

# 100km

# VAN IEPER

VREDESTAD



Wandelsport  
Vlaanderen

In Flanders  
Fields March



## 53<sup>e</sup> INTERNATIONAL THREE DAY MARCH

29, 30 and 31 May 2025  
(WEEKEND ASCENSION DAY)

### DISTANCES

6 - 8 - 10 - 12 - 15 - 20 - 30 - 40 of 50 km

Start: Jeugdstadion - Fenixzaal,  
Leopold III-laan 16 - 8900 Ypres (Belgium)

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[www.100km.be](http://www.100km.be)



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# INFORMATION '100 KM VAN IEPER'

## THURSDAY 29 MAY 2025

Distances: 6 - 10 - 15 - 20 - 30 km  
Start time: 6, 10 and 15 km from 7 a.m. to 3 p.m.  
20 km from 7 a.m. to 2 p.m.  
30 km from 7 a.m. to 11 a.m.  
Jeugdstadion, Leopold III-laan 16, Ieper  
Control Closes: at 6 p.m.

## FRIDAY 30 MAY 2025

Distances: 8 - 12 - 15 - 20 - 30 - 40 - 50 km  
Start time: 8, 12 and 15 km from 7 a.m. to 3 p.m.  
20 km from 7 a.m. to 2 p.m.  
30 km from 7 a.m. to 11 a.m.  
40 km from 7 a.m. to 10 a.m.  
50 km from 7 a.m. to 8 a.m.  
Jeugdstadion, Leopold III-laan 16, Ieper  
Control Closes: at 6 p.m.

## SATURDAY 31 MAY 2025

Distances: 6 - 10 - 15 - 20 - 30 km  
Start time: 6, 10 and 15 km from 7 a.m. to 3 p.m.  
20 km from 7 a.m. to 2 p.m.  
30 km from 7 a.m. to 11 a.m.  
Jeugdstadion, Leopold III-laan 16, Ieper  
Control Closes: at 6 p.m.

- Important !**
- ✓ Registration on the day of the march at the Fenixhall **7 a.m.**
  - ✓ You can take part on all three days, or any combination of 1, 2 or 3 days.
  - ✓ To qualify for a 'souvenir walkers medal' you must walk all 3-days.

### REGISTRATION FEE (for all distances)

	without medal	with medal
1 day	€ 4,00	/
2 days	€ 8,00	/
3 days	€ 12,00	€ 22,50

### Please note!

- ✓ Children under the age of 12 walk for free 'without' souvenir. With souvenir is € 10,50.
- ✓ The formula 'with' souvenir is only possible for those who participate for 3 days.

## STARTING PLACE

Every day starts from the Jeugdstadion (Fenixhall), Leopold III-laan 16 in Ypres. The road to the starting point will be indicated from the main approach roads around Ypres with orange **'WALKING TOUR' arrows**. From Kortrijk, take exit no. 4 on the A19 and follow Ypres center until you see the arrows.

Parking: In the immediate vicinity there are several indicated car parks available.

The starting point is also easily accessible by public transport.

The railway-station is  $\pm 1$  km from the starting point.

## TRACK

All tracks will be available on [www.100km.be](http://www.100km.be) from the end of the month of May.

## SERVICES PROVIDED

- free refreshments along the circuit. Bring a reusable drinking cup or water bottle yourself.
- free foot care and medical assistance along the circuit.
- 'Portaloos-style' lavatory and some full facilities all along the course.

## SOUVENIRS

Every participant who finishes the '100 km of Ypres' (walks on all three days) and selects the 'souvenir' formula will receive the new '100 km of Ypres' souvenir medal. 3-day's participants who do not walk 100 km but walk a distance on each day and select the 'souvenir' formula will receive the mini-medal. There are special souvenirs:

- for the largest Belgian group
- for the largest Foreign group



## ATTENTION

- Respect the traffic laws. Keep it in your mind that the traffic will be on the right hand side of the road. UK guests are urged to take extra care crossing roads. On busier roads walk on the left facing on-coming traffic.
- When in a group, please all walk at the same side of the road.
- Help us to protect the nature, stay on the marked paths.
- Live and let live; please respect, wildlife, flowers and plants.
- Fire prevention: **do not smoke in the woods!**
- Litter belongs in the dustbin, please take your rubbish with you.
- Enjoy the silence and the nature.
- There are snacks and refreshments along the circuit to help you maintain your minerals and energy, there is no requirement for a heavy pack, except some may

**In Flanders  
Fields March**



## ACCOMMODATION OPTIONS IN YPRES

### → Camping, B&B, hotel, youth hostel...

- ✓ The "Urban Gardens Ypres" is a green camping site situated close to the starting point. It is an oasis of tranquillity with numerous opportunities to relax within just a stone's throw from the atmospheric and bustling city centre.

Information: [www.urban-gardens.be/nl/ieper](http://www.urban-gardens.be/nl/ieper)

- ✓ Visit the website [www.toerisme-ieper.be](http://www.toerisme-ieper.be) for an overview of the hotels, youth hostels and B&B available in Ypres.

## SPECIAL EVENTS

- Ceremonies: on Thursday 29 May at 6.45 pm **Wreath laying** at the 'German Military Cemetery' at Langemark followed at 7.30 pm by a **Wreath laying** at the 'Belgian Monument' in Ypres and at 8 pm, special **Last Post** ceremony under the archway of the 'Menin Gate'.
- **'100 KM-BBQ & MUSICAL ENTERTAINMENT'** at the Jeugdstadion in the Fenixhall on Friday 30 May at 7 pm. Participation price: € 22/person. Children under 12 years: € 15. Pre-registration & payment required online. Everyone welcome!
- **MUSICAL ENTERTAINMENT** on Saturday 31 May from 1.00 pm onwards at the Jeugdstadion.

## REGISTRATION AND BOOKING

### → online in advance before 21 May see [www.100km.be](http://www.100km.be)

- When registering online, payment must be made before 21 May 2025 by bank transfer IBAN: BE25 0019 1402 1982 - BIC: GEBABEBB (BNP Paribas Fortis, Korte Torhoutstraat 1 - 8900 Ypres) of the '100 km van Ieper vzw' in 8900 Ypres.
- The controlcards will not be sent!
- Registrations will not be confirmed! The controlcards can be picked up on the day itself at the 'pre-registration' stand from 07:00 a.m.

### → or on the day from 7 am: on at the Fenixhall (Jeugdstadion), Leopold III-laan 16 at Ypres.

## INFORMATION

Tel. 0032(0)475 53 99 66 - e-mail: [info@100km.be](mailto:info@100km.be)

[www.100km.be](http://www.100km.be)

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