

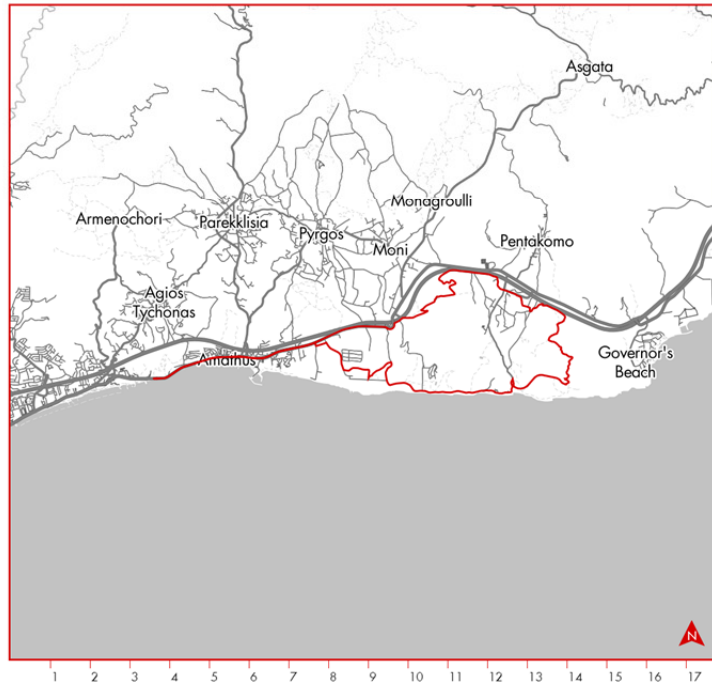
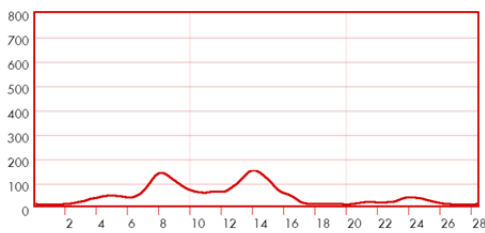
Suggestion 07: Amathus Mountain Biking Basic (CM1071)

This 28.30 km long mountain biking training route starts in Amathus at the beach. Based on the cumulative elevation gain of 357 m (altitude from 4 m to 150 m), the advanced technical skill requirement and a training index* of 0.9 this tour can overall be rated as a basic one.

Geographic information

district Limassol
 from Amathus beach
 to Amathus beach

Altitude profile



#	course	km	compass point
Start of training at the B1 just below the ruins. Follow the street east.			
01	▲ straight	2.39	E
02	▲ straight	4.16	NE
03	▶ right direction of Monada Biologikis	5.99	SW
04	◀ left	6.01	E
05	▶ left at the huge ad take the branch in the turn	6.42	NE
06	◀ right below the house	6.52	E
07	◀ left follow the hairpin turn	7.18	NW
08	▶ left	7.91	NE
09	▲ straight direction of Pentakomo	11.18	E
10	◀ right at the power poles	11.50	SE
11	▶ left	11.53	E

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einfach richtig trainieren







Suggestion 07 (cont.)

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12	▼	right		11.67	S	☒
13	▲	straight		11.96	SE	☒
14	◀	left		12.11	E	☒
15	▼	left	in the turn	12.14	NE	☒
16	▼	right	near the red covered gully	12.24	E	☒
17	▼	right	take the branch in the turn	13.28	SW	☒
18	▼	right		13.70	SW	☒
19	▼	right	proceed further on the main track	15.57	SW	☒
20	▶	right		15.66	W	☒
21	▲	straight	at the branch off of the guardrail continue on the main track	16.97	W	☒
22	▶	left	at the "Road closed" signs	17.32	SW	☒
23	▼	right	at the car park	17.51	SW	☒
24	▲	straight	below the house	17.97	W	☒
25	▼	left	at the Alamanos sign	18.11	W	☒
26	▼	left		18.40	SW	☒
27	▲	straight	below the industrial plant	19.58	W	☒
28	▲	straight	proceed further on the main track	20.90	N	☒
29	◀	left		21.41	SW	☒
30	▼	right	near the industrial plant	21.99	SW	☒
31	▶	right		22.10	N	☒
32	▼	right	near the yellow hall	22.82	W	☒
33	▼	right	at the sign that shows a red arrow	22.94	NW	☒
34	◀	left		23.80	SW	☒
35	▶	right		24.06	NW	☒
36	▶	left	direction of Limasol (B1)	24.17	W	☒
37	▲	straight		25.94	W	☒
End of training at the starting point.				28.30		

heavy rains can make sections of the route impassable

surfaces

asphalt	
rough asphalt/sett	
compacted gravel	
dirt	
single trail	
roots/stones/loose scree	

*Training index has been developed by the GeoTrainer research group and is a proprietary measure of the total training effect of a particular route. Based on factors such as distance, cumulative elevation gain, steepness, surface, and technical requirement training index offers an uniform standard to compare different training routes.