



EuroVelo 8

Welcome to the Mediterranean Route!

FROM ANDALUSIA TO CYPRUS:
7,500 KILOMETRES OF CYCLING THROUGH
WORLD FAMOUS DESTINATIONS,
WILD NATURE &
HIDDEN BEACHES

www.eurovelo8.com

Welcome to



EuroVelo 8 Mediterranean Route!

AQUILEIA, FRIULI VENEZIA GIULIA, ITALY

Photo: Giulia Cortesi



GACKA RIVER, CROATIA

Photo: Ivan Šardi/CNTB



Dear cyclists,

FOREWORD

Discovering Europe on a bicycle – the Mediterranean Route makes it possible! It runs from the beaches in Andalusia to the beautiful island of Cyprus, and on its way links Spain, France, Italy, Slovenia, Croatia, Montenegro, Albania, Greece, Turkey and Cyprus. This handy guide will point the way!

Within the framework of the EU-funded “MEDCYCLETOUR” project, the Mediterranean Route is being transformed into a top tourism product. By the end of the project, a good portion of the route will be signposted along the Mediterranean Sea. You will be able to cycle most of it simply following the EuroVelo 8 symbol!

This guide is also a result of the European cooperation along the Mediterranean Route. We have broken up the 7,500 kilometres into 15 sections and put together cycle-friendly accommodations, bike stations, tourist information and sightseeing attractions – the basic package for an unforgettable cycle touring holiday.

All the information you need for your journey can be found via the transnational website – www.eurovelo8.com. You have decided to tackle a section? Or you would like to ride the whole route? Further information and maps, up-to-date event tips along the route and several day packages can also be found on the website.

We wish you a lot of fun reading this guide and hope we are able to inspire you to go on a journey with a sea view. Discover Europe on two wheels!

The publisher





SLOVENIA



Photo: Luka Esenko/CNTB

ZADAR, CROATIA



Photo: Pere Duran

CATALONIA, SPAIN



LEMESOS, CYPRUS

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Enjoying Europe

FRANCE



JOURNEY IN TIME

Embedded in the landscapes, the Mediterranean's inviting cultural history is perfect for a tour of discovery. Lining the route are no fewer than 23 UNESCO World Heritage sites – from the Alhambra de Granada to the Fortifications of Vauban in France, from the town of Mwantua/Ferrara to the Roman archaeological area and Basilica of Aquileia in Italy, from Croatia's sites such as the Euphrasius Basilica in Poreč, Diocletian Palace in Split, historical core of Trogir and Dubrovnik Old Town to the Neolithic settlement of Choirokoitia in Cyprus. Romans and Moors, architects of all periods and styles have all left their mark on the shores of the Mediterranean Sea. Mighty fortresses, magnificent churches and cathedrals and historical villages, towns and cities all look to the sea and give one an idea of what life was like in past centuries and in the various civilizations that succeeded each other all around the Mediterranean Sea, from the Etruscans to the Romans, from the Moors to the Spanish Empire, all leading today to the European Union.

Let history come alive!



Photo: Giulia Cortesi
AQUILEIA, FRIULI VENEZIA GIULIA, ITALY

The countries along the Mediterranean Sea all share something in common: a Mediterranean feeling unites countries as far away from each other as Spain, Croatia and Cyprus. Along the route, cycle tourists will discover all kinds of cultural highlights, immerse themselves in European history and savor regional delicacies. They will also marvel at the unique natural heritage bordering the Mediterranean Sea.

From the southernmost tip of the Iberian Peninsula to an island at the crossroad of three continents. A tour along the Mediterranean Route takes in the diversity of the Mediterranean's landscapes. In places, the route leaves the seashore when crossing northern Italy West to East in the Po river valley, but it goes back to the sea along the Adriatic coast near Venice. The Mediterranean spirit is palpable in every historical village and hill.



SCULPTURE PARK, AGIA NAPA, CYPRUS

JOURNEY THROUGH CULTURE

The Mediterranean Sea and the regions that surround it are a gallery and studio at one and the same time. Numerous works of art bear witness to the differing eras; prestigious art museums are ideal for a stroll in between paintings, objects and installations; while churches and historical buildings show proudly their original architectures. For poets and thinkers, composers and columnists, the Mediterranean Sea and the surrounding areas have always been an inexhaustible source of inspiration; numerous sagas, songs and legends are associated with the seaside landscape and are handed down from generation to generation. How about some examples? There's for instance the Côte d'Azur in France, renowned for its splendor and its 'Belle Époque' architecture, the Egyptian Museum in Turin and the Fortress castle of Patras in Greece.

Let your fantasy run free among the Mediterranean marvels!

JOURNEY ENJOYING GOOD FOOD

From culture to gastronomy; a cycle tour will quickly become an experience for gourmets. There are as many differences between the culinary specialties that you can find along the Mediterranean Sea as between the people and cultures. How about delicious tapas with gazpacho at a Spanish terrace, a Greek moussaka or fresh fish from one of the many coastal fishermen villages? And you cannot miss the finest cheeses of Mantua, Parmigiano Reggiano and Grana Padano. A lovely glass of wine is also naturally a must – lining the Mediterranean Sea are many wine growing regions like Piedmont, Friuli Venezia Giulia, Slovenia and Kvarner - perfect to combine with truffles and olives in Piedmont and Istria. Croatia's Pelješac peninsula offers a selection of white and red wines of extraordinary quality such as dingač and postup, while the town of Ston is famous for its oysters. Settle down to some nice food and refuel for the next stage!

Just enjoy!



JOURNEY THROUGH NATURAL MARVELS

The Mediterranean Sea is home to numerous incredible natural places, and the best way to explore them is by bike. The southernmost tip of Iberia in Spain marks the point at which the Mediterranean meets the Atlantic. In France, cycle through the lavender fields of Provence, a haven of colour, smells and feeling. In Italy, you will meet a small corner of paradise and biodiversity at the best Italian bird-watching area at Foce Isonzo-Cona Island. You can cycle in the national parks, such as Krka National Park and Vrana Lake Nature Park in Croatia, the Natural Park of Mincio in Italy and the Skočjan Caves

Regional Park in Slovenia, with the largest discovered underground chamber in Europe and one of the largest in the world. Slovenia also features ancient salt works which are home to 150 bird species, making it a heaven for ornithologists. And if you are still ready for more water, do not miss the Blue Eye water spring and Albania and its clear blue water, nor the large freshwater Lake Skadar between Montenegro and Albania.

Let the Mediterranean region's diversity
amaze you!



Follow the EuroVelo 8 ...

The Mediterranean unites the south of Europe. While the sea extends uninterrupted from Spain to Cyprus, on land there are still administrative borders. Therefore, the signing of the Mediterranean Route differs from country to country or from federal state to federal state respectively.

As part of the project, the route is being signed in the project partners' regions, using the EuroVelo 8 route information panel as an easily recognisable common element. The logo is often incorporated within the existing signage of the respective country, but in some locations new signs are installed.

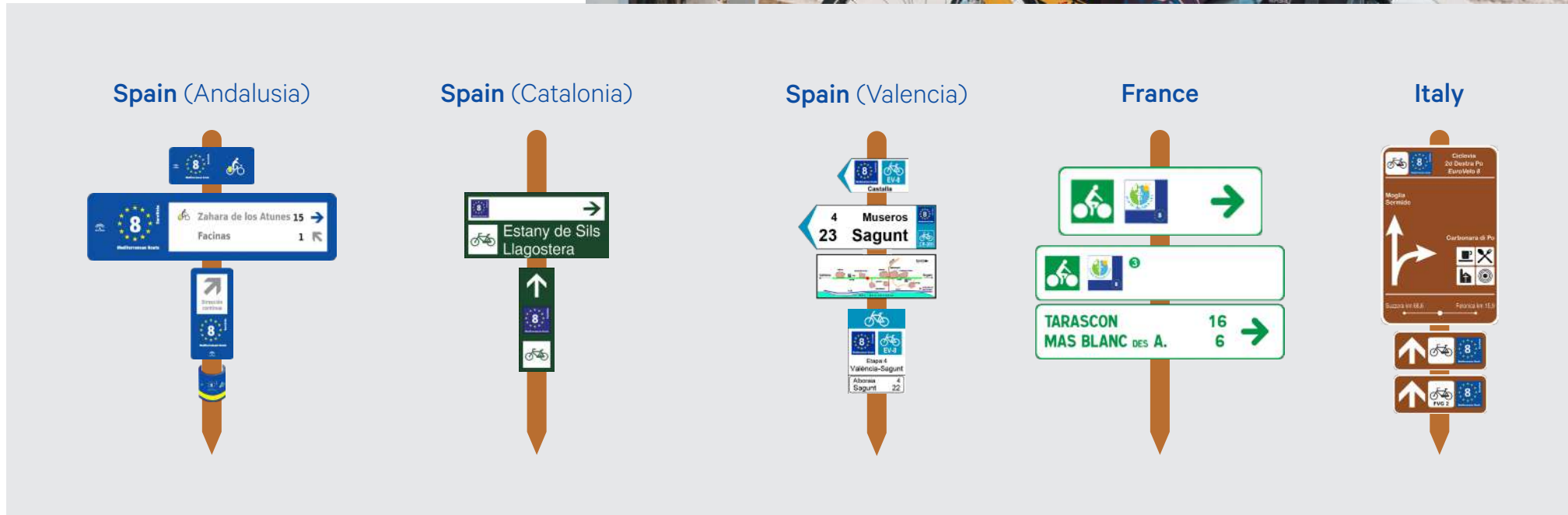




Photo: Jean-Claude Martinez
CATALONIA, SPAIN



VALENCIA, SPAIN



FRANCE

EuroVelo 8 route information panel

The basic route information panel for EuroVelo 8 features the Council of Europe blue background and yellow stars with the route number. Additional variants include the route name and EuroVelo or EuroVelo.com wording. There is also a frame variant that can integrate national route branding.



Slovenia



Croatia



Greece



Turkey (Izmir)



CROATIA



IZMIR, TURKEY

One click on to the route

The Mediterranean Route at a glance: the www.eurovelo8.com website presents all the tourist highlights between the southernmost tip of the Iberian Peninsula to the beautiful island of Cyprus. It also provides an overview of the services along the way.



The website is the first cross-border platform for the whole Mediterranean Route. The site includes information about each section as well as selected ideas for tourists. It uncovers highlights along the way like natural and cultural sites of interest, museums and ports as well as culinary specialties.

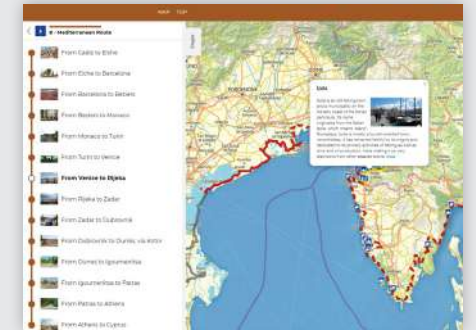
By clicking “Countries”, the website will provide you with links to detailed national and regional information:

- **Spain:** Conbici / Pirinexus
- **France:** Vélo & Territoires / La Méditerranée à vélo / France Vélo Tourisme / Alpes-Maritimes
- **Italy:** FIAB / Terre di Mantova / Oltrepo Mantovano / TurismoFVG
- **Slovenia:** Slovenian Cycling Network
- **Croatia:** Croatian National Tourist Board
- **Montenegro:** Montenegro Tourism
- **Albania:** GO2 Albania
- **Greece:** Cities for Cycling / Regional Development Fund, Region of Western Greece
- **Cyprus:** Visit Cyprus

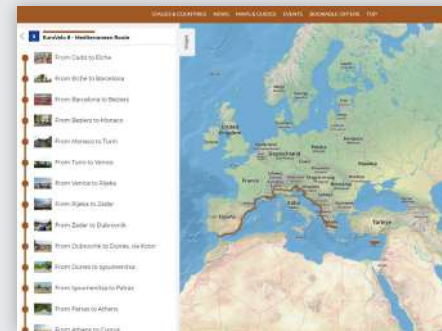
COUNTRIES



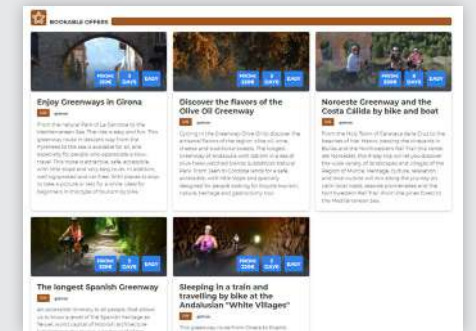
SIGHTS AND ATTRACTIONS



STAGES



SERVICES



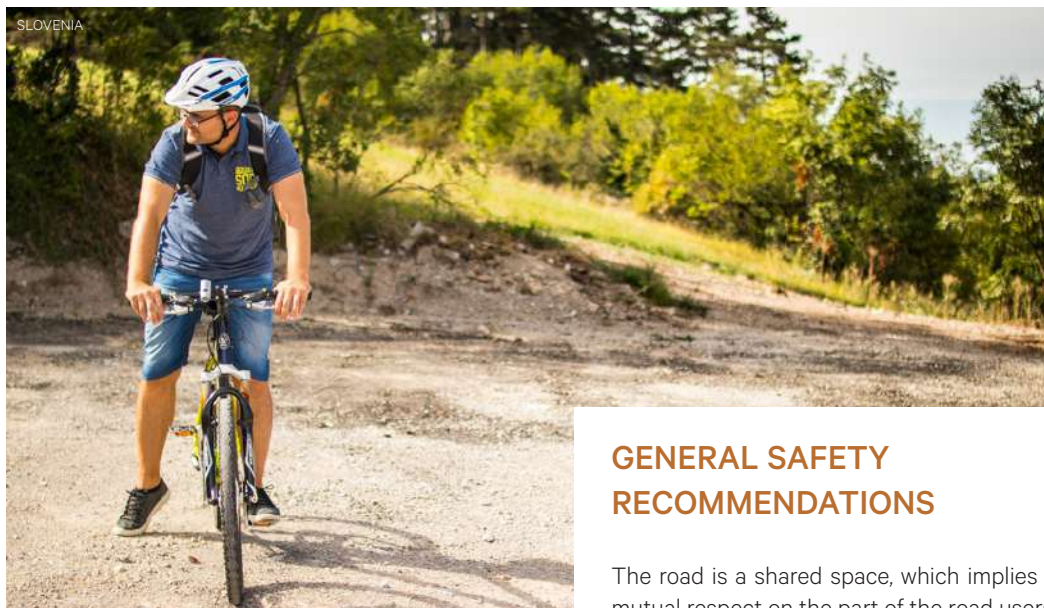
All the regional websites are full of information about accommodation, restaurants and excursions. Interested? Several day packages can be booked in the “Bookable offers” section. You’d prefer to go alone? A whole series of route guides is also listed under “Maps & Guides”. By clicking “Events”, you will find an overview of all the events organised along the route.

All the information on the website is available in three languages: **English, French, German** | www.eurovelo8.com, fr.eurovelo8.com, de.eurovelo8.com.



Photo: Ivan Sardi/CNTB

TROGIR, CROATIA



SLOVENIA

GENERAL SAFETY RECOMMENDATIONS

The road is a shared space, which implies a mutual respect on the part of the road users.

The cyclist, just like the motorist, must apply the national traffic laws, which guarantee his safety and that of other users. To ride safely, make sure you have a bike in good condition with all the right equipment, and check follow the basic traffic rules in the country where you are travelling. Do not forget to check your front and rear brakes before going on your trip!



Photo: Emmanuel Dautant
ALPES-DE-HAUTE-PROVENCE, FRANCE

Cycling safety Country rules & general recommendations

When cycling long-distance, safety is a priority. The cycling conditions can differ from one country to another, and you should always be careful when riding your bike. But the regulations can also vary between countries. In this section, you can find some advice for a worry free cycling holiday and a list of country-specific rules regarding cycling!

REMEMBER!

- Travel on the correct side of the road, about 1 meter from the sidewalk and parked cars.
- Be careful of doors that open suddenly and children who can appear between two vehicles.
- Keep a safe distance of at least 1 meter from other vehicles.
- At an intersection, never position yourself alongside a truck or bus, outside of the driver's field of vision. Make yourself seen by going in front of other vehicles.
- Make a hand signal when you turn.
- In case of a bend in the road, keep to the edge because cars do not see you until the last moment.
- In case of bad weather, increase your safety distances and be careful when a vehicle overtakes you.
- Do not use headphones or a mobile phone (except in handsfree mode) when cycling.

COUNTRY RULES








	Spain 	France 	Italy 	Slovenia 	Croatia 	Greece 	Cyprus 
Helmet	Required only on interurban roads and for children under 16	Required only for children under 12	Recommended	Required only for children under 14	Required only for children under 16	Recommended	
Reflecting elements and lights	Front and tail light, wheel and pedal reflectors	Front and tail light, wheel and pedal reflectors	Front and tail light, wheel and pedal reflectors	Front and tail light, wheel and pedal reflectors	Front and tail light, wheel and pedal reflectors		Front and tail light, wheel and pedal reflectors
Retroreflective vest	Required only at night	Required only at night and outside urban areas	Required only at night outside urban areas and inside tunnels		Required only at night	Required only at night	
Ringing a bell	Required	Required	Required	Required	Required		Required
Occupation of the road	Under safe conditions, groups can circulate in 2 columns		Outside of urban areas, cyclists must circulate in a single row	Children under 14 must be accompanied by an adult on roads	Cyclists must circulate in a single row		3 cyclists in a row. If more, move in pairs one behind the other
Adapted child seat	Required for children under 7	Required for children under 5	Required for children under 9		Required for children under 8		

Photo: Andreas Lacovou
CYPRUS



The Mediterranean Summer

The Mediterranean Sea as a stage and backdrop

Photo: Juan Carlos Toro
CÁDIZ, SPAIN



ANDALUSIA, SPAIN



Photo: Marko Popovic/UNDP Montenegro

LAKE SKADAR, VIRPAZAR, MONTENEGRO

What can holidaymakers on two wheels expect along the Mediterranean coast?

A colourful choice of events including town festivals, culinary celebrations, cycle touring days and cultural events – attractive suggestions for excursions and short rides.

VAUCLUSE, FRANCE

Photo: Emmanuel Dautant



ANDALUSIA, SPAIN



MANTUA, ITALY



CATALONIA, SPAIN

SPAIN

PIRINEXUS NON STOP CHALLENGE

The aim is to complete the **340 km** non-stop challenge alone within a **maximum time of 18 hours**, arriving in Girona before midnight. The route is divided into five checkpoints with a set time limit and takes in **all types of terrain**. All bikes are allowed, although probably the most appropriate ones are gravel or cycle-cross bikes. More information at www.thepirinexuschallenge.com.

ITALY

BAM! (BICYCLE ADVENTURES MEETING)

During **May**, the city of Mantova hosts BAM!, the annual European gathering of bicycle travelers. BAM! attracts enthusiasts from all over Italy and abroad: a gathering to **meet friends, share stories, plan trips and above all have fun** (in the saddle or not)! There are usually **three days** of music, meetings with great travellers, writers, artists and professionals, always without any formality or barrier. Get ready to pitch your tent and share the road to get there!

SPAIN

BIKE DAY OF MÁLAGA

In Andalusia, experience the Bike Day of Malaga, a **sportive and festive event** in which to enjoy cycling through the city in the company of thousands of cyclists. It is one of the sportive events with the greatest citizen participation! The Bike Day of Malaga is celebrated in **September** and coincides with the European Mobility Week. The Bike Day is a participative, non-competitive event, consisting of a **12 km bike ride**. Its aim is to promote the use of bicycles in the city as a physical activity and a non-polluting means of transport.



STRUNJAN TUNNEL, SLOVENIA



IZMIR, TURKEY

SLOVENIA

ISTRIAN CYCLING MARATHON

Slovenian Istria with its mild Mediterranean climate provides excellent conditions for **cycling until late autumn**. In October, when the cycling season elsewhere is almost finished, on the coast it is – quite on the contrary – still warm and cosy, enabling a unique cycling experience! You can choose between **three different routes**, therefore, the event is suitable for all levels of recreational cyclists. Part of the event takes place directly on the EuroVelo 8 route. More information at www.istrski-kolesarskimaraton.si/en/marathon.



Photo: MBike
GREECE

GREECE

HELLENIC CYCLING TOURNAMENT

Organised each year **across multiple Greek cities**, this event promotes the use of bicycle as an alternative means of transport to improve quality of life and protect the environment. The goal is to **raise awareness** in the local community and activate on issues related to health promotion, school education and road safety. The general theme varies slightly each year but everyone is welcome to **claim the streets during this cycling tour** regardless of their age, occupation and background.

TURKEY

AZ BILINEN ANTIK KENTLER TURU

The “Less Known Antique Cities Bicycle Tour” aims to visit the ancient cities of Izmir and its surrounding areas, with bicycles and tents, to see the historical and cultural heritage of the region. Cyclists experience local values and places. A key objective is also to raise awareness and sensitivity about cycling. This event is held between **20-24 April** since 2012. The itinerary goes through Panaztepe, Phokai, Mordoğan, Balıklıova, Erythrai, Klazomenai, Bademler ancient sites all of which are on the Izmir section of EuroVelo 8.

Photo: Daniel Pavlinović/CNTB
DUBROVNIK, CROATIA



Photo: Thomas Weschta
CYPRUS



CYPRUS

CYPRUS SUNSHINE CUP

The largest mountain bike race event in Cyprus and one of the most famous and prestigious Mountain Bike Series in the UCI Calendar. Taking place yearly in **February/March**, the Cyprus Sunshine Cup “**Afxentia**” Stage Race offers top bikers the opportunity to gain points in the UCI category. “**The Challenge**” allows non-UCI riders and passionate amateur mountain bikers to compete in the first three stages of “Afxentia” Stage Race and get ranked into their own category with a General Classification at the end. The **three stages** of the race take place in Lefkara, Lythrodontas and Mantra tou Kampiou. More information at www.activatecyprus.com.



