

CYPRUS



Cycling

Routes





TEMPERATURES

MONTHS	Maximum daily temperature in °C	Minimum night temperature in °C	Mean daily Sunshine (Hours)	Sea temperature in °C	Humidity	Raindays
JANUARY	16	8	5	17	70	9
FEBRUARY	17	8	6	17	69	7
MARCH	18	9	7	18	65	5
APRIL	22	12	9	20	67	3
MAY	26	16	10	21	68	3
JUNE	30	18	12	24	64	1
JULY	32	21	12	26	60	1
AUGUST	33	22	12	27	61	1
SEPTEMBER	31	20	11	26	59	1
OCTOBER	27	16	9	24	64	3
NOVEMBER	22	13	6	21	68	4
DECEMBER	18	9	6	19	70	8

 Main or Connecting Routes

 Lefkosia Routes

 Lemesos Routes

 Larnaka-Ammochostos Routes

 Pafos-Polis Routes

 Regional Trips in the Troodos Area

PRODUCED BY: Cyprus Tourism Organization





























WRITTEN BY: Evangelos Diamantidis

DESIGN BY: Success Advertising Co. Ltd

PRINTED BY: Thekona Ltd, 2003 | English

PHOTOS: CTO Archives, Gringo/Mountainbike Revue

REFERENCE

	Town		Cycling Routes
	Municipality/ Village/Suburb		Cycling Route Start
<i>Protaras</i>	Locality Name		Cycling Route Finish
	Church/Monastery		Alternative Routes
	Mosque		Motorway
	Archaeological Site		Main or Secondary Road
	Camping Site		Limit of Area inaccessible because of Turkish occupation
	Picnic Site		Salt Lakes/Dams
	Tourist Beach		Rivers
	Airport		Round-about
	Harbour		Flora 1 (flat)
	Marina		Flora 2 (mountainous)
	Hotel Accommodation in the area		
	Accommodation in Traditional Houses in the area (Agrotourism)		
	Golf Course		
	Power Station		
	Medieval Towers		

Sun



Sea



Sand



and Cycling

Main or Connecting Routes Page

1.	Lefkosia-Pitsylia	8
2.	Machairas-Pitsylia	11
3.	Lefkosia-Solea Valley	13
4.	Lefkosia-Larnaka Tourist Beach	15
5.	Lefkosia-Lythrodontas-Mosfiloti-Larnaka	17
6.	Tour of Deryneia	19
7.	Larnaka-Athienou-Lefkosia	21
8.	Larnaka-Kofinou-Nisou	23
9.	Kofinou-Lemesos-Pafos	25
10.	Pitsylia-Troodos	27
11.	Troodos-Pafos	29
12.	Troodos Square-Kykkos-Stavros tis Psokas	31
13.	Stavros tis Psokas-Pyrgos	33
14.	Stavros tis Psokas-Panagia-Pafos	35
15.	Polis-Pyrgos	36
16.	Pafos-Pegeia-Polis	38
17.	Pafos-Agios Georgios, Pegeia-Lara-Baths of Aphrodite	40

Lefkosia Routes

1.	Lefkosia-Machairas-Lythrodontas-Lefkosia	42
2.	Lythrodontas-Kionia-Lythrodontas	44
3.	Lefkosia-Adelfoi Forest-Asinou	46
4.	Athalassa National Forest Park	48
5.	Lakatameia and Strovolos bicycle paths	49

Lemesos

1.	Lemesos-Ancient Amathous	51
2.	Ancient Amathous-Governor's Beach	53
3.	Lemesos-Fasouri-Pachna-Lemesos	55
4.	Germasogeia-Kalo Chorio-Polemida	57

Larnaka-Ammochostos Routes

1.	Larnaka Tourist Beach-Hala Sultan Tekke Mosque-Meneou	60
2.	Rizoelia Forest	62
3.	Voroklini Hill	63
4.	Agia Napa-Pyrgos Xylofagou	64
5.	Kofinou-Larnaka	65
6.	Mazotos-Vavatsinia-Kofinou	66

Pafos-Polis Routes

1.	Geroskipou-Tsada-Pafos	69
2.	Kato Pafos-Timi Forest	71
3.	Polis-Neo Chorio-Akamas Lighthouse	72
4.	Polis-Fasli-Polis	74
5.	Polis-Agios Merkourios-Argaka-Polis	75

Regional Trips in the Troodos Area

1.	Troodos-Agios Nikolaos Stegis-Troodos	77
2.	Troodos-Psilo Dendro-Caledonia-Troodos	79

Useful Information	82-84
--------------------------	-------



Introduction

The wind in your hair, the sun on your back, the gentle crunch of tyres on gravel, the sounds of nature all around you, a glimpse of the sea sparkling in the distance, the smell of pines all around. Up ahead a tiny medieval church beckons to be discovered.

If this is your idea of travelling, then cycling in Cyprus is for you.

In the last few years Cyprus has taken off as a destination for cycling enthusiasts both as a place to enjoy the sport and as a means to explore the island.

The island has perfect weather for cycling, especially in the months between October and April, when temperatures range between 15°C and 25°C, while annual rainfall is also quite low in comparison to European countries. What's more, unlike other European or Mediterranean countries, the strong headwinds that are a bane to cyclists, here are rare.

But what makes Cyprus stand out as a heaven for cyclists is its compactness. It is like a whole continent condensed into a small island. The third largest island in the Mediterranean, Cyprus combines attractive beaches with pine-clad peaks, busy modern Europeanised towns and tranquil old stone villages, vineyards and olive groves and ancient ruins. The short distances mean that there are rapid changes of terrain entailing a variety of different road surfaces over short distances. Within the space of 10 km you can go from rocky to clay, and steep to flat, enabling you to experience all surfaces within a short period of time, and making the island into one huge mountain bike arena. In addition there are no legal barriers to cycling anywhere on the island except of course on motorways.

Being a world-renowned tourist destination, Cyprus benefits from a strong tourist infrastructure, such as a wide range of accommodation to suit all pockets, an excellent road network, and first class services. An additional attraction is that visiting the island during the winter months means it is easier to find accommodation and one can benefit from lower off-season prices.

Cypriots as a whole are friendly people and cyclists can be assured of a warm welcome, particularly in the more remote villages and countryside, where modern life has yet to spoil their traditional hospitality. English is widely spoken throughout the island, but particularly in the tourist resorts, so asking for directions should not be a problem.

And just because you've spent the day riding along a dusty mountain trail doesn't mean you can't treat yourself to a truly civilised dinner. There's some fine dining to be had in Cyprus. Cypriot cuisine is typically Mediterranean with a lot of olive oil, fresh fruit and vegetables.

Tavernas specialise in meze, an array of several small dishes offering a taste of everything at one sitting. Culinary influences have come from other Eastern Mediterranean countries, while latterly Oriental, Italian, British and the ubiquitous American fast foods are also in evidence.

Cyprus wines have been famous since antiquity and are well worth tasting. The island has a long tradition of winemaking that goes back over 4,000 years. In ancient times wine was a major source of wealth for the island. The island supplied the Pharaohs of Egypt and Cyprus wines were in great demand amongst the ancient Greeks and Romans. One very old wine, Commandaria, is acknowledged to be the oldest in the world.

As a whole, traffic in rural areas is very sparse in contrast to the towns. This is why many routes have been included in this guidebook as main routes or alternative routes linking villages as well as urban areas. This is in order to enable the average cyclist to travel on paved roads thereby avoiding off-road adventures.

Cycling in Cyprus

The bicycle was the normal means of travel on the island right up to the start of the '70s, when motorcars began slowly to take over. Today, as a result of the efforts of various local authorities and with assistance from the state, new bicycle paths are continuously being created. There are currently bicycle paths in all the coastal towns, as well as in certain suburbs of the capital, Lefkosia (Nicosia), testimony that people have started to turn to their bicycle not just for fun or as a sport, but as a means of transport.

In the competitive field, the Cyprus Cycling Federation, which is a member of the International Cycling Union (UCI), has been organising road races since 1978 on an annual basis. It also holds a three-day international mountain bike competition called "Afxentia", which attracts famous cyclists from all over Europe.

Things to watch out for in Cyprus

- Never forget that driving in Cyprus, in contrast to the rest of Europe, is on the left-hand side of the road, following the British system
- Always travel in single file, so as not to be a hazard for oncoming motorists
- Avoid main roads or busy urban roads. Choose alternative roads that are less congested.
- Always wear a protective cycle helmet
- Always carry the tools you might need for maintenance or repairs
- Be prepared for sudden changes in the weather by packing a waterproof cover or windbreaker

The Cycling Guidebook

This guidebook gives information on routes between towns and regions. But there are also many routes with the same starting or finishing point for people wishing to spend some time exploring a single area. The route descriptions concentrate mainly on providing information about the roads rather than the landscape, although some references are made to certain beauty spots, buildings or important historical sites.

For more information on points of cultural or historical interest, you would be best advised to consult the CTO handbook entitled: "Cyprus: 10,000 years of history and civilisation".

Practical details

Each route description indicates the title of the route showing where the route starts and ends, describes the course from point to point by altitude and mileage from the starting point.

The total distance is given as well as the difficulty rating of each route. The latter is calculated based on the average, moderately fit, cyclist, rather than an athlete who practices the sport competitively. Recommendations are also made as to the type of bicycle suitable for the course and the road surface is also described.

The main routes also have the relevant gradient diagrams.

The routes were measured at 5 metre intervals as regards altitude, and 5km intervals as regards distance.

A map showing the course travelled accompanies each route description. However, cyclists are also advised to carry with them a detailed road map of Cyprus in case they wish to go further afield.

Since the Turkish invasion and occupation of the northern part of the island in 1974, a so-called Green Line divides the areas controlled by the government of the Republic of Cyprus from the Turkish-occupied part of the island. The regions near this Green Line have been avoided as far as possible in order to prevent any accidental crossings over to the other side, as in such an event the Cyprus government would not be in a position to guarantee a cyclist's safety.

In this leaflet all place names have been rendered with Latin characters, in accordance with the official system of transliteration of the Greek alphabet i.e.

Lefkosia = Nicosia,

Lemesos = Limassol,

Ammochostos = Famagusta.

Notes on pronunciation:

'ai' – as in 'e' (egg)

'oi', 'ei', 'y' – as in 'i' (India)

'ou' – as in 'oo' (tour)

An aerial photograph of a terraced vineyard. The terraces are arranged in a series of steps down a hillside. The vines are in various stages of growth, with some appearing as dark green rows and others as lighter green or brownish patches. A prominent road or path runs diagonally across the middle of the image. In the foreground, there are several large, rectangular plots of land, some of which are covered in a light-colored material, possibly a protective covering or a different type of crop. The overall scene is a mix of natural and agricultural elements.

Main or Connecting Routes

Main or Connecting Routes

Excursion I: Lefkosia-Pitsylia

Route: Agios Mamas grade separated junction 210m, Deftera 275m (6km), Psimolofou 315m (10km), Episkopeio 340m (13km), Arediou 355m (17km), Malounta 405m (20km), Klirou 430m (21km), Fikardou 890m (30km), Gourri 755m (31.7 km), Farmakas 955m (46km), Sykopetra 1060m (52km), Palaichori 930m (60km), Askas 915m (63.5km), Fterikoudi 1040m (66km), Alona 1035m (71km), Platanistasa 975m (73km), “Gefiri tis Panagias” forestry station 530m (84km), Mitsero 455m (90km), Agrokipia 430m (92.6 km), Arediou 355m (98km), Episkopeio 340m (102km), Psimolofou 315m (105km), Deftera 275m (109km), Agios Mamas grade separated junction 210m (115km).

Total distance: 115km **Height gain:** 1265m

Difficulty rate: *Quite a difficult course, even though the road is downhill all the way past the village of Alona. It requires a mountain bike with at least 21 speeds. A front fork suspension is recommended.*

Road condition: A variety of paved roads and dirt roads.

Route description: This course goes through the beautiful landscape and picturesque villages of the Pitsylia area, famous for its good wine and smoked meat specialities. Although the route is quite long, the section past the village of Alona is downhill all the way to Lefkosia.



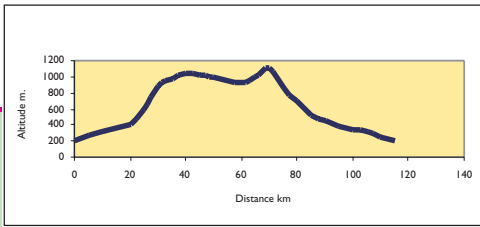
The route follows part of the course from Lefkosia to Machairas up to the village of Episkopeio, but from there it heads west to the village of Arediou instead of the village of Politiko.

It gradually climbs from the old Lefkosia-Palaichori road going through Malounta and Klirou and turns left towards Fikardou.

From Fikardou it goes downhill to Gourri and then turns right on the road towards Lazanias and Machairas. Just before Lazanias the route follows the first dirt road to the right, leading to the village of Farmakas. This dirt road is like a parapet above the cliffs and will give adrenaline addicts the ride of their lives. From Farmakas the route continues south to just above Profitis Ilias at Sykopetra. From there it follows a paved road to the right and heads west to Palaichori. From the village of Palaichori the route leads to the Lefkosia-Agros road, turns left and after a short climb turns right to take the road for Askas, Fterikoudi and Alona, where it turns right heading north and begins the descent towards Lefkosia. At Alona there is accommodation and restaurants if you wish to spend the night or a few more days in the area. After leaving Alona the course descends towards Platanistasa, passes the "Gefiri tis Panagias" forestry station, arriving at a right turn that leads east to the villages of Mitsero and Agrokipia and ultimately coming out at the Lefkosia-Palaichori road. From there to the left and south, the course reaches the Klirou District Gymnasium, where it turns right just before Arediou to meet the old Lefkosia-Palaichori road heading back to Lefkosia in the opposite direction.

Alternative route: At Gourri, instead of heading towards Lazanias, take the paved road for Farmakas and Palaichori. Turn right and to the north from Palaichori, instead of heading towards Askas-Alona, and start descending to Lefkosia.





Excursion 2: Machairas-Pitsylia

Route: Machairas monastery 925m, Gourri 740m (8.5km), Farmakas 955m (15km), Apliki 780m (20km), Palaichori 930m (25km).

