

Achel
Chimay
Echt-Tegelen
Orval
Rochefort
Tilburg
Westmalle
Westvleteren
Brecht
Brialmont
Clairefontaine
Klaarland
Mariawald
Soleilmont



Trappist

Info

English



Contents

PAGE 2/	Contents
PAGE 3/	“Trappist”
PAGE 4/	Declaration of intent
PAGE 6/	Achel
PAGE 8/	Chimay
PAGE 10/	Echt - Tegelen
PAGE 12/	Orval
PAGE 14/	Rochefort
PAGE 16/	Tilburg
PAGE 18/	Westmalle
PAGE 20/	Westvleteren
PAGE 22/	Brecht
PAGE 23/	Brialmont
PAGE 24/	Clairefontaine
PAGE 25/	Klaarland
PAGE 26/	Mariawald
PAGE 27/	Soleilmont
PAGE 28/	Epilogue



Illustration on page 3: Construction de l'abbaye de Maulbronn, a painting on wood, 1450 (Maulbronn, Evangelisches Seminar)
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“Trappist”

The Trappist monks and nuns together form the Cistercian Order of the Strict Observance (O.C.S.O.). Ever since their Order was set up in 1098, they have been performing various kinds of manual work - often concerning food and drink (bread, cheese, beer, liqueurs, etc.). Most abbeys gradually started to sell some of their produce, with the proceeds going to meet their own material needs and to carry out work in the community. These products have over time gained international renown.

Protection of the name “Trappist”

“We realise that our 'family name' has an economic value (after all, it is no coincidence that producers of consumer goods make so many references to the monastic world, which appeals to the imagination of potential consumers). That's why we wish to protect the monastic economy, which gives life to our communities, from unfair competition.”

The Trappists already made an attempt to protect the name “Trappist beer” before the Second World War. The monks of Orval, who very much wanted to protect the interests of the Trappists, hired a lawyer and instigated legal proceedings. From then on, dealers unjustly using the names “Trappist” or “Trappist beer” can be prosecuted due to unfair competition as these names refer to the origin of the product. The Commercial Court in Brussels on 6 September 1985 was even more explicit: “It is now widely known that the public associates special qualities

regarding quality to products from monastic communities and particularly the Trappists.” In order to inform consumers of the origin and authenticity of these products - as particularly on the beer market, there are a considerable number of brands that assume a “religious” image without being produced in a monastery - the **ITA, the International Trappist Association**, was set up and the “**Authentic Trappist Product Label**” was created.

This label certifies not only the monastic origin of the product but also guarantees that the products sold conform to the quality and a tradition that finds its origin in the lives of Trappist communities. Although this label may also be applied to other products, it has only been used up to now for beer, liqueurs and cheese.

Until now the only abbeys that may apply the Trappist label to their products are Achel, Orval, Scourmont (Chimay), Rochefort, Westmalle and Westvleteren in Belgium and Tilburg (Koningshoeven) in the Netherlands for their beers, Orval for its cheese and Echt - Tegelen for its liqueurs.



Declaration of intent

The use of the label is regulated by the **International Trappist Association (ITA)** which was set up by five Belgian, two Dutch and one German Trappist abbey. The association set up the following rules with which a product must comply in order to receive the label.

First, there shall be a clear connection between the products and the monastery that may in no way lead to confusion. The entire production shall be part of the monastery's economy and be characterised by an unmistakable link of dependence to the accredited monastery. This link of dependence shall be clear from the simultaneous completion of the following conditions:

1. The goods shall be produced by a production unit situated inside the monastery or its immediate vicinity.
2. Through its extent, physical configuration, organisation, use and management, the entire business equipment required shall demonstrate both an indisputable link of subordination to the accredited monastery and a business culture that fits in with monastic life.
3. The work shall be carried out by the monks or nuns themselves and/or laypersons from the accredited monastery or a business entrusted with the production, packaging and marketing, provided that this business is dependent on the accredited monastery and operates under the latter's supervision in terms of production and administrative management methods, quality, publicity and financing.
4. The proceeds shall be outside the scope of any independent profit motive and be intended for material, intellectual and spiritual needs, the maintenance of the buildings, their fittings and the environment of the accredited monastery, whereby any surplus arising from healthy and careful management is used for charity or social work or the needs of other Trappist monasteries.



As well as the conditions placed on production, the goods must also satisfy the following criteria in order to receive the Trappist label:

1. The goods shall be of perfect quality, conforming to the usual criteria for the respective goods, with the quality being subject to permanent control.
2. The goods shall be sold under the name or brand of the accredited monastery.
3. They shall satisfy all legal norms regarding health, safety and consumer information.
4. All publicity or promotion campaigns shall satisfy the requirements of veracity, respectability and plainness in a way that does justice to the religious dimension of the name “Trappist”.

*Taken with permission from and acknowledgements to “Trappist - Het bier en de monniken”
Davidsfonds Leuven ISBN 90-5826 214 6*

“Preserving the authenticity of the Trappist products means us not just informing the public of their monastic origin but also maintaining this monastic origin ourselves. The International Trappist Association wishes to help here by laying down some parameters.

Any applications to use the Trappist label will be studied carefully and the executive committee of the association, representatives of the affiliated abbeys, will decide whether to grant or withdraw the label. The label may no longer be used if a community has ceased to exist or a business has been sold.”



The following pages provide some information about the abbeys whose products have the “Authentic Trappist Product” label and in the second part, there are details of the abbeys that are members of the Association but whose products do not yet bear the “Authentic Trappist Product” label.

Achel

In a remote corner of the Flemish countryside, near the waters of the Tongelreep and hidden between fields and woods on the Belgian border with the Netherlands, is the Achel Hermitage. For three hundred years now, this place has been worshipped by the order Ora et Labora (Pray and Work), entirely according to the spirit of Saint Benedict.

In 1656, there was, even in this secluded area of Achel, part of the Prince-Bishopric of Liège, a prayer house for Catholics from the Protestant Netherlands. In 1686, Petrus van Eijnatten of Eindhoven founded a community of hermits at this spot. Since then, the Hermitage of Achel has been a real gem in the Campine countryside, a centre of prayer, contemplation and spiritual living.

