



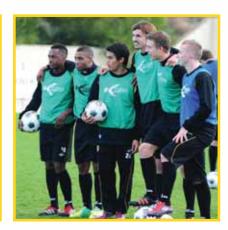
Cyprus... inspiring champions











"I found this training camp ideal.

I must compliment the organisation and all involved for an excellent stay again. I highly recommend all professional teams to come to the island..."

Gery Vink, Coach of Jong Ajax





Sports Tourism in Cyprus

There are many reasons why athletes and sports lovers are drawn to the beautiful island of Cyprus... There's the exceptional climate, the range of up-to-date sports facilities, the high-quality service industry, and the short travel times between city, sea and mountains.

Cyprus offers a wide choice of sports facilities. From gyms to training grounds, from Olympic swimming pools to mountain biking routes, there's everything the modern sportsman or woman could ask for.

One of the world's favourite holiday destinations, Cyprus also has an impressive choice of accommodation, from self-catering apartments to luxury hotels. When considering where to stay, it's worth remembering that many hotels provide fully equipped fitness centres and health spas with qualified personnel - the ideal way to train and relax.

A gateway between Europe and the Middle East, Cyprus enjoys easy flight connectivity with all major European countries and beyond.

Many international sports bodies have already recognized Cyprus as the ideal training destination. And it's easy to see why National Olympic Committees from a number of countries have chosen Cyprus as their pre-Olympic Games training destination.

Medical care in Cyprus is of the highest standard, combining advanced equipment and facilities with the expertise of highly skilled practitioners.

The safe and friendly atmosphere also encourages athletes to bring families for an enjoyable break in the sun. Great restaurants, friendly cafes and great beaches make Cyprus the perfect place to unwind and relax.



Cyprus: inspiring champions





Football

Top-flight football teams from Europe and beyond choose to train in Cyprus every year. These teams have included FC Lokomotiv, CSKA Moscow, FC Dinamo Moscow, AIK (Sweden), Vitesse, Udinese, Young Ajax, Rapid (Vienna), the women's national squads of England, France, Russia, Scotland, Canada, the Netherlands, and more.

Cyprus boasts many national stadiums (all located within a relatively short distance of each other), grass football fields, athletics facilities, and training resources of the highest standard. Facilities incorporated within include first-aid and physiotherapy rooms, anti-doping control facilities, changing rooms, restrooms, showers, canteens, VIP rooms, conference spaces, telecommunications services, media rooms and more.

The infrastructure in place can easily meet the demands of the most rigorous professional training programme... and with so many football teams training here regularly, it's never a problem to organise a friendly match.



"Our stay here in Cyprus was perfect. The Vitesse training camp was a huge success and was enjoyed by all who participated. All in all, our expectations for the training and overall camp experience were exceeded."

Mirjam Clifford – Performance Manager of Vitesse Football Club of the Netherlands

Cyprus is particularly well suited to pre-season training from November through April, a period offering plenty of sunshine, minimal rain, and temperatures ranging from 10 to 25 degrees celsius.

Other leading football teams who have trained in Cyprus include such famous names as AC Sparta Praha (Czech Republic), FC Steaua Bucuresti (Romania), Ipswich Town FC (England), Malmo FF (Sweden), and Crystal Palace FC (England).



"We believe Cyprus offers excellent training facilities and a comfortable environment for British clubs... The advantage in Cyprus for clubs is they have the quality of competitive opposition which you do not necessarily get elsewhere in Europe."

Gary Hooper – Former Luton defender and current sports travel professional









Cycling

The ideal Cyprus climate makes it possible to explore the island's breathtaking countryside all year round, making for an unforgettable cycling experience.

For professional or recreational mountain bikers looking to head off the beaten track, Cyprus offers an abundance of hidden trails along the coast or up in the mountains, all offering something new to discover. Whether exploring the winding dirt tracks of the Troodos mountains, the beautiful wild nature trails, or the rocky coastline of the Akamas, Cyprus is a haven for mountain bikers. The local terrain varies within very short distances, making cycling in Cyprus both a great workout and a journey of discovery. Thanks to the excellent secondary roads winding through spectacular local countryside, Cyprus is also great for road cycling.





