



# BIKING MACEDONIA



# & THE BALKANS

# MBK1 THE WESTERN RHAPSODY TRAIL



## TOUR OVERVIEW:

This tour was created especially for you to escape from the everyday concrete and asphalt, mobiles & telephones and to truly experience this magical place. You will bike the mountain roads into a place enriched with spacious grassing fields & forests, crossing creeks and small rivers into places that will leave you breathless. You will have a chance to hear local legends and tales, to mingle with the local households and to enjoy our open hospitality. You will get in touch with the untouched wilderness of the western Macedonia and discover the uncharted boundaries of vast mountain terrains and pastures. Have a taste of homemade cheese and wine, take a deep breath of the endless fields of wild flowers and teas that decorate our vast lands. Enjoy the music of our traditional pipes and drums as you sip slowly our homemade Grappa. Listen and learn about our culture and traditions, about our lifestyle and religion. From every place visited you will encounter an unbelievable selection of knowledge, stories and adventures.

## TOUR ESSENTIALS:

- **Accommodation:** 7 nights in standard hotels double/twin shared B/B
- **Transportation:** support minibus with trailer throughout tour
- **Tour Staff:** Explore tour leader/cycle guide and local guide(s)
- **Meals:** 9 breakfasts, 3 lunches and 2 dinners
- **Route & terrain:** 320 KM cycling on mostly mountain terrains with few on road asphalt cycling on quiet traffic roads (average 35 km per day).

## ITINERARY:

### DAY 1 SKOPJE arrival

Arrival in Skopje. Accommodate, briefing and preparation of bikes and gear. Take a late bike sightseeing tour of Skopje with biking through the new part of the city. Visit the Holy Mother Teresa commemorative house and monument and bike through the down town to the old part of the city. Visit the old Turkish Market and the fortress of Kale. Return to the old town for dinner and more briefing for the tour.

### DAY 2 SKOPJE - MATKA - POPOVA SHAPKA

After breakfast we will pack and leave on the bike trail following the river Vardar to the Matka canyon. We will be biking on an asphalt bike trail by the river overlooking the city. We arrive at the canyon a enjoy a short hike and possible boat ride to the Vrelo cave, one of the world's deepest cave lakes. Free time for lunch. From here we will take the bus to the city of Tetovo and Popova Shapka. Accommodate in the hotel and a bike ride around Popova Shapka ski resort. Dinner.

### DAY 3 POPOVA SHAPKA - MAVROVO NATIONAL PARK

After breakfast we bike through the mount Shar enjoying the double track biking trails that will lead us through forests, shepards fields and all the time overlooking the vast area of Polog. On route we will stop for quick picnic lunch and continue to the National Park of Mavrovo. Up on arrival on the asphalt we will take a round trip around lake Mavrovo to the hotel. Accommodate and free time for dinner.

### DAY 4 MAVROVO NATIONAL PARK - OHRID

After breakfast we will take the cable car up to mount Bistra ski resort and bike off road & the asphalt to the village of Galichnik. On the route we will visit a sheep farm and learn about the production of cheese and taste some of the local sheep cheese. In Galichnik we will visit the unique small village overlooking the remarkable view of the Radika Canyon. Free time for lunch and we continue biking off road double track to the village of Selce.

From there we bike down hill on asphalt to the main road to Ohrid. From here we continue to the village of Vevchani for sightseeing and walk through the town's famous waterfalls. After short visit we continue to Ohrid for overnight and dinner.

### DAY 5 OHRID - NATIONAL PARK GALICHICA

Today we are going to bike the MBT GALICHICA TRAIL starting from the village of Velestovo. We will climb to the mountain's flat fields and bike through the National Park Galichica. We will stop for coffee and tea at the mountain hut and continue to bike to the remarkable view point from where we can see Ohrid lake. to the town of Velestovo. Picnic lunch and ride to the city of Ohrid. Biking down on asphalt we will arrive at the St. Naum monastery and enjoy the boat and sights of the natural springs and the monastery. Free time for lunch. We will drive with minibus to the city of Ohrid. Accommodate in hotel. Dinner will be in a national restaurant with live music.

### DAY 6 OHRID - STRUGA - ALBANIA

Today, after breakfast, we will bike around the lake to Albania. We will bike via the old road to the town of Stuga visiting the city and it's market. We will continue biking to the border line, Kafasan, and continue to the town of Podgradec. On route we will stop for a fish lunch in local Albanian restaurant and continue to Pogradec. After the sights and coffee with desert we continue to St. Naum border and bike to Ohrid. On route we will stop to visit the Bay of Bones. Arrival in evening in hotel. Overnight.

### DAY 7 OHRID - BIKE CITY TOUR - SKOPJE

Today we have a bike city tour of Ohrid. We will visit the old town, fortress of Tsar Samoul, St. Pantelejmon church, St. Sofia and St. Kaneo. We will finish in the downtown area and give free time for exploring not only the town but the local beaches in Ohrid. In late afternoon after we check out the hotel we will return to the capital, Skopje. Overnight and free evening for dinner and relaxation.

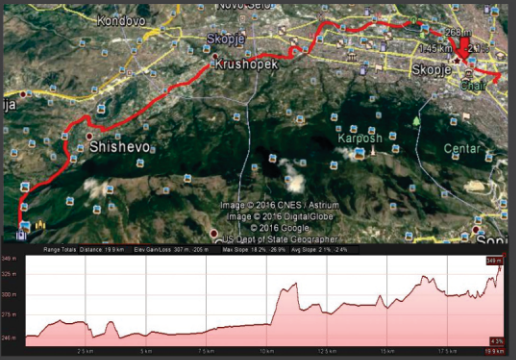
### DAY 8 SKOPJE departure

Early morning departure for airport. End of tour.

