

EuroVelo

The European cycle route network

Welcome to the Mediterranean Route!

From Andalusia to Cyprus:

7,450 kilometres of cycling through world-famous destinations, wild nature and hidden beaches



Photo: Prosika, Pirovac, Croatia






Slovenia

EuroVelo 8

Mediterranean Route

Cycle along the Mediterranean Sea from the beaches of **Spain** to the beautiful island of **Cyprus**, linking with **France, Italy, Slovenia, Croatia, Montenegro, Albania, Greece, Türkiye** along your epic journey. This handy guide will point the way.

 **7,450**
km long

 **10**
countries visited

What you will find in this Handbook

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NATIONAL ROUTE INFORMATION

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Route breakdown in 15 stages

Local themes you can explore with travel information, holiday ideas and excursions (averaging between 30-50 km per day)

Route overview map



Themes and events



Sculpture Park, Agia Napa, Cyprus

History

The Mediterranean, steeped in cultural history, boasts 23 UNESCO World Heritage sites, ranging from Alhambra de Granada to Vauban's Fortifications. With influences from Romans, Moors, and various civilisations, its shores reveal the legacy of mighty fortresses, churches, and towns, reflecting centuries of European development.

Food

A Mediterranean cycle tour offers a gourmet journey, showcasing diverse culinary specialties. Indulge in Spanish tapas, Greek moussaka, fresh coastal fish, and exquisite cheeses like Parmigiano Reggiano. Explore wine regions like Piedmont, Friuli Venezia Giulia, Slovenia, and Istria, pairing local wines with truffles and olives. Enjoy exquisite traditional dishes along the whole Croatia's coastline, exceptional wines like dingač and postup on Pelješac peninsula, and fresh oysters in Ston. Savor these delights to refuel for the next stage.

Culture

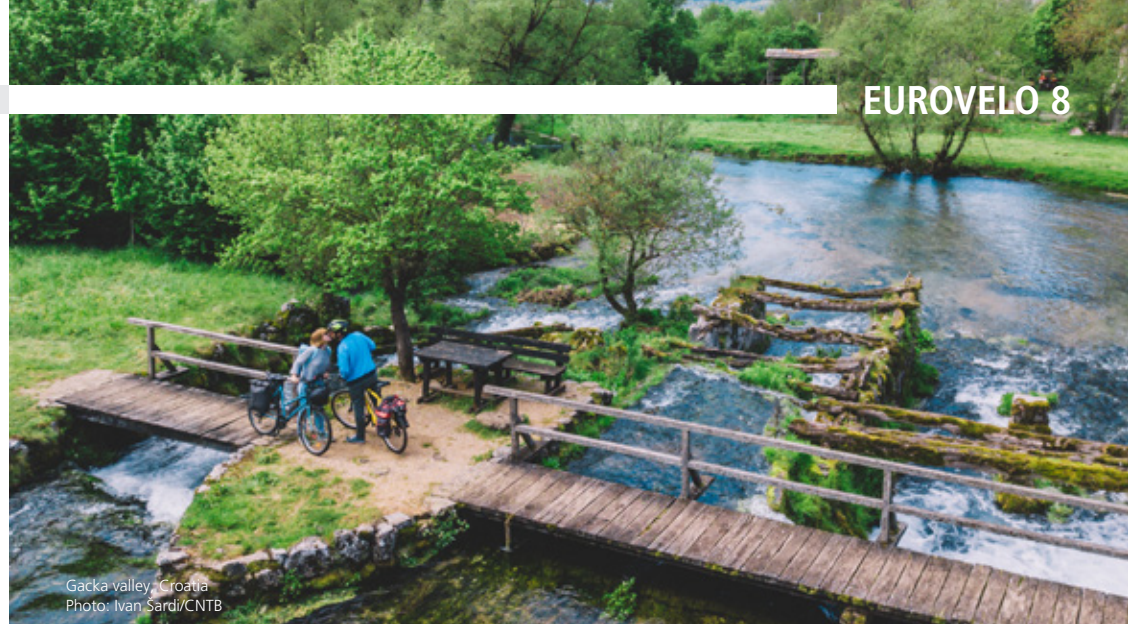
The Mediterranean and its surroundings serve as both gallery and studio, showcasing diverse artistic eras. Art museums, churches, and historical buildings display original architectures, while the region inspires poets, composers, and thinkers. Examples include the Côte d'Azur, the Egyptian Museum in Turin, and the Fortress castle of Patras in Greece.

Nature

Explore the Mediterranean's natural wonders by bicycle, from the southern tip of Iberian peninsula where the Mediterranean meets the Atlantic, to Provence's lavender fields in France. Discover biodiversity at Italy's Foce Isonzo-Cona Island, cycle through national and nature parks in Croatia, Italy, and Slovenia, and visit Albania's Blue Eye spring and Lake Skadar.



Rovinj, Croatia
Photo: Ivan Sardi/CNTB



Gačka valley, Croatia
Photo: Ivan Sardi/CNTB

Benefits of cycling

Cycling along the Mediterranean is a win for you, the environment and the local communities! Bicycling is a slow and more respectful way to experience the heritage and culture of the Mediterranean, away from mass tourism and closer to local communities in rural areas.



Cycling has numerous known **health benefits**. Choosing a bicycle holiday helps reduce the risk of developing diseases, including diabetes and several types of cancer, and reduces the risk of developing depression of 17%. And cycling improves your mood, makes you happier and in tune with yourself and the landscape around you.



Choosing your bike for your holidays makes the planet happier too! Cycling is much less pollutant than taking a car, cruise ship, or plane. Cycling saves emissions equaling more than 16 million tons of CO2 equivalents per year in the EU; it implies **less noise, water and air pollution**, so that you help preserve the extraordinary biodiversity of the Mediterranean countries crossed by the route.



Moreover, cycling tourism has a **positive impact on local economies** because it creates durable jobs in peripheral, rural areas. This type of tourism is closer to communities and fosters new enriching exchanges between tourists and the local communities. Mediterranean people are known for their hospitality, openness and friendliness – you will not be disappointed by the encounters on the way!

Recurring events



Andalusia, Spain

SPAIN

Bike day of Málaga

In Andalusia, experience the Bike Day of Malaga, a sportive and festive event in which you can 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.

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.

www.thepirinexuschallenge.com



Strunjan Tunnel, Slovenia



Mantua, Italy

FRANCE

La Voie Aurélia

A non-competitive cycle event that takes place in the natural area of Les Alpilles in Provence. The aim is to discover the numerous cycling itineraries around the village of Saint-Etienne-du-Grès, which is crossed by a section of EuroVelo 8. Four different types of itineraries are highlighted: road bike, gravel, vintage bikes and family.

www.lavoieaurelia.com

Mai à vélo

Created in 2021 by a committee of French bicycle organisations and supported by the Ecological Transition Ministry and the Sports Ministry, Mai à vélo is a national event in the whole month of May. Cycling events, educational projects and public meetings are organised all across France with the aim to promote the multiple uses of the bicycle: leisure, tourism, sport and obviously daily mobility! Many events in France take place on different sections of EuroVelo 8.

www.maiavelo.fr



Catalonia, Spain

Les « boucles du Haut Var »

Road bike regional race since 2004 settled in the Var Department. Taking place around the village of Rians each year in February, it's a good way to discover during 6 days the beautiful landscapes of some sections of EuroVelo 8.

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 travelers, writers, artists and professionals, always without any formality or barrier. Get ready to pitch your tent and share the road to get there!

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 cozy, enabling a unique cycling experience! You can choose between three different routes, therefore, the event is suitable for

Dubrovnik, Srd, Croatia
Photo: Daniel Pavlinovič/CNTB

all levels of recreational cyclists. Part of the event takes place directly on the EuroVelo 8 route.

www.istrski-kolesarskimaratoni.si

CROATIA

Cycle events In Croatia

Croatia offers plenty of cycling events along its more than 1,000 km long route section. CRO Race, an international event, takes place in late September or beginning of October, and usually passes through various destinations and regions on the route such as Split and Šibenik regions, Lika, Zadar region and Kvarner. The Istria300 event starts and finishes in the town of Poreč in Istria, whereas the traditional Uspón na Zavižan race takes place in June in Lika. GranFondo races in Dubrovnik and Zadar regions are also worth attending, alongside traditional events such as MTB Croatia Cup Vodice in Šibenik region and Od Branimira do Branimira bicycle tour in Zadar region.

www.eurovelo8.hr

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.

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.

www.activatecyprus.com

Cyprus
Photo: Thomas Weschta

Izmir, Türkiye

TÜRKIYE

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.

Signage and safety

When cycling long-distance, safety is a priority. The cycling conditions and levels of route development can differ from one country to another, and you should always be careful when riding your bike. The signs and regulations can also vary between countries. Make sure to be prepared – **follow the roads marked with EuroVelo 8 signs where possible** and **don't break the traffic rules** without knowing them!



Alpes-de-Haute-Provence, France
Photo: Emmanuel Dautant



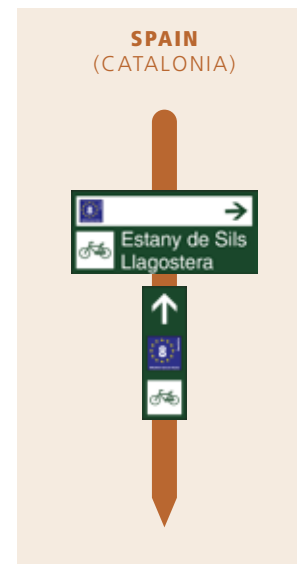
Catalonia, Spain
Photo: Jean-Claude Martinez

ROUTE LOGO



EuroVelo 8 signs are easy to spot with their blue background, route number and the EU emblem.

You might also come across a different variation of the route logo integrated into traffic signage:





Brela, Croatia
Photo: Ivan Sardi/CNTB



Valencia, Spain



France



Croatia



Izmir, Türkiye



ITALY



SLOVENIA



CROATIA



GREECE



TÜRKİYE (IZMİR)

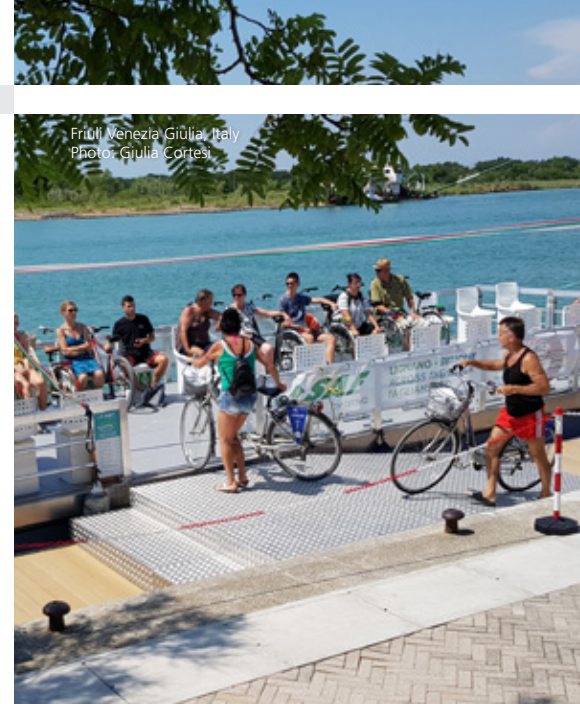


Slovenia

Safety recommendations and country rules

	Helmet	Reflecting elements and lights	Retroreflective vest	Ringing a bell	Occupation of the road	Adapted child seat
ESP	Required on interurban roads and for children under 16	Front and tail light, wheel and pedal reflectors	Required at night	Required	Under safe conditions, groups can circulate in two columns	Required for children under 7
FRA	Required for children under 12	Front and tail light, wheel and pedal reflectors	Required at night and outside urban areas	Required	Cyclists must circulate in a single row	Required for children under 5
ITA	Recommended	Front and tail light, wheel and pedal reflectors	Required at night outside urban areas and inside tunnels	Required	Outside of urban areas, cyclists must circulate in a single row	Required for children under 9
SLO	Required for children under 18	Front and tail light, wheel and pedal reflectors		Required	Cyclists must circulate in a single row, close to the right edge of the road	Required for children under 8
HRV	Required for children under 16	Front and tail light, wheel and pedal reflectors	Required at night and in case of low-visibility	Required	Cyclists must circulate in a single row, close to the right edge of the road	Required for children under 8
GR	Recommended	Front and tail light required after sunset and before sunrise	Required at night	Required	Cyclists must circulate in a single row	
CYP		Front and tail light, wheel and pedal reflectors		Required	3 cyclists in a row. If more, move in pairs one behind the other	

Note: in Croatia, it is forbidden to use a headphone on, or in both ears (one earphone is ok), while cycling. There is a fine for non-compliance.



Access to the route

Accessing the trip's starting point via surface transport, carrying your bike on trains or buses, can be challenging. However, considering climate change and environmental concerns, it is a more sustainable option than flying. Here are some possible ways to reach EuroVelo 8 – Mediterranean Route with a bicycle, to help you plan your trip.

Type of connection Services and information

ESP	Bus, train	Operators: Alsa (bus), Renfe (train)
FRA	Train	Operator: SNCF . For high-speed trains, bicycles can only be carried by removing both wheels and using a bicycle bag
ITA	Train	Operator: Trenitalia
SLO	Train	Operator: Slovenske železnice
HRV	Ferry, Train	More information at www.eurovelo8.hr
GR	—	More information at www.eurovelo.gr
TUR	Ferry	Can be boarded from Piraeus (Athens) for Lesvos-Ayvalik connection
CYP	Ferry	Can be boarded from Piraeus (Athens), usually twice a week

Other recommendations

- Operators like [FlixBus](#) offer affordable bus rides in Europe with the option to add a bicycle to your ticket (with exceptions)
- Avoid adding too many connections, plan sufficient time for each connection change and pay attention to your belongings!

Mini dictionary

 Gacka valley, Croatia
 Photo: Ivan Sardi/CNTB

ENGLISH

Salutations
 Good morning
 Hello
 Good evening
 How are things?

Overnight stay
 Hotel
 (Youth) hostel
 Camping
 With breakfast

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 tardes
 ¿Cómo estás?

Quedarse por la noche
 Hotel
 Hostal/Albergue juvenil
 Camping
 Desayuno incluido

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

Alimentación/Bebidas
 Restaurante
 Café
 Agua mineral (con/sin gas)
 Té
 Café (con leche)
 Zumos
 Cerveza
 Vino

Emergencias
 Accidente
 Accidente de tráfico
 Enfermo/enferma
 Hospital
 Ambulancia
 Médico/médica
 Seguro médico

FRENCH

Salutations
 Bonjour
 Bonjour
 Bonsoir
 Comment ça va ?