This is a tradition that was only interrupted by the expulsion of the brothers from their monastery during the French Revolution, but which was resumed in 1846 by the Trappist monks from Westmalle Abbey, who founded the Saint Benedict monastery here in order to live a life of prayer, work and study following the spirit of the Cistercian Order. Wasteland was developed and agriculture and cattle breeding blossomed. The community of the Saint Benedict abbey or the Hermitage of Achel grew steadily. Offshoots were founded in Echt, Diepenveen, Rochefort and Kasanza (Congo).

Following the Second World War, they even started to build a new abbey on the site. A part of the old buildings was demolished but only two of the planned four wings of the monastery were completed in the end. For at least a century, the monks of the Achel Hermitage were pioneers in the primary sector of agriculture and cattle breeding (operating a model farmstead that won numerous “first prizes”)

as well as some trades (a bakery, cheese factory, carpenter's shop, a printer's studio and a coppersmith's). After an unsuccessful attempt at getting into the secondary sector of industry, the largest part of the agricultural ground was sold in 1989 to the Forestry Commission in the Province of Flanders for the purpose of the nature reserve, since which the abbey has been dependent on the tertiary (services) sector (the shop), reception (the guest-house), religious culture (the gallery) and the brewery where its own Achel Trappist beer can be tasted.

The inscription above the entrance to the monastery reads “Ingredienti pax”: “Peace to all who enter here” - bringing God's peace and quiet into the hearts of human beings: that is how the monks at the Achel Hermitage see their modest part in society - as a sign of God for all mankind!





Beer was last brewed here in 1914. Since 1998 it has however once more been possible to taste an authentic Trappist beer in Achel, brewed in the brewery of the Achel Hermitage. The Brother Master Brewer, who also works at preparing the produce with Brother Thomas, ensures the now renowned quality of the beer, which contains barley, hops, yeast and water.



Achel Trappist beer is served on tap. Achel "8" has also been available in bottled form since the summer of 2001. The brewery is not open to the public, but the pleasant inn offers a view of the wort boilers, and now and then it is possible to observe some of the work in the brewery. The Hermitage inn offers the perfect opportunity to relax, being also a pleasant place to while away time with friends and family. You might choose to round off your visit to the Achel Hermitage there after, for example, attending High Mass, shopping in Brother Martinus's grocery or a visit to the gallery bookshop or the Art Gallery.

The inn offers a place to have a break when cycling or having a walk in the area. A network of cycle paths, the Leenderhei, the woodland of Hamont-Achel and the tourist car route are within easy reach. The inn is situated in the converted former stables. There are now spacious rooms and an extended sun terrace linked to the entrances to the shop, the gallery bookshop, the museum and the Art Gallery. There is also the special feature that the room in the inn offers a view of the brewery's wort boilers. At certain times, you can follow the brewing process from here.

The "5": having a typical amber, dark-red colour, this beer contains no sugar in order to maintain a pure full flavour; 5% ABV. There is also the "5" blond: Light golden with a slightly richer and stronger flavour. And don't forget the "8" blond in the bottle: a slightly cloudy light golden beer with a refined full flavour. Of the Achel Trappist beers, the "8" is bottled and the "5" blond and brown are only available for consumption at the Achel Hermitage. Achel Extra brown 9.5° has been available since 2 May 2002.



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Beer brewed carefully, to be consumed with care.

Chimay

Not far from Chimay, in the attractive environment of the undulating meadows and imposing forests of the “Boot of Hainaut” (Belgium), you will find the Notre-Dame de Scourmont abbey. Here you will find simple abbey buildings where a tasty and world-famous Trappist beer is brewed!

Times past

In 1850, a group of monks from West Flanders founded a priory on the wild and inhospitable Scourmont plateau. At first they lived on a farm, but as time went on they added a church and a monastery. It did not take long before they also built a brewery, in 1862. This Trappist order was the first to market its beer professionally.

Impressive moderation

The buildings that had been set up during the 19th century around the four interior courts were transformed and embellished between the First and Second World Wars. An old and slim tower, as it were, was added to the monastery buildings, the studios, the brewery, the lean-tos, the large cattle-sheds and the enormous barns.

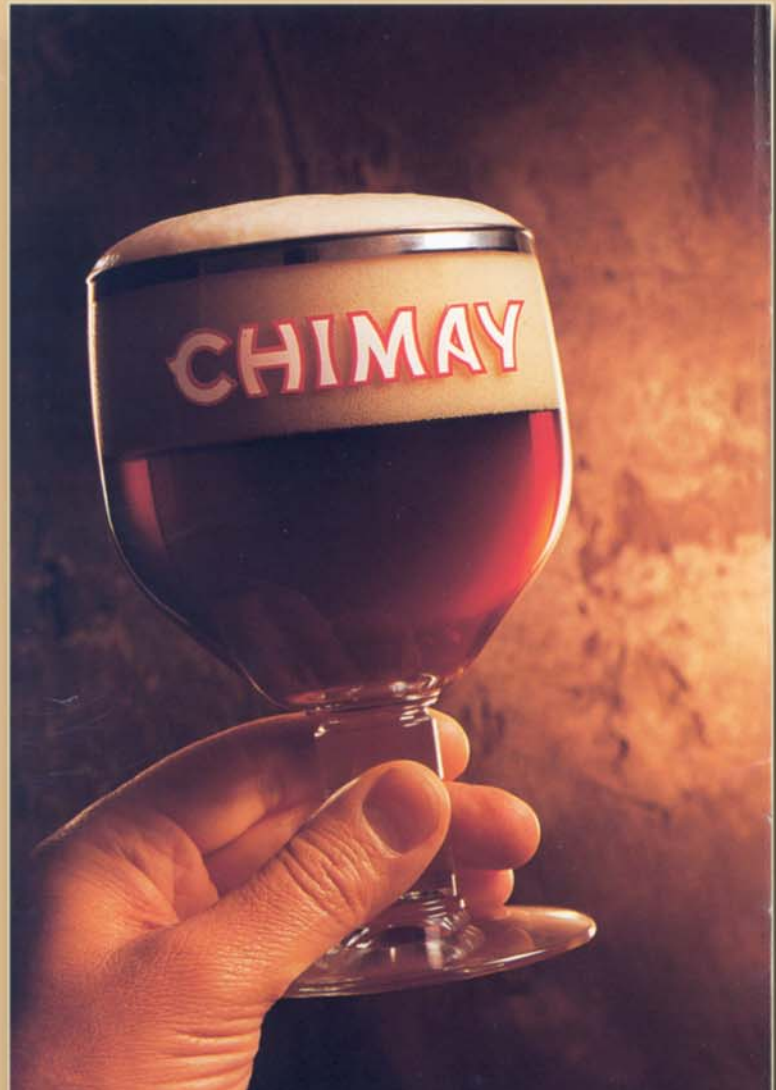
The inside of the church, devoid of all decoration, glistens with simplicity. The abbey buildings themselves do not exhibit any particular artistic features either, with functionality and simplicity being all that counted when constructing them.

