

Cycling and Biking Weekly Programme

| | Mountain Biking | | Road Cycling | |
|------------------|---|---|--|---|
| | AM | PM | AM | PM |
| Sunday |  | Anthony Quinn Bay (Medium Level 2) 2:45pm |  | Levante-Kalithies (Medium Level 2) 3:00pm |
| Monday |  | Kolympia Town (Easy Going Level 1) 3:00pm | Psinthos-Archipoli (Medium Level 3) 9:15am |  |
| Tuesday |  | Tsambika Chapel (Challenging Level 3) 3:00pm | Stegna Beach Hill Climb (Challenging Level 1) 9.15am |  |
| Wednesday |  | Seven Springs (Medium Level 2) 3:00pm | Butterfly Valley (Challenging Level 2) 9:00am |  |
| Thursday | Chapel of St. Georgios (Challenging Level 2) 9:30am |  |  | Ladies only Tour (Medium Level 1) 3:00pm |
| Friday |  | Falaraki Chapel (Medium Level 3) 3:00pm | The Grand Tour (Challenging Level 3) 7:45am |  |

Sign-up for guided tours at the Cycling Centre (behind the Tennis Centre) or ask at the Mark Warner Office for further information.

Please arrive roughly 20-30 minutes ahead of the tour start time. This allows sufficient time for sign out and any bike adjustments.

Children's Use of Bicycles

Children under the age of thirteen are not permitted to use the bicycles. Children between the ages of thirteen and eighteen are permitted to use the bicycles and attend guided tours but there must be a parent or guardian present.