Nuitée
 Hôtel
 Auberge de jeunesse
 Camping
 Petit-déjeuner inclus

Vélo
 Parking vélo
 Location de vélo
 Véloroute
 Réparation de vélo

Alimentation/Boissons
 Restaurant
 Café / Bar
 Eau (Pétilante/Plate)
 Thé
 Café (au lait)
 Jus de fruits
 Bière
 Vin

Urgences
 Accident
 Accident de la route
 Malade
 Hôpital
 Ambulance
 Docteur/Médecin
 Assurance santé

ITALIAN

Saluti
 Buongiorno
 Ciao
 Buonasera
 Come va?

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

Bicicletta
 Parcheggio protetto per bici
 Noleggio biciclette
 Ciclovía
 Riparazione bici

Cibo/Bevande
 Ristorante
 Café /Bar
 Acqua (frizzante/naturale)
 Tè
 Caffè (con latte)
 Succo
 Birra
 Vino

Emergenze
 Incidente
 Incidente stradale
 Malato
 Ospedale
 Ambulanza
 Medico
 Assicurazione medica

SLOVENE

Pozdravi
 Dobro jutro
 Zdravo / živijo
 Dober večer
 Kako gre?

Nočitev
 Hotel
 Mladinski hotel/hostel
 Kamp
 Z zajtrkom

Kolo / bicikel
 Kolesarnica
 Najem kolesa
 Kolesarska pot
 Kolesarski servis

Kulinarika/Pijače
 Restavracija
 Kavarna
 Voda (gazirana/naravna)
 Čaj
 Kava (z mlekom)
 Sok
 Pivo
 Vino

Izredne razmere
 Nesreča
 Prometna nesreča
 Bolan
 Bolnica
 Rešilec
 Zdravnik
 Zdravstveno zavarovanje

CROATIAN

Pozdrav
 Dobro jutro
 Bok
 Dobra večer
 Kako si?

Noćenje
 Hotel
 (Omladinski) hostel
 Kampiranje
 S doručkom

Bicikl
 Zaklon za bicikle
 Najam bicikla
 Biciklistička ruta
 Biciklistički servis

Gastronomija/Pića
 Restoran
 Kafić/Bar
 Voda (Gazirana/Negazirana)
 Čaj
 Kava (s mlijekom)
 Sok
 Pivo
 Vino

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

GREEK

Chairete
 Kalimera
 Gia
 Kalo apogevma
 Ti kanas?

Dianikterefsi
 Xenodochio
 Xenonas neon/hostel
 Camping
 Me prino

Podilato
 Parking Podilato
 Enikiasi podilatou
 Podilatiki diadromi
 Sinergio podilatou

Fagito-poto
 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
 Kahvaltı dahil

Bisiklet
 Bisiklet park yeri
 Bisiklet kiralama
 Bisiklet rotası
 Bisiklet tamiri

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

Acil durumlar
 Kaza
 Trafik kazası
 Hasta
 Hastane
 Ambulans
 Doktor
 Sağlık sigortası

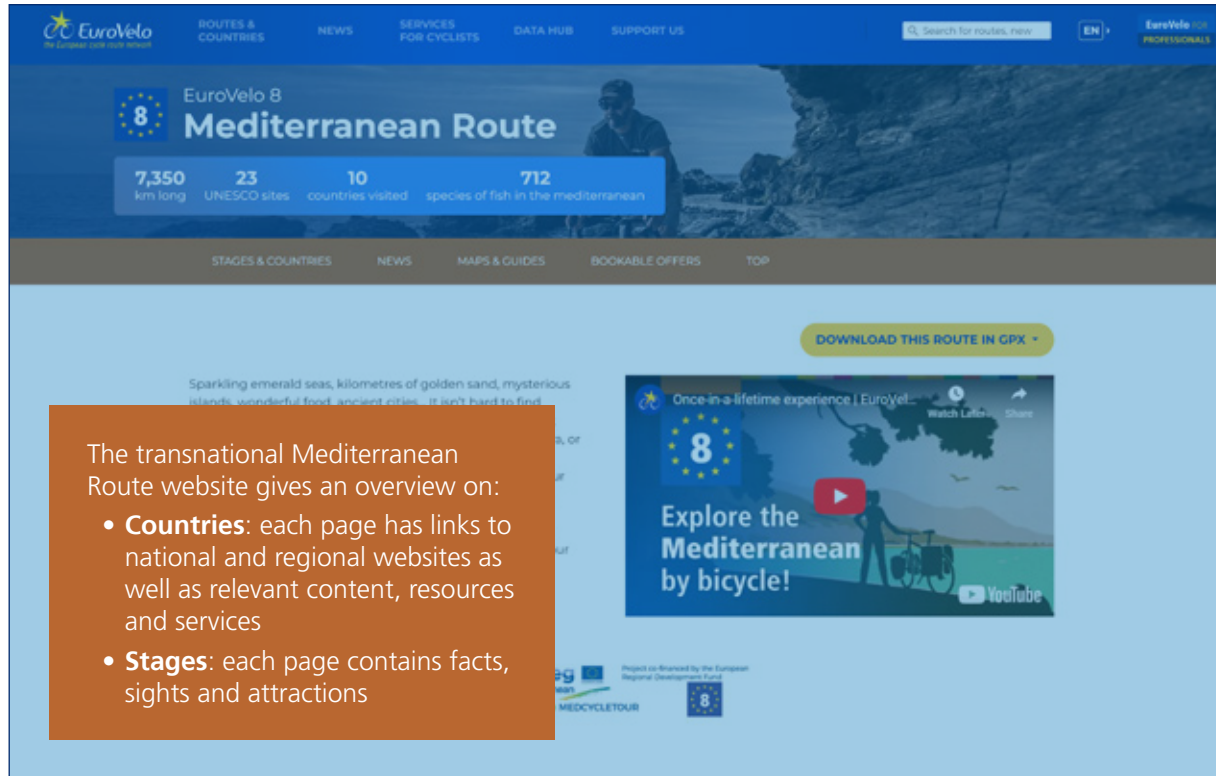
Digital hub



LATEST CONTENT

The route website has a steady stream of new content that covers:

- Handy **tips** to plan trips
- Inspiring **travel stories**
- Recent **news and announcements** about events, publications, campaigns, and other topics.



The transnational Mediterranean Route website gives an overview on:

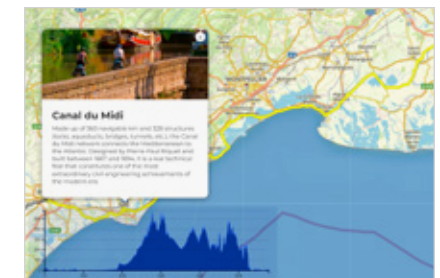
- **Countries:** each page has links to national and regional websites as well as relevant content, resources and services
- **Stages:** each page contains facts, sights and attractions



Accessible at EuroVelo8.com

The route website includes a **zoomable map** showing the itinerary, its current development level and elevation graphs.

INTERACTIVE MAP AND DEVELOPMENT STATUS



RESOURCES

The route website features a series of **maps, guides** and other relevant materials.

GPX files are also available to download for the entire route or specific stages.



SERVICES

The route website lists several **bookable offers** which are typically all inclusive packages, (self)-guided with overnight stays in hotels, possible luggage transfer and well-prepared route guidance.

Discover Europe by bicycle

Photo: Jimmy O'Brien



EuroVelo is the **European cycle route network** – 17 long-distance cycle routes that cross and connect the continent. It is the largest cycle route network in the world, spanning **over 90,000 km** when completed.

The development of EuroVelo leads to safe and continuous cycle routes, serving as the backbone for national and regional cycle networks. It can be used by **long-distance cycle tourists**, as well as by **local people** making daily journeys.

EuroVelo is developed and coordinated on the transnational level by the European Cyclists' Federation (ECF) in cooperation with a network of National EuroVelo Coordination Centres (NECCs). It is an initiative that fosters sustainable transport and tourism policies. **Discover Europe by bicycle at EuroVelo.com!**

Network overview

1	Atlantic Coast Route North Cape to Sagres	10,700 km	10	Baltic Sea Cycle Route Hansa Circuit	9,050 km
2	Capitals Route Galway to Moscow	4,900 km	11	East Europe Route North Cape to Athens	6,750 km
3	Pilgrims Route Trondheim to Compostela	5,600 km	12	North Sea Cycle Route North Circuit	7,250 km
4	Central Europe Route Roscoff to Kiev	5,100 km	13	Iron Curtain Trail Barents Sea to Black Sea	10,550 km
5	Via Romea Francigena London to Rome and Brindisi	3,250 km	14	Waters of Central Europe Zell am See to Debrecen	1,150 km
6	Atlantic-Black Sea Nantes to Constanta	4,700 km	15	Rhine Cycle Route Andermatt to Hoek van Holland	1,450 km
7	Sun Route North Cape to Malta	7,650 km	17	Rhone Cycle Route Andermatt to Mediterranean	1,000 km
8	Mediterranean Route Cádiz to Cyprus	7,450 km	19	Meuse Cycle Route Langres to Hoek van Holland	1,050 km
9	Baltic-Adriatic Gdansk to Pula	2,050 km			

Cádiz, Spain
Photo: Juan Carlos Toro

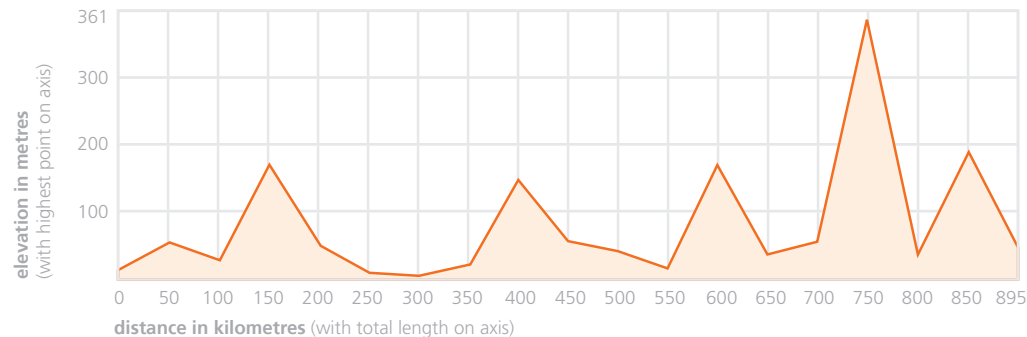


Moorish splendor of the Spanish South

Cádiz to Murcia

The Moorish splendor of the Spanish South is what you will find all along the first stage of EuroVelo 8 - Mediterranean Route.

Once you arrive at Costa Cálida - Región de Murcia province, you can enjoy a proposal of six stages which can be longer or shorter depending on your level. A great variety of landscapes skirting beaches or passing through off the beaten track mountain routes.



STAGE SUITABLE FOR:

Types of cyclists

Families, occasional cyclists, regular cyclists

Types of bikes:

Mountain bike. Touring bike. Road bike. Cargo bike, trailers, tandems



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Start in historic Cádiz, cycling along the Costa de la Luz through San Fernando and Chiclana de la Frontera, with beautiful beaches and promenades. Pedal through charming towns like Conil, Barbate, and Zahara de los Atunes, savoring Atlantic views and fresh seafood. Explore rugged landscapes, visit Los Alcornocales Natural Park, and bike through Andalusian villages, enjoying local character and nature.

For a week or 7-10 days

Begin in vibrant Málaga, cycling along the Costa del Sol, visiting Rincón de la Victoria, Torre del Mar, and Torrox. Reach charming Nerja with its famous caves. Ride through Almuñécar and Salobreña, where you can enjoy the Mediterranean's crystal-clear waters. Explore Almería's natural wonders, passing through Mojácar and its Moorish heritage. Pedal through charming towns like Garrucha and Vera, and enjoy the coastline's allure.

RELATED TO THE THEME OF THE STAGE

'Encañizadas' of the Mar Menor

This is a very special asset which the population of the Mar Menor have had at their disposal for many centuries, and is another legacy from the period of Moorish rule in Región de Murcia. The 'Encañizadas' are a sustainable and ingenious fishing technique which was designed to make the most of the channels which connect the Mar Menor and the Mediterranean Sea.

For 10 or more days

Explore Cádiz, ride the Costa de la Luz, and pass through captivating coastal towns. Pedal through Conil, Barbate and Nerja, discovering the Andalusian coastline. Enjoy the Costa del Sol's beauty, with a taste of Mojácar's Moorish heritage. Complete your journey visiting charming coastal towns and reaching Murcia.

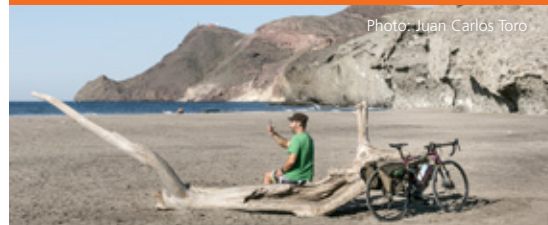


Photo: Juan Carlos Toro

SIGHTS AND ATTRACTIONS:
Province of Cádiz

Tarifa's golden shores, Jerez de la Frontera's rich history, and Grazalema Natural Park's landscapes weave a tapestry of coastal splendor, culture, and wilderness.

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.

City of Málaga

The capital of the Costa del Sol boasts a charming historic center with Moorish architecture and a vibrant Andalusian culinary scene. As Pablo Picasso's birthplace, it offers sun-soaked beaches, a bustling port, and a dynamic arts scene with world-class museums and festivals.

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 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 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 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.

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 but you can not leave the city without seeing the Roman Theatre.

Salinas y Arenales de San Pedro del Pinatar Regional Park

In this protected site for water birds and migratory birds, you can see flamingos, walk along the hiking trails, enjoy a refreshing dip in the sea and watch one of the most spectacular sunsets of the whole coast.



Province of Cádiz, Spain
Photo: Juan Carlos Toro



Mazarrón, Region of Murcia, Spain

Photo: Juan Carlos Toro


BIKE SERVICE POINTS:
Cádiz

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

Conil

Conil Bikes
C/ Gonzalo Sánchez Fuentes 11140
+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

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
www.bullbikes.com

Vera Playa

Aguila Bike
Carretera Garrucha-Villaricos
Ronda de las Buganvillas 161
+34 950 133 063
www.aguilabike.com

Mazarrón

Ecoadventure Bolnuevo
Av. Pedro López Meca, 450, 452
+34 675 551 600
www.ecoadventure.es

La Manga del Mar Menor

Biking La Manga
CC Las Sabinas, Bajo 29
+34 647 059 204
www.bikinglamanga.com



Region of Málaga, Spain
Photo: Juan Carlos Toro

STAGE EXCURSION
Cádiz with its cycle network bordering the sea

Cádiz is the oldest Western European 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 EuroVelo 8 route in Andalusia.

