

# EXPLORE!

## Cycling North Cyprus

8 days

North Cyprus - Trip code CNC



## Cycling North Cyprus

The 'panhandle' Karpaz Peninsula of Northern Cyprus is the most unspoilt and beautiful part of the island. We cycle through traditional villages where churches and mosques stand side by side and hibiscus, jasmin, bougainvillea, orange and lemon trees line our path. Visit Ancient Greek Salamis and Saint Barnabas Monastery, medieval Famagusta and the beautiful harbour town of Kyrenia - the 'pearl of the Mediterranean'. On this trip we enjoy Turkish hospitality, delicious food and 340 days of sunshine a year.

## Trip highlights

- ★ **Rural cycling** - Lemon and orange groves, old villages and fishing harbours.
- ★ **Karpaz peninsula** - Unspoilt and beautiful beaches
- ★ **Ancient towns and sites** - Salamis, Famagusta and Saint Barnabas monastery
- ★ **Wildlife** - Turtles, wild donkeys and migrating birds in spring and autumn

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

### CYCLING GRADE:

#### Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate rides on the same tour. You'll be cycling through flat or gently undulating terrain, with the occasional more energetic ascent.

**GROUP SIZE:**

**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Trip starts in Famagusta

Arrive to Ercan (North Cyprus) or Larnaca (South Cyprus) airport, where you can be picked up and driven to your hotel in the historic centre of Famagusta. Famagusta was once one of the richest cities and most important trading ports in the world. The so-called 'City of 365 Churches' has been ravaged by severe wars and earthquakes throughout history, but still contains beautiful examples of medieval and gothic architecture. William Shakespeare is said to have used it as the setting for Othello and the Venetian Citadel, overlooking the harbour, is popularly known as Othello's Tower.



**Accommodation: Port View Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 2 - Explore Famagusta by bike

Today we collect our bikes and try them out with an orientation ride round Famagusta. We will explore the old town with its Ottoman mosques, Gothic Crusader churches and Venetian fortifications before heading to Palm Beach. Palm Beach is overlooked by the ghost town which has been left uninhabited since 1974 when 40,000 residents of Famagusta fled as Turkish troops advanced, leaving the town as the emblem of a divided Cyprus. The once resort is cordoned off from the public.

Your total cycling distance today is approximately 12km.



**Accommodation: Port View Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 3 - Cycle to ancient Salamis and on to the fishing village of Bogaz

Today we cycle out of Famagusta through the university campus, heading north to Saint Barnabas monastery then the ancient site of Salamis. Salamis with its significant collection of Mycenaean, Roman and Byzantine artefacts is the most important ancient city on the island, a local guide will show us round the site helping to bring the history to life. Explore the attractive combination of ruins, sandy dunes and sea panoramas. In spring the area is covered by the yellow blossoms of the acacia bushes. We stop here for lunch and a swim in the sea. Then we cycle on to our final destination for today Bogaz, a small fishing village with excellent fish restaurants.

Your total cycling distance today is approximately 50km (total 173m ascent)



**Accommodation: Exotic Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 4 - Cycle across the Karpaz peninsula to Karpaz Gate Marina

Cycle across the Karpas peninsula, olive, carob and fig trees edge the wayside. The traditional villages you cycle through are adorned with bougainvilleas, hibiscus and jasmine. Stop at one of the coffee houses for refreshment and a rest in the shade. Visit the early Christian Ag Trias Basilica with beautiful floor mosaics. Tonight we stay at Eleousa on the north coast. Here you can enjoy a sundowner with great views over the Med, maybe try Raki or the national drink Brandy Sour.

Your total cycling distance today is approximately 52km (total 625m ascent)



**Accommodation: Malibu Beach Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Follow the North coast then cycle inland to Dipkarpaz

Cycle along the north coast then inland, to Dipkarpaz, the last village on the panhandle. Dipkarpaz is home to North Cyprus's largest community of Greek Cypriots, who chose to remain with their Turkish Cypriot neighbours after 1974, and their whitewashed Orthodox church rubs shoulders with the mosque overlooking the main square. Cycle to the ancient seafront ruins of

Agios Philon and to Apendrika, said to have been one of the island's foremost cities, where you can see Cyprus's oldest surviving domed church. We spend two nights in Dipkarpaz.

Your total cycling distance today is approximately 25km (total 321m ascent) with an optional extra 22km (total 224m ascent and 224m descent)



**Accommodation: Karpaz Stone House** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Cycle through Karpaz National Park to Cape Andreas

Pedal along the south coast to Golden Beach, the most famous and perhaps the most beautiful beach on Cyprus. The remote, idyllic beach has very few visitors and is the perfect place for a dip in the azure waters. This area is home to a large population of wild donkeys, you might see them playing at the shore. It is one of the very few areas in the Mediterranean where the endangered loggerhead and Green turtles lay their eggs on the beach. Loggerheads nest mainly from the middle of May to about the middle of August, while Green turtles start and finish about two weeks later. Next we cycle to Apostolos Andreas Monastery, a famous pilgrimage site for the Greeks coming from the South. Cycling further on to Cape Andreas, the north-easternmost point of the island where once an Aphrodite temple greeted the seafarers, also where many shipwrecked on the small islands in front of the Cape. You may see another important resident of the peninsula, the Mediterranean Monk Seal, extremely rare in this part of world. We then cycle back to Dipzarpaz.