Total distance: 25km **Height gain:240m**

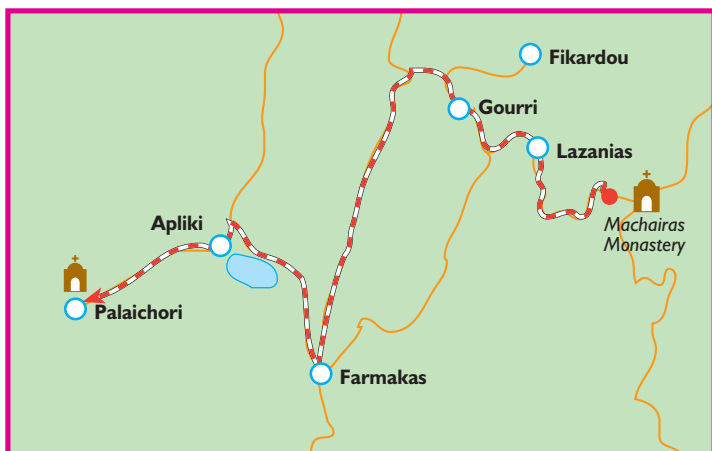
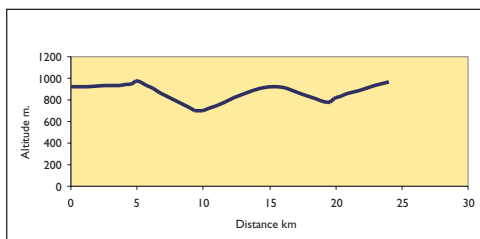
Difficulty rate: *Although the entire route is on paved roads, there are several steep uphill. It requires a street bicycle with at least 14 speeds or a mountain bike with 21 speeds.*

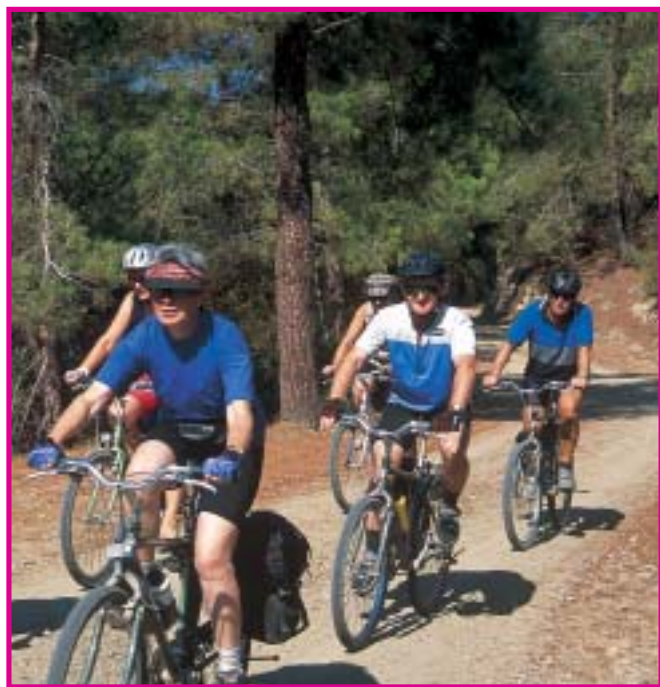
Road condition: For the most part this route is on paved roads.

Route description: This excursion is especially designed to combine an ascent into the Machairas forest with a descent into Lemesos, travelling through the Pitsylia area or further up to Troodos, or even returning to Lefkosia via an alternative route.

From the Machairas monastery the course heads west and passes through the small villages of Lazanias and Gourri, where the it turns south to Farmakas.

From Farmakas it heads southwest and descends towards the main Lefkosia - Palaichori road, with the Palaichori dam to the left. From there the road climbs to the left to go through Apliki, climbing steadily for 5km until it reaches Palaichori itself.





Excursion 3: Lefkosia-Solea Valley

Route: Agios Mamas grade separated junction 210m, Agii Trimithias, 260m (12km), Palaiometochos 240m (15km), Meniko 270m (20km), Kato Moni 400m (30km), Agia Marina 470m (38km), Kapouras 575m (47.5km), Asinou 425m (56.5km), Agios Theodoros 470m (66.5km), Flasou 345m (70.5km), Evrychou 435m (73.5km), Kaliana 500m (76.5km), Galata 575m (80km), Kakopetria 665m (82.5km), Agios Nikolaos tis Stegis 850m (85.5km), Stavroulia 1145m (90km), Koutrafas 220m (122.5km), Nikitari 320m (126.5km), Vyzakia 260m (131.5km), Orounta 300m (140km), Kato Moni 400m (135km), Meniko 270m (145km), Palaiometochos 240m (150km), Agios Mamas grade separated junction 210m (165km).

Total distance: 165km Height gain: 1380m

Difficulty rate: *A difficult route climbing steadily at a 2% gradient on average, and maximum 5%. It requires a mountain bike with at least 21 speeds.*

Road condition: A combination of paved and unpaved roads.

Route description: This excursion will take you through the Solea Valley with its traditional architecture and its picturesque Byzantine churches, some of which are on the UNESCO World Heritage List.

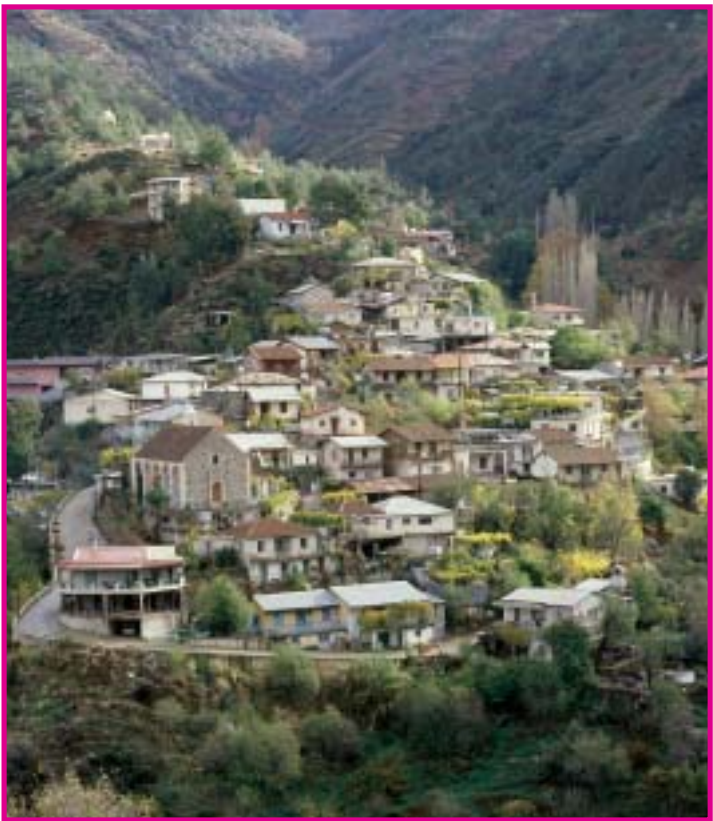
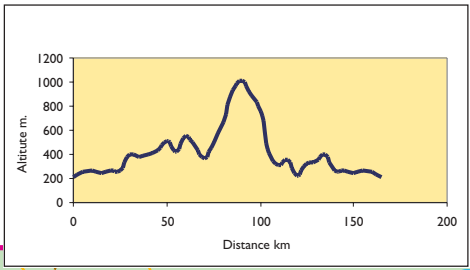
The course follows the same route as that of the Lefkosia - Adelphoi-Asinou excursion until it reaches the Kapouras picnic site, from where it takes the alternative route towards Asinou and Agios Theodoros.

At Agios Theodoros the route crosses the main Lefkosia -Troodos road and reaches Kato Flasou where it begins to climb southwards going alongside the Karkotis river bank, and passing through the villages of Evrychou, Tembria, Kaliana, Galata and Kakopetria.

Keeping on the Kakopetria - Prodomos road, the road starts to climb towards the Agios Nikolaos tis Stegis monastery until it reaches a turning to the right leading to the area of Stavroulia. This part of the road is unpaved and descends in a northerly direction until it reaches the Linou - Pedoulas road. The view of the Solea Valley and the Morfou bay to the east is breathtaking.

The Pedoulas - Linou road crosses the main Lefkosia-Troodos road and then heads in a northeasterly direction to the village of Koutrafas situated on the banks of the Elia river. The road then climbs towards the villages of Nikitari and Vyzakia, where it follows the same route back to Lefkosia via Orounta, Kato Moni, Meniko and Palaiometochos, ending up at the Agios Mamas grade separated junction.

An alternative route to the Koutrafas-Nikitari route, is to return to Lefkosia on the main Lefkosia -Troodos road.



Excursion 4: Lefkosia-Larnaka Tourist Beach

Route: Lefkosia 180m, Lakkia (Latsia) 235m (4km), Nisou 225m (15km), Dali 215m (17km), Lympia 235m (22km), Larnaka Fire Department traffic lights 25m (41.5km), port roundabout 10m (44.4km), Larnaka Tourist Beach 5m (51.5km)

Total distance: 51.5km Height gain: 100m

Difficulty rate: *The route does not present any difficulties and is ideal for all types of bicycles with speeds.*

Road condition: The entire route is on paved roads.

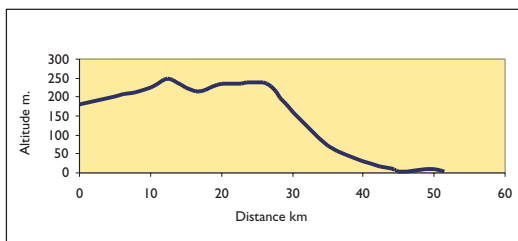
Route description: This route is convenient for getting from Lefkosia to Larnaka and the coastal area outside the town. The course travels along the old Lefkosia-Lemesos road until Nisou and then on the old Larnaka-Nisou road.

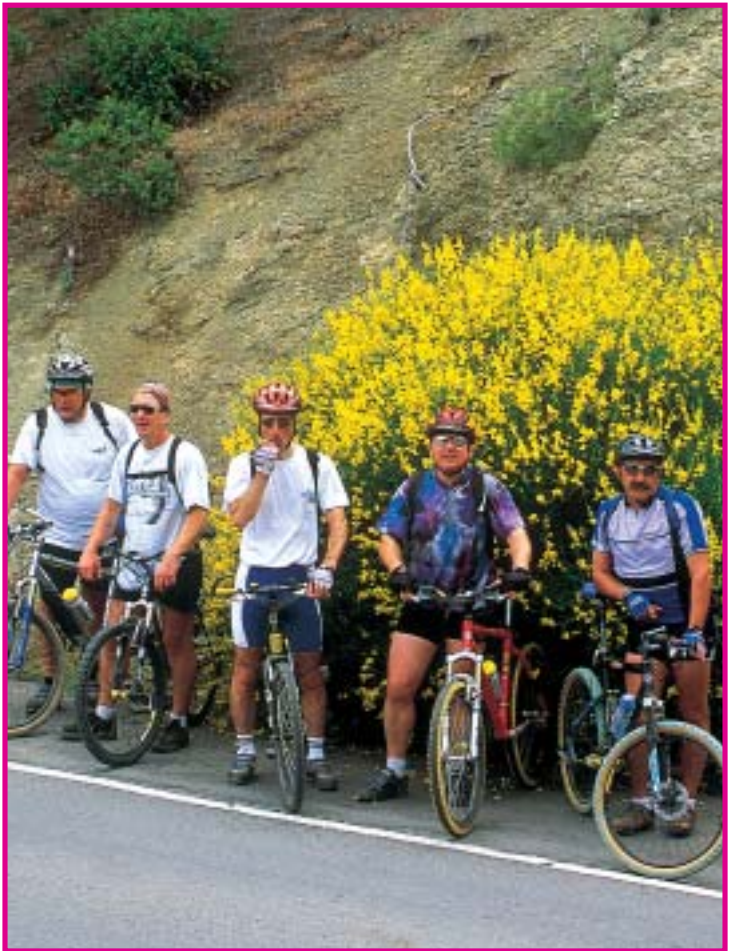
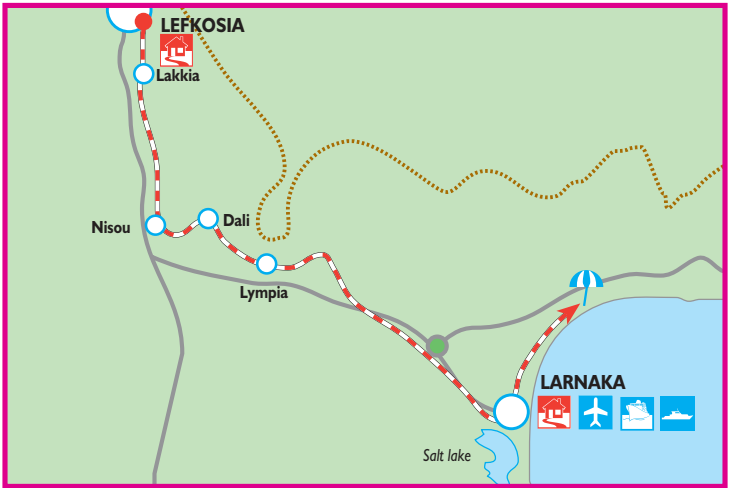
From the traffic lights at the junction of the Lemesos and Athalassa avenues, the route heads south on the motorway to Lemesos and Larnaka. After about 1km, it takes the Lakkia (Latsia) exit on the left, which comes out at the old Lefkosia-Lemesos road. The route then goes through Lakkia (Latsia) and its industrial area, followed by the industrial area of Dali.

At Nisou the route turns to the left heading east towards the small town of Dali. It goes through both Dali and the next village Lympia and then reaches the old Lefkosia-Larnaka road.

From there it turns right heading northeast and travels parallel to the Lefkosia-Larnaka motorway until it reaches Rizoelia on the outskirts of Aradippou. From that point on, the route goes along the motorway next to the Larnaka industrial area and ends up at the Agios Georgios traffic lights. The Fire Department traffic lights are 1km down the road.

