Cyprus Road Cycling Tour

Trip Code: CYMB

Version:

CYCLE	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Cycle to the top of Mount Olympos (1952m) the island's high point
- Convenient 2-centre format with accommodation in Tochni and Pafos
- Fully supported with both a cycling guide and back-up vehicle
- Six of the best day-rides on the magical island of Cyprus

AT A GLANCE

- 6 days cycling
- 510 kms
- Max elevation 1900 metres
- Join at Larnaca

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Tucked away in the far eastern Mediterranean, Cyprus is the perfect place for a road cycling holiday early and late in the year when the conditions in the UK and in many parts of Western Europe are generally unfavourable. This large island, 240 kilometres from west to east, enjoys more than 300 sunny days a year and the daytime temperature can approach 20 degrees centigrade even in mid-winter.

Cyprus is a rugged and beautiful island with the central, forest-cloaked Troodos Mountains rising to a high point at Mount Olympos (1952m). Sinuous valleys and ridges run down from the Troodos towards the island's south coast and the roads which traverse these foothills provide us with the setting for a great week of cycling. Welcoming people, quiet, well-surfaced roads, 6 contrasting days of cycling, a stunning mix of coastal and mountain scenery, excellent accommodation and an expert Cypriot cycling guide... what's not to like? And, on top of all that, Cyprus is new, different and largely undiscovered by road cyclists. Our bespoke choice of day-rides will take us to ancient monasteries, through timeless villages, to pretty fishing villages and even to the top of Mount Olympos itself. During the week we will cover much of the island's southern region, from the Plain of Larnaca in the east to Chrysochou Bay in the west, whilst experiencing the great variety of Cypriot landscape; rocky shoreline, orderly vineyards, wildflower meadows and pine-forested hills. With challenging (but not-too-challenging) rides and plenty of time to get a feel for the Cypriot way of life with its focus on café-culture, good food and the great outdoors, this is a contender for the best Mediterranean road cycling holiday.

Is this holiday for you?

ROAD CYCLING. This holiday has 6 days of cycling, averaging a little more than 80 kilometres and 1350 metres of ascent on each of those days. Whilst this will provide a reasonable challenge for regular weekend road cyclists, we expect to be back at our accommodation by mid-afternoon on most days with plenty of time to chill out and to recover ahead of the next day's ride. Returning to the same hotel on all days except one also means it's easy to opt out of a day of cycling if you wish. Most of the riding is on quiet roads, with a just a few link-up sections on slightly busier roads. There are several longish climbs, including the 1000 metres of ascent over 35 kilometres at the start of Day 5, but the gradients are generally low. Throughout the holiday there will be both a cycling guide and a support vehicle and driver. Apart from the spare tube, multi-tool and pump that you would take on any day-ride, you will not be required to carry anything. A great mix of inland and coastal cycling along with the comfortable 2-centre format (Tochni and Pafos) makes this holiday a great choice for any keen road cyclist looking for a new and very different European destination early and late in the year. **BIKE HIRE AVAILABLE LOCALLY.**

Itinerary

Version:

Holiday Information

What's Included

- A single group transfer from Larnaca Airport on Day 1
- A single group transfer to Larnaca Airport on Day 8
- An experienced English-speaking cycling guide
- A support vehicle and driver
- Accommodation as described
- Meals as described in the meal plan

What's not Included

- Travel insurance
- Airport transfers other than the single group transfer on Day 1 and Day 8
- Meals as detailed in the Meal Plan
- Tips for local staff
- Miscellaneous personal expenses
- Bike hire
- Bike Carriage on the flights - please check with your carrier for charges

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

A single transfer from Larnaca Airport is provided on Day 1 of the itinerary, usually in the late evening.

On the final day of the itinerary, there will be a single transfer from Pafos to Larnaca Airport, usually mid-morning.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts and 6 dinners are included. Dinner on the first evening is not included because of the likely late arrival at the hotel. The local team will help choose cafes and tavernas each day for the lunch stop.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Cypriots will tell you that their diet is the reason why so many islanders live to a ripe old age. The locals often eat fresh bread with olives, cucumber and tomatoes for breakfast, sometimes with grilled halloumi cheese and a bacon/sausage locally called lountza. For lunch, try a snack of warm pitta bread with tasty dips such as hummus and tzatziki, or a slice of moussaka. Mezedes are a popular option in the evening and a great way to try lots of different Cypriot food options, as they can include 10, 15 or more bite-size dishes; kebabs, stuffed vine leaves, fish, pasta, feta cheese, spicy meat balls. For dessert, the sticky nut and spice-filled filo pastry dish known as baklava is delicious.