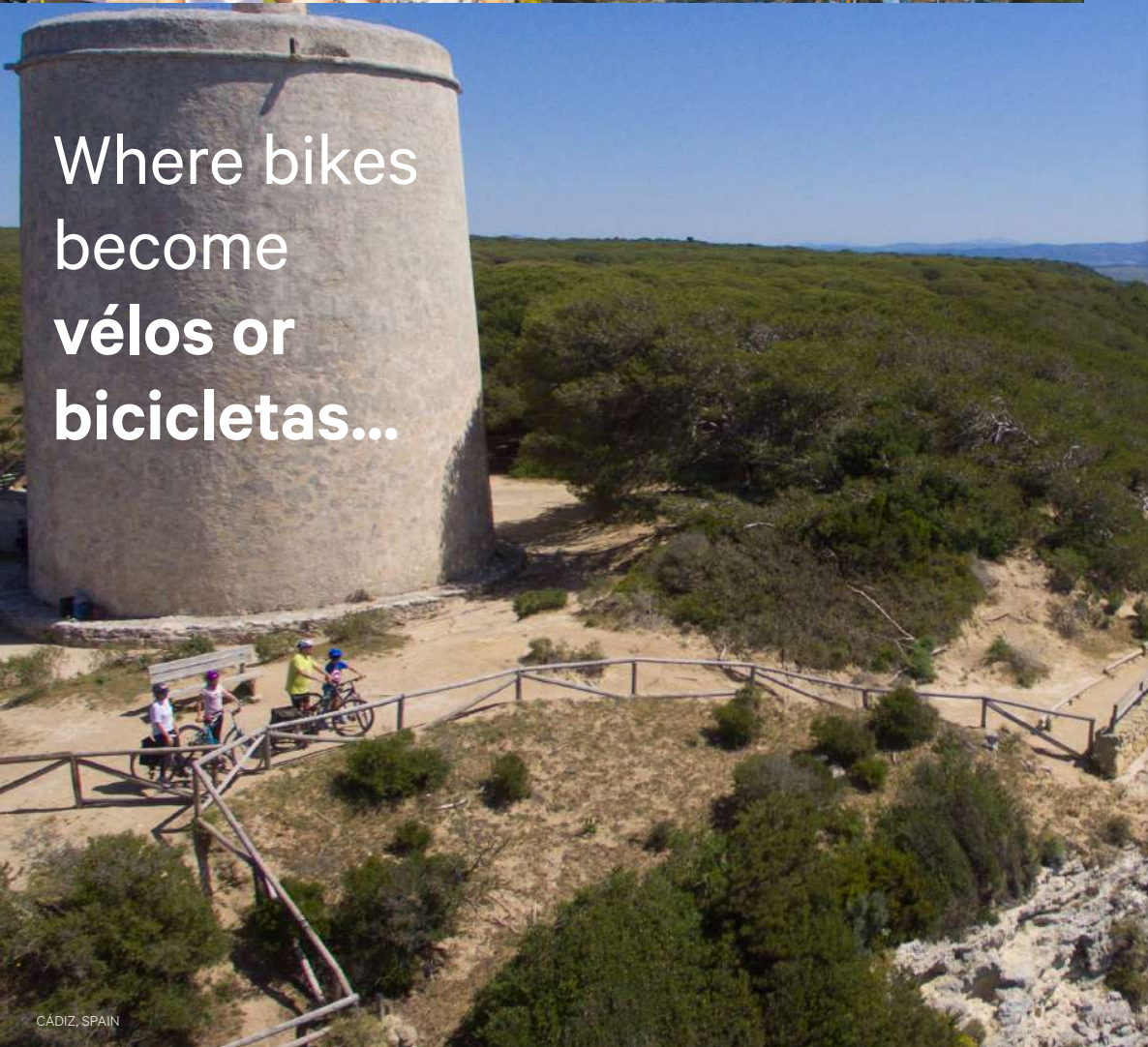
CROATIA

CYCLE EVENTS IN CROATIA

Croatia offers plenty of cycle events along its more than 1000 km long route: from traditional **Parenzana recreational marathon** held every September in Istria, to **MTB Učka Mountain Climb** taking place in June in Kvarner region to **Barkanijada cycle event** in Lika region. The traditional event **Od Branimira do Branimira** held at the beginning of April in Zadar Region as well as **MTB Marathon Vrana lake, Spring Bike Ride** in Šibenik region, challenging **Biokovo Bike Uphill** in Split region and traditional **Konavle 100 km** cycling race taking place in Dubrovnik region are also worth attending.



Where bikes become vélos or bicicletas...



CÁDIZ, SPAIN

The Mediterranean Route unites 11 countries and almost as many languages. Cycle tourists therefore need to have a few terms in the respective language in their panniers – as a contribution to European understanding! Below is a short overview of useful terms.

ENGLISH

Salutations

Good morning
Hello
Good evening
How are things?

Overnight stay

Hotel
(Youth) hostel
Camping
With breakfast

Bicycle terms

Bicycle
Bicycle shelter
Bicycle hire
Bicycle route
Bicycle repair

Culinary/Beverages

Restaurant
Café
Water (Sparkling/Still)
Tea
Coffee (with milk)
Juice
Beer
Wine

Emergencies

Accident
Traffic accident
Ill
Hospital
Ambulance
Doctor
Health insurance

SPANISH

Saludos

Buenos días
Hola
Buenas noches
¿Cómo estás?

Quedarse por la noche

Hotel
Hostal/Albergue juvenil
Camping
Desayuno incluido

Términos bicicleta

Bicicleta
Area de descanso
Alquiler de bicicletas
Ruta ciclista
Reparación de bicicletas

Culinaria/Bebidas

Restaurante
Café
Agua (con gas/natural)
Té
Café (con leche)
Zumo
Cerveza
Vino

Emergencias

Accidente
Accidente de tráfico
Enfermo
Hospital
Ambulancia
Médico
Seguro de Salud

FRENCH

Salutations

Bonjour
Bonjour
Bonsoir
Comment ça va?

Nuitée

Hôtel
Auberge de jeunesse
Camping
Petit-déjeuner inclus

Vocabulaire vélo

Vélo
Abri de vélo
Location de vélo
Véloroute
Réparation de vélo

Alimentation/Boissons

Restaurant
Café /Bar
Eau (Pétillante/Plate)
Thé
Café (au lait)
Jus
Bière
Vin

Urgences

Accident
Accident de la route
Malade
Hôpital
Ambulance
Docteur
Assurance santé

ITALIAN

Saluti

Buongiorno
Buongiorno
Buonasera
Come va?

Pernottamento

Albergo/Hotel
Ostello (della gioventù)
Camping/Campeggio
Con colazione

Termini bicicletta

Bicicletta
Parcheggio protetto per bici
Noleggio biciclette
Ciclovia
Riparazione bici

Culinario/Bevande

Ristorante
Café /Bar
Acqua (frizzante/ferma)
Tè
Caffè (con latte)
Succo
Birra
Vino

Emergenze

Incidente
Incidente stradale
Malato
Ospedale
Ambulanza
Medico
Salute Assicurazione

Noćen
kamp
¿Reparación?
Thé
Ποδήλατο

SLOVENE

Pozdravi

Dobro jutro
Zdravo / živjo
Dober večer
Kako gre?

Nočitev

Hotel
Mladinski hotel/hostel
Kamp
Z zajtrkom

Pogoji kolesarjenja

Kolo / bicikel
Kolesarnica
Najem kolesa
Kolesarska pot
Kolesarski servis

Kulinarika/Pijače

Restavrant
Kavarna
Voda (gaziranan/haravna)
Čaj
Kava (z mlekom)
Sok
Pivo
Vino

Izredne razmere

Nesreča
Prometna nesreča
Bolan
Bolnica
Rešilec
Zdravnik
Zdravstveno zavarovanje

CROATIAN

Pozdravi

Dobro jutro
Bok
Dobra večer
Kako si?

Noćenje

Hotel
(Omladinski) hostel
Kampiranje
S doručkom

Biciklistički izrazi

Bicikl
Zaklon za bicikle
Najam bicikla
Biciklistička ruta
Biciklistički servis

Kulinarski/Napitci

Restoran
Caffe/Bar/Bistro
Voda (Gazirana/Negazirana)
Čaj
Kava (s mljekom)
Sok
Pivo
Vino

Hitne situacije

Nesreća
Prometna nezgoda
Bolestan
Bolnica
Hitna pomoć
Liječnik/Doktor
Zdravstveno osiguranje

GREEK

Chairetismoí

Kalimera
Gia
Kalo apogevma
Ti ginete?

Olonýktia paramoní

Xenodochio
Xenonas neon/hostel
Camping
Me proino

Óroi podilátou

Podilato
Katafigio gia podilata
Enikiasi podilatou
Podilatiki diadromi
Sinergio podilatou

Mageiriki/Potá

Estiatorio
Kafe
Nero me/choris anthrakiko
Tsai
Kafes (me gala)
Chimos
Bira
Krasi

Éktaktes anánkes

Atichima
Trocheo atichima
Arostos
Nosokomio
Asthenoforo
Yatros
Asfalia igias

TURKISH

Selamlar

Günaydın
Merhaba
İyi akşamlar
Ne haber?

Gecelik konaklama

Otel
Pansiyon
Kamp yapmak/kampçılık
Kahvaltı dahil

Bisiklet terimleri

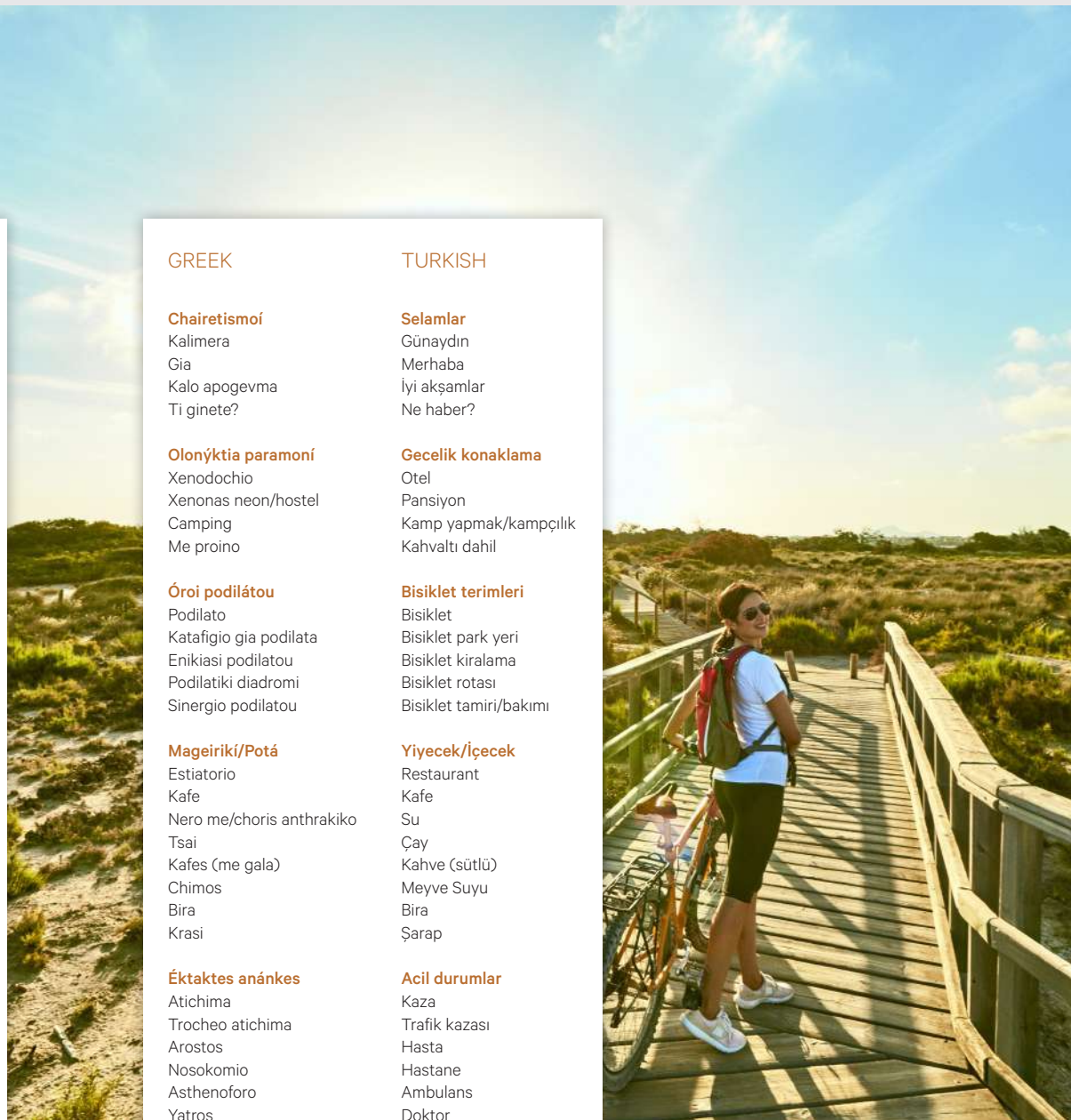
Bisiklet
Bisiklet park yeri
Bisiklet kiralama
Bisiklet rotası
Bisiklet tamiri/bakımı

Yiyecek/İçecek

Restaurant
Kafe
Su
Çay
Kahve (sütlü)
Meyve Suyu
Bira
Şarap

Acil durumlar

Kaza
Trafik kazası
Hasta
Hastane
Ambulans
Doktor
Sağlık sigortası



SAN PEDRO DEL PINATAR, MURCIA, SPAIN



EuroVelo – the heart of Europe wide cycling

Creating long distance cycle routes with a total length of over 70,000 kilometres was the aim when the idea in the mid 1990s to establish a Europe wide network of cycle routes was born. Project leadership was taken up by the European Cyclists Federation (ECF) together with the Danish De Frie Fugle organisation and Sustrans, the British association. The ECF has been solely responsible for the project since 2007.

The EuroVelo network of cycle routes consists of 16 long distance cycle route of which ten run in a north-south direction and four in a west-east direction. Two other routes are circular around the Baltic and North seas. A reason for the initiative was the intention to make borderless cycling possible as cyclists often do not even notice that they have crossed a frontier into another country.

Supported by the EU

Since 2009, the EU has provided support for individual actions for the development of the network, including two projects related to EuroVelo 8 – Mediterranean Route. The current Mediterranean project – MEDCYCLETOUT – is an important one as there is a huge flow of tourists to the Mediterranean Sea, but cycle tourism and sustainable tourism have only started to be developed in this region recently.



1	Atlantic Coast Route <i>North Cape to Sagres</i>	11,500 km	9	Baltic-Adriatic <i>Gdansk to Pula</i>	2,050 km
2	Capitals Route <i>Galway to Moscow</i>	5,000 km	10	Baltic Sea Cycle Route <i>Hansa Circuit</i>	9,000 km
3	Pilgrims Route <i>Trondheim to Santiago de Compostela</i>	5,400 km	11	East Europe Route <i>North Cape to Athens</i>	6,550 km
4	Central Europe Route <i>Roscoff to Kiev</i>	5,100 km	12	North Sea Cycle Route <i>North Circuit</i>	6,800 km
5	Via Romea Francigena <i>London to Rome and Brindisi</i>	3,250 km	13	Iron Curtain Trail <i>Barents Sea to Black Sea</i>	9,950 km
6	Atlantic-Black Sea <i>Nantes to Constanta</i>	4,450 km	15	Rhine Cycle Route <i>Andermatt to Hoek van Holland</i>	1,500 km
7	Sun Route <i>North Cape to Malta</i>	7,050 km	17	Rhone Cycle Route <i>Andermatt to Mediterranean</i>	1,050 km
8	Mediterranean Route <i>Cádiz to Cyprus</i>	7,500 km	19	Meuse Cycle Route <i>Langres to Hoek van Holland</i>	1,100 km

Route information, maps, guides and other resources available at www.eurovelo.com

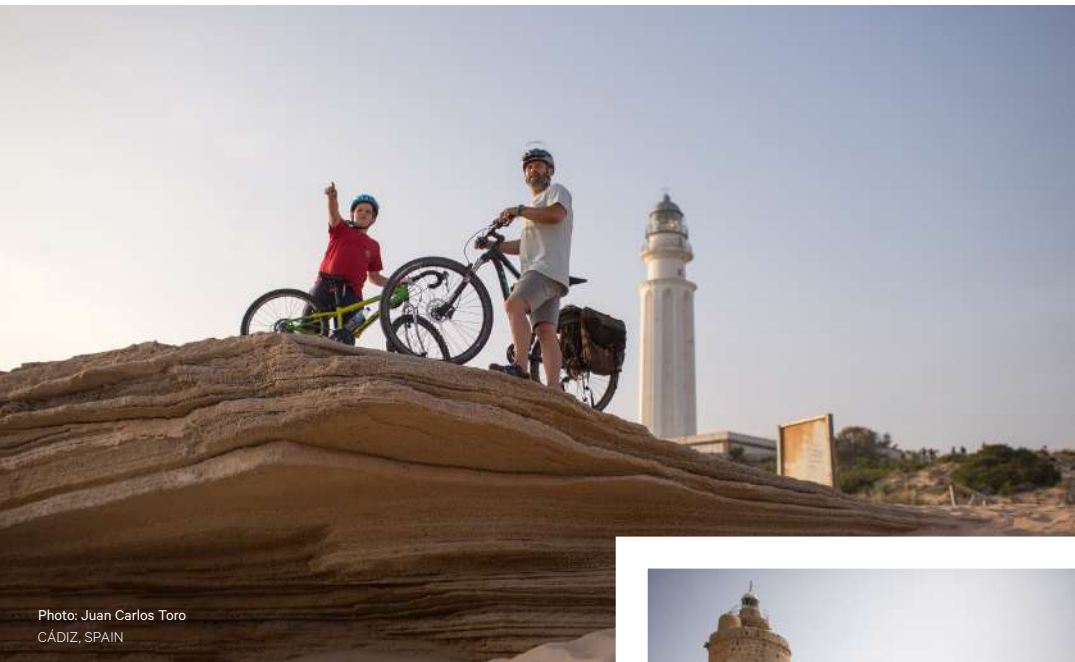


Photo: Juan Carlos Toro
CÁDIZ, SPAIN

From Cádiz to Elche

The coastline between Cádiz and Elche is a journey of contrasts. It is dotted with unspoilt beaches, steep cliffs, marshes full of life and natural spaces with diverse ecosystems with a pleasant temperature. At any time of the year, the route along this coast allows you to get to know various towns and villages with a rich cultural and gastronomic heritage.

Between Cádiz, the old Phoenician Gadir, to Elche, the Iberian city of Ilici, you can visit the old Roman city of Bolonia; the forests of tertiary origin in Los Alcornocales; the crowded and tourist Costa del Sol and its capital, Málaga; the tropical crops in the area of Almuñécar; and the wild beaches of the coast of Almería. In its last stretch, near Elche, the landscapes are very calm, full of orchards.



Photo: Juan Carlos Toro

COSTA CÁLIDA, MURCIA, SPAIN



Photo: Sergio Gonzalez

INFO

Further information about cycling on EuroVelo routes in Spain can be found on the website www.eurovelospain.com/eurovelo-espana/eurovelo-8



CÁDIZ – MÁLAGA SECTION 1 - 300 km

FROM 0-300 KM

Cádiz – San Fernando – Chiclana de la Frontera – Conil – Barbate – Zahara de los Atunes – Facinas – Los Barrios – San Roque – Castellar de la Frontera – Torreguadiaro – Estepona – San Pedro de Alcántara – Marbella – Fuengirola – Benalmádena – Torremolinos – **Málaga**

MÁLAGA – ALMERÍA SECTION 2 - 222 km

FROM 300-522 KM

Málaga – Rincón de la Victoria – Torre del Mar – Torrox – Nerja – Almuñécar – Salobreña – Motril – Calahonda – Castell de Ferro – La Mamola – La Rábida – Adra – El Ejido – Roquetas de Mar – Aguadulce – **Almería**

ALMERÍA – ÁGUILAS SECTION 3 - 157 km

FROM 522-679 KM

Almería – Cabo de Gata – La Fabriquilla – San José – Pozo los Frailes – Rodalquilar – Fernán Pérez – Aguamarga – Carboneras – Mojácar – Garrucha – Vera – Villaricos – San Juan de los Terreros – **Águilas**

ÁGUILAS – ELCHE SECTION 4 - 268 km

FROM 679-947 KM

Águilas – Calabardina – Puntas de Calnegre – Puerto de Mazarrón – Cartagena – Portman – Los Alcázares – San Javier – San Pedro del Pinatar – Murcia – **Elche**



Photo: Juan Carlos Toro
GRANADA, SPAIN

SIGHTS AND ATTRACTIONS

City of Sevilla

Explore its enormous historical and artistic heritage.

Province of Cádiz

Visit the Archaeological Complex Baelo Claudia and Playa de Bologna.

TOURIST INFORMATION CENTRES

Oficina Municipal de Turismo de Cádiz

Paseo de Canalejas, s/n
+34 956 241 001
turismo.cadiz.es

Los Alcornocales Natural Park

Ctra. C-2228 (km 1) Alcalá de los Gazules
+34 685 122 686
cvelaljibe@reservatuvisita.es

Municipal Tourist Office, Conil de la Frontera

C/ Carretera 1
+34 956 440 501
www.turismo.conil.org

Municipal Tourist Office, Málaga

Plaza de la Marina 11
+34 951 926 020
www.malagaturismo.com

Patronato Provincial de Turismo de Málaga

C/ Pacífico 54
+34 952 069 900
www.malaga.es/es/turismo

Municipal Tourist Office, Motril

Plaza de las Comunidades Autónomas, s/n
+34 958 825 481
motrilturismo.com

Municipal Tourist Office, Almería

Plaza de la Constitución, s/n
+34 950 210 538
www.turismodealmeria.org

Tourist office, Águilas

Plaza Antonio Cortijos, s/n
+34 968 493 285
www.aguilas.es

Tourist office, Cartagena

Plaza A. Bastarreche, s/n
+34 958 128 955
www.cartagenaturismo.es

Tourist office, Murcia

Plaza Cardenal Belluga, Edificio Ayuntamiento
+34 968 358 749
www.turismodemurcia.es

SIGHTS AND ATTRACTIONS

Baelo Claudia and Bolonia Beach

The archaeological ensemble gives evidence of the Roman settlement from 2nd Century AD. The natural environment in the Estrecho Nature Park grants Bolonia a place of honour among the best beaches in Europe.

