

on your
bike!



CYCLING ROUTE
Lemesos - Pano Platres



Cyprus
in your heart

This is a route full of contrasts and changes in scenery. A stroll that clears the mind from daily routine and offers unique experiences; an exploration that offers cyclists, as of the very first kilometre, beautiful pictures of the natural beauty of the Mediterranean sea and the cosmopolitan city of Lemesos. The route passes by historical and cultural monuments, vibrant pieces of the island's rich history. Then come the small, cobbled villages against the peaceful backdrop of the Troodos mountain natural greenery.





The route is 69.1 kilometres long and ends 1200 metres above sea level generously rewarding cyclists as it goes through citrus tree orchards in one of the most fertile valleys on the island, the Crusaders' area around the Kolossi medieval castle, and a few kilometres later comes in front of the impressive view of the water and the surrounding nature of the biggest dam in Cyprus. Heading next towards the picturesque traditional villages of the Wine Routes it goes through lush greenery, feeling the cool breeze of tall trees, near waterfalls and springs allowing the cyclist-traveller to enjoy clean fresh air and nature's peace.

There are many rest areas throughout the route for those who wish to relax and enjoy the view of some of the most beautiful places along the way.

One could say that on this idyllic Mediterranean island nature has provided enriching images for nature lovers and for those who are seeking a unique exploratory adventure, with the wind fluttering against their faces, the sun stroking their backs, the sweet smell of pines intoxicating them and the view of the sea shimmering in the distance drifting their minds away!





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Lemesos - Pano Platres Cycling Route

The Lemesos - Pano Platres Cycling Route represents the second phase of a broader cycling network that will eventually cover the whole of Cyprus.

This is an asphalt track surface route. Few parts of the asphalt track surface are not in good condition. However, public roads have both road markings and road signs for the users' information and safety. Forest roads have only signs.

Notes:

The roads included in the entire route are used jointly by both motor vehicles and bicycles.

Cyprus uses the British left-hand traffic system, which means that vehicles and bicycles have to use the left lane.

When approaching a roundabout you must always give priority to vehicles on the roundabout coming from your right.

Cyprus uses the metric system. Altitudes are indicated in metres and distances in kilometres.



General Information



Route Description

The route begins at the Limassol Marina, which is near the old port and the medieval castle. Four of the oldest wine factories of Cyprus are situated close to the starting post. As cyclists are led away from the busy city roads, the route passes in front of the new port, which is the largest in Cyprus and gradually continues on the semi-mountainous and mountainous areas of Troodos. After passing through traditional villages, known as the Wine Villages due to their famous wine production, and through picturesque neighbourhoods, vineyards, orchards and forests, the route ends at the village of Pano Platres where it meets Route 1.

Nature trails

The cyclists can stroll and enjoy the beauty of the nature trails in the Platres area. There are three trails:

-Kaledonia. One of the most famous nature trails in Cyprus, 3 kilometres long. It goes through dense forest greenery, along River Kryos with the cold water that runs throughout the year. The Kaledonia waterfall is truly a unique sight. The trail ends at Psilo Dentro (Tall Tree) above the village of Platres.

-Psilo Dentro - Pouziaris (Circular).

Forming a 9 kilometre circle this trail promises to offer excursionists enchanting panoramic views and 3-4 hours of a route swallowed in forest greenery with dense pine tree clumps.

-Myllomeris waterfall. A linear trail that passes through dense vegetation with the first half travelling along River Kryos. The end of the route is rewarding as it opens to a wonderful view in the south.



Accommodation in the countryside

Accommodation in the rural areas offers cyclists the opportunity to participate in various excursions and activities, taste the traditional cuisine at the villages' taverns and enjoy the authentic hospitality of the locals.

Those who enjoy a peaceful environment away from the crowds of tourist resorts can choose to stay at a traditional village house. These are restored and renovated traditional houses furnished with local Cypriot furniture but with all modern amenities. Most houses have gardens where guests may enjoy fresh fruit such as lemons and oranges. Some of these houses even have swimming pools. We, therefore, recommend visitors to relax in the comforts of a house, which will soon feel like home. Most of the houses are available all year long and are ideal for botanists, bird watchers, hikers, cyclists and nature lovers for whom Cyprus is ideal in the spring.





Points of interest

-**Kolossi Medieval Castle.** A remarkable example of military architecture that was originally built in the 13th century by the Franks. The structure that survives nowadays, dates back to the mid-15th century. After the fall of Acre in 1291, the castle was transformed into La Grande Commanderie of the Knights Hospitaller and in the 14th century came for a period of time into the possession of the Knights Templar. During their stay in Cyprus the knights produced and exported a sweet wine called Vin de Commanderie. Today this is a traditional wine of Cyprus and one of the oldest labels in the world since it has had the same name for the past 8 centuries. The ruins of a 14th century sugar mill can be seen next to the castle.

