



LIFE IS A BEAUTIFUL RIDE.
ENJOY IT.

LARNAKA REGION - THEMATIC CYCLING ROUTES



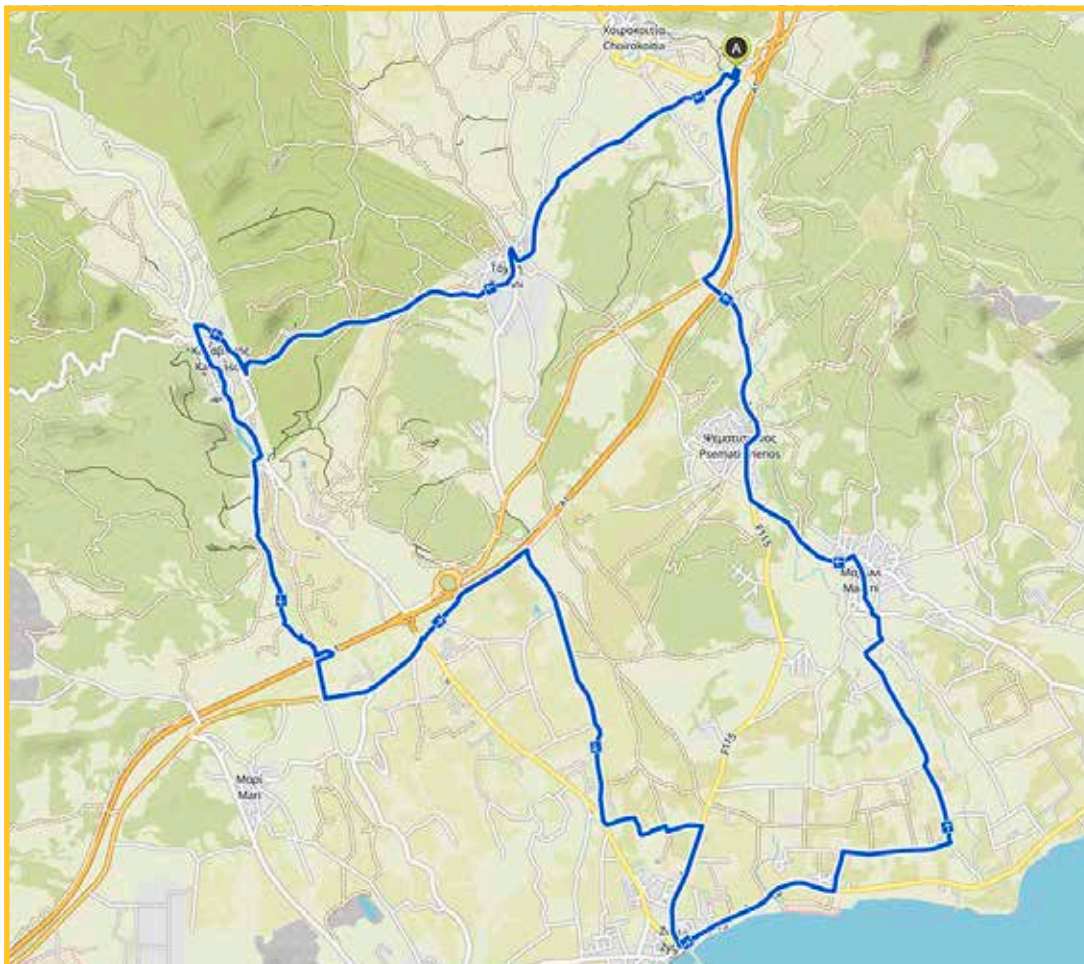


1

Neolithic Route - Europe's Most Ancient Route

Technical Info:

- Roads: Asphalt and loose surface
- Distance: 28 km
- Level of Difficulty: Easy to average (+290 m of total ascent)
- Bike Required: Trekking off-road with 27 speeds
- Points of Interest: Choirokoitia and 'Kalavassos Tenta' Neolithic Settlements, the villages of Tochni, Zygi, Maroni and Psematismenos





Discover authentic Cyprus and its rich history with a cycle route that encompasses the island's most significant archaeological sites.

As one of the most important prehistoric sites in the eastern Mediterranean, the Neolithic settlement of Choirokoitia is included in the UNESCO World Cultural Heritage list. Its well-preserved circular houses with flat roofs were built by farmers coming from the Near East mainland around the beginning of the 9th millennium and were constructed with mudbrick and stone.

Riding your bike from Choirokoitia towards the 'Kalavassos' Neolithic Settlement, you will firstly pass through Tochni; a picturesque village just 3 km from Choirokoitia, where you can visit the church of Agios Constantinos and Agia Eleni, the Ecclesiastical Museum, or enjoy a drink at one of the village's quaint coffee shops.

From Tochni, you can reach the Tenta Neolithic settlement – which shares many similarities with the Choirokoitia settlement – by riding through Kalavassos' narrow, cobblestoned roads. According to local sources, the locality of Tenta was named after Agia Eleni – mother of Constantine the Great – pitched her tent on the site when she returned to Cyprus from her trip to Jerusalem in 327A.D.

An archaeological exploration of the area can also be combined with a tasty dish of fresh fish in the nearby village of Zygi, which is famous for its fishing harbour.

After your lunch you can enjoy the scenic route along green fields bursting with vibrant oranges and lemons as you pass through Maroni village first, followed by a ride through Psematismenos village. A few kilometres away from the village you will finally reach your original starting point of the Choirokoitia settlement, where your bike journey through history culminates.