Nowadays

In 1954, a new brewhouse was added, which in turn gave way in 1990 to a modern stainless steel installation. The bottling plant and the cheese factory are not far away today, in Baileux. The brewery is not accessible to the public.

However, visitors can attend some religious services and catch a glimpse of the monastery garden. The detour is worthwhile in order to see the austerity of monastic life.

And then, to round things off, why not savour in complete tranquillity a delicious Chimay beer in the abbey's inn, accompanied by some cheese?





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Info

Three strong personalities

Chimay Red, “Première” (“the first”) in its 75 cl bottles, is distinguished by its copper colour and very sweet taste, which makes it particularly attractive. 7% ABV.

Chimay Triple with its white label, dubbed “Cinq Cents” (“Five Cents”) in its 75 cl bottles, triple strength, golden and slightly bitter. 8% ABV.

Chimay Blue, dubbed “Grande Réserve” in its 75 cl bottles, with its intense colour and fruity aroma. 9% ABV.

The art of tasting the beer

Chimay Red and Chimay Blue should both be consumed at the ambient temperature in the cellar: between 10 and 12°C, a temperature that gives Chimay Blue a great deal of richness in terms of body and spirit! Chimay Triple, for its part, should be consumed at a lower temperature of between 6 and 8°C. However, we must draw your attention to the fact that Chimay Blue and Red may also be drunk at a lower temperature of about 8°C - in this case they are particularly thirst-quenching.

Cheese

The Scourmont Trappists discovered the secrets of making this medium-hard cheese, made from the good milk produced on their farm and refined in the vaulted cellars of the abbey, as early as 1876. Today, Chimay cheese is produced using only regional milk and the Trappist monks have modernised their production tools.

Technology has joined hands with tradition for the benefit of the connoisseurs. Thus, Chimay cheese is adapted to the consumer market while maintaining its authenticity.



Echt - Tegelen

Trappists are to be found at two locations in Dutch Limburg: Echt and Tegelen. Together they form one abbey but each with their own tradition and persuasion.



In 1883, Trappist monks established themselves on an isolated farmstead called “Lilbosch”, in the district of Echt, between Roermond and Sittard. On this little farmstead, the monks built their monastery, which officially became an abbey in 1912. The official name is “Abdij Onze-Lieve-Vrouw van de Heilige. Joseph”, or “the Abbey of Our Lady of Saint Joseph”, but the old farmstead continued to be commonly known as “Abdij Lilbosch” (“Lilbosch Abbey”).

The neighbouring marshland was largely developed into a big farm, which is still the main source of income. With great care for the countryside and the environment and with consideration for the varied flora and fauna present, the monks manage and work their territory and feed themselves as much as possible with their own traditional products.



The Trappist settlement in Tegelen near Venlo dates from 1884, when a few monks from the Westmalle abbey in Belgium settled on heathland, the “Uelingsheide”, and built a monastery there, which became an abbey in 1933.



The monks started trading in sacramental wine in 1898. Other wines were then added to the range. The monks also developed a number of exclusive monastery liqueurs.

This all served as the basis for their business that was given the name “Wijnstekerij (Winery) Uelingsheide”.

When it became clear that the Uelingsheide-Tegelen abbey community could not survive on its own, the decision was made in 2002 to join the much more viable abbey community of Lilbosch-Echt.

Not only the winery building but also a small community of Trappist monks remained at the Uelingsheide in Tegelen. The monks of Echt now continue the winery and limit the range to those products having the closest link with monastic life.



Cisterciënzerabdij “Lilbosch”

Pepinusbrug 6 ~ NL-6102 RJ Echt ~ The Netherlands
Tel. +31 (0)475 48 12 53 ~ Fax +31 (0)475 48 48 53



According to old monastic tradition, the monks of Uelingsheide Abbey have developed their own liqueurs. The healing, strengthening and relaxing power of many herbs is captured with monastic patience and used in secret recipes to make delicious liqueurs. They are all produced in their own distillery and of course, bear the logo “Authentic Trappist Product”.

Grande Liqueur de la Trappe: Trappistine

A delicious, exquisite liqueur, building on the oldest and best French monastic traditions. It involves distillation of 45 aromatic relaxing herbs mixed with brandy. As well as providing relaxation for everyone, it is excellent as a digestif.

Fruit liqueur: Cordial la Trappe

A specially fine liqueur made with fruit, with a brandy base. A real heart-strengthener. And it is also held in high esteem as a delicious after-dinner liqueur.

Stomach bitters: Gutamara

Prepared from an exclusive composition of 36 therapeutic and soothing herbs from all over the world. A healing stomach bitter, it is also held in high esteem by connoisseurs as a special apéritif with a full-bodied taste.

These three types are available in four different packages:

50 cl, 35 cl, 20 cl and 2 cl. There are also different gift-wrappings. A real speciality is the gift box, which as well as a bottle of liqueur of your choice (35 cl), contains two liqueur glasses on which the coats of arms of the abbeys at Echt and Tegelen are engraved.

As well as these liqueurs, the range also includes:

- our own house wines of French origin, with the name “Sélection des Trappistes”;
- our own house wine of Spanish origin, all so-called liqueur wines with the name “Casa de Santa Martha”;
- wines produced by other Trappist and Cistercian abbeys;
- (“biological”) wines produced in an environmentally friendly way;
- various types of “Vinum Eucharistiale”: sacramental and communion wines (approved by the Dutch National Council for Liturgy and only for church use).

