



Flanders
State of the Art

Micro-adventures in Landscape Park Heart of Haspengouw

EXPERIENCE NATURE IN FLANDERS

© Björn Snelgers

VISITFLANDERS

Dear friends of Flanders,

Small adventures await you in Landscape Park **Heart of Haspengouw**, the largest fruit region in Western Europe! Explore rolling hills full of fruit trees, picturesque church villages and bustling, historic cities brimming with heritage gems.

Wander through **endless orchards** full of apples, pears, plums and other delights. Admire impressive historical buildings, **unique works of art in unexpected places** and be surprised by the unique biodiversity. Walking and cycling enthusiasts can indulge themselves here, with hundreds of kilometres of routes taking you to the **most beautiful spots**.

Fancy an adventure? Climb on (the back of) a **Vespa** and make a tour through beautiful landscapes, blossoms and views. Sleep in a **cosy tree tent** and experience the magic of the fruit region at night. Feast on all the delights that the Haspengouw nature has to offer while exploring Flanders' oldest cultural landscape. And, of course, do not forget to sample the **authentic hospitality** of the countryside!

In short, there is so much to discover in Landscape Park Heart of Haspengouw. Read on, be inspired, and experience the **most wonderful micro-adventures** there yourself!



Contents

LOCATION AND ACCESSIBILITY 4

A WHOLE DAY OF MICRO-ADVENTURE IN LANDSCAPE PARK HEART OF HASPENGOUW 5

- Make a tour of the fruit trees on a Vespa
- Savour the ultimate fruit region
- Discover art with PIT
- Follow the Romans through Haspengouw

SPEND THE NIGHT IN NATURE 9

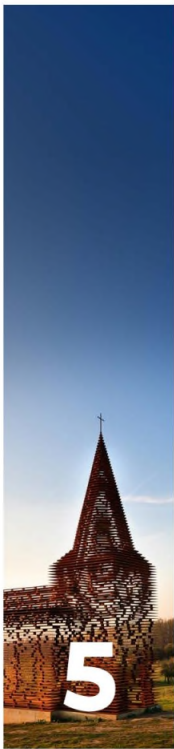
TASTE THE NATURE 10

TICKED OFF: 3 BUCKET LIST EXPERIENCES 11

- Tranendreef: spend the night in a tree tent
- A day full of picking pleasure
- Picnicking among the blossoms

FOR CYCLISTS AND WALKERS 14

- Cycle routes
- Walking routes





LOCATION AND ACCESSIBILITY

In the south of the province of Limburg, where rolling hills, picturesque church villages and swaying grain fields alternate with each other, lies the Heart of Haspengouw. This beautiful Landscape Park is more than just a nature reserve: it is an **ancient cultural landscape** brimming with conviviality and history. **Sint-Truiden** is the capital of Haspengouw, but just outside Sint-Truiden's borders, the Haspengouw scenery spreads across **Borgloon**, **Wellen**, **Kortesseem**, **Diepenbeek**, **Hoeselt**, **Tongeren** and **Heers**.

Unique villages and towns — one and all

Haspengouw is characterised by its hills with castles, square farmsteads, church villages, sunken roads and fruit tree orchards. Every town and church village in Heart of Haspengouw has its own charm. Haspengouw is characterised by its hills with castles, square farmsteads, church villages, sunken roads and fruit tree orchards. Every town and church village in Heart of Haspengouw has its own charm.

BEGIN YOUR ADVENTURE IN:

- **Sint-Truiden**: where religious heritage, majestic castles and juicy fruit blend seamlessly together.
- **Tongeren**: combine an invigorating walk in nature with a fascinating dip into the city's rich Roman history.
- **Borgloon**: a cultural paradise where art, culture and beautiful nature go hand in hand.
- **Bilzen**: proud home to the largest unbroken high-stem orchard in the Low Countries.
- **Hasselt**: alternate an invigorating walk in nature with a fascinating dip into the city's rich Roman history.



A whole day of micro-adventure in Landscape Park Heart of Haspengouw

Heart of Haspengouw: where blossoms are fragrant, Vespas buzz and Roman secrets slumber. Immerse yourself in the sweet scent of spring blossoms on a **Vespa ride over rolling hills** and along winding roads. Fresh from the field, at a local farm or market: **taste the fresh flavours** of the region. Take a journey through time: **trace the footsteps of the Romans**, and experience the rich history of this region. But there is more! Be surprised by **unique works of art in nature**, or spread out a rug and enjoy a picnic **among the blossoms**. Whether you are looking for action, culture or pure tranquillity, you find it all in this beautiful landscape. What are you waiting for?