More information on www.turismo.cadiz.es



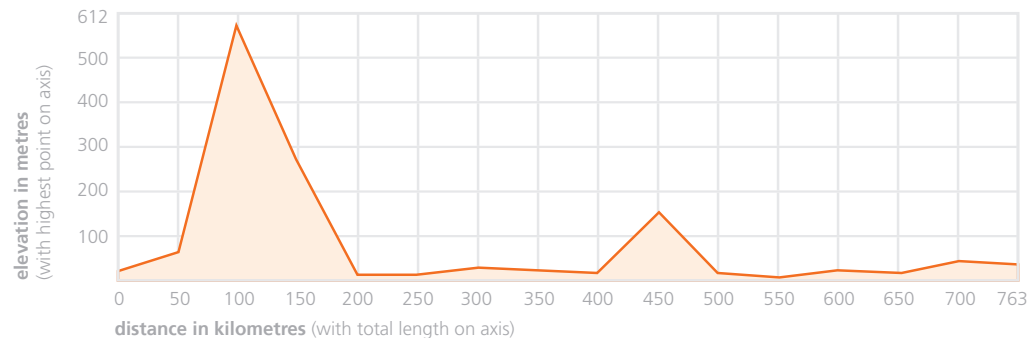
Photo: Juan Carlos Toro

From Costa Cálida to Costa Daurada

Murcia to Barcelona

Starting in Murcia, admire its splendid cathedral and taste the authentic Murcian tapas. A pleasant stroll along the banks of the Segura River will take you to the neighbouring province of Alicante.

From Ulldecona, a connection point with Comunitat Valenciana, the stage passes by Ebro Delta and continues to Tarragona on the way to the iconic metropolis of Barcelona.



STAGE SUITABLE FOR:

Types of cyclists

Families, occasional cyclists, regular cyclists

Types of bikes:

Mountain bike. Road bike.



RELATED TO THE THEME OF THE STAGE

Iconic Murcian Tapas

The "Marinera" features Russian salad on a bread-stick ring topped with an anchovy. Without the anchovy, it's called a "Bicicleta." The trick is savoring it whole. Another delight is "Pisto Murciano," a dish of fried peppers and aubergine with tomato. Enjoy it alone or with Spanish tortilla - a scrumptious treat!

Photo: Juan Pablo Jareno Alarcon



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Begin your journey in Mont-roig del Camp, where the tranquil ambiance of the hermitage Mare de Déu de la Roca awaits. From there, venture forth to Riudecanyes and Porrera. Explore Gratallops for wineries and visit the first Carthusian in Escaladei. On your last day, discover the quaint villages of La Morera de Montsant and El Masroig.

For a week or 7-10 days

Depart from Tarragona, venturing to enchanting destinations like Tamarit, Torredembarra, Altafulla, and Roc de Sant Gaietà. Days two and three promise exploration in Montblanc, Nulles, Montferri, and Vistabella, each brimming with historical allure. Traverse through Sarral, Conesa, and El Vendrell on the fourth day, immersing yourself in their cultural richness. Conclude your adventure on days five through seven, discovering the idyllic landscapes and charming towns of Santa Oliva, l'Arboç, Calafell, Olivella, Parc del Garraf, and Castelldefels along the way.

For 10 or more days

On day one, set off from Murcia on a captivating 10-day cycling expedition, meandering through San Vicente del Raspeig, Alicante, Benidorm, and Denia on days two to four. Explore València and Castelló de la Plana on day five, then continue your coastal journey. Cycle through Vinaròs, Benicarló, Peñíscola, La Ràpita, and Amposta on days six to eleven. Your adventure ends in L'Ampolla, having discovered the enchanting Mediterranean coast.

SIGHTS AND ATTRACTIONS:**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 in the old town. This is the capital of the eternal spring.

The Cathedral of Murcia

One of the most impressive cathedrals of Spain. Alfonso X, known as 'El Sabio' (the wise), loved the city so much that left his heart when he died, which is still located in the cathedral today.

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 a Human Heritage Monument in 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 enjoyable cycling Greenway.

Carrascar de la Font Roja

One of the best-preserved Mediterranean forests, each area boasting unique fauna, from mammals to birds.

Landscape of Serpis River

Covering 12,000 hectares, it's been part of Valencia's Protected Natural Spaces since 2007, boasting a landscape shaped by the Serpis River and rich cultural heritage.

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, mediaeval 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

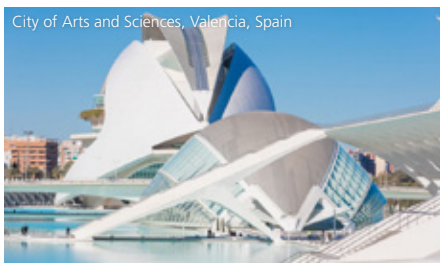
Composed of several UNESCO world heritage sites such as a 1,100 m wall, a provincial forum, a well-preserved Roman circus and an amphitheatre.

La Rambla 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.



Costa Cálida, Region of Murcia, Spain
Photo: Sergio Gonzalez



City of Arts and Sciences, Valencia, Spain

BIKE SERVICE POINTS:**Murcia**

Murcia Bike Hire
El Valle Golf Resort
(+34) 651 601 008
www.murciabikehire.com

Aventuricas

La Torre Golf Resort
30709, Roldán
+34 698 90 00 39

El Campello

Ochoa Bikes
Carrer de Sant Ramon 63, 03560
+34 965 634 228
www.ochoabikes.com

Moraira

Moraira Cycling
Calle Naranco de Bulnes 6,
03724
+34 622 655 174
www.morairacycling.com

Valencia

MO'bike
Carrer del Poeta Llobart 1,
46001
+34 960 113 163
Villarreal
www.mobike.es

Bicischiva Vilareal

Av. Castellón, 9, 12540
+34 964 832 942
www.biciprecio.com

Torreblanca

Costa de Azahar MTB
Camping Torrenostro, Playa
Torrenostro, 12596
+34 964 425 037
www.campingtorrenostro.com

L'Almacen

Sol 12, 43550 Ulldecona
+34 977 721 603
+34 676 771 667 (Whatsapp)
www.lalmacen.com

Escapa Tarragona

Travesia carretera de València, 1
43006 Tarragona
+34 977 647 057
www.biciescapa.com

Sitges Bikeshop

Sant Pere, 31, 08870 Sitges
+34 932 809 015
www.sitgesbikeshop.com

Happy Bike Shop

Roger de Flor, 5, 08018
Barcelona
+34 672 523 241
www.happybikeshop.com

Dunas de Guardamar, Valencia, Spain
Photo: Angel L. Valero

**STAGE 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 (Albat 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), Torrenostro (Torreblanca) and Torre la Sal (Cabanes).

More information on www.eurovelospain.com



Catalonia, Spain
Photo: Pere Duran

Catalan Crossing

Barcelona to Perpignan

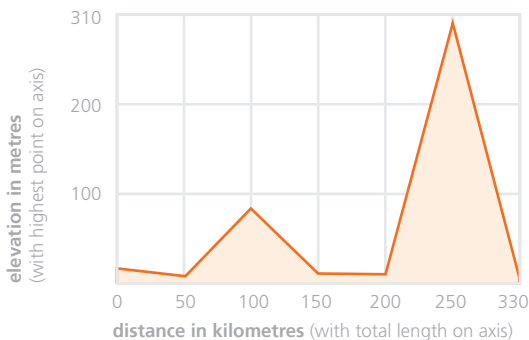
Cycle from coastal bliss to mountain splendor, transitioning from the expansive beaches of Costa Daurada to the quaint coves of Costa Brava. Explore charming towns and vibrant cities like Barcelona, savoring delectable Mediterranean cuisine paired with local wines. Experience architectural evolution from ancient Greece to Modernism.

Cross into France for a thrilling descent from Pyrenean peaks to coastal vistas. Get in the saddle at Le Perthus, tackling challenging terrain amidst Catalan mountains before descending through lush forests along the Tech River. Revel in the beauty of the Mediterranean as you cycle alongside Argelès-Plage's beaches to the enchanting resort town of St-Cyprien.

Types of cyclists
Families¹, occasional cyclists¹, regular cyclists

Types of bikes:
Mountain bike². Touring bike². Road bike.

1. For France: only after Laroque-des Albères
2. Only for France



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

A family-friendly journey from Perpignan to Rivesaltes, delving into Gothic history, birdwatching, and scenic beauty. Cycle along the Agly River's greenway, passing through Rivesaltes, known for its Muscat grape. Return to Perpignan by train. You will cover distances from 17-42 km, featuring stops at Sainte Marie la Mer, Canet en Roussillon, and Torrelles Plage, for a memorable blend of history, nature, and leisure.

For a week or 7-10 days

A route to discover the rich landscape and some of the heritage treasures of the Girona counties and the plain of Vic through cycle paths and quiet roads. Begin in Figueres, cycling along the Muga Nature Trail to Sant Llorenç de la Muga, then continue to Albanyà. Traverse the forest tracks of Alta Garrotxa to reach Castellfollit de la Roca before riding along roads to Camprodon. Cycle to Ripoll via the Iron and Coal Route from Sant Joan de les Abadesses, then follow the Ruta del Ter to Manlleu and Girona, concluding your journey on the Ruta del Carrilet II to Sant Feliu de Guíxols.

For 10 or more days

A picturesque journey through Catalonia's diverse landscapes: mountains, valleys, and rural villages, encountering churches, farmhouses, and medieval towns. Start in Torroella de Montgrí and pedal to Girona via the scenic Ruta del Ter, then continue to Olot along the Ruta del Carrilet I. Explore Sant Joan de les Abadesses and Ribes de Freser before taking a train to Toses and cycling to La Pobla de Lillet. Journey through Prats de Lluçanès and Torelló to Viladrau, then Sant Celoni and Santa Susanna, experiencing Catalonia's rich heritage and natural beauty.

RELATED TO THE THEME OF THE STAGE

Sacred mountain of the Catalans

As you venture further into France, the imposing Canigou mountain stands as a sentinel of Catalan culture and identity. Revered as the sacred mountain of the Catalans, Canigou's dramatic silhouette graces the horizon, captivating travelers with its commanding presence. Its slopes, bathed in myth and legend, provide a backdrop for this captivating stage of EuroVelo 8.



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, comprising seven islets, is a crucial marine flora and fauna reserve in the western Mediterranean. Visitors can enjoy captivating glass-bottomed boat tours around the islands, provided by local companies.

Museum de la Mediterrània in Torroella de Montgrí

The museum provides an interactive experience, engaging visitors in the aromas, sounds, and history of the Mediterranean. It offers a panoramic audio-visual presentation on the region's contemporary reality.

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

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 Catalanian coast.

Museum del Suro in Palafrugell

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

Empordà wine (different locations along the route)

Red, white and rosé wines, including the standout Garnatxa known for its natural sweetness, alongside Misteles - organic, over-ripe grape, and sparkling varieties.

Water and Mediterranean Museum in Le Boulou

Ideal to understand everything about water resources and issues. Let yourself be captivated by the history of the territory from the source of the river to its mouth by discovering its geography and its biodiversity.

Museum of Modern Arts in Céret

Enjoy the relaxed lifestyle and the artistic atmosphere of a picturesque town. The Museum of Modern Arts will tell you about

the passage of famous artists of the 20th century such as Picasso, Matisse, Chagall, Dufy.

Natural Reserves in Argelès-sur-Mer

Do not miss out on Mas Larrieu, where fresh and saltwater meet, and the Massane Forest, a UNESCO World Heritage Site renowned for its biodiversity. Also, dive into Vermeille's rocky Coast via kayaking or scuba diving to witness the Pyrenees-Mediterranean fusion.

Cloisters of Elne and Saint-Génis des Fontaines

Discover the secrets of Romanesque architecture at Saint-Génis des Fontaines with its colorful marble cloister from the 13th century. Visit the Gothic-style Elne Cloister, constructed between the 12th and 14th centuries, and the nearby Romanesque cathedral, both designated as Historic Monuments.

BIKE SERVICE POINTS:

SPAIN

Palafrugell

Cycles JK
Àngel Guimerà 39
+34 972 610 709
www.ciclesjk.com

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
www.ayatscycles.com/en

Taxi Bikes Antoni Juanals

Ctra Girona 215 1r
+34 699 365 253
antonijuanals@gmail.com

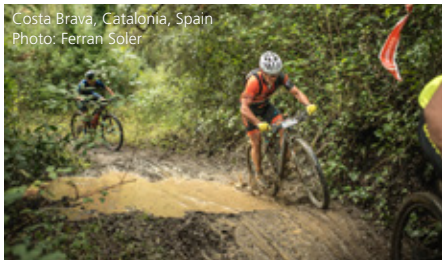
Girona Taxi - the cyclists' taxi
+34 649 852 454
www.gironataxi.cat/en

Bikes a dojo
Rambla Joan Borda 32
+34 972 321 146

FRANCE

To check services along the route visit www.lamediterraneeeavelo.com

On this page you will find services certified by the quality mark Accueil Vélo, which concerns accommodations, restaurants, tourist offices, bike rental and repair companies, and places to visit. All the service providers are located less than 5 km from the route.



STAGE 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, personal belongings and household paints.

More information on www.macempuries.cat



Escape in French southern lands

Near Narbonne, France

Perpignan to Manosque

Begin your journey in a serene aquatic landscape, where fish ponds grace picturesque paths winding through pine forests. Along the Canal de la Robine, marvel at the Fonseranes, an exceptional set of nine locks on the UNESCO-listed Canal du Midi since 1996. Returning to the coast, the allure of a refreshing sea dip beckons, or explore fishing ports and the rugged beauty of Camargue, where horses and bulls roam freely.

Embark on a picturesque ride through traditional 'mas' farms, framed by olive groves, vineyards, dry-stone walls, and lavender fields. Don't miss the chance to ascend to a quintessential Provençal perched village, boasting charming squares shaded by plane trees, historic stone architecture, and quaint fountains. Welcome to the enchanting realm of Haute-Provence!

STAGE SUITABLE FOR:

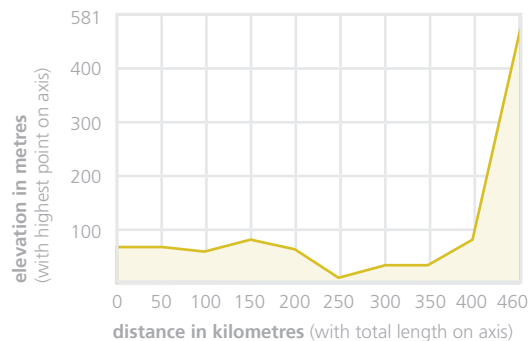
Types of cyclists

Families¹, occasional cyclists, regular cyclists²

Types of bikes:

Mountain bike. Touring bike. Road bike.

1. From Perpignan to Cavaillon
2. From Céreste to Manosque



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Embark on a one-day adventure with easy rides like Marseillan Plage to Cap d'Agde (31.5 km) or the scenic Pont du Gard bike path (31 km). Experienced cyclists can opt for the Les Ocre à vélo loop (51 km) or the Manosque to Corbières loop (26.8 km). For a 3-day heritage tour, start in Beaucaire, passing St Gilles Abbey and Aigues-Mortes, traversing with greenways and quiet roads, with medieval cultural richness.