Your total cycling distance today is approximately 48km (total 612m ascent and 612m descent)



**Accommodation: Karpaz Stone House** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Cycle then drive to harbour town of Kyrenia via Kantara

Today you cycle through an idyllic landscape of quaint villages and fruit orchards to the south coast of the 'panhandle'. Once we reach Ziyamet we leave the bikes and drive via Kantara Castle to the harbour town of Kyrenia. Our last night is spent here where you can sample some excellent North Cyprus food and explore the town's beautiful and eclectic mix of Venetian facades, mosques and minarets. Kyrenia is particularly famous for its 'picture postcard' vista of its striking Crusader castle and old harbour set against the dramatic backdrop of the Besparmak Mountains.

Your total cycling distance today is approximately 38km (total 393m descent)



**Accommodation: Nostalgia Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 8 - Trip ends Kyrenia

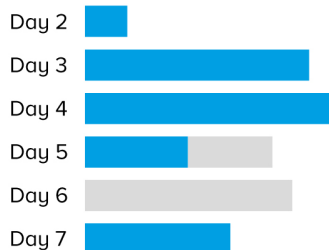
After breakfast, the organised part of your holiday comes to an end.



Meals Provided: Breakfast

## Cycling information

### DAILY DISTANCES



Optional Rides

CNC Distance Chart

### General cycling information

On this tour we cycle 177km over five days (an average of 35km per day), with the option of cycling a further 70km over days 5 and 6. We generally cycle on quiet tarmac country roads with little or no traffic. The Karpaz peninsular is a relatively flat region but there are some hills the largest being on day 7 of around 350m. We have graded the route as easy to moderate.

### Bike included

26 gear Marlin Trek mountain bike

### Bike information

Your included bike will be a 26 gear Marlin Trek mountain bike with front suspension and will be the correct frame size for your height. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. The support vehicle does not accompany the rides but can be called on in an emergency situation. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

### Cycling grade

EasyToModerate



Read more about Alison's trip to North Cyprus [here](#)



## What's included?



### Included meals

Breakfast: 7



### Transport

Bus  
Bicycle



### Trip staff

Explore Tour Leader



### Accommodation

7 nights standard hotel

## Trip information

### Country information

#### North Cyprus

##### Climate

The climate in North Cyprus is generally very favourable. Typically mediterranean, North Cyprus has very hot dry summers and cooler, yet still pleasant, winters. Temperatures mid summer could reach into the 40s with the lowest temperatures in winter around 15 degrees.

**Time difference to GMT**

+2

**Plugs**

3 pin flat

**Religion**

Islamic

**Language**

Turkish, although English is widely spoken

## Budgeting and packing

### Clothing

We recommend you bring padded cycle shorts and quick drying cycle shirts for the daily cycling. Soaked cotton clothes tend not to dry while cycling. Cycling gloves are strongly recommended as they will protect you from sunburn and may also help protect your hands if you fall. A jumper or fleece is also advisable for the evenings as temperatures can drop sharply. A raincoat is advisable for early spring as there may be sporadic rain showers.

### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

### Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

### Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

### Tipping

**Explore leader**

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

**Local crew**

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip. Accordingly you should allow at least GBP 20 for tipping local crew.

### Country Information

## North Cyprus

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

**Lunch price**

£10

**Dinner price**

£18

**Beer price**

£2.50

**Water price**

£1.00

### Foreign Exchange

**Local currency**

Turkish Lira

**Recommended Currency For Exchange**

All major currencies are suitable for exchange, £sterling, euro or \$US

**Where To Exchange**

Most major towns, Tour Leader can advise

**ATM Availability**

ATMs available in Kyrenia town centre

**Credit Card Acceptance**

Credit cards are accepted at some restaurants, hotels and shops

**Travellers Cheques**

Travellers Cheques can be exchanged at local banks, however this may be difficult and the exchange rate will not be as good as cash.

## Transport, Accommodation & Meals

### Transport Information

Bus, Bicycle

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### Cycling Info

On this tour we cycle 177km over five days (an average of 35km per day), with the option of cycling a further 70km over days 5 and 6. We generally cycle on quiet tarmac country roads with little or no traffic. The Karpaz penisular is a relatively flat region but there are some hills the largest being on day 7 of around 350m. We have graded the route as easy to moderate.



## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

#### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Northern Cyprus: Visas are not required by UK, EU nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

### Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

#### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

#### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click [here](#)

### Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance

cover is not mandatory for UK residents who are travelling on trips within the United Kingdom. Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## North Cyprus

### Vaccinations

Nothing compulsory but we recommend protection against tetanus and polio. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure

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