The Cyprus Cycling Federation, a member of the International Cycling Union, organises a number of local road races, international MTB races and a host of other competitions, attracting world class cyclists from all over the world. International champions and top names from the world of cycling have all competed and trained in Cyprus, including Sweden's Alexandra Engen, Belgium's Kevin Van Hoovels, Bart Bretjens and Henk Jaap Moorlag of the Netherlands, Austria's Elizabeth Osl and Karl Markt, Italy's Massimo de Bertolis, Germany's Karl Platt, Olympic Gold medalists Sabine Spitz of Germany and Jaroslav Kulhavy of the Czech Republic, as well as Switzerland's Thomas Frischknecht, Thomas Litcher and Fabian Giger.

Teams that have chosen Cyprus as a training destination include the Belgian National Team, the British Olympic Association, the Netherlands Olympic Committee, the Irish National Olympic Cycling Team, the Milram Team, and the Ghost Factory Racing Team.

A number of local bicycle centres offer bike rental services, route information, guide assistance and support for organised groups.

"In Cyprus we are given the opportunity to train on the most beautiful mountain and roadbike roads. Whether we plan an easy ride along the coast or an ambitious tour with lots of altitudegain up the mountains, the island provides all kinds of opportunities for our team and fulfils the needs for a professional training camp."

Lisi Osl – Member of Ghost Factory Racing Team and 2009 Mountain Bike World Cup winner







"... we've had really good support from the Cyprus Tourism Organisation ... in putting together our camp which is a critical part of our preparation for the World Championships. [Our Cyprus training] venue itself has world class sporting facilities combined with a first-class hotel. Everything is compact and within easy walking distance and makes it a perfect location for the British team to train."

Michael Scott - British Swimming National Performance Director



Aquatics

Swimmers can enjoy the best of both worlds in Cyprus as the island boasts excellent open waters, plus a number of swimming pools, both indoor and outdoor.

The many top-class swimming pool facilities in Cyprus include 25m and 50m open-air, heated pools of 8-10 lanes, 1m diving boards, 3m spring boards, 5m, 7.5m and 10m platforms. Supplementary equipment, underwater viewing and filming windows are also available.

Various national swimming teams have trained in Cyprus, including the Swedish and British Olympic Swimming Teams, as well as the Dutch, Finnish and Austrian national squads. The facilities have also attracted famous names, such as Peter van den Hoogenband of Holland and Michael Klim of Australia.

Among the acclaimed swimmers that have trained in Cyprus are Rebecca Adlington and Michael Jamieson of Team GB, and the British Paralympic Team – including, amongst others, Jonathan Fox, Susannah Rodgers, Eleanor Simmonds and Stephanie Millward.

Sarah Louise Rung of Norway's Paralympic Team trained in Cyprus, as did Marleen Veldhuis and Ranomi Kromowidjojo of the national team of the Netherlands. Members of the Dutch Paralympic Team who trained here include Michael Schoenmaker, Marlou Van der Kulk and Mirjam de Koning-Peper.







Athletics

Well-equipped outdoor athletic facilities exist throughout Cyprus, ready to cater for your training whether you choose to exercise at dawn or dusk. Pay a visit to the island's many training grounds and you'll see for yourself that Cyprus is more than ready to welcome serious athletes.

All major towns boast modern sports complexes with high quality facilities, telecommunication services, meeting rooms and more. A large number of international athletes have chosen Cyprus for their pre-season training in various track and field disciplines, including members of the British, Belgian and German athletics federations.

Athletes who have trained in Cyprus include such internationally acclaimed, medal-winning individuals as Denise Lewis, Kelly Sotherton, Mark Lewis Francis, Tia Hellebaut, Dean Macey and Élodie Ouédraogo.









"What strikes you at the finish is how smoothly the Challenge runs... kilometre markers and water stations pop up at metronomic regularity; the routes are clearly marked with enthusiastic marshals at every ambiguous point..."