Los Alcornocales Nature Park

The biological wealth and diversity of Los Alcornocales Nature Park and other natural enclaves form an important part of the Mediterranean forest landscape.

The Region of Málaga

Milenaria Ronda, famous for its romantic legends of bandits; Sierra de las Nieves Natural Park; El Caminito del Rey and the Ecological Park Desfiladero de los Gaitanes; and Málaga's Costa del Sol.

The Museums of Málaga

Picasso Museum, located in Buenavista Palace, shows the permanent collection of this artist. The extension of Centre Pompidou in Malaga, with its experimental character, and Casa Museo Thyssen, in Villalón Palace.

The District of Las Alpujarras and Sierra Nevada

Less than 100 km from the sea, Sierra Nevada Ski and Mountain resort, offers a wide sports program during the year. The region of Las Alpujarras is a mountainous area known for its villages with houses staggered on the slopes and its rich cuisine.

The Region of Almería

The monumental complex of the Alcazaba de Almería; Salinas de Cabo de Gata and its beaches; Cabo de Gata-Níjar Natural Park; and the Caves of Sorbas.

Cabo de Gata Nature Park and Salt Fields

One of the best preserved natural areas along the Mediterranean coast. The salt fields have a great ecological value as the habitat of several plant and animal species.

The Caves of Nerja and the Cliffs of Maro-Cerro Gordo

Paraje Natural de los Acanilados de Maro – Cerro Gordo gives the chance of enjoying huge cliffs over the sea, as well as lovely beaches and quiet coves on the coast. With a total length of 4,823 m, the Cuevas de Nerja are a must see!

The Alhambra de Granada

UNESCO World Heritage Site that was once the residence of nasrid kings in Granada and it is strategically placed the

BIKE SERVICE

Cádiz

Urban Bike Cádiz
C/ Fermin Salvochea 18
+34 664 081 381

Conil

Conil Bicycletas
Ctra. Fuente del Gallo
+34 956 441 536

Los Barrios

Runbaik
C/ Padre Damaso 2
+34 956 236 680

Málaga – 29680 Estepona

El Tourmalet
C/ Parque Central 9

Málaga – 29601 Marbella

ONE BIKE
C/ Serenata
s/n Urb. Huerto del Cura
Bq. 9 Local B

Málaga – 29631 Benalmádena

Wild Bikes shop
Av. Cdad. de Melilla 38

MurciasobreRuedas

C/ Don Algonso Palazon Clemares 3
+34 968 935 665

Torre del Mar

BikeShop
C/ Pintor Cipirano Maldonado
Jimenez 5
+34 649 661 184

Almuñécar

Costa Tropical Cycling
Av. Costa del Sol 34
+34 634 382 848

Motril

Bull Bikes
C/ Londres
+34 958 977 223

Almería

Filabres BikeShop
Av. Carlos III, Aguadulce
+34 950 443 249

Carboneras

PJ Bikes
C/ Cádiz
+34 675 610 792

Águilas

Bici Burú
C/ Isidoro de la Cierva 34
+34 968 413 240

Vera Playa

Aguila Bike
Carretera Garrucha-Villaricos
Ronda de ls Buganvillas 161
+34 950 133 063

Cartagena

Ciclos Currá
Calle Jabonerías, 69
+34 968 52 38 31

Murcia

Ciclos Conde
Calle Joaquin Blume 6, Cehegín
+34 968 742 320

Murcia

Bicicletas Naga
Calle Acisclo Díaz, 15
+34 637713328

Orihuela

BikeCenter
Calle Obispo Rocamora 75
+34 966 340 952

EXCURSION

Cádiz with its cycle network bordering the sea

Cádiz is the oldest Western Europe city, which throughout history has been closely linked to the sea. Its urban cycle network runs through squares, churches, watchtowers, monuments and gardens with thousand-year-old species, and it allows to enjoy the climate, the happiness in the streets and the seaside culinary delights. Cádiz city, placed in a privileged site between the Atlantic and the Mediterranean, is located in a small island that is connected to the continent by a long stretch of sand that gives continuity to the cyclist route Eurovelo 8 in Andalusia.

More information on www.turismo.cadiz.es

Photo: Juan Carlos Toro



LOS ALCORNOCALES NATURAL PARK, ANDALUSIA, SPAIN



top of a hill overlooking the city and Vega de Granada. It is located on the left bank of the Darro river.

Erosiones de Bolnuevo

One of Mazarrón's most attractive places to visit. Known as the "Enchanted City", it is like a strange landscape, almost magical, where the wind and water erosion has created a whimsical rock formation shaped over millions of years.

City of Cartagena

With more than 3,000 years of history, this city has been the scene of the most outstanding passages throughout time. This Punic, Roman, military and art nouveau city is a must see!

City of Murcia

The city has Arab origins and a close relationship with the fertile meadow of the river Segura. The local cuisine, folklore, parades and typical products are not to be missed while the old town includes some narrow streets and one of the most impressive cathedrals of Spain where you will step back in time. This is the capital of the eternal spring.





Photo: Juan Carlos Toro

INFO

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Photo: Juan Carlos Toro

From Elche to Barcelona

Running parallel to the Mediterranean Sea, large and wide white sand beaches await you along Costa de Valencia, Costa del Azahar and Costa Daurada.

The route runs through the countryside bicycle paths through the province of Alicante. In the city of Alicante, called City of Light, revisit more than 3,000 years of history in the remains of old civilizations. The cities of Cocentaina, Alcoy and Ibi have a great cultural and historical interest as well. EuroVelo 8 passes through small towns within the province of València, where the main attractions are natural areas such as the famous Albufera Nature Park.

Reaching the city of València, you can witness how centenary traditions live together with modernity: sea and city combine alongside green farms over a modern urban scheme. Sagunto is a highly attractive tourist location with a wide range of cultural centres to explore. In Castellón, Peñíscola represented the fictional city of Meereen in "Game of Thrones". The stage ends by passing Tarragona on the way to the iconic Mediterranean metropolis of Barcelona.

ELCHE – VALÈNCIA SECTION 1 - 255 km

FROM 947-1,202 KM

Elche – Santa Pola – San Vicente del Raspeig – Alicante – Cocentaina – Alcoy – Ibi – Muro de Alcoy – Cullera – Gandía – Alboraya – València



BENICÀSSIM, VALÈNCIA, SPAIN

VALÈNCIA – PEÑÍSCOLA SECTION 2 - 158 km

FROM 1,202-1,360 KM

València – Burriana – Sagunto – Oropesa del Mar – Benicàssim – Castellón de la Plana – Vinaròs – Benicarló – Peñíscola

PEÑÍSCOLA – BARCELONA SECTION 3 - 237 km

FROM 1,360-1,597 KM

Peñíscola – Ulldecona – L'Aldea – L'Ampolla – L'Ametlla de Mar – Tarragona – Roda de Berà – Castelldefels – Barcelona



Photo: Juan Carlos Toro

EXCURSION

Prat de Cabanes-Torreblanca Nature Park

One thin line of shingles, pebbles and sandy deposits separates the sea from a marshy area formerly known as the home of ducks (Albalat dels Ànecs). Today it provides shelter for birds such as the collared pratincole and the peregrine falcon. Nearby one can visit various old watchtowers along the coast: Capicorb (Alcalà de Xivert), Torrenostra (Torreblanca) and Torre la Sal (Cabanes).

SIGHTS AND ATTRACTIONS

Elche Palm Forest

Considered the biggest in Europe, the Palmeral, 2 km long and 1 km wide, surrounds the town's historical neighbourhoods and was declared Human Heritage Monument on the year 2000.

Maigmó Greenway

Although the railway never actually entered into service, today we can put these feats of engineering to good use as we travel along this adventurous and enjoyable cycling Greenway.

Carrascar de la Font Roja

One of the best-preserved Mediterranean forests in the land. Each of the areas has its own associated fauna, including mammals reptiles and above all birds.

Protected Landscape of Serpis River

Approximately 12,000 hectare it has belongs to the set of Protected Natural Spaces of the Region of Valencia since

2007. The landscape offers exceptional richness and culture shaped by the presence of Serpis River.

Albufera Nature Park

A slim strip of coastline protects it from the sea, and on this strip of land, sand dunes have formed. La Albufera is an important stopover point for migratory birds and a nesting area for resident birds.

València Historical Centre

The outer ring of the ancient city and the inner area contained within the Moorish walls are full of archaeological remains of civic and religious buildings.

Sagunto Castle

Within the walls visitors can find innumerable historical treasures from Iberian, Roman, medieval or modern epochs. All this is distributed between seven spaces with a formidable panoramic view of the surrounding region.

Desert de les Palmes Nature Park

A coastal range of mountains, rising up from the otherwise flat La Plana district. Other points of interest are the Bartolo peak (729 m), the castles of Miravet and Montornés, the Carmelite convent or hermitage of the Les Santes.

Castle of Papa Luna

The castle of Peñíscola is of great architectural interest and conserves important works from the times of the Pontiff. The Papal Basilica of Benedicto XIII is complemented with the throne room.

Ebre Delta

With a 320 square km surface, it is the largest aquatic habitat in Catalonia with a rich biodiversity. Dive with tunas, birdwatch or go along the delta in a kayak! The rice from Ebre Delta is world renowned for its taste and quality.

Roman Route in Tarragona

Composed of several historical sites such as a 1,100 m wall, a provincial forum, a well preserved Roman circus and an amphitheatre.

La Ramblas in Barcelona

The most famous boulevard to discover in Barcelona. We recommend going early in the morning to feel the flavour of the flowers just as the shops open.

TOURIST INFORMATION CENTRES

Tourist Info Elx

Plaça del Parc 3, 03202 Elche
+34 966 658 196
www.visitelche.com

Tourist Info Santa Pola

Plaza Diputación s/n, 03130 Santa Pola
+34 966 692 276
www.turismosantapola.es

Tourist Info Alicante

Avenida Rambla Méndez Núñez 41,
03002 Alicante.
+34 965 200 000
www.comunitatvalenciana.com

Tourist Info Muro de Alcoy

Plaça Matzem s/n, 03830 Muro de Alcoy

+34 965 532 071

www.vilademuro.net

Tourist Info Gandía

Avenida Marqués de Campo s/n, 46701
Gandía
+34 962 877 788
www.gandiaturismo.com

Tourist Info Sagunto

Plaza Cronista Chabret s/n, 46500
Sagunto
+34 962 655 859
www.sagunto.es/turismo

Tourist Info Castellón

Plaza de la Hierba s/n, 12001 Castellón
de la Plana

+34 964 358 688

www.comunitatvalenciana.com

Tourist Info Peñíscola

Paseo Marítimo s/n, 12598 Peñíscola
+34 964 480 208
www.peniscola.es

Tarragona Tourist Office

Fortuny 4, 43001 Tarragona
+34 977 233 415
www.catalunya.com

Barcelona Tourist Office

Passeig de Gràcia 105, 08008 Barcelona
+34 932 388 091
www.catalunya.com

BIKE SERVICE

Ochoa Bikes

Carrer de Sant Ramon 63,
03560 El Campello
+34 965 634 228

Moraira Cycling

Calle Naranco de Bulnes 6,
03724 Moraira
+34 622 655 174

MO'bike

Carrer del Poeta Llobart
1, 46001 València
+34 960 113 163

Bicischiva Vilareal

Av. Rio Ebro 5 (bajo),
12540 Villarreal
+34 964 832 942

Costa de Azahar MTB

Camping Torrenostra,
Playa Torrenostra, 12596

Torreblanca

+34 964 425 037

L'Almacen

Sol 12, 43550 Ulldecona
+34 977 721 603

Teknibike

Avinguda dels Països
Catalans 50, 43007
Tarragona
+34 877 053 895

Tot Bike

Ctra. de Valls 20, 43700 El
Vendrell
+34 977 665 813

Happy Bike Shop

Avinguda Meridiana 28,
08018 Barcelona
+34 930 218 536



Photo: Pere Duran
CATALONIA, SPAIN

From Barcelona to Béziers



Imagine you can go from the beach to the snowy mountains in the Pyrenees. You can travel around small towns and big cities. Enjoy the Mediterranean cuisine accompanied by a fabulous wine that you can find along the route. Let the historical architecture take you on a journey through time as you pass from ancient Greek to Modernist influences.

This stage runs across Catalonia, from Barcelona to La Jonquera, then in the south of France to Béziers. Right now, the certified route is between Sils and La Jonquera. The Spanish part of the route is generally quite flat, except in the last 60 km where there are a lot of ramps, and you will find also different pavements (gravel surface, concrete, asphalt...)

In France, the route goes through a waterfront cycle track between sea and ponds: a green oasis with a wonderful biodiversity, a paradise for windsurfing. From Port La Nouvelle to Sète, the route follows three canals: Robine, Jonction and Le Canal du Midi which were, back in the day, used by horses pulling post rafts.

The Canal du Midi is worth a ride: this UNESCO World Heritage Site was built by a visionary business man in the 17th century that is a true masterpiece of architecture, making a link between Toulouse and the Mediterranean Sea.

INFO

E-bike charging points are available in the following towns: Castellò d'Empúries, Torroella - L'Estartit, Palamós, Sant Feliu de Guíxols, Llagostera and Palafrugell.

INFO

For a list of cycle friendly accommodation in Catalonia, visit the website www.viesverdes.cat/en/tourist-services/lodging



NARBONNE, FRANCE
Photo: Emmanuel Dautant

BARCELONA – PALAFRUGELL SECTION 1 - 145 km

FROM 1,597-1,742 KM

Barcelona – Sils – Caldes de Malavella – Llagostera – Santa Cristina d'Aro – Sant Feliu de Guíxols – Platja d'Aro – Calonge-Sant Antoni – Palamós – Palafrugell



CATALONIA, SPAIN

PALAFRUGELL – LA JONQUERA SECTION 2 - 87 km

FROM 1,742-1,829 KM

Palafrugell – Torroella de Montgrí – Bellcaire d'Empordà – L'Escalà – Sant Martí d'Empúries – Sant Pere Pescador – Castelló d'Empúries – Peralada – Capmany – La Jonquera

LA JONQUERA – BEZIERES

FROM 1,829-2,019 KM

La Jonquera – Argelès-sur-Mer – Leucate – Narbonne – Béziers

SECTION 3 - 190 km



EXCURSION

Empuries. Greek and Roman culture in Catalonia

During the visit you tread the streets of the Greek and the Roman city, delight with mosaics decorating the floors of the houses of the rich people or make a wish to the god Asclepius. A small museum displays a selection of objects found during the excavations, witnesses of city life such as children's toys, jewellery and personal belongings, household paints...

More information on www.macempuries.cat

SIGHTS AND ATTRACTIONS

Museum Memorial de l'Exili in La Jonquera

The Exile Museum recalls the exiles brought about by the Civil War in Spain and Catalonia. It's located at the same border crossing where most of the exiles fled.

Ecomuseum de la Farinera in Castelló d'Empúries

The Ecomuseum of la Farinera shows the industrial flour-making heritage of the village that used the Austro-Hungarian system.

Aiguamolls de l'Empordà in Castelló d'Empúries

The Aiguamolls is one of the most important wetlands in Catalonia. You can see a wide variety of animals, especially birds.

Illes Medes in L'Estartit

The Medes archipelago has seven islets. The Medes Islands are today one of the most important marine

flora and fauna reserves in the western Mediterranean. Companies operating in the area offer attractive trips in glass-bottomed boats around the islands.

Museum de la Mediterrània in Torroella de Montgrí

The Mediterranean Museum offers a participatory experience that invites you to smell the flavours of the Mediterranean, hear their sounds and music, touch history and enjoy a panoramic audio-visual about the Mediterranean reality today.

Museu de l'Anxova i de la Sal in L'Escalada

The museum of salt and anchovy shows the history of fishing and salting blue fish from the XVII century to nowadays. A unique heritage and knowledge of Catalonian coast.

Museum del Suro in Palafrugell

The cork museum preserves, interprets and highlights the heritage of the world structure around the cork.

Olive oil (different locations along the route)

Appellation of origin Empordà. Extra virgin olive oil is the

TOURIST INFORMATION CENTRES

Oficina de turisme de Sant Feliu de Guíxols

Pl. Monestir s/n
+34 972 820 051
www.visitguixols.com

Oficina de turisme de Santa Cristina d'Aro

Pl. Catalunya 1
+34 972 837 010
www.visitsantacristina.cat

Oficina de turisme de Palamós

Pg. del Mar 22
+34 972 600 550
www.visitpalamos.cat

Oficina de turisme de Palafrugell

Av. de la generalitat 33
+34 972 300 228
www.visitpalafrugell.cat

Oficina de turisme de L'Escalada

Pl. de les Escoles 1
+34 972 770 603
www.visitlescala.com

Oficina de turisme de Peralada

Pl. Peixateria 6,
+34 972 538 840
www.ca.visitperalada.cat

Office de Tourisme de Le Perthus

28 Avenue de France 66480
+33 468 542 753
www.le-perthus.com

Office de Tourisme d'Argèles-sur-Mer

Place de l'Europe 66700
+33 468 811 585
www.argeles-sur-mer.com

Office de Tourisme de Perpignan

Place François Arago 66000
+33 468 663 030
www.perpignan-tourisme.com

Office de Tourisme de Narbonne

31 Rue Jean Jaurès 11100
+33 468 651 560
www.narbonne-tourisme.com

Office de Tourisme du Canal Du Midi Au Saint Chinian

Quai Elie Amouroux 34310
+33 467 378 529
www.tourismecanaldumidi.fr

Office de Tourisme de Béziers Méditerranée

Place du Forum 34500
+33 499 413 636
www.beziers-mediterranee.com

cornerstone of the famous Mediterranean diet. Along the route you will have opportunity to find mills where you can see how to produce oil and taste it.

Empordà wine (different locations along the route)

You can find red, white and rosé wines. A speciality of the area is the Garnatxa, a naturally sweet wine, full-bodied, with the flavour of the grape. The organic wines, the Misteles, the wines produced from over-ripe grapes and the sparkling wines complete the range of wines.

Fort of Bellegarde

The fort was built by Vauban, famous French military architect, in 1679. You reach the site by a steep road from Perthus. The panoramic view at the border between France and Spain is unforgettable.

The chapel of Juhègues in Torrelles

Surrounded by a magnificent park with many species, the chapel is a place of religious, cultural and festive. The site

includes an entrance courtyard and 17th century buildings that once housed hermits-keepers.

Remains of Leucate Castle

It served as a garrison during the religious wars and allowed to repel the Spanish invader in the 15th century before being demolished. It was renovated in the 90s.

Palace of the Archbishops in Narbonne

Neo Gothic style, the facade is framed by two square towers. Today, the site houses the cathedral and includes a rich collection of archaeological remains and artwork.

9 locks from Fonseranes to Béziers

UNESCO World Heritage Site with major works of art on the Canal du Midi imagined by Paul Riquet. Discover this spectacular work by taking the newly developed discovery trail to highlight the site.

RIVER DURANCE, FRANCE



INFO

For more information about the French part of the route, visit La Méditerranée à vélo: www.lamediterraneeavelo.com



Photo: Ferran Soler
COSTA BRAVA, CATALONIA, SPAIN

BIKE SERVICE

L'Estartit: Gaia Guies, Freu 51, +34 678 074 122

Llagostera: Vida Bike. 2nd hand bicycles, Mas Xifre Veïnta de Brugurera 3

Palafrugell: Cycles JK, Àngel Guimerà 49, +34 972 610 709

Palamós: Bicicletes Esteve, President Macià 100, +34 972 65 37 07

Sant Antoni de Calonge: Aposta X l'elèctica, Passeig Josep Mundet 83, +34 649 446 827

Sant Feliu de Guíxols: Ayats Cycles, Ctra de Palamós 164, +34 972 821 537

Sant Feliu de Guíxols: Bravamar, El Tinglado del Port, +34 667 769 180

Sant Feliu de Guíxols: Taxi Bikes Antoni Juanals, Ctra Girona 215 1r, +34 699 365 253

Sant Feliu de Guíxols: Bikes a dojo, Rambla Joan Borda 32, +34 972 321 146

France: To check services along the route (**Accueil Vélo**) visit www.lamediterraneeavelo.com

From Béziers to Nice



Following this stage, you will travel along the Mediterranean shore passing famous seaside resorts and fishing ports. The cycle route goes through Camargue, its ponds, rice fields, birds and bulls, before moving slowly to Provence through vineyards and olive trees. From Tarascon, entering the Parc Naturel Régional des Alpilles, the route uses narrow, calm and signposted roads. Among plane trees, small canals and farm properties, this itinerary follows a greenway. Located at the foot of Alpilles, the route crosses traditional villages.

From Cavaillon to Robion, the cycle route uses the itinerary "Autour du Luberon" with a first section of 37 km along the Caladon river, most enjoyable for a family ride, then up the perched villages and landscapes of Petit Luberon hills. The itinerary "Les Ocre à vélo" enables a complete immersion in the red and yellow colors of the village of Roussillon and the "Provençal Colorado", lavender fields, vines, Roman heritage and dried stone walls and bories. Starting with Céreste up to Manosque is the land of "Haute Provence" characteristic with quiet signposted paths and roads along picturesque villages.



From Draguignan, the cycle route connects to La Vigne à Vélo. Then, you will see the perched villages of the Pays de Fayence. The cycle route reaches the littoral through the villages of Pays Grassois. Between Cannes and Nice, the itinerary follows the seaside via Antibes, Cagnes-sur-Mer and Villeneuve-Loubet.

