

CYCLING IN CYPRUS

THE YEAR-ROUND ISLAND



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The year-round island

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 picturesque village beckons to be discovered.

For professional or recreational mountain bikers looking to head off the beaten track, Cyprus offers an abundance of hidden trails along the coast or up in the mountains. Cyprus is also great for road cycling, offering excellent secondary roads with sparse traffic, winding through spectacular local countryside.





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CYPRUS CYCLING

Sunny Skies

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 quite low in comparison to European countries. Unlike other European or Mediterranean countries, the strong headwinds that are a bane to cyclists, here are rare.

Journey of Discovery

The local terrain varies within short distances, making cycling in Cyprus both a great workout and a journey of discovery. Attractive beaches, pine-clad peaks, busy, modern urban centres, tranquil stone built villages, vineyards and olive groves, ancient ruins, byzantine churches, Cyprus is like a whole continent conveniently packed into a small Mediterranean island.

Short Distances

Short distances mean that there are rapid changes of terrain. Within the space of 10 km you can go from rocky to clay, and from steep to flat, enabling you to experience all surfaces, making the island one huge mountain bike arena.

Friendly People

Cypriots as a whole are friendly people famous for their hospitality and cyclists can be assured of a warm welcome, particularly in more remote villages and the countryside, where traditional hospitality is a given.

Enjoyable Stay

Cyprus has a very good infrastructure as a whole, a wide range of accommodation to suit all pockets, an excellent road network and first-class services. Cypriot cuisine is typically Mediterranean with a lot of olive oil, fresh fruit and vegetables. Cyprus wines have been famous since antiquity and are well worth tasting.





Training Camps

In recent years many top athletes have chosen Cyprus for their winter training. Renowned riders like World Champion and Gold Olympic Medallist Jaroslav Kulhavy who stated about starting his racing season in Cyprus: 'I started coming to Cyprus years ago. Cyprus is perfect in this time of the season. Good weather, good opportunities for training on the mountain bike and on the road as well. There is less traffic and the people are friendly.'

Cycling Events

The island nowadays hosts a number of annual mountain bike and road cycling events and races for sportive riders, amateurs and professionals alike, who visit the island every year to ride in the sunshine.

Culture, History & Scenery

A cycle tour enables you to come across things, which you would probably miss if you were exploring the island by car. Encounter stunning landscapes, ancient ruins and historical landmarks. Experience the sounds of nature first hand by following your choice of route or one of the many cycling routes featured on our website.

Cycling Advice

In Cyprus you drive on the left-hand side of the road. Cyclists should keep to the left-hand side of the road unless turning right or when overtaking other vehicles.

CYCLING ROUTES



A small selection of suggested cycling routes below will give you a taste of the terrain and landscape diversity Cyprus offers. These and many more cycling routes are available on cyclingcyprus.info complete with maps and altitude diagrams for every route as well as gpx files for downloading.

On cyclingcyprus.info you can also find information on numerous bike centres conveniently located across the island offering bike rentals, services, route information and assistance. Information on hotels friendly to cyclists is provided as well.

QUAINT VILLAGES

Main 01: Lefkosia (Deftera)-Pitsilia

Enter a world of tranquility traversing the outskirts of Lefkosia through the beautiful landscape and charming villages of Pitsilia area, famous for its good wine and smoked meat delicacies. Immerse yourself in a long forgotten relaxed way of life and feel at one with nature.

The route gradually climbs from the old Lefkosia-Palaichori road going through the villages of Malounta, Klirou, Fikardou, down to Gourri and then towards the village of Farmakas. The route continues west to Apliki and follows the road to Palaichori. From the village of Palaichori, after a short climb it turns right to take the road for Askas, Fterikoudi and Alona and begins the descent towards Lefkosia. After a forestry station, a right turn leads east to the villages of Mitsero and Agrokippia and ultimately on the Lefkosia-Palaichori road. When passing through these villages you may want to stop at a local coffee shop or bakery, to taste local goods.

