

Cycling routes

1. Main and connecting routes

Troodos-Pafos

Total distance: 65km

Height gain: 20m

Difficulty rate: Easy route, mostly downhill. The bike, whether street or mountain, should have good brakes.

Road condition: Paved road throughout.

Route description: This excursion links the Troodos area to Pafos the picturesque villages in the valley of the Diarizos river.

Troodos-Kykkos-Stavros tis Psokas

Total distance: 55km

Height gain: 25m

Difficulty rate: Easy route, with a few uphill and plenty of downhill. Street bike with speeds is required.

Road condition: Paved roads throughout.

Route description: This excursion links the Troodos area with the Kykko mountains and enables further trips to the northwest coast of the island, along the route from Stavros to Pyrgos or Polis.

Stavros tis Psokas-Pyrgos

Total distance: 40km

Height gain: 10m

Difficulty rate: A relatively easy route as it's mostly downhill. Any kind of bike with speeds and brakes in good condition will do.

Road condition: Good quality paved road throughout.

Route description: This excursion is another alternative from Stavros tis Psokas instead of going to the village of Panagia and Pafos. This excursion leads to Pyrgos in the Tilliria region.

Stavros tis Psokas-Panayia-Pafos

Total distance: 65km

Height gain: 475m

Difficulty rate: Despite being mostly downhill. There are quite a few steep uphill particularly on the paved parts of the road. A mountain bike with 21 speeds is recommended.

Road condition: A variety of surfaces consisting of both paved and dirt roads.

Route description: This excursion links the mountainous areas of Troodos and Kykkos with Pafos.

Pafos-Pegeia-Polis, 37km

Total distance: 31km

Height gain: 615m

Difficulty rate: A rather tough route for the average cyclist but can be achieved with some effort and on a good bike (either a street bike or a mountain bike) with speeds.

Road condition: Good quality paved roads throughout.

Route description: This route goes from Pafos to Polis, the main town of the Chrysochou bay.

Pafos-Agios Georgios, Pegeia, Lara-Baths of Aphrodite

Total distance: 37km.

Difficulty rate: A route, which becomes very difficult on some uphill because of the uneven surface. A high-quality mountain bike is required with front fork suspension.

Road condition: A variety of surfaces consisting of both paved and dirt roads.

Route description: This excursion goes along the Akamas peninsula and the Avakas gorge.

2. Pafos-Polis routes

Geroskipou-Tsada-Pafos

Total distance: 24km.

Difficulty rate: Not very difficult, but not easy either. A mountain bike of 21 speeds is required.

Road condition: A variety of surfaces of both paved and dirt roads.

Te description: This excursion goes from Geroskipou to the Monastery of Stavros tis Minthas and to the golf course, the village of Tsada, ending in Pafos.

Poli-Neo Chorio-Akamas lighthouse

Total distance: 22km.

Difficulty rate: A difficult route. A mountain bike with at least 21 speeds is required. Front fork suspension is recommended.

Road condition: Varied surfaces consisting of both paved and dirt roads.

Route description: The greatest advantage of the Polis area, as far as cycling is concerned, is its proximity to the Akamas peninsula.

Polis-Fasli-Polis

Total distance: 23km

Difficulty rate: Difficult route with steep uphill and down hills. A mountain bike with front fork suspension is required.

Road condition: A variety of surfaces.

Polis-Agios Merkourios-Argaka-Polis

Total distance: 28km.

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

Road condition: A variety of surfaces.