TOURIST INFORMATION CENTRES

To check services along the route (**Accueil Vélo**) visit www.lamediterraneavelo.com

BEZIERS – MONTPELLIER SECTION 1 - 93 km

FROM 2019-2113 KM

Beziers – Agde – Sète – Montpellier



MONTPELLIER – CAVAILLON SECTION 2 - 133 km

FROM 2,113-2,246 KM

Montpellier – Tarascon – Cavaillon



CAVAILLON – DRAGUIGNAN SECTION 3 - 244 km

FROM 2,246-2,490 KM

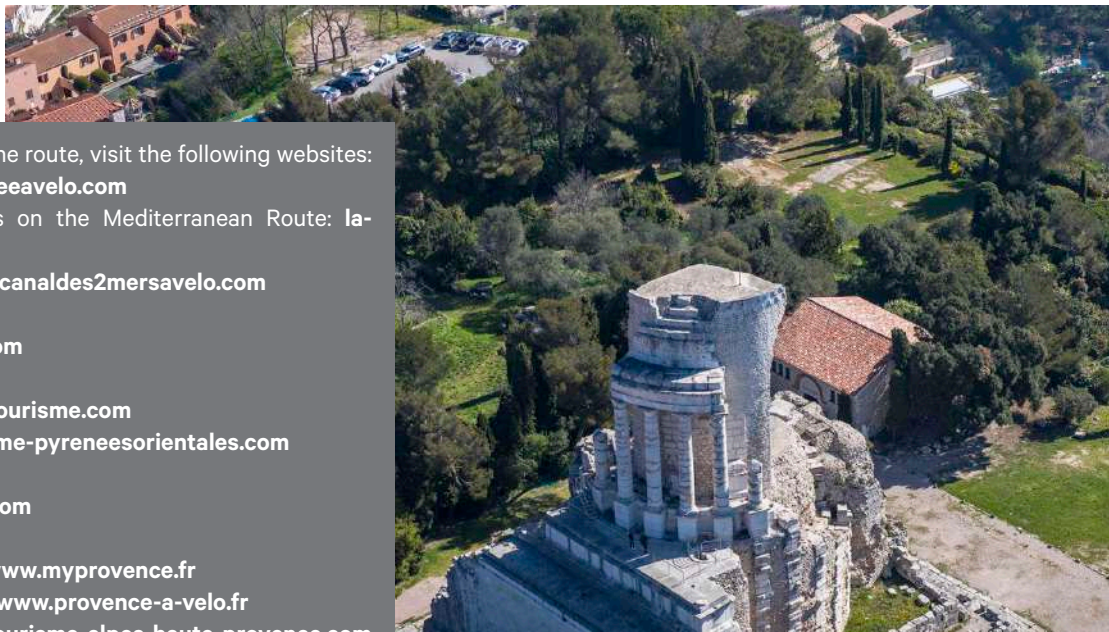
Cavaillon – Manosque – Draguignan

DRAGUIGNAN – NICE SECTION 4 - 142 km

FROM 2,490-2,632 KM

Draguignan – Grasse – Antibes – Cannes – Nice

TROPÆUM ALPIMUM, LA TURBIE, FRANCE



INFO

For more information about the French part of the route, visit the following websites:

- La Méditerranée à vélo: www.lamediterraneeavelo.com
- Travel journey of the Poulets Bicyclettes on the Mediterranean Route: la-mediterraneeavelo.wordpress.com
- Véloroute du canal des 2 mers à vélo: www.canaldes2mersavelo.com
- ViaRhôna: www.viarhona.com
- CRT Occitanie: www.tourisme-occitanie.com
- CRT PACA: www.tourismepaca.fr
- CRT Côte d'Azur France: www.cotedazur-tourisme.com
- Pyrénées Orientales Tourisme: www.tourisme-pyreneesorientales.com
- Aude Tourisme: www.audetourisme.com
- Hérault Tourisme: www.herault-tourisme.com
- Gard Tourisme: www.tourismegard.com
- Provence Tourisme (Bouches-du-Rhône): www.myprovence.fr
- Vaucluse Provence attractivité (Vaucluse): www.provence-a-velo.fr
- ADT des Alpes-de-Haute-Provence: www.tourisme-alpes-haute-provence.com
- Var Tourisme: www.visitvar.fr
- Chemins des Parcs: www.cheminsdesparcs.fr
- Vélo Loisir Provence: www.veloloisirprovence.com

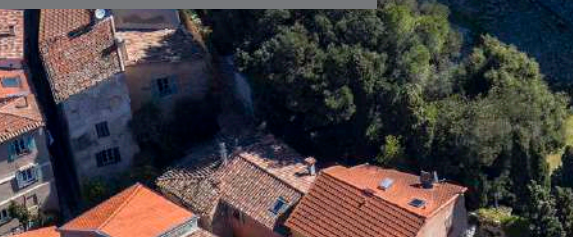
SIGHTS AND ATTRACTIONS

City of Agde

As in a play in four acts, here comes the Canal du Midi and the round lock of Agde, a World Heritage Site by UNESCO, the museum of the Ephèbe d'Agde, and Pézenas, city of art and history, also city of Molière where his memory hovers over the Gély's barber shop.

Aigues-Mortes Gard Camargue

Land of bulls, horses and migratory birds, the Gard Camargue unrolls a unique natural environment from which appears Aigues-Mortes, symbol of the power of Saint-Louis. Its ramparts are fitted with six towers, along the rampart walk stand the "fleur de sel" salt mounds from the Salins du Midi.

**City of Sète**

The authenticity of the "Singular Island" is obvious: fishing, pleasure and trade harbour. Sète lives in accordance with the flow of the sea, in an armada of old ships, gathered in spring or summer, during the water jousts at the terminus of the Canal du Midi.

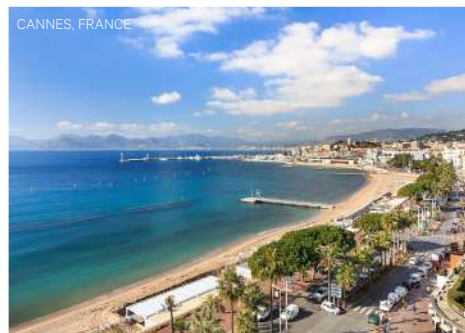
La Grande Motte

Paradise of soft mobility in the shade of pines, the only French city labeled "heritage of the Twentieth Century" in its entirety, La Grande Motte also gives favour to green spaces and water sports on 7 km of sandy beaches full of restaurants and shops.

The fortress of Tarascon, access way to the Alpilles Natural Regional Park

The castle of Tarascon is one of the most beautiful fortresses of Europe built by the Princes of Anjou, Counts of Provence. Over the centuries, the building became a

CANNES, FRANCE



prison and a detention house until 1926. Today, the castle is a shelter for the René d'Anjou art center which offers many exhibitions of contemporary art creation.

Saint-Rémy de Provence

In the heart of the Alpilles, this city famous for being one of the major inspirations of Vincent Van Gogh, is full of treasures. Lovers of old stones will be conquered by the centre and the ancient remains. And gourmets will delight with a local food original menu at the "Terrasses de l'Image".

Julien Bridge on Via Domitia, Luberon Natural Regional Park

The Pont Julien was built on Via Domitia, the oldest road in France built by the Romans, which connected Spain to Italy. Julius Caesar ordered its construction between 27 BC and 14 AD. This three arches limestone bridge spans the Calavon River.



Photo: Joel Damase

EXCURSION

Grasse, world capital of perfume and UNESCO site

A 5 km marked route leads you to this eleventh century city, city of art and history, balcony of the Mediterranean, between the sea and the mountains. Grasse offers a way of life in the heart of the territory, in the land of "terraces" and olive groves. Cradle of the global perfume industry - the perfume and flavour industry employs 2,700 people for a turnover of 600 million euros - it has just been labeled by UNESCO as Intangible Cultural Heritage for "Perfume-related know-how in the Pays de Grasse".

More information on www.ville-grasse.fr

The Sillans waterfall, Verdon Natural Regional Park

The village of Sillans, Provençal jewel protected by its fortified walls and defensive towers is surrounded by vegetation. The river Bresque runs nearby. And not far, the beautiful waterfall that flows below gives the village magic and freshness. A belvedere has been arranged to admire it from its full height.

Antibes' Fort Carré

Located on the Saint-Roch peninsula, once a defensive building, it is today the proud landmark of the city and a museum listed as a Historic Monument.

Castle of Nice and its panorama on the Baie des Anges

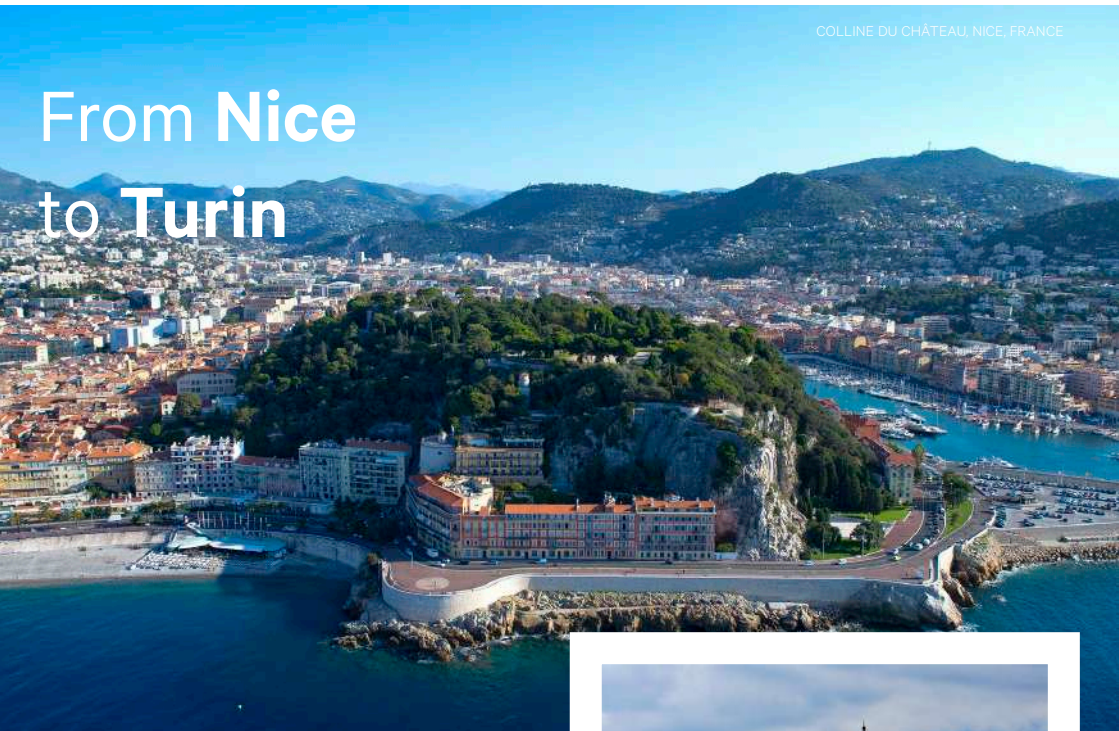
The remains of the castle are perched on a rocky promontory between the old port and the Promenade des Anglais. Built in the eleventh Century, the castle was dismantled in 1706 by Louis XIV. Since then, a beautiful garden allows to contemplate the breathtaking view on the Baie des Anges.

BIKE SERVICE

To check services along the route (**Accueil Vélo**) visit www.lamediterraneeavelo.com

COLLINE DU CHÂTEAU, NICE, FRANCE

From Nice to Turin



The stage starts in Nice and then crosses the little French stretch that separates France from Italy.

The road from Nice to Menton is rich with spectacular panoramas, both natural and architectural. After having crossed the French border in Ventimiglia, the EuroVelo 8 itinerary climbs up till Cuneo on its way to the city of Turin.



MENTON, FRANCE



INFO

Please note that an **alternative itinerary is being planned** up the Roja valley near Ventimiglia. In the meantime, it is served by an interregional transboundary train (www.trenitalia.com) with bicycle carriage with two couples of trips a day in both directions. The railway is one of the most spectacular in the world. The rail trip is itself an experience!

NICE – LIMONE SECTION 1 - 88 km

FROM 2,632-2,720 KM

Nice – Menton – Ventimiglia – Limone



VENTIMIGLIA, ITALY

MENTON, FRANCE



LIMONE – SALUZZO SECTION 2 - 90 km

FROM 2,720-2,810 KM

Limone – Vernante – Robilante – Borgo San Dalmazzo – Cuneo – Dronero – Saluzzo



SALUZZO – TURIN

SECTION 3 - 82 km

FROM 2,810-2,892 KM

Saluzzo – San Firmino – Villafranca Piemonte – Pancalieri – Carignano – Moncalieri – Turin

EXCURSION

Corona di Delizie

The Corona di Delizie (Delights Crown) is a 90 km cycle ring encompassing the Residences of the Royal House of Savoy (UNESCO site) and the most beautiful natural and cultural gems around Turin. The three most important castles are the Valentino's one (today Architecture Faculty of the Politechnic), Rivoli (Museum of Contemporary Arts) and Venaria, famous for its garden. You can have a challenging excursion climbing the Superga hill or just take a stroll along the "Murazzi" (walls of the Po).

More information on www.bicitalia.org



VAL RAHMEH BOTANICAL GARDEN, MENTON, FRANCE

SIGHTS AND ATTRACTIONS

Beaulieu-sur-Mer

A beautiful Mediterranean resort village with its own marina on the French Riviera. Make sure to visit the Ancient Greek inspired Villa Kerylos built in the early 1990s by Theodore Reinach.

Attractions in Monaco

If you deviate a bit from the itinerary, you can visit Monaco and its famous sights and attractions such as the Monte Carlo Casino, Port de Fontvieille, Formula 1 Grand Prix circuit and the 'Jardin Exotique'.

Promenade du Soleil in Menton

With the beach on side and the city on the other, experience the quintessential Mediterranean journey by cycling along this long promenade.

Val Rahmeh Botanical Garden in Menton

Over a 100 years old, this garden houses many tropical and subtropical plants from Asia and South America. It was once only accessible to the nobility but opened to the public in 1967.

Plage des Sablettes in Menton

You can find this splendid beach beneath the city's Saint-Michel Basilica. It offers a great view over the French-Italian border.

Le Calandre Beach in Ventimiglia

Take a break on the sandy shores of the city. The beach is accessible by a cliff-side path which leads to clear waters and a spectacular view of the Mediterranean.

Giardini Botanici Hanbury in Ventimiglia

Known as one of the most beautiful gardens in Italy, it was established in 1867 by Sir Thomas Hanbury on a small, steep peninsula overlooking the sea. Make sure to check its vast collection of plants!

The Riserva Bianca in Limone

One of the oldest ski resorts in Italy. The ski area of the Riserva Bianca has over 80 km of slopes.

City of Cuneo

Located near several mountain passes, the city is 500 m above sea level. Cyclists can visit its famous museums and monuments. Foodies should not miss Cuneo's specialty, the Cuneesi al rhum, small meringues with dark chocolate coating and a rum-based filling.

Duomo di Saluzzo

Built in 1491, this historic cathedral stands out for its Lombard-Gothic style. Inside, you can admire the Baroque high altar and the 14th century wooden crucifix.

City of Turin

The city is an important business hub and has a rich culture and history. We recommend stopping by the UNESCO site of Residences of the Royal House of Savoy as well as Turin's renowned National Museum of Cinema, art galleries and public squares.



TURIN, ITALY



VENTIMIGLIA, ITALY

TOURIST INFORMATION CENTRES

Iat Ventimiglia

via Hanbury
+39 0184 351183
www.visitrivieradeifiori.it

Agenzia di accoglienza e promozione turistica locale della provincia di Alessandria "Alexala"

Piazza Santa Maria di Castello, 14
+39 0131 288095
www.alexala.it

Azienda turistica locale del Cuneese

Via Pascal, 7 (piazza ex Foro Boario)
+39 0171 690217
www.cuneoholiday.com

Ente turismo Alba Bra Langhe e Roero

Piazza Risorgimento, 2
+39 0173 362807
www.langheroero.it

Agenzia di accoglienza e promozione turistica locale "Turismo Torino e Provincia"

Uffici e Sede Legale Via Maria Vittoria, 19
+39 011 8185011
www.turismotorino.org



VIADANA, MANTUA, ITALY

INFO

For a list of bike-friendly tourist accommodations in Mantua, visit the website www.eurovelo8mantova.eu/en

From Turin to Venice

For most of this stage, EuroVelo 8 follows the course of the River Po. In the region of Mantua, the best gastronomy meets the majesty of the Po river. After connecting to the Adriatic, the route heads north along the outer islands of the Venice Lagoon.

Beginning in the lively city of Turin, the river and the cycle route make their way across gently undulating countryside largely on dedicated cycling infrastructure, which makes the route ideal for families or people new to cycling tourism.

The route does not directly meet the city of Mantua, although it is easily reachable by bike from the Po river cycling route. Cyclists can visit Sabbioneta with its defensive walls, the chess-board layout of the streets and public spaces. Viadana, a town famous for the MuVi museum.

The "Oltrepò Mantovano" territory, which is rich in beautiful courts, Matilde di Canossa's parish churches, water-pumps facilities and rural dwellings. Some suggestions to explore this region are the "Galleria del Premio" Museum in Suzzara, the "Po river" Museum in Revere, the "Tartufo" Museum in Borgofranco, the Oltrepò Mantovano Parks System, and tasting the "tirotto" bread of Felonica with the sparkling Lambrusco mantovano.

It is necessary to use ferries to island hop along Venice Lagoon, but we strongly recommend a visit to romantic Venice!



TURIN – PIEVE DEL CAIRO SECTION 1 - 142 km

FROM 2,892-3,034 KM

Turin – Chivasso – Casale Monferrato – Pieve del Cairo



QUISTELLO, MANTUA, ITALY

PIEVE DEL CAIRO – SAN BENEDETTO PO SECTION 2 - 298 km

FROM 3,034-3,332 KM

Pieve del Cairo – Pavia – Piacenza – Cremona – Viadana – San Benedetto Po

SAN BENEDETTO PO – VENICE SECTION 3 - 256 km

FROM 3,332-3,588 KM

San Benedetto Po – Felonica – Ferrara – Mesola – Porto Viro – Venice



POLIRONE ABBEY, SAN BENEDETTO PO, ITALY



TOURIST INFORMATION CENTRES

To check services along the route, please visit the following touristic websites

Regione Emilia Romagna

www.comune.piacenza.it/benvenuti/iat-piacenza

www.turismo.comune.parma.it/canali-tematici/servizi-e-fiere/servizi-turistici/uffici-informazione/iat-ufficio-informazione-e-accoglienza-turistica-di-parma

www.emiliaromagnaturismo.it/it

Regione Lombardia

www.in-lombardia.it/en

www.in-lombardia.it/it/infopoint

www.in-lombardia.it/it/punti-informazione/infopoint-casa-lmaggiore

www.in-lombardia.it/it/punti-informazione/infopoint-ufficio-turismo-del-comune-di-milano

www.in-lombardia.it/it/punti-informazione/ufficio-turistico-di-lodi

www.in-lombardia.it/it/punti-informazione/infopoint-cremona

Regione Veneto

www.veneto.eu/EN/Touristic_info

www.veneto.eu/iat/elenco_iat.asp?prov=RO&I=EN

www.veneto.eu/iat/elenco_iat.asp?prov=VE&I=EN



INFO

For further information about this stage, consult these websites

www.iat.terredimantova.it/cicloturismo

www.oltrepomantovano.eu/chi-siamo

www.sipom.eu

PO RIVER, SAN BENEDETTO PO, ITALY

SIGHTS AND ATTRACTIONS

Polirone Abbey

Situated in San Benedetto Po main square, the abbey was founded in 1007 and soon became one of the most important abbeys in the north of Italy. In 1513, Correggio painted the refectory, while in 1537 Giulio Romano entirely renovated the church.

Mincio River Park

History, archeology, art and the environment intersect in the territory of the Mincio Park. Cyclists can visit protected areas, Nature Reserves and Sites of Community Interest that can be found along the routes marked or in their immediate vicinity.

Southern Oglio Park

In this area straddling the provinces of Mantua and Cremona, cyclists can visit the Nature Reserve "Torbiere di Marcaria", interesting from a naturalistic and landscape point of view.

Oltrepò Mantovano Parks – MaB UNESCO “Po Grande”

Make sure to visit and enjoy the green scenery at the local parks in San Colombano, San Lorenzo and Golene di Foce Secchia e del Gruccione.

Grana Padano and Parmigiano-Reggiano cheese factories

Cyclists can book a visit to local cheese factories, where two of most famous PDO cheeses in the world are made!

Factory Outlets

You can buy cheeses, cured meats, fruit and vegetables directly from small and local farms.

Water Pumps Facilities

These impressive facilities can be found in San Matteo delle Chiaviche, Bagnolo San Vito, San Siro and Moglia di Sermide.



EXCURSION

Chartreuse of Pavia

Founded in 1396, the Chartreuse is one of the most renowned monuments of Renaissance art in Italy. The building was completed in 1542 and was also used as a “mausoleum” for the Visconti dynasty. The church features cloisters for ceremonies and where the monks lived, worked and prayed absolutely alone. The guest rooms currently accommodate the Museum of the Chartreuse. The whole complex is surrounded by fields, lawns and vineyards. Inside, the church hosts valuable paintings, sculptures and decorations.