Quite a difficult course even though the route descends past the village of Alona. It requires a road bike with low/easy gear ratios.

Make sure to visit

Deserted at the beginning of the 19th century, the entire village of Fikardou has been declared an Ancient Monument, and carefully restored to preserve the 18th century houses with their remarkable woodwork and folk architecture. Two of these houses have been turned into museums, exhibiting rural items and depicting rural life in years past. The restoration work and the exhibit has earned the houses - and the village - the Europa Nostra Award in 1987.



USEFUL INFORMATION

Distance:	87.3 km
Elevation gain:	2,583 m
Highest point:	1,165 m
Lowest point:	290 m
Loop:	Yes
Terrain:	Mountain
Road surface:	Paved



BYZANTINE HERITAGE

Lefkosia-Machairas-Lythrodontas-Lefkosia (Lefkosia 01)

The course starts at Deftera and from there it travels through agricultural land to reach the villages of Episkopeio and Politiko, near the Agios Irakleidios convent. The route from Politiko to Machairas monastery is a steady uphill that leads to the villages of Lazanias, Gourri and Farmakas. This route goes past the Agios Onoufrios chapel and 3 km further on, it reaches the picnic site “Mantra tou Kampiou”. Past the picnic site, the course heads east towards Lythrodontas and back to Lefkosia.

A relatively difficult course climbing steadily for about 15 km. It requires a mountain bike with a minimum of 27 speeds.

Make sure to visit

The Agios Irakleidios convent where you can taste delicacies prepared by the nuns. Irakleidios martyred for his faith and was buried in a cave above which a church was built. Today’s buildings date back to the 17th century and the saint’s relics are kept inside the church.

The Machairas monastery, which was established in the 12th century and is one of the most significant monasteries on the island. Today, the renovated vestry basement consists of the monks’ original cells, stables and storage areas, and houses a collection of old books and manuscripts, icons and other religious artefacts. The brotherhood of the monastery is extremely devout.

MEAL PLAN WITH LOCAL DELICACIES FOR YOUR RIDE

LOW-MID GI 2-3h BEFORE	Fried tomato with scrambled eggs (Pomilorotigania) or wheat and milk soup (Trahanas)
MID GI SNACK 30min BEFORE	Cypriot banana (small but extremely flavoured) or carob candy without nuts (Pasteli)
FAST DELIVERY/HIGH GI DURING	Dry fig-pie (Sykopitta) or quince pie
FAST RECOVERY / AFTER	Yogurt with honey and walnuts or anari cheese with carob syrup
LOW-MID GI 2-3h AFTER	Goat meat slowly roasted in wood oven with salad (Kleftiko) or beef meat slowly cooked in clay pot with various spices and vegetables (Tavvas)



USEFUL INFORMATION

Distance:	61.6 km
Elevation gain:	1,493 m
Highest point:	1,026 m
Lowest point:	205 m
Loop:	No
Terrain:	Mountain
Road surface:	Mixed



The Stone Age Revisited

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, famous for the fresh fish served at the local restaurants. From there the road takes you through the villages of Tochni and Choirokitia, where you can visit the most important archaeological site in Cyprus. From there the route climbs up to the villages of Vavla, Lagia and Ora. From Ora, through a scenic route you reach Vavatsinia where you can have a snack before heading back down to the starting point in Kofinou, via the villages of Pano Lefkara and Skarinou.

A difficult route with long but not very steep uphill. It requires a 20-speed road bicycle.

Make sure to visit

The Neolithic settlement of Choirokoitia (8,200 B.C.) is a remarkably well-preserved site, which has been listed as a UNESCO World Heritage Site. Near the archaeological site, visitors can explore reconstructed dwellings complete with replicas of household objects, thus providing a vivid representation of how they actually were in the past.