Steven Seaton (former editor of Runners World magazine) on the 4Day Challenge Marathon

Running

The climate, the wide diversity of terrain, the short distances between town, country and coast make Cyprus perfect for runners. Marathons and half-marathons regularly prove popular with local and international athletes, plus event organisers often offer athletes and spectators alike the chance to enjoy a spot of outdoor cultural entertainment after the race.

Triathlon

All year round warm weather conditions make Cyprus a paradise for triathlon enthusiasts looking for a comprehensive triathlon training destination.

Swimming in one of the island's outdoor 50m pools or in one of the beautiful calm bays; cycling along picturesque routes, ranging from long straights to steep hills; running in one of the state-of-art newly constructed track areas or on a trail by the sea... All triathlon sports can easily be practiced on the island at facilities and areas close to a variety of accommodation options.

Triathlon, running and cycling races are organised all year round and provide ideal opportunities to test your skills in a relaxed atmosphere.







Other Sporting Activities

Cyprus is a dream destination for sports and adventure lovers

After all, along with those already mentioned, Cyprus offers a whole host of sports and activities guaranteed to make any visit to the island an exciting and invigorating experience.

GOLF

Many of today's professional sportsmen and women will admit that they're addicted to golf, and it's a game rapidly growing in stature here in Cyprus. With 300 days of sunshine and several exceptional courses, golfers return to Cyprus time and time again. A number of international standard 18-hole courses are now in place and many international competitions have already been held. An impressive infrastructure has grown to support the Cyprus golfing boom and with lively clubhouses, equipment rentals, luxurious hotels, and properties to buy or rent just yards from the fairway, the island serves everything the modern golfer could need.





"Besides wonderful all-season conditions for windsurfing training, Cyprus also offers other attractions and no one can be bored there. My sport requires very specific weather conditions and I therefore visit many places in the world. For me, Cyprus is not only a place to prepare for competitions, but it's also my sanctuary... a place where I can relax with friends. I sincerely urge you all to visit Cyprus."

Poland's Zofia Noceti-Klepacka - Women's RS-X Windsurfing Bronze Medallist at the London 2012 Olympic Games

"There is no better place for high-level competitions. The only thing I can say is that Cyprus is the place to be..."

Nicos Kaklamanakis (Greece) Olympics Windsurfing Gold Medalist



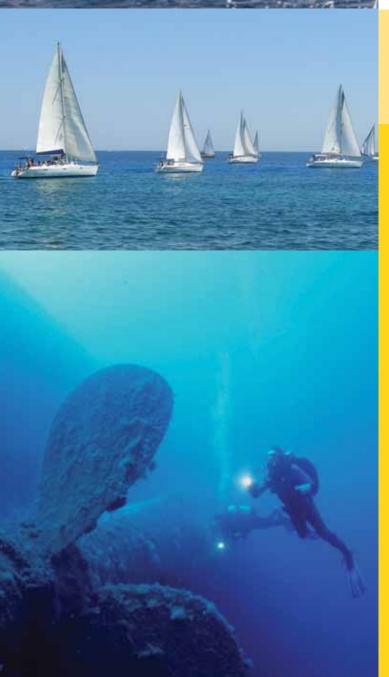
With the sparkling blue waters of the Mediterranean always close at hand, Cyprus is the perfect watersports destination, summer or winter. Crystal clear with minimal tides, the waters off Cyprus are ideal for professionals and fun-seekers alike. Small wonder then that sportsmen and women head here to prepare for international competitions in windsurfing, sailing, swimming, canoeing and more.

