

# Expa AS - Active tours

  

**EXPA - REAL EXPERIENCES**

## **CYPRUS - A WONDERFUL BIKE DESTINATION**

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### **Cyprus as bike destination**

We in **expa** is constantly looking for new and exciting destinations and travel concepts.

A new addition to our wide offer of tours is the facilitation of training camp collections for clubs, team / teams and individual performers in both the cycling and triathlon. An increasing number of sets of at least one week during the winter / spring for a trip to warmer climes - to prepare the best possible start to the season and competitions at home in Norway.

A joint training trip abroad builds the both form, motivation and social cohesion whatever level and ambitions.



### **High quality of our products**

We in expa emphasizes that these trips will be to attractive destinations with high-quality facilities, arrangement and facilitation. With expa its long experience, wide network of contacts and expertise,

we can provide a simple and effective management, both before, during and after the trip. We are even active athletes in cycling and triathlon, and knows exactly what is important to you for an optimum completed training camp.



### 340 sunny days and stable climate

As the first destination for our concept, we have chosen Cyprus. With 340 days of sunshine and stable climate is the possibility of varied cycling, in everything from flat terrain along the beautiful white beaches with crystal clear water - the mountains with rugged hills and demanding serpentine. The asphalt is good wind conditions quiet and traffic is very small. A widespread road inland offers peaceful long walks through vineyards, orange trees meadows and olive groves, of course, in the short / short.

### Season Start 2017

Last week in the month of March we brought members from **Kolbotn Sykkelklubb** and athletes from **Team Merida Tri** on collection. We stayed at 5 star hotel **Almyra** located in the city of Paphos, on the western side of the island. Almyra we have chosen as they provide extremely good quality of accommodation, food and facilities at a good price. Participants could frolic in restaurants, pool, gym and SPA. For triathletes were often the choice morning swim with wetsuits from the beach right outside and / or a great jog at sunset on the promenade that runs along the entire coast.



It was also fully focused on cycling, Paphos is a perfect starting point for bicycle tours. Here is a short distance north-east towards the Troodos up to 2,000 meters above sea level, south-east flat along the coast towards Aphrodite's Rock or north towards the lush Akamas peninsula. In the Troodos mountain range, there are some hidden gems of any bike trails that meander past old bystantiske monasteries and lush pine forests with 360-degree views of both the Turkish and the Greek part of the island. Other days selects a vineyard aim for the trip, or a small fishing village where time always stands still. Epic.



### Nice mix of triathletes and cyclists

The group was a nice mix of triathletes and cyclists at various levels and age. In advance of the trip, we set up a customized weekly schedule with various options for routes and program for the day. Here you could choose whether you wanted to follow the set plan or decide how far and fast you would ride. In this way, all a good experience without feeling rushed over to slow down the group, long waiting times or keep high pace. For those who did not want to spend as much time on the bike as the most avid of us ... - was the city's cultural, shopping and nearby beaches frequently used. A rest day or two doing too well.



The days consisted mostly of long trips on country roads. As variation were several of us on the mountain bike on the Akamas peninsula. An incredibly great round that simply must be experienced. Here it was good time for both of swimming and lunch on Cypriot view with seafood "Meze" in the form of infinite number of small dishes. As winter sleepy Norwegian cyclist it is a liberating feeling to

stay outside in hot weather all day. When not exercising it rest and food that is in focus. After a long day you can enjoy the good food and drink with a clear conscience. The buffet at Almyra also supplies each day and served us tasty and varied cuisine both for breakfast and dinner. Some helped themselves with dessert two or three times ....



## Train - Eat - Sleep - Repeat

Such a week goes by too quickly, with over 40 hours of training, spread over approximately 860 km bike with 16,000 meters, 35 km running and 6,000 meter swim. Rarely does well the term "Train - Eat - Sleep - Repeat" each more appropriate. The bonus is that you come home to the stressful everyday life in better shape than when you left. New friends we have gained too.

Thank you to all positive, active and energetic participants! For a lovely bunch to be on tour with. We are ready for another trip next year too!

Team Expa

v/Jens Peter

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