For a week or 7-10 days

On the first day, set out on a journey through Provence, cycling through the Pays d'Aix area, covering 61 km from Meyrargues to La Roque d'Anthéron. Continue your exploration on the second day with a 43 km ride to Peyrolles-en-Provence, followed by a 23 km stretch to Rians on the third day. Conclude your adventure with a 50 km cycle from Peyrolles-en-Provence to Meyrargues.

RELATED TO THE THEME OF THE STAGE

Perpignan's history and Provençal markets

Begin your journey in Perpignan at the Palace of the Kings of Majorca, blending history and architecture, inviting you to escape into the intriguing past. Continue southward to Apt and Forcalquier, where vibrant Provençal markets offer locally-sourced produce, artisan crafts, and fragrant blooms, immersing you in the essence of French southern culture.



Photo: Vélo Loisir Provence

For 10 or more days

Embark on a scenic cycling journey from Perpignan to Collioure spanning days 1-3, covering 100 km along the Mediterranean coast. Explore the picturesque town of Collioure, then cycle through Banyuls-sur-Mer to Port-Vendres on days 4-6, enjoying captivating coastal landscapes along the 90 km route. On days 7-8, travel from Argelès-sur-Mer to Narbonne, encountering historical sites and vineyards, before concluding the adventure with a 100 km ride from Narbonne to Beziers along the scenic Canal du Midi, exploring charming towns along the way.

SIGHTS AND ATTRACTIONS:

Rivesaltes Camp Memorial

Trace the remnants of three major conflicts that France, Europe and North Africa experienced over three decades: the Spanish Civil War, the Second World War and the Algerian War.

Dosses Natural Site

A biodiversity refuge with more than 200 plant species and 50 bird species. Follow the interpretation trail and let yourself be guided.

Leucate and surroundings

Explore the charming village with its colorful facades, ideal for a Mediterranean getaway with strolls through narrow streets, café terraces, and lively markets. Don't miss the remains of Leucate Castle, and the breathtaking vistas of the cliff of Leucate, perfect for sunrise views and birdwatching.

La Franqui

In the shade of its hundred-year-old pine trees, it has kept its charm and its slightly old-fashioned character intact. On the seafront, it is the meeting point for all the riders: kitesurf, windsurf, etc.

The Canal de la Robine

Lateral branch of the Canal du Midi, has a unique atmosphere through, ponds, pine forests and scrubland.

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.

The Amphoralis Museum

The museum overlooks a Gallo-Roman potters' workshop, active from the 1st century BC to the 3rd century.

The hamlet of Le Somail

Discover UNESCO-listed historical monuments and captivating architecture in this charming port town. Stroll along the Canal, dine in quaint restaurants, and delve into its rich history.

City of Sète

Known as the "Singular Island", exudes authenticity with its bustling fishing, pleasure, and trade harbor. Experience the vibrant maritime culture during the spring and summer water jousts at the Canal du Midi terminus.

Montpellier

Easily reached by bicycle from the Mediterranean route, offers pedestrian-friendly exploration via foot, bicycle, or tram. Experience its vibrant culture, medieval streets, and remarkable contemporary architecture.

La Grande Motte

Labeled a "Twentieth Century heritage" in France, it offers soft mobility, green spaces, and 7 km of sandy beaches with water sports, restaurants, and shops for a vibrant seaside experience.

Castle of Tarascon

The castle, a gateway to the Alpilles Natural Regional Park, is renowned for its Gothic and Renaissance architecture. It houses the René d'Anjou art center and Gallery of Fantastic Beasts.

The Ciergerie of "Prémontrés"

Since 1858, this exceptional candle maker, the last in Provence, preserves ancestral know-how from the White Fathers of the Abbaye des Prémontrés, showcasing French excellence in manufacturing techniques.

Saint-Rémy de Provence

Nestled in the Alpilles, this city, a muse to Vincent Van Gogh, is brimming with treasures, from ancient remains to culinary delights at "Terrasses de l'Image".

BIKE SERVICE POINTS:

To check services along the route visit www.lamediterraneavelo.com

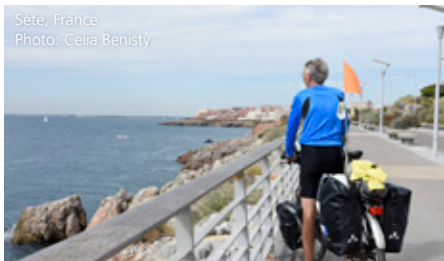
On this page you will find services certified by the quality mark Accueil Vélo, which concerns accommodations, restaurants, tourist offices, bike rental and repair companies, and places to visit. All the service providers are located less than 5 km from the route.



Canal de Jonction, Sallèles d'Aude, France



La Falaise, Leucate, France



Sète, France
Photo: Célia Benisty



Photo: Joel Damase

STAGE EXCURSION

Grasse, world capital of perfume and UNESCO site

A 5 km marked route leads you to this 11th century 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



Crossing of Provence and the Alps

Promenade des Anglais, Nice, France

Manosque to Turin

Crossing the Durance river you'll enter in the Haut-Var area. Admire perched castles while navigating a mix of steep roads and former train lines leading to scenic spots like Sillans Waterfall. Cruise the French Riviera's coast, from Cannes to Nice's Promenade des Anglais. Conquer the Èze Pass at 507 metres for breathtaking Mediterranean views.

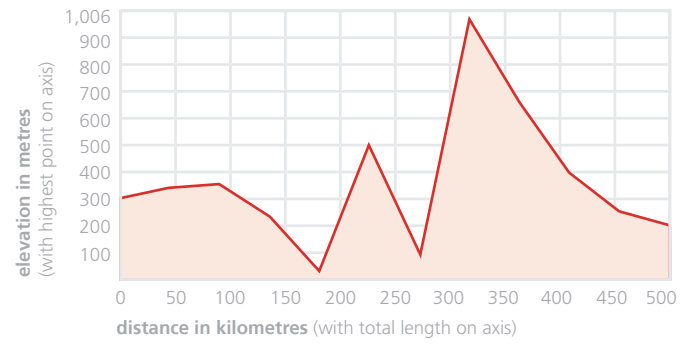
Cross into Italy, where Piedmont welcomes you with its finest wines and Alpine foothills. Pedal to Turin, Italy's royal capital, nestled amidst mountains and the Po River, offering stunning vistas.

STAGE SUITABLE FOR:

Types of cyclists
Families¹, occasional cyclists, regular cyclists

Types of bikes:
Mountain bike. Touring bike. Road bike.

1. For France: only between Mandelieu - Nice



*** NOTE:** Please be aware that the section up the Roja valley near Ventimiglia is currently not developed. An alternative itinerary is being planned by the Italian and French partners of the region. In the meantime, we advise you to cross this section by train (Trenitalia).

STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days
Take your (e-)bike and retrace Giono's path. Begin in Manosque and pedal 28.5 km to Forcalquier. Explore Saint-Michel l'Observatoire and Salagon Priory on a 20 km ride from Forcalquier. Conclude the adventure with a 28 km return trip to Manosque. Discover picturesque landscapes and historical landmarks along this captivating route.

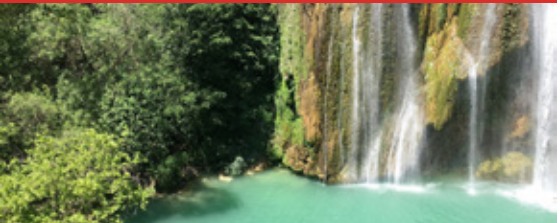
For a week or 7-10 days
Explore La Dracénie - an untouched gem in Haut-Var's hills - by following EuroVelo 8 in under 5 days. Then, venture into Var's hinterland and the Côte d'Azur for 3-4 more days. Finally, savor a bike and wine tour through Italy's Langhe, Roero, and Monferrato regions. Rolling hills, vineyards, and UNESCO heritage sites await in these exquisite destinations.

For 10 or more days
Witness a cycling odyssey through picturesque landscapes and charming towns. Begin in Manosque, heading to Nice along scenic coastal routes, exploring Menton. Then continue to Ventimiglia for a taste of historic charm and Mediterranean cuisine. Ride into Italy, from Ventimiglia to Limone, then Vernante, and Robilante, soaking in the countryside and village life. Explore Borgo San Dalmazzo, Dronero, and Saluzzo's medieval splendor before concluding your journey in vibrant Turin, where cultural riches and culinary delights await.

Alternatively, you can take on the UNESCO Grand Tour: a 660 km circuit, divided into 4 stages, that winds through the region of Piedmont.

RELATED TO THE THEME OF THE STAGE

Natural Splendor of Var and Maritime Alps
Begin your journey at Sillans la Cascade, a stunning waterfall in Var. The village of Sillans, protected by fortified walls, lies amidst lush vegetation, with the river Bresque nearby. Venture into the Maritime Alps Nature Park, exploring dense forests, craggy peaks, and lush valleys. As you journey from Manosque to Turin, experience the rugged beauty of Provence and the Alps.



SIGHTS AND ATTRACTIONS:**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

Perched on a rocky promontory between the old port and the Promenade des Anglais, the 11th-century castle was dismantled in 1706 by Louis XIV. Now, a scenic garden offers breathtaking views of the Baie des Anges.

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 hundred 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

Significant industrial center and the birthplace of FIAT, boasts a rich cultural heritage. Don't miss the UNESCO site, Residences of the Royal House of Savoy, along with the National Museum of Cinema and the Egyptian Museum. Take a leisurely stroll along the picturesque Po Riverfront for a taste of Parisian charm amidst the stunning backdrop of the Alps.



Val Rahmeh Botanical Garden, Menton, France



Turin, Italy

**BIKE SERVICE POINTS:****FRANCE**

To check services along the route visit www.lamediterraneavelo.com

On this page you will find services certified by the quality mark Accueil Vélo, which concerns accommodations, restaurants, tourist offices, bike rental and repair companies, and places to visit. All the service providers are located less than 5 km from the route.

**ITALY****Argiro Biciclette**

Via Cuneo, 8, Borgo San Dalmazzo
+39 0171 269166

Ciclo Capez

Via Medaglie D'Oro, 14, Cuneo
+393206017974

Good Bike Biciclette

C.so Piemonte, 95, Saluzzo
+39017544402
www.ccnaluzzo.it

Bike Fixer

Via S.Sebatiano, 47, Villafranca Piemonte
+393392904664
www.bikefixer.it

Ciclofficina 34

Via Piossasco, 34, Bruino
+393335935446

Bicierin Ciclofficina con Cucina

Via Principe Tommaso, 26/G, Torino
+393347639347
www.bicierin.it



Ventimiglia, Italy

STAGE 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

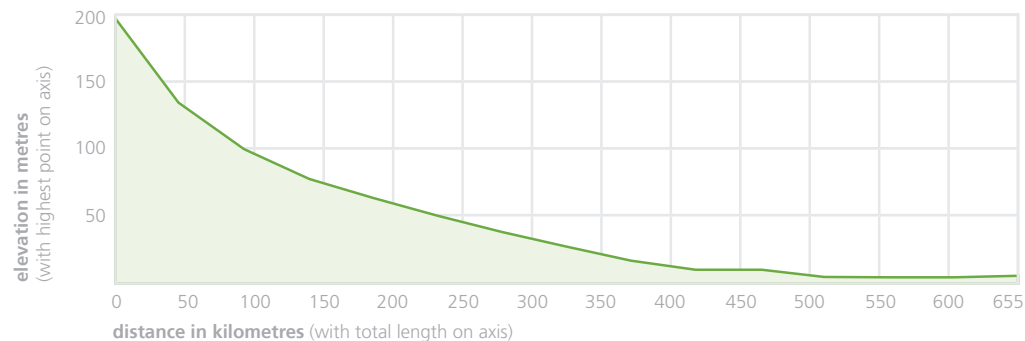
Po river, San Benedetto Po, Italy



Reaching the Bride of the sea through Po Valley

Turin to Venice

Follow the Po, Italy's longest river, passing through the charming, elegant Turin - until its delta, in the Adriatic Sea. The large, flat Po valley and its nature parks, dotted by villages and the historical towns of Pavia, Piacenza, Cremona, Mantua and Ferrara, are all worth a stop or quick detour. Immerse yourself in the Venetian lagoon and the fishermen's village of Chioggia, before reaching Lido di Venezia on the soon-to-be-completed Ven-to (Venice to Turin) cycle route!



STAGE SUITABLE FOR:

Types of cyclists

Families, occasional cyclists, regular cyclists

Types of bikes:

Mountain bike. Touring bike. Road bike. Cargo bike, trailers, tandems



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

South of the Po, in the Piedmont provinces of Asti and Alessandria, is Montferrat (Monferrato), an extraordinary, hilly wine region that is worth a detour on two wheels. A hearty cuisine - with agnolotti, stuffed fresh pasta, as a main course - and excellent wines such as Moscato d'Asti and Barbera will be the perfect reward for a day spent on the bike.

For a week or 7-10 days

The Po has several tributaries that stream from the Alps, forming natural parks. Cycle upstream, leave the Po to cycle north and explore the natural reserves of the Mincio river. The city of Mantua, with its stunning Ducal Palace, is immersed in the Mincio Natural Park. Some more days on the bike will take you to Lake Garda, along EuroVelo 7 - Sun Route.

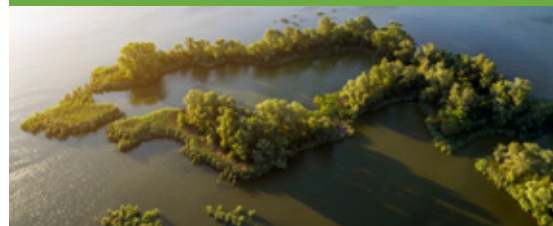
RELATED TO THE THEME OF THE STAGE

History and biodiversity of the Po River Delta

The Po river is famous for its flora and fauna; its delta, the mouth of the river going into the Adriatic Sea, is a treasure of biodiversity and one of the most important nature areas in Europe. 370 bird species and almost 1000 plants make it a paradise for birdwatchers, especially in the spring. Cycling is the best way of experiencing the Po river delta as it respects its small inhabitants.

For 10 or more days

This stretch of EuroVelo 8 is between the land, the river Po and the sea. Cycle on EuroVelo 8 until Ferrara, and then take a detour south: cycle in the flatland all the way to Ravenna, the ancient capital of the Byzantine Empire. Stop to see its mosaics, churches and mausolea, do not miss Dante's tomb, and then head back north, towards Venice, along the coast. Valli di Comacchio, the Po river delta, and the Venetian lagoon will be your quiet companion, and you will almost feel like you are cycling on water.



SIGHTS AND ATTRACTIONS:

Cremona

The city of luthiers has a notable musical history. Stradivari is likely its most famous citizen and a tour of the Violin Museum is a must for every cyclist that is into classical, baroque or Renaissance music.

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, archaeology, 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 "Torbiera 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 Gruccone.

Grana Padano and Parmigiano-Reggiano cheese factories

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

Ferrara

The Po used to flow in Ferrara until the 12th century, and is not that far today. The medieval city of the Este family is famous for its Diamond Palace, castle, and other

palaces and galleries. All cyclists will feel at home, considering that its inhabitants largely move around by bicycle.

