

Bike Tour 2009 MACEDONIA

The ride

Note:

- The roads may have traffic and car drivers do not notice cyclists, therefore whilst riding it is advisable to follow the legal regulation that directs to ride in a file, on the right side, while on roads.
- It is a legal regulation that all of your lights are turned on, that are on the bicycle, at all time, day and night. With the note that there is no legal requirement to have any light on your bicycle!
- The route is planned to be taken early in the morning and later in the evening in order to avoid exposure to the bad sun: sun burns, get dehydrated, sun stroke, etc.
- In case of emergency call: Police 192; Fire Station 193; Ambulance 194; Crisis Management Center 195.

7 July 2009, Day 2

7:00 Arrival in Skopje

- meeting at the train station
- breakfast in the pastry shop in the train station
- **place to leave the stuff?**

The Bike Tour 2009 ride will start with an optional tourist bike ride through Skopje in the morning sun.

Skopje event

At the end of the event, all riders will gather at the main city square. From here will start a 27km ride to village Katlanovo, where it is intended to sleep in a wild camp-site.

The ride will start in the center of Skopje and follow the newly painted cycling pathway till its end and then move on to the old road towards the town of Veles. The road is flat and may have traffic. On its way we will cross several villages, and in each village there can be found a grocery shop and drinking water from a tap. The first village is Trubarevo, distant on 10km from Skopje. Following another 3km road comes the village Idrizovo where it is situated the main state penitentiary. After 5km road we will reach Petrovec village that is connected to Rzanicino village. Finally after 7km flat road we will reach Katlanovo village.

The camp grounds is planned to be after the bridge exiting the village Katlanovo, on the bank of the river Pcinja. There is a mineral water spring that, beside the healthy and medicinal values it can be utilized for drinking or cooking. The area of Katlanovo is well known for the mineral water and hot springs. There are many mineral water springs for drinking and a hot-spa complex on 3 km from the camp site that people can use for a certain fee (www.katlanovskaspa.com). The location does not offer close toilets or showers, but there is plenty of nature, a river by and possibility for going to the spa center or a local bar. Cooking will be done in improvised stoves, and groceries will be bought from the local villagers, and/or the local village shop.

- Address: Katlanovo, Macedonia
- Unofficial, but often used camp-site, public property.
- Possibility for tents
- Near a river
- Water available
- Close to the village and shops

Bikeshops:

- Bike Market, bul. Ilinden 69, Skopje , (02)3231149
- Ciklo – As, 29-ti Noemvri 42 lok.5, Skopje , (02)3114114
- Krosmak, Maksim Gorki 10/2, Skopje , (02)3246670
- Sem-komerc, Petar Acev 7, Skopje , (02)2466746

Hospital: City Hospital (Gradska bolnica), 11-ti Oktomvri 53, Skopje , (02)3235000

8 July 2009, Day 3

Very early morning the ride to Veles will begin. It is in total a 27km ride that starts with a strong uphill that will offer a wonderful view of the Taor gorge of the river Vardar. Then, follows gradual downhill to the lake Mladost. The road till this point is 17km long, and has almost no cars. On the way it can be seen areas of burnet forests from forest fires in 2007, and backwards. This part of the road has no drinking water easily available.

Near the lake Mladost, next to the road to Veles the camp will be set on a public location that is used as a wild camp-site. People can swim in the lake. There is a beach in front of the nearby hotel Romantique (www.hotelromantik.com.mk). Cooking will be done in improvised stoves, and groceries can be bought from Veles.

The road from the lake Mladost to Veles is 10km long, and it has a lot of traffic. Along the way the BT2009 will pass Basino selo, the most famous producer area for onions in Macedonia.

Event – Veles smelter

The night will be spent near the Veles lake – “Mladost”, distant at 10km from Veles.

- Address: Macedonia
- Possibility for tents next to the road on public land
- **Unknown facilities**
- Close to restaurants and hotels
- **Safety during night?**

Bikeshops:

- Lovec-sm, Blagoj Gjorev 97, Veles , (043)231288

9 July 2009, Day 4

Visit of the village Smokvica; (If Smokvica is not executed, the ride is moved to the morning so people can enjoy the big river.)

In the evening the BT2009 will ride to village Teovo. It will follow a road 38km long with continuous uphill and a very boring hill that is not advisable to ride during hot sun. The road is fairly clear, once exiting the town of Veles. On the road only one village will be passed – the village of Prevalec on the 3rd km, thus there are not options for refilling drinkable water along the way.

In Teovo we will sleep in the village school that is situated very close to the village center. Cooking will be done in the school, and groceries will be bought from the local villagers, and/or the local village shop. In the village, near the school, there is clear a mountain river that can be used for washing and bathing. The village is easily noticeable due to the 1000 years old sycamore tree in the center of the village.

