

12-13
APRIL
2025



EUROPEAN
RUNNING
CHAMPIONSHIPS
BRUSSELS >> LEUVEN
MARATHON | HALF MARATHON | 10K

RUN WITH THE
CHAMPIONS

TRAVEL & TRANSPORT GUIDE

FOR INTERNATIONAL PARTICIPANTS OF THE 2025 EUROPEAN RUNNING CHAMPIONSHIPS

Welcome to Flanders!

We are thrilled to welcome you to the 2025 European Running Championships in the picturesque region of Flanders. As participants in the 2025 European Running Championships, we must demonstrate climate responsibility by mitigating environmental impacts. This guide provides essential travel and transport information to ensure your journey is smooth, sustainable, and enjoyable.

Getting to Flanders

GROUND TRANSPORTATION

1. Public Transport

Flanders has an extensive and efficient public transport network. Use trains, trams, and buses to travel and for getting around. Both the start (Brussel) and finish (Leuven) location are easily accessible by train and are close to the railway station.

In Belgium, the following companies organise public transport:

- National Company of Belgian Railways – NMBS provides rail transport in Belgium. Website: www.belgiantrain.be
- De Lijn is responsible for the bus and tram network in Flanders. Website: www.delijn.be
- MIVB buses, trams and metros operate on the territory of the Brussels-Capital Region. Website: www.mivb.be
- TEC (fr) handles bus traffic in Wallonia. Website: www.letec.be

2. Carpooling

Share rides with teammates or other participants to minimize the number of vehicles & journeys and reduce emissions. Miles, Poppy and Cambio are some examples of car-sharing companies operating in the region near the parcours.

3. Car Rentals

If renting a car is necessary, choose vehicles that are fuel-efficient or electric. Many rental companies offer hybrids or electric cars.

4. Cycling

Flanders is known for its cycling infrastructure. Renting a bike or using your own bike can be a great way to travel short distances and experience the local scenery. Renting a bike for shorter distances is easy with Blue-bike (www.blue-bike.be). Blue-bike has bikes available at Brussels and Leuven.

FLYING TO BELGIUM

Main Airports

Brussels Airport (BRU) and Brussels South Charleroi Airport (CRL) are the primary international gateways.

Fly Economy:

Choose economy class to reduce your carbon footprint. Flying in First or Business Class creates three times more carbon emissions than flying economy.

Fly Less

Reducing the amount of travel to the event is the best way to avoid emissions occurring in the first place.

Direct Flights

Opt for direct flights to minimize fuel usage and emissions.

Calculate Emissions

Use tools like the ICAO Carbon Emissions Calculator to calculate your emissions.



Accommodation

Location

Choose accommodations close to the event venues or well-connected by public transport.

Sustainable Choices

Look for hotels that have sustainability policies, such as energy-efficient operations, water conservation practices, and waste reduction programs. Need help? Use Greenkey (www.greenkey.be) to easily find hotels, B&Bs and accommodation with a quality label for sustainable travel.



Equipment Transport

Shipping vs. Airfreight

Whenever possible, use shipping services instead of airfreight for transporting equipment. Transport with shipping services is more ecological than air freight because of lower CO2 emissions, higher efficiency, cleaner fuels, route optimisation, sustainable innovations and lower energy consumption. These advantages significantly reduce the environmental impact compared to air freight.

Green Freight Companies

Select companies that use low-emission vehicles and have green practices in place. You can recognise companies that use low-emission vehicles and green practices by environmental certifications, transparent sustainability reports, and the use of green technology. Memberships in eco-friendly organisations, positive customer reviews, and clear information on their website are also indicators.

Sustainable Practices During Your Stay

Waste Reduction

Use reusable containers and water bottles to minimize single-use plastics.

Recycling

Participate in local recycling and dispose of waste properly.

Energy Conservation

Turn off lights and electronics when not in use to save energy.

Enjoy Flanders Responsibly

Cultural Sites

Explore the rich history and culture of Flanders, from its medieval cities to its vibrant art scene. Looking for the most beautiful places to discover? Check the VisitFlanders (www.visitflanders.com) and Visit Brussels (www.visit.brussels) websites for the best tips!

Local Cuisine

Enjoy local, sustainably sourced foods to support the community and reduce your carbon footprint.

For more information on sustainability efforts visit the official event website (<https://europeanrunningchampionships.com/>).

**WELCOME TO FLANDERS, AND MAY
YOUR RUN BE BOTH CHALLENGING AND
ECO-FRIENDLY!**

GO WITH GOLAZO