# MBK1 - THE TRAILS



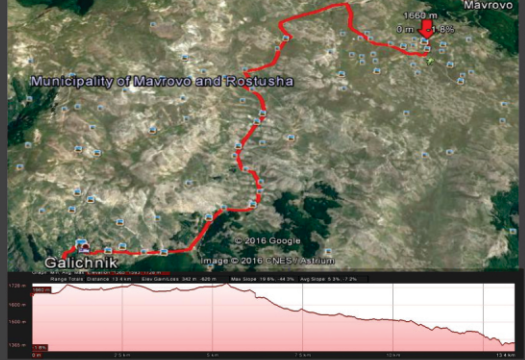
**CTB SKOPJE - MATKA TRAIL: DAY 2**  
**Start:** 247 masl hotel Skopje  
**finish:** 350 masl Matka Lake  
**length :** 20 km  
**highest point:** 350 masl  
**Time to / from :** 2,5 hours depend on traffic



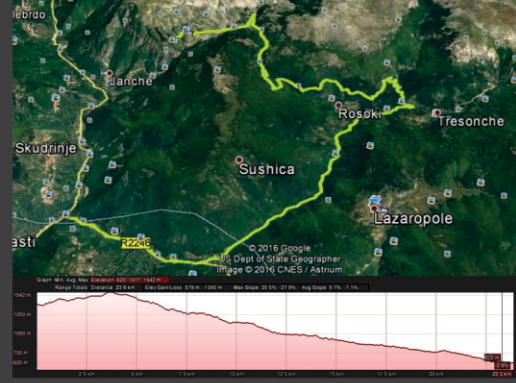
**MTB SHAP PLANINA-VRUTOK : DAY 3**  
**Technical characteristics**  
**Start:** 1730 masl Popova Šapka  
**finish:** 1225 masl Ohrid Lake  
**length :** 72 km  
**highest point:** 1930masl  
**Time to / from :** 7,5 hours some up hill/down and straight



**MTB : MAVROVO - GALICHNIK : DAY 4**  
**Technical characteristics**  
**Start:** 1660 masl Ški centar Bistra  
**finish:** 1380 masl Galichnik  
**length :** 13,5 km  
**highest point:** 1730 masl  
**Time to / from :** 2 hours combined up/down hill



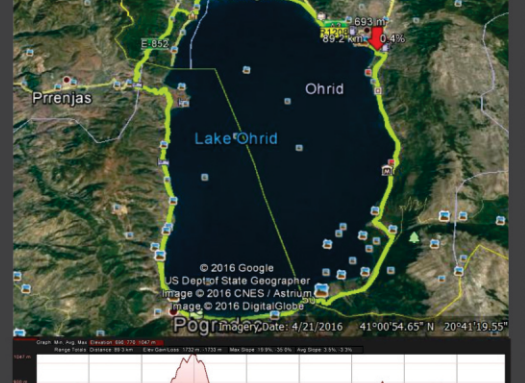
**MTB GALICHNIK - SELCE : DAY 4/2**  
**Technical characteristics**  
**Start:** 1380 masl Galichnik  
**finish:** 620 masl main road Ohrid  
**length :** 24 km  
**highest point:** 1540 masl  
**Time to / from :** 2,5 hours combined up/down hill



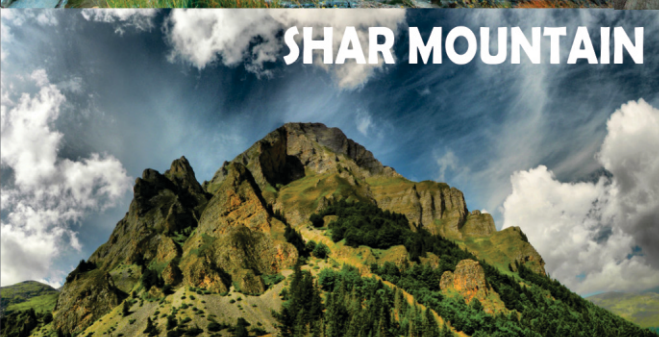
**MTB NP GALICHICA TRAIL : DAY 5**  
**Technical characteristics**  
**Start:** 1033 masl Velestovo  
**finish:** 697 masl Ohrid Lake  
**length :** 45 km  
**highest point:** 1571 masl Pecov Cukar  
**Time to / from :** 3,5 hours combined up/down hill



**CTB OHROD - ALBANIA : DAY 6**  
**Technical characteristics**  
**Start:** 695 masl Ohrid  
**finish:** 695 masl Ohrid  
**length :** 1004 km  
**highest point:** 1571 masl  
**Time to / from :** 3,5 hours combined up/down hill



## HIGHLIGHTS PICTURES:





# MBK2 THE TRAILS TO TELL THE TALES



## TOUR OVERVIEW:

A unforgettable adventure touring most of Macedonia with combined biking experiences (off road & asphalt) that will take your breath away. Visiting and meeting people with friendly faces, tasting old national recipes and enjoying the sounds of traditional folk music. A combination tour of untouched natural beauties and ancient cities with modern and newly renovated cities.

## TOUR HIGHLIGHTS:

St. Joakim Osogovski Monastery - your biking tour starts with visit to a unique monastery that lies hidden deep into the mountain terrains of Osogovo. - Winery Popova Kula - a wonderful overnight in a secluded winery with view that bring you to far Italy's Tuscany. - Ohrid - a ancient city, the city of the birth of Cyrillic writing, a city of 365 churches also known as the second Jerusalem - National Park Mavrovo - the biggest in Macedonia, filled with wild natural flowers, mountain tees, wild berries and unbelievable nature. Where in on time over 500,000 sheep grazed its beautiful fields.

## TOUR ESSENTIALS:

- **Accommodation:** 7 nights in standard hotels, 1 night in winery, 1 night in monastery
- **Transportation :** support minibus with trailer throughout tour
- **Tour Staff:** Explore tour leader/cycle guide and local guide(s)
- **Meals:** 9 breakfasts, 3 lunches and dinners
- **Route & terrain:** 450 KM cycling on mostly mountain terrains with few on road asphalt cycling on quiet traffic roads, a combinations cycling in mountain, vineyards & traffic roads. (average 54 km per day).