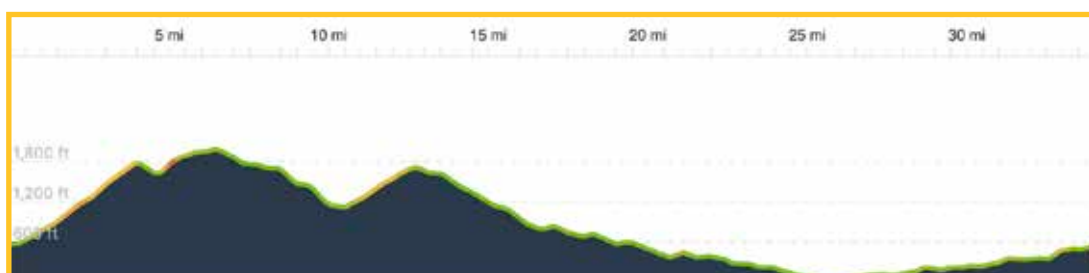
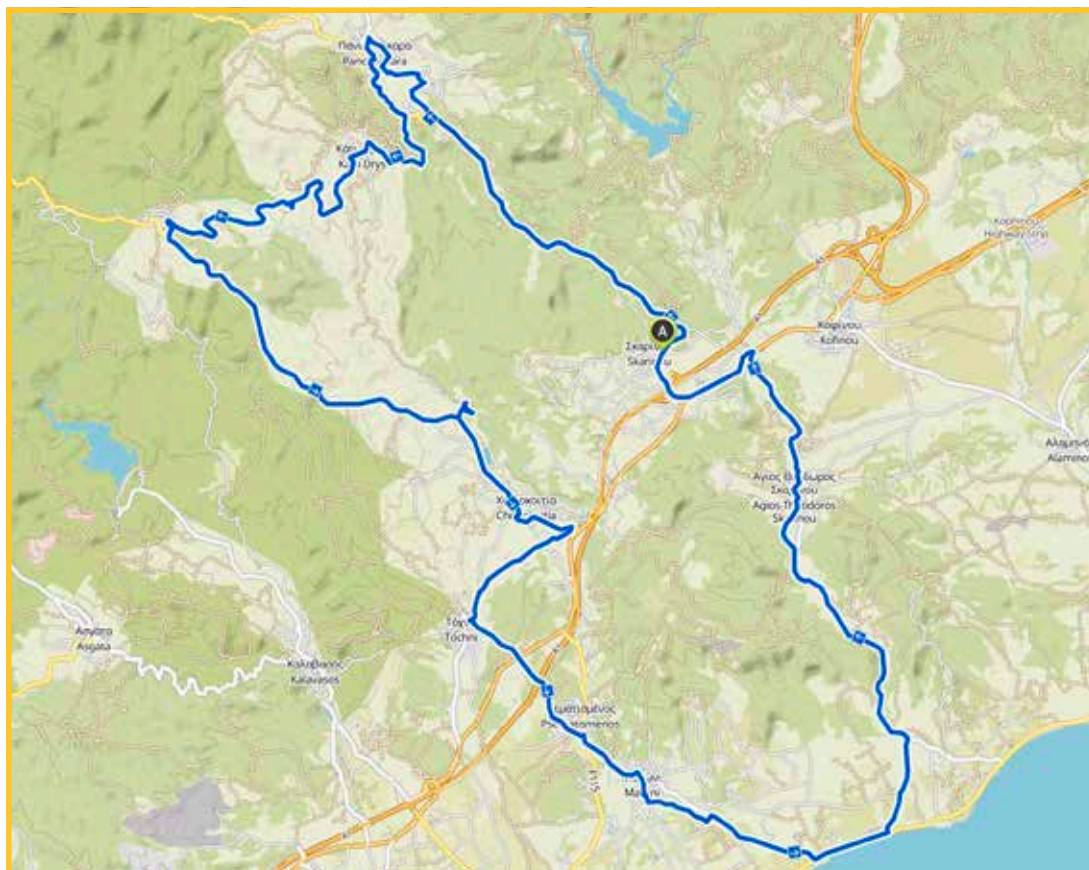


2

Wine and Gastronomy Route

Technical Info:

- Distance: 54 km
- Level of Difficulty: Advanced level (+1100 m of total ascent)
- Bike Required: Road bike or Trekking with 27 speeds
- Points of Interest: Environmental Information Centre of Larnaka's Mountainous Areas, Dafermou Winery, Lefkara village, Timios Stavros Church (Holy Cross), Ethnological Museum of Traditional Embroidery and Silversmith-work, Panagia Eleousa Church, Bee & Embroidery Museum, Ktima Christoudia Winery, Agios Minas Monastery, Loulla's Farm - Halloumi Cheese Workshop, Petros Nikolaou Basket Weaving Workshop





This bike tour offers the perfect combination of a picturesque ride with an authentic experience of Cyprus tradition and wine tasting. Lefkara is famous for its lace (known as ‘Lefkaritika’) and intricate silver handicrafts, whilst the village takes its name from the white of its silica and limestone.

Starting your tour from the Environmental Information Center in Skarinou, you will need to climb approximately 7 km to Lefkara. Whilst the climb is the difficult part of this tour, it is also highly rewarding thanks to its panoramic views.

Just before reaching the village of Kato Lefkara – 6 km from the starting point – you can make your first wine tasting stop of the day at Dafermou Winery, an old-style winery that uses modern production methods.

Once you have concluded your first winery visit, you can continue your bike ride through Kato Lefkara to then reach Pano Lefkara. This is one of the most beautiful villages on the island, with numerous traditional houses that have been listed by the Department of Antiquities and the Department of Housing and Urbanism.