Make a tour of the fruit —trees on a Vespa

Forget Tuscany, discover Landscape Park Heart of Haspengouw! Picture this: the wind in your hair, the sun on your face, and the sweet fragrance of blossoms all around you. Take a tour on a Vespa along rolling hills and winding roads, surrounded by a sea of fruit trees in full bloom.

Find your Vespa [here](#)

Tiny Tip
Combine your Vespa tour with a picnic among the blossoms and enjoy the peace and quiet!

E-BIKE OR TWIZY? CHOOSE YOUR ECO-ADVENTURE!

Discover the beauty of Haspengouw in a unique and environmentally-friendly manner! Explore the rolling hills, blossoming orchards and picturesque villages by e-scooter, electric bike or Twizy.

Find all the practical details [here](#)





Savour the ultimate — fruit region

The sun is shining, the birds are singing and the fruit trees are heaving under the weight of their ripe loads: it is **harvest time in Haspengouw!** During harvest time, Haspengouw is buzzing with life. Discover numerous festive activities and fun events celebrating the region's rich fruit culture.

BROWSE AMONG STALLS FULL OF FRESH DELICACIES AT THE LOCAL MARKETS

Sample juicy apples, pears, nectarines, raspberries, berries and other sweet treasures. Let yourself be tempted by artisanal syrups, jams and delicious juices.

EXPLORE THE VAST FRUIT ORCHARDS

Follow guided cycle rides or walking trails that take you to the most beautiful spots. Breathe in the fresh outdoor air and enjoy the glorious views.

DELVE INTO THE WORLD OF FRUIT GROWING DURING A TOUR OF A FRUIT FARM

Immerse yourself in the world of fruit growing during a tour of a fruit farm. Discover how fruit growers look after their trees with passion and care, and how the harvest is brought in. Get to know the process of sorting, packing and processing into delicious fruit products.

FUN FOR THE WHOLE FAMILY

For the little ones, there is also plenty to do. Scavenger hunts through the orchards, craft activities with fruit and educational workshops ensure an unforgettable day for the whole family.

End the day with a delicious dinner on a terrace overlooking the fruit tree orchards. Enjoy regional dishes with fresh, local ingredients. Be sure to sample the specialities of Haspengouw, such as fruit beer, fruit wine and syrup waffles.

Check out all the events and activities in this [fruit calendar](#)



FRUIT EXPERIENCE CENTRE STROOPFABRIEK (BORGLOON)

Here you dive into the fascinating world of syrup. Discover how fresh, local fruits are turned into delicious, artisanal syrup. Take a guided tour, taste the different syrups and take a jar home as a souvenir.

Find all the practical details [here](#)

— Discover art with PIT

Walk or cycle through the rolling hills of Borgloon and the area round about and discover PIT, **Art in the open air**. This unique project involves six extraordinary artworks that are the perfect blend of art, architecture and landscape.

The artworks in PIT invite you to look at the **nature in the Loon district** in a different way. They enhance the beauty of the landscape, tell stories about the region and make you think. Let yourself be surprised by the creativity of the artists and experience how art can enrich nature.

One of the absolute highlights of PIT is the **see-through church by Gijs Van Vaerenbergh** (Pieterjan Gijs and Arnout Van Vaerenbergh). This 10-metre-high sculpture, made of stacked steel plates, resembles the type of small church found in the Loon district. The special construction means the landscape always remains visible, both from a distance and from close up.

As well as the see-through church, you can enjoy **other works of art**, such as:

- Memento
- Untitled #58
- De Tranendreef
- Field Furniture "Pure Nature"
- De Twijfelgrens

Tiny Tip

At Visit Borgloon, you can obtain a free walking map with all the artworks and the routes. In this way, you can discover the beauty of PIT at your own pace.

— Follow the Romans through Haspengouw

For four hundred years, the **Romans left their mark on South Limburg**. Take a journey through time and experience the fascinating legacy of the Romans in Heart of Haspengouw. See where mighty villas once stood, admire remnants of Roman roads or explore the tumuli; imposing burial mounds where affluent Romans were laid to rest.