More information on www.certosadipavia.gov.it

BIKE SERVICE

Simonazzi Cicli Moto Scooter

Via Valcarenghi 29
+39 376 919 290

Hotel Passacor

Strada Provinciale Ferrarese 4
+39 038 641 461

Canellini Ermanno e Giovanni

Via Contrargine Nord 14
+39 037 696 495

Mantovabikexperience

Via Bacchelli 6
+39 3381 208 689

V.F.King Speedy di Fava Vanni

Via Nazario Sauro 4
+39 376 625 181

Free-Ride

Via R. Chiarellotto 26
+39 376 615 599

Gobatti Valerio

Via Indipendenza 71
+39 038 661 959

Bike Suzzara di Finardi Cesare

Via A. Gramsci 2
+39 376 534 753

Bioriva

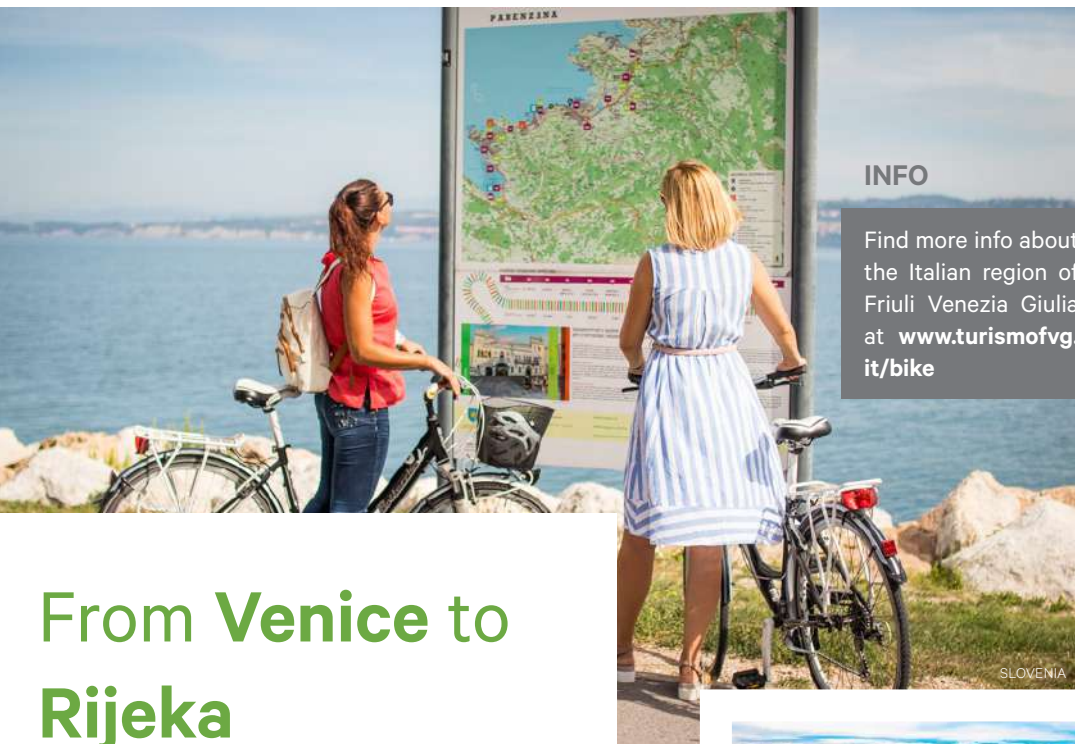
Via Becagli 39
+39 3339 330 885

Manfredini Claudio

Via A. Manzoni 6/D
+39 376 531 667

Staffa Marco

Via A. Manzoni 6/D
+39 376 535 354



INFO

Find more info about the Italian region of Friuli Venezia Giulia at www.turismofvg.it/bike

From Venice to Rijeka

Following the coast of the Gulf of Venice at the northern end of the Adriatic Sea, travel through three different countries – Italy, Slovenia and Croatia – some unforgettable cities, kilometres of golden sand and some world class attractions.

After taking in all that Venice has to offer, the next major site that visitors heading eastwards will meet is the UNESCO World Heritage listed archaeological area of Aquileia. It is then a short ride to the cosmopolitan city of Trieste which was the main port of the Austro-Hungarian Empire. It retains many of the attractive buildings and public spaces that were built at that time.

The route in Slovenia known as Parenzana (the path of health and friendship) runs along the former narrow gauge railway. The railway connected Trieste with Poreč and has become a symbol of friendship between Slovenian, Italian and Croatian municipalities. Parenzana leads through old towns and villages and is directed through short illuminated and decorated tunnels crossing the valleys and climbs through the hills.

The route comes from Slovenia to Sečovlje/Plovonija border crossing and welcomes cyclists on the Croatian side of the Istrian peninsula. Continue on the Parenzana and follow idyllic roads through the vineyards and olive groves of Savudrija and picturesque fishing towns of Umag, Novigrad, Vrsar, Fažana and Medulin. Visit the town of Poreč, colourful town of Rovinj and Pula, the largest city in Istria. The hilly part of the Istrian peninsula gives insight to medieval towns such as Barban, Labin, Kršan and Plomin. Panoramic road D66 offers a stretch of Kvarner bay coastline with elegant Lovran and Opatija Riviera on the foothills of Učka Mountain. The section finishes in the city of Rijeka, the largest port in the country. Rijeka, the European Capital of Culture 2020, shouldn't be missed for its unique row of Baroque houses, as well as fascinating museums and diverse music and art scene set in an industrial ambience.

VENICE – TRIESTE SECTION 1 - 246 km

FROM 3,588-3,834 KM

Venice – Jesolo – Lignano Sabbiadoro – Grado – Trieste



Photo: M. Danesin
CASTLE OF DUINO, FRIULI VENEZIA GIULIA, ITALY

PIRAN – ROVINJ SECTION 3 - 118 km

FROM 3,876-3,994 KM

Piran – Umag – Novigrad – Poreč – Rovinj

TRIESTE – PIRAN SECTION 2 - 42 km

FROM 3,834-3,876 KM

Trieste – Koper – Izola – Piran

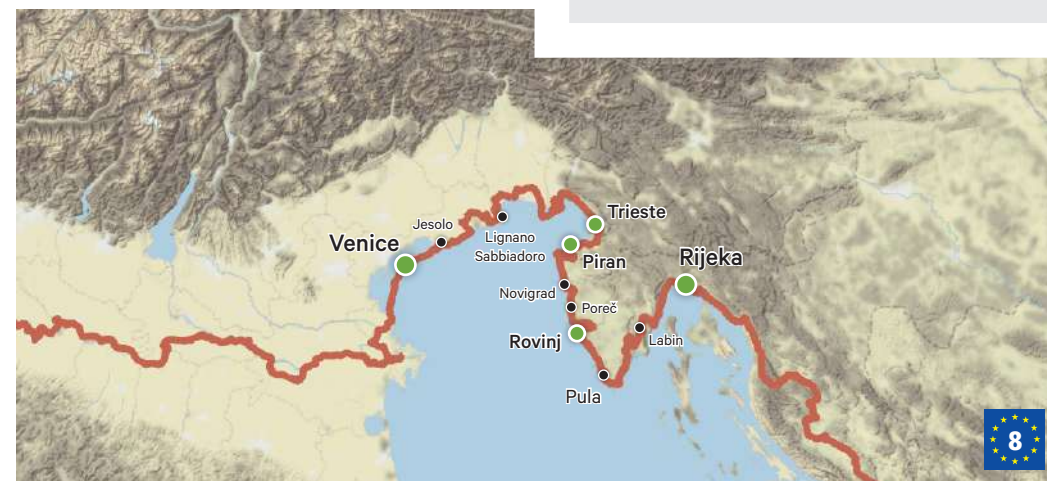


Photo: M. Danesin
CASTLE OF MIRAMARE, FRIULI VENEZIA GIULIA, ITALY

ROVINJ – RIJEKA SECTION 4 - 184 km

FROM 3,994-4,178 KM

Rovinj – Pula – Labin – Opatija – Rijeka





SLOVENIA

AQUILEIA, FRIULI VENEZIA GIULIA, ITALY

SIGHTS AND ATTRACTIONS

Lignano Sabbiadoro

One of Italy's most renowned seaside resorts. Lignano actually encompasses three spirits: Sabbiadoro, perfect for shopping and nightlife; Pineta, for a quiet holiday surrounded by greenery; and Riviera, a relaxing area with a luxuriant maritime pine wood.

City of Aquileia

UNESCO World Heritage site featuring one of the largest and wealthiest cities of the Early Roman Empire, well explained in the National Archaeological Museum. The entire floor of the early Christian Basilica is a wonderful coloured mosaic of the 4th century.

Grado

It is known as "Island of the Sun", because its 8km of beaches are always exposed to the sun. Its picturesque historic center is of Venetian origin, a maze of narrow streets (calli) and small squares (campi) enriched by Roman archaeological remains and early Christian basilicas.

Isola della Cona

Natura 2000 protected area, Isola della Cona is part of the Natural Reserve called Foce dell'Isonzo, it is located along the last 15 km of the river Isonzo and has been recognised as best area in Italy for birdwatching.

City of Trieste and Miramare Castle

Austro-Hungarian influences are all evident in this port city's layout, which encompasses a medieval old city and a neoclassical Austrian quarter. A visit to Miramare Castle and park along the seacoast is an unforgettable experience!

City of Koper

It used to be an island and a salt panning town. The long-standing rule of the Venetian Republic has left a fantastic architectural heritage. Today, it's both a commercial and tourist city, continuing to develop its offer in terms of seaside resorts, nautical tourism, sports and shopping.

The Strunjan Landscape Park

A unique, preserved piece of a great biodiversity and conservation in the Gulf of Trieste. The natural reserve features up to 80 m high cliff the lagoon and salt pans.

Cape Savudrija Lighthouse

The oldest active lighthouse in the Adriatic, built in 1818.

The Euphrasian Basilica in Poreč

UNESCO listed cathedral complex famous for its figurative mosaics that are among the finest of its kind in Europe.

Aeropark in Vrsar

The Sports Airport Vrsar offers panoramic flights and old planes exhibition all year round.

Lim Bay

Lim Bay is part of the 35 km long Limska draga hollow that stretches almost to the very heart of Istria.

Batana House Eco Museum in Rovinj

Museum dedicated to the fishing tradition of Rovinj and traditional boat batana, inscribed in the UNESCO Register of Good Safeguarding practices for intangible cultural heritage of the world.

Amphitheater in Pula (the Arena of Pula)

Built in the 1st century AD, Arena once was the site of

FRIULI VENEZIA GIULIA, ITALY

INFO



Photo: Giulia Cortesi

In Venice, a part of the route goes on public ferryboats, you can visit the local website www.actv.avmspa.it/en/content/actv-ferry-boat for more details

gladiator fights and today is the venue for many events since its capacity is around 5000 spectators.

Lungomare in Opatija

Famous 10 km long seafront promenade connecting Lovran and Volosko has been Opatija landmark for more than 100 years.

Učka Nature Park

The park encompasses Mount Učka and a part of the Čičarija mountain range. The area is characterised by a particular climate and lush forest vegetation. Hike along the mythical and educational paths of the Park and enjoy spectacular view of Kvarner from Učka highest peak Vojak.

Trsat Castle in Rijeka

A lookout on a hill 138 meters above sea level offering a magnificent view of the Rijeka's Old City.

Astronomical Centre Rijeka

The first astronomy centre in Croatia that includes both an observatory and a planetarium with digital technology. A fine viewpoint from the hill of Sveti Križ.

Torpedo launch station in Rijeka

The torpedo was invented in Rijeka where the first torpedo factory in the world opened in 1875.

EXCURSION

Brijuni National Park

The Brijuni archipelago is located in the south of the Istrian peninsula and is easily reachable by boat from Fažana near Pula. The National Park features combination of untouched nature, fascinating history and cultural heritage. Enjoy relaxing 13 km bicycle ride along the island of Veliki Brijun – unique nature, archaeological sites and ancient dinosaurs' tracks.

More information on www.parkovihrvatske.hr

BIKE SERVICE

A list of bike service shops for **Friuli Venezia Giulia** can be found at www.turismofvg.it/POI/Map

Velocenter Koper

Ljubljanska 3, 6000 Koper
+386 56 202 460

Ritoša

Gorkijeva ulica 8, 6310 Izola
+386 59 977 886

Luma sport

Dantejeva ulica 3, 6330 Piran
+386 41 781 414

Bikeart

Obala 103, 6320 Portorož
+386 59 037 891

Davor Bike Umag

Prva Ulica 3A – Murine, 52470 Umag
+385 98 532 427

Extremus

Murvi 15, 52466 Novigrad
+385 52 759 488

Lera Sport Rovinj

Ulica Tina Ujevića 20, 52210 Rovinj
+385 52 818 225

Bike Peroj

Peroj 130, 52215 Vodnjan
+385 52 520 098

Malupe Sport

Scalierova 24, 52100 Pula
+385 52 210 037

BRB Sport

F. Mošnjaja 5, Šišan, 52204 Ližnjan
+385 52 574 680

Ciklus bicikli

Štrmac 118, 52220 Labin
+385 91 578 7251

Bike Center Rabac

Ulica slobode 84, 52221 Rabac
+385 91 902 8363

Bike Shop Rijeka "RI-Bike"

Krešimirova 58, 51000 Rijeka
+385 51 550 396

TOURIST INFORMATION CENTRES

Lignano Pineta Tourist Office

Via dei Pini 53, 33054 Lignano Pineta
+390 43 142 2169
www.promoturismo.fvg.it

Aquileia Tourist Office

Via Giulia Augusta 11, 33051 Aquileia
+390 43 191 9491
www.promoturismo.fvg.it

Grado Tourist Office

Viale D. Alighieri 66, 34073 Grado
+390 43 187 7111
www.promoturismo.fvg.it

Trieste Tourist Office

Via dell'Orologio 1, 34121 Trieste
+390 40 347 8312
www.promoturismo.fvg.it

Portorož Tourist Board

Obala 16, 6320 Portorož
+386 56 742 220
www.portoroz.si

Tourist information centre Koper

Titov trg 3, 6000 Koper
+386 56 646 403
www.koper.si

Tourist information centre Izola

Sončno nabrežje 4, 6310 Izola
+386 56 401 050
www.visitizola.com

Istria County Tourist Board

Pionirska 1, 52440 Poreč
+385 52 452 797
www.istra.hr

Umag Tourist Board

Trgovačka 6, 52470 Umag
+385 52 741 363
www.coloursofistria.com

Novigrad Tourist Board

Mandrač 29/A, 52466 Novigrad
+385 52 757 075
www.coloursofistria.com

Tourist Information Centre Poreč

Zagrebačka 9, 52440 Poreč
+385 52 451 293
www.myporec.com

Rovinj Tourist Board

Obala Pina Budicina 12, 52210 Rovinj
+385 52 811 566
www.rovinj-tourism.com

Tourism Office Pula

Forum 3, 52100 Pula
+385 52 219 197
www.pula-info.hr

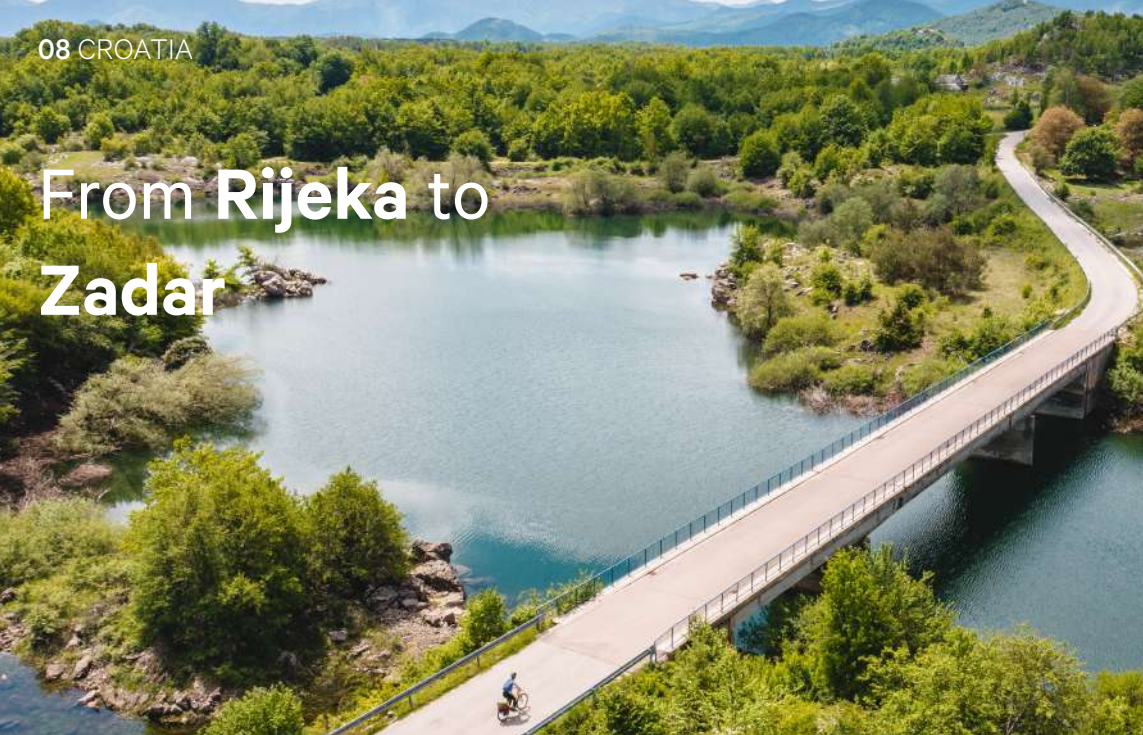
Tourist Information Centre Labin

Titov trg 2/1, 52220 Labin
+385 52 855 560
www.istra-rabac.com

Tourist Information Centre Opatija

M. Tita 128, 51410 Opatija
+385 51 271 310
www.visitopatija.com

From Rijeka to Zadar



RIJEKA – OTOČAC SECTION 1 - 132 km

FROM 4,178-4,310 KM

Rijeka – Bribir – Krasno Polje – Otočac



Photo: Ivan Šardi/CNTB

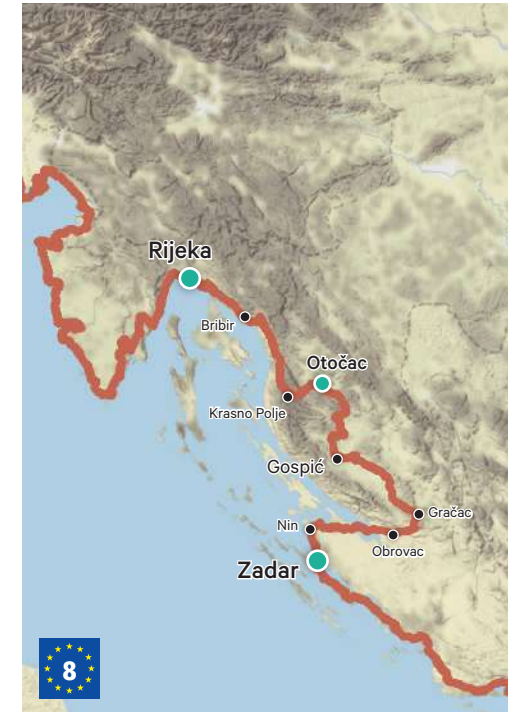


Photo: Ivan Šardi/CNTB

The route from Rijeka leads to the south on the panoramic coastal road D8 above historic towns of Bakar and Kraljevica to Križišće where it enters a spacious, green Vinodol valley.

Hilly and mountainous terrain starts from here on with numerous picturesque highland villages. The unforgettable views of the Adriatic Sea and its islands as well as the karst topography of the biggest Croatian mountain Velebit are the highlights of a significant part of this stage. Must see sights of Lika Region are the Visitors Center of Northern Velebit National Park in Krasno Polje, Gacka River valley and springs with traditional water mills in Sinac, Cave park Grabovača, Nikola Tesla Memorial Center in the village of Smiljan and the Cеровac Caves near Gračac. Returning to coastal Croatia cyclists are sure to have beautiful view of the Zrmanja River and its stunning canyon where several of Winnetou films were shot in the 1960's. Sandy lagoons and centuries old tradition of salt cropping are the highlights of the historic town of Nin. Finally, the vibrant atmosphere of the city of Zadar invites for a ride or relaxing walk along its waterfront to enjoy the most beautiful sunset in the world, as Alfred Hitchcock once said.



Photo: Ivan Šardi/CNTB

NIN, CROATIA

SIGHTS AND ATTRACTIONS

Nova Kraljevica Castle and Visitors Center

A late-Renaissance castle representing just one part of the rich heritage of the noble Croatian families of Frankopan and Zrinski.

Celestial Labyrinths and the Glass Chapel of the Holy Cross in village Omar, Luka Krmpotska

The Labyrinths are connected to astronomical patterns with a highly positive effect on the environment while the Chapel is a monument of unique value and a rare example of Secession-style sacral architecture.

Velebit House - Northern Velebit National Park Visitors Centre in Krasno Polje

Information centre in the village of Krasno displaying the richness of cultural and natural values of Velebit mountain.

Water Mills on the Gacka River in Sinac

Restored old wooden mills located in the area known as Majerovo vrilo where visitors can learn about methods of grinding grains – wheat, rye, millet and corn.

Bear Sanctuary in Kuterevo

A refuge for orphan brown bears ran by locals and international volunteers who help them to live there happily and safe.

OTOČAC – ZADAR SECTION 2 - 218 km

FROM 4,310-4,528 KM

Otočac – Gospić – Gračac – Obrovac – Nin – Zadar



Photo: Aleksandar Gospić/CNTB
ZADAR, CROATIA



Photo: Ivan Šardi/CNTB

TOURIST INFORMATION CENTRES

Kvarner Tourist Board, N. Tesle 2, 51410 Opatija
+385 51 272 988, www.kvarner.hr

Tourist Information Centre Rijeka, Korzo 14, 51000 Rijeka
+385 51 335 882, www.visitrijeka.eu

Tourist Office of Vinodol District, Bribir 1, 51253 Bribir
+385 51 248 730, www.tz-vinodol.hr

Senj Tourist Board, Stara cesta 2, 53270 Senj
+385 53 881 068, www.visitsenj.com

Otočac Tourist Board, Ulica kralja Zvonimira 17, 53220 Otočac
+385 53 771 603, www.tz-otocac.hr

Gospić Tourist Board/Information Centre, Bana I. Karlovića 1, 53000 Gospić
+385 53 560 752, www.visitgospic.com

Lika-Senj County Tourist Board, Budačka 12, 53000 Gospić
+385 53 574 687, www.visit-lika.com

Obrovac Tourist Board, Ante Stračevića 34, 23450 Obrovac
+385 23 689 870, www.tz-obrovac.hr

Nin Tourist Board, Trg braće Radića 3, 23232 Nin
+385 23 265 247, www.nin.hr

Zadar Tourist Board/Information Centre, Jurja Barakovića 5a, 23000 Zadar
+385 23 316 166, www.zadar.travel

Zadar County Tourist Board, Jurja Barakovića 5, 23000 Zadar
+385 23 315 316, www.zadar.hr

INFO

In Croatia you can also enjoy **alternative island routes** and discover islands of Cres, Krk, Rab, Pag and Korčula. More information at www.eurovelo8.hr

Photo: Ivan Šardi/CNTB
KRALJEVICA, CROATIA

SIGHTS AND ATTRACTIONS

Cave Park Grabovača in Perušić

The park includes 6 caves and 1 pit, and the most attractive one is 240 m long Samograd Cave consisting of four halls.