## ITINERARY:

### DAY 1 SKOPJE - OSOGOVO

Arrival in Skopje. depart for monastery Osogovo for light lunch and preparation for afternoon biking. Tour MTB CAREV VRV time :aprox. 3:00 hour. Return to monastery for overnight & dinner. ( driving distance to osogovo 125 km - 1 :30 min.)

### DAY 2 OSOGOVO - BEROVO

Depart for Berovo. accommodate in Berovo hotel. Prepare for biking. tour MTB BEROVO TRAIL. (Aprox. 5 hours with lunch in sheep farm). Return to hotel for dinner and overnight. (driving distance to Berovo 160 km - aprox. 2:10 min.)

### DAY 3 BEROVO - POPOVA KULA

After breakfast we depart with bikes to Radovish. We will bike on asphalt till the village of Vladimirovo. From there off road biking to the village of Podaresh. MTB RADOVISH TRAIL (aprox. 3 hours with lunch in Radovish). Continue to Demir Kapija. Accommodate in wine region in winery Popova Kula. Tour the winery with wine tasting and dinner. Overnight. (driving distance to Popova Kula 68 km aprox. 1:10 min.)

### DAY 4 POPOVA KULA - KRUSHEVO

Depart for Krushevo. En route stop at monastery of Treskavec. From there road biking to Krushevo. Arrival in Krushevo at the mountains for picnic lunch. Continue off road to Tose's monastery & Cross. Return to hotel. Dinner and overnight. (driving distance to Krushevo 119 km - 1 :34 min.)

### DAY 5 KRUSHEVO - BITOLA - OHRID

Morning departure to Bitola. Stop for sightseeing of city. Visit the archeological site Heraclea, short tour of the main street Shirok Sokak and the old Turkish Charshija. Continue to the National Park Galichica. Ride the MBT GALICHICA TRAIL to the town of Velestovo. Picnic lunch and ride to the city of Ohrid. Accommodate in hotel. Dinner will be in a national restaurant with live music. (driving distance to Ohrid 125 km - 1 :30 min.)

### DAY 6 OHRID - BIKE CITY TOUR

Today we have a bike city tour of Ohrid. We will visit the old town, fortress of Tsar Samoul, St. Pantelejmon church, St. Sofia and St. Kaneo. We will finish in the downtown area and give free time for exploring not only the town but the local beaches in Ohrid.

### DAY 7 OHRID - MAVROVO NATIONAL PARK

After breakfast we depart to NATIONAL PARK MAVROVO. We arrive at the village of Lazaropole for light lunch and continue off road biking to the village of Galichnik via MBT TRESONCE - SELCE TRAIL. We will ride asphalt to the village of Mavrovo where we will accommodate and overnight. (driving distance 90 km - 1:45 min)

### DAY 8 MAVROVO NATIONAL PARK

Today we spend the morning on bikes. Morning start up from the village of Leunovo to the place of Chavkarnik. Visit a sheep farm and experience a picnic in the beautiful mountain surroundings. Arrive in hotel for transfer to Skopje. Arrive & accommodate in hotel. Dinner & Overnight. (driving distance 110 km - 1:30 min)

### DAY 9 SKOPJE - MOUNT VODNO

Depart to the cable car of mount Vodno. Ride to the top and today we ride two different trails. MTB VODNO TRAIL & MTB VODNO - MATKA TRAIL. Arrive at lake Matka for lunch and sightseeing of the lake. Depart to Skopje for dinner & night on the town.

### DAY 10 SKOPJE departure

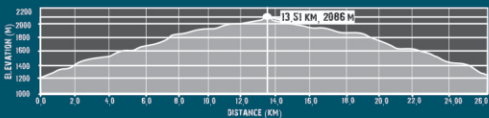
Depending on flight details transfer to airport in the morning or sightseeing of Skopje then thantransfer to airport.



# MBK2 - THE TRAILS

## MTB TRACK CAREV VRV : DAY 1

**Technical characteristics**  
**Start:** 1252 masl Mountain Osogovo  
**finish:** 1242 masl Monastery St. Osogovski  
**length :** 27 km  
**highest point:** 2091 masl  
**Time to / from Carev Vrv:** 1:30 uphill / 1:30 downhill



**EVALUATION BY PROFESSIONAL GUIDE:**

**DIFFICULTY:** [5 smiley faces]

**VIEW:** [5 smiley faces]

**FUN:** [5 smiley faces]

**TECHNIC:** [5 smiley faces]

**FTT:** [5 smiley faces]

## MTB BEROVO TRAIL : DAY 2

**Technical characteristics**  
**Start:** 920 masl Hotel Manastir  
**finish:** 1100 masl Berovo Lake  
**length :** 25,6 km  
**highest point:** 1490 masl Pecov Cukar  
**Time to / from :** 5 hours combined up/down hill

**EVALUATION BY PROFESSIONAL GUIDE:**

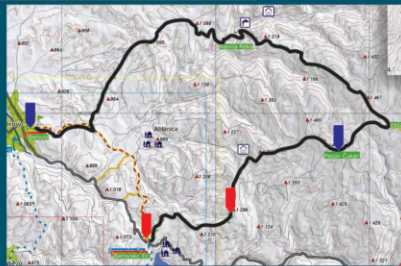
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**VIEW:** [5 smiley faces]

**FUN:** [5 smiley faces]

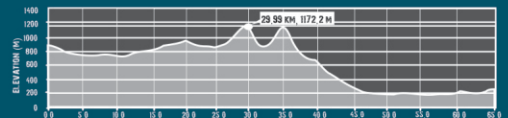
**TECHNIC:** [5 smiley faces]

**FTT:** [5 smiley faces]



## MTB BEROVO TRAIL : DAY 3

**Technical characteristics**  
**Start:** 920 masl Hotel Manastir  
**finish:** 1100 masl Berovo Lake  
**length :** 25,6 km  
**highest point:** 1490 masl Pecov Cukar  
**Time to / from :** 5 hours combined up/down hill