Aside from viewing the traditional architecture of the village, you can also visit the Local Ethnological Museum of Traditional Embroidery and Silversmith-work, the Timios Stavros Church (Holy Cross), and the numerous historic chapels that can be found on every corner of the village.

Your bike ride then continues towards the traditional village of Kato Drys, with its charming limestone houses and winding roads. In Kato Drys, you can stop for a visit at the informative Bee & Embroidery Museum and the charming Panagia Eleousa Church before you descend towards the next winery of Ktima Christoudia, which is on the way from Kato Drys towards the village of Vavla. The winery offers all of the local wine varieties, as well as many traditional grape products, including shoushoukos and palouzes sweets and the potent spirit, zivania. Wine tasting is complimentary for visitors.



If you wish to continue exploring the area after your wine tasting, you can ride towards the next village, Vavla, to enjoy a taste of different products made with honey from the local beekeepers. On your way to Vavla you will also pass by the 15th century Agios Minas Monastery, which is worth a visit.



After Vavla, the route back to the starting point is easier than it was on the way up, and can be taken by following the road to Choirokoitia, where you will be rewarded with another interesting visit, this time at the local Halloumi farm – ‘Loulla’s Farm’. At the farm you will have the opportunity to watch the farmer make Halloumi cheese in the traditional way, and for a small fee, you can also partake in the tasting of fresh Halloumi with locally-grown tomatoes, village bread and traditional coffee.



With the Halloumi cheese having whetted your appetite for local cuisine and energy levels restored, the journey back will take you through three picturesque villages: Tochni, Maroni and Psematismenos before reaching Agios Theodoros village which is highly recommended for a final pitstop to enjoy the local cuisine at one of the traditional taverns... a very tasty way to end your ride!

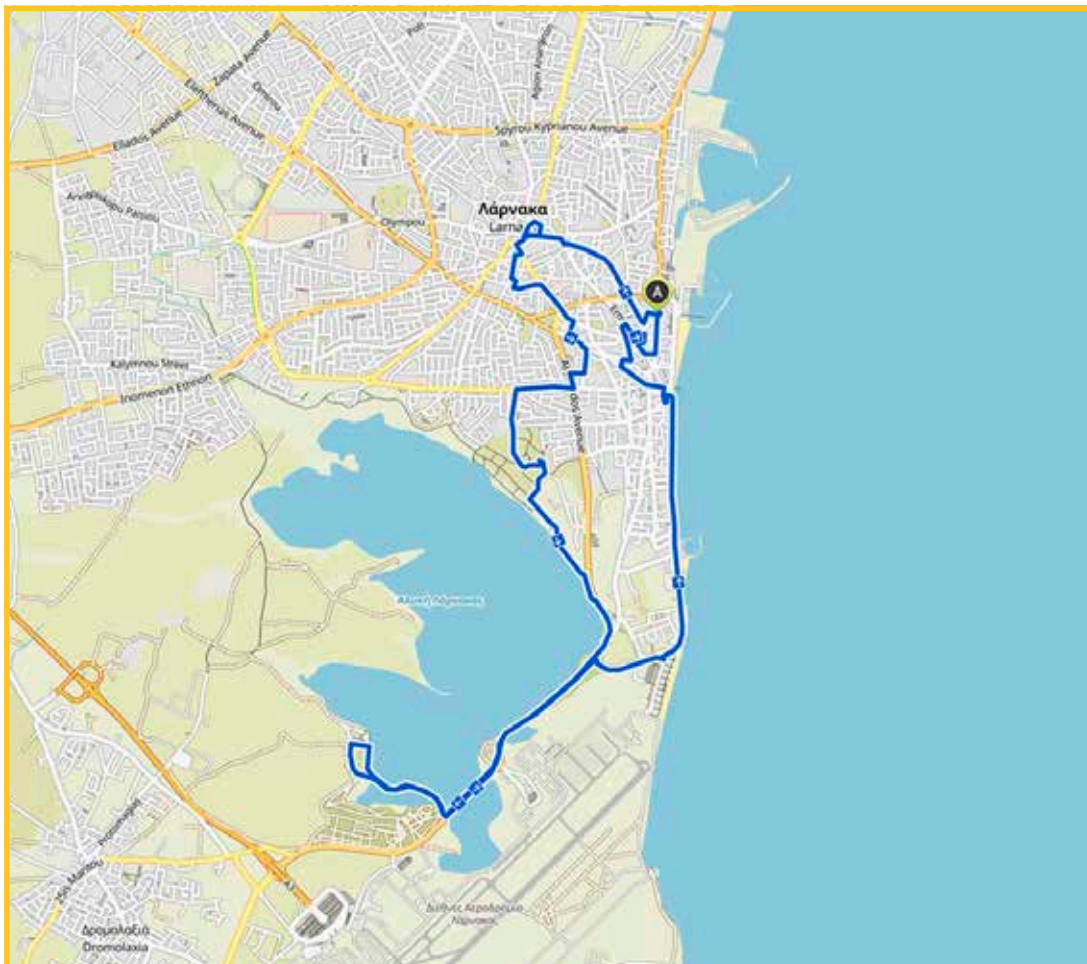


3

Multi-religious Route

Technical Info:

- Distance: 18 km
- Level of Difficulty: Easy (+100 m of total ascent)
- Bike Required: Trekking
- Points of Interest: Multi-religious places of worship in the city of Larnaka





Although the island has strong ties to Christianity throughout its history, a basic characteristic of Cyprus is the peaceful coexistence of several other religions, including those of Catholics, Muslims, Armenians and Maronites. Larnaka is the most multi-religious area of the island, where a variety of different religions have places of worship and sit amidst the many Greek Orthodox churches of the region – some of which you will discover on this route.