Sales outlets:

The Uelingsheide abbey shop, Uelingsheide 1A, Tegelen, near the monastery.

Lilbosch Abbey, Pepinusbrug 6, at the monastery gate, Echt.

Delivery: throughout the Netherlands and Belgium.



Wijnstekerij Uelingsheide

Uelingsheide 1A ~ NL-5932 NA Tegelen ~ The Netherlands

Tel. +31 (0)475 34 20 24 ~ +31 (0)77 373 23 45 ~ Fax +31 (0)475 34 20 43 ~ +31 (0)77 373 73 62

www.uelingsheide.nl ~ abdiuwinkel@uelingsheide.nl ~ wijnstekerij@orange.nl

Orval

Orval Abbey was founded in 1070 and became a Cistercian monastery in 1132. It was destroyed during the French Revolution but started to re-emerge from its ruins in 1926. Orval is situated between Florenville and Virton in the south of Belgium in what is called the Gaume region.

Orval, a captivating visit

You will be charmed by Orval Abbey, which is hidden away in a deep valley. Just next to today's monastery, you can visit the listed ruins of the medieval abbey. At the start of the visit, an audiovisual introduction will look at the history of the monastery and life in the community. Then, an explanatory tour will lead you through the rest of the medieval abbey where you will discover a museum set up in the 18th-century cellars, a former pharmacy and the garden containing medicinal plants.

Guided tours are organised on afternoons in July and August, as well as on Sunday afternoons in September.

There is a shop at the exit where you can buy cheese and beer produced in the monastery as well as a selection of books and souvenir items. You can also visit the abbey church for services and take part in the monks' prayers. The other parts of the site - the convent itself, the brewery and the cheese factory - are not open to the public.



Orval, a beer

The Orval brewery was set up in 1931, on the grounds of the abbey itself, in order to provide financial aid for reconstructing the new monastery. These days the monastic community devotes revenue from the sale of its beer under the name “Orval” mainly to social purposes: a Cistercian tradition.

The Orval brewery only has one beer on the market, a high-fermentation beer, re-fermented in the bottle, with 6.2 ABV. This beer is made using only spring water, malted barley, hops, candy sugar and yeast. The aroma and the fineness of the taste of Orval beer owe more to the hops and yeast than the malt.

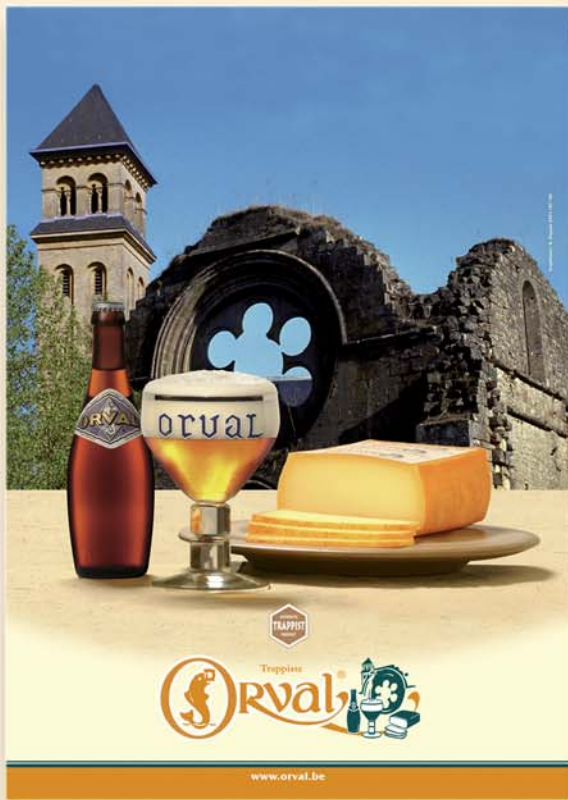
This beer is particularly hopped - this is due to two elements of the production process: the large quantity of fine hops used in the brewhouse gives it a very high degree of bitterness as well as a long shelf life; and the English method of hopping - dry hopping - practised in the storage cellar gives it the hopped bouquet that delights the nose of the most informed consumers.

Orval beer and cheese complement each other perfectly. The very particular forms of the glass and the bottle as well as the design of the labels, beer mats and other advertising material go back to the early 1930s.

Orval, a cheese

Orval cheese is produced at Orval Abbey. Based on whole pasteurised milk from the Gaume region (taken to the abbey directly after milking on the farms where this is produced), this is an uncooked, compacted cheese with a natural, washed rind. In Belgium, this cheese is characterised by its richness and belongs to the category of cheeses that are best enjoyed at the end of a meal.

Orval cheese is directly rekindled from the cheese created in 1816 by the Trappists from Port-du-Salut abbey in Normandy. The production of Orval Abbey cheese goes back to 1928, two years after the return of the monks to their current site. It was the monks from Sept-Fons abbey near Moulins (France), who had been sent to revive Orval, who started off the cheese production.



Rochefort



The Notre-Dame de Saint-Remy abbey in Rochefort (Belgium) was founded in 1230. It belongs to the Cistercian Order of the Strict Observance, referred to as Trappists due to its historic links with the La Trappe abbey in France and its role in the reform of the Cistercian Order in the 17th century. The abbey has been devastated several times during its history but true to the coat of arms of Dom Philippe Lefèvre “Curvata, resurgo” (“Bent, I stand up again”), it always found the strength to recover.

Situated in a large valley at the foot of a wooded hill that separates it from Rochefort, the abbey is a real oasis of peace. It impresses with its contemplative ambiance, supported by its buildings dating from different eras and its natural environment. In a way only matched by a few other old monasteries, it has preserved its surroundings, its spirit and its atmosphere, which enchant us nowadays as they did in days gone by. Restoration work has recently been carried out with the aim of restoring the austere simplicity inherent to the spirit of Cîteaux and Saint Bernard. The abbey church is a fine illustration of this.

In order to preserve the climate of solitude essential to a life of reflection, visits to the abbey are not permitted. But the church is still largely accessible to people wishing to gather their thoughts there.