**EVALUATION BY PROFESSIONAL GUIDE:**

**DIFFICULTY:** [5 smiley faces]

**VIEW:** [5 smiley faces]

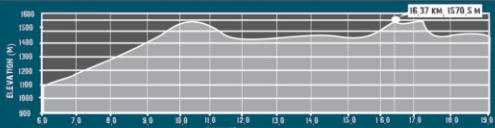
**FUN:** [5 smiley faces]

**TECHNIC:** [5 smiley faces]

**FTT:** [5 smiley faces]

## MTB NP GALICHICA TRAIL : DAY 5

**Technical characteristics**  
**Start:** 1470 masl Asan Jura  
**finish:** 697 masl Ohrid Lake  
**length :** 55 km  
**highest point:** 1571 masl Pecov Cukar  
**Time to / from :** 3,5 hours combined up/down hill



**EVALUATION BY PROFESSIONAL GUIDE:**

**DIFFICULTY:** [5 smiley faces]

**VIEW:** [5 smiley faces]

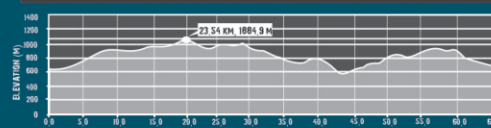
**FUN:** [5 smiley faces]

**TECHNIC:** [5 smiley faces]

**FTT:** [5 smiley faces]

## MBT TRESONCE-SELCE TRAIL: DAY 7

**Technical characteristics**  
**Start:** 1350 masl Lazaropole  
**finish:** 1242 masl Mavrovo  
**length :** 57 km  
**highest point:** 1735 masl Bistra  
**Time to / from :** 4,0 hours combined up/down hill



**EVALUATION BY PROFESSIONAL GUIDE:**

**DIFFICULTY:** [5 smiley faces]

**VIEW:** [5 smiley faces]

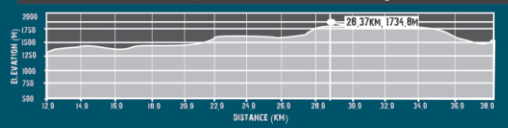
**FUN:** [5 smiley faces]

**TECHNIC:** [5 smiley faces]

**FTT:** [5 smiley faces]

## MTB NP MAVROVO TRAIL : DAY 8

**Technical characteristics**  
**Start:** 1242 masl Mavrovo  
**finish:** 1242 masl Mavrovo  
**length :** 45 km  
**highest point:** 1734 masl Pecov Cukar  
**Time to / from :** 4,5 hours combined up/down hill



**EVALUATION BY PROFESSIONAL GUIDE:**

**DIFFICULTY:** [5 smiley faces]

**VIEW:** [5 smiley faces]

**FUN:** [5 smiley faces]

**TECHNIC:** [5 smiley faces]

**FTT:** [5 smiley faces]

## HIGHLIGHTS PICTURES:



MAVROVO



SKOPJE



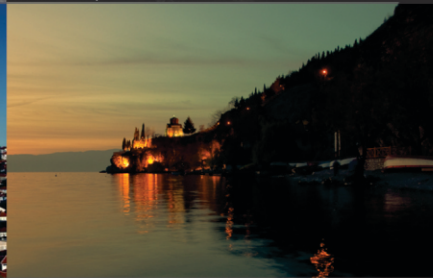
VODNO



GALICHICA



KRUSHEVO



OHRID



SKOPJE



GALICHNIK



# HBK3 THE MACEDONIAN COUNTRY TRAIL

## TOUR OVERVIEW:

This tour was created to combine the cities and nature of Macedonia. It is a total rhapsody of spectacular views of different specters of nature, from the vast hills and dry nature of the wine region of Macedonia, to the high mountains of the canyon Radika and the Kobab. We will bike on dirt roads, small village asphalt roads, stopping to meet the locals, to enjoy their hospitality and learn about the culture and traditions of Macedonia. We will bike through the cities that never grow old, ancient archeological sites, 365 churches and new and grand monuments created just for us. We will experience the local cuisine and learn how to cook local specialities. We will have breathtaking moments and picturesque views that will enrich your already great palette of memories. you will have an opportunity to bike in the only country that combines Italy's Tuscany with the Austrian Alps, the great lake of the Baltic with the second Jerusalem of Macedonia - Ohrid.



## TOUR ESSENTIALS:

- **Accommodation:** 7 nights in standard hotels double/twin shared B/B
- **Transportation:** support minibus with trailer throughout tour
- **Tour Staff:** Explore tour leader/cycle guide and local guide(s)
- **Meals:** 9 breakfasts, 3 lunches and 2 dinners
- **Route & terrain:** 320 KM cycling on mostly flat country terrains with on road asphalt cycling on quiet traffic roads (average 45km to 65km per day).

## ITINERARY:

### DAY 1 SKOPJE arrival

Arrival in Skopje. Accommodate, briefing and preparation of bikes and gear. Take a late bike sightseeing tour of Skopje with biking through the new part of the city. Visit the Holy Mother Teresa commemorative house and monument and bike through the down town to the old part of the city. Visit the old Turkish Market and the fortress of Kale. Return to the old town for dinner and more briefing for the tour.

### DAY 2 SKOPJE - MATKA - POPOVA KULA

After breakfast we will pack and leave on the bike trail following the river Vardar to the Matka canyon. We will be biking on a asphalt bike trail by the river overlooking the city. We arrive at the canyon a enjoy a short hike and possible boat ride to the Vrelo cave, one of the world's deepest cave lakes. Free time for lunch. From here we will take the bus to the winery Popova Kula for overnight and dinner.

### DAY 3 POPOVA KULA - KAVADARCI - PRILEP - BITOLA

After breakfast we will sightsee the winery and bike through the wine fields of this region to the city of Kavadarci. from there we will take the bus to Prilep. After quick and light lunch with local sightseeing of Prilep we will bike to the town of Demir Hisar through the agricultural fields of Pelagonija through small and unique villages. From Demir Hisar we will take the bus to Bitola for dinner and overnight.