Accommodation

During this trip we spend 3 nights near Tochni in a good standard of hotel and for the remaining 4 nights we stay at a resort-style hotel in Pafos just a stone's throw from the sea. Each of these places is chosen for its location and for the standard of service. Accommodation is arranged on a twin sharing basis and if you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday, additional accommodation nights can be pre-booked. There are swimming pools at both of the places we stay.

Group Leader & Support Staff

This holiday will be accompanied by an experienced KE cycling leader. In addition, there will be a support vehicle and driver.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately €200 should cover miscellaneous personal expenditure including your lunches, as well as bar bills and tips for the leader and restaurant staff. You can withdraw cash (euros only) from ATM's at Larnaca Airport and in Pafos. If you intend to travel with cash, you should take this in the form of euros.

Guidance on Tipping

Tipping is the accepted way of saying thank you to your tour leader, driver and any other local staff. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Your Bike

We recommend that your bike is fitted with suitably low gearing and suggest that you fit reasonably high volume tyres (28mm for instance) which will provide a bit more comfort on the variable road surfaces typically found on our **Road Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

Bike hire is available locally for this trip. Our local agent has limited numbers of 3T Exploro and 3T Racemax and Scott CR1 and Scott Solace road bikes. For information about these bikes and to book your hire bike go to this link https://www.activatecyprus.com/road-bike You can choose the pedals you prefer when making your reservation. The hire charges vary from around 180 to 250 euros for the 6 days of cycling, depending on the bike you choose. Please note that your contract for bike hire is directly with our local agent and not with KE. If hiring a bike we recommend that you bring your own saddle and pedals (if you have not pre-ordered) and you must take your own helmet.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.

Vehicle Support

Throughout the holiday, we will have the back up of a support vehicle. The cycling guide and the support vehicle driver will watch over the group, communicating with each other by mobile phone. Group members will naturally cycle at different speeds and there will be regular stops at the support vehicle to allow the group to reform. The support vehicle will carry water and snacks and can pick up any group members who wish to take a break from cycling at any time.

Baggage Allowance

Apart from your bike in its bag or box (if you are taking your own bike), you should travel with one main item of luggage, such as a kitbag or holdall and a small day pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling, but will also be useful to separate out items you might want to pick up from the support vehicle during the rides, like additional clothing.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, rowing and swimming are also good for developing aerobic fitness and stamina.

Climate

Cyprus has a hot, dry Mediterranean climate and the summer season from June through to September can be uncomfortable for road cycling at sea-level. So, we have set our departures in April and October, when the highest daytime temperatures will usually be around 24 degrees centigrade, falling to around 15 degrees at night. There is usually very little rain in April or October.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Cyprus. Lonely Planet Travel Guide
- Cyprus. DK Eyewitness Travel Guide

Maps

- Cyprus. Reise Know-How (stanfords.co.uk). 1:150,000 scale
- Cyprus. Selas (stanfords.co.uk). 1:250,000 scale

Private Groups Information

Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling). Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

Bike Wear

- Cycling helmet
- Cycling shoes
- Overshoes
- Padded cycling shorts
- Bib-tights or leg warmers

- Lycra arm warmers
- Short sleeve cycling tops
- Long sleeved cycling top
- Lightweight windproof gilet
- Lightweight waterproof jacket
- Regular biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- GPS device
- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries
- Swimwear
- Basic First Aid kit and personal medication
- Chamois Cream (e.g. Assos or Ozone)
- Water purification tablets

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

Hydration and Energy Snacks

You should take 2 standard water bottles (we encourage re-filling water bottles rather than single use plastic) and also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Tochni and a single group transfer is provided from Larnaca Airport on Day 1. A single transfer back to Larnaca Airport from Pafos is also provided on Day 8.

Why Choose KE

Why KE

Take the road less travelled We are always on the look-out for new holiday ideas and we could see straight away Cyprus's potential for road cycling. The fact that no-one else is offering a packaged-up Cyprus road cycling holiday makes this one even more of a no-brainer!

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change