Lefkara is a world-renowned village due to its traditional handicrafts of lace embroidery and filigree silver crafts, that have been practiced here since Venetian times. The Museum of Traditional Embroidery and Silversmithing showcases magnificent lace and silver artefacts. Legend has it that the famous painter Leonardo da Vinci himself visited the village in 1481 and bought a lace altar cloth which he donated to the Milan cathedral.



USEFUL INFORMATION

Distance:	78.3 km
Elevation gain:	1,882 m
Highest point:	880 m
Lowest point:	1 m
Loop:	No
Terrain:	Mountain
Road surface:	Paved



HIGH ALTITUDE RIDE

(Troodos 2)

This ride takes you into the heart of the Troodos forest, with its unique geological formations and pine-clad slopes. Starting your ride at the Troodos Square (altitude 1,740 m), you will immediately find yourself on quiet dirt roads offering great views of Lemesos' wine villages. Not too far from the start of the route, at 3km, we recommend that you take a little detour to ride up to the viewpoint of "Persephone" along the "Makria Kontarka" nature trail which offers stunning views of the spread of vineyards and wine villages as far as the Lemesos port. When you return and continue along the route, on your left you will see a scar on the mountain slope, caused by the long closed asbestos mine of Pano Amiantos. The Troodos Geopark Visitor Centre is located at the old Asbestos mine, an area with great historical value. Continuing along the route, you will reach its lowest point and then the area of "Psilo Dentro", where there is a hiking trail that leads to Kalidonia waterfall. If you feel up to it, signs point the way to the waterfall. The route then continues uphill to the starting point, at Troodos Square.

A relatively easy route, apart from the last few kilometres of steep uphill. A mountain bike with front fork suspension and a big range of gears is necessary.



USEFUL INFORMATION

Distance:	17.2 km
Elevation gain:	520 m
Highest point:	1,740 m
Lowest point:	1,200 m
Loop:	Yes
Terrain:	Hilly
Road surface:	Dirt road

SPECTACULAR COASTAL VIEWS

Polis-Agios Merkourios-Argaka-Polis (Pafos 05)

This route goes northeast along the Polis-Pyrgos road. It travels along the coast until a turn to the right, leading to the village of Argaka. The road goes past the village school and continues straight and southwards along a dirt road. It then turns southeast towards the picnic site of Agios Merkourios. From there it goes along a descending forest road to Argaka and Makounta, and back to Polis.

A relatively easy route, despite being on a dirt road. It requires a mountain bike with front suspension.

Make sure to visit

Argaka is located between sea beautiful coastline and a lush pine forest. From the upper part of the village one may enjoy stunning views of exceptional Mediterranean beauty. The east part of the village is a place of unmatched natural beauty.



USEFUL INFORMATION

Distance:	32.9 km
Elevation gain:	653 m
Highest point:	254 m
Lowest point:	5 m
Loop:	Yes
Terrain:	Mixed
Road surface:	Mixed

A RIDE THROUGH THE LEMON TREES

Germasogeia-Kalo Chorio-Polemidia (Lemesos 04)

This cycling tour goes through the eastern villages of Lemesos district as well as through some of the mountain villages at the foothills of Pitsilia region, such as Agros. The route heads north, starting at the Germasogeia roundabout. It climbs through the village, goes past Germasogeia dam and the villages of Akrounta, Dierona and Arakapas. The area is known for its lemon and mandarin orchards. At Arakapas, the route turns west and continues on climbing steadily to the village of Kalo Chorio where it meets the Lemesos - Pitsilia road. Heading towards Lemesos, a short distance down the road and to the right is the dirt road that leads to Agios Mamas village. 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.

Average difficulty. It requires a road bike with at least 20 speeds.

Make sure to visit

The ruins of the Dierona bridge which was built more than 200 years ago to enable the villagers to cross the river. The bridge is outside the village and is accessible by a dirt road that goes by the old church of Archangel Michael.