### DAY 4 BITOLA - PRESPA LAKE - OHRID

After breakfast we will take a biking tour to Bitola. We will bike to the ancient Macedonian archeological site - Heraclea Lyncestis and we will break for sightseeing. After the sightseeing of Heraclea we continue biking to the downtown of Bitola for bike sightseeing of the city. We will stroll down the main street Shirok Sokak to the monument of Phillip the II and through the old Turkish market we will break for some free time.

We continue with bus to Ohrid via Lake Prespa. On route we will bike by the lake and stop for lunch in a fishermen's village called Stenje. Arrival in Ohrid for dinner and overnight.

### DAY 5 OHRID - BIKE CITY TOUR

Today we have a bike city tour of Ohrid. We will visit the old town, fortress of Tsar Samoul, St. Pantelejmon church, St. Sofia and St. Kaneo. We will finish in the downtown area and give free time for exploring not only the town but the local beaches in Ohrid. Dinner will be in a national restaurant with live music. Overnight in Ohrid

### DAY 6 OHRID - STRUGA - ALBANIA - OHRID

Today, after breakfast, we will bike around the lake to Albania. We will bike via the old road to the town of Stuga visiting the city and it's market. We will continue biking to the border line, Kafasan, and continue to the town of Podgradec. On route we will stop for a fish lunch in local Albanian restaurant and continue to Pogradec. After the sights and coffee with desert we continue to St. Naum border and bike to Ohrid. On route we will stop to visit the Bay of Bones. Overnight and free evening for dinner and relaxation.

### DAY 7 OHRID - MAVROVO - SKOPJE

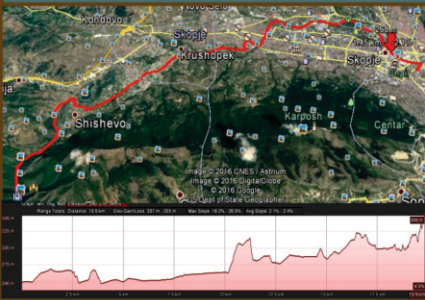
Today we will enjoy a bit of walking through the waterfalls of the village Vevchani on the way to Skopje. We will start biking from the lake Debar to the lake Mavrovo with stops for pictures and sightseeing of this spectacular canyon of river Radika. We will stop for lunch in Mavrovo and continue to Skopje. Arrival in Skopje for farewell dinner and overnight.

### DAY 8 SKOPJE departure

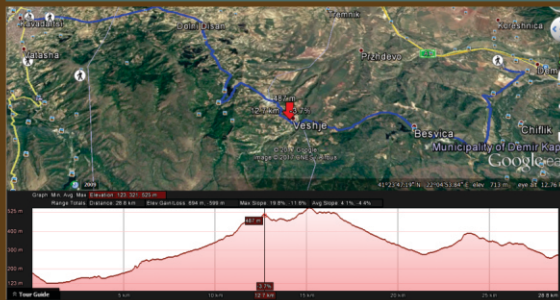
Early morning departure for airport. End of tour.



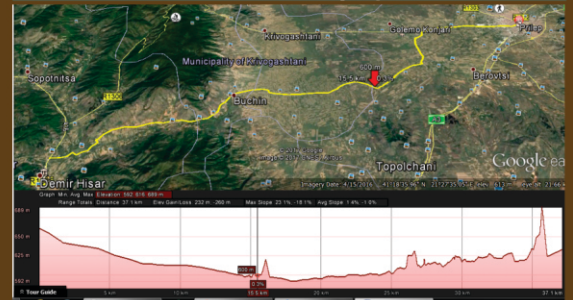
**DAY 2**  
**CTB ŠKOPJE - MATKA TRAIL :**  
**Start:** 247 masl hotel Škopje  
**finish:** 350 masl Matka Lake  
**length :** 20 km  
**highest point:** 350 masl  
**Time to / from :** 2,5 hours depend on traffic



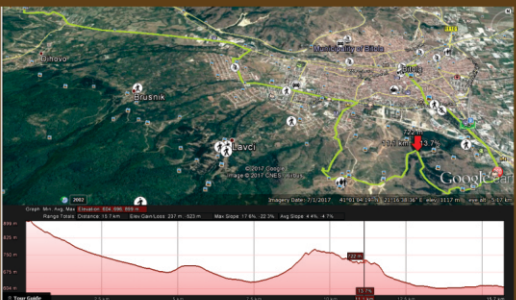
**DAY 3**  
**HBK WINE REGION BIKING :**  
**Start:** 179 masl Popova Kula  
**finish:** 275 masl Kavadarci  
**length :** 29 km  
**highest point:** 525masl  
**Time to / from :** 3-4 hours some up hill/down - country roads



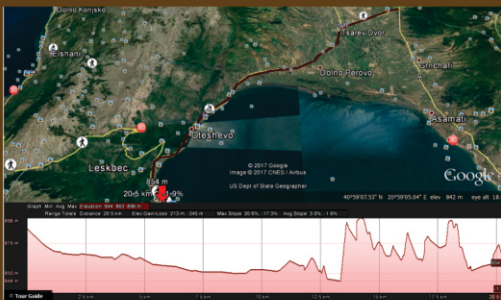
**DAY 3**  
**HBK : PRILEP - DEMIR HISAR :**  
**Start:** 660 masl Prilep  
**finish:** 640 masl Demir Hisar  
**length :** 37 km  
**highest point:** 680 masl  
**Time to / from :** 3-4 hours country asphalt roads