Your multi-religious bike tour starts from the Tourist Information Office, located off Europe Square (at the start of the palm tree-lined promenade of 'Foinikoudes'). Within a radius of just a few kilometres, you will find: the Catholic churches of St. Joseph's Convent and Terra Santa; the Greek Orthodox churches of Panagia (Virgin Mary) Chrysopolitissa and Agios Lazaros (Saint Lazarus); the Jewish Synagogue; the mosques of Hala Sultan Tekke and Beyuk Tzami; and the Sourp Stepanos Armenian Church.

Along your route you will also have the chance to visit the Metropolitan Church of the Savior and the churches of Chrysogalaktousa and Agia Faneromeni. Whilst the map of the route follows the churches as listed above, you can always escape the route for a custom-made tour if you don't wish to visit all of the listed churches.

As this is a city tour, despite avoiding busier roads, care still needs to be taken whilst riding your bike on the city roads, as they can become quite congested at times.



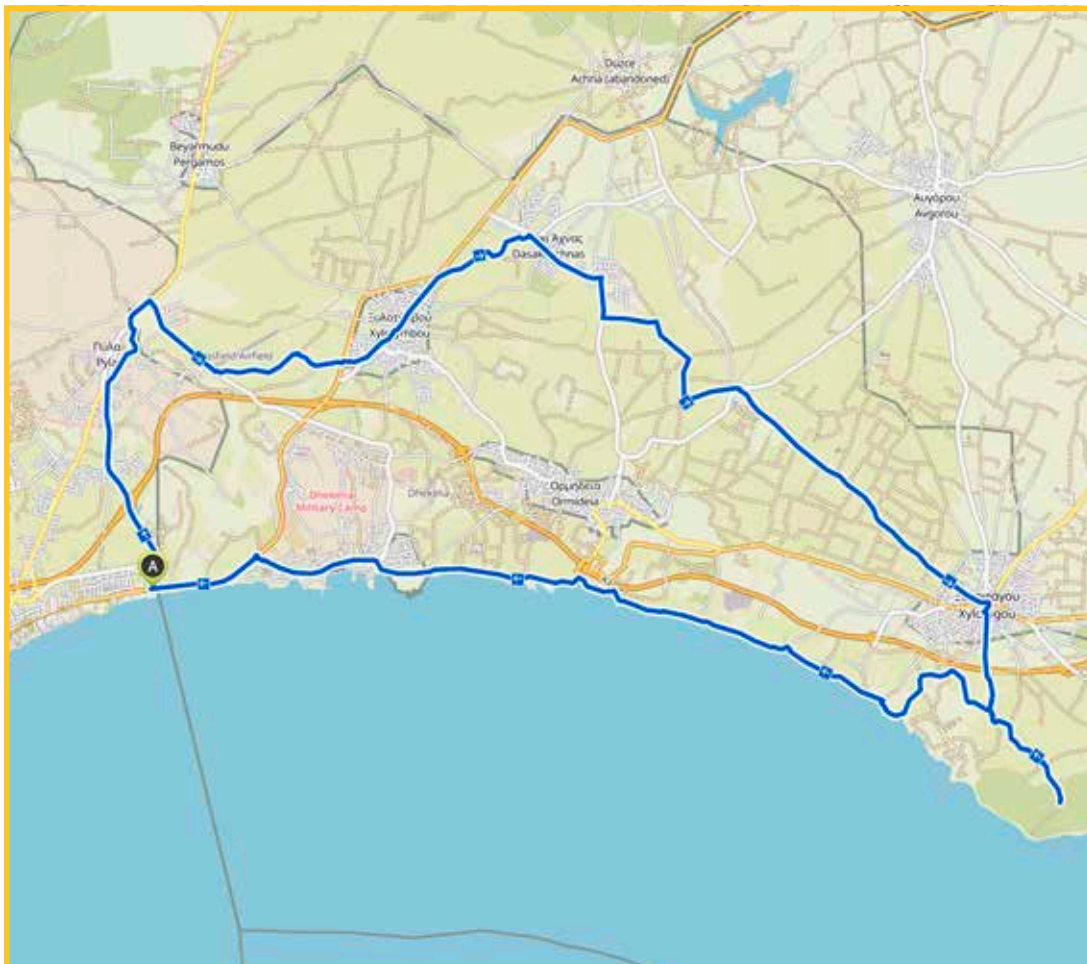
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PHILIPPOS PATTICHIS PHOTOGRAPHY

Venetian Watchtowers Route (East Larnaka Region)

Technical Info:

- Distance: 46 km
- Level of Difficulty: Average (+2110 m of total ascent)
- Bike Required: Trekking off-road with 27 gears
- Points of Interest: Pyla Tower, Achna Forest, small chapel before Ormideia village, Xylofagou Watchtower





Constructed over 500 years ago, the Venetian Watchtowers acted as an early warning system against naval attacks and remain intact in four separate villages within the Larnaka District. This bike tour will take you to two of these watchtowers in the eastern area of Larnaka at the villages of Pyla and Xylofagou.

The Watchtowers of the Larnaka region are a significant element of the island's connection to Venice, and historians believe that this system would have continued across to the Ammochostos region, and perhaps even the whole of Cyprus.

From your starting point at Pyla Beach on the Larnaka-Dekeleia Road, you will head north towards Pyla Village, where you will find the first well-maintained watchtower in the centre of the village, near the Church of Archangelos Michael.

In order to reach the second tower in Xylofagou village (from Pyla), follow the route to the villages of Pergamos, Xylyotymvou, and then to Achna. From Achna village, continue towards Ormideia village, where you will find a very small chapel, 1 km outside of the village. These types of chapels are widespread around the island and are usually built inside or on top of caves that were used as places of worship in the past.