The inn can welcome, in the enclosure, retreatants in search of silence and prayer. They will be supported by the monks' prayers and in particular by the divine office where the liturgy manages a happy symbiosis of Gregorian patrimony in Latin and the use of French: Night Prayer - the Vigils - along with the seven daytime divine offices and the Eucharist.

Trappistes Rochefort

Living off their work and drawing from this the possibility of catering for a number of social needs, the monastic community of Saint-Remy chose to make its entry into the world of commerce on the agri-food market. This is how it came out that for centuries it has been producing a beer that has acquired great renown. The production is voluntarily limited. This high quality beverage should be consumed with wisdom and moderation, so that it can encourage sharing and friendship.

The brewery represents a major source (brewing has been carried on at Saint-Remy since the 16th century). Modernised in 1952, the installations allow for the production of very popular high fermentation beer, while remaining within fixed production limits according to real needs rather than market forces. It is a Trappist beer since it is brewed in the monastery by the monks with the help of a team of laypeople.

Trappistes Rochefort is brown beer. It is brewed and bottled within the precincts of the Saint-Remy abbey in Rochefort. The humble size of the brewery gives the Trappist monks and their assistants

perfect mastery of the production process. Its artisanal character is especially appreciated by connoisseurs. This beer contains only natural products: spring water, malted barley, hops and sugar. Yeast ensures the fermentation. Re-fermented in the bottle, Trappistes Rochefort reveals all its taste when served in its original glass and at a temperature of 12 to 14 degrees Celsius.



And now, it's up to you to savour for yourself the particular taste of the different Trappistes Rochefort beers!

Trappistes Rochefort 6

The Trappist beer Rochefort 6 starts at a density of 16.50° Plato resulting in an alcohol volume of 7.5%. Its fine aroma makes it delicate on the palate.

Trappistes Rochefort 8

The Trappist beer Rochefort 8 starts at a density of 20.80° Plato resulting in an alcohol volume of 9.2%. Its virile character makes it especially suitable for consumption among friends.

Trappistes Rochefort 10

The Trappist beer Rochefort 10 starts at a density of 24.50° Plato resulting in an alcohol volume of 11.3%. A marvellous beer but one which should be enjoyed in moderation.



Tilburg

There is an abbey in the heart of Brabant in the Netherlands whose towers have been there to see rising high along the road from Tilburg to Moergestel for over a century now.

In 1880, the abbot of the northern French Trappist monastery Mont-des-Cats was worried about the fate of his monks, as the French Government was becoming more and more anti-religious. The abbey sent one of its monks, Sebastian Wyart, to seek a refuge abroad. Father Sebastian chose the Netherlands, where he found what he was looking for in Tilburg in the form of a piece of heathland with a few small farms and a sheep-fold. The Koningshoeven monks began developing the infertile heathland. This however turned out to be expensive. A solution had to be found. As more and more candidates presented themselves and the refuge became a permanent establishment, the farm was no longer able to provide the most basic essentials, so the first father superior Dom Nivardus decided to build a small brewery. Koningshoeven became an abbey in 1891.

Nineteen monks currently live and work in the monastery, with ages ranging from 20 to 86 years old.

The “De Koningshoeven” brewery is in the grounds of the Abdij O.-L.-Vrouw van Koningshoeven (Abbey of Our Lady of Koningshoeven). The De Koningshoeven B.V. brewery is an independent subsidiary of Bavaria N.V. of Lieshout. It has been renting the buildings from the abbey since 1997 and produces on behalf of and under the supervision of the abbey the following beers, under the brand name “La Trappe”: a Blond (6%), a Double (6.5%), a Triple (8%), a Quadruple (10%), a White beer and a Bock beer. Production, distribution and promotion are all controlled by the abbey. These beers are available individually or in splendid gift-wrapping. The monks take care of the brewery's packaging including this gift-wrapping. The monastic community uses a large part of the brewery's income to support its offshoots in Kenya and Indonesia.





What beer specialities are brewed there?

The “Blond” is a clear, sparkling, drinkable golden beer with a high fermentation aimed at the European palate. It is characterised by the use of refined hop types, giving the beer a smooth bitter aftertaste. Another characteristic is the fresh but aromatic aroma. The Blond contains 6.5% ABV and is available in 30 cl and 75 cl bottles as well as 30 litre barrels.

The La Trappe “Double” is a dark, ruby-red Trappist with a smooth aromatic and (first and foremost) fresh character. The Double is 6.5% ABV and is available in 30 cl and 75 cl bottles and pitchers and barrels of 30 litres.

The La Trappe “Triple” contains 8% ABV. It is a dark golden Trappist with a fruity bitter sweet taste and is available in 30 cl and 75 cl bottles as well as 30 litre barrels.

The La Trappe “Quadruple” with its 10% ABV is the heaviest speciality. It has a full, mild and pleasantly bitter taste. The Quadruple is filled according to the year and is good company for long winter evenings. It is available in 30 cl and 75 cl bottles as well as 30 litre barrels.

“Bock beer” is a real autumn beer and has been brewed at Koningshoeven since 2004. It is a Trappist Bock beer brewed in traditional style. It is a multigrain beer of the top-fermenting type. This speciality is 7.3% ABV. It has a malty aroma with hints of a “green aroma” of aromatic hops. The colour is deep red with a full taste due to the hops used and the aftertaste is slightly bitter because of the burned malt and hops. Available in season in 30 cl bottles.

The “White Trappist” is brewed with highly aromatic hops and has a fresh nature that is perfect for summer weather. White Trappist is not filtered or pasteurised and is refermented in the bottle. It is 5.5% ABV and is available in 30 cl and 75 cl bottles as well as 30 litre barrels. The White Trappist is best drunk chilled at 4-6° C.

The La Trappe beers are commercialised in the U.S. under the name Koningshoeven Trappist Ale.



La Trappe
TRAPPISTENBIER
Abdij O.L.V. Koningshoeven



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Beer brewed carefully, to be consumed with care.

Westmalle

Over 200 years ago, the Trappists of Westmalle (Belgium) chose a life of prayer and work. This was their true vocation, according to the Rule of Saint Benedict who prescribed that monks were to support themselves.