Turning left at the Fire Department traffic lights leads to Stratigou Timagia avenue and the roundabout just outside Larnaka port. The route then goes north along the coast, past the oil refineries and the various petroleum companies, and enters the tourist area of Livadia, Voroklini and Pyla with its camping site in a small eucalyptus grove. It ends at the Larnaka Tourist Beach a little further down the road, having covered a distance of 11.5km.





Excursion 5: Lefkosia-Lythrodontas-Mosfiloti-Larnaka

Route: Tseriou street roundabout 210m, Tseri 245m (5km), Analiontas 340m (14km), Lythrodontas 440m (20km), Mathiatis 400m (25km), Sia 300m (34km), Mosfiloti 260m (35km), Psevdas 200m (38.5km), Agia Anna 175m (40km), Kalo Chorio 105m (46.5km), Kalo Chorio grade separated junction 55m (50km), Fire Department traffic lights 25m (55km).

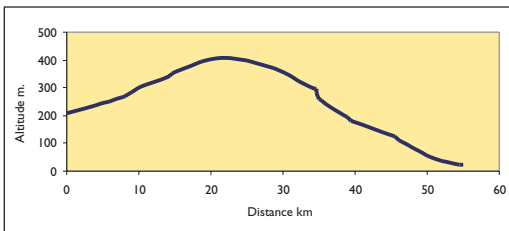
Total distance: 55km **Height gain: 195m**

Difficulty rate: *An easy route for any bicycle with speeds.*

Road condition: Paved roads throughout the entire route.

Route description: This route is an alternative for going from Larnaka to Lefkosia or vice versa. The monotony of travelling only on paved roads is broken by going through several villages allowing for a little sightseeing and rest.

The route begins at the Tseriou street roundabout and goes through the villages of Tseri, Analiondas and Lythrodontas. It then takes an easterly course through the villages of Mathiatis, Sia, Mosfiloti, Psevdas and Agia Anna until it reaches the Kalo Chorio grade separated junction near the old Larnaka-Kofinou road. There it turns left and to the northwest to reach the Larnaka Fire Department traffic lights.





Excursion 6: Tour of Deryneia

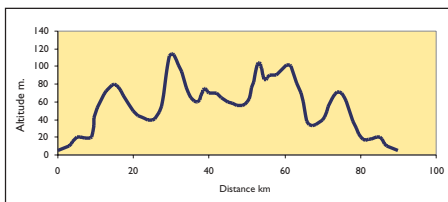
Route: Larnaka Tourist Beach 5m, Dhekeleia 10m (3km), Dhekeleia power station 20m (5km), Ormideia 20m (9km), Xylofagou 80m (15km), Potamos Liopetriou 50m (20km), Makronisos 40m (25km), Agia Napa 55m (27.5km), Cape Gkreko 115m (30km), Protaras 60m (45km), Agia Triada 60m (50km), Paralimni 105m (53km), Deryneia 90m (57.7km), Frenaros 100m (61.5km), Liopetri 35m (66.5km), Xylofagou 80m (72km), Dhekeleia power station 20m (80km), Dhekeleia 10m (82km), Larnaka Tourist Beach 5m (85km).

Total distance: 85km **Height gain: 260m**

Difficulty rate: An easy course. It requires a street bicycle with speeds.

Road condition: Good quality paved road throughout.

Route description: Even though this route is quite long, it is not difficult and goes past the most popular beaches of Cyprus. The route travels along the coast and returns to Larnaka via the “red-soil” villages (Kokkinochoria) of the free Ammochostos Area (Famagusta). The route begins at the Larnaka Tourist Beach and heads east along the coastal road. It turns right at the roundabout just outside the British Sovereign Base Area of Dhekeleia, and enters the base. It turns right again at the next roundabout, goes past the Dhekeleia power station and travels along the outskirts of the village of Ormideia. It then turns right again, climbing a little as it passes outside the village of Xylofagou.



Heading towards Agia Napa, the route goes past the fishing shelter of Potamos Liopetriou and Makronisos and then travels along the main Agia Napa - Paralimni road. It then turns right and takes the road for Cape Gkreko along a bicycle path on the right hand side of the road (the side nearest the sea).

The turning to Cape Gkreko is 4km down the road to the right.

Turning north from Cape Gkreko, the route goes past the Agios Anargyros picnic site and the Konnos area until it reaches Protaras.

From Protaras the route continues to the village of Agia Triada where it turns left towards Paralimni. It cuts across Paralimni and reaches the road leading to Deryneia after turning right and heading north. From Deryneia the route heads back to Larnaka via the potato-growing "red-soil" villages of Frenaros and Liopetri, and after Xylofagou follows the same route back.



Excursion 7: Larnaka-Athienou-Lefkosia

Route: Port roundabout 10m, Tsakilero 20m (1.6km), Aradippou 60m (5km), Athienou 190m (19km), Lympia 235m (31km), Dali 215m (37km), Nisou 225m (40km), Kotsiatis 270m (45km), Margi 285m (48.5km), Tseri 245m (54km), Tseriou street roundabout 210m (60km).

Total distance: 60km

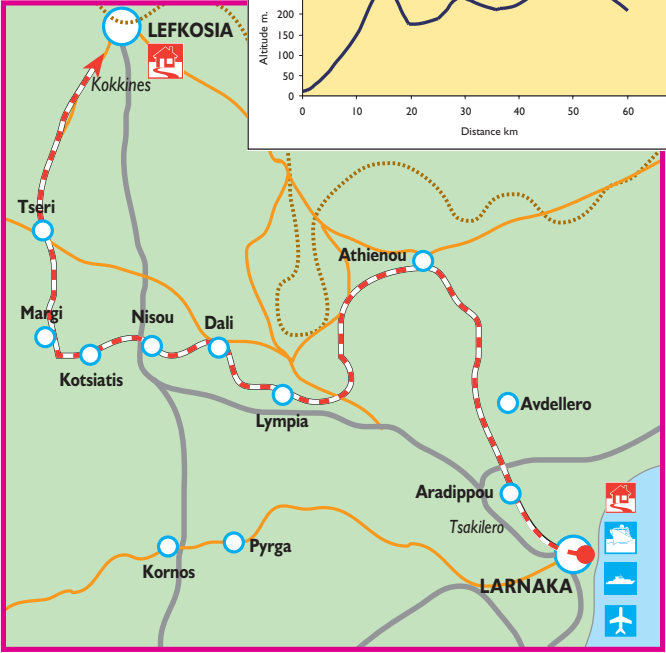
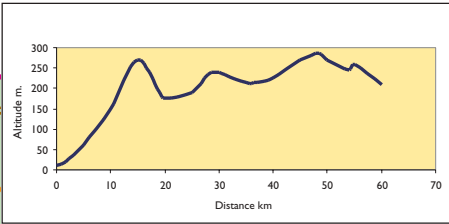
Height gain: 410m

Difficulty rate: Average. Requires a street bicycle with at least 14 speeds.

Road condition: Paved roads throughout.

Route description: This is an alternative route to the Larnaka-Lefkosia excursion or vice versa and goes past the village of Athienou in the Mesaoria plain. The route begins at the Larnaka port roundabout and heads west along Stratigou Timagia avenue until it reaches the Tsakkilero traffic lights where it turns right towards Aradippou, heading northwest. It goes through Aradippou, goes under the motorway to Paralimni and, keeping in the same direction, skirts the village of Avdellero before reaching Athienou. From Athienou the route turns south on the old Lefkosia - Larnaka road up to the junction of the road to Lympia on the right heading west. From Lympia it passes through the villages of Dali and Nisou, goes under the Lefkosia - Lemesos motorway and through the villages of Kotsiatis and Margi. The route then turns north, goes through Tseri and ends at the Tseriou street roundabout in the Kokkines area just outside Lefkosia.





Excursion 8: Larnaka-Kofinou-Nisou

Route: Port roundabout 10m, Fire Department traffic lights 25m (2.9km), Zinona - Phaneromeni traffic lights 30m (4.4km), Phaneromeni traffic lights 35m (7km), airport roundabout 15m (10km), Meneou 35m (14km), Kiti 35m (16km), Mazotos fuel station 45m (25km), Mazotos 40m (27km), Alaminos 90m (32km), Kofinou 155m (37km), Pyrga 340m (50km), Mosfiloti 295m (53.4km), Alampra 280m (58.2km), Nisou 225m (61km).

Total distance: 61km

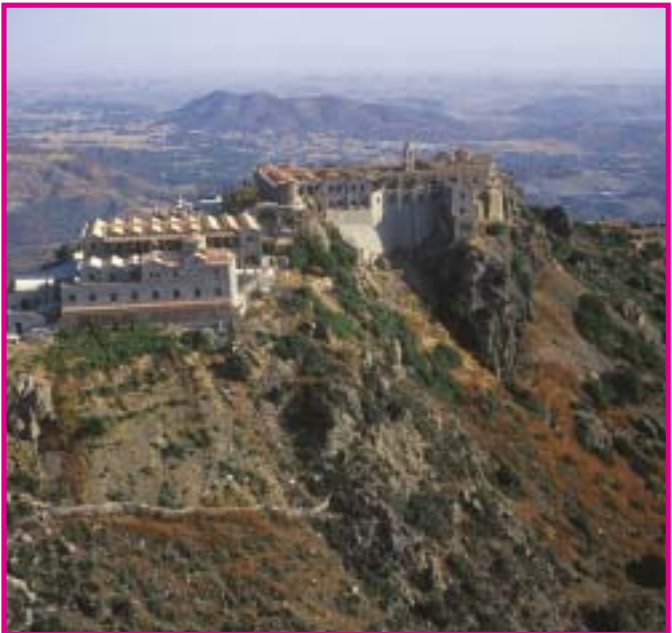
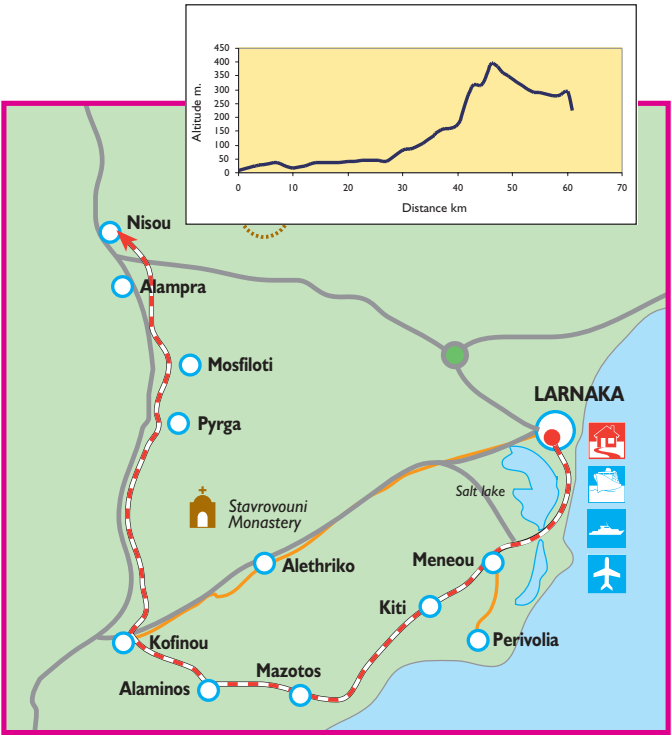
Height gain: 505m

Difficulty rate: *There are a number of steep uphill so the route requires a street bicycle with at least 14 speeds.*

Road condition: Paved roads throughout.

Route description: This excursion goes from Larnaka to Nisou through the hills of the Kakoradjia region, and are a hard ride. The route also links up nicely with a number of alternative routes. Starting at the Larnaka port roundabout, the route travels along the Stratigos Timagia avenue, crosses the traffic lights at the Fire Department, and continues straight to the next traffic lights where it turns left to reach the traffic lights by the Phaneromeni church on the Larnaka Airport – Meneou road. From there it turns right and goes south, past the airport roundabout and heads southwest to Meneou.

Just before Kiti village, it turns right towards Mazotos, which is about 10km further down after the fuel station. The fuel station also happens to be the starting point for the Mazotos – Vavatsinia – Kofinou route. From Mazotos the route continues west towards Alaminos and reaches Kofinou where it meets the old Lefkosia - Lemesos road. It turns right and to the north towards Lefkosia, and from this point on becomes more difficult, owing to a 220m high vertical climb, which lasts for 6km. After that it is downhill all the way through the villages of Pyrga, Mosfiloti, Alampra and Nisou.



Excursion 9: Kofinou-Lemesos-Pafos

Route: Kofinou 155m, Choirokoitia 185m (5km), Moni 70m (25km), Amathous 20m (30km), Potamos tis Germasogeias 10m (35km), Lemesos 10m (40km), Zakaki 10m (45km), Kourion 80m (60km), Episkopi military base 135m (65km), Happy Valley 25m (67km), Paramali 80m (70km), Pissouri 200m (81km), Petra tou Romiou (Aphrodite's birthplace) 10m (88.5km), Mandria 50m (100km), Acheleia 55m (105km), Geroskipou 80m (109km), Pafos Stadium 85m (110km).

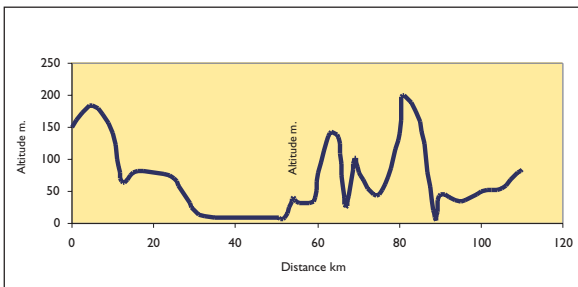
Total distance: 110km Height gain: 510m

Difficulty rate: *A long route without any particularly steep uphill, although some short distances could be described as such. It requires a good quality street bike with at least 14 speeds.*

Road condition: Good quality paved roads throughout.

Route description: This excursion is designed for strong cyclists. The entire route is along the old Lefkosia – Lemesos – Pafos road.

The route starts at Kofinou, heading first south and then southwest, to reach Lemesos after passing through the villages of Choiroikitia, Moni, Amathous and Potamos tis Germasogeias before arriving in Lemesos. From Lemesos it goes west towards Zakaki, Fasouri and Kourion all the way to Petra tou Romiou, from where it goes northwest ending up near the Pafos stadium.