Nikola Tesla Memorial Center in Smiljan village

The museum, housed in his birthplace, and the theme park preserve the memories of Tesla's scientific path presenting over 900 of his inventions.

Cerovac Caves

Cerovac Caves feature a total of 4 km of explored channels and are the biggest and among most significant speleological structures in Croatia.

Zrmanja River Canyon

One of the most impressive river canyons in Croatia that served as a filming location for Winnetou movies in 1960s.

Nin Saltworks and Salt Museum

Learn about the long history of salt cropping in Nin and taste the highly appreciated salt flower.

Church of the Holy Cross in Nin

Unchanged since the 9th century, the church has been called the smallest cathedral in the world.

Telašćica Nature Park, Island of Dugi otok

Stunning Telašćica bay is famous for its imposing, steep cliffs, some of which are 161 m high. The bay is approachable by land and partly by road, but for the most part via hiking trails

Sea Organ and Greeting to the Sun in Zadar

The unique installation built in the underwater part of the

city quay creating the unique 'sea music' and 300 multi-layered glass plates with solar modules producing impressive show of light at night.

Museum of Ancient Glass in Zadar

One of the city's newest attractions, the museum has an exquisite collection of Roman period glassware.

The Gold and Silver of Zadar

Extraordinary exhibition of religious art in the Benedictine Convent of St. Mary in Zadar that has been permanent since 1976.

St. Donatus Church in Zadar

The landmark of the city dating from the early Middle Age, famous for its unusual cylindrical shape.



Photo: Ivan Šardi/CNTB

KRASNO POLJE, CROATIA

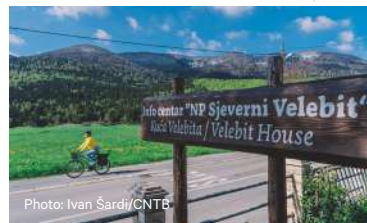


Photo: Ivan Šardi/CNTB



Photo: Aleksandar Gospic/CNTB

EXCURSION

Plitvice Lakes National Park

Plitvice Lakes is Croatia's best-known and the oldest national park, and has been on the UNESCO List of World Heritage Sites since 1979. The main attractions of this park, unique in the world, are the 16 lakes joined by waterfalls created by the sedimentation of travertine, a special type of limestone. Through a network of paths, visitors can get around and access the numerous waterfalls and the rocky lake shores easily.

More information on www.parkovihrvatske.hr/national-park-plitvice-lakes

BIKE SERVICE

Giro Bike, Franje Račkog 42, 51000 Rijeka
+385 51 332 649

Experience bike & ski shop, Kastavska cesta 23, 51211 Matulji
+385 51 277 094

Vulkanizer Nin, Put. Grgura Ninskog 46, 23232 Nin
+385 95 776 8834

Auto Hrvatska Zadar, Bana Josipa Jelačića 1c, 23000 Zadar
+385 23 305 069

Bianchi Zadar, Obala kneza Branimira 2H, 23000 Zadar
+385 23 241 243

E-bike Zadar, Oko vrulja 12, 23000 Zadar
+385 91 569 0969

Rog Joma, Obala kneza Branimira 6c, 23000 Zadar
+385 23 313 288

Calimero Sport, Il Zasedanje ZAV-NOHA 1, 23000 Zadar
+385 23 311 010



Photo: Ivan Šardi/CNTB

ŠIBENIK, CROATIA

From Zadar to Dubrovnik

This stage follows the coastline from Zadar via Šibenik and Split to Dubrovnik. It abounds with UNESCO World Heritage Sites. Besides the famous Dubrovnik Old Town, on the list there are defence system of Zadar, the fortress of St Nicholas and St James Cathedral in Šibenik, historical core of Trogir, the historical complex with Diocletian's Palace in Split and *stećci* - monumental medieval tombstones spread in Split and Dubrovnik Region.

Zadar is the 3,000-year-old city with remarkable historical monuments and unique contemporary attractions such as the Sea Organ and the Greeting to the Sun. Besides for two UNESCO sites, Šibenik is also known for its four fortresses and fantastic viewpoints by the sea. The impressive Diocletian's Palace in Split is one of the best-preserved monuments of the Roman architecture in the world. In Makarska Riviera one can enjoy stunning scenery of Biokovo Mountain and Pelješac peninsula offers a unique ride through breathtaking vineyards and medieval town of Ston. Finally, the glorious walls and fortresses of Dubrovnik offer a magnificent view of the Elaphite Archipelago.

INFO

Visit the national Croatian website for EuroVelo 8 at www.eurovelo8.hr for more information about the stages that pass through the country



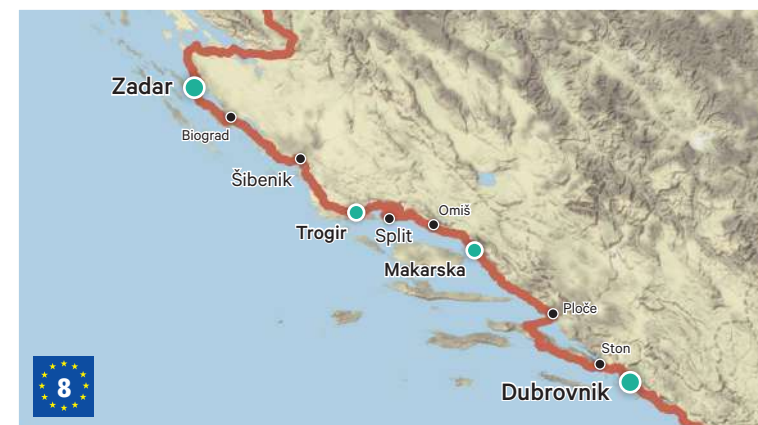
ŽDRELAC BRIDGE, CROATIA

Photo: Ivan Šardi/CNTB

ZADAR – TROGIR SECTION 1 - 155 km

FROM 4,528-4,683 KM

Zadar – Ugljan – Pašman – Biograd – Šibenik – Trogir



TROGIR – MAKARSKA SECTION 2 - 114 km

FROM 4,683-4,797 KM

Trogir – Split – Omiš – Makarska

Photo: Ivan Šardi/CNTB
MAKARSKA RIVIERA, BRELA, CROATIA

PIROVAC, CROATIA



Photo: Ivan Šardi/CNTB

MAKARSKA – DUBROVNIK SECTION 3 - 182 km

FROM 4,797-4,979 KM

Makarska – Ploče – Trpanj – Ston – Dubrovnik

BIKE SERVICE

Bicikle Fržop

Mičin Stanka 9, 22211 Vodice
+385 22 443 685

Top Sport bike shop

Srma 1/58, 22211 Vodice
+385 98 726 717

AM Adria

L.A. Kabalera 53, 22211 Vodice
+385 22 442 828

Iljadica-Rapo

Ivana Meštrovića 13, 22000 Šibenik
+385 22 213 159

Milković bike servis

Istarska ulica 78, 22000 Šibenik
+385 22 216 296

Zjačić

Bože Peričića 8A, 22000 Šibenik
+385 22 215 758

Moto Bean

Radnička 30, Brodarica, 22000
Šibenik
+385 22 351 940

Bi - Bi

Ulica fra Ive Perana 16, 21216 Kaštel
Stari
+385 91 568 0716

Extreme bicikla shop

Kavanjinova 1, 21000 Split
+385 21 480 428

Biciklistički centar Peloton

Ulica Zrinsko Frankopanska 58,
21000 Split
+385 21 380 847

Bike centre Podgora

Ruđera Boškovića 20, 21327
Podgora
+385 21 625 244

Neretva Bike

Kneza Branimira 22, 20350 Met-
ković
+385 91 568 7713

Narona Bike

Put Vida 19, 20350 Metković
+385 99 825 6646

Photo: Ivan Šardi/CNTB
SPLIT, CROATIA

SIGHTS AND ATTRACTIONS

Benedictine Monastery Čokovac in Tkon

The last male Benedictine monastery in Croatia situated on top of Čokovac hill (95 m).

Faust Vrančić Memorial Centre, Island of Prvić

Easily reached from Vodice by boat, the centre is dedicated to the world-famous Croatian inventor known for Homo Volans - the flying man.

The Cathedral of St. James in Šibenik

Built entirely of stone, the UNESCO listed cathedral is famous for its frieze decorated with 71 sculptured faces of men, women and children.

St. Nicholas Fortress in Šibenik

Triangle shaped fortress, situated at the entrance to St. Anthony Channel, was built in the 16th century to protect the city from the Turkish attacks from the sea.

Museum of Wooden Shipbuilding in Betina

The museum gives insight into the long tradition of small wooden shipbuilding in Betina paying tribute to the generations of local shipbuilders.

Historic City of Trogir

UNESCO site with beautiful Romanesque churches and outstanding Renaissance and Baroque buildings from the Venetian period.

Meštrović Gallery in Split

Learn about the famous Croatian sculptor Ivan

Meštrović and visit his gorgeous home residence nowadays a gallery dedicated to his art.

Diocletian's Palace in Split

UNESCO site, one of the best-preserved monuments of the Roman architecture in the world, nowadays is part of vibrant city of Split.

Mirabela Fortress in Omiš

Dating from the 13th century, Mirabela Fortress is a reminder of the glorious pirate history of Omiš.

The Malacological Museum in Makarska

Housed in the Franciscan Monastery, the museum has a collection of around 3,000 shells from all over the world.

The Walls of Ston

Impressive fortification complex dating from the 14th century, originally around 5.5 km long.

Arboretum Trsteno

Located in the seaside village of Trsteno near Dubrovnik, arboretum features numerous exotic plants and stunning views of Dubrovnik Archipelago.

Dubrovnik Old Town and City Walls

The world-famous UNESCO listed late-medieval core surrounded by spectacular 1,940 m long city walls.

Franciscan Pharmacy in Dubrovnik

The third oldest pharmacy in Europe that has been active since 1317, located in the Franciscan Monastery complex.



Photo: Ivan Šardi/CNTB

TOURIST INFORMATION CENTRES

Preko Tourist Board

Magazin br. 8, 23273 Preko
+385 23 286 108
www.tz.preko.hr

Tkon Tourist Board

Mulina 6, 23212 Tkon
+385 23 25 213
www.tzo-tkon.hr

Biograd na Moru Tourist Board

Solina 4, 23210 Biograd na
Moru
+385 23 383 123
www.tzg-biograd.hr

Šibenik-Knin County Tourist Board

Fra Nikole Ružiča bb, 22000
Šibenik
+385 22 219 072
www.dalmatiasibenik.hr

Tourist Information Centre Šibenik

Obala dr. F. Tuđmana 5,
22000 Šibenik
+385 22 212 075
www.sibenik-tourism.hr

Vodice Tourist Board/ Information Centre

Obala Vladimira Nazora bb,
22211 Vodice
+385 22 443 888
www.vodice.hr

Split-Dalmatia County Tourist Board

Prilaz braće Kaliterna 10/I,
21000 Split
+385 21 490 032
www.dalmatia.hr

Trogir Tourist Board

Trg Ivana Pavla II/1, 21220
+385 21 885 628
www.visitrogir.hr

Kaštela Tourist Board

Dvorac Vitruri - Lušiško Brce
5, 21215 Kaštel Lukšić
+385 21 227 933
www.kastela-info.hr

Split Tourist Information Centre

Peristil bb, 21000 Split
+385 21 345 606
www.visitsplit.com

Omiš Tourist Board/ Information Centre

Fošal 1a, 21310 Omiš
+385 21 861 350
www.visitomis.hr

Makarska Tourist Board

Obala kralja Tomislava 16,
21300 Makarska
+385 21 612 002
www.makarska-info.hr

Ploče Tourist Board

Trg Kralja Tomislava 17,
20340 Ploče
+385 20 679 510
www.visitploce.com

Ston Tourist Board

Pelješki put 1 20230 Ston
+385 20 754 452
www.ston.hr

Dubrovnik Tourist Board/ Information Centre

Brsalje 5 & Obala I. Pavla II 1,
20000 Dubrovnik
+385 20 20 312 011
www.tzdubrovnik.hr

EXCURSIONS

Vrana Lake Nature Park

The park consists of the biggest freshwater lake in Croatia and its surrounding area. Located next to the sea, the lake is home to exceptional number of bird species, to wild ducks and egrets in particular, which makes this park a paradise for the bird watchers.

Biokovo Nature Park

Biokovo mountain is by far the greatest sight of the Central Dalmatian coastline, and the only nature park in that area. Apart from fresh air and unspoiled nature, Biokovo has beautiful mountaineering and hiking trails and climbing spots, as well as pleasant resting places like the botanical garden in Kotišina village.

More information on www.parkovihrvatske.hr



Photo: Ivan Šardi/CNTB
DUBROVNIK, CROATIA

From Dubrovnik to Durrës, via Kotor

Starting in Dubrovnik, the stage soon crosses the border into Montenegro's majestic Bay of Kotor. From here, EuroVelo 8 heads inland to Cetinje. It is then a relatively short journey to the border with Albania.

South of Dubrovnik the route takes you to attractive Župa Dubrovačka Riviera and the picturesque Konavle plain situated below Sniježnica mountain (1,234 m). At the intersection of the roads in Zvekovica, the route from the coastal part of the town of Cavtat continues through the peaceful, rural area of Konavle. Vivid villages with vineyards, fertile fields, olive groves, fig trees and churches are surrounded by elegant cypresses and several sites of UNESCO listed *stećci* - medieval tombstones. From the watermills on the River Ljuta and the village of Gruda the route continues along the D516 road through the villages of Pločice, Đurinići and Vitaljina to

the border crossing with Montenegro. EuroVelo 8 route through Montenegro provides very attractive and diverse sections with a relatively comfortable ride.

The route from Vitaljina-Kobila to Sukobin starts along the attractive ambient of the Bay of Boka Kotorska. A mountain area that follows, via Trojica and Njeguši to Cetinje, is more demanding for riding. This part of the route is also highly attractive providing an extraordinary view, from old Austro-Hungarian road, overlooking the Bay of Boka Kotorska and surrounding area, and further to a mountain range and national park Lovćen.

The following section, passing through authentic Rijeka Crnojevića and Virpazar, also along old roads with low traffic level, offers a new type of activity – riding around Skadar Lake. From here, you can go off the route to visit Montenegro's capital and largest city, Podgorica.

It is then a relatively short journey to the border with Albania. Just under 100 km to the south of Shkodër lies Albania's capital city, Tirana. The city is famous for its kaleidoscopic streetscapes. To reach the coastal city of Durrës, you will have to retrace your steps a little bit but it is worth it to visit this ancient port.

INFO

Discover **8 UNESCO World Heritage Sites** along the Croatian part of the route. You can visit www.croatia.hr for more information.

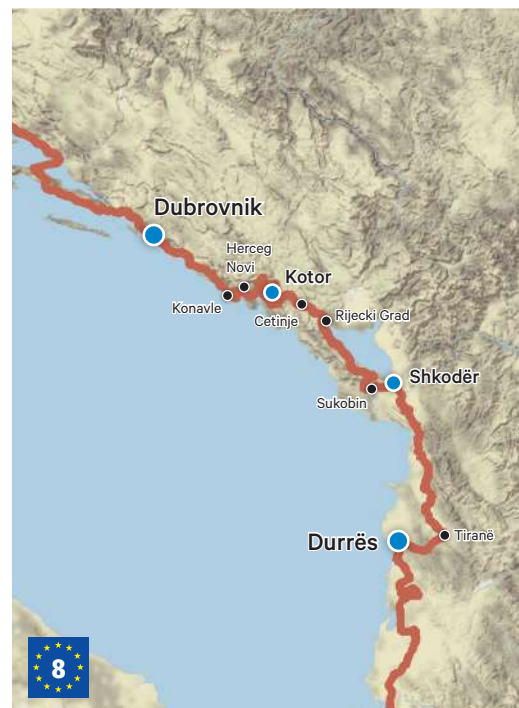
RIJEKA CRNOJEVICA, MONTENEGRO

Photo: UNDP Montenegro



Photo: Ivan Šardi/CNTB

KONAVLE, CROATIA



SHKODËR – DURRËS SECTION 3 - 160 km

FROM 5,261-5,421 KM

Shkodër – Tiranë – Durrës

DUBROVNIK – KOTOR SECTION 1 - 104 km

FROM 4,979-5,083 KM

Dubrovnik – Konavle – Herceg Novi – Kotor

KOTOR – SHKODËR SECTION 2 - 178 km

FROM 5,083-5,261 KM

Kotor – Cetinje – Rijeki Grad – Sukobin – Shkodër



Photo: Marko Popovic/UNDP Montenegro
CETINJE, MONTENEGRO

SIGHTS AND ATTRACTIONS

Mount Srđ in Dubrovnik

The 413 m high mount rising north from Dubrovnik with the monumental Fort Imperial built during Napoleon's occupation in 1810.

Mills on Ljuta River in Konavle

The mills located in the protected natural landscape of the river Ljuta, nowadays are one of the most popular excursion spots in the area.

Vlaho Bukovac House in Cavtat

The birth house of one of the most famous Croatian painters and the forefather of the Croatian modern painting, featuring an exhibition space.

The County Museum of Konavle in Čilipi

Dedicated to Konavle heritage, museum collection has about 500 items such as folk costumes, embroidery, jewellery and musical instruments.

Sokol Grad Fortress in Konavle

The largest fortress from the times of the Dubrovnik Republic, located in the village of Dunave on a 25 m high cliff.

Stećci - mediaeval tombstones in Konavle

Over 100 UNESCO listed tombstones, mostly carved out of limestone, can be found at St. Barbara, Dubravka site, just one hour drive south from Dubrovnik.

Lokrum Island

Only ten-minute boat ride from Dubrovnik, the green and lush island of Lokrum is the perfect choice for a day escape. Island is a nature reserve as well as special forest vegetation reserve.



Photo: Marko Popovic/UNDP Montenegro
LAKE SKADAR, RIJEKA CRNOJEVICA, MONTENEGRO

Mljet National Park, Island of Mljet

Reachable by boat from Dubrovnik and Cavtat, Mljet National Park is ideal for a whole day excursion. This green oasis full of lush Mediterranean vegetation, includes two deep bays which, due to their extremely narrow links with the sea, are regarded as and indeed named the *Great Lake* and the *Small Lake*.

Lake Skadar

The largest lake in the Balkans. It has an average depth of 5m and it is a true oasis for all nature lovers.

Rijeka Crnojevica

One beautiful small historical place, in Central part of



Photo: Ivan Šardi/CNTB
DUBROVNIK, CROATIA

Montenegro. In ancient time was an important trading route through Montenegro.

National Park Lovcen

National Park Lovcen is located in rocky region of Dinara Alps. Slopes of Mountain Lovcen steeply rise from coastal region of Budva and west part of Cetinje.

Old Town in Kotor

The old town – that is the most famous part of Kotor, where the Kotor history, culture, and tradition are being preserved. The largest and the most impressive are, by all means, city bulwarks which surround the town. The beginning of their construction started in the IX century, in order for them to be added onto and arranged for the next 10 centuries. Kotor is at the UNESCO list of protected cultural heritage sites.

EXCURSION

The Bay of Boka Kotorska, Montenegro

The bay is naturally divided into four smaller parts - Herceg Novi bay, Risan bay, Kotor bay and Tivat bay. The small towns, as treasuries of history, art and beauty, are strung like pearls along its coastline.

More information on www.eurovelo.com



Photo: Marko Popovic/UNDP Montenegro

Blue Eye in Albania

A naturally formed water spring in the Delvinë District of Albania. The clear blue water of the river bubbles up from a stunning, more than 50 m deep pool. However, it is still unclear what the actual depth of the karst hole is!

City of Shkodër

The city is located in the southern shore of Lake Skadar, the largest lake in the Balkan Peninsula, with a breathtaking backdrop provided by the Albanian Alps.



WILDLIFE, ALBANIA



Photo: Ivan Šardi/CNTB

DUBROVNIK, CROATIA

TOURIST INFORMATION CENTRES

Dubrovnik – Neretva County Tourist Board

Šipčine 2, 20000 Dubrovnik
+385 (0) 20 324 999
www.visitdubrovnik.hr

Župa Dubrovačka Tourist Board

Šetalište dr. Franje Tuđmana 7, 20207 Mlini
+385 20 486 254
www.dubrovnik-riviera.hr

Konavle Tourist Board

Zidine 6, 20210 Cavtat
+385 20 479 025
www.visit.cavtat-konavle.com

Local tourism organisation of Tivat

Palih boraca 19, 85320 Tivat
+382 32 671 324
www.tivat.travel

Local tourism organisation of Kotor

Stari grad 328, Kotor
+382 32 322 886

North of Albania Travel

Rruga Kolë Idromeno 145, Shkodër
+355 67 392 2119
www.albaniahostel.com

Zyra e Informacionit Turistik

Rruga Ded Gjo Luli, Tiranë
+355 04 222 3313
www.tirana.al

BIKE SERVICE

Marko Bike Workshop

Skaljari, Kotor
+382 67 607 818

Biciklo servis-Nino

Vrela 6, Podgorica
+382 69 777 911

Biciklist Bujari Repair & Rent a Bike

Rruga Osja i Falltores, Shkodër
+355 67 257 6671

Bike Store Albania

Rruga Reshit Petrela 10, Tiranë
+355 67 210 8834

Pashaj & Sons Bike

Pallati Nr.162, 88, Rruga Qemal Stafa, Tiranë
+355 67 491 1754

Gear Bike Albania

Shëtitorja Lasgush Poradeci, Tirane



From Durrës to Igoumenitsa

The Albanian coast combines fresh mountain air and warm sea breezes. The climatic diversity of the country is matched by its biological diversity. After crossing Albania, EuroVelo 8 touches the land of Gods for the very first time.

The northernmost point of this stage is Durrës, a busy port containing the largest amphitheatre in the Balkans. Heading south, you will encounter the remains of the ancient Illyrian city of Apollonia, the chain of Ceramonian Mountains and the white sandy beaches of Saranda. Just offshore lies Corfu and its old town included in the UNESCO World Heritage list. Near Saranda you can visit two other UNESCO sites: the ancient city of Gjirokastra, dominated by an impressive castle, and the ruins of Butrint (Buthrotum), an ancient Greek and Roman city.

