

| DATUM | PARCOUR | LOCATIE | AFSTAND | |
|--------|---------|----------------|---------|--|
| 2-mrt | VLAK | | | |
| 9-mrt | GOLVEND | ZEPPEREN | 73 KM | https://www.routeyou.com/nl-be/route/view/11958614 |
| 16-mrt | VLAK | PEER | 85 KM | https://www.routeyou.com/nl-be/route/view/15975225 |
| 23-mrt | GOLVEND | BORGLOON | 86 KM | https://www.routeyou.com/nl-be/route/view/12001367/racefietsroute/borgloon-86-km |
| 30-mrt | VLAK | PELT | 89 KM | https://www.routeyou.com/nl-be/route/view/12001428/recreatieve-fietsroute/pelt-89-km-vlak |
| 6-apr | VLAK | ROOSTEREN | 86 KM | https://www.routeyou.com/nl-be/route/view/14139175 |
| 13-apr | GOLVEND | RUTTEN | 81 KM | https://www.routeyou.com/nl-be/route/view/15984156 |
| 20-apr | VLAK | MUNSTERGELEEN | 87 KM | https://www.routeyou.com/nl-nl/route/view/15984158 |
| 21-apr | GOLVEND | KOZEN | 85 km | https://www.routeyou.com/nl-be/route/view/15985372 |
| 27-apr | VLAK | KAULLILE | 85 KM | https://www.routeyou.com/nl-be/route/view/12001320/recreatieve-fietsroute/kaullile-88-km |
| 1-mei | KLIMMEN | OUPEYE | 80 KM | https://www.routeyou.com/nl-be/route/view/15985382 |
| 4-mei | GOLVEND | CRISNEE | 88 KM | https://www.routeyou.com/nl-be/route/view/12001410/racefietsroute/crisne-88-km |
| 11-mei | VLAK | HERK DE STADT | 85 KM | https://www.routeyou.com/nl-be/route/view/15975166 |
| 18-mei | KLIMMEN | WITTEM | 88 KM | https://www.routeyou.com/nl-nl/route/view/15984163 https://www.routeyou.com/nl-be/route/view/15751275 |
| 25-mei | VLAK | MOLENBEERSEL | 90 KM | |
| 29-mei | GOLVEND | TEUVEN | 76 km | https://www.routeyou.com/nl-be/route/view/15671541 |
| 1-jun | VLAK | BRUNSSMERHEIDE | 86 KM | https://www.routeyou.com/nl-nl/route/view/15984168 |
| 8-jun | GOLVEND | WALEM | 86 KM | https://www.routeyou.com/nl-nl/route/view/15983971 |
| 9-jun | GOLVEND | HEERS | 85 KM | https://www.routeyou.com/nl-be/route/view/15975103 |
| 15-jun | VLAK | KLEINE BROGEL | 85 km | https://www.routeyou.com/nl-be/route/view/15751332 |
| 22-jun | KLIMMEN | HOUTAIN | 85 km | https://www.routeyou.com/nl-be/route/view/15976487 |
| 29-jun | GOLVEND | SCHAKKERBROEK | 80 KM | https://www.routeyou.com/nl-be/route/view/15976671 |
| 6-jul | VLAK | MELDERT | 86 km | https://www.routeyou.com/nl-be/route/view/15983928 |
| 13-jul | GOLVEND | MELVEREN | 88 KM | https://www.routeyou.com/nl-be/route/view/12001237/recreatieve-fietsroute/melveren-88-km |
| 20-jul | VLAK | HEPPENEERT | 88 KM | https://www.routeyou.com/nl-be/route/view/15984135 |
| 21-jul | GOLVEND | GROOTLOON | 87 KM | https://www.routeyou.com/nl-be/route/view/12001389/racefietsroute/groot-loon-87-km |
| 27-jul | VLAK | SCHULENSMEER | 88 KM | https://www.routeyou.com/nl-be/route/view/15984007 |
| 3-aug | GOLVEND | HEERS | 88 KM | https://www.routeyou.com/nl-be/route/view/15976536 |
| 10-aug | VLAK | REPEL | 85 KM | https://www.routeyou.com/nl-be/route/view/15984037 |
| 15-aug | KLIMMEN | VAL DIEU | 89 KM | https://www.routeyou.com/nl-be/route/view/12001376/racefietsroute/val-dieu-89-km |
| 17-aug | GOLVEND | KOZEN | 86 KM | https://www.routeyou.com/nl-be/route/view/14131203 |
| 24-aug | VLAK | TONGERLO | 82 KM | https://www.routeyou.com/nl-be/route/view/15984076 |
| 31-aug | GOLVEND | VLIERMAAL | 86 KM | https://www.routeyou.com/nl-be/route/view/15984022 |
| 7-sep | GOLVEND | SLENAKEN | 86 KM | https://www.routeyou.com/nl-be/route/view/12001350 |
| 14-sep | VLAK | MEEUWEN | 78 KM | https://www.routeyou.com/nl-be/route/view/15976764 |
| 21-sep | GOLVEND | RIJKEL | 85 KM | https://www.routeyou.com/nl-be/route/view/12001362/recreatieve-fietsroute/rijkel-87-km |
| 28-sep | GOLVEND | MARGRATEN | 77 KM | https://www.routeyou.com/nl-be/route/view/15976703 |