Brewery

That is why there is also a brewery within the walls of the abbey. The monks consciously keep production limited with special care for people and the environment. And because they are not driven by profit, they spend what remains on charitable work and people in need.

Three types of beer are brewed within the walls of the Trappist abbey at Westmalle: a Triple, a Double and an Extra.

The Triple and the Double are offered for sale: you will find these beers on sale in catering establishments, large distribution stores, specialist shops and beer dealers in Belgium and the Netherlands, and at a number of selected locations all over the world. The Extra is only brewed twice a year and is only intended for internal consumption: the monks and the abbey's guests drink this beer at lunchtime.

These Trappist beers are brewed according to a long tradition only using natural ingredients: water, malted barley, real hops, sugar and typical Westmalle brewer's yeast. These living beers are refermented in the bottle, meaning that the taste is developing all the time. No two glasses are the same. The taste depends mainly on the age, the way in which the beer has been stored, the way it was poured and the serving temperature.

***Dubbel:** dark-red, amber colour, smooth feel in the mouth, dry aftertaste, 7% ABV.*

***Tripel:** pale and clear, strongly hopped, with a bitter taste due to the fruity aroma, finesse paired with an exquisite aftertaste, 9,5% ABV.*



Farm

There has been a farm in the abbey at Westmalle ever since it was founded in 1794. For a long time, the farm worked the land and raised cattle. Since 1932, activities have been limited to raising cattle. The livestock currently consists of mainly Groningse Blaarkoppen, a breed of cattle with its roots in the area of the Dutch city of Groningen. During the summer, you can watch the animals in the meadows around the monastery buildings.

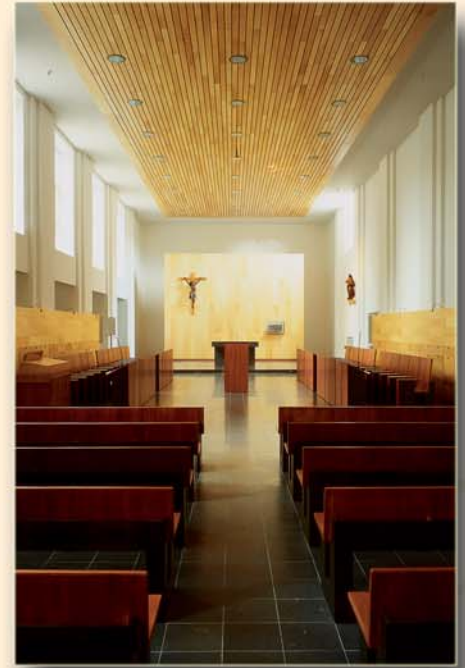
The spacious stables within the abbey walls are large enough for some three hundred animals. There are a hundred dairy cows as well as young cattle and breeding bulls. The Groningse Blaarkoppen breed calves easily and has relatively small calves. This is the main reason why this breed is kept in the abbey at Westmalle. About fifteen years ago, the decision was made to go for a modern tie stall barn after twenty years' experience using a free stall barn. This offers various advantages: the cows remain much more peaceful, they can live longer and human contact with the animals is not lost. On the farm it is always aimed to show respect for and kindness to the animals. The cows are milked twice a day in an autotandem system with 9 milk stands. Quiet music is played in the background in order to reduce the stress for the cows. A large proportion of the milk is processed in the abbey's own cheese factory, while the rest goes to the neighbouring dairy.

Cheese factory

As well as a brewery and a farm, there has been a cheese factory in the abbey at Westmalle since 1860. Here, the monks produce medium hard mature cheese, which is quite well-known in the region. The monks make the cheese themselves without any help from staff from outside. Real Westmalle Trappist cheese, true to tradition, is still made from unpasteurised raw milk. The cheese is lightly salted and homogenous in structure.

The monks use 100% natural ingredients, such as milk from their own cows. In this way, they can be sure of a reliable raw material that they have completely under their own control. The production process is also as natural as possible, without pasteurising or skimming. Nor do the monks add any preservatives or colouring. When the cows go to the fresh meadows in the spring, the cheese is a slightly different colour from when they remain in the stables during winter.

The production of Westmalle Trappist cheese is limited. It is only available at the abbey gate or in the "Café Trappisten" opposite the abbey.



Westvleteren

The appearance of the Saint Sixtus Abbey in Westvleteren (Belgium) is nothing if not modest. What strikes visitors and walkers is the simplicity and tranquillity exuded by the austere buildings.

No Dutch gold or tourist eyecatcher here... just a feeling of timeless harmony between the abbey and the extensive open countryside of the Westhoek region.

The story of the abbey begins with Johannes Baptist Victoor who lived here as a hermit. In 1831, he welcomed here three monks from Mont-des-Cats, an establishment of Notre-Dame du Gard. One of them, Dom Franciscus-Maria, founded the monastery here in 1831.

Saint Sixtus became an abbey exactly forty years later. So began the story of the abbey, in a remote and desolate region where silence was the only witness to a life of prayer and work. The buildings constructed over time represent the growth of the abbey. A new monastery, a small church, a gate for more seclusion but also a farm, a brewery, a forge, a mill and a carpenter's shop appear in the records. "Ora et Labora" (Prayer and work). The walls tell the story of Trappist life.

Brewery

The brewery appears for the first time in the cash register on 15 June 1838: 919 francs were spent "on an old brewery". It is assumed the purchase was also influenced by Westmalle, with which Westvleteren formed a separate Belgian congregation from 1836.

Saint Sixtus received a brewer's licence in 1839. The cashbook mentions that an amount of 25 francs 45 was spent "on the rights to two brews of beer". This referred to the first brew. The brewery was renovated five times over the years. The most recent installation was only put in as late as 1990. The brewery represents a successful combination of tradition and modern technology: the perfect guarantee of a good end product.



Trappists belong to the Cistercian Order. Their lifestyle consists of complete devotion to God. This is clear, among other things, from the brotherly unity, solitude, tranquillity, prayer and ... work!

Manual labour is held in special esteem within this tradition: the income from this is used for their sustenance and for helping others. It is also a symbol of solidarity with all those who work for a living. They therefore brew to live and not live to brew. This is why the Trappist Westvleteren beer is only produced in limited quantities.