Excursion 10: Pitsylia-Troodos

Route: Alona 1035m, Polstypos 1080m (4km), Chandria 1170m (12km), Kyperounta 1115m (13.5km), Karvounas 1190m (19.5km), Pano Amiantos 1400m (25km), Troodos square 1730m (28.3km).

Total distance: 28.3km Height gain: 695m

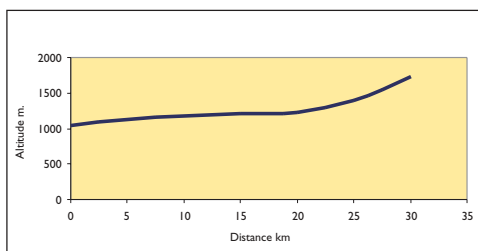
Difficulty rate: *Even though this is a short route, it has steep uphill that require a good quality street bicycle with at least 14 speeds, or a mountain bike with 21 speeds .*

Road condition: Paved roads throughout.

Route description: This route connects the areas of Pitsylia and Troodos. It is an interesting route for visiting the surrounding villages.

From Alona the route heads southwest, goes through Polstypos and climbs to the northwest, passing underneath the Madari peak and reaching Chandria village.

At Chandria it turns right and heads west, through Kyperounta to reach the crossroads at Karvounas. From Karvounas it heads south climbing steeply towards Pano Amiantos and then heads west climbing even more steeply to Troodos square. Before reaching the square it goes past the picnic sites of Almyrolivado and Livadi tou Pasa as well as a camping and a picnic site just before the square.





Excursion I I: Troodos-Pafos

Route: Troodos square 1730m, Psilo Dendro 1185m (7.2km), Pano Platres 1150m (7.7km), Mandria 845m (13km), Agios Nikolaos 740m (22km), Praitori 675m (24km), Kedares 540m (26km), Kidasi 280m (31.5km), Agios Georgios 185m (39km), Mamonnia 165m (41km), Fasoula 130m (42.5km), Nikokleia 85m (49km), Mandria 40m (53.7km), Timi 50m (56.7km), Acheleia 55m (60km), Geroskipou 75m (63.5km), Pafos 75m (65km).

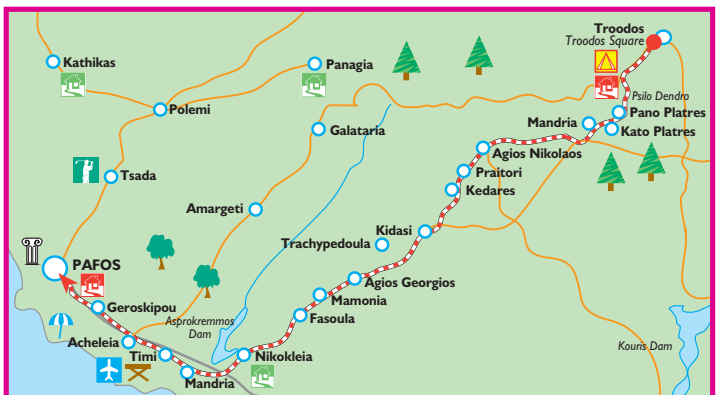
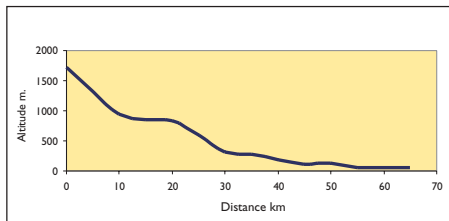
Total distance: 65km **Height gain: 20m**

Difficulty rate: *Easy route, mostly downhill. The bike, whether street bike or mountain bike, should have good brakes.*

Road condition: Paved road throughout.

Route description: This excursion links the Troodos area to Pafos via the picturesque villages in the valley of the Diarizos river.

From Troodos square the route heads south along the main Lemesos-Troodos road. At Psilo Dendro it turns right for Pano Platres and then goes on to Kato Platres. Just outside the village it turns right for Mandria and Pafos.



Heading southwest the route goes through Mandria and then enters the Diarizos valley going through the villages of Agios Nikolaos, Praitori, Kedares, Kidasi, Agios Georgios, Mamonia, Fasoula, Nikokleia, finally coming out at the old Lemesos-Pafos road. From there it turns west to reach Pafos via the villages of Mandria, Timi, Acheleia and Geroskipou.



Excursion 12: Troodos square-Kykkos-Stavros tis Psokas

Route: Troodos square 1730m, Prodromos 1450m (9km), Pinewood 1350m (11km), Kykkos 1150m (30km), Stavros tis Psokas 840m (55km).

Total distance: 55km **Height gain: 25m**

Difficulty rate: *Easy route, with a few uphill and plenty of downhill. A street bike with speeds is required.*

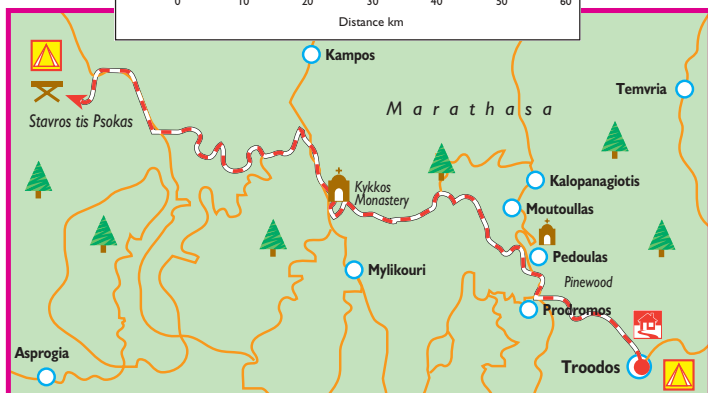
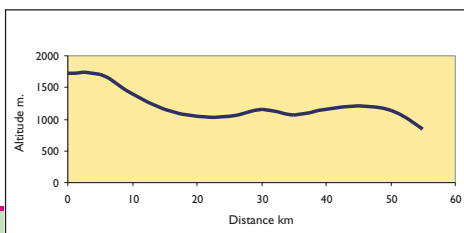
Road condition: Paved roads throughout.

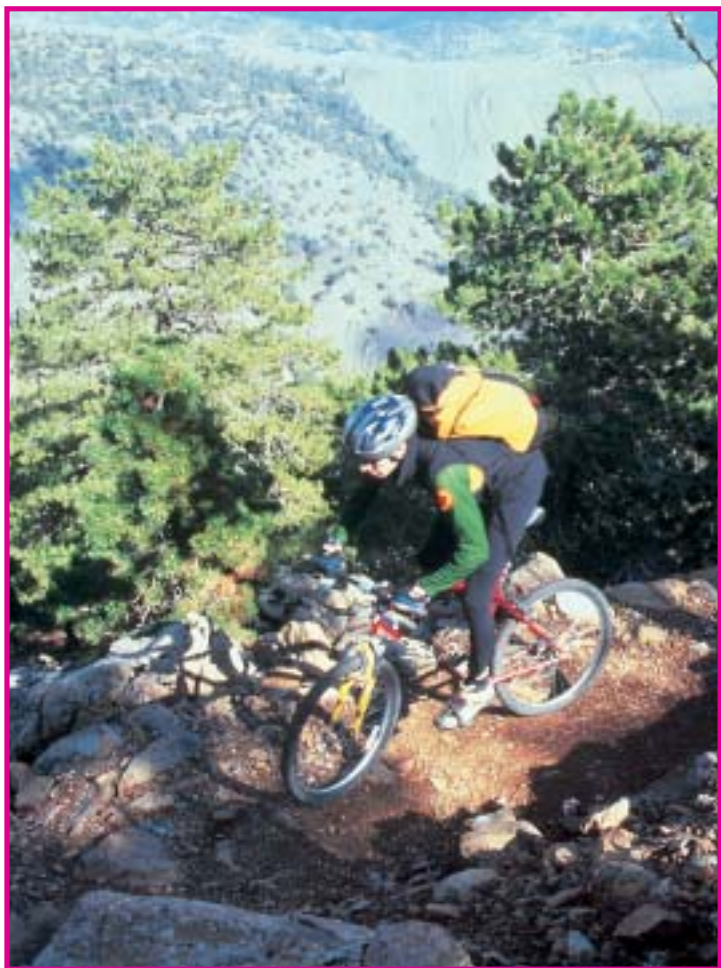
Route description: This excursion links the Troodos area with the Kykko mountains and enables further trips to the northwest coast of the island, along the route from Stavros to Pyrgos or Polis.

The excursion begins in Troodos square and climbs to the west for about 2.5 kilometres when it reaches a turning to the left leading to Mount Olympos from where it goes downhill to the village of Prodromos. It then turns right to the Pinewood area and travels above the village of Pedoulas to reach Kykkos monastery. Here there is an opportunity to stop at the restaurant before going on to Kampos.

A turning to the left before Kampos leads to Stavros tis Psokas to the west and 3.5 kilometres further down, another turning to the left leads to the Cedar Valley. The route continues straight on for another 16 kilometres until another turning to the left, which leads to the Stavros tis Psokas forestry station 3 kilometers along the way.

Here there is a restaurant, a hostel, a picnic site and a camping site, as well as a fenced off area where mouflon (mountain goats) are kept.





Excursion 13: Stavros tis Psokas-Pyrgos

Route: Stavros 840m, Agios Georgios military camp 540m (26km), Pyrgos 20m (40km).

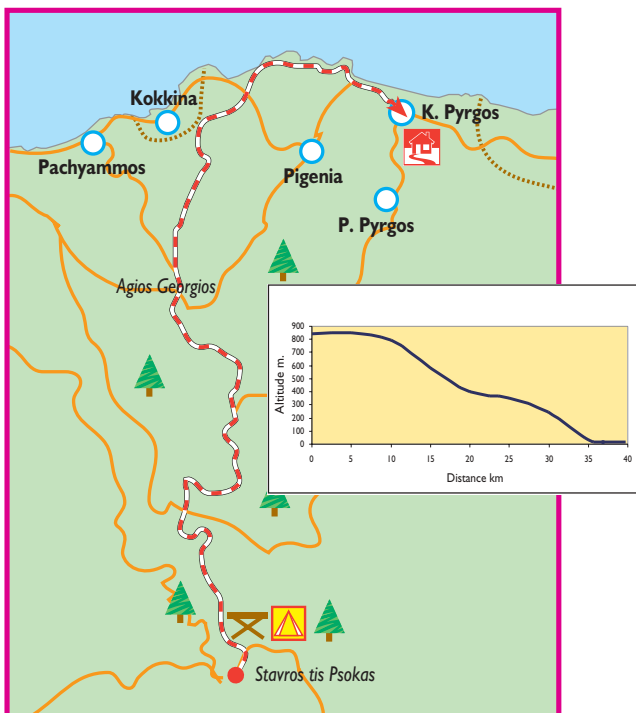
Total distance: 40km **Height gain:** 10m

Difficulty rate: *A relatively easy route as it is mostly downhill. Any kind of bike with speeds and brakes in good condition will do.*

Road condition: Good quality paved road throughout.

Route description: This excursion is another alternative from Stavros tis Psokas instead of going to the village of Panagia and Pafos. This excursion leads to Pyrgos in the Tilliria region.

The route starts at the Stavros tis Psokas forestry station. It climbs a little to the north until it reaches a fork. The right-hand road leads east to Kykkos, while the road to the left heads west to Pomos and Kato Pyrgos. The latter is a winding downhill road, which emerges at the military camp of Agios Georgios above the Turkish enclave of Kokkina. From there the route turns right heading east to reach the coastal road and Pyrgos 6 kilometres later.





Excursion 14: Stavros tis Psokas-Panagia-Pafos

Route: Stavros 840m, Agia (camping side) 650m (9km), Panagia 890m (20km), Asprogia 645m (27km), Kannaviou 400m (32km), Agios Dimitrianos 540m (36km), Psathi 525m (38km), Polemi 520m (40km), Kallepeia 620m (45km), Tsada 560m (50km), Mesogi 310m (53km), Pafos 70m (65km).

Total distance: 65km **Height gain: 475m**

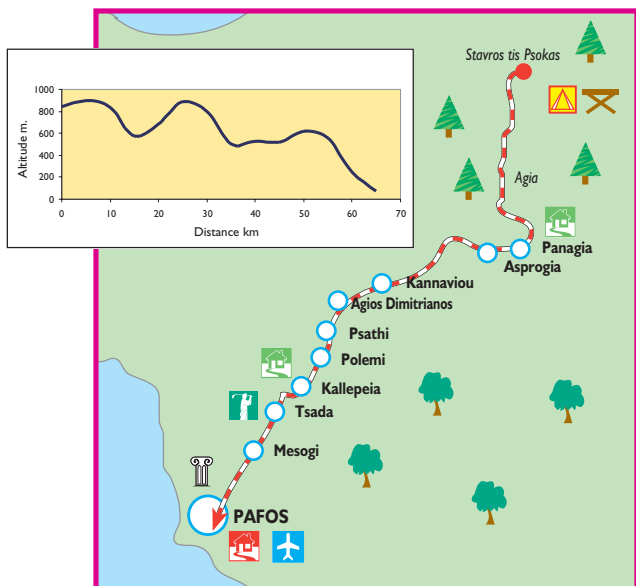
Difficulty rate: *Despite being mostly downhill, there are quite a few steep uphill parts particularly on the paved parts of the road. A mountain bike with 21 speeds is recommended.*

Road condition: A variety of surfaces consisting of both paved and dirt roads.

Route description: This excursion links the mountainous areas of Troodos and Kykkos with Pafos.

From the forestry station at Stavros tis Psokas, the dirt road heads in a southwesterly direction going through one of the most beautiful regions of the island. Uphills and downhills alternate until the camping site at Agia from where the road starts to climb steadily to the end of the forest, a little outside Panagia, at the picnic site in Monasilakkas, where the dirt road ends. The road then climbs a little further up to the largest village in the area, Panagia, the birthplace of Archbishop Makarios III, the first President of Cyprus. The Monastery of Panagia Chrysorrogiatissa is situated near this village.