Leaving Ormideia, head towards Xylofagou. Upon entering the village, you will need to carefully follow the map in order to reach the tower, which is located 3 km north from the centre of the village and stands some 100 m above sea level. The Xylofagou tower has a unique circular shape that differs from the other three watchtowers of the region.

On your way back to the starting point, your ride will take you along the coastline from Ormideia to Dekeleia.

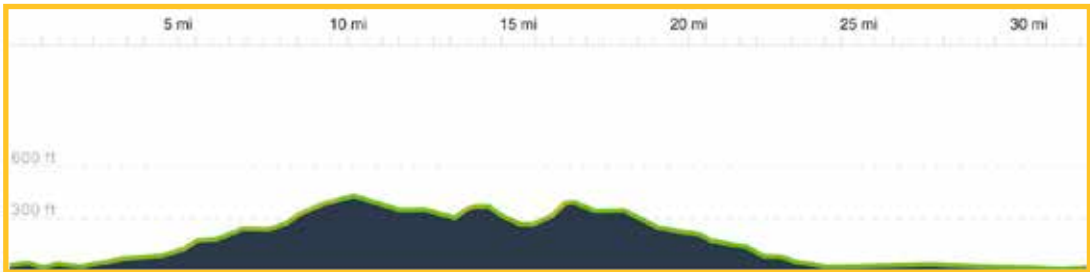
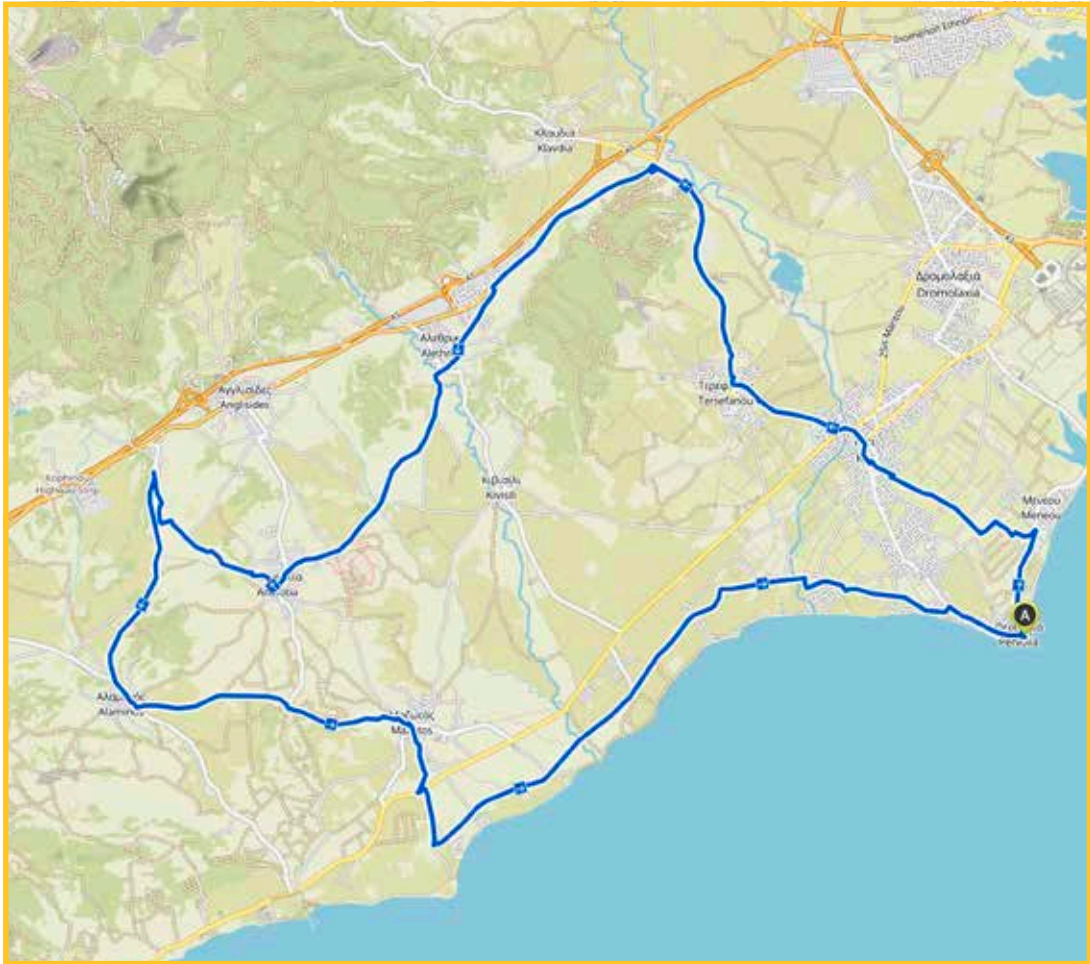




Venetian Watchtowers Route (West Larnaka Region)

Technical Info:

- Roads: Asphalt
- Distance: 17 km
- Level of Difficulty: Average (+250 m of total ascent)
- Bike Required: Trekking and/or Road bike
- Points of Interest: Cape Kiti Lighthouse, Watchtower of Rigaina, Koullas (Alaminos) Watchtower, Agios Mamas Church, Angeloktisti Church





Constructed over 500 years ago, the Venetian Watchtowers acted as an early warning system against naval attacks and remain intact in four separate villages within the Larnaka District. This bike tour will take you to two of these watchtowers in the western area of Larnaka at the villages of Pervolia and Alaminos.