-**Koilani village.** The courtyard of the Panayia Eleousa church hosts the Ecclesiastical Museum which was founded by the Lemesos Holy

Bishopric. The museum houses collections of icons and ecclesiastical objects of the community covering a period of seven centuries. Visitors may also visit the Viniculture Museum housed in one of the village's traditional houses. Viniculture tools and popular art objects are the main exhibits, while in the courtyard there is a large boiler for the production of zivania, the local alcoholic drink. Outside the village of Koilani, the church of St Mavri is still preserved with its single-nave cupola. The church was built in the 12th century and is decorated with frescos of the 15th century.

-Vouni. Vouni is one of the oldest vine-growing villages and is famous for its grapes. In the past it was the regional wine centre attracting workers from various places during harvest. The Mavro variety still holds the sceptre but many of the new vineyards have been planted with Cabernet Sauvignon and Grenache varieties. There are also sites of cultural interest in Vouni such as old churches and the Cyprus Donkey Sanctuary.







-**Myllomeris Waterfall.** It is found on the southeast of Platres at a distance of one kilometre from the starting point of the nature trail that leads to it. A dirt road also leads to the waterfall that may be used by cars. Its name must come from the words *myllos*, which in the Cypriot dialect means wet and the word *meros*, which means place (*myllos* + *meros*, wet + place = Myllomeris). River Kryos maintained the place wet and cool so they called the waterfall Myllomeris. The water falls from a height of 15 metres.

Geology.

The Troodos National Park geology is of worldwide scientific interest. Nobody suspects that the top of Troodos Mountain is the deeper layer of a part of the oceanic crust as well as of the upper mantle of the earth. In other words an ophiolite complex formed 90 million years ago, 8000 metres under sea surface.



The emergence of the Troodos Mountain resulted from a series of unique and complex geological processes that render it a model for geoscientists around the world. The altitude of the area reaches up to 1200 metres resulting in cold winters on the higher parts. In the summer, however, a large part of the area remains very cool.






Lemesos - Pano Platres Cycling Route





 Cycling Route
 Lemesos - Pano Platres
 Main Road
Foini Community name

 CTO information office
 Church or Monastery
 Point of interest

 Sign-posted viewpoint /
 Resting place
 Area Hospital

ROUTE: Lemosos- Pano Platres

Starting point:	Lemosos, 0 metre
Finishing point:	Pano Platres, 1200 metres
Distance:	69,1 km
Degree of difficulty:	High
Road surface condition:	This is an asphalt track surface route. Few parts of the asphalt track surface are not in good condition.
Points of Interest:	Kolossi Castle, Vouni, Koilani, Ayia Mavri, Myllomeri Waterfalls
Viewpoints:	There is a sign-posted viewpoint and resting place along this part of the route

Technical Characteristics of Route:

Maximum height of ascent: 2075 metres

Maximum altitude: 1200 metres

Minimum altitude: 0 metre

Gradient: 5-8%, at certain points after the village of Ayios Therapontas 11% (for a very short distance)

Accessibility by bicycle: Very good

Note: Use of road bicycles or trekking bicycles is recommended.





The Lemesos - Pano Platres cycling route offers an opportunity to bicycle lovers to escape and enjoy Cypriot nature in all its glory.

The first point of the route, in close proximity to the blue Mediterranean waters of Lemesos, is also the very first beautiful natural sight to be enjoyed. The 69.1 km route goes past various cultural monuments and through magical areas of low vegetation, traditional villages, the largest dam on the island and one of the 3 waterfalls in Platres. It ends at one of the most picturesque communities of the Troodos mountain and forest 1200 metres above sea level!

The contrasts between the different ways of life and the major changes in scenery are the most important and remarkable features of this route. From the endless beaches next to the luxurious marina and the sound of waves breaking on the seafront of cosmopolitan Lemesos to the slow rhythm of life in the peaceful greenery of the

mountain forest, cyclists will travel in a very short time through two different worlds that seem dissimilar at first but are in essence strongly connected to Cypriot culture and tradition.

The starting point of this route is the Limassol Marina where cyclists can find the first signpost showing the route map, the points of interest, and the chart with the altitude difference.

The cyclists will cover the first kilometres of the route in the city of Lemesos and must ride carefully due to traffic.



Very close to the starting point, one kilometre to the south, there are four of the oldest wine factories in Cyprus (KEO, SODAP, LOEL, ETKO).

After 2.7 km the route turns to the left and the cyclists can see the Lemesos Port, which is the biggest port in Cyprus. Even though the road is still wide, the cyclists are led away from the city and closer to a quieter environment. At the big roundabout at 3.1 km, they must take the 4th exit having the Lemesos Port on their left.



The bicycle track starts after 2.4 km, specifically at 5.5 km of the route, passes by three intersections and goes north where one of the largest shopping malls in Lemesos is found.