Chioggia

A smaller version of Venice, Chioggia is a typical fishermen's village in the Venetian lagoon, with narrow streets and canals and is indeed famous for its fish market. A true pearl of the Adriatic.

Lido di Venezia

Venice's beach, in the short stretch of land protecting the fish-shaped city from the Adriatic Sea. It gets exceptionally lively between August and September, as it is the home of the world-famous Venice Film Festival. Watch out for the red carpet!

BIKE SERVICE POINTS:

Bikers Cicli

Corso G. Ferraris, 136, Chivasso
+39 0110016920
www.bikers-chivasso.it

Iemmola Giuseppe

Via Saletta, 38, Casale Monferrato
+39 0142231507

Omnibike

Via Guglielmo da Saliceto, 42/44, Piacenza
+39 0523713272
www.omnibike.store

Hotel Passacör

Strada Provinciale Ferrarese 4, Carbonaro di Po
+39 038 641 461
www.hotelpassacor.it

Biciclette Canellini

Via Contrargine Nord 14, Marcaria
+39037696495
www.canellini.it

Mantovabikexperience

Via Bacchelli 6, Marengo
+393381208689
www.mantovabikexperience.com

Riparazioni Cicli Staffa Marco

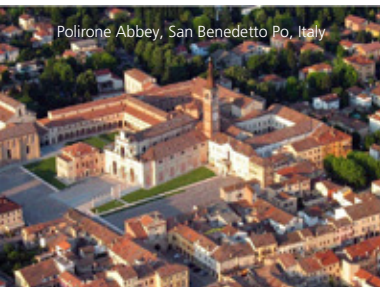
Via A. Manzoni 6/D, Suzzara
+390376535354
www.staffaricambiciclo.it

RedBike

Via Giovanni Amendola, 4, Adria
+39 0426010905



Viadana, Italy



Polirone Abbey, San Benedetto Po, Italy



Quistello, Italy



Mincio River Park, Mantua, Italy



STAGE 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



Across the largest peninsula on the Adriatic

Venice to Rijeka

Cycle along the captivating Adriatic coast, starting with the Italian Riviera, Marano Lagoon, and Grado. Reach the elegant port town of Trieste.

Transition to Slovenia, tracing the old Parenzana railway through Škocjanski zatok Nature Reserve, Venetian-influenced Koper and Izola, Strunjan Landscape Park, Portorož, and Sečovlje Salina Nature Park with its saltpans and tunnels.

In Croatia, explore Istria and Kvarner. From UNESCO-listed Euphrasia Basilica to the Roman Pula Arena. Savor vineyards, olive groves, and truffle regions before Opatija Riviera, known for Kvarner scampi. Conclude in Rijeka, unwinding along Korzo, the city's main pedestrian thoroughfare.

STAGE SUITABLE FOR:

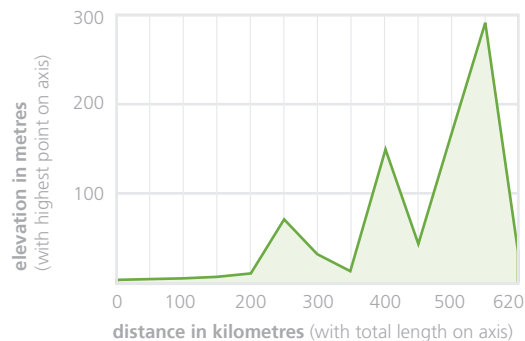
Types of cyclists

Families¹, occasional cyclists², regular cyclists

Types of bikes:

Mountain bike. Touring bike. Road bike³. Cargo bike, trailers, tandems^{2,3}

1. Only for Italy and Slovenia
2. For Croatia: only from Rovinj - Pula
3. For Croatia: only from Labin - Rijeka



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Start your cycling journey from Pula to Cape Kamenjak, passing the Roman quarry in Vinkuran and the scenic Raša River Valley. Explore Labin's mining heritage and visit Nedeščina Village before reaching the coastal gem of Mošćenička Draga. Conclude by cycling along the 10 km long Lungomare promenade, connecting coastal towns of Opatija and Lovran, before ending your adventure in vibrant Rijeka.

For a week or 7-10 days

Embark on a multi-day cycling trip from Koper to Opatija, beginning on the famous Parenzana trail to Portorož. It's worth taking a detour to visit the resort city of Piran if it fits into your travel plans. Crossing into Croatia, reach the charming town of Umag. Cycle along the coastline to Novigrad and explore its fishing tradition and continue to Poreč, where you can marvel at the UNESCO-listed Euphrasian Basilica. Browse the charming Rovinj Old Town and explore Lim Bay. Cycle inland to Labin, then onward to Opatija, known for its elegant architecture and scenic promenade.

RELATED TO THE THEME OF THE STAGE

Savoring tradition along Adriatic saltpans

Discover the traditional salt production in Slovenia's Strunjan and Sečovlje saltpans, dating back to the 14th century. Explore museums housed in former salt workers' residences for insights into this ancient art, and don't forget to bring back aromatic salt souvenirs mixed with herbs as delightful reminders of your Adriatic holiday.

For 10 or more days

Embark on an extraordinary cross-border 10+ day cycling adventure through the Brkini hills. The region is nestled between the Karst and Kvarner, between Slovenia and Croatia. Leave the Adriatic coast to explore the scenic interior, with its green hills and stunning views over the Kvarner Bay. Enjoy low-traffic rural roads and countless trekking and mountain bike trails. The Brkini region is connected to the coast by bus, as well as to Pula by a scenic regional train with bicycle carriage.



SIGHTS AND ATTRACTIONS:

Lignano Sabbiadoro

One of Italy's most renowned seaside resorts.

City of Aquileia

UNESCO World Heritage site with one of the Early Roman Empire's largest and wealthiest cities.

Isola della Cona

Natura 2000 protected area within the Foce dell'Isonzo Natural Reserve, boasts the best birdwatching in Italy along the last 15 km of the Isonzo River.

City of Trieste

Immerse in the heritage of this port city, featuring a medieval old town, a neoclassical Austrian quarter, and the must-visit Miramare Castle.

City of Koper

Once an island and salt panning town, its Venetian Republic legacy boasts remarkable architecture. Today, it thrives as a commercial and tourist hub, expanding its offerings with seaside resorts, nautical tourism, and shopping.

Izola

Once an island, retains its unique maritime heritage, offering beaches, orange wine, water sports, and traditional events celebrating local gifts.

Piran

A salt-grown town, protected as a cultural monument, features a medieval wall, narrow streets, and a central square, embodying its Mediterranean charm.

Euphrasian Basilica in Poreč

Built in the 6th century, it is the historical and cultural monument of global significance, also recognised by UNESCO.

Aquarium in Pula

Set in Fort Verudela, an 1886 military fortress, the aquarium uniquely blends Pula's military history with the Adriatic's richness.

Rovinj old town

The old town core, a protected historical complex, is the most wonderful and interesting part of Rovinj. It is rich in numerous Romanesque-Gothic, Renaissance, Baroque, Neoclassical windows, balconies, gazebos, portals, staircases.

Roman Arena in Pula

Among the world's six largest surviving Roman amphitheatres, uniquely preserving all three Roman architectural orders. Built in the 1st century AD, at the same time as the magnificent Colosseum in Rome, Arena was once the site of gladiator fights.

Učka Nature Park

Explore the Park, including Mount Učka and Čičarija range, known for unique climate and lush forests,

offering hiking trails with stunning views from Vojak, Učka's highest peak.

Opatija

A charming seaside town and a famous 19th-century health resort, celebrating 180 years of tourism. One of its most famous landmarks is the 10 km long coastal promenade called Lungomare, that stretches from Volosko to Lovran.

Rijeka

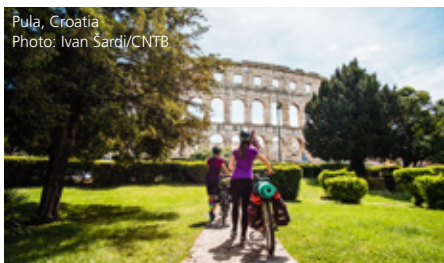
Rijeka is the main seaport and the third-largest city in Croatia. Browse its vibrant City Market, situated just next to the sea shore, where the local fishermen once used to unload their catch and take it in baskets to the market to sell.

Trsat Castle in Rijeka

Important strategic plateau atop a 138 m high hill overlooking Rijeka bay, witnessed triumphs over centuries by various powers, inspiring Marshal Laval Nugent to purchase and restore the castle ruins in 1826. It now houses his 'Peace of the Heroes' mausoleum.



Mošćenička Draga, Croatia
Photo: Ivan Šardi/CNTB



Pula, Croatia
Photo: Ivan Šardi/CNTB



Photo: Ivo Biočina/CNTB

BIKE SERVICE POINTS:

ITALY

A list of bike service shops for Friuli Venezia Giulia can be found at www.turismofvg.it/en/cycling/bicycle-services



SLOVENIA

Velocenter Koper

Ljubljanska 3, 6000 Koper
+386 56 202 460

KATENAC, Mladen Štefanič

6000 Koper
+386 40 798 469

Ritoša

Kajuhovala 28, 6310 Izola
+386 5 640 12 40
+386 70 310 110

Luma sport

Dantejeva ulica 3, 6330 Piran
+386 41 781 414

Bikeart

Obala 103, 6320 Portorož
+386 59 037 891

CROATIA

A list of bike service shops for Croatian part of the EuroVelo 8 route can be found at www.eurovelo8.hr/en/bike-usluge



Castle of Miramare, Friuli Venezia Giulia, Italy
Photo: M. Danesin



STAGE 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 – unique nature, archaeological sites and ancient dinosaurs' tracks.

More information on www.parkovihrvatske.hr



Podbilo, Croatia
Photo: Ivan Sardi/CNTB

Greeting the Sun at the foothills of the Velebit Mountain

Rijeka to Zadar

Heading south of Rijeka, you can still take in some of the Adriatic views overlooking the islands of Krk, Cres, Lošinj and Rab, before moving inland and enjoying the more rugged terrain and Lika. This nature-lovers paradise takes you through Otočac, where the cool waters of the river Gacka entice you to take a break and possibly try your hand at fly fishing. As you near Gospić, stop by Smiljan and the Nikola Tesla Memorial Centre, where the inventor was born.

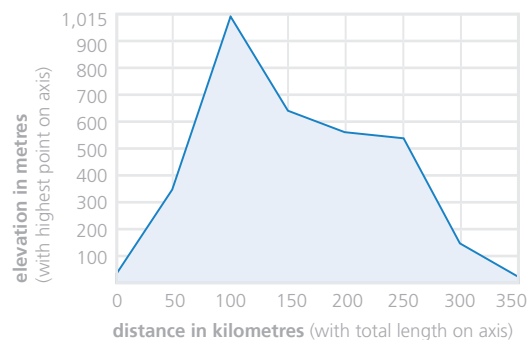
Travelling down from the North West, the stage passes through the town of Nin, a true historical gem, and follows beautiful beaches until the ancient city of Zadar, which was founded in the 9th century BC, brimming with reminders of the various civilisations that have ruled this area, including the remains of the original Roman Forum.

STAGE SUITABLE FOR:

Types of cyclists
Families¹, occasional cyclists², regular cyclists

Types of bikes:
Mountain bike. Touring bike. Road bike^{2,3}. Cargo bike, trailers, tandems^{2,3}

1. Only from Krasno - Lovinac
2. Only from Krasno - Zadar
3. Only from Rijeka - Novi Vinodolsk



RELATED TO THE THEME OF THE STAGE

Zrmanja River Canyon
Immerse yourself in the mesmerizing beauty of the Zrmanja River, renowned for its crystal-clear waters and the breathtaking 200-meter-deep canyon carved into the karst landscape. As you navigate its path, marvel at the striking contrast of the gleaming white rocks, verdant green riverbanks, and vibrant hues of the surrounding flora, creating a scene so captivating it will leave you in awe.



Photo: Ivo Pervan/CNTB

STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days
Start your journey in vibrant Rijeka and pedal to the late-Renaissance Nova Kraljevica Castle. Continue on scenic landscapes to Bribir, taking a pause to soak in its historic charm. Visit Novi Vinodolski and cycle to Krasno Polje and make sure to visit the modern Velebit House nearby to learn more about the area's geology, cultural heritage and species. Conclude the last day in Otočac and explore the old water mills on the Gacka River near Sinac.

For a week or 7-10 days
Begin in Rijeka, renowned for its astronomical center and vibrant market, then pedal to Bakar for stunning viewpoints and Nova Kraljevica Castle. Explore historic Bribir's cultural heritage before heading to Smiljan to visit the Nikola Tesla Memorial Centre. Cycle through scenic Gacka Valley to Lovinac, then ride to Zrmanja River Canyon for its rugged beauty. Conclude your adventure in Zadar, exploring its historic charm and witnessing the sunset over the Adriatic Sea.

For 10 or more days
Embark on a cycling journey from Rijeka to Gorski Kotar, exploring Risnjak National Park's pristine wilderness. Cycle to Otočac for cultural tours along the Gacka River. Visit the Nikola Tesla Memorial Center in Gospić before pedaling through the Velebit Mountains. Explore geological wonders around Gračac and outdoor adventures in Obrovac. Conclude in Zadar, discovering ancient history and the captivating Sea Organ.

SIGHTS AND ATTRACTIONS:

The Routes of the Frankopans

Members of the noble Frankopan family held important social and political positions - they were princes, bans, viceroys and warriors, supporters of art and poets, and finally political revolutionaries, so their lives were an inspiration to many artists. The Routes encompass seventeen castles and fortified towns, including ones in Bribir, Novi Vinodolski, and Kraljevica, and three sacral complexes.

The Vinodolski Zakonik, Novi Vinodolski

One of the most important Croatian documents and one of the oldest European legal documents written in a national/popular language and not in Latin, was published 736 years ago in the square in the Novi Vinodolski castle.

Nikola Tesla Memorial Center

The great inventor, physicist and discoverer was born in 1856 in the village of Smiljan, and his birth house has been turned into a memorial center. Along with the interpretation of Tesla's life, the landscape of Tesla's identification is also presented, as the native land which shaped him as the great inventor that he was.

Velebit House

Velebit House is a visitors and information centre of the Northern Velebit National Park. It is located in the Village of Krasno, one of Croatia's largest mountain settlements. Its recognisable, modern and attractive content makes it possible to present the natural and cultural values of the Park throughout the whole year. Here you can find out what to

visit and to experience in the Park, Krasno and its surroundings, and buy tickets and souvenirs.

The Gacka River Springs

On the Gacka and its tributaries, there were roughly sixty mills in operation during the 20th century, but only a small number of them are still in operation now, milling using the river's power for their age-old task. They keep the memory of a long-gone craft here by keeping it in the harmony and synergy between man and nature, serving as an embodiment of their coexistence.