The abbey and the brewery are not open to the public. Anyone who is interested can however visit the "Claustrum", the information area in the "In de Vrede" meeting centre opposite the abbey. There, you can gain a closer acquaintance with the abbey community. You will also be given an introduction to the history of the brewery and the details of the brewing process. You can get to know our Trappist beer in the café in our meeting centre.



A limited quantity of Trappist Westvleteren beer is available in the sales outlet in the abbey, following prior reservation by telephone.

With the limited production, only one type of beer is offered per sale. Trappist Westvleteren is only available for sale for private end consumers whereby all buyers agree not to sell it on.

Leave your Trappist beer for at least a week and pour it carefully at a temperature of 12 to 16°C into its glass. Except for Trappist Blond, Trappist beer will keep for years: give the beer time and it will mature further. Keep the bottles vertical, not in the refrigerator but in a dark place between 12 and

18°C. This quality product is delivered in wooden crates that will only remain usable if you keep them in a dry place. Empties will only be taken back with return of the deposit if they are not damaged.

Trappist Westvleteren Blond ~ 5.8% ABV

Trappist Westvleteren 8 ~ 8.8% ABV

Trappist Westvleteren 12 ~ 10.2% ABV



Brecht



The **Onze-Lieve-Vrouw van Nazareth (Our Lady of Nazareth)** abbey is in the heart of the North Campine region. The life of the Trappist nuns is characterised by “ora et labora”: prayer and (manual) labour. Seven times a day the sisters go to the abbey church and turn to Christ in solidarity with all mankind and with all their questions and joy. Anyone who would like to join in these prayers is most welcome in the abbey.

The nuns welcome, in the guests' quarters, groups and individual persons who are looking for some breathing space and to share in the atmosphere of peace and quiet and in the sisters' prayers.

The sisters have to work for a living just like everyone else.

The Trappist nuns of this abbey in the Campine area of the province of Antwerp now have more than forty years' experience in producing and selling personal hygiene products (shampoo, shower gel, bath salts, natural toilet soaps, etc.) and household products (washing-up liquid and floor soap) under the brand name “TRAPP”.

As well as the classic products, a new line was recently created with eco products that are fully biodegradable and only place minimum stress on the environment. All products are for sale in the abbey's own shop, and several other outlets.

The sisters also have a tailor's shop in the abbey where liturgical garments are manufactured and there is a traditional flag shop.



Brialmont

Brialmont Abbey

Brialmont, overlooking Tilff, a few kilometres from Liège, has through the ages served as a fortress and oratory (in the 18th century). The estate of Brialmont was actually set up by Eustache de Hamal, who died in 1282; the first mention of the Brialmont family owning the castle dates from 1361. In 1923, the castle was rebuilt by G. d'Otreppe. When he died in 1956, the castle came into the possession of his daughter, a nun, who donated it to the community. On 5 August 1961, when the congregation of Bernardines Réparatrices (founded in 1934 in Sorée, by D. M. Albert van der Cruyssen, later the abbot of Orval) had just taken up residence, the castle became the Abbey of Notre-Dame de Brialmont. In 1975, to its delight, the congregation was integrated into the Cistercian Order of the Strict Observance.



In keeping with Benedictine tradition, our community aims to offer everyone a warm welcome with a broad range of facilities catering to their wishes and requirements:

- **Do you like walking?** A vast network of walking routes passes by the monastery, including the “tarpan circuit”.
- **Are you searching for reading material, music and healthy and varied products?** Our monastery shop (transformed from the former barn in the castle's farm) will be pleased to help you. The shop offers a large space providing postcards, books, religious objects and the most varied of products from monasteries in France, Belgium or elsewhere as well as from small local tradespeople.
- **Do you want to go one step further in searching out the Almighty or your inner self, whether by yourself or in a small group?** Our monastery inn offers you 13 completely refurbished and modernised rooms, accessible to persons with limited mobility and also offers the possibility of spending the day in a working seminary among other things, in well-adapted rooms.
- **Finally, do you wish to take part in our communal prayers?** Our church is open all day long and we would be pleased to welcome you to the very heart of our daily liturgy.

The community started growing mushrooms in 1997: agaric brown or the cousin of *the Paris mushroom*. Following a successful crop in 2001, we decided to extend it and make it more functional; to this effect, we completely transformed the cattle shed on our farm into four cellars for growing mushrooms in which we produce quantities of up to 6.5 tonnes of mushrooms a year. They are mainly sold (as fresh produce, in soups or quiches) in the abbey shop but also as dried produce or in vinegar in the various monastery shops.

“Bon appétit!”



Clairefontaine

For your next excursion why not pay a visit to the Abbey of Notre-Dame de Clairefontaine of Trappistine sisters, near Bouillon in Belgium? You will be able to visit the charming small town and the castle and take a walk in the woods alongside the Semois river that lead to the abbey.

A welcoming shop

The peaceful abbey shop offers you countless charming products exclusively originating from Benedictine and Cistercian monasteries in Belgium, France, Italy and the UK.

Apart from beer, cheese, gifts, health and beauty products and decorative items, you will find an interesting collection of musical articles and religious books. Of course, you can also buy ceramics, painted silk and delicious biscuits produced by the Clairefontaine nuns.

Recreational stay

Are you looking to take a rest in a peaceful setting far away from the hustle and bustle of daily life? Then look no further than the tranquility of the guest-house, for a full-board stay of anything up to 10 days. There are a park, a garden, single and double rooms and meeting rooms. Sundays and public holidays: celebration of the Eucharist from 10.30 am. We would be delighted to give you a warm welcome.



Monastic items, books, religious music, paintings on silk, ceramics, biscuits...

Klaarland

In the far east of Belgium, right by the Dutch border, in a peaceful open landscape of fields, meadows and woodland lies the Priorij Onze-Lieve-Vrouw van Klaarland (Priory of Our Lady of Klaarland). In 1970, six sisters from the abbey at Brecht started a new foundation: first in the district of Kiewit in Hasselt and from 1975, in Bocholt Lozen.

A community of 14 sisters now leads a life of prayer and work here.

Life in the Klaarland Priory is characterised by prayer, reading and manual work, the three basic elements of Trappist life.