The Watchtowers of the Larnaka region are a significant element of the island's connection to Venice, and historians believe that this system would have continued across to the Ammochostos region, and perhaps even the whole of Cyprus.

The 9th century lighthouse of Cape Kiti (in Pervolia village) is the starting point of this route, and thereafter a short ride towards Larnaka takes you to the first stop of the day – the Rigaina Watchtower (Regina's Tower). The well-preserved tower is small but graceful, and over its elevated entrance you can see the crest of St Mark's Lion, which was the Coat of Arms of the Venetians who built it during their rule of the island.

Leaving the watchtower, you will then ride towards Kiti village, with care required when traversing this busy, main street of the village.

While in Kiti there is time for a break at the coffee shop next to the beautiful 11th century Byzantine Angeloktisti Church, whose name means 'built by angels'. The church is very significant for the unique 6th century mosaic of the 'Virgin and child between two archangels' it contains.

Once you are ready to resume your ride, you can continue towards the villages of Tersefanou, Alethriko, Anafotia, Menoyeia to Alaminos village to see the Medieval stone-built watchtower that is located at the entrance of Alaminos. The 15th century chapel of Agios Mamas – which is situated on the southern edge of the village – is also worth a visit before departing for Mazotos.

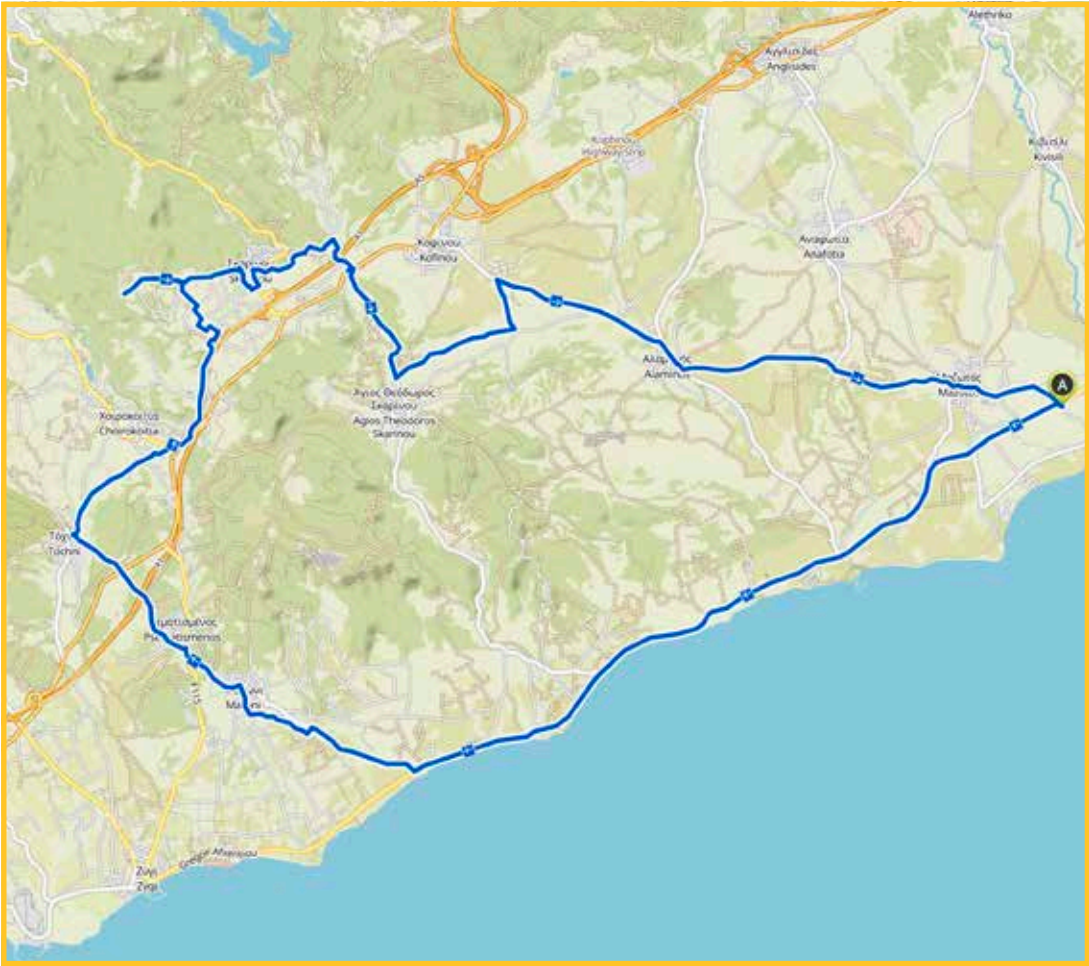
Heading south on the main road, you will reach the coastal road for the return to Larnaka. In order to ride on the quieter coastal road that will lead you back to Pervolia village and to the original starting point of Cape Kiti Lighthouse you will need to cross a main road first, with caution advised.



Camels and Donkeys Route

Technical Info:

- Distance: 50 km
- Level of Difficulty: Average (+470 m of total ascent)
- Bike Required: Trekking
- Points of Interest: Rural villages, Camel Park Mazotos, Golden Donkeys Farm





This bike tour introduces you to the island's furry friends - an integral part of daily life just 60-70 years ago - and offers a unique insight on how the locals would move around the island in the olden days.

This fun route takes you from the back of a camel to the saddle of a bike, then to the back of a donkey and back on your bike again, as you alternate between different saddles throughout the day.

The day starts at the Camel Park in Mazotos village, where you will have the chance to enjoy a supervised camel ride around the park grounds. From there, your ride takes you through the villages of Psematismenos, Maroni and Tochni before you enter the well-preserved village of Skarinou. Once you reach the centre of the village, simply follow the Golden Donkey to reach the Golden Donkeys Farm, where around 200 donkeys will welcome you – ready to take you on a ride around the farm.