The route continues towards Pafos, going through the villages of Asprogia, Kannaviou, Agios Dimitrianos, Psathi, Polemi, Kallepeia, Tsada and Mesogi.



Excursion 15: Polis-Pyrgos

Route: Polis 30m, Gialia 30m (12km), Nea Dimmata 25m (14km), Pomos 35m (20km), Pachyammos 80m (24km), Pyrgos 20m (48km).

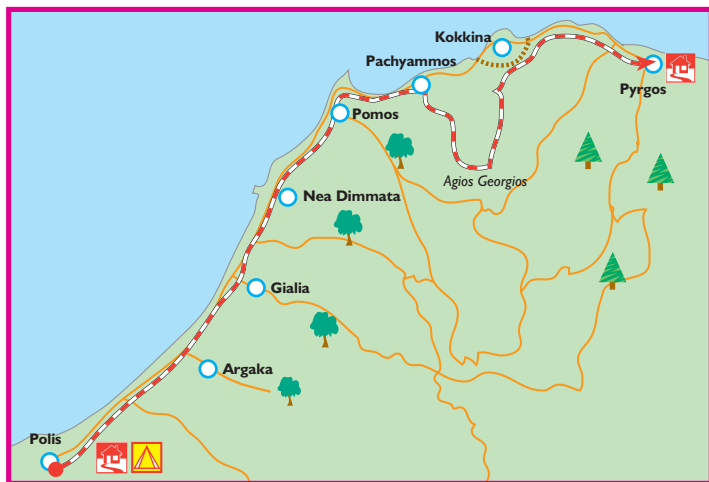
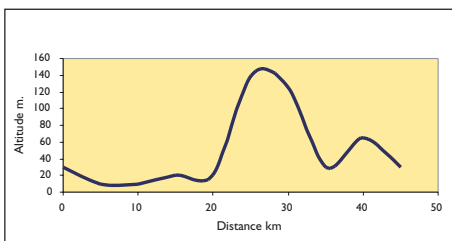
Total distance: 48km **Height gain: 130m**

Difficulty rate: *Easy and almost flat road with only one uphill past Kokkines. There are often strong onshore winds in the area, particularly in the afternoon. A street bike with at least 14 speeds is required.*

Road condition: Good quality paved roads throughout.

Route description: This excursion, together with the routes from Pafos, links Pyrgos with Polis and Pafos.

The route begins in Polis and travels along the coast in a northeasterly direction to Pachyammos. It then does a little detour, climbing up into the mountains in a southerly direction in order to by-pass the Turkish enclave of Kokkines, after which it goes downhill to pick up the coastal road again to Pyrgos.





Excursion 16: Pafos-Pegeia-Polis

Route: Pafos 30m, Pegeia 200m (15km), Kathikas 610m (23km), Prodromi 25m (35km), Polis 30m (37km).

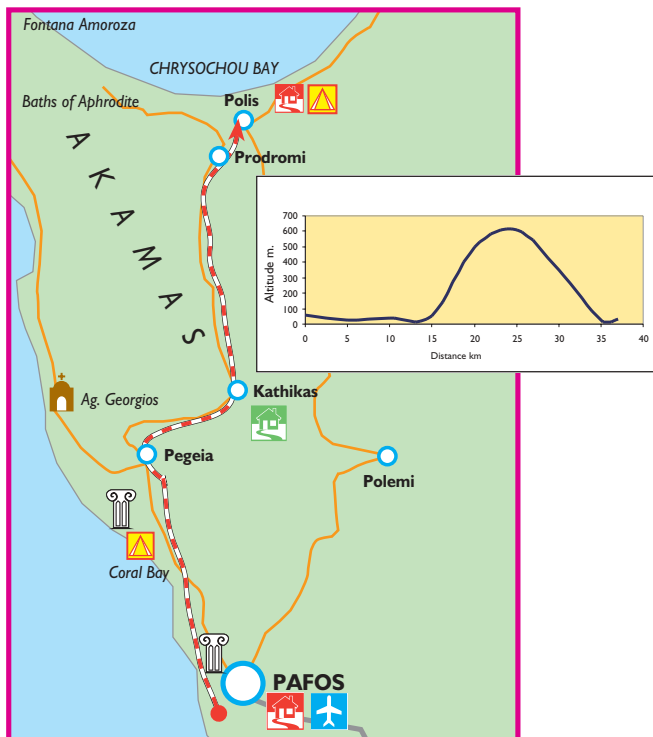
Total distance: 37km **Height gain: 615m**

Difficulty rate: A rather tough route for the average cyclist but can be achieved with some effort and on a good bike (either a street bike or a mountain bike) with speeds.

Road condition: Good quality paved roads throughout.

Route description: This route goes from Pafos to Polis, the main town of the Chrysochou bay.

The route begins in Kato Pafos and goes along the coastal road in a northwesterly direction until the crossroads at Coral Bay, where it turns right. It then climbs to Pegeia, known for its fountain. The route continues climbing through the village, which offers a spectacular view of the west coast. It then enters the forest and travels northeast to the village of Kathikas from where it heads north to Prodromi and finally to Polis.





Excursion 17: Pafos-Agios Georgios, Pegeia-Lara-Baths of Aphrodite

Route: Pafos 30m, Agios Georgios 25m (10km), Avakas 10m (12km), Lara 30m (17km), Fontana Amorosa 15m (31km), Baths of Aphrodite 20m (37km).

Total distance: 37km.

Difficulty rate: A route, which becomes very difficult on some uphill because of the uneven surface. A high-quality mountain bike is required with front fork suspension.

Road condition: A variety of surfaces consisting of both paved and dirt roads.

Route description: This excursion goes along the Akamas peninsula and the Avakas gorge.

This route begins at Kato Pafos and head northwest along the coastal road. At the crossroads between Coral Bay and Pegeia it goes straight to Agios Georgios. A little before the chapel of Agios Georgios on the right and south is a turning along a dirt road for the Akamas area. After about 2 kilometres the route goes over a small bridge at the Avga or Avakas riverbed. From there signposts lead along a path to the right to the Avakas gorge.

Going straight leads to Lara. Straight past Lara is a turning to the right to the chapel of Agios Kononas where there is drinking water.

From Agios Kononas the route heads south to meet the road going over the Akamas ridge, it crosses the road from Smigies to the Akamas lighthouse and goes downhill to Fontana Amorosa.

This road goes along the coast in a southeasterly direction to the Baths of Aphrodite and the beach with a CTO Tourist Pavilion.



Lefkosia Routes



Lefkosia Routes

Excursion I: Lefkosia-Machairas-Lythrodontas-Lefkosia

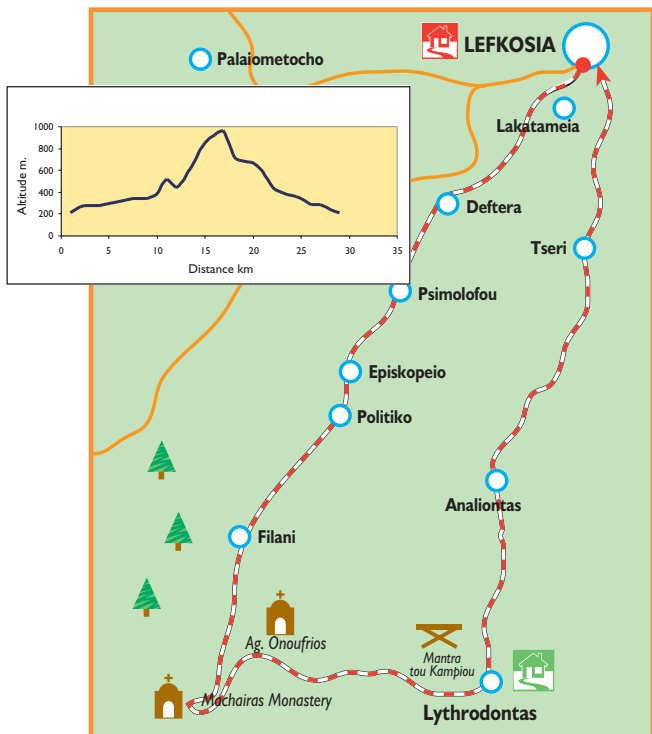
Route: Agios Mamas grade separated junction 210m, Deftera 275m (6km), Psimolofou 315m (10km), Episkopeio 340m (13km), Politiko 385m (15km), Filani 545m (20km), Machairas monastery 950m (31.2km), Agios Onoufrios 685m (36km), Mantra tou Kampiou 665m (38.4km), Lythrodontas 440m (46km), Analiontas 375m (52.5km), Tseri 285m (61km), Tseriou street roundabout 210m (66km).

Total distance: 66km **Height gain: 705m**

Difficulty rate: A relatively difficult course climbing steadily for about 15km. It requires a mountain bike with a minimum of 21 speeds.

Road condition: A combination of paved and unpaved roads

Route description: Cyclists have the opportunity to visit the Machairas forest, the Machairas monastery, as well as the site where a local hero died in the struggle against British rule, Gregoris Afxentiou.



The course starts at the Agios Mamas grade separated junction, between Lakatameia and Strovolos and then heads south travelling through the villages of Kato and Pano Deftera. From there, it goes along the old road to Psimolofou, travelling through agricultural land, to reach the villages of Episkopeio and Politiko, near Agios Irakleidios monastery. From there it heads towards Filani and Machairas. The route from Politiko to Machairas monastery is a steady uphill, while that from Filani to Machairas monastery is a dirt track.

At a distance of 4km outside Politiko the road to the right leads to the village of Lazanias, while that to the left to the Agia Skepi chapel and the Machairas Monastery's Educational Centre. After a mild ascent for about 3km, it comes across the Machairas quarry, from where a difficult climb begins going all the way up to the monastery. Just before the monastery, is the underground hideout of Gregoris Afxentiou, a Cypriot freedom fighter against the British. The road from here on is paved.

West of the monastery and to the right, is the road that leads to the villages of Lazanias, Gourri and Farmakas and joins up with the Lefkosia – Pitsylia route. This route continues to the left and east and then once more turns to the north and starts descending. After 6km it goes past the Agios Onoufrios chapel and 3km further on it reaches the picnic site of Mantra tou Kampiou where public toilets and water are available. This is the official site of the 7km mountain bike piste of the Cyprus Cycling Federation, where the international "Afxentia" race is held every year on the first weekend of March.

Past the picnic site, the course heads east on 6km of dirt road towards Lythrodontas. On the outskirts of the village the course turns north towards Analiontas, Tseri and Strovolos. Strovolos avenue leads back to Lefkosia.



Excursion 2: Lythrodontas-Kionia-Lythrodontas

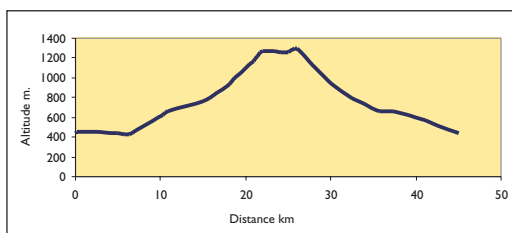
Route: Lythrodontas 440m, Kyprovasa 435m (6km), Vavatsinia 890m (17.5km), Kionia picnic site 1260m (25km), Machairas monastery 950m (30km), Agios Onoufrios 685m (35km), Mantra tou Kampiou 665m (37.4km), Lythrodontas 440m (45km).

Total distance: 45km **Height gain:890m**

Difficulty rate: A very difficult course with steep uphill and sudden, lengthy descents. It requires a mountain bike with 24 speeds and a front fork suspension.

Road condition: A major part of the course is on rough dirt tracks.

Route description: The route offers one of the most beautiful views that the Machairas mountains have to offer. The scenery changes at Dipotamos Valley, Larnaka bay and the Mesaoria plains with Lefkosia at the centre and the Pentadaktylos mountains in the distance. The route starts from the central square of the village of Lythrodontas and heads left towards Kyprovasa just outside the village on the road to Machairas, going through olive groves typical of the area. From Kyprovasa, the course turns to the west towards Profitis Ilias. At the junction with the road leading to Profitis Ilias the route continues to the left heading south towards Vavatsinia. It's worth stopping here to quench your thirst at the Petris water fountain.



After a steady 6km climb, the route reaches the paved Lefkara-Vavatsinia road. The village of Vavatsinia itself is situated a short distance away to the right.

Once inside the village, and after turning right for Machairas, the steep paved road becomes a dirt road. It goes past the Moutti of Pelekanou peak and carries on a relatively flat bit of road until it reaches the Kionia picnic site.

After Kionia the road is downhill for about 10km and leads to the chapel of Agios Onoufrios. From there, the road heads back to Lythrodontas via the picnic site of Mantra tou Kampiou, at first paved but then becoming a dirt track.



Excursion 3: Lefkosia-Adelfoi Forest-Asinou

Route: Agios Mamas grade separated junction 210m, Palaioметоcho 240m (15km), Meniko 270m (20km), Kato Moni 400m (30km), Agia Marina 470m (38km), Kapouras 575m (47.5km), Kannavia 785m (50km), Agia Eirini 860m (53.5km), Spilia 1100m (58.6 km), Asinou 420m (83km).

Total distance: 83km **Height gain: 975m**

Difficulty rate: *A difficult course with an average gradient of 2% but not greater than 5%. The course requires a mountain bike with 21 speeds.*

Road condition: A variety of surfaces of both paved roads and dirt roads.

Route description: This excursion takes cyclists from the outskirts of Lefkosia to the forest of Adelfoi and past the early Byzantine church of Panagia Forviotissa (Asinou).

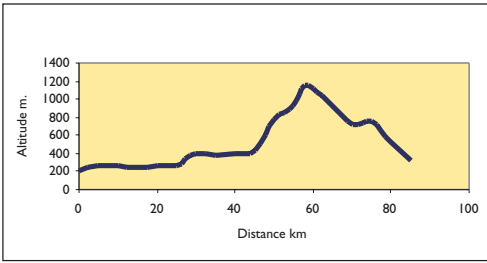
The route's starting point is the junction on the outskirts of Lakatameia near the "Metro" supermarket. The route heads west for about half a kilometre before it reaches the Lakatameia bicycle path on the banks of the Pediaios riverbed. The bicycle path ends south on Agios Georgios street, where it turns right and west reaching the traffic lights on the Lefkosia-Palaichori road. Almost exactly opposite the traffic lights lies the road that leads to the village of Agioi Trimithias and then towards Palaioметоcho and Meniko. From Meniko the route follows a dirt road before reaching the paved road just outside the village of Kato Moni. From there Mitsero quarry is visible to the southeast and the Troodos mountains to the southwest.