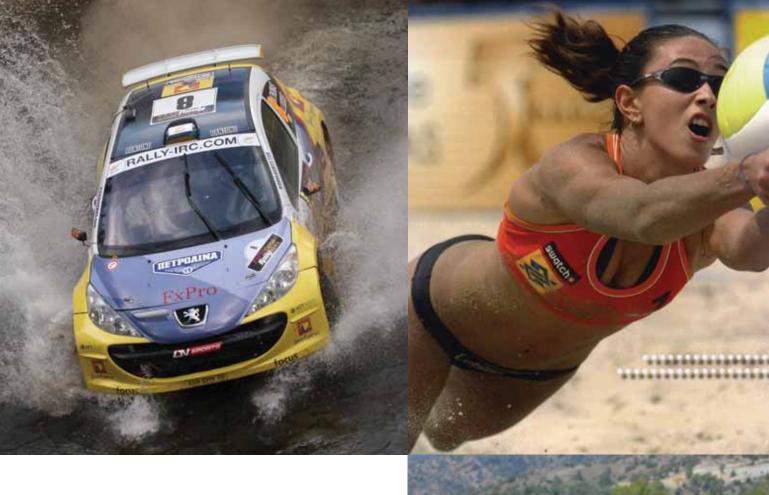
SAILING & WINDSURFING

Cyprus is regarded as a top sailing centre and extensive sailing and windsurfing facilities enable athletes to save time by storing their sailing equipment without disassembling it. Trained professionals representing the island's sailing associations can provide every assistance. The relatively calm waters off Cyprus are ideal for sailors of all standards, and many vessels of all sizes can be seen sailing off-shore, from single-person boats to chartered yachts.

DIVING

For those looking to explore beneath the surface, everything from cave to wreck diving is available, with the sunken wreck of the Zenobia – lying on the seabed off Larnaka – rated as one of the world's top dives. Many of the diving centres situated throughout the island are members of the Cyprus Federation of Underwater Activities. These centres provide quality diving equipment under the professional guidance of instructors.





BEACH VOLLEYBALL

Given the quality of the island's beaches, the reliable sunshine and the stunning backdrops, it's no real surprise that Beach Volleyball has found a natural home in Cyprus. The island's resorts have hosted a number of FIVB world and CEV events in recent years and have seen many of the sport's most acclaimed performers demonstrate their skills in the sand.

MOTORSPORT

For decades, Cyprus has been a focal point for international motorsport. Every year, the island hosts the Cyprus Rally, a highly-acclaimed event that has appeared in no less than the FIA World Rally Championship, the FIA Middle East Rally Championship, and the Intercontinental Rally Challenge. The event has regularly seen the world's top drivers go head-to-head on the island's challenging special stages, bringing the passion and excitement of international motorsport to Cyprus. As well as the annual Cyprus Rally, the Pafos International Rally has become a firm favourite of rally fans, as have the many other rallying and sprint events that take place throughout the year.



SHOOTING

Shooting is a popular sport in Cyprus and the Cyprus Shooting Sport Federation is very active, organising local, national and international events, as well as providing facilities in every town, covering the trap, skeet, double trap and sporting disciplines. Arms and ammunition are safely stored, while shooting centres also offer a number of facilities including cafeterias. Along with the Olympic shooting range in Lefkosia, a new Olympic standard shooting range was recently completed in the Larnaka district. Both ranges boast excellent facilities for professionals and keen amateurs and have hosted many world-class events.







"The wide variety of rock climbing opportunities that are available across Cyprus will appeal to climbers of all standards and preferences".

George Andreou - the first Cypriot to climb Mount Everest and Vice Chairman of the Cyprus Mountaineering & Sport Climbing Federation

For such a compact island, Cyprus boasts a huge variety of natural terrain. This, coupled with its ideal climate, makes it the perfect place for adventure seekers looking to engage in sports that some would regard as a little more extreme.

Parachuting, hang-gliding and all manner of adrenaline-fuelled activities are already well-established here. Also growing in popularity are such thrilling pursuits as mountain boarding, kite surfing and sky-diving.



The natural beauty and variety of the Cyprus countryside makes it the perfect place to head out on foot. For many years, rock climbing was one of Cyprus' best kept secrets, but this fun and physically challenging pastime is now proving a major hit and a growing number of bolted sport climbing routes can now be found across the island. Plus, in further good news for those with a head for heights, the mild climate means that you can climb year-round, unlike other parts of Europe where this already challenging sport is at the mercy of the weather.