Cave Park Grabovača

Cave park Grabovača is the only cave park in Europe which invites visitors to experience the magic of underworld. On this small area it's possible to find eight different caves and one pit. They represent diverse and valuable cave stone and crystal formations – 25% of all protected caves in Croatia are located here.

National Park Paklenica

The park stretches over kilometers of magnificent pine forests. Its beech forest complex is inscribed on the UNESCO World Heritage List and it's a heaven for any hiking enthusiast.

Historical town of Nin

Nin is the oldest royal Croatian town. Today, Nin Riviera is a modern-day tourist destination that offers all types of activities and a rich cultural and historical heritage.

Zadar Old Town

Its City Walls are added to UNESCO's World Heritage List and guard this historic city-museum in the open with its Roman Forum and famous St. Donatus church.

Sea Organ and Greeting to the Sun, 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.

BIKE SERVICE POINTS:

A list of bike service shops for Croatian part of the EuroVelo 8 route can be found at www.eurovelo8.hr/en/bike-usluge



Kraljevica, Croatia
Photo: Ivan Šardi/CNTB



River Lika, Croatia
Photo: Ivan Šardi/CNTB



Zadar, Croatia
Photo: Luka Esenko/CNTB



Krasno, Croatia
Photo: Ivan Šardi/CNTB



Photo: Aleksandar Gospić/CNTB

STAGE EXCURSION

Plitvice Lakes National Park

The Plitvice Lakes National Park is Croatia's best known national park and the Croatian natural jewel that is on the UNESCO List of World Heritage sites, covering a total area of 300 square kilometres. The beauty of the Park lies in its sixteen lakes, interconnected by a series of waterfalls, and set in deep woodland populated by deer, bears, wolves, boars and rare bird species. By 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



Grebaštica, Croatia
Photo: Ivan Sardi/CNTB

From the Sea Organ to King's Landing

Zadar to Dubrovnik

This stage follows the coastline of Dalmatia, from Zadar to Dubrovnik, via the Šibenik and Split regions. It abounds with several famous UNESCO heritage sites.

Zadar is a 3,000-years old city with unforgettable Romanesque churches and contemporary architectural installations such as the Sea Organ and the Greeting to the Sun. Šibenik, one of the oldest Croatian cities is an imaginative game played by its UNESCO-protected heritage, invaluable heritage and Dalmatian lifestyle. While in Split region, plan your time for exploring Diocletian's Palace, as well as the historic core of Trogir, and stunning natural landscapes. Finally, Dubrovnik and the city's glorious walls, fortresses and bastions offer a view of the magical Elaphiti Islands, scattered like pearls in the azure of the Adriatic Sea.

STAGE SUITABLE FOR:

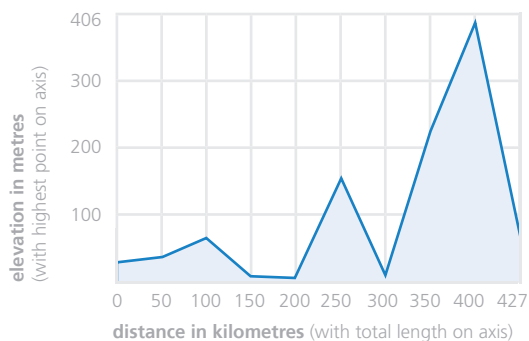
Types of cyclists

Families¹, occasional cyclists^{1,2}, regular cyclists

Types of bikes:

Mountain bike. Touring bike. Road bike². Cargo bike, trailers, tandems³

1. Only from Zadar - Biograd na Moru
2. Only from Trpanj – Ston
3. Only from Trpanj – Dubrovnik



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Embark from historic Zadar and pedal on to Ugljan and Pašman Islands, famed for their serene beauty. Rest in Biograd, rich in history and coastal allure. Cycle to medieval Šibenik the next day, home to St. James' Cathedral, a UNESCO site. Explore Šibenik's cultural riches before ending your memorable three day trip.

For a week or 7-10 days

Surrounded by lush greenery and pristine waters, cycle from the serene Vransko Lake Nature Park towards Šibenik, where the majestic St. James Cathedral dominates the skyline. Explore Šibenik's historic forts before continuing to Trogir, a UNESCO-listed medieval gem with cobblestone streets. Continue to Split, buzzing with life around Diocletian's Palace. Experience adventure in Omiš and relaxation in Makarska before concluding at Bačina Lakes, a tranquil kayaking paradise amidst untouched nature.

RELATED TO THE THEME OF THE STAGE

Diocletian Palace in Split

In the early 4th century, Roman Emperor Diocletian built a vast palace, which was a combination of a luxurious and richly adorned villa and a military camp fortified by towers and walls. Today, it is one of the most significant works of late-ancient architecture, showcasing original features and pioneering designs that influenced early Christian, Byzantine, and early medieval art. This stunning site served as Meereen in the famous 'Game of Thrones' TV series!

Photo: Zoran Jelaca/CNTB



For 10 or more days

To fully experience what this stage has to offer, start in Zadar, cycling across the picturesque Ugljan and Pašman Islands. For the next two days, explore Biograd's rich history, then pedal on to Šibenik to visit the magnificent St. James' Cathedral. Cycle the next few days discovering Trogir and Split's historical treasures before reaching Omiš and Makarska, where coastal beauty meets outdoor adventures. Finish in Dubrovnik - the "Pearl of the Adriatic" - where ancient history, art, and culture come to life, leaving you with cherished memories.

SIGHTS AND ATTRACTIONS:

View from the Ugljan & Pašman islands viewpoints

If you are looking for stunning views, head over to the islands of Ugljan and Pašman. St Michael Fortress and Čokovac Monastery will give you an insight to the Zadar Archipelago.

Nature Park Vransko Lake

Stretching across both Zadar and Šibenik region, Nature Park Vransko Jezero is the largest natural lake in Croatia and a well-known ornithological reserve for 251 bird species!

Betina Museum of Wooden Shipbuilding, Murter Island

Just a brief detour from the route, this Museum gives insight into the long tradition of small wooden shipbuilding in Betina, paying tribute to the generations of local shipbuilders.

Croatian Coral Center, Zlarin Island

Easily reached by boat from Vodice, the Croatian Coral Center on Zlarin island tells the story of the centuries-old tradition of coral cultivation on this small island in the Šibenik archipelago.

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

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

The historic core of Trogir

UNESCO site and one of the oldest Mediterranean towns that showcases 4,000 years of history from the Hellenistic to Renaissance, Baroque, and Gothic periods.

Salona Amphitheatre

Salona, ancient capital of Roman Dalmatia, rests by the Jadro River delta, its amphitheater, a 2nd-century marvel, once a hub of entertainment, hosting up to 19,000 spectators in the city's northwest.

Park-forest Marjan in Split

Don't miss Marjan Hill in Split for its breathtaking panoramic views, a green oasis rich in historical and cultural landmarks, including numerous churches and chapels, symbolising the city's essence.

The Cetina Canyon

Protected landscape since 1963 which offers a unique blend of diverse landscapes in Omiš, attracting adrenaline seekers and adventurers.

Skywalk Biokovo

A spectacular lookout point located in the Biokovo Nature Park, in the shape of a horseshoe outside the cliff and with a glass floor, overlooking Makarska riviera and islands.

Symbolic Brela Stone

Brela's emblematic Kamen, the smallest Adriatic island, is a breccia formation with unique vegetation along Croatia's coast. Breccia, Italian for "free gravel", denotes a rock of cemented mineral fragments.

The Baćina Lakes

A complex of seven natural lakes, six of which are interconnected, surrounded by mountains. A place of untouched nature and rich wildlife. Cyclists can enjoy lakeside paths that connect the lakes.

Ston

Town famous for its 5,5 km long walls, finest oysters and the oldest salt works in Europe.

BIKE SERVICE POINTS:

A list of bike service shops for Croatian part of the EuroVelo 8 route can be found at www.eurovelo8.hr/en/bike-usluge



Split, Croatia
Photo: Ivan Šardi/CNTB



Šibenik, Croatia
Photo: Zoran Jelaca/CNTB



Nature Park Vransko Jezero, Croatia
Photo: Ivan Šardi/CNTB



Photo: Julien Duval/CNTB

STAGE EXCURSION

Krka National Park

The Krka National Park encompasses 109 km² of stunning landscapes along the Krka River, including the lower course of the Čikola River. This natural marvel boasts seven waterfalls, cascading a total of 224 meters, showcasing the area's karst formations. Among these, the Franciscan monastery on Visovac Island stands out, nestled like a precious gem in the river's widening lake. The tufa waterfalls are a defining feature, contributing to the park's unique allure. With its captivating scenery and rich natural wonders, Krka National Park offers visitors an unforgettable experience amidst its pristine beauty.

More information on www.parkovihrvatske.hr



Srd, Dubrovnik, Croatia
Photo: Ivan Sardi/CNTB

Journey South where the Dinaric Mountains meet the sea

Dubrovnik to Durrës, via Kotor

From the famous walled city of Dubrovnik, this stage takes you south through Cavtat and the beautiful Konavle region. Stop in the Old Town of Cavtat or stroll the city's seaside promenade. Need a rest? Take a break for a swim at one of the world's most beautiful hidden beaches, Pasjača Beach. Or if you are looking for something more immersive, learn about the silk yarn produced in the area for centuries at the Konavle County Museum.

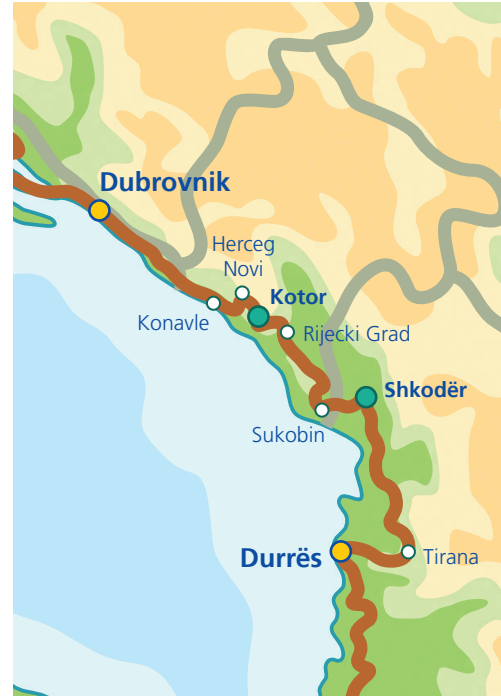
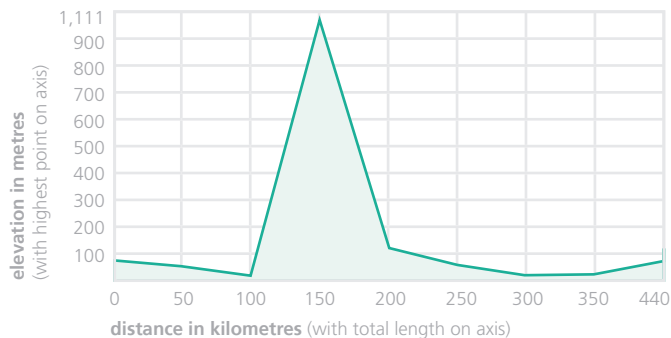
While sections in in Montenegro and Albania are still under development, experienced travellers can continue across borders to explore charming coastal towns like Kotor, historic Shkodër and embrace the vibrant modernity of Durrës.

STAGE SUITABLE FOR:

Types of cyclists
Regular cyclists¹

Types of bikes:
Mountain bike¹. Touring bike¹. Road bike¹.

1. Only from Dubrovnik-Montenegro border



RELATED TO THE THEME OF THE STAGE

The Pearl of the Adriatic

Dubrovnik is a living monument rich in both tangible and intangible heritage. Recognised by UNESCO in 1979, its historical core has maintained its unique character over centuries, evident in its magnificent city walls. The city's Festival of St. Blaise, added to UNESCO's Intangible Cultural Heritage list in 2009, further underscores its cultural significance. Discover the famous Fort Lovrijenac, that was a key filming location for the famous TV series 'Game of Thrones', and do not miss out on Renaissance-style Sponza Palace and the Cathedral, showcasing remarkable art pieces.

Photo: Luka Esenko/CNTB



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Cycle from Dubrovnik to Cavtat along the scenic coastline, exploring historic sites and seaside cafes. In Cavtat, visit landmarks like the Racic Mausoleum and Vlaho Bukovac House, or relax at Tiha Beach. Experienced cyclists can continue to Montenegro, passing through Herceg Novi's Old Town. Ride to Kotor, a UNESCO-listed town with St. Tryphon Cathedral and the Maritime Museum, enjoying breathtaking bay views.

For a week or 7-10 days

Your week-long adventure starts in Dubrovnik, exploring its Old Town and panoramic city walls. Make sure to stop in Cavtat and Pasjača Beach, or spend a day in Lokrum island, before crossing into Montenegro. Cycle to Kotor, a UNESCO-listed town, then ride to Tivat for more beach relaxation. Head inland to Cetinje, visit its monastery and museum, before cycling to picturesque Rijeka Crnojevića for a boat trip on Skadar Lake. Culminate your journey in historical Rijeka Grad.

For 10 or more days

For those seeking a challenge, it is possible to cycle the whole stage on a 10-day journey starting in Dubrovnik's UNESCO-listed Old Town, followed by a trip to Cavtat to explore its museum. Cross into Montenegro to discover Herceg Novi's old town, then pedal to Kotor for its historic treasures. Continue to Tivat, known for its marina, and inland to Cetinje's monastery. Cycle to Rijeka Crnojevića to discover Skadar Lake, then cross into Albania to explore Shkodër's castle. Conclude in Tirana and Durrës for a cultural finale.

SIGHTS AND ATTRACTIONS:

Dubrovnik Old Town

UNESCO-listed gem with medieval allure, and iconic landmarks such as 1940-metre long city walls, or famous Stradun promenade. Discover its churches, vibrant squares, and the atmospheric Old Port for an immersive journey through Dubrovnik stunning history.

Vidikovac Orsula

Viewpoint with amazing breathtaking views of the Old Town of Dubrovnik surrounded by its walls and the island of Lokrum in front of it, will leave you breathless.

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.

Island of Lokrum

Lokrum, a Dubrovnik gem, offers stunning vistas, historical sites, and mysterious legends. Legend has it that Richard the Lionheart sought refuge here in 1192. Just a ten-minute boat ride from Dubrovnik, it's a beloved oasis of peace for residents and visitors alike.

The County Museum of Konavle in Čilipi

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

Town of Cavtat

Recharge your batteries while enjoying gorgeous scenery of this picturesque charming town located between the magical city of Dubrovnik on one side and beautiful Konavle on the other.

Sokol fortress

Dating back to Roman times, the fortress offers stunning panoramic views of the Konavle region amidst its Cyprus trees.

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

National Park Lovcen

The National Park Lovcen is located in the rocky region of the Dinaric Alps. The slopes of Mount Lovcen rise steeply from the coastal region of Budva and the west of Cetinje.