On the way to Greece, you will cross Vlorë, one of the most important economic and cultural cities in Albania. Founded 26 centuries ago, it is famous for the landscapes along its coast. You will then quickly reach Igoumenitsa in Greece, with its pretty waterfront promenade.

SIGHTS AND ATTRACTIONS

City of Durrës

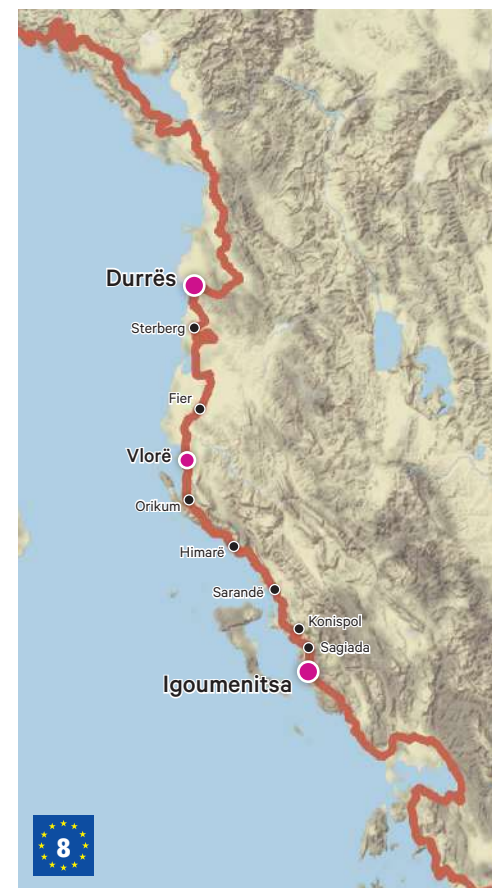
One of the oldest cities in Albania, flooded three times during its history. The current city is built on the ruins of two previous ones. It is the largest port of Albania and has the longest shoreline.

Divjakë-Karavasta National Park

Spanning a territory of 222 square km, the park has been identified as having gained international importance for its great availability of bird and plant species. The park has great biodiversity and features wetlands, forests and salt marshes that make it a perfect attraction for wildlife enthusiasts.

City of Fier

Located in the center of Albania, this industrial city is renowned for its rich ancient Greek heritage. Cyclists should visit the attractions such as the Monument of Agonothetes, House with Mosaics and the Ardenica Monastery.



DURRËS – VLORË SECTION 1 - 152 km

FROM 5,421-5,573 KM

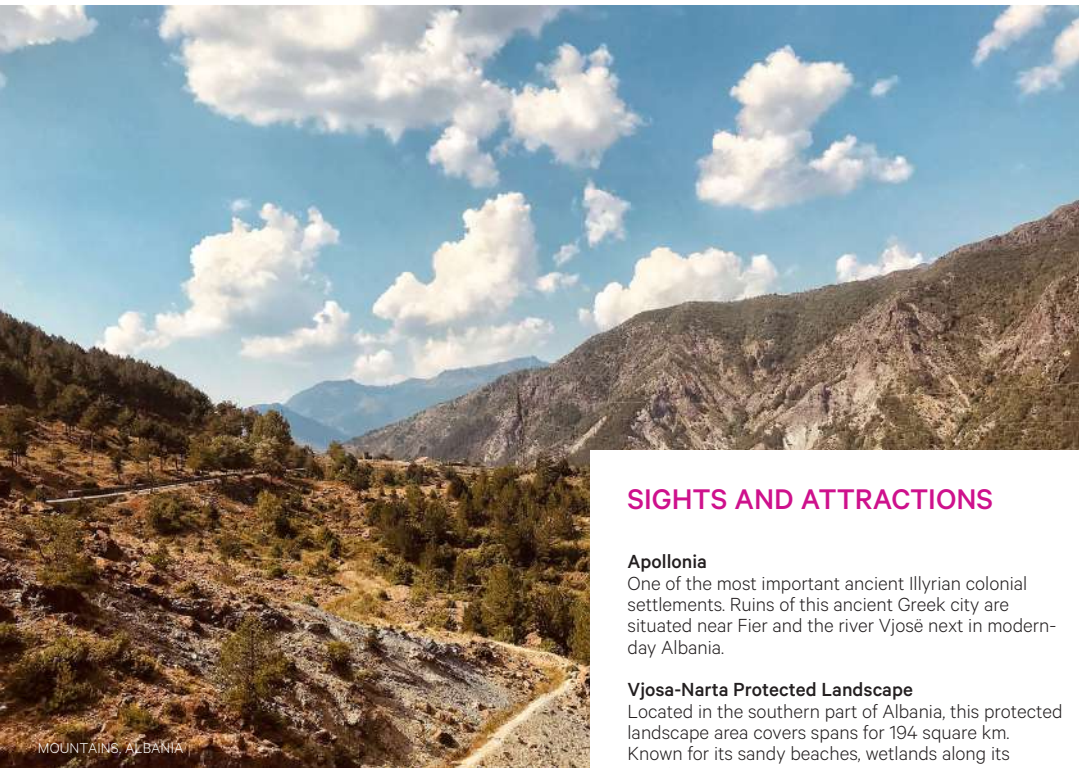
Durrës – Sterberg – Fier – Vlorë



VLORË – IGOUMENITSA SECTION 2 - 187 km

FROM 5,573-5,760 KM

Vlorë – Orikum – Himarë – Sarandë – Konispol – Sagiada – Igoumenitsa



MOUNTAINS, ALBANIA



BIKE SERVICE

Bike Repair Shop
Rruga Glaukia Durrës, 2001
Durrës

Vlora Rent Bikes
Rruga Çamëria/SH8, Vlorë
+355 69 996 0707

Tires Service Bike Sulo
Rruga Onhezmi, 9700 Sarandë
+355 69 525 3714

Vazoukís George
Kyprou str. 53 Igoumenitsa
+30 266 540 0427

SIGHTS AND ATTRACTIONS

Apollonia

One of the most important ancient Illyrian colonial settlements. Ruins of this ancient Greek city are situated near Fier and the river Vjosë next in modern-day Albania.

Vjosa-Narta Protected Landscape

Located in the southern part of Albania, this protected landscape area covers spans for 194 square km. Known for its sandy beaches, wetlands along its significant bird and plant species.

City of Vlorë

One of the economic hubs of Albania, the city is home to Albania's second largest port. You will find several ancient Greek heritage locations such as the Independence Monument, Muradie Mosque, and the ancient Kanine Castle. Due to its port, there are plenty of seafood and other delicacies on offer.



TOURIST INFORMATION CENTRES

Durrësinfo
Rruga Taulantia, Durrës

Info Point Vlorë
Rruga Çamëria/SH8, Vlorë
+355 69 634 7498

Zyra e Informacionit Turistik
Shëtitorja Naim Frashëri, Sarandë
+355 852 2424
www.sarandaweb.net

Igoumenitsa Tourism Office
Customs office, 46100 Igoumenitsa
+30 266 502 2227
www.visitgreece.gr/en

Mount Çika

Standing at about 2044 m above sea level, it is the highest peak of the Ceraunian Mountains. The mount is also part of the Llogara National Park, which is noted for its rich biodiversity and vegetation.

City of Sarandë

A city in southern Albania, after the Albanian Riviera, known for its unforgettable beaches and colorful spring blooms.

Sagiada

This fishing village is the westernmost point of mainland Greece and stretches between the Ionian Sea to the west and mountains on the Albanian border to the north. Don't forget to visit the spectacular Sagiada Marina by the beachfront!

River Thyamis Delta

Renowned for its flora and migrating birds, the river flows into Ionian Sea 4 km south of Sagiada.

EXCURSION

Karaburun-Sazan National Marine Park

The only marine park in the country encompasses the surrounding coastal area of Karaburun Peninsula and Sazan Island. From mountain drops to the sea, ruins of ancient ships, secluded beaches, caves to spectacular coral reefs, this park is worth a sail or dive.

More information on www.eurovelo.com



SARANDË, ALBANIA



KSAMIL, ALBANIA

From Igoumenitsa to Patras



INFO

You can find cycle friendly accommodation at the Vounaki Hotel & Marina, Paleros, 30012, +30 264 304 1190, www.vounakihotelmarna.gr



The stretch of the coast between Igoumenitsa and Preveza is dotted by inviting beaches and coves. Before crossing the Gulf of Corinth to reach Patras, stop off at Messolonghi where English poet Lord Byron was killed fighting for the liberation of Greece. He both literally and poetically left his heart in this small town it is entombed in a cenotaph there.

From Preveza, EuroVelo 8 traces the coast of the Ambracian Gulf, which offers lots for nature lovers, particularly in the form of the Amvrakikos Wetlands National Park. There are two tempting detours in the form of the beautiful islands of the Ionian Sea (including Ithaca and Cephalonia) and Lake Trichonida further inland – the largest natural lake in Greece which is surrounded forests.

In Western Greece, the bicycle axis crosses Aitolokarnania, starting from Sykoula and cycling to Amfilochia, nestled in the bay of the southern Amvrakikos gulf. From there, we ride to Vonitsa, heading to Mytikas, along the Ionian Sea. At the same time on our way with the lacy coasts of Xiromerou we reach the picturesque Astakos overlooking the beautiful islands of the Ionian Sea and continue for the small “Venice” of Greece, Aitoliko.

From Messolonghi we pass through the long cabled bridge of Rio-Antirio heading east to the capital of Aegiali, Aegio. The city is built amphitheatrically with a magnificent view of the Corinthian bay and we continue towards Akrata with its clean, pebbled beach and crystal clear waters. The cycling route ends at the eastern end of Achaia, Egira.

IGOUMENITSA – ARTA

SECTION 1 - 112 km

FROM 5,760-5,872 KM

Igoumenitsa – Ammoudia – Vrachos – Kanali – Arta

ASTAKOS – PATRAS

SECTION 3 - 92 km

FROM 6,018-6,109 KM

Astakos – Aitoliko – Messolonghi – Antirrio – Patras

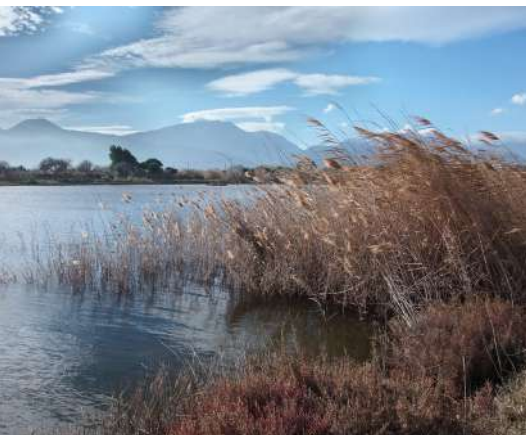
ARTA – ASTAKOS

SECTION 2 - 146 km

FROM 5,872-6,018 KM

Arta – Amfilochia – Vonitsa – Mytikas – Astakos





EXCURSION

Natura 2000 protected area, including Lake Vulkaria

The area hosts various endangered species such as the eastern imperial eagle (*Aquila heliaca*) and the largest Griffon vulture (*Gyps fulvus*) population in the south-western Balkans. The sequence of isolated and inaccessible limestone mountains with a well-preserved natural and cultural landscape, where traditional livestock farming is still predominant, is characteristic of this area.

More information on www.ec.europa.eu/environment/nature/natura2000/

Vazoukis George
Kyprou str. 53 Igoumenitsa
+30 266 540 0427

Ideal bikes – Hara Efstratiadi
1st km between Arta to Kostakioi
+30 268 107 3292

Velocity Bikes
Kosta Varnali str., Agrinio
+30 264 102 4628

ESCAPE Bike
Geor. Alexandropoulou, Messolonghi
+30 694 800 5537

PEDAL SYSTEM
Ethnikis Antistaseos 14, Messolonghi
+30 694 590 5999

Houtas Konstantinos
Eleftheron Poliorikimenon 31, Messolonghi
+30 263 102 5553

MOTOCICLO
Lordou Vironos 25, Messolonghi
+30 263 105 5628

Escape Bikes and Apparel
Alexandropoulou Georgiou, Messolonghi
+30 263 102 4770

Zohios Sotiris
Nafpaktou & Belogianni, Messolonghi
+30 263 102 5575

Solou Maria
Neochori, Messolonghi
+30 263 209 1215

BIKE SERVICE

To podilato
Papaflessa 4 & Evmilou, Patras
+30 261 032 1637

Ideal bikes- Maniatopoulos
Agios Vasileios, Patras
+30 261 099 3045

Mitropoulos Anastasios
Athinon 58, Patras
+30 261 042 5408

Bike center- Bakopoulos
Germanou 133, Patras
+30 261 022 2021

Stavropoulos
Anthias 189, Patras
+30 261 033 7605

GREECE



SIGHTS AND ATTRACTIONS

Margari's Art Gallery in Amfilochia

The Margaris Foundation is the joint effort of a team of young artists, designers and editors to continue and strengthen the dream of collector Odysseas Margaris.

Koukoumitsa's Island in Vonitsa

It is a beautiful island situated on the bay in front of the city. There is a bridge which connects it with Vonitsa. Many visitors go to light a candle in the chapel of the church of Saint Nekarios.

Venetia Castle of Vonitsa

In Vonitsa, the imposing castle is situated on a hill lined by the calm waters of the Amvrakikos Gulf. It was built around 1070 by the Venetians, who received from Byzantium the privilege of building the fortress and exploiting the harbor.

Katopodeio Folkloric Museum of Paleros

This folkloric museum presents the way of life of the past through the depiction of the spaces of a house, the variety of daily tools such as cookware or agricultural tools. The Museum's premises also feature old shops such as a barber shop, a shoe repair shop and grocery store.

Vasos Katraki's Museum, Centre of Engraving Art

The Museum is located on the eastern side of Aitolikos. It is



the only museum of purely engraving art in Greece and in Europe. It hosts over 500 works by the well-known engraver and painter Vaso Katraki. The basement of the building shaped in order to be used as an Art School.

Ancient Plevrona

On a hill northwest of Mesolongi city was once the walls of the Ancient Plevrona. The archaeological features a huge reservoir with stone and natural walls, part of the market, the ancient road and a magnificent ancient theater with panoramic views of the lagoon, west of Mesolonghi.

Municipal Art Gallery, Mesolonghi Museum of History and Art

The Museum is housed in the Old Stone Town Hall, a two-storey neoclassical building of 1931. Its collection includes paintings and copies of scenes from the Exodus of Mesolongi. There are also exhibited objects and manuscripts of Lord Byron.

Museum of Kostis Palamas

It is a well-preserved stone two-storey mansion, built in 1708, which was the home of Greek poet Costis Palamas. The museum's collection includes photographs, personal items, and many exhibits about the life and work of the great poet.

Museum of Charilaos Trikoupis

The Trikoupi Museum is housed in a mansion building, near the Mesolongi lagoon, where the historian Spyridon Trikoupis was born and lived. In its halls there are reminders of the Trikoupis family, personal items and photos.

Dieksodos, Center of Dialogue and Art

It is a Historical Museum which is placed in the house of

TOURIST INFORMATION CENTRES

Igoumenitsa Tourism Office
Customs office, 46100 Igoumenitsa
+30 266 502 2227
www.visitgreece.gr/en

Arta Tourism Office
Kristalli Square, KTEL, 47100 Arta
26810 78551
www.visitgreece.gr/en

You can also find several info points at major locations of the stage including **Kalidona, Astakos, Mitikas, Vonitsa, Antirrio, Mesolonghi** and **Aitoliko**.

Each info point displays the **EuroVelo 8 map**.

Thanasis Razis Kotsikas. It owns more than 6,000 records and heirlooms from the wider area of Messolonghi.

Ancient Calidona

It is one of the oldest cities of Aitolokarnania, the most important city of Ancient Aetolia.

Ancient Theater of Makinia

The ancient theater of Makinia belongs to the wider archaeological site of the homonymous Aetolian city. The theater is located southeast of the acropolis and has a great view of the gulf of Patras and the bridge of Rio simple visit.

Antirrio's Castle

Known as the castle of Roumelis, today named Antirrio's castle, hosts art gallery and maintenance workshops of Byzantine and Post Byzantine antiquities.

Rio-Antirrio Bridge

The world's longest multi-cabled bridge with a continuous and fully suspended deck of 2,252 meters. Its foundations are deep in the sea reaching up to 65 m.



Photo: MBike GREECE

From Patras to Athens

The stage starts (or finishes) in the busy port of Patras, famous for hosting one of Europe's largest and most colourful carnivals!

Every February, mammoth-sized satirical floats are carried around the city and extravagant balls and parades are held. Few Cities are so packed with ancient monuments they do not know what to do with them. Athens is lucky enough to have such a problem! To escape the city however, follow the southern shore of the Gulf of Corinth – a beautiful inlet that separates mainland Greece from the Peloponnesian Peninsula. Travelling from Athens, the first view that you will have of the Gulf will be from the popular seaside resort town of Loutraki, where you can taste some of the region's delicious sea food.

Heading west along the coast, there are a number of attractive towns and villages, many of which have origins dating back to the time of ancient Greece.



GREECE



PATRAS – AIGEIRA

SECTION 1 - 60 km

FROM 6,109-6,170 KM

Patras – Aigio – Aigeira

AIGEIRA – CORINTH

SECTION 2 - 62 km

FROM 6,170-6,232 KM

Aigeira – Xylokaastro – Kiato – Corinth



Photo: MBike GREECE

CORINTH – ATHENS

SECTION 3 - 93 km

FROM 6,232-6,325 KM

Corinth – Loutraki – Megara – Salamina – Athens

SIGHTS AND ATTRACTIONS

City of Patras

Located 8 km from Pió, this city is a commercial hub, busy port and a nodal point for trade and communication with Italy and the rest of Western Europe as well as the Ionian islands. Every year, in February, the city hosts one of Europe's largest carnivals (over 180 years old), the Patras Carnival.

City of Aigio

Located 35 km from Patras, Aigio, the capital of Aigialeia is a port town on the Gulf of Corinth. The city is built amphitheatrically in three levels with a magnificent view of the Corinthian bay. In the lower city, at the seaside, the old raisin warehouses made of stone have been converted into cafes, bars and taverns, while in the higher levels one can visit the historical center of Aigio.

City of Diakopto

Approximately 15 km to the east of Aigio is Diakopto, a small city near the Vouraikos river and at the lower end of the Vouraikos Gorge. The Diakopto-Kalavrita Railway, built in 1885, leads up to the town of Kalavrita, passing by the Mega Spilaio Monastery. Surrounded by the slopes of Mount Helmos, Lake Tsivlous gives you the opportunity to choose between walking, mountain biking and off-road rides along the trail surrounding the lake.

Loutraki

A seaside resort on the Gulf of Corinth, well known for its vast natural springs and its therapeutic spas.

City of Eleusis

One of the five sacred cities of Ancient Greece, together with Athens, Olympia, Delphi and Delos, known for the Eleusinian mysteries of goddess Demeter and daughter Persephone, attracting initiates from all over the ancient world. The procession to Eleusis through the Sacred Way (the oldest road in Greece) began at the Sacred Gate in the Kerameikos (the ancient Athenian cemetery), near the Athens Acropolis. Eleusis was named the European Capital of Culture for 2021. The archaeological site is certainly worth a visit before one takes the last part of the Eurovelo 8 route to Athens.

City of Athens

Undoubtedly one of the most emblematic cities worldwide, where its history unfolds around the sacred rock of the Acropolis, reflected upon monuments and artifacts dating back to antiquity, and expressed throughout architectural heritage of the 19th and 20th century. The best way to enjoy an Ancient Athenian panorama is to cycle around the historic centre's old neighbourhoods and its narrow alleys steeped in 6000 years of history.