They therefore work for their daily living just like all the other communities in the Trappist order.

This manual labour consists of various small-scale economic activities together with the domestic work.

The following products are the fruits of their labour:

- **handwoven liturgical garments**
- **Trappist tablets (yeast tablets with beneficial health effects)**
- **candles in all shapes and colours**
- **ointments and oils prepared with biological herbs from the priory's own herb garden**
- **cards with dried flowers, messages, original drawings and photographs**
- **carefully plucked lime blossoms ... for a delicious cup of tea**

These are all for sale in the shop in the priory's guest-house.

Guests may use the small guest-house. During the day, the church is open to anyone who wishes to join in the sisters' prayer times or who wishes to have a quiet moment with the Almighty.

It is not however possible to visit the priory.



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Mariawald

In the south of the district of Düren near Aachen (Germany), Mariawald Abbey rises to a height of 417 m between the deep valleys of the Urft and the Rur on the Kermeter above the town of Heimbach.

Centuries old

The abbey owes its genesis to the fact that this spot became a place of pilgrimage to honour the mother of God, who has been worshipped here since 1475. The monastery was founded in 1480 by the Cistercians from Bottenbroich (near Bergheim) and was officially inaugurated on 4 April 1486.

For three hundred years the monks looked after the pilgrims that had travelled long distances, until the monastery was abandoned in 1795 during the French Revolution. It was not until 1860 that the Cistercians of the Strict Observance from Oelenberg Abbey (in the Alsace) acquired and renovated the medieval monastery. In 1875 the monks were displaced again, this time as a result of the Kulturkampf ("culture struggle") in Prussia, but the Gothic church was re-inaugurated in 1891. The General Chapter of the Order made Mariawald an abbey in 1909. The monks were driven away once more during the Third Reich and the monastery was dispossessed in 1942. The monks were able to return to and start rebuilding the monastery - which had been largely destroyed - in April 1945.

Specialities

You will find our specialities in the monastery shop:

- Mariawalder pea soup
- Mariawalder monastery liquor
- Trappist-abbey liquor
- Our various homemade pastries
- CDs of Trappist songs

The following are also available from the tavern area, the bookshop and the monastery shop: Trappist cheese (from another abbey), Trappist beer (from Belgium), daily meals with beef and veal from our own livestock, and products from the Trappist nuns of the Maria Frieden Abbey, such as herbal drinks and natural cosmetics.



Soleilmont

Hidden in an island of green, the Notre Dame de Soleilmont abbey is in Fleurus in the Charleroi region of Belgium.

The origins of this monastery go back to the 12th century. The papal bull from Gregory IX dated 23 March 1239 confirms the incorporation of the house and its inhabitants into the Order of Cîteaux. True to its vocation, the community has managed to survive the trials and tribulations of history (wars and plagues, etc.) despite very scarce means through its immense confidence in God and the Virgin Mary whom it worships under the name of “Notre Dame de Rome” (“*Our Lady of Rome*”). During the French Revolution, the nuns were expelled and sought refuge in the castle at Farciennes where they continued their lives of prayer. The nuns returned to the abbey in 1802 as simple tenants. Soon, there would only be four of them left, but the buildings were nevertheless bought back and a boarding school opened in 1837, which was kept up until the war of 1914 to 1918. The nuns were given the go-ahead to return to the Cistercian way of life in 1919 and were re-affiliated to the Order of Cîteaux in 1922.

In 1950, they sent 13 nuns to found the Notre-Dame de Nazareth abbey in Brecht. In Christmas 1963, disaster struck as fire in the buildings hit the sisters once more. Since 1973, a new monastery has stretched out, at a little distance from the old one, and thus it is in a renovated setting in which the Soleilmont abbey will continue its life of forswearing material wealth, sharing and the search for the Almighty.



In 1987, the community decided to set up a new abbey in Kerala in southern India.

Those who live nearby come to pray to Notre Dame de Rome and each year, on the last Sunday in August, this image of Our Lady, curer of the plague in 1687, is carried in the procession “la Marche de la Grande Terre de Châtelineau”.



The nuns live off the production of round wafers and household bread. They also make liturgical ornaments and some artistic objects. The monastery can cater for a dozen guests and has a little shop where books and religious articles are sold.

Monks' work or relaxation ...

“They are only real monks if they live from their manual labour as did our forefathers and the Apostles.”

It happened to me again recently. A few friends came to visit and said how lucky they considered me having such a quiet life without any form of stress. That's what they thought; anyway I invited them to stay with us for a few days: getting up at half past three every morning and “quietly” going to church, interrupting your work every time the unrelenting bells rang and still ensuring everything happens on time ... It is often not that simple! Work within a contemplative setting has other emphases than other forms of work in contemporary society.

The differences are in three areas: what we do, how we do it and the fact that we do it ...

What we do is quite specific to each abbey. As well as the domestic work, there are the “bread and butter activities”: a garment- and flag shop, a small soap business, a brewery, a cheese factory, a bakery for bread and cakes ... monks and nuns seek thus to live off their manual work. This work is however more than just a question of sustenance. Our work also seeks solidarity with working people - at one with God's creations.

Our way of working may also be rather different from the outside world. I nevertheless hope that people there will also see their work as an expression of love for those for whom they work and act in an honest and precise manner with great care for their working materials (“consider everything to be a holy utensil,” says Saint Benedict). The main thing is that we are invited to remain in touch with the Almighty and his people while at work ... through the Lord's Prayer or any other way of being with Christ in our heart and soul.

But maybe the greatest difference is not in what work we do or how we do it but in the fact that we, irrespective of the work, simply do what is asked of us because it is asked of us or entrusted to us. We do not need to work to build an image, make a career for ourselves or to make a lot of money but in order to earn our living. We may work for relaxation (so without in fact any stress ...) in order to build up the community, as practice in putting our own desires aside and as training in obedience so we may grow in responsiveness for God and his dream for us.

A nun from Brecht

Achel Chimay Echt-Tegelen
Orval Rotherfont Tilburg
Westmalle Wvleteren
Brecht Brialmont Clairefontaine
Klaarland Mariawald Soleilmont

Trappist Info