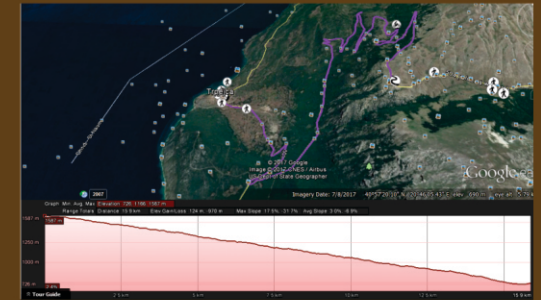
**DAY 4**  
**HBK BITOLA - city biking :**  
**Start:** 897 masl Hotel Šator  
**finish:** 610 masl Bitola  
**length :** 15,4 km  
**highest point:** 897 masl  
**Time to / from :** 2,5 hours biking asphalt/downhill



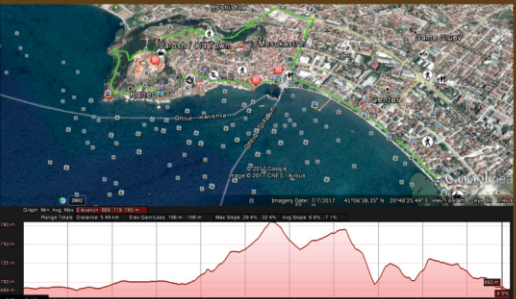
**DAY 4**  
**HBK Prespa Lake - NP Galichica :**  
**Start:** 887 masl Kozjak  
**finish:** 854 masl Štenje  
**length :** 20,5 km  
**highest point:** 896 masl  
**Time to / from :** 3,5 hours asphalt road / lake side



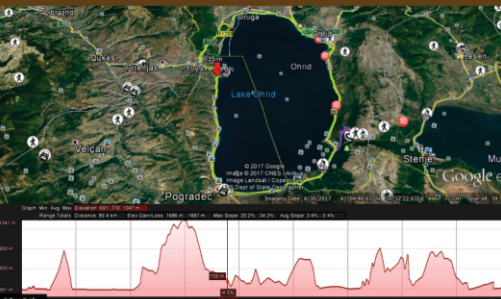
**DAY 4**  
**HBK NP GALICHICA - downhill :**  
**Start:** 1587 masl NP Galichica view point  
**finish:** 740 masl Trpeica  
**length :** 15,9 km  
**highest point:** 1587 masl  
**Time to / from :** 1 hour down hill / asphalt



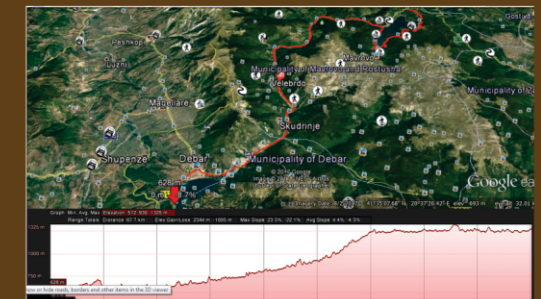
**DAY 5**  
**HBK OHRID city tour biking :**  
**Start:** 690 masl Hotel Millennium Palace  
**finish:** 690 masl Ohrid downtown  
**length :** 5,4 km  
**highest point:** 750 masl  
**Time to / from :** 3,5 - biking asphalt/offroad



**DAY 6**  
**HBK ŠTRUGA - ALBANIA - ST. NAUM :**  
**Start:** 690 masl Hotel Millennium Palace  
**finish:** 690 masl Ohrid  
**length :** 98 km  
**highest point:** 896 masl  
**Time to / from :** full day - asphalt road / lake side



**DAY 7**  
**HBK DEBAR - MAVROVO :**  
**Start:** 630 masl Debar  
**finish:** 1270 masl Trpeica  
**length :** 67,7 km  
**highest point:** 1270 masl  
**Time to / from :** 5-6 hours slow uphill / asphalt





# BKB1 - BIKING WITH THE GODS

## THE BALKAN BIKING TRAIL

### TOUR OVERVIEW:

A extraordinary cycling tour combining three countries with remarkable sceneries from the vast mountain regions of the Macedonian mountains, to the agricultural landscape of the Northern Greek territories, from the tranquillity of the scenery of the Ohrid lake to the sandy beaches of the Aegean Sea on the shores of the Sithonia peninsula. Cycle with the Greek Gods on mount Olympus, downhill on the slopes of Bansko ski resort where world renowned skiers compete.

### TOUR HIGHLIGHTS:

Ohrid - a ancient city, the city of the birth of Cyrillic writing, a city of 365 churches also known as the second Jerusalem - National Park Mavrovo - the biggest in Macedonia, filled with wild natural flowers, mountain tees, wild berries and unbelievable nature. Where in on time over 500,000 sheep grazed its beautiful fields. Monut Olympus - the sanctuary of the Greek Gods, cycle where Zeus, Poseidon, Athena & Apolo roamed the fields. - Ouranopoli & mount Athos- the holy land of the orthodox church where only man and monks have rights to visit. Bansko - the ski & spa resort known for holding the world ski downhill.

### TOUR ESSENTIALS:

- **Accommodation:** 7 nights in standard hotels, 1 night in winery, 1 night in monastery
- **Transportation:** support minibus with trailer throughout tour
- **Tour Staff:** Explore tour leader/cycle guide and local guide(s)
- **Meals:** 9 breakfasts, 3 lunches and dinners
- **Route & terrain:** 450 KM cycling on mostly mountain terrains with few on road asphalt cycling on quiet traffic roads, a combinations cycling in mountain, vineyards & traffic roads. (average 54 km per day).



### ITINERARY:

#### DAY 1 SKOPJE - MAVROVO - OHRID

Arrival in Skopje. Depart for Mavrovo National Park by bus. From there we cycle to the monastery of St. John the Baptist. From there we take the bus to Debar lake for light lunch and rest. From here we begin to cycle again to Ohrid with en route stop at the village of Vevchani known as the waterfall village. Arrival at Ohrid for accommodation and rest. (driving distance to Ohrid 280 km - 3:30 min.- cycling distance 55 - 60 km.)