From Kato Moni the route heads north on the Peristerona-Platanistasa road. It climbs for a short distance then turns right towards the village of Agia Marina. From Agia Marina it passes through the village of Agios Georgios, and past the Kapoura picnic site and the villages of Kannavia and Spilia.

There is a dirt road at the entrance of Spilia and to the right that leads to Asinou and the area that EOKA (the movement fighting for the independence of Cyprus from the British) was most active in. The dirt road travels north through the Adelfoi forest for 23km and leads to the Byzantine church Panagia Forviotissa in Asinou. (An alternative road for Asinou is the 9km forest road just after the Kapouras picnic site to the west.)

After Asinou (3km), along a paved road, is the village of Nikitari where road signs lead back to Lefkosia through the villages of Vyzakia and Orounta. This part of the road is not paved and from Orounta the course turns north on the Peristerona-Platanistasa road towards Kato Moni for the return journey to Lefkosia.

An alternative and less complicated route is via Orounta and Peristerona and back to Lefkosia along the main Lefkosia-Morfou road.



Excursion 4: National Forest Park Athalassa

Difficulty rate: *An easy route for all types of bicycle.*

Road condition: Paved road throughout.

Route description: National Forest Park Athalassa was given a 16km long bicycle path on the initiative of the Forestry Department. It is a popular area for the inhabitants of the capital, who go there to exercise or just for fun.

National Forest Park Athalassa is located south of Lefkosia and to the east of the Lefkosia - Lemesos motorway.



Excursion 5: Lakatameia and Strovolos bicycle paths

Difficulty rate: *An easy route for all types of bicycle*

Road condition: Unpaved but smooth path.

Route description: The Lakatameia and Strovolos Municipalities have created an 8km long bicycle path along the banks of the Pediaios river, from Lakatameia all the way to the Presidential Palace.



Lemesos Routes



Lemesos Routes

Excursion I: Lemesos-Ancient Amathous

Route: Lemesos coast, Germasogeia tourist area 5km, ancient Amathous 10km, Agia Varvara 11km

Total distance: 11km

Difficulty rate: *An easy ride for all types of bicycles.*

Road condition: Entirely paved.

Route description: This route is a bicycle tour of Lemesos. There are very few variations in level and are not worth mentioning. It takes cyclists through the tourist area of Germasogeia, ancient Amathous and the nearby chapel of Agia Varvara with its eucalyptus grove and its lovely beach.

The route begins from the old port of Lemesos and heads northeast along the coast. It goes through the tourist area of Germasogeia with its many shops, nightclubs, restaurants, hotels and traditional tavernas. The route ends at the archaeological site of Amathous. A short distance down the road is the old chapel of Agia Varvara, once a favourite spot for local fishermen. Just opposite the chapel there is a beautiful eucalyptus grove that provides plenty of shade for swimmers.





Excursion 2: Ancient Amathous-Governor's Beach

Route: Ancient Amathous, Moni cement factory 6km, Agios Georgios Alamanos river 11km, Governor's Beach 15km.

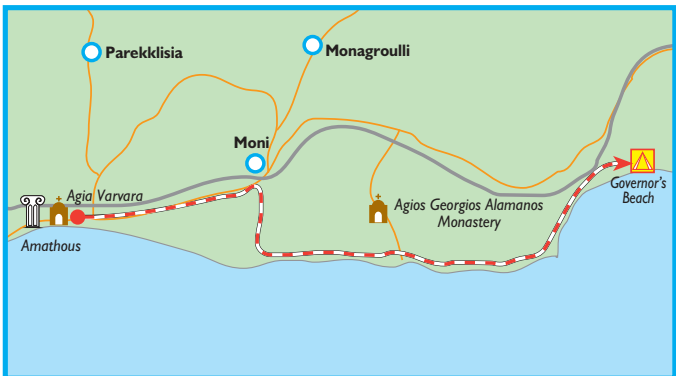
Total distance: 15km.

Difficulty rate: *Hard and uneven surface. It requires a good quality mountain bike with 24 speeds and front fork suspension.*

Road condition: Apart from the first 5km of paved roads, the rest of the route is on an uneven surface.

Route description: This excursion is for mountain bike fanatics who will appreciate the technical difficulties involved. Although there are few level changes, the fact that a large part is on rocky ground calls for a good sense of balance and technical skills.

This route starts where the Lemesos-ancient Amathous route ends and goes in the same direction along the old Lemesos-Lefkosia road for 5km until it reaches the Moni flyover. There it turns off onto a dirt road to the right and heads south towards the coast. It goes past a number of industrial units as well as the Moni quarry where it turns left heading east. This part of the route is full of cycling thrills, ending up at Governor's Beach.



Half way along the route, about 4km, is a biological waste-processing unit. Just before the uphill leading to the unit, there is a narrow path carved out of the cliff on the right, which descends to the dry riverbed of Agios Georgios Alamanos. The road at the riverbed is smoother and heads north for about 600m before turning right to get across. It is not far from there to the coast, with Governor's Beach 5km away.



Excursion 3: Lemesos-Fasouri-Pachna-Lemesos

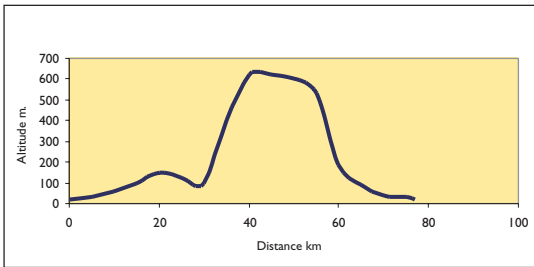
Route: Port traffic lights 20m, Zakaki 25m (1km), Asomatos 30m (5km), Fasouri 40m (7.5km), Kourion 40m (14km), Kourion Stadium 115m (15km), Sanctuary of Apollon Ylatis 120m (17.3km), Episkopi military base 150m (20km), Happy Valley 50m (22.4km), Paramali 50m (26km), Avdimou 100m (30km), Prastio 400m (35km), Agios Amvrosios 580m (47.7km), Kivides 615m (51km), Souni 530m (55km), Kantou 170m (61km), Erimi 115m (63.4km), Kolossi 95m (65.4km), Kolossi castle 70m (66.1km), Fasouri 40m (70km), Asomatos 30m (72km), Zakaki 30m (76km), port traffic lights 20m (77km).

Total distance: 77km

Height gain: 660m

Difficulty rate: *It is a relatively long route but it does not present any particular difficulty except for a few steep uphill, which require a bicycle with speeds.*

Road condition: Good quality, paved roads throughout.



Route description: The excursion goes through the western villages of the Lemesos district. It travels past traditional wine-producing villages, goes along the picturesque Fasouri road where the cypress trees growing on either side form a canopy of leaves overhead, and drives past important archaeological sites like that of Kourion.

From the Lemesos port traffic lights, the route heads west towards Zakaki. For about 15km the landscape consists of citrus orchards. Asomatos village and Fasouri settlement are the main orange-producing areas of Lemesos. Along the old Lemesos-Pafos road, the route goes past the chapel of Agios Ermogenis, the entrance to the archaeological site of Kourion and the popular Kourion beach. It then climbs steeply for about 1km and arrives at the Ancient Stadium of Kourion and the Sanctuary of Apollo Ylatis.

Next, the route goes past the military base of Episkopi and the village of Paramali, where it starts to climb to the north towards Avdimou and Prastio until it reaches Pachna, the main wine-producing village of the region. The village is full of vineyards, as are the following villages of Agios Amvrosios and Kivides, which are smaller in size and population.

After Kivides the route is downhill and offers a spectacular view to the east of the town and bay of Lemesos spread out below in all its glory as well as the Akrotiri peninsula and the bay of Episkopi. The straight road that leads to Souni and Kantou is relaxing and enables one to enjoy the countryside. Shortly after Kantou is Erimi, a village located on the old Lemesos - Pafos road. From there the route turns left in an easterly direction, and then right to Kolossi and its medieval castle. The return journey to Lemesos is via Fasouri.



Excursion 4: Germasogeia-Kalo Chorio-Polemida

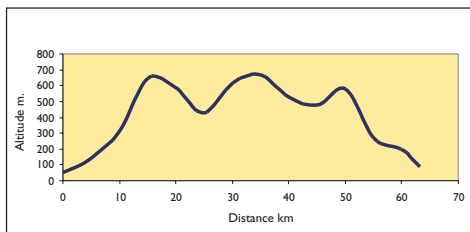
Route: Germasogeia 50m, Germasogeia dam 130m (4.2km), Akrounta 140m (7.5km), Dierona 455m (21.5km), Arakapas 385m (23.7km), Kalo Chorio 690m (32.4km), Agios Mamas 560m (41.8km), Kapileio 495m (44.2km), Korfi 580m (50km), Polemidia - Lemesos 90m (63.5km).

Total distance: 63.5km Height gain: 840m

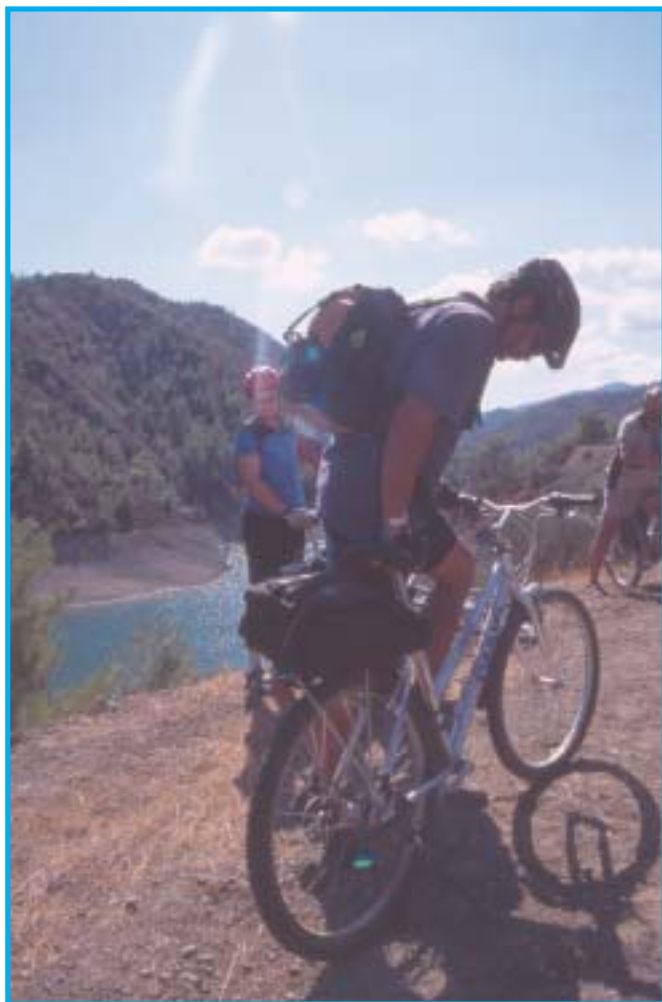
Difficulty rate: Average. It requires a mountain bike with at least 21 speeds.

Road condition: A combination of paved and dirt roads.

Route description: This excursion goes through the eastern villages of the Lemesos district as well as some of the mountain villages in the foothills of the Pitsylia region, such as Agros. You can also go down towards Palaichori along the routes of the Lefkosia district. The route heads north starting at the Germasogeia roundabout. It climbs through the village, goes past the Germasogeia dam and the villages of Akrounta, Dierona and Arakapas.



At Arakapas, the route turns west and continues climbing steadily to the village of Kalo Chorio where it meets the Lemesos - Pitsylia road. Heading in the direction of Lemesos, a short distance down the road and to the right, is the dirt road that leads to Agios Mamas. From Agios Mamas the route begins to descend along a paved road passing through the villages of Kapileio and Korfi to reach the roundabout of Polemidia on the outskirts of Lemesos.



An aerial photograph of Larnaca, Cyprus, showing a dense urban area with a prominent stone fortification in the foreground and a church tower in the middle ground. The fortification is a large, rectangular stone structure with a flat roof, situated near the water. The surrounding area is filled with buildings of various sizes and colors, including a large white building with a prominent tower. The water is a deep blue color. A red banner with white text is overlaid on the top of the image.

Larnaka-Ammochostos Routes

Larnaka-Ammochostos Routes

Excursion I: Larnaka Tourist Beach-Hala Sultan Tekke Mosque- Meneou

Route: Larnaka Tourist Beach 5m, Larnaka 5m (10km), Hala Sultan Tekke Mosque 5m (15km), Meneou 10m (18km).

Total distance: 18km.

Difficulty rate: *An easy route, ideal for all bicycles.*

Road condition: Good quality paved roads throughout.

Route description: This excursion is a cycling tour of Larnaka. The route begins from the Larnaka Tourist Beach and heads south to the Larnaka port roundabout along the bicycle path on the left hand side of the road. It continues straight, goes along Athinon avenue (Finikoudes Promenade), past Larnaka castle and Mackenzie beach, and turns west to get onto the Larnaka airport road turning left at the traffic lights. The route goes past the airport roundabout and shortly afterwards turns right to the Hala Sultan Tekke Mosque. Here there is a restaurant and a picnic site in the nearby wood. Going straight on leads to Meneou.



Alternative route: To make the trip slightly longer, take the road from Meneou to the coast heading southeast, get on the main coastal road that goes past the Kiti Medieval Tower. Then turn right heading northwest through the villages of Pervolia and Kiti and back to Meneou.