Old Town in Kotor

Preserves its rich history, culture, and traditions, notably seen in its ancient city walls. Construction began in the 9th century, with additions over the next ten centuries, earning UNESCO protection.

Blue Eye in Albania

In the Delvinë District of Albania lies a natural water spring, where clear blue water bubbles up from a stunning pool, over 50 meters deep, with the actual karst hole's depth remaining a mystery.

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.

BIKE SERVICE POINTS:

CROATIA

A list of bike service shops for Croatian part of the EuroVelo 8 route can be found at www.eurovelo8.hr/en/bike-usluge



MONTENEGRO

Marko Bike Workshop

Škaljari, Kotor
+382 67 607 818

Biciklo servis-Nino

Vrela 6, Podgorica
+382 69 777 911

ALBANIA

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, Tiranë



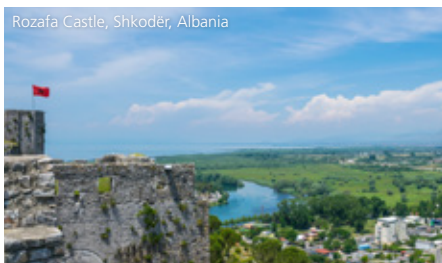
Konavle, Croatia
Photo: Ivan Šardi/CNTB



Lake Skadar, Rijeka Crnojevica, Montenegro
Photo: Marko Popovic/UNDP Montenegro



Cetinje, Montenegro
Photo: Marko Popovic/UNDP Montenegro



Rozafa Castle, Shkodër, Albania



Photo: Julien Duval/CNTB

STAGE EXCURSION

Mljet National Park

One of Croatia's most stunning natural wonders, revered as the country's oldest marine national park. The Mljet National Park stretches over almost 5,300 hectares, including a marine area of 500 meters from the coast, islands and cliffs, and boasts a diverse array of flora and fauna. Delight in its rich cultural heritage, with numerous archaeological sites waiting to be explored by history enthusiasts. Whether you are walking, swimming, diving, cycling, or kayaking, Mljet offers a unique experience against breathtaking scenery that will leave a lasting impression on your soul.

More information on www.parkovihrvatske.hr



Durrës, Albania

Illyrian Kingdom Heritage

Durrës to Igoumenitsa

Embark on a captivating cross-border cycling odyssey, starting in the historic port city of Durrës, Albania. Ride along the mesmerizing Albanian coastline, with idyllic beaches and charming towns like Vlorë. Explore ancient wonders in Fier, followed by pristine shores in Himarë.

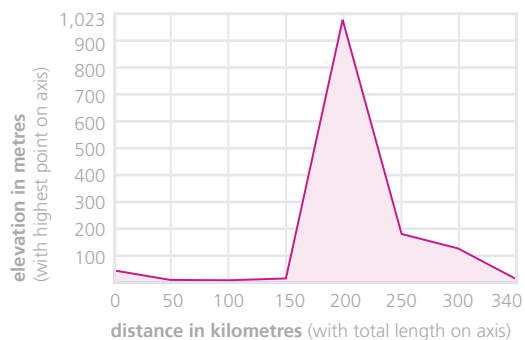
Discover the coastal gem that is Sarandë, boasting sun-drenched beaches and a rich history, before cycling towards Greece. The journey continues to Igoumenitsa, passing through scenic landscapes and embracing the diverse blend of Albanian and Greek cultures. Along the way, explore the UNESCO World Heritage sites of the ancient city of Gjirokastra, with its imposing castle, and the ruins of Butrint (Buthrotum), a remarkable ancient Greek and Roman city.

STAGE SUITABLE FOR*:

Types of cyclists
Regular cyclists

Types of bikes:
Mountain bike. Touring bike. Road bike. Cargo bike, trailers, tandems

***NOTE:** The handbook offers guidance for planning trips on EuroVelo 8, but acknowledges that certain stages are still under development. Cyclists should exercise caution in these areas and consider using other modes of transportation depending on their experience and preferences.



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Begin in Durrës, and get captivated by the grandeur of its ancient amphitheatre. Cycle along the picturesque coastline to Sterberg, where azure waves kiss sandy shores and a cozy restaurant beckons with savory Albanian dishes. Journey onward through rustic landscapes to Fier, where the ruins of Apollonia whisper tales of antiquity, offering a glimpse into Albania's rich archaeological heritage amidst culinary delights.

For a week or 7-10 days

You can slowly explore Albania or reach the border of Greece with a higher tempo. Cycle south to Orikum, relishing views of Llogara Pass and the Ionian Sea. Continue embracing Himarë's coastal charm and pristine beaches. Do not forget to rest and indulge in seafood delights. After, head to lively Sarandë to visit the UNESCO-listed Butrint. If you can keep the pace up, cycle to tranquil Konispol, near the Greek border, and explore UNESCO-listed Gjirokastra's ancient marvels.

For 10 or more days

Explore Sarandë for a day or two then enjoy Konispol's tranquil atmosphere and visit the nearby UNESCO site before preparing your descent into Greek territory. After crossing the Greek border, reach Sagiada. Explore the countryside and coast, relaxing by the sea for a well deserved rest. Continue to Igoumenitsa, a coastal Greek town, take a day off from cycling to explore and enjoy Mediterranean cuisine and relax by the Ionian Sea.

RELATED TO THE THEME OF THE STAGE

Illyrian heritage through culinary delights

Savor the flavors of local gastronomy, characterised by fresh seafood, aromatic herbs, and Mediterranean influences. Indulge in dishes like seafood risotto, fresh olives, and grilled octopus at seaside tavernas. Savor traditional Albanian dishes like tave kosi (yogurt and lamb casserole) as you ride through fertile landscapes.



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 and has 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.

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.

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.

BIKE SERVICE POINTS:

ALBANIA

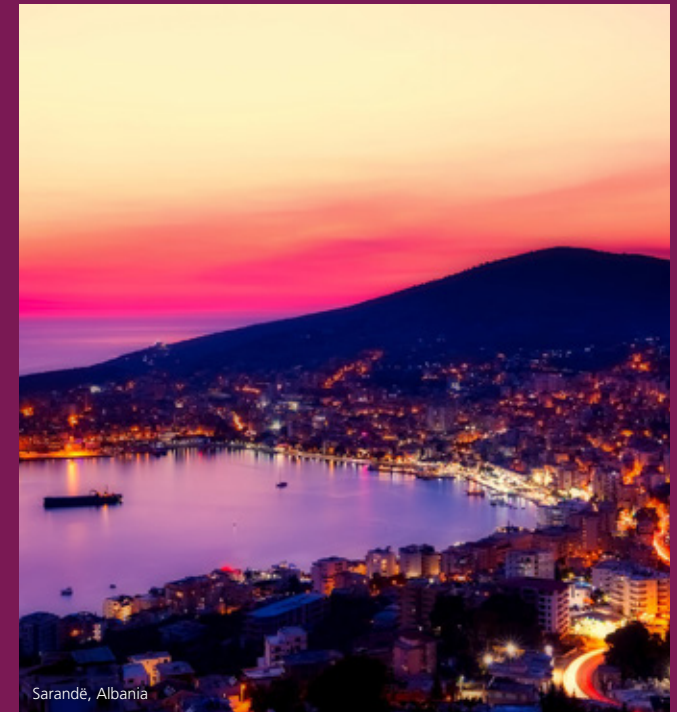
Bike Repair Shop
Rruga Glaukia Durres, 2001 Durrës

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

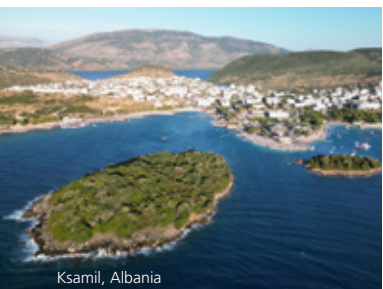
Tires Service Bike Sulo
Rruga Onhezmi, 9700 Sarandë
+355 69 525 3714

GREECE

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



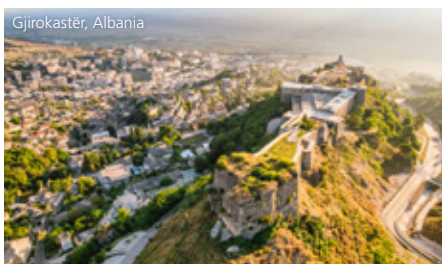
Sarandë, Albania



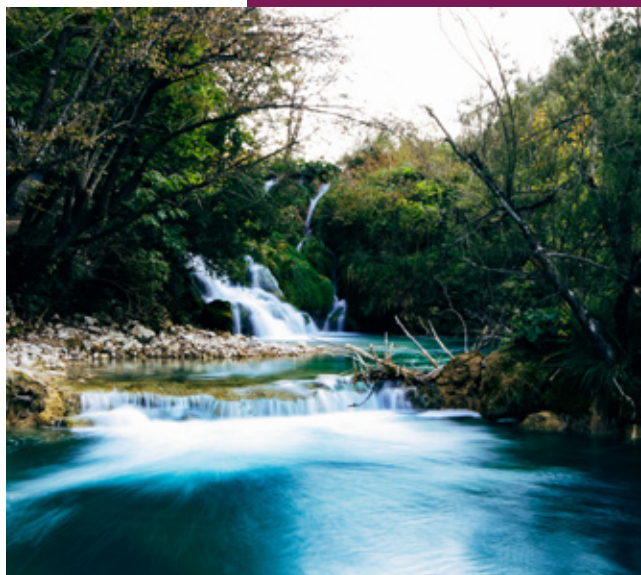
Ksamil, Albania



Durrës, Albania



Gjirokastër, Albania



STAGE EXCURSION

Karaburun-Sazan National Marine Park

The only marine park in Albania 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.EuroVelo8.com

Ionian Sea and ancient temples



Parga, Greece
Photo: Miltiadis Fragkidis

Igoumenitsa to Patras

This stage introduces you to a captivating tapestry of experiences, entering Greece from Albania, through the border station of Sagiada. It then descends southward, sometimes following paths of unique beauty through wetland areas and at other times running parallel to the shores. As you cycle further, you'll reach Vonitsa, a historical gem with Venetian fortifications and the pine-covered islet of Koukoumitsa, connected to the opposite shore by a stone footbridge.

Continuing along this route, you will encounter the enchanting coastal town of Messolonghi, celebrated for its tranquil lagoons and its connection to Lord Byron.

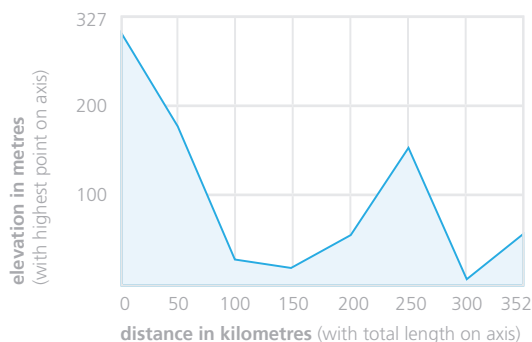
And don't forget to explore Aitoliko, a small picturesque islet rooted in the water, situated approximately in the middle of the Aitoliko-Messolonghi lagoon. It is connected to the mainland to the east and west by two stone arched bridges.

STAGE SUITABLE FOR*:

Types of cyclists
Regular cyclists

Types of bikes:
Mountain bike. Touring bike. Road bike. Cargo bike, trailers, tandems

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STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Experience a thrilling cycling weekend at Kanali beach near Preveza, where you can explore the Amvrakikos Wetlands National Park. Covering 400 km², this unique area boasts diverse and beautiful habitats covered with ostracod crustaceans, freshwater fish species, twenty lagoon systems, marshes, and riparian forests. Look out for resident and migratory birds and other wildlife such as dolphins and sea turtles.

For a week or 7-10 days

Start in Igoumenitsa and pedal along the scenic route, leading to the Amvrakikos Gulf Wetlands National Park, Arta, Amfilochia, and Vonitsa, enjoying the beautiful landscapes and coastal towns. Cycle from Vonitsa to Mytikas, reveling in the coastal views and Greek charm. Explore Mytikas and head towards Astakos, passing through Aitoliko and Messolonghi. Marvel at the sights as you travel through Antirrio and finally reach the charming coastal town of Diakopto.

RELATED TO THE THEME OF THE STAGE

Koukoumitsa's Island in Vonitsa

A serene gem nestled in the bay opposite Vonitsa, connected to the mainland by a charming bridge. Its tranquil ambiance draws many visitors seeking solace and spirituality, who often make a pilgrimage to the chapel of the church of Saint Nektarios to light candles. The island's beauty and spiritual significance make it a cherished destination for locals and tourists alike.

For 10 or more days

Start in Astakos town on the eastern shore of the Ionian Sea, near the southern end of the Acarnanian Mountains, venture to Aitoliko – Messolonghi lagoon and towns, then traverse the Corinthian Gulf via the stunning Rio-Antirrio Bridge. Explore the small coastal towns on the northern coast of the Peloponnese peninsula and reach the Saronic Gulf via the Isthmus of Corinth. Spend a day on the historic island of Salamina, the closest to the city of Athens, and homeland of the tragic poet Euripides. This immersive adventure promises a kaleidoscope of Greek history, culture and natural beauty, etching memories for a lifetime.



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.

Venetian Castle of Vonitsa

In Vonitsa, an ancient castle overlooks the serene Amvrakikos Gulf. Built around 1070 by Venetians, it boasts Byzantine privileges and harbor access.

Katopodeio Folkloric Museum of Paleros

This folkloric museum presents traditional life with recreated household spaces, daily tools, and vintage shops like a barber and grocery store.

Vasos Katraki's Museum, Centre of Engraving Art

The museum in Aitoliko houses Europe's sole collection of engraving art, featuring 500 works by acclaimed artist Vaso Katraki. It also includes a basement designed for art education.

Ancient Plevrona

On a hill northwest of Mesolongi city was once the walls of the Ancient Plevrona. The hilltop ruins reveal a vast reservoir, market remnants, an ancient road, and a stunning theater with panoramic views of the lagoon.

Municipal Art Gallery, Messolonghi 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 Trikoupis Museum is housed in a mansion building, near the Messolongi 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 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

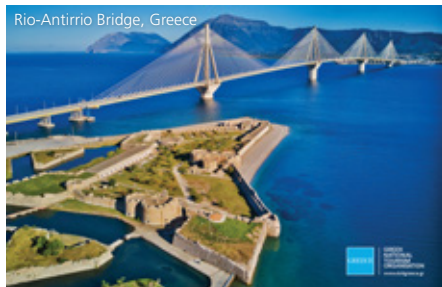
The ancient theater of Makinia belongs to the wider archaeological site of the homonymous Aetolian city. The theater is located southeast of the acropolis and has a great view of the gulf of Patras and the bridge of Rio simple visit.

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.