#### DAY 2 OHRID - BIKE CITY TOUR

Today we have a bike city tour of Ohrid. We will visit the old town, fortress of Tsar Samoul, St. Pantelejmon church, St. Sofia and St. Kaneo. We will finish in the downtown area and give free time for exploring not only the town but the local beaches in Ohrid.

#### DAY 3 OHRID - ST. NAUM - GALICHICA - BITOLA

After breakfast we depart with bikes to St. Naum. We will bike on asphalt till the monastery where we will have time for sights and boat ride on the natural springs of lake Ohrid. From there we will continue biking to National Park Galichica and stop on the top for spectacular view of the lake. Cycling downhill we arrive on the lake side of Prespa where we continue by bus to Bitola. Evening sightseeing of city and free time for dinner. (driving distance 110 km.-2:00 min.-cycling 60 km.)

#### DAY 4 BITOLA - EDESSA - VERGINA - LITOCORO

Morning departure with bikes to Heraclea archeological site. Continue to Edessa by bus. Sightseeing of Edessa and its famous waterfalls. From here we cycle to the town of Vergina - the resting place of Philip II - Alexander the Great father. Visit the museum and continue to Litochoro. Accommodate and overnight. (driving distance 221 km - 3:30-4:00 min.-cycling distance 55 km)

#### DAY 5 MOUNT OF OLYMPUS - THESSALONIKI

Today's day is dedicated to cycling with the Greek Gods. we combine asphalt and off road routes to enjoy the great nature of the mountain and the grand views of the Aegean Sea. Enjoy lunch picnic in nature. Evening departure to Thessaloniki. (driving distance 111km. 2:00 min - cycling distance 25-30 km)

#### DAY 6 THESSALONIKI

Today we have a bike free day. After breakfast sightseeing of the city. After free time to explore the pier, museums, local beaches or just enjoy and absorb the atmosphere.

#### DAY 7 THESSALONIKI - SITHONIA

After breakfast we depart by bus to Sithonia. We will stop at the town of Nea Moudania and continue cycling to the town of Nea Marmaras. Accommodate and free time to enjoy the beaches, cycle around the peninsula or mountain bike if time permitted. Dinner. (driving distance 142 km - 2:30 min. cycling distance 58,5 km.)



## DAY 8 SITHONIA

Today we have a cycling day. We will enjoy the mountain area of the Sithonia where we will experience a combination of asphalt and off road and possible swim on some secluded beach.

(cycling distance 49 - 55 km.)

## DAY 9 SITHONIA - OIRONOPOLI - BANSKO

After breakfast we continue by bus to Ouronopoli for a cruise around Athos. A cruise tour with a look at the forbidden peninsula dedicated to the Orthodox church where life in some monasteries continues with tradition of the middle age. We will witness the greatness of the Russian Orthodox church and learn why women are forbidden to visit. We will return to town for lunch and from there continue to Bansko. After crossing we will cycle to Bansko. Arrival and accommodate. Dinner.

(driving distance 334 km - 5:00-5:30 min. cycling distance - 61 km)

## DAY 10 BANSKO

Today we will enjoy the greatness on the Bansko Ski resort. We will bike on asphalt to the ski slopes where we will have a chance to enjoy some of the off road tracks, down hill or just embrace the wonderful nature of Pirin mountain. Return to hotel in afternoon to enjoy the spa center and swimming pool. Dinner.

(cycling distance 16 - 25 km asphalt & off road)

## DAY 11 BANSKO - DELCHEVO - BEROVO

Morning departure with bus to Macedonia. En route stop in the town of Blagoevgrad for sights and coffee break. Arrival at Delchevo and start cycling to the town of Berovo. Arrival at Berovo hotel for accommodation. (driving distance 130 km - 2:30-3:00 min.-cycling distance 38 km)

## DAY 12 BEROVO

Full day cycling with combination of asphalt and off road. We will cycle to the border line and lake of Berovo with few breaks to enjoy the nature. We continue off road to a sheep farm for a homemade lunch with the locals. we will learn about the everyday life and talk to the family visit with the animals.

Downhill to the asphalt road to depart fo the hotel. Overnight.

(cycling distance 38 - 40 km)

## DAY 13 BEROVO - KOCHANI - SKOPJE

Morning bus departure to the capital of Macedonia, Skopje. We will pass through the agricultural part of the country and the unique rise fields of Macedonia. We will continue to the town of Sveti Nikole where we will continue cycling form there to the highway that will connect us to Skopje. Arrival in Skopje. Accommodate and free evening out.

(driving distance 180 km - 2:00-2:30 min.-cycling distance 55 km)

## DAY 14 SKOPJE - Depart

After breakfast we will have cycling tour of Skopje. visit the old Kale fortress and the old Turkish market. Stop at the Holocaust museum and Archeological museum of Macedonia. Continue to the new downtown of Skopje. Free time to departure for the airport.



# BKB2 - BIKING THE FORGOTTEN BALKANS

## THE BALKAN BIKING TRAIL

### OVERVIEW:

Great biking experience of six Balkan countries through their history, culture and adventure. Explore the old Roman road Via Ignatia, escape into the wilderness of the country sides of the great National Parks of Galichica, Mavrovo and Durmitor. We will hike the towers of Kotor and drink coffee in the only Dalmatian state of Dubrovnik. Your adrenaline rush will be thrilling river rafting on the Tara river in Montenegro. Explore the old Ottoman town of Mostar and ride through the empty back roads of Bosnia & Herzegovina. A true adventure with mixed experience of biking, rafting and hiking. Educate yourself with the knowledge of the great EX Yugoslavia states & the stories of the Balkan wars.

### TRIP HIGHLIGHTS:

**SKOPJE** - the capital where the old & the new monuments combine to create a unique city. **OHRID** - city of UNESCO birth place of the Cyrillic language and home of 365 churches. **BERAT** - UNESCO World Heritage Site, known as the "town of the thousand windows". **TIRANA** - the forgotten capital of Albania. **St. STEFAN** - the famous hotel island slept by the Hollywood stars Sofia Loren, Richard Barton and Elizabeth Taylor. **DUBROVNIK** - the state of Dalmatia famous by its Stradun walk way and castle walls. **KOTOR** - the old new Adriatic coast star town where the sea calms down within the Kotor bay overlooking its great test walls. **MOSTAR** - the first oldest Ottoman bridge built as a punishment to a great Ottoman architect. He created his best work. **PRISHTINA** - the new capital of the new state of Kosovo.