This **unique walk** takes you to:

- **The Roman ramparts:** Tongeren was one of the few cities north of the Alps that had a stone city wall in Roman times. Explore the remains of this majestic fortress and imagine yourself back in time.
- **Beukenberg aqueduct:** A true testimony to the ingenious Roman hydraulic engineering system. Admire the man-made ridge that served as an aqueduct and imagine how spring water once flowed along it to the city.
- **Tumuli:** See these mysterious burial mounds where the elite of Roman society found their final resting place.
- **The Betho castle domain:** Stroll through the idyllic surroundings of this former moated castle and enjoy the peace and beauty of the Haspengouw countryside.
- **Panoramic views:** Climb the hills and enjoy breathtaking views over the rolling Haspengouw region with Tongeren's imposing belfry tower as backdrop.

A JOURNEY THROUGH TIME

Immerse yourself in Tongeren's rich history with a visit to the **Teseum** or the **Gallo-Roman Museum!**

Discover fascinating Roman finds and experience what daily life was like in ancient times.



Spend the night in nature

From the first rays of the sun slipping through the leaves to the song of birds greeting the day, nothing is more relaxing than waking up in the midst of nature. In (the vicinity of) Landscape Park Heart of Haspengouw, there are many original places where you can spend the night and blissfully dream away. Here are a few suggestions:

Het Goed van Gothem (Heers)

- Glamping or lodging in a room on a farm
- Convivial farmhouse cafe built with recycled wood
- Alpaca pasture

De Pluktuin (Kortessem)

- Holiday home with 3 bedrooms, 2 bathrooms and terrace
- Beautiful view of the garden.
- Bicycle rental possible
- Ideal place to relax in nature

Boutique Hotel Het Zoete Zijn (Borgloon)

- Beautifully renovated square farmstead
- Explore the surrounding orchards
- Rent bicycles & Camino wheelchairs
- Ideal for those seeking peace

Martin's Hotel Rentmeesterij (Bilzen)

- Luxury hotel
- Formerly the estate manager's house
- On the domain of the Alden Biesen Land Commandery
- Wellness oasis including swimming pool and sauna

Tranendreef (Borgloon)

- Luxury tree tent in the midst of nature
- Experience the ultimate glamping feeling in a
- Enjoy the peace and quiet

Hels wijnvat (Borgloon)

- Unique renovated wine barrel
- Original overnight location
- View of the large vineyard

B&B De Fruithoeve (Hoeselt)

- Situated on the cycle route network
- Authentic accommodation on a fruit farm
- Swimming pool

B&B Atuatuca (Tongeren)

- Within walking distance of the centre of Tongeren
- On the route of the Roman road
- Six themed rooms



TASTE THE NATURE

Passionate local producers transform fresh, local ingredients into delicious juices, unique wines, sweet jams and so much more. Discover authentic flavours and enjoy the pure, fresh produce that this region has to offer.

Fruit farming: — From orchard to pot

For centuries, each spring, the rolling hills of Haspengouw have been coloured with blossoming fruit trees. In the autumn, these beautiful trees produce an abundance of delicious fruit: apples, pears, plums, cherries, strawberries and a variety of berries.

Taste the fruits — of their work:

- **Fruit farm 't Bommerhof (Sint-Truiden):** Apples, pears, strawberries. Open to visitors on Saturdays in April and on the first two Saturdays in May at 10:30 a.m.
- **Fruit farm Wilderhof (Sint-Truiden):** Soft fruits such as raspberries, blackberries, blueberries and strawberries. Open to visitors on Thursdays in April and on the first two Thursdays of May at 10:30 a.m.
- **Regional produce shop 't Vijverhof (Kortessem):** Wide range of local produce, including fruit, jams, juices, honey, and more.

Wine estates: Haspengouw terroir — in every glass

On the rolling hills of Haspengouw, wine grapes thrive like nowhere else. Discover unique wines here: from fresh whites to powerful reds. The perfect mix of clay and limestone in the soil makes Haspengouw the ultimate wine region of Limburg.

Taste it for yourself at — top wine estates such as:

- **Gloire de Duras wine estate:** Enjoy wines with a rich history.
- **Kitsberg wine estate:** Discover wines with a unique freshness.
- **De Groote Mot wine estate:** Taste wines made with an eye for detail.
- **Cuvelier wine estate:** Experience the passion for winemaking.
- **Hoenshof wine estate:** Enjoy wines with character.
- **Montepertini wine estate:** Discover wines with an Italian twist.