Climbing in Cyprus offers a unique variety of over 300 recorded routes, both traditional and sport. There are 4 main climbing areas with a mixture of limestone and sandstone rock type: Cape Greko: located in the far south east side of the island consisting of soft limestone, offering a great number of traditional climbing routes right next to the sea. Drousheia: with a wealth of sports, traditional and bouldering routes. Diarizos: a hard limestone area located between Lemesos and Pafos offering the best sports routes on the island with various levels of difficulty. Troodos: offering a great number of traditional and sport routes, some reaching up to 150 metres.

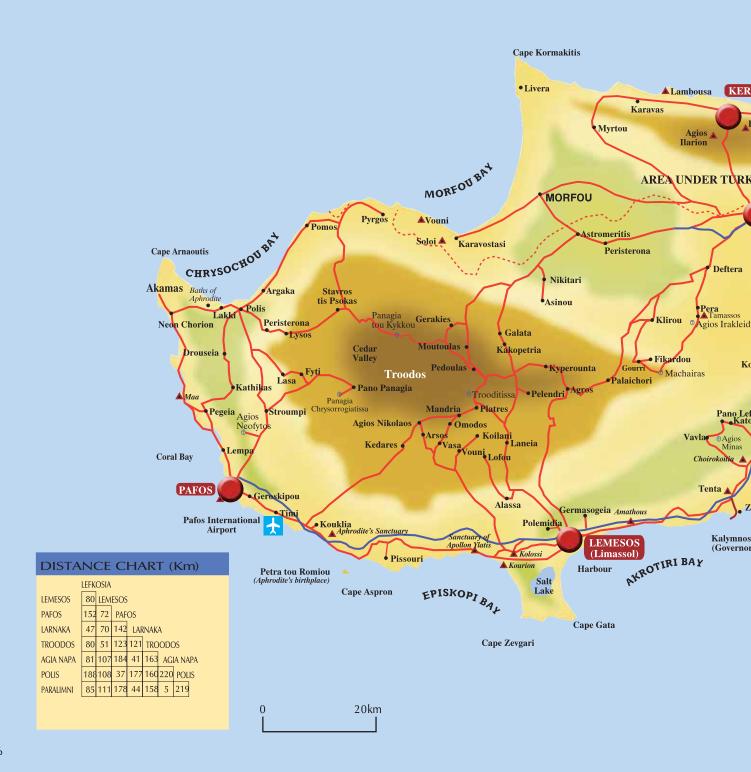


MEDICAL SUPPORT & WELLNESS

Medical and rehabilitation facilities are of the highest standard in Cyprus, combining advanced medical equipment with the expertise of highly-skilled practitioners. Sports stadiums and venues offer first-aid equipment while regional medical centres and hospitals can cater for almost any eventuality.

Not only is Cyprus the ideal place to receive treatment for sports-related injuries, it's also perfect for resting and recuperating afterwards. The island boasts an extensive range of health and wellness spas offering a broad range of traditional and alternative treatments and therapies which soothe, rejuvenate and inspire. Extensive facilities also exist for physiotherapy and rehabilitation.





Mountain biking in the Troodos... running beside the Mediterranean... swimming off the beach...



Useful Information

Lefkosia

The 1000 –year-old capital of Cyprus lies in the centre of the island. The combination of the old walled city, with its traditional houses, workshops and narrow streets full of cafes, and the cosmopolitan city, with its modern shops and highly developed infrastructure, gives Lefkosia (also known as Nicosia) a unique character. The headquarters of many of the island's sports associations are located here.

Lemesos

The island's major port Lemesos (Limassol) successfully combines its roles as a city with a long tradition and history, a tourist resort and a modern international business centre. Monuments of the past, traditional workshops and unique architectural features can be found here, while watersports and training facilities are numerous.

Larnaka

The city of Larnaka (Larnaca) has a charm of its own. A bustling working city and a popular coastal resort, it is also home to the island's major international airport. As well as providing an array of sports facilities, from football pitches to swimming, Larnaka is a perfect base for further travel around the island.

Pafos

The charming town of Pafos (Paphos), with its picturesque harbour and many archaeological sites, is also a lively place with luxury hotels, golf courses and natural attractions. The second international airport of the island is located just a few kilometres from the town and sports facilities are numerous – especially for swimmers.