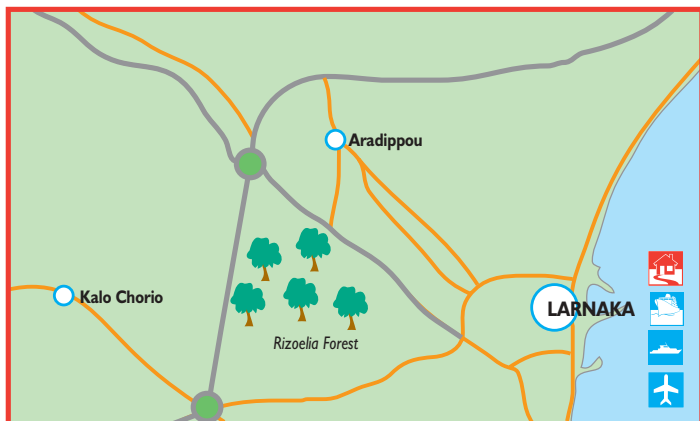
Excursion 2: Rizoelia Forest

Difficulty rate: *Easy to average route on unpaved roads. It requires a mountain bike with 21 speeds. Front fork suspension recommended.*

Road condition: Unpaved.

Route description: The small forest of Rizoelia is next to the roundabout on the outskirts west of Aradippou.

There are plenty of dirt roads for mountain biking fanatics and for those who love riding in a beautiful forest or want to enjoy the view from the top of the hill.

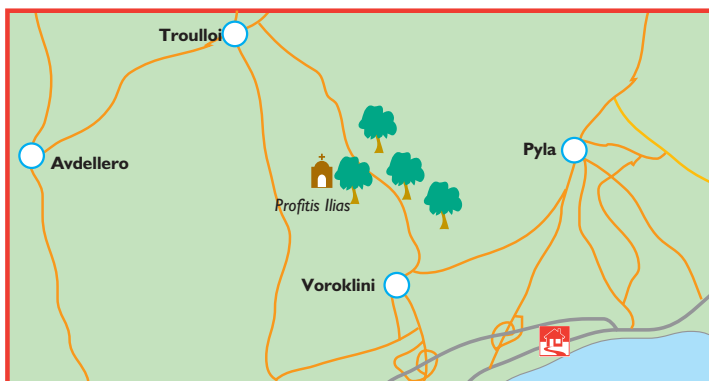


Excursion 3: Voroklini hill

Difficulty rate: Various levels of difficulty. It requires a mountain bike with at least 21 speeds and front fork suspension.

Road condition: Unpaved road.

Route description: The Gerakomoutis hill, situated at 207m above sea level and with a chapel dedicated to Profitis Ilias, offers exciting routes as well as magnificent views over Larnaka bay.



Excursion 4: Agia Napa-Pyrgos Xylofagou

Route: Agia Napa 10m, Potamos Liopetriou 15m (10km), Xylofagou Medieval Tower 97m (16km), Agia Napa 10m (32km).

Total distance: 32km

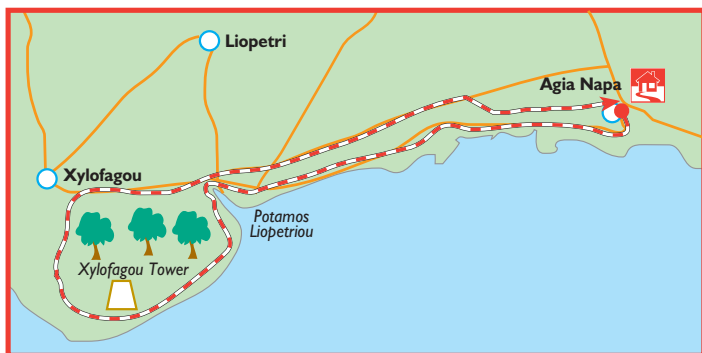
Difficulty rate: *An easy route but it requires a 21-speed mountain bike.*

Road condition: A combination of paved and unpaved roads.

Route Description: This excursion does the round from Agia Napa to Xylofagou and comes back along the Xylofagou - Agia Napa road.

The route begins at the little harbour of Agia Napa and climbs towards the north until it reaches the traffic lights where it turns left and to the west, going along the bicycle path on the left hand side of the road. It then goes past Makronisos on the dirt road that leads to the Agia Thekla chapel and the fishing shelter by the Potamos Liopetriou.

Heading south it goes round Cape Pyla, until it reaches the Xylofagou Medieval Tower. From there it takes a northern course to reach the outskirts of Xylofagou and turns right and to the east taking the Xylofagou - Agia Napa road back to Agia Napa.



Excursion 5: Kofinou-Larnaka

Route: Kofinou 155m, Alethriko 55m (10km), Kalo Chorio grade separated junction 55m (20km), Fire Department traffic lights 25m (25km).

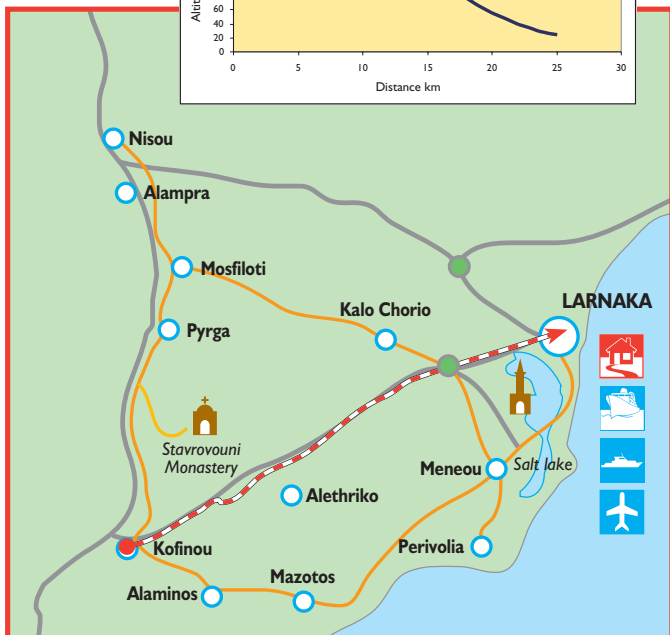
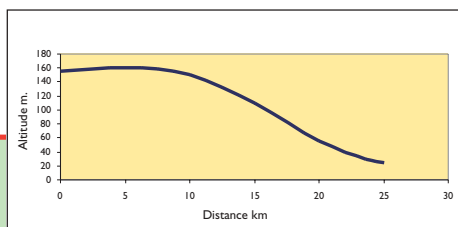
Total distance: 25km **Height gain:5m**

Difficulty rate: *An easy route ideal for all types of bicycles with speeds.*

Road condition: Good quality, paved roads throughout.

Route description: This route links the route from Kofinou to Larnaka and vice versa, because Kofinou is often the start or end of a number of routes.

This excursion starts at the village of Kofinou and heads northeast. It travels along the outskirts of the villages of Menogeia and Anglides, goes through the village of Alethriko and reaches the grade separated junction at Kalo Chorio, ending at the Fire Department traffic lights in Larnaka.



Excursion 6

Mazotos-Vavatsinia-Kofinou

Route: Mazotos fuel station 45m, Zygi 15m (18.5km), Psematismenos 115m (24km), Choirokoitia 220m (28.5km), Vavla 495m (37km), Lageia 440m (39.5km), Ora 540m (45.7km), Vavatsinia 855m (56km), Pano Lefkara 595m (66.2km), Skarinou 115m (75km), Kofinou 150m (80km).

Total distance: 80km **Height gain: 965m**

Difficulty rate: *A difficult route with long but not very steep uphill. It requires a 16-speed street bicycle.*

Road condition: Paved roads throughout.

Route description: This route travels along the western coastal district of Larnaka and then climbs towards the hillside villages of the region, going past the archaeological site of Choirokoitia and ending at Kofinou.

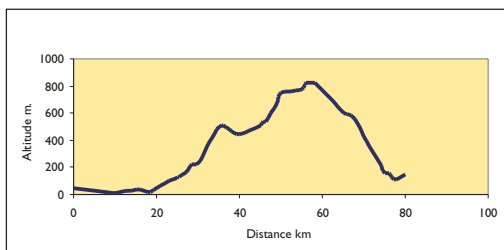
The route begins at the Mazotos fuel station on the outskirts of the village and continues on the road towards the villages of Agios Theodoros and Zygi to the southwest. It travels along the coast until it reaches Zygi.

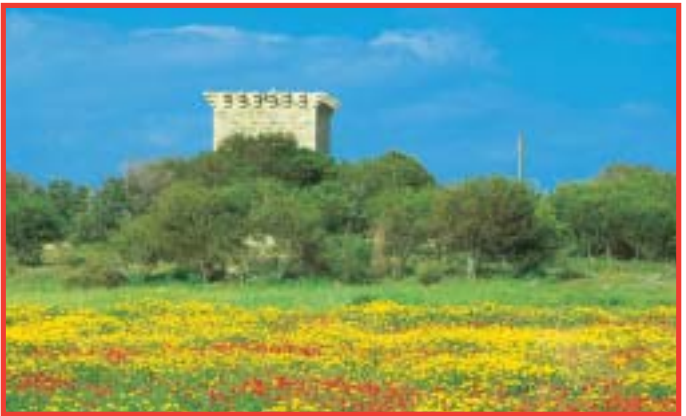
From there the road climbs to the north towards Psematismenos, crosses the Lefkosia - Lemesos motorway over the footbridge, and reaches the archaeological site of Choirokitia.

The route continues in a northwestern direction, going through the village of Choirokitia and, climbing steadily, goes through the villages of Vavla, Lageia and Ora.

From Ora it turns right and after 10km, heading first north and then northwest, reaches Vavatsinia. Vavatsinia is a good spot to rest and have a snack before heading back down to Kofinou via the villages of Pano Lefkara and Skarinou. Kofinou is a 5km ride to the north of Skarinou on the old Lefkosia - Lemesos road.

Alternative route: From Vavla the route turns right and climbs up to the village of Kato Drys (6km), then three kilometers later gets on the Skarinou -Vavatsinia road, just below Pano Lefkara. This route is 22km shorter.





Pafos-Polis Routes



Pafos-Polis Routes

Excursion I: Geroskipou-Tsada-Pafos

Route: Geroskipou 75m, Agia Marinouda 150m (3km), Marathounta 280m (8km), Stavros tis Minthas (golf course) 520m (12km), Tsada 660m (15km), Mesogi 310m (18km), Pafos 70m (24km).

Total distance: 24km.

Difficulty rate: *Not very difficult, but not easy either. A mountain bike of 21 speeds is required.*

Road condition: A variety of surfaces of both paved and dirt roads.

Route description: This excursion goes from Geroskipou to the Monastery of Stavros tis Minthas and to the golf course, the village of Tsada, ending in Pafos.

The route starts from the centre of Geroskipou and goes towards Lemesos, travelling along the old Lemesos-Pafos road. Between Geroskipou and Koloni is a turning to the left leading to Agia Marinouda in the north. The route goes through the village and climbs in the same direction to reach the village of Marathounta. From there it turns right and climbs towards the village of Episkopi in the Pafos district. Just before reaching the top of the hill, it takes the dirt road to the left and north, which leads to the golf course and the monastery of Stavros tis Minthas. A paved road begins from here and 3 kilometres to the left it reaches the village Tsada. From Tsada it is downhill to Pafos along the Pafos-Polis road.





Excursion 2: Kato Pafos-Timi forest

Route: Pafos port 5m, Geroskipou Tourist Beach 5m (4km), Timi coast 5m (12km).

Total distance: 12km.

Difficulty rate: *A mountain bike is required.*

Road condition: A variety of surfaces consisting of both paved and dirt roads.

Route description: This excursion is actually a bicycle tour of the Pafos area. It goes along the coastal front of Kato Pafos, past the Geroskipou Tourist Beach and ends at Timi beach next to Pafos airport and the nearby eucalyptus grove.

The route starts off at Pafos harbour and heads in a southeasterly direction, travelling along the coast on a bicycle path on the right-hand side of the road after the Pafos Beach Hotel to the Geroskipou Tourist Beach. From there it goes along a dirt road up to the Pafos airport fence and crosses (on foot) the Ezousa riverbed. The route then follows the airport fence, heading first north and then east, to join the paved road to the airport. At that point the route turns right towards the sea and a bit further down reaches the small bay and beach of Timi and the eucalyptus grove with its picnic site.



Excursion 3: Polis-Neo Chorio-Akamas lighthouse

Route: Polis 30m, Lakki 5m (5km), Neo Chorio 180m (10km), Smigies picnic site 250m (12km), Akamas lighthouse 210m (22km).

Total distance: 22km.

Difficulty rate: *A difficult route. A mountain bike with at least 21 speeds is required. Front fork suspension is recommended.*

Road condition: Varied surfaces consisting of both paved and dirt roads.

Route description: The greatest advantage of the Polis area, as far as cycling is concerned, is its proximity to the Akamas peninsula.

The route begins in Polis and heads west towards Lakki and the Baths of Aphrodite. Shortly after Lakki and just before the Baths it turns south and climbs towards Neo Chorio. The route goes through the village and then heads west. The road becomes a dirt road just outside the village. It passes the Smigies picnic site, which is the last stop for water.

From Smigies the route climbs rather steeply and turns right heading southwest along the slopes of a hill offering alternating views of the east and west sides of the peninsula. Three kilometres from Smigies a turning to the right leads to Pyrgos tis Rigainas, while going straight for another 2 kilometres leads to the road to Lara, Fontana Amorosa and the Baths of Aphrodite. Continuing along this road lead to the Akamas lighthouse, the perfect place from where to enjoy a magnificent sunset, provided you can drive back safely in the dark!

Alternative route: You can return to Polis from the lighthouse by going along the Fontana Amorosa road to the Baths of Aphrodite.





Excursion 4: Polis-Fasli-Polis

Route: Polis 30m, Androlikou 300m (5km), Fasli 500m (7km), Smigies 250m (11km), Neo Chorio 180m (13km), Polis 30m (23km).

Total distance: 23km

Difficulty rate: *Difficult route with steep uphill and downhill. A mountain bike with front fork suspension is required.*

Road condition: A variety of surfaces.

Route description: From Polis the route heads southwest over the Polis-Pafos road until it reaches a turning to the right to Androlikou. Climbing steadily at Xeropotamos, it goes through the villages of Androlikou and Fasli. It then continues in the same direction until it reaches another turning to the right at a dirt road, which goes downhill to the west of the Akamas mountain ridge until the end of the peninsula. After about 4 kilometres of dirt road there is another turning to the right, which leads to the Smigies picnic site and then to Neo Chorio where it takes the paved road back to Polis.