### TOUR ESSENTIALS:

- **Accommodation:** 14 nights in standard hotels 3 star superior and 4 star
- **Transportation:** support minibus with trailer throughout tour
- **Tour Staff:** Explore tour leader/cycle guide and local guide(s) on the tour
- **Meals:** 14 breakfasts, 4 picnic lunches and 4 dinners
- **Route & terrain:** cycling combination of asphalt and mountain terrains with few on quiet traffic roads, a combinations cycling in mountain, sea side & traffic roads. (average 50 - 70 km per day).

### ITINERARY:

#### DAY 1 SKOPJE

Arrival in Skopje. Preparation for the biking program. If possible we will have sightseeing of the city with bikes. Start from the fortress of Kale and bike down to the old Turkish market. Bike across the old town in to the new to visit the monuments and museums. Bike to hotel. Dinner and welcome drinks.

#### DAY 2 SKOPJE - MAVROVO

Today we depart to Mavrovo. We will drive to Popova Shapka and from there we will mountain bike to Mavrovo. Depending on the conditions we can bike from 50-70 km off road. En route picnic lunch and we arrive in Mavrovo for accommodation.

#### DAY 3 MAVROVO - OHRID

After breakfast we continue to bike to Ohrid. Morning warm up bike to the village of Galichnik. After visiting Galichnik we will bike on the asphalt by the river canyon of Radika. Visit the monastery of John the Baptist and continue to the Debar lake for late lunch. From here we continue to Ohrid. Arrival in Ohrid in the evening and overnight with dinner.

#### DAY 4 OHRID - BIKE CITY TOUR

Morning bike city tour of Ohrid. We will visit the old town, fortress of Tsar Samoul, St. Pantelejmon church, St. Sofia and St. Kaneo. We will finish in the downtown area and give free time for exploring the town. Possible bike ride to the local beaches in Ohrid.



## DAY 5 OHRID - BERAT

Today we will be cycling in Albania. We combine asphalt and off road routes to enjoy the great nature of the country. We will stop in Elbasan for sightseeing and lunch . Continue to Berat and bike a tour of the town. Diner and accommodate.

## DAY 6 BERAT - DURRES - TIRANA

After breakfast we will continue the tour to Durres where we will ride the Adriatic coast. Ride through the archeological site of Durres and continue to the capital of Tirana. Lunch and break. Sightseeing go f the city and accommodate in hotel. free evening. Continue to the town of Kruja the castel of the great ruler Skenderbeg. From here we will drive to

## DAY 7 TIRANA - KRUIJA - SHKODRA - BUDVA

After breakfast we continue to the town of Kruja to visit the castle of the great ruler Skenderbeg. From here we will bike through back roads to the city of Shkodra where we will have lunch on the lake side . From here we will continue with bus to Montenegro. Once crossed the border we continue biking the Adriatic coast of Montenegro. Stop for a visit of St. Stefan and possible swim at Petrovec. Arrival in Budva. Overnight.

## DAY 8 BUDVA - KOTOR - DUBROVNIK

A short city tour of Budva. Visit the old town of Budva which remained same regardlss of the great construction of the new Budva. After Budva we continue biking to Kotor. We will walk though old town Kotor where we will have lunch and bike the Kotor bay to the ferry. We continue to Dubrovnik. We will cross the Croatian border and continue passing Prevlaka and Cavtat to the incredible Dubrovnik . Accommodate and overnight.

## DAY 9 DUBROVNIK

Today we have a full day in Dubrovnik. After breakfast bike tour of the city with a local guide. Visit the Stradun boardwalk, have some free time to explore the city. Enjoy some of the local beaches and take a boat tour of some of the local island. Also available kayaking in Dubrovnik. Overnight.

## DAY 10 DUBROVNIK - MOSTAR

After breakfast we will continue with bus to the Bosnian border. After passing the border and we will start biking to the city of Neum .From there we will climb to the mountain top on local small roads biking Bosnia back roads to Mostar. En route picnic lunch. Arrival in Mostar for dinner and overnight.

## DAY 11 MOSTAR - ZABLJAK ( NATIONAL PARK DURMITOR )

After breakfast we have a sightseeing of Mostar. Visit the old town of Mostar and the famous Ottoman bridge of Mostar. From here we continue with combining bus and biking asphalt and off road to Zabljak. We will pass the towns of Trebinje and Nikshic and arrive in Zabljak in the evening. Dinner and overnight.

## DAY 12 ZABLJAK - ( National Park Durmitor )

Today is a day of enjoying the wonderful nature of the National Park Durmotor. We will be rafting the Tara river with local rafting crew where we will have a day on water, part hiking and enjoy a great picnic lunch prepared by the locals. Full day of activities. Return to hotel for overnight.

## DAY 13 ZABLJAK - ( National Park Durmitor ) - PRISHTINA

After breakfast we will bike through the canyon of the river Tara all the way to the Kosovo Border. We will stop for lunch and sights on the way. We will bike combined asphalt and off road. Once we reach the Kosovo border we continue by bus to the monastery of Dechani. The monastery is a UNESCO world heritage site enriched with unique 14th century frescos. From here we will do some biking to the capital of Kosovo. Prishtina. Accommodate and overnight.

## DAY 14 PRISHTINA

After breakfast we will have a sightseeing of the capital with a local guide. Later we will bike some of the off road trails that are found in the surroundings of Prishtina. Lunch and continue to Skopje. Arrival in Skopje in hotel and free time to enjoy last night oin the tour.

## DAY 15 SKOPJE

After breakfast transfer to airport. End of tour.