BIKE SERVICE

Ideal Bike Shop

Ag. Andreou 157, 26222 Patras
+30 261 027 4519

CENTER BIKE

12, Eleftheriou Venizelou, Kiato
+30 274 202 2870

Bike point - Korinthos

3 Ionias Av, Korinthos
+30 274 102 7996

Life Cycles Bike Work Shop

Akriton 10, Athens
+30 213 026 5613

FUNKyRiDe

Dimitrakopoulou 1, Athens
+30 211 710 9366

INFO

Visit the national Greek website for EuroVelo 8 at www.eurovelo.gr for more information about this stage



Photo: Paul Cheese



Photo: MBike

GREECE

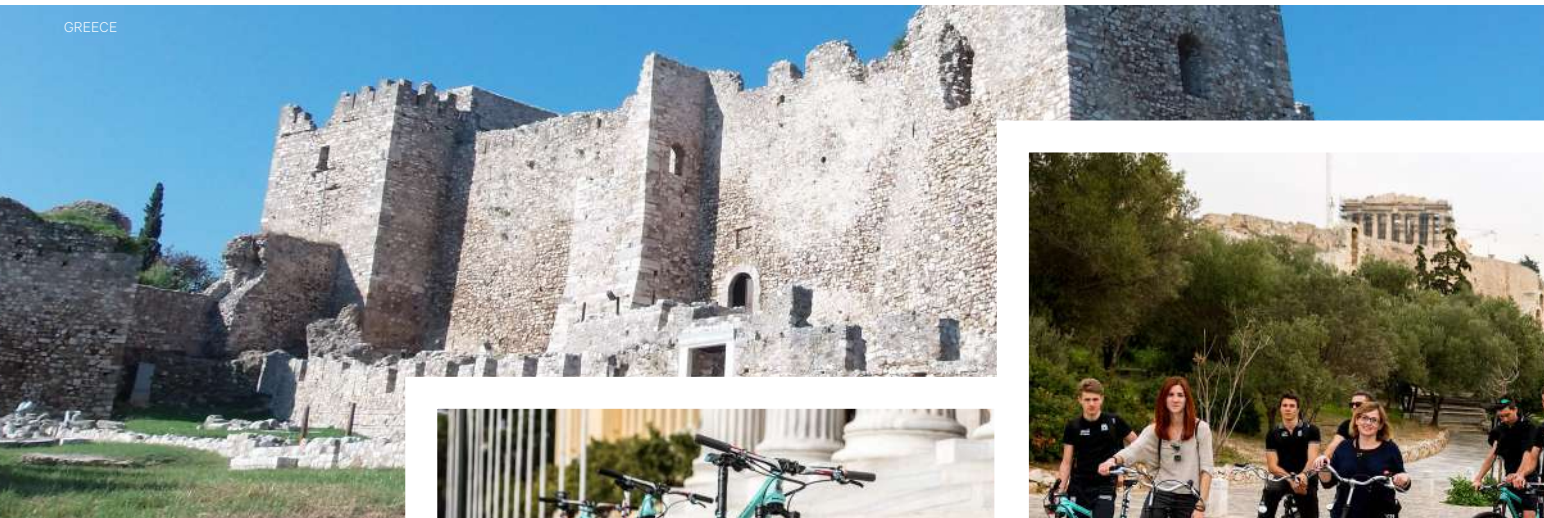


Photo: MBike



Photo: MBike

TOURIST INFORMATION CENTRES

Attica Tourism Directorate
7, Tsouha Street, 11521 Athens
+30 210 870 7662
www.visitgreece.gr/en

EXCURSION

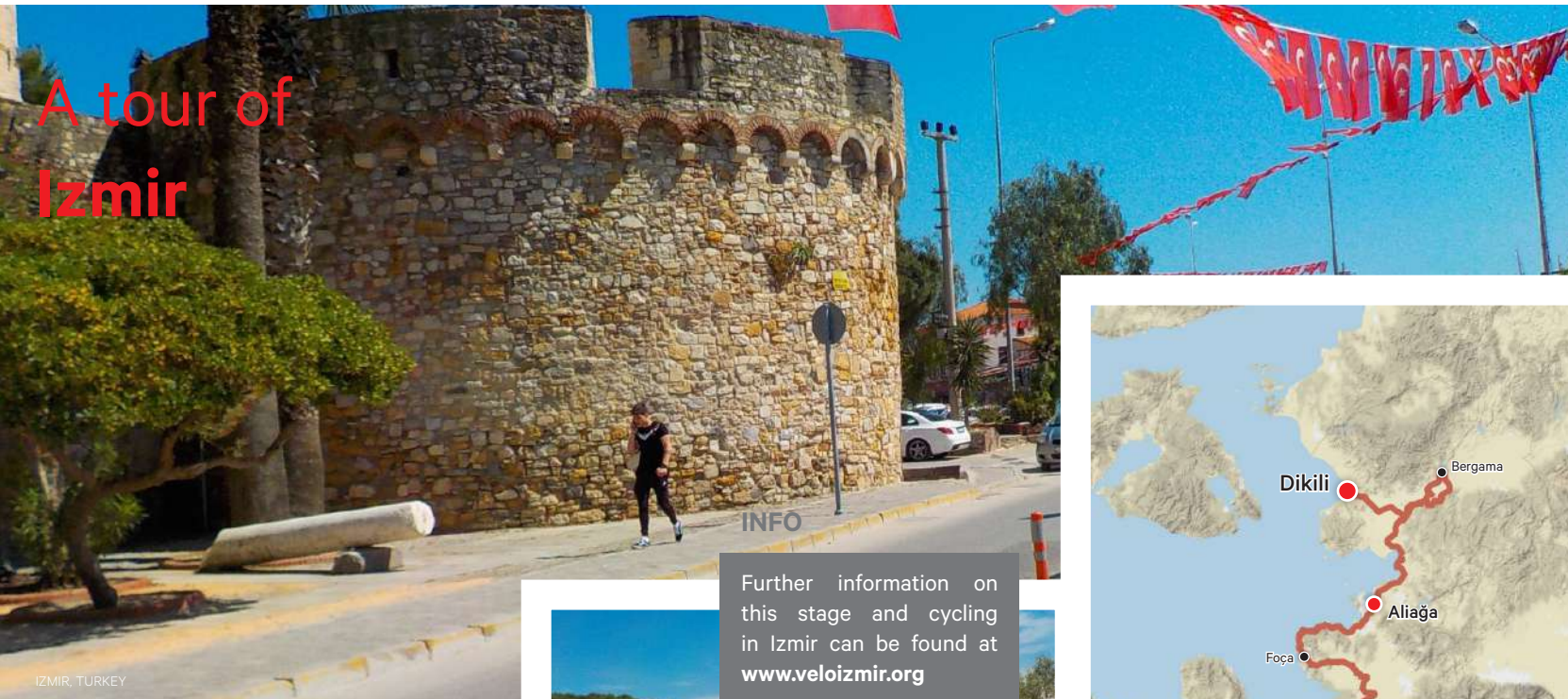
Loutraki, a seaside resort on the Gulf of Corinth

For the cyclists coming from Corinth, Loutraki can be reached via a submersible bridge installed at sea level at the end of the Corinth canal, by the harbour of Poseidonia. Loutraki town is bordered by the Gulf of Corinth in the west, while the mountain range of Geraneia dominates north and east. Cycling and/or walking by its long beach; or all the way through to the Heraion of Perachora, a sanctuary of the goddess Hera situated in a small cove of the Corinthian gulf at the end of the Perachora peninsula; passing by the picturesque Vouliagmeni lagoon, are a few short trips worth taking before leaving the town. Visitors to the Heraion of Perachora may enjoy a wonderful refreshing swim as the sea next to the archaeological site is both fresh and clear. The peaceful Vouliagmeni lagoon is also ideal for swimming while the fish restaurants located on the lake will treat you to a feast. Loutraki is also well known for its Casino (Club Hotel Casino Loutraki), one of the biggest in Europe.

More information on www.visitgreece.gr

ATHENS, GREECE

A tour of Izmir



IZMIR, TURKEY

INFO

Further information on this stage and cycling in Izmir can be found at www.veloizmir.org

This stage is mainly based on connection between two UNESCO cities, Pergamon and Ephesus, in the province of Izmir. Visitors can enter the route from two harbours located in Dikili and Çeşme.

Between Dikili-Pergamon-İzmir, you can see agricultural sights, meet residents and taste local fruits and vegetables. In Foça, the small town near the sea, you can visit the Persian Tomb, Foça Castle and taste some fresh seafood.

Feel the breeze on the 45 km stretch near the sea until the Inciraltı City Forest. From the city center you can cycle to Balıkklova which is famous for local cookies! Along the Çeşme Peninsula, you will find many seafood species. Çeşme Harbour is the other entering point from Greece to EuroVelo 8 in Izmir. When you go to southern part of the Peninsula, you should meet the silent fishing village Sığacık to rest and gather your thoughts. After Sığacık, on the sloping road to Ephesus, there are so many vista points to watch endless Mediterranean Sea.



FOÇA, IZMIR, TURKEY



ALAÇATI – SELÇUK SECTION 4 - 140 km

FROM 6,685-6,825 KM

Izmir – Sığacık – Cumhuriyet – Selçuk

DIKILI – ALIĞA SECTION 1 - 111 km

FROM 6,325-6,436 KM

Dikili – Bergama – Aliğa

ALIĞA – IZMIR SECTION 2 - 120 km

FROM 6,436-6,556 KM

Aliğa – Foça – Karşıyaka – İzmir



IZMIR, TURKEY

IZMIR – ALAÇATI SECTION 3 - 129 km

FROM 6,556-6,685 KM

Izmir – Özbek – Balıkklova – Çeşme – Alaçatı

BIKE SERVICE

Hermes Bicycle-Cafe
Yalı Mh, Mithatpaşa Ave.
No 557, 35550 Güzel-
bahçe
+90 506 466 32 87

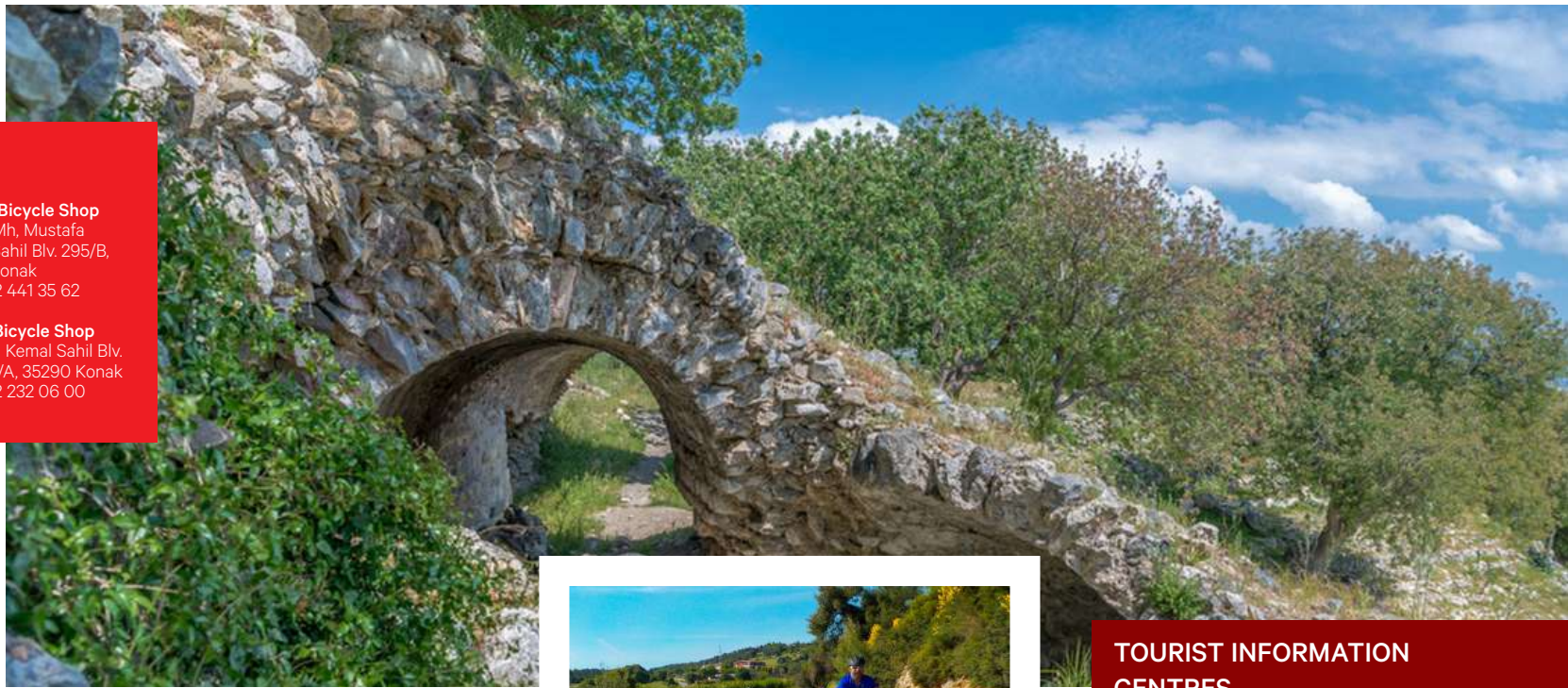
İzmir Bicycle Shop
Tuna Mh, Cemal Gürsel
Ave., No 90, 35600
Karşıyaka
+90 232 369 42 42

Parkur Bicycle Shop
Konak Mh, Mustafa
Kemal Sahil Blv. 295/B,
35150 Konak
+90 232 441 35 62

Seda Bicycle Shop
Tuna Mh, Dr. Tibet
Kızılcın St. No 16, 35600
Karşıyaka
+90 232 369 49 79

İkitekter Bicycle Shop
Alsancak Mh, No 381
İkinci Kordon, Cumhuri-
yet Blv, 35220 Konak
+90 232 422 14 21

Doruk Bicycle Shop
Mustafa Kemal Sahil Blv.
415-415/A, 35290 Konak
+90 232 232 06 00



RUINS OF TEOS IN SİĞACIK, İZMİR, TURKEY

SIGHTS AND ATTRACTIONS

City of Kyme

The most important of the Aeolian Confederacy cities is located south of Bergama. It was settled near the ancient Pythicos River and enjoyed extreme prosperity from its fertile agricultural lands and position on the sea.

Bird Paradise

289 bird species live around an 8,000 hectare area in the Çiğli Çamaltı Salt Marsh. Some of the observed bird species are Flamingos, Grey Herons, Silver Seagulls and Redshanks.

City of Phokaia

Present-day Foça during the Ancient Age and Byzantine Empire. It is one of the 12 Ion cities.

Izmir Clock Tower

Historic clock tower located in the Konak district of İzmir. One of the meeting points of Izmirians. From there, you can walk through Kemeraltı (bazaar), go to Kızlarağası Hanı (inn) and also walk to Asansör (historical elevator).

İnciraltı City Forest

Popular area in Izmir where locals bike, exercise, stroll and picnic where the sea meets the forest.

Balıkliova Village

Situated at the southernmost point of the Karaburun Peninsula. Famous for its Turkish shortbread, there is a cooling wind at the village even in summer.

**Çeşme Castle and Museum**

Built in 1508 by the Ottoman ruler Beyazıt II. Recently renovated, visitors can climb up on either side of the castle to have a 360 degree panoramic view of Çeşme.

Teos Antique Site

This city, which is located 5 km to Seferihisar, was one of the 12 Ionian cities. The first structure upon reaching Teos is the Dionysos Temple built by the famous architect of the Hellenistic era, Hermogenes. Other structures include the Antique Port, the Agora, Cistern and Antique roads to the southeast of the Theatre.

Sığacık Castle

Dates back to the Seljukian period. The local bazaar held on Sundays is a place where the farmers sell their fresh goods and the women their handmade goods.

House of Virgin Mary

Located on the top of the "Bulbul" mountain 9 km ahead of Ephesus, the shrine is the place where Mary may have spent her last days. Made of entirely of stones, it features the "Water of Mary", a source found at the exit of the church area where salt water, with curative properties, can be drunk by all.

TOURIST INFORMATION CENTRES

İzmir Provincial Directorate of Culture and Tourism

Akdeniz Mh. 1344 St. No 2, Pasaport
+90 232 483 62 16

Central Tourism Information Office

Akdeniz Mh. 1344 St. No 2, Pasaport
+90 232 445 73 90

Adnan Menderes Airport Tourism Information

Gazikent Mh. Gazemir
+90 232 274 22 14

Bergama Tourism Information

Zafer Mh. Cumhuriyet Ave. Government Office B Blok
+90 232 631 28 51

Çeşme Tourism Information

Musalla Mh. 1016 St. No 4, Çeşme
+90 232 712 66 53

Selçuk Tourism Information

Atatürk Mh. Sevgi St. No 3, Selçuk
+90 232 892 69 45

Foça Tourism Information

Atatürk Mh. Reha Midilli Ave. No 1, Foça
+90 232 812 12 22

EXCURSION

Pergamon-Ephesus Ancient Cities

The acropolis of Pergamon was the capital of the Hellenistic Attalid dynasty, a major centre of learning in the ancient world. Monumental temples, theatres, stoa or porticoes, gymnasium, altar and library were set into the sloping terrain surrounded by an extensive city wall. Located within what was once the estuary of the River Kaystros, Ephesus comprises successive Hellenistic and Roman settlements founded on new locations, which followed the coastline as it retreated westward. The Ancient City of Ephesus is an outstanding example of a Roman port city, with sea channel and harbour basin.

More information on www.whc.unesco.org



Photo: Andreas Lacovou



Photo: Markus Bassler

IONIAN COLUMNS, PAPHOS, CYPRUS



LIMASSOL, CYPRUS



Photo: Silvio Augusto Rusmigo

TOCHNI, CYPRUS



A tour around Cyprus

Exceptional climate, short distances and diverse landscape allow you to enjoy the island’s crystal clear waters and sandy beaches, as well as beautiful mountains – all within a day. The island of Cyprus, an exciting blend of warm hospitality, breath taking scenery, mythology, rich archaeological inheritance of 11,000 years, and high-quality services, is waiting to be explored.

EuroVelo 8 in Cyprus is designed as a circular route going along the coast-line from Agia Napa to Larnaka, Tochni village, Lemesos, Pafos, and up to Polis and from there to Kato Pyrgos. The route then takes you inland and passes through the Troodos mountains to reach Lefkosia, before returning to the waterfront areas of Ammochostos (Paralimni, Protaras and Agia Napa).

INFO

For more information about cycling in Cyprus please visit the Visit Cyprus website at www.cyclingcyprus.info

SIGHTS AND ATTRACTIONS

City of Larnaca

It is built on the site of the ancient city-kingdoms of Cyprus, making it one of the oldest continuously inhabited cities in Europe. In the winter months, thousands of flamingoes, wild swans and other migrating birds make their annual stopover at the nearby salt lake.

City of Paphos

UNESCO World Heritage Site that was the capital of Cyprus in antiquity. Numerous archaeological sites can be seen from the centre of the modern town down to its picturesque harbour. It is out of the seas of Paphos that Aphrodite is said to have risen.

City of Limassol

The second largest city of the island. It boasts many antiquities, Byzantine and Frankish monuments. Today Limassol is the island’s main port, the centre of the island’s wine industry and a major tourist resort.

LARNACA – POMOS SECTION 1 - 244 km

FROM 6,556-7,069 KM

Larnaca – Limassol – Paphos – Poli Crysochous – Pomos



LIMASSOL, CYPRUS

POMOS – LARNACA SECTION 2 - 394 km

FROM 7,069-7,463 KM

Pomos – Mylikouri – Gourri – Nicosia – Kellia – Ayia Napa – Larnaca

TOURIST INFORMATION CENTRES

Tourist Information Office Agia Napa
Leoforos Kryou Nerou 12, Agia Napa
5330
+357 23 721 796
www.visitcyprus.com

Tourist Information Office Paralimni - Protaras
Protara 14, Protaras, Paralimni 5296
+357 23 832 865
www.visitcyprus.com

Tourist Information Office Larnaka
Plateia Vasileos Pavlou, Larnaka 6023
+357 24 654 322
www.visitcyprus.com

Tourist Information Office Germasogeia - Lemesos
Georgiou A' 22, Potamos Germasoge-

ias, Lemesos 4047
+357 25 323 211
www.visitcyprus.com

Tourist Information Office Lemesos (Limassol)
Old Port, Syntagmatos Square, Lemesos 3603
+357 25 362 756
www.visitcyprus.com

Tourist Information Office Kato Pafos
Poseidonos 63A, Kato Pafos 8042
+357 26 930 521
www.visitcyprus.com

Tourist Information Office Pafos
Agoras 8, Pafos 8010
+357 26 932 841
www.visitcyprus.com

Tourist Information Office Polis
Vasileos Stasiolkou A' 2, Polis Chrysochous 8820
+357 26 322 468
www.visitcyprus.com

Tourist Information Office Platres
Platres Village, Lemesos 4820
+357 25 421 316
www.visitcyprus.com

Tourist Information Office Lefkosia - Laiki Geitonia
Aristokyprou 11, Laiki Geitonia, Lefkosia 1011
+357 22 674 264
www.visitcyprus.com

EXCURSION

Bike and Wine!

The rich wine history of Cyprus has been ongoing for over 6,000 years. Take any of the designed wine routes to experience Cypriot hospitality and be introduced to the world of Cyprus wine. Visit any of the 40+ modern wineries that presently operate on the island and taste their wines. Agro-tourism establishments, tavernas and restaurants are also available to provide you with accommodation and unique dishes of the Cypriot kitchen. Go back in time by visiting restored traditional wine presses and museums that demonstrate the life, culture and traditions of rural Cyprus.

More information on www.visitcyprus.com



SIGHTS AND ATTRACTIONS

Sculpture Park in Agia Napa

A place of natural beauty and panoramic view. The park currently features 250 sculptures by 215 international artists.

Thalassa Municipal Museum in Agia Napa

The museum aims to show the impact and the significance of the sea upon the history of the island. Cypriot antiquities, a life-size exact replica of the ancient ship Kyrenia II as well as fossilised fish, shells etc are exhibited.

Finikoudes in Larnaka

Finikoudes (palm trees) promenade is Larnaka's most popular coastal road and beach, and the heart of the city's tourist life. It owes its name to the palm trees planted along the way.

Saint Lazarus Church in Larnaka

The magnificent 9th century stone church of Agios Lazaros is one of the most remarkable examples of Byzantine architecture in Cyprus.



Photo: Kirill Makarov

SALT LAKE FLAMINGOS, LARNACA, CYPRUS

"Alik!" Salt Lake in Larnaka

One of the most important habitats in Europe for water fowl. Flamingos, wild ducks and other water or shore fowl find refuge there during their migratory journeys in the winter.

Amathus Archaeological Site in Limassol

Remains of the ancient city-kingdom of Amathus and an important site of worship of the goddess Aphrodite-Astarte, dating from the Archaic period up to the Roman and Christian period.

Molos & Castle Square in Limassol

The sea front promenade, the Old Port area, the Limassol Marina and the Medieval Castle Square, all within walking distance, offer a wide variety of cafes and restaurants.

Kourion Archaeological Site in Limassol

One of the most impressive archaeological sites in Cyprus. The Greco-Roman theatre, originally built in the 2nd century BC, is still used for selected cultural events.

Petra tou Romiou in Paphos

A striking geological formation of large and tall rocks. According to Greek mythology, Aphrodite, the goddess of love and beauty, was born there.

Kato Pafos in Paphos

Waterfront promenade with medieval castle as well as an UNESCO World Heritage Site with archaeological parks whose ancient mosaics are considered among the most beautiful in the world.



Photo: Michal Cerveny
LIMASSOL, CYPRUS

BIKE SERVICE

BikinCyprus Adventures,
+357 24 332 112
Mina Antoniou 8, Larnaca
7740

Larnaca Pro-Cycle Hire,
+357 96 885 329
Spyrou Kyprianou 39, Larnaca 6051

Zypernbike, +49 6093
9737-0
Aldiana Hotel - Alaminos,
Larnaca

Bike Cyprus, +357 25 634
093
Columbia Beach Resort -
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033
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Photo: Markus Bassler

Series of horizontal dotted lines for taking notes.

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Working together within the framework of the MEDCYCLETour Project are 11 partners from Spain, France, Italy, Slovenia, Croatia, Cyprus, Greece and Belgium. They include touristic organisations as well as various authorities. The common aim is to market the Mediterranean Route throughout Europe in order to support the tourism service providers along the shores of the Mediterranean Sea.

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