Aside from donkeys, the farm also incorporates a small Wax Museum that showcases traditional Cypriot professions, whilst the park offers further attractions, as well as a restaurant and gift shop with locally made products.

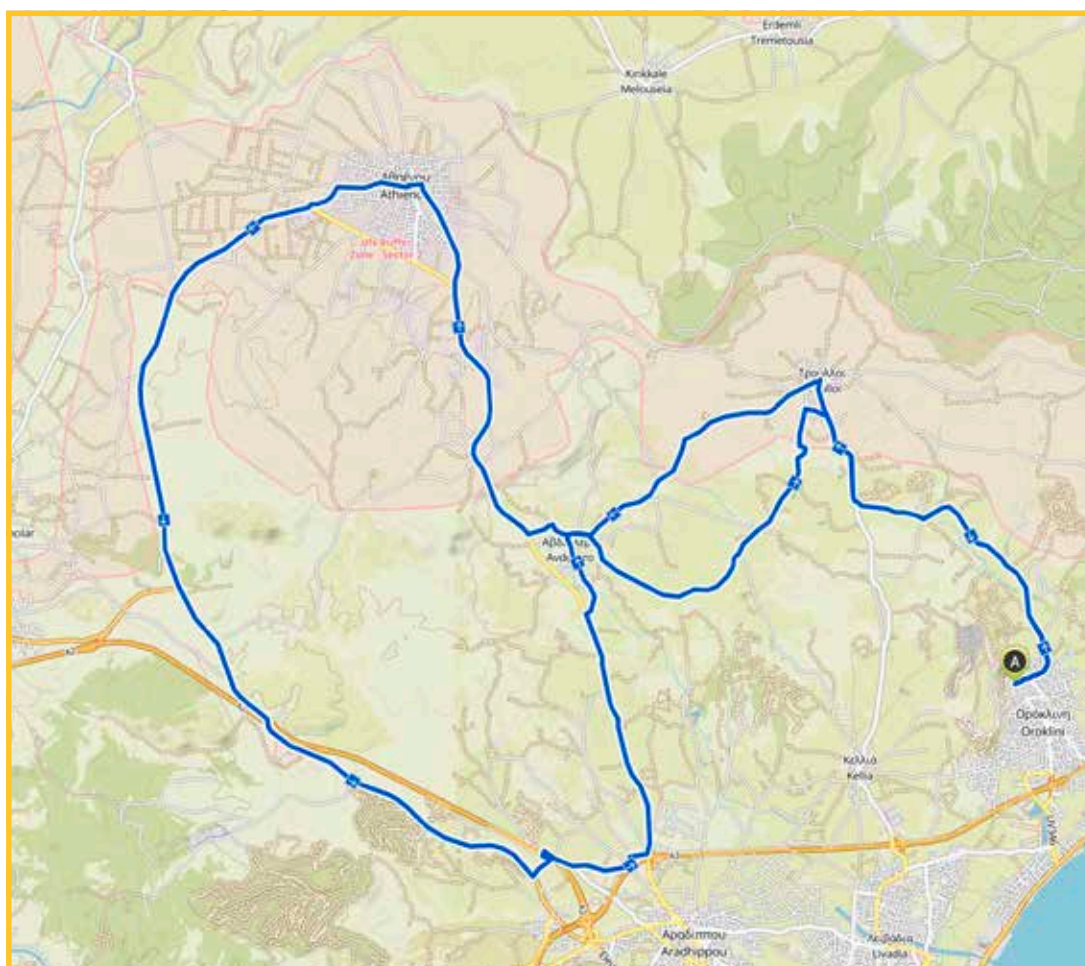
The way back to your starting point is a smoother ride on the saddle of a bike, taking you through Skarinou village towards Agios Theodoros and Alaminos along the coastal road to return back to the Camel Park and Mazotos village.

7

Wheat Fields and Bread-Making Route

Technical Info:

- Roads: Asphalt
- Distance: 60 km
- Level of Difficulty: Average (+500 m of total ascent)
- Bike Required: Trekking and/or Road bikes
- Points of Interest: Wheat fields, traditional flour mill in Athienou, Kallinikeio Museum of Athienou





This route showcases the region's long history of traditional bread-making as it passes through golden wheat fields and takes in a beautifully-restored flour mill, which now serves as a time capsule of Athienou's bread-making tradition.

The island's bread-making history has been well-documented through the words of Ancient Greek and Roman travellers, who reported sights of endless wheat fields on the island, and praised the superior quality of Cyprus flour. Wheat cultivation has traditionally been a big part of Cypriot agriculture and economy, and traditional bread continues to be produced in the same way to this day.

Starting from the centre of Voroklini you will ride in a northerly direction to reach the wheat fields of the southern edge of the Mesaoria plain. During the end of spring and the beginning of summer, the fields gleam with a bright golden colour – a sight that runs from the east coast to the west coast of Cyprus. After passing through the villages of Troulloi and Avdellero, you start the climb towards the Athienou Municipality.

Thanks to its location in the centre of the Mesaoria plain, Athienou town has a longstanding tradition of flour making, and is famous across the island for its traditional bread-making, with its 'Athienitiko' bread regarded as one of the most popular bread types on the island.

Passing through Athienou, you can visit the Kallinikeio Museum and the renovated, traditional flour mill, where you will learn all about the process of bread-making; from the cultivation of wheat to its production into flour, to how bread was baked in wood-burning ovens.