Troodos Mountains

A cool escape from the heat of the summer or a skiing destination in winter, the Troodos mountains offer tracks, paths and trails for cycling, hiking and running. Athletes often use Troodos for altitude training.

Agia Napa / Protaras

The best beaches of the island are here and this makes Agia Napa (Ayia Napa) and Protaras major holiday destinations, with plenty of hotels. Watersports of all kinds and training facilities are available.

Villages

Hiking, cycling and running in the beautiful countryside can be combined with accommodation in traditional houses at many of the villages around the island.

Cyprus...

inspiring champions

Fast Facts:

Languages:

The official languages of Cyprus are Greek and Turkish, however English is very widely spoken. Road signs are clearly presented in Greek and English.

Time:

Local time is GMT + $\mathsf{2hrs}$, except during daylight saving time when it is GMT + $\mathsf{3hrs}$.

Currency:

Cyprus currency is the euro.

Airports

International airports are located at Larnaka and Pafos. For information, telephone +357 24 816400 (Larnaka International Airport), +357 26 007002 (Pafos International Airport), or, when in Cyprus, call the national information line at 77778833.

Alternatively, visit www.cyprusairports.com.cy

Tourist information offices can be found at both Larnaka and Pafos airports.

Larnaka: Tel: +357 24 008368 Pafos: Tel: +357 26 007368







Sports Events/Training

MAJOR ANNUAL SPORTS EVENTS HELD IN CYPRUS:

- Cyprus Rally
- Cyprus Women's Cup
- Cyprus International 4 Day Challenge
- Cyprus Marathon, Half-Marathon & 10km
- Cyprus Sunshine Cup
- Limassol Marathon
- Volkswagen Cyprus Cycling Tour
- White Rocks X-Triathlon
- Cyprus Aphrodite Half-Marathon
- Akamas MTB Challenge
- Cyprus Grand Prix Skeet, Trap, Double Trap
- King of Kite
- Pafos Sprint Triathlon

Contact Details

All major sports are represented in Cyprus by federations and associations who can help individuals and groups locate equipment, premises or anything they need to train in Cyprus. There are also a number of specialist sports- handling companies operating who can provide useful advice and professional assistance.

The Cyprus Tourism Organisation is always happy to help with any enquiry:

Cyprus Tourism Organisation

P.O. Box 24535 CY 1390 Lefkosia

Tel: (+357) 22 691 100 Fax: (+357) 22 331 644 E-mail: cytour@visitcyprus.com www.visitcyprus.com

SPORTS BODIES

Cyprus Sports Organisation

P.O. Box 24804 CY 1304 Lefkosia

Tel.: [+357] 22 897 000 Fax: [+357] 22 358 222 E-mail: info@sportskoa.org.cy www.cyprussports.org

Cyprus Olympic Committee

P.O. Box 23931 CY 1687 Lefkosia Tel: [+357] 22 449 880

Fax: [+357] 22 449 890 E-mail: cypnoc@cytanet.com.cy

www.olympic.org.cy

Produced by: Cyprus Tourism Organisation (CTO) Photos: CTO archives, Arena Sports Printed by: Lithostar Ltd

December 2015

4120115

CTO Offices abroad

CYPRUS

CYPRUS TOURISM ORGANISATION 19, Leoforos Lemesou

P.O. Box 24535, CY 1390 Nicosia

Tel.: +357 22 691 100 Fax: +357 22 331 644

E-mail: cytour@visitcyprus.com

UNITED KINGDOM

CYPRUS TOURIST OFFICE 13 St. James's Square London SW1Y 4LB

(housed inside the Cyprus High Commission)

Tel.: +44 [0] 2 073 214 183 Fax: +44 [0] 2 073 214 166

E-mail: informationcto@btconnect.com

GREECE

CYPRUS TOURISM ORGANISATION ATHENS

2A Xenophontos, 3rd Floor (housed inside the Embassy of the Republic of Cyprus)

Tel.: +30 [210] 36 10 178 +30 [210] 36 10 057 Fax: +30 [210] 36 44 798 E-mail: cto-athens@cyta.gr