Excursion 5: Polis-Agios Merkourios-Argaka-Polis

Route: Polis 30m, Argaka 70m (8km), Agios Merkourios 350m (15km), Argaka 70m (20km), Polis 30m (28km).

Total distance: 28km.

Difficulty rate: *A relatively easy route, despite being on a dirt road. It requires a mountain bike with front fork suspension.*

Road condition: A variety of surfaces.

Route description: This route goes northeast along the Polis-Pyrgos road. It travels along the coast until a turning to the right leading to the village of Argaka. The road goes past the front of the village school and continues straight and south along a dirt road. It then turns southeast to the picnic site at Agios Merkourios. From there it goes along a descending forest road to Argaka and back to Polis.



An aerial photograph showing a wide, dry riverbed filled with grey and brown stones on the left side. To the right, a dense forest of green trees and shrubs covers a sloping hillside. A narrow dirt path or road runs horizontally across the middle of the image, where a few small figures of people can be seen walking. The overall scene is a natural landscape in a mountainous region.

Regional Trips in the Troodos Area

Regional Trips in the Troodos Area

Excursion I: Troodos-Agios Nikolaos Stegis-Troodos

Route: Troodos square 1730m, Karvounas 1190m (9km), Platania 1090m (10km), Agios Nikolaos 850m (18km), Troodos square 1730m (36km).

Total distance: 36km

Difficulty rate: A very difficult route. It requires a 21-speed mountain bike in good condition.

Road condition: A variety of surfaces.

Route description: This route descends from Troodos square to the monastery of Agios Nikolaos tis Stegis and climbs steadily from the chromium quarry on the Troodos - Prodomos road, back to Troodos square.



After the Karvounas crossroads and the Platania picnic site, the route goes along a forest road (dirt road with a smooth surface) to Agios Nikolaos. From there it goes along the paved road from Kakopetria to Prodomos, turns left and then climbs for one kilometre more until it reaches the dirt road on the left leading to Troodos. The dirt road has an uneven surface and climbs steeply in certain areas, which can be quite challenging. After almost 12 kilometres of steep uphill the route goes past the entrance to the quarry. It then reaches the Troodos - Prodomos road and turns left to return to Troodos square.



Excursion 2: Troodos-Psilo Dendro-Kalidonia-Troodos

Route: Troodos square 1730m, Psilo Dendro 1185m, (11km), Kalidonia 1300m, (14km), Troodos square 1730m, (18km).

Total distance: 18km.

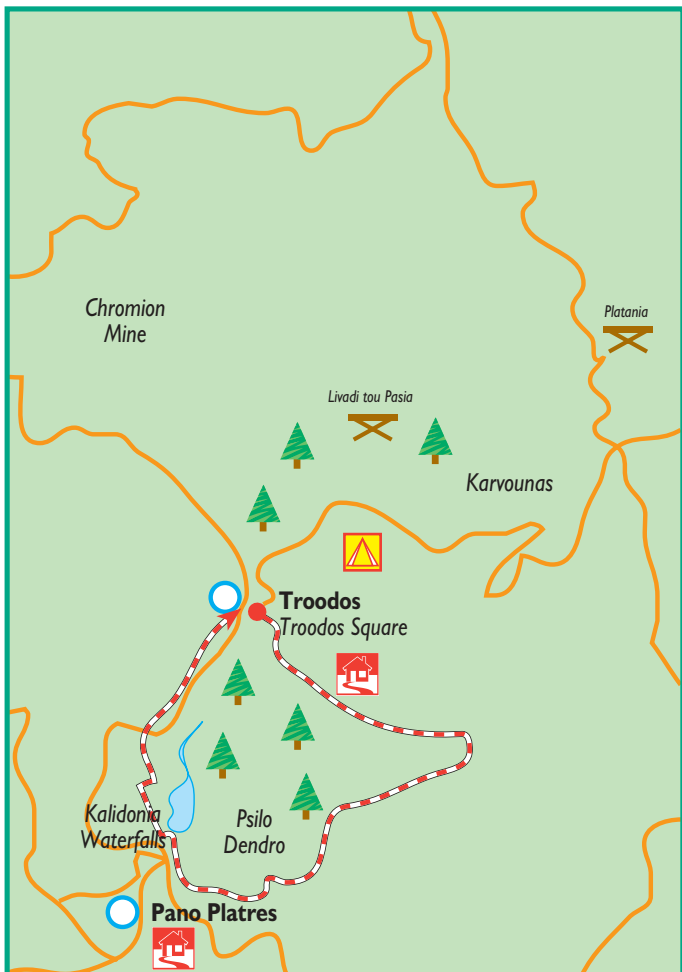
Difficulty rate: *A relatively easy route apart from the last few kilometres of steep uphill. A mountain bike with front fork suspension is necessary.*

Road condition: A variety of surfaces.

Route description: This excursion heads south from Troodos square descending to the Psilo Dendro area above Platres. The road then climbs to the Kalidonia falls and then returns to Troodos square along the Platres - Troodos road.

Starting at Troodos square the route takes the dirt road to the left and heads southeast going gradually downhill for 11 kilometers to the Psilo Dendro area. From there the dirt road goes uphill for about 3 kilometres to a fork, where the right road leads to the Kalidonia falls and the left one continues to the Platres - Troodos road, where another right turn takes you back north to Troodos square.



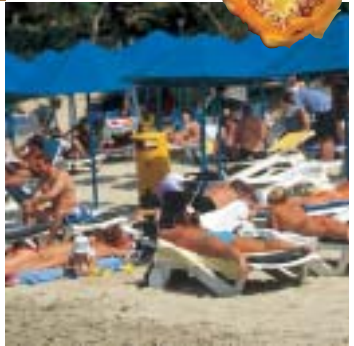




...enjoy



and



relax...



USEFUL INFORMATION

Cyprus Cycling Federation
I, Kimonos str. P.O. Box 24572, 2406 Lefkosia
Tel: 22663344, Fax: 22661150
E-mail: ccf@cytanet.com.cy

Cycling Centers

Cyprus Villages Bike Center
7740 Tochni
Tel: 24332998, Fax: 24332295
Website: www.cyprus-villages.com
E-mail: agrotourismo@cytanet.com.cy

Bike Cyprus.com
Thomas Wegmueller Sstw Ltd
Hawaii Grand and Resort, Lemesos
Tel./Fax: 25634093
Mobile: 99666200
E-mail: wegmueller@cytanet.com.cy

The Aliathon Holiday Village Bike Center
Poseidonos Ave., P.O. Box 62303, 8063 Pafos
Tel: 26964400, Fax: 26964700
Website: www.aliathonvillage.com
E-mail: aliathon@logos.cy.net

Jalos Activ
P.O. Box 66198, 8831 Pafos
Tel: 26322416, Fax: 26322231
E-mail: jalos.activ@cytanet.com.cy

Note: Cycling centers are considered as premises manned with full-time personnel and equipped with all the necessary equipment for cycling, such as adequate number of bicycles, helmets, accessories, cleaning and storage facility etc. They also provide satisfactory information concerning routes, car escort service and support to organized excursions as well as the provision of cycling guide for organized groups.

USEFUL TELEPHONES

POLICE
FIRE SERVICE
FIRST AID

112

OFFICES IN CYPRUS

Lefkosia (Nicosia)

Cyprus Tourism Organisation
(Head Office)
Leoforos Lemesou 19,
Lefkosia, Cyprus
Postal address
P.O. Box 24535, CY-1390
Lefkosia (Nicosia)
Tel: + 357 22 69 11 00
Telefax: + 357 22 33 16 44
E-mail: cytour@cto.org.cy
Website: www.visitcyprus.org.cy

Aristokyprou 11
Laiki Geitonia (East of Plateia
Eleftherias)
CY-1011 Lefkosia,
Tel: 22 67 42 64

Lemesos (Limassol)

a) Spyrou Araouzou 115A'
CY-3036 Lemesos,
Tel: 25 36 27 56

b) Georgiou A' 22
CY-4047 Lemesos,
Potamos tis Germasogeias
(eastern entrance of
Dasoudi beach)
Tel: 25 32 32 11

c) Lemesos Harbour
Service to all passenger boats.
Tel: 25 57 18 68

Larnaka

a) Plateia Vasileos Pavlou
CY-6023 Larnaka,
Tel: 24 65 43 22

b) Larnaka International Airport
CY-7130 Larnaka,
Tel. 24 64 35 76

Pafos

a) Gladstonos 3
CY-8046 Pafos,
Tel: 26 93 28 41

b) Pafos International Airport
CY-8320 Pafos,
Tel: 26 42 31 61 (Service to all
flights)

Polis

Vasileos Stasioikou A' 2
CY-8820, Polis Chrysochous
Tel: 26 32 24 68

Paralimni - Protaras

Leoforos Protara -
Kavo Gkreko 356
CY 5296 Protaras-Paralimni
Tel: 23 83 28 65

Agia Napa

Leoforos Kryou Nerou 12
CY-5330 Agia Napa,
Tel: 23 72 17 96

Platres

CY-4820 Platres,
Tel: 25 42 13 16

OFFICES ABROAD

UNITED KINGDOM

CYPRUS TOURIST OFFICE

17, Hanover Street London W1S 1YP
Tel.: 0207 569 8800
Fax: 0207 499 4935
E-mail: informationcto@btconnect.com

GERMANY

FREMDENERKEHRZENTRALE ZYPERN

An der Hauptwache 7 - 60313 Frankfurt
Tel.: (069) 25 1919
Fax: (069) 25 0288
E-mail: CTO_FRA@t-online.de

SWITZERLAND

FREMDENERKEHRZENTRALE ZYPERN

Gottfried Keller - Strasse 7, 8001 Zurich
Tel. (01) 262 3303, Fax: (01) 251 2417
Geneva: Tel: (022) 741 33 03
E-mail: ctozurich@bluewin.ch

FRANCE

OFFICE DU TOURISME DE CHYPRE

15, Rue de la Paix, 75002 Paris
Tel. 01. 42.61.42.49
Fax: 01. 42.61.65.13
E-mail: cto.chypre.paris@wanadoo.fr

SWEDEN

CYPERNS TURISTRÄD

Norrlandsgatan 20, 111 43 Stockholm
Tel. (08) 10 50 25, Fax: (08) 10 64 14
Postal Address: P.O.Box 7050
103 86 Stockholm
E-mail: info@ctosweden.org

AUSTRIA

ZYPERN TOURISMUS

Parkring 20, A-1010 Wien
Tel. (01) 513 18 70
Fax: (01) 513 18 72
E-mail: zyperntourism@aon.at

GREECE

CYPRUS TOURISM ORGANISATION

Voukourestiou Str. 38, Kolonaki, Athens 10673
Tel. (210) 36 10 178, (210) 36 10 057
Fax: (210) 36 44 798
E-mail: cto-athens@ath.forthnet.gr

ITALY

ENTE NAZIONALE PER IL TURISMO DI CIPRO

Via Santa Sofia 6, 20122 Milano
Tel. 02 58 30 33 28, 02 58 31 98 35,
Fax: 02 58 30 33 75
E-mail: info@turismocipro.it

UNITED STATES

CYPRUS TOURISM ORGANIZATION

13 East 40th Str. New York, NY 10016
Tel. (00 1212) 683-5280
Fax: (00 1212) 683-5282
E-mail: gocyprus@aol.com

BELGIUM

OFFICE DU TOURISME DE CHYPRE DIENST VOOR TOERISME VAN CYPRUS

Rue De Crayerstraat 2
B-1000 Bruxelles
Tel. 02/735.06.21
Fax: 02/735.66.07
E-mail: cyprus@skynet.be

THE NETHERLANDS

CYPRUS VERKEERSBUREAU

Prinsengracht 600, 1017 KS Amsterdam
Tel. (020) 624 4358
Fax: (020) 638 3369
E-mail: cyprus.sun@wxs.nl

JAPAN

CYPRUS TOURISM ORGANISATION

Palais France Bldg, 729
1-6-1 JINGUMAE, SHIBUYA-KU,
Tokyo 150 - 0001
Tel. (03)-34 97-93 29
Fax: (03)-34 05-01 05

ISRAEL

CYPRUS TOURISM ORGANISATION

Top Tower-14th floor, Dizengoff Centre
50 Dizengoff Str., - Tel-Aviv 64332
Tel. 00-972-3-52 57 442
Fax: 00-972-3-52 57 443
E-mail: cto@netvision.net.il

RUSSIA

CYPRUS TOURISM ORGANISATION

7, B. Kondratievsky Pereulok
123056 Moscow, Russia
RUSSIAN FEDERATION
Tel: (095) 7838214/15/16/17
Fax: (095) 7838219
E-mail: ctorus@dol.ru

HUNGARY

CIPRUSI IDEGENFORGALMI HIVATAL

H-1051 Budapest
Dorottya Str. 3. III floor
Tel. 00-36-1-266 6044,
Fax: 00-36-1-266 6043
E-mail: ciprusinfo@axelero.hu

POLAND

CYPRYJSKA ORGANIZACJA TURYSTYCZNA

Plac Dabrowskiego 1, Apt.311
00-057 Warszawa
Tel.+ 48 22 827 90 36
Fax: + 48 22 - 827 90 34
E-mail: cto.office@tele2.pl

CZECH REPUBLIC

KYPERSKÁ ORGANIZACE CESTOVNÍHO RUCHU

Blanická 28
120 00 Praha 2
Tel. 00-420-222-253 097
Fax: 00-420-222-251 639
E-mail: cto.prague@volny.cz

IRELAND

CYPRUS TOURISM ORGANISATION

71 Lower Leeson St,
Dublin 2
Tel: 00353-1-66 29 269
Fax: 00353-167 63 099
E-mail: cyprustourism@eircom.net



CYPRUS TOURISM ORGANISATION

19, Lemesos Ave. P.O. Box 24535
1390 Lefkosia (Nicosia) - Cyprus

Tel: 00357 22691100, Fax: 00357 22331644

E-mail: cytour@cto.org.cy

Website: www.visitcyprus.org.cy