At the next roundabout (7km) the route changes course to the west and the cyclists come into the big plain of the Tserkezi area. The plain is planted with citrus trees that yield sufficient quantities of fruit to cover the needs of the local market and for the production of fruit drinks.

Throughout the plain the cyclists can enjoy the shade of tall cypress trees. The conditions in these parts of the route are ideal for cycling even when the temperature is quite high.

After the village of Assomatos, at 12.4 km the route changes direction again this time to the north on the way to the Kolossi community, with an unexpected view of the medieval castle appearing at 15.8 km. The castle was built in 1210 AD by the Franks who wanted to have control over the sugar cane plantations in the area. For those who like exploring, it is worth stopping and visiting the castle.

One kilometre further on the route there is a stop sign





and the cyclists should turn right towards Ypsonas where at 19.7 km they will turn left to go through the heart of the village. At 21.3 km they turn left again to go to the largest water dam in Cyprus. At this point the route goes uphill for about 4 km and then downhill for a while. At 27 km the cyclists can enjoy the view of the valley traversed by the river Kouris.

Half a kilometre later, the cyclists arrive at the wall of the dam and can admire the beautiful view created by the contrast of the white colour of the earth with the undergrowth of the hills and the deep green of the water!

From the 28th to the 36th km the route sometimes goes uphill and sometimes downhill with many turns. The road continues to be relatively wide allowing for easy movement. At the 36th km the cyclists turn left towards Ayios Therapon. From this point onwards the road is uphill and narrow with many turns but with a low volume of traffic. This allows cyclists to enjoy the view of the

surrounding mountains and hills as well as the dense undergrowth in combination with the sparse vegetation of pines and vines. They are now in the area of the Wine Villages (Krasohoria)!

After 9.1 km uphill at an average gradient of 4% emerges the village of Ayios Therapon. This picturesque village is one of the wine villages.

Our suggestion is that the cyclists visit the





village and admire the traditional architecture of its neighbourhoods. It is a settlement emerging in a unique natural landscape. Most of the streets are paved with pebbles reminiscent of mosaics while some, especially on the edges of the village, are cobbled. What is particularly impressive are the twelve traditional Vota. Vota is a type of original construction, which can be found in very few villages in Cyprus. It is a vaulted room on the ground floor that the residents used as a storage room for vats of wine or even as an animal stable. The upper floor was built on top with local stone and it was the residents' living area.

The centre of the village is also very picturesque with a coffee shop where the cyclists can rest and taste a Cypriot coffee! Those who choose to visit the village should be careful on their way out because the road has a steep descent.

The distance between Ayios Therapon and Ayios Amvrosios is 4km downhill at an average gradient of 5-6% and an uphill gradient of 6.5%. At 49.5 km the road intersects with E601 and cyclists must bear right. The village of Ayios Amvrosios is on the left hand side with its imposing church dating back to the 14th century. The village is also known for its vinicultures and its famous wines.

Leaving Ayios Amvrosios and E601 cyclists must turn right towards Vouni. The route is uphill for 5 km at an average gradient of 5%. The road is wide and comfortable without any significant traffic. At 54.4 km cyclists enter and cross the very unique village of Vouni. This village with its cobbled streets, traditional houses with wooden doors, large windows, narrow balconies, and patios is rich in architectural heritage attracting local and foreign visitors alike. The scenic and peaceful coffee shops and traditional restaurants invite visitors to sit and relax!



Leaving Vouni, the route goes through an area full of vines and pines towards the village of Koilani. There, cyclists can stop and visit a plethora of wineries, proof of the good quality of wine is the fact that Koilani bears the title of Kefalochori, in other words the Head of the wine villages of Cyprus.

The village still preserves many of its old features, such as traditional architecture, narrow uphill streets, and tall walls with gates that are sometimes vaulted and sometimes forming an arch. The village is densely constructed, literally cramped in blocks with touching roofs and end to end houses.

Further down the route and very close to Koilani, cyclists will reach the small church of Ayia Mavri, dating back to the 12th century, in the Valley of River Kryos.

Leaving Ayia Mavri the road goes up along the River Kryos and leads you at 62.8 km to the community of Pera Pedi, which is truly carpeted in green.

One of the most impressive constructions in the village is undoubtedly the wine factory that was originally built by the British. Nowadays, the factory



receives annually three million kilos of black grapes from the greater area.

Another impressive construction in the village is the traditional Water Mill that was operating until the '40's and which has been declared as an Ancient Monument.

At this point, cyclists have the option to follow the cycling route or the alternative route through the communities of Mandria and Kato Platres of which the uphill gradients are not as steep. This route meets Route 1 and ends at the final destination of Route 2.