Tiny Tip

At Visit Borgloon, you can obtain a free walking map with all the artworks and the routes. In this way, you can discover the beauty of PIT at your own pace.

HASPENGOUW: MORE THAN JUST FRUIT AND WINE!

Besides fruit and wine, Haspengouw has so much more to offer. Look out for the artisanal cheeses, honey, chocolates and other delights made with pure, local ingredients.

During your visit to Haspengouw, taste nature in every dish and enjoy the pure flavours of this unique region!

TICKED OFF:

3 bucket list experiences

You walk through rolling fields enveloped in a sea of pink and white blossom petals. You sniff the sweet fragrance and enjoy the happy buzzing of the bees as you set out your picnic basket in an idyllic spot among the fruit trees. Or how about a day full of picking pleasure? At one of the many high-stem orchards, fill your own basket with fresh fruit. Of course, all great adventures come to an end, but not in Haspengouw! Fall asleep in a **unique tree tent in the Tranendreef**, surrounded by the peace and quiet of nature. The perfect end to an unforgettable day.

Discover our bucket list experiences, tick them off one by one and create your own unforgettable memories.



TRANENDREEF: SPEND THE NIGHT IN A TREE TENT

Imagine... opening your eyes in a cosy cocoon, surrounded by the cheerful chirping of birds and the fresh scent of dew on the grass. The sun slipping through the leaves of the trees, creating a mesmerising light show on your unique sleeping spot. You step outside, stretch your arms and take a deep breath of the fresh morning air. This is no ordinary campsite; this is the **Tranendreef in Haspengouw**, where you sleep in a work of art among the trees!

The Tranendreef is more than a place to sleep, it is an adventure. Here, you experience nature in a unique manner, far away from the daily hustle and bustle. The tents, designed by **artist Dré Wapenaar**, are not only eye-catching but also comfortable and practical. They can accommodate two adults and two children and are equipped with all the necessities for an unforgettable night.

A DAY FULL OF PICKING PLEASURE

Would you like to pick the fruit yourself? Then get out there among the trees! Put on your adventurous shoes and head into the orchard, because a tasty treasure awaits you in Haspengouw! High-stem orchards produce kilos of delicious fruit. Yet this fruit often remains on the trees. What a waste! That is why goedgeplukt.be connects owners of high-stem orchards with those seeking freshly picked local fruit.

HOW DOES IT WORK?

1. **Go to Goedgeplukt.be:** Here you can find an overview of all fruit growers in Haspengouw who are participating in this tasty project
2. **Choose your favourite fruit:** Will you go for juicy apples, sweet pears, or instead flavourful plums or crunchy nuts?
3. **Contact the fruit grower:** Make an appointment to drop by and pick your own fruit
4. **Enjoy!** Fill your basket with fresh fruit, enjoy the beautiful surroundings and make it an unforgettable day

Extra tips for a top day:

- Head out in the morning or afternoon, when the fruit is at its juiciest
- Bring sun cream, a hat and water with you
- Wear sturdy shoes, as you may have to do some walking in the orchard
- Remember to bring a basket or bag to take away your delicious fruit
- Turn your picking adventure into a picnic and enjoy the delicious flavours on the spot

PICNICKING AMONG THE BLOSSOMS

Walk through rolling fields enveloped in a sea of pink and white blossom petals. Sniff the sweet fragrance and enjoy the happy buzzing of the bees as you set out your picnic basket in an idyllic spot.

Make your picnic extra special with local delights. Get fresh local produce from the farmer or collect a ready-made picnic pack from one of the many providers.

Tiny Tip

Take a photo of your picnic and share your blossom happiness with [#altijdlimburg](https://twitter.com/altijdlimburg) or tag [@visitlimburg.be](https://www.instagram.com/visitlimburg.be)



FOR CYCLISTS AND WALKERS: OUT AND ABOUT IN LANDSCAPE PARK HEART OF HASPENGOUW



Cycle routes

Comparing apples and pears

Explore rolling hills covered with fruit trees, take in the breathtaking panoramas and relax in picturesque church villages. A few enjoyable beer stops on this route provide some extra buzz.