Rio-Antirrio Bridge, Greece



Cathedral of Saint Andrew, Patras, Greece

BIKE SERVICE POINTS:

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

Ethinikis Antistaseos 14, Messolonghi
+30 694 590 5999

Houtas Konstantinos

Eleftheron Poliorkimenon 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

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



Photo: MBike

STAGE 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 southwestern 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.natura2000.eea.europa.eu

Acropolis, Athens, Greece
Photo: Constantinos Kollias

The land of Philosophers and Gods

Patras to Athens

Embark on an exhilarating cycling journey from the historic city of Patras to the vibrant metropolis of Athens. This captivating stage offers a mesmerising blend of ancient wonders, picturesque landscapes, and cultural treasures.

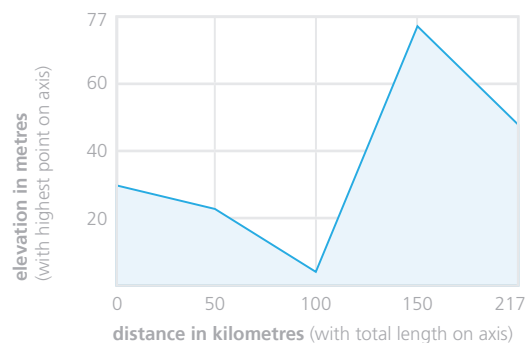
Starting in Patras, you will pedal through charming coastal towns, discovering hidden gems along the way. As you make your way south, you will encounter the awe-inspiring Corinth Canal, a feat of engineering that connects the Ionian Sea to the Aegean. Explore ancient archaeological sites like Corinth's Temple of Apollo and Megara, where legendary tales of Greek mythology come to life. Finally, arrive in Athens, where the Acropolis and Plaka district await, offering a perfect culmination to this unforgettable cycling odyssey.

STAGE SUITABLE FOR*:

Types of cyclists
Regular cyclists

Types of bikes:
Mountain bike. Touring bike. Road bike. Cargo bike, trailers, tandems

***NOTE:** The handbook offers guidance for planning trips on EuroVelo 8, but acknowledges that certain stages are still under development. Cyclists should exercise caution in these areas and consider using other modes of transportation depending on their experience and preferences.



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

For a short 2-day cycling holiday, begin your adventure in Patras. On day one, pedal to Aigeira, soaking in the coastal views and cultural charms. Rest your legs in this historic town. On day two, continue to Kiato, exploring picturesque Xylokastro along the way. Enjoy the serene landscapes and local culture before concluding your journey.

For a week or 7-10 days

Head to Aigio, with an optional visit to its Archaeological Museum, and then continue along the coastline to Diakopto, surrounded by endless olive and orange groves. Enjoy a scenic hour-long ride via the "Odontotos" rack railway, through the gorge of Vouraikos, up to historic Kalavryta. Continue to coastal towns of Xylokastro and Kiato, and from there to Corinth where the Temple of Apollo awaits. Ride through Loutraki over a couple of days and rest your body at its thermal spas, located at about 7 km off the route.

RELATED TO THE THEME OF THE STAGE

Ancient temple of Apollo in Corinth

Take a detour to discover the rich history and mythology that envelops this ancient sanctuary, built on top of an imposing, rocky hill to the north of the Acrocorinth, an emblem for the Greek city of Corinth, reflecting its growth and prosperity. It remains one of the few standing Archaic Greek Temples in the world.



For 10 or more days

You can tackle the whole stage at a relatively easy pace over 10 or more days. Start your captivating cycling journey in Patras and pedal to Aigeira, exploring ancient walls nearby before heading to Kiato. Continue to Corinth to marvel at the ancient Temple of Apollo. Cycle leisurely towards Loutraki and indulge in its thermal spas with a short detour. Uncover Greek marvels over the next few days like Megara, Eleusis and Salamina towns' historical charm – Eleusis is easily accessible from Megara via the suburban railway (Proastiakos). Your journey ends in Athens, where the Acropolis and Plaka neighborhood offer a cultural feast just a short ride away.

SIGHTS AND ATTRACTIONS:

City of Patras

Located 8 km from Pio, 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-Kalavryta Railway

Built in 1885, it leads up to the town of Kalavryta, passing by the Mega Spilaio Monastery.

Lake Tsivlou

Surrounded by the slopes of Mount Helmos, you have 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 following EuroVelo 8 to Athens.

City of Athens

Undoubtedly one of the most emblematic cities worldwide, where 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 neighborhoods and its narrow alleys steeped in 6,000 years of history.

BIKE SERVICE POINTS:

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



Athens, Greece
Photo: MBike



Corinth Canal, Greece



Photo: MBike

STAGE EXCURSION

Loutraki, a seaside resort on the Gulf of Corinth

For 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 is bordered by the Gulf of Corinth in the west, while the Geraneia mountains dominate north and east. Enjoying therapeutical treatment at the renowned ancient thermal spas, cycling and/or walking by its long beach, visiting the exotic ancient temple in 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. Loutraki is also well known for its Casino (Club Hotel Casino Loutraki), one of the biggest in Europe.



Reaching Anatolia and its thousand-year-old history

Izmir, Türkiye

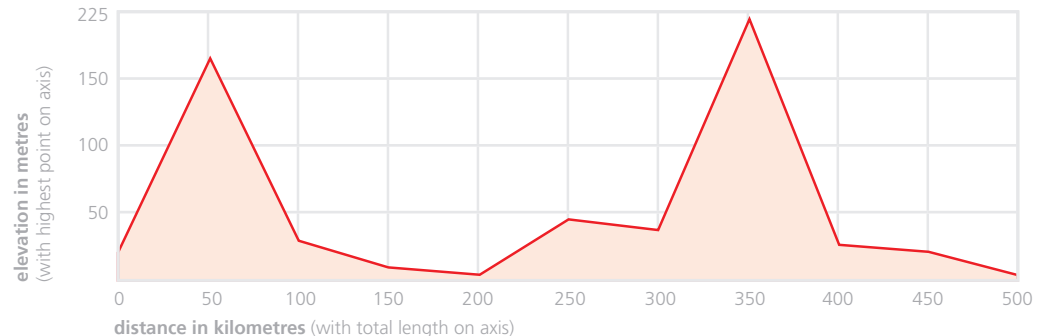
A tour of Izmir

The Izmir section of EuroVelo 8 spans 17 districts, linking Lesbos and Chios Islands to Dikili and Çeşme ports, traversing historical sites and ancient settlements from Pergamon to Ephesus. Covering 500 kilometers, it features 17 ancient cities, offering diverse attractions including summer tourism, agricultural paths, local cuisine, and welcoming communities.

STAGE SUITABLE FOR:

Types of cyclists
Families, occasional cyclists, regular cyclists

Types of bikes:
Mountain bike. Touring bike. Road bike. Cargo bike, trailers, tandems



STAGE CYCLING HOLIDAY IDEAS*:

For a weekend or 2-3 days
In summer, you can go to Selçuk district by train via İzmir Airport. Here, the Ancient City of Ephesus, the Temple of the Virgin Mary, the Seven Sleepers and the Historical Şirince Village can be visited by bicycle. You can also go swimming and camping on the Pamucak coast.

For a week or 7-10 days
Embarking on a week-long bicycle tour of Izmir unveils its vibrant city center, scenic peninsula, and more. Cyclists cover 35-40 kilometers daily, exploring cultural landmarks and historic districts. Further adventures lead to vineyards and coastal paths, offering stunning Aegean Sea vistas and culinary delights. Charming campsites and boutique hotels along the route provide cyclists with comfortable accommodations amidst the region's natural splendor.

For 10 or more days
The entire stage can be completed by travelling 40-50 kilometers per day in a tour of 10 days or more. After entering the route from Dikili district, which is the entry point of the route, and visiting the Ancient City of Pergamon, you can stay in the camping areas in the Foça region. Then you can reach the city center with a 1-day journey. After the peninsula tour, you can visit Teos Ancient City and Selçuk District, stay in Ephesus Ancient City, Historical Şirince Village and Pamucak Beach, and return via the airport by train.

RELATED TO THE THEME OF THE STAGE

Aegean coast by bicycle
Explore agricultural landscapes from Dikili to Pergamon, with highlights like the ancient city of Kyme. Enjoy scenic sea views from Aliağa to Foça, with stops at Foça Castle for fresh seafood. Discover Çiğli's Bird Paradise and cycle to İnciraltı City Forest. Explore charming villages before concluding the journey in Ephesus via Sığaçık, offering a diverse cultural and natural experience.

***NOTE:** During the summer season, it is also possible to reach the EuroVelo 8 itinerary in Izmir via a ferry from the Greek island of Lesbos. The ferry arrives at Alsancak in Izmir and connects the two cities at least twice a week.



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 had this name during the Ancient Age and Byzantine Empire. It is one of the 12 Ionic cities.

Izmir Clock Tower

Historic clock tower located in the Konak district of Izmir. 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.

Balıklıova 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 people sell their fresh products and 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.

BIKE SERVICE POINTS:**Hermes Bicycle-Cafe**

Yalı Mh, Mihatpaşa Ave. No 557, 35550 Güzelbahçe
+90 506 466 32 87

Seda Bicycle Shop

Tuna Mh, Dr. Tibet Kızılcan St. No 16, 35600 Karşıyaka
+90 232 369 49 79

Izmir Bicycle Shop

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

İkitekter Bicycle Shop

Alsancak Mh, No 381 İkinci Kordon, Cumhuriyet Blv, 35220 Konak
+90 232 422 14 21

Parkur Bicycle Shop

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

Doruk Bicycle Shop

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



EuroVelo & Cycling Tourism Conference in Izmir, Türkiye



Library of Celsus, Ephesus, Türkiye



Foça, Izmir, Türkiye

**STAGE 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



Limassol, Cyprus

An island at the crossroad of cultures

A tour around Cyprus

Welcome to the enchanting island of Cyprus, where your cycling adventure unfolds across captivating landscapes. This island, steeped in history and bathed in Mediterranean beauty, offers a remarkable journey.

From the coastal charm of Larnaca to the rugged landscapes of Pamos, you will encounter ancient ruins, picturesque villages, and pristine beaches.

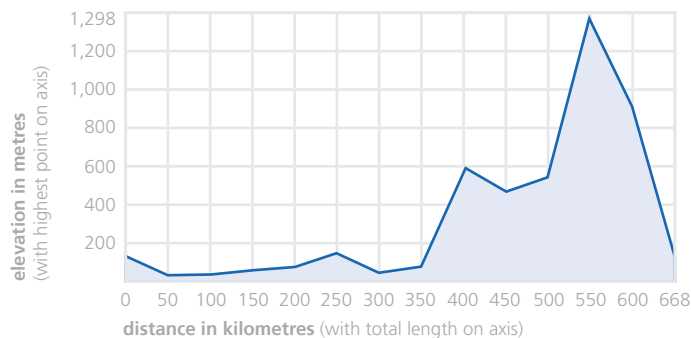
Experience the warm Cypriot hospitality, savour local cuisine, and pedal through a diverse tapestry of landscapes. Cyprus beckons, promising an unforgettable exploration on two wheels.

STAGE SUITABLE FOR*:

Types of cyclists
Regular cyclists

Types of bikes:
Mountain bike. Touring bike. Road bike. Cargo bike, trailers, tandems

***NOTE:** The handbook offers guidance for planning trips on EuroVelo 8, but acknowledges that certain stages are still under development. Cyclists should exercise caution in these areas and consider using other modes of transportation depending on their experience and preferences.



STAGE CYCLING HOLIDAY IDEAS:

For a weekend or 2-3 days

Start in Larnaca and pedal northward to picturesque Paphos. Along the way, soak in the endless coast and Mediterranean vistas, visit ancient archaeological sites like Kourion, and indulge in seafood delicacies at seaside tavernas. Discover the island's history and natural beauty, all while enjoying a relaxed weekend getaway.

For a week or 7-10 days

Begin your journey in Limassol, a bustling city boasting ancient wonders like Kourion Archaeological Site and Limassol Castle. Cycle along the scenic coastline the next day, passing Akrotiri Salt Lake with its vibrant flamingos. Explore Troodos Mountains, visiting traditional villages like Omodos and Byzantine churches on the following days. Discover history at Kolossi Castle and enjoy a traditional folk dance performance in a quaint village. End the seven day trip in Poli Crysochous, a coastal town with serene beaches - the perfect way to unwind.

RELATED TO THE THEME OF THE STAGE

Discover a crossroad of civilizations

Immerse yourself in the island's heritage by visiting Roman ruins, such as the awe-inspiring Roman Villa of Dionysos in Paphos. Venture further to discover the legacy of the Frankish era with medieval fortresses like the Kolossi Castle and Buffavento Castle. Complete your cultural odyssey with vibrant and traditional folk dances, including "halay," "kasap," and "horon."



For 10 or more days

Cycle from bustling Nicosia, exploring ancient city walls and the Cyprus Museum. Then, head to Kakopetria, where you have the option to hike Caledonia Waterfall, and discover Kykkos Monastery. Relax in Platres before continuing to explore historic Paphos and a visit to Akamas Peninsula and Polis. Return to Paphos, then cycle to Limassol for beach relaxation or castle exploration. Conclude your journey back in vibrant Nicosia, where you can explore any sights you missed, shop at local markets, and enjoy the vibrant city atmosphere.

SIGHTS AND ATTRACTIONS:

City of Larnaca

It is built on the site of the ancient city-kingsdoms of Cyprus, making it one of the oldest continuously inhabited cities in Europe. In the winter months, thousands of flamingos, 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 harbor. 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.

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 Larnaca'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 Larnaca

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

"Aliki" Salt Lake in Larnaka

One of the most important habitats in Europe for waterfowl. 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 seafront 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 theater, originally built in the 2nd century B.C., 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

UNESCO-listed waterfront promenade with a medieval castle and archaeological parks boasting some of the most beautiful ancient mosaics in the world.

BIKE SERVICE POINTS:

Bikin'Cyprus Adventures

Mina Antoniou 8, Larnaca 7740
+357 24 332 112

Larnaca Pro-Cycle Hire

Spyrou Kyprianou 39, Larnaca 6051
+357 96 885 329

Zypernbike

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

Bike Cyprus

Columbia Beach Resort – Pissouri Bay, Limassol
+357 25 634 093

MOKAPOT Productions

Archangelou Michael 20, Paphos 8500
+357 26 220 713

Mountain Bike Cyprus & Vélo-Cyprus

Andrea Neaphytou 11, Kouklia 8500
+357 26 432 033



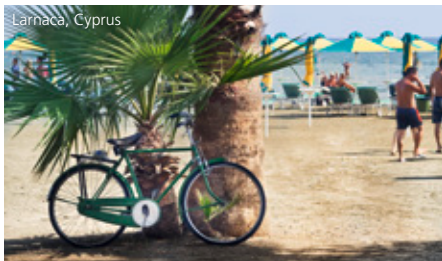
Agios Lazaros Church, Larnaca, Cyprus
Photo: Markus Bassler



Cape Greco Sea Caves, Ayia Napa, Cyprus



Salt Lake Flamingos, Larnaca, Cyprus
Photo: Kirill Makarov



Larnaca, Cyprus



STAGE 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. Agrotourism 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



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