Those who choose to follow the cycling route will be rewarded by the breath-taking landscape. Soon after Pera Pedi the road becomes narrow going through dense vegetation of pine trees and in about 2 km they will reach the Pera Pedi dam. A kiosk with a bench is found here to rest, relax, and enjoy the beauty of the landscape.

1.5 km further on, there are signs leading to one of the two waterfalls in the area, the waterfall of Myllomeris where the water drops from a height of 15 metres, offering a truly beautiful sight.









During the last part of the cycling route after the waterfall, cyclists will ride a somewhat difficult upward run. After this however they will come onto the Troodos road that will soon lead them to the area of Psilo Dentro in Pano Platres which is the end of the route, one of the most beautiful routes in Cyprus.

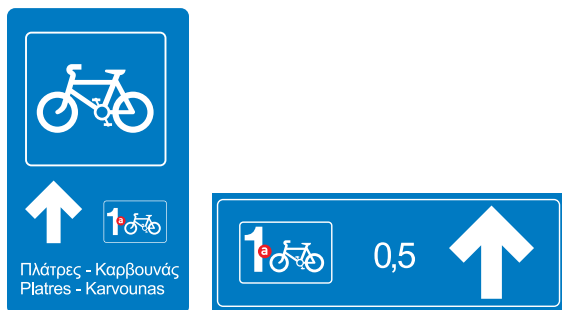
Here the cyclists can go to the Pano Platres community or follow Route 1. There are signs to consult for both options.



CYCLING ROUTES ROAD SIGNS AND ROAD MARKINGS



Cycling Route indication featuring its number, e.g. 1a. It is combined with a directional arrow to the cycling route, with the distance in km or sometimes with the name of the route, as shown in the examples below.



Cycling route indication with its number and additional information.



Cycling route indication with its number e.g. 1a and with a name, direction and distance to another destination e.g. Troodos in a distance of 8 kilometres



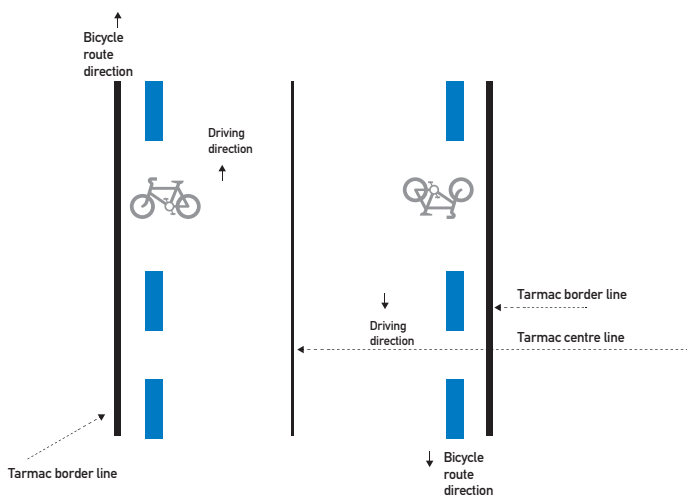
Warning of cycling routes or cyclists traffic with advice to slow down and with distance indication.



Warning! Mind the Cyclists



Sign warning of approach to a cycling route and with distance indication.



Cycling route road marking on a road used by both vehicles and bicycles.

USEFUL INFORMATION

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info@zypernbike.de

www.zypernbike.de

www.cyprus-village.de

Manager: Alfred Baum

Note: Cycling centres are considered 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 organised excursions as well as the provision of cycling guide for organised groups.

Rural Accommodation

Cyprus Agrotourism Company

Tel: +357 22340071, Fax: +357 22334764, www.agrotourism.com.cy

USEFUL TELEPHONES

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112

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Tel: 25 36 27 56, Fax: 25 74 65 96

b) Georgiou A' 22, CY 4047 Lemesos

Potamos tis Germasogeias

(eastern entrance of Dasoudi beach)

Tel: 25 32 32 11, Fax: 25 31 34 51

c) Lemesos Harbour

PO.Box 55605, CY 3781 Lemesos

Services to all passenger boats

Tel: 25 57 18 68, Fax: 25 56 03 43

Larnaka

a) Plateia Vasileos Pavlou, CY 6023

Larnaka

Τηλ. 24 65 43 22, Φαξ: 24 65 34 92

b) Larnaka International Airport

CY 7130 Larnaka

Tel: 24 00 83 68, Fax: 24 00 83 69

Pafos

a) Agoras 8, CY 8010 Pafos

Tel: 26 93 28 41, Fax: 26 95 33 41

b) Poseidonos Ave. 63A, CY 8042,

Kato Pafos

Tel: 26 93 05 21, Fax: 26 93 05 19

y) Pafos International Airport

Tel: 26 00 73 68 (Service to all flights)

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the website www.visitcyprus.com





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REPUBLIC OF CYPRUS



CYPRUS
TOURISM ORGANISATION



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