechappee.lu)

UNTIL 9 MAY!

CYCLE FOR A BETTER TOMORROW



CONTACT:
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