After tasting some Athienitiko bread and locally-made cheeses in one of the many little coffee shops, take the old Lefkosia-Larnaka road (with its picturesque Cypress tree clusters) to descend back to Aradippou Municipality and Voroklini village once again.

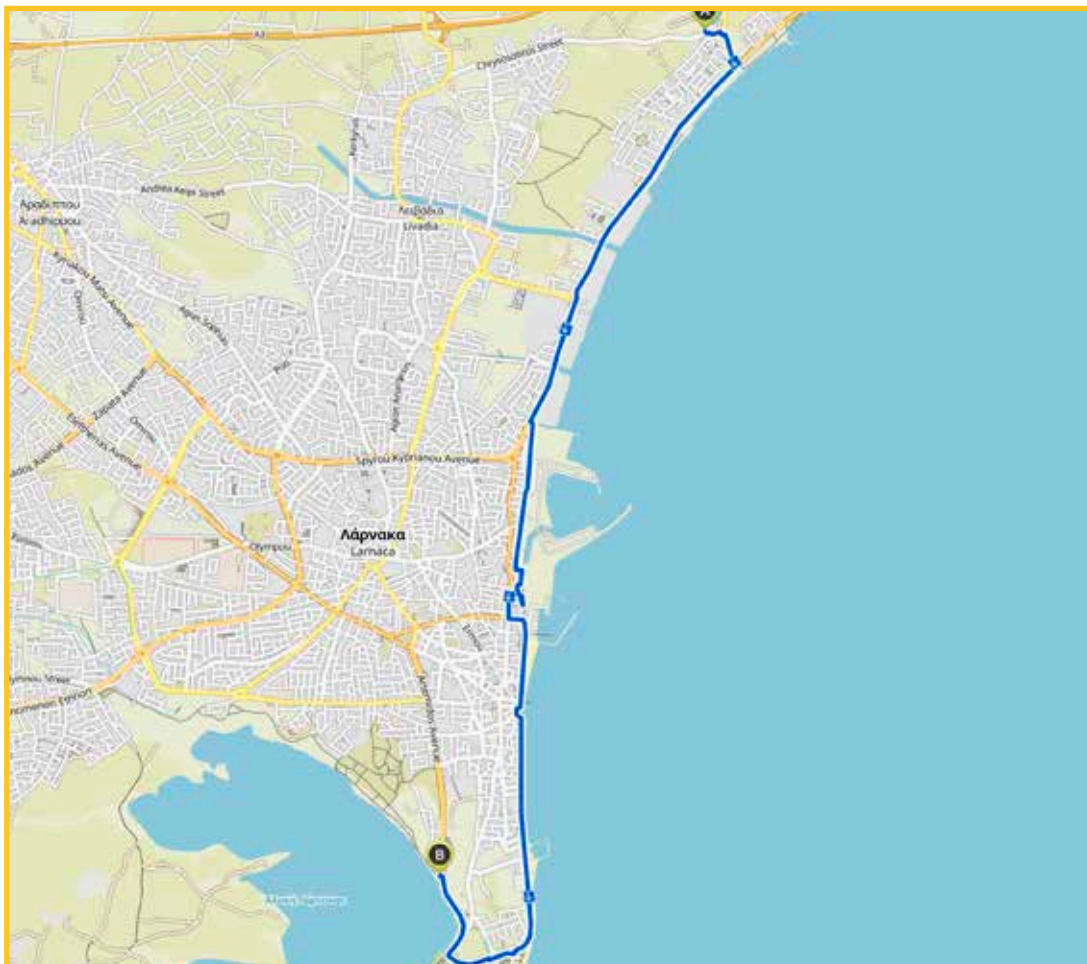


8

Larnaka Bird Watching Route (Recommended from November until April)

Technical Info:

- Roads: Asphalt roads and cycle paths
- Distance: 11 km
- Level of Difficulty: Easy (+20 m of total ascent)
- Bike Required: All types of bikes
- Points of Interest: Voroklini Lake, Larnaka Marina, Larnaka Medieval Castle, Larnaka Salt Lake





With its location on the south-eastern edge of the Mediterranean Sea, Cyprus attracts more than 370 different bird species during their migration from Africa to Europe – and back again. The region of Larnaka is one of the best areas on the island to observe these majestic birds, and this route gives you the opportunity to visit its two major lakes.

The bird watching bike trip starts from Voroklini Lake, which is one of only seven natural wetlands in Cyprus, and has recently been restored through the European LIFE Conservation Project.

A display of fully-illustrated placards at the Information Kiosk and Bird Watch Tower provide information on all the different species that nest at the lake, including the Cattle Egret, Spur-winged Lapwing, Spoonbill and many others.

Leaving the lake and heading south, you will reach the beach of Voroklini. From there, the route follows the coastal cycle path, which runs along the beautiful seafront of Larnaka bay, to reach the city of Larnaka and its port.

The route continues by passing by the Larnaka Marina and the vibrant 'Foinikoudes' (palm tree) promenade until you reach the Medieval Castle of Larnaka, from where a right turn will take you towards the beautiful stone-built church of Agios Lazaros (Saint Lazarus).



Passing along the coastline of Larnaka, the route will then lead you to the popular McKenzie Beach coast, where you can cross to reach the famous Larnaka Salt Lake – one of the most important wetlands in Cyprus. The lake is the haunt of 85 species of water birds, with estimated populations between 20,000 and 38,000. Among them are thousands of flamingos, which spend the winter months at the lake, and are a magnificent sight to behold in their flocks of vibrant pink. Care must be taken not to disturb these sensitive birds whilst viewing them. Your tour ends here, allowing you to continue onwards at your own leisure to the neighbouring areas of McKenzie or the town centre.



WELCOME BACK