USEFUL INFORMATION

Distance:	65.9 km
Elevation gain:	2,007 m
Highest point:	729 m
Lowest point:	7 m
Loop:	No
Terrain:	Mountain
Road surface:	Paved

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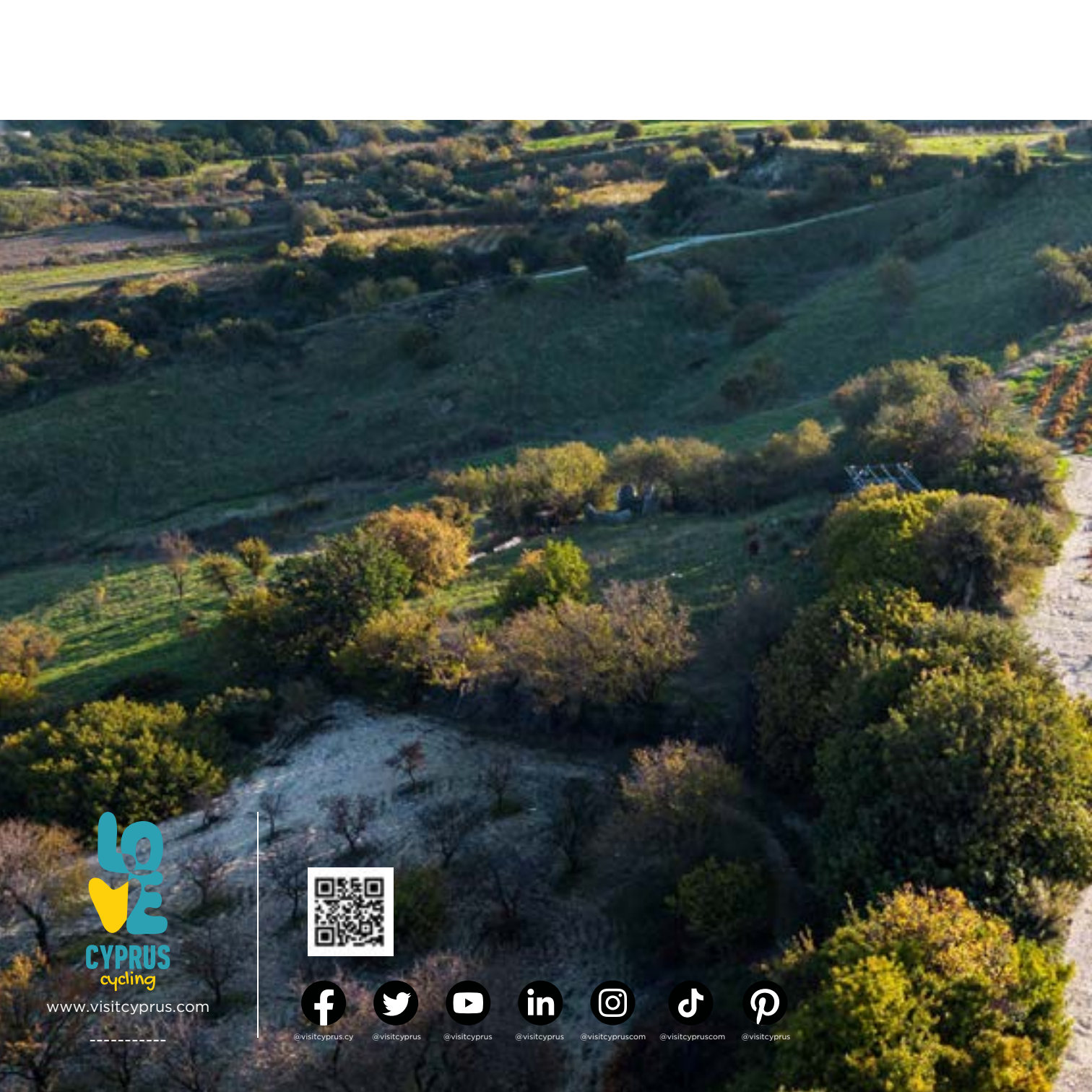
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