- **Distance:** 49 km
- **Departure point:** Groenmarkt Sint-Truiden
- **View the route [here](#)**

From fruit to syrup

This challenging cycling loop in Borgloon takes you through a landscape rich in diversity. Climb the hills and enjoy beautiful views of colourful fruit tree orchards, picturesque church villages and ancient castles.

- **Distance:** 38 km
- **Departure point:** Fruit experience centre Stroopfabriek (Borgloon)
- **View the route [here](#)**

Cycle past heritage and castles

Cycle through the rolling fruit country of Haspengouw and immerse yourself in the Roman past of Tongeren, Belgium's oldest city. Along the way, you can stop for a wine at Belgium's only wine chateau.

- **Distance:** 59 km
- **Departure point:** Land Commandery Alden Biesen (Bilzen)
- **View the route [here](#)**

Cycling along tumuli

Climb rolling hillsides and enjoy unique views of fruit tree orchards and explore special places along the Old Roman Road.

- **Distance:** 59 km
- **Departure point:** Sint-Truiden
- **View the route [here](#)**

The best way to explore Landscape Park Heart of Haspengouw? By bicycle or on foot. Fill your lungs with the fresh air and enjoy the most beautiful spots and most spectacular views along the way. To get you started, we have some great cycle and walking routes ready for you.

Orchards, forests and castles

This route takes you through a varied landscape of fruit plantations, church villages and castles. Cycle through the forest area Domain Nieuwenhoven and climb the hill in Zepperen for a spectacular view. Also look out for the beautiful St Roch's church in Ulbeek.

- **Distance:** 55 km
- **Departure point:** Recreation domain De Alk (Alken)
- **View the route [here](#)**

Flanders' most beautiful cycle routes

The **Flanders' Finest Cycle Routes** take you to all the wonderful things Flanders has to offer. Cycle through surprising landscapes and past unique heritage. Stop for a moment to enjoy artworks both large and small and to sample our many gastronomic treasures. Hop on your bike and breathe in Flanders. You can find one of these themed routes in Heart of Haspengouw.

Fruity landscapes with PIT

Few places taste as sweet as the Haspengouw, the fruit region par excellence. On this tour, you cruise through the rolling landscape full of orchards, art in the open air, heritage and fruity treasures.

- **Distance:** 61 km
- **Departure point:** Sint-Truiden
- **View the route [here](#)**



Walking routes

Herkbeemden - yellow walking route

This short walk is perfect for beginners. It takes you through meadows and marshes, past a picnic area, wooden bridges, grazing Scottish Highland cattle and rare plants and animals.

- **Distance:** 3.1 km
- **Departure point:** Wellen
- **View the route [here](#)**

Picturesque church villages

This route is perfect for those who love history. You walk by the remains of the Roman city wall, visit a Roman aqueduct and even pass a castle.

- **Distance:** 7.8 km
- **Departure point:** Tongeren
- **View the route [here](#)**

Bellevue Forest - red walking route

This walking route takes you through a varied landscape. You walk through the Hemelspark, past fields and fruit tree orchards, and through the forest with its rich fauna and flora. Extra bonus: this forest has an area where dogs can roam off the leash!

- **Distance:** 5.7 km
- **Departure point:** Kortesseem
- **View the route [here](#)**

Fruit Valley - blue walking route

The Fruit Valley walk is an ideal outing for the whole family. Walk through high-stem orchards and apple plantations, along the Molenbeek and explore the natural playground with slide.

- **Distance:** 3.3 km
- **Departure point:** Sint-Truiden
- **View the route [here](#)**

Mettekoven - red walking route

This walk takes in rolling hills, vast fields and charming villages. Along the way, enjoy the beautiful views and, in the spring, you find yourself in a sea of blossoms. This walk is perfect for those looking for a bit of a challenge while enjoying the beautiful nature of Haspengouw.

- **Distance:** 6 km
- **Departure point:** Heers
- **View the route [here](#)**



Flanders
State of the Art

COLOPHON

RESPONSIBLE PUBLISHER

Peter De Wilde, VISITFLANDERS,
Grasmarkt 61, 1000 Brussels, Belgium

LEGAL DEPOSIT

D/2024/5635/44

MORE INFORMATION

nature@visitflanders.com

www.visitflanders.com

COPYRIGHTS

All rights reserved. No part of this publication may be reproduced, stored in a database or retrieval system, or be published in any form or in any way (electronically, mechanically, by print, photoprint, microfilm or any other means) without prior written permission from the Publisher.

VISITFLANDERS