GERMANY /FRANKFURT

FREMDENVERKEHRSZENTRALE ZYPERN FRANKFURT

Schillerstrasse 31 (Eingang Taubenstrasse 1)

(Eingang Taubenstrasse 1 60313 Frankfurt

Tel.: +49 [0] 69 25 19 19 Fax: +49 [0] 69 25 02 88 E-mail: info@cto-fra.de

GERMANY /BERLIN

Kurfürstendamm 182 (housed inside the Embassy of the Republic of Cyprus) Berlin Tel.: +49 [0] 30 30 868 312 Fax: +49 [0] 30 30 868 308 E-mail: cto_berlin@t-online.de

FRANCE

OFFICE DU TOURISME DE CHYPRE 23, Rue Galilée, 75116 Paris (housed inside the Embassy of the Republic of Cyprus)

Tel.: +33 [0] 142 61 42 49 Fax: +33 [0] 142 60 48 53 E-mail: info@tourisme-chypre.fr

ITAI Y

ENTE NAZIONALE PER IL TURISMO DI CIPRO

Via Andrea Solari 13, 20144 Milano Tel.: +39 [0] 258 319 835 Fax: +39 [0] 258 303 375 E-mail: info@turismocipro.it

SWITZERLAND

FREMDENVERKEHRSZENTRALE ZYPERN Fremdenverkehrszentrale Zypern

Rudolfstrasse 1 8400 Winterthur ZH Tel.: +41 [0] 44 26 23 303 Fax: +41 [0] 44 25 12 417 E-mail: ctozurich@bluewin.ch

THE NETHERLANDS

CYPRUS VERKEERSBUREAU Keizersgracht 174 III, 1016 GC Amsterdam

Tel.: +31 [0] 206 244 358 Fax: +31 [0] 206 383 369 E-mail: info.cyprus@kpnmail.nl

SWEDEN

CYPERNS TURISTRÅD Solna Torg 19 (Plan 8) 171 45 SOLNA, Sweden Tel.: +46 [08] 10 50 25 Fax: +46 [08] 10 64 14

E-mail: stockholm@visitcyprus.com

ISRAEL

CYPRUS TOURISM ORGANISATION Top Tower-14th floor, Dizengoff Centre 61 Dizengoff Str., 6433233 Tel-Aviv

Tel.: +972 352 57 442 Fax: +972 352 57 443 E-mail: cto@netvision.net.il

POLAND

CYPRYJSKA ORGANIZACJA TURYSTYCZNA Jarosława Dąbrowskiego 70 Str. 02-561, Warsaw (housed inside the Embassy of the Republic of Cyprus) Tel.: +48 22 827 90 36

Tel.: +48 22 827 90 36 Fax: +48 22 827 90 34 E-mail: cto@cypr.pl

RUSSIAN FEDERATION /MOSCOW

CYPRUS TOURISM ORGANISATION MOSCOW

Povarskaya 9, Building 2, 121069, Moscow Tel.: +7 499 5750 340 Fax: +7 499 5750 319

E-mail: ctomoscow@visitcyprus.com

RUSSIAN FEDERATION / ST. PETERSBURG

27, Furshtatskaya street, 191123 St. Petersburg Tel.: +7 812 332 58 08 Fax: +7 812 332 58 09 E-mail: spbcto@yandex.ru

UKRAINE

24, Bulvarno-Kudriavska str., (housed inside the Embassy of the Republic of Cyprus) Kiev 01601 Ukraine

Tel.: +3 844 499 64 54

E-mail: ctoukraine@visitcyprus.com

MIDDLE EAST & ARABIAN GULF

Hamsah Building A, 2nd Floor, Office No. 215 Khalid Bin Al Walled St. (Opp. UAE Ministry of Foreign Affairs) P. O. BOX 11294, Dubai, UAE

Tel.: +971 4 357 55 92 Fax: +971 4 357 75 54

E-mail: cycentre@emirates.net.ae



CYPRUS TOURISM ORGANISATION

Leoforos Lemesou 19, Lefkosia (Nicosia) P.O.Box 24535 CY 1390 Lefkosia (Nicosia)