- Address: Teovo, Macedonia
- Possibility for up to 30 people to sleep in beds
- Possibility for tents
- Near a river
- Toilets and water available

- Close to the village and shops

Hospital: Opsta bolnica – Veles, Samoborska b.b., Veles , (043)231322

10 July 2009, Day 5

Early morning we will start the ride to village Gostirazni. It is a 25km road, out of which the last 14km are a dirt road and due to this it will take us extra time to cross it. At the beginning, on the 2nd km we will pass the village Sogle, and then continue for another 7km to the village of Bogomila. Here, at the train station the BT2009 will regroup, rest, refill water and start it's ascending on the dirt road. The following 14km will be slow, but every moment will discover beautiful landscapes and nature. If we are lucky we may meet some bears or wild cats (this is for the first few of the group). Once making a big ascend on the upper part of the mountain we'll see a forest fire from 2007. At half way we will climb the highest point and have the opportunity to see the both valleys, the one we just passed and the one that is ahead of us. Afterward is a short (~3km) dangerous descent, with many holes that only the most skillful are advised to ride it. At the foot of the mountain we will gather the group in village Strovija. Thereafter we will rest during the high sun in the neighbouring village Gostirazni at a local cow farm, where we can have lunch.

Once the sun gets lower, we will start our journey to the village Zrze, distant on 12km flat road from Gostirazni. On the way we will visit the villages Crniliste and Kostinci. In Zrze we will collect food supplies for the night and head to the local monastery St. Spas that is distant on 2 km uphill road from the village. There we will spend the night.

- Address: St. Spas, Zrze, Macedonia
- Possibility for tents
- Toilets and water available
- Close to the village and shops

Hospital: Health Ambulance (Zdravstvena ambulanta), s.Krivogastani, Prilep , (048)471125

11 July 2009, Day 6

The early morning we will ride to village Debrešte for 21km on flat road. On our way we will pass many villages, where we can have water refill: The first village will be Kostinci, distant on 7km from our start. Then after 3km the village Sekirci, after another 2km the village Pestalevo, then after 2km village Zabjani, next to it Ropotovo and another 6km to the village of Debrešte.

In Debrešte we can have a look at the traditional breeding of Water Buffalos, and the results of the Water Buffalo Conservation Project done by Biosfera and Knowledge Harvest.

Later that evening we will ride to the village Ivanjevci, that is distant 31km, flat road. On the way we will pass many villages where we can have occasional brakes and water refill: (5km ride) village Lazani, (3km) village Zitose, (3km) village Lokveni, (7km) village Krivogastani, (3km) village Sveto Mitrani, (2km) village Milosevo, (1km) village Presil, (3km) village Bucin, and finally (4km) village Trnovci. Here we will make a camp on a public land near the village.

- Address: Trnovci, Macedonia
- Public land.
- Possibility for tents
- Water available
- Close to the village and shops

Hospital: Health Ambulance (Zdravstvena ambulanta), s.Krivogastani, Prilep , (048)471125

12 July 2009, Day 7

The early morning we set our riding goal to the town of Bitola, that is 31km distant from the sleeping place. The road will take us to the village Ivanjevci, after the first 6km, there after a long 22km ride will lead to village Gorno Orizari that is just 3km away from the town of Bitola.

Event in Bitola.

After the event in Bitola, later that evening, the Bike Tour will leave for village Capari, that is distant on 16 km, continuous uphill, asphalt road. There we will spend the night, near the St. Petka monastery, distant on 2 km away from the village Capari. There we will make a camp near the stream.

- Address: St. Petka, Capari, Macedonia
- Public land
- Possibility for tents
- Near a river
- Toilets and water available
- Close to the village and shops

For those of you, that consider them selves for experienced, and with good endurance, can opt not to sleep too much that night and ride straight to Ohrid for another 80km, have a quick shower and go to listen to the opening show of the Ohrid Summer Festival 2009, where Ennio Morricone will have the honor to give us a show. After the concert, a drink of beer for good luck, sleep over at the first available place and very early morning ride back to meet the Bike Tour in village Podmocani, distant 60km from Ohrid. For this experience, people will need to have night lights, and several good friends that will volunteer to carry their equipment.

Bikeshops:

- Extreme bike, Elpida Karamandi 2, Bitola (047)225074
- Fikamago, Karpos Kompleks 1 lok.3, Bitola , (047)232103
- Krosmak, Aleksandar Turundziev 17-A, Bitola , (047)232068

Hospital: Bolnica, Partizanska b.b., Bitola , (047)251211

13 July 2009, Day 8

The early morning, the Bike Tour will continue to the Lake of Prespa, croosing on the way several villages: (5km) village Kazani, (5km) mountain pass Gavato, 1167masl, (10km) village Podmocani, (1km) village Grncari, (4km) village Asamati, and finally (2km) we'll arrive in village Pretor. The whole road will take us 27km of gradual downhill.

In the village Pretor, in the Camp Pretor, we will have the opportunity to make a camp on the beach of the Beach Caffè place. The rest of the day will be utilized for swimming and resting on the beach.

- Address: Pretor, Macedonia
- Possibility for tents
- Water and toilets available
- Close to the village, hotel and shops
- Contact person for the Beach Caffè: Agron Redzepi +389 71 986332

14 July 2009, Day 9

The final ride in Macedonia, before exiting to Albania will be the longest one, taking 74km to the village Vevcani, a.k.a. Republic of Vevcani. On the road we will pass three towns and several villages that will serve as resting points and water refills. The

first village (2km) is Asamati, then (4km) village Grncari, (1km) village Podmocani, (10km) town Resen, hereon after the road will start with a gradual uphill: (2km) village Jankoec, (7km) krusje Krusje; and till (4km) the mountain pass Bukovo 1207masl;, then the road will go with a gradual downhill (14km) village Openica, (3km) village Kosel, (6km) town Ohrid, after here the road is solid flat (10km) town Struga, (4km) village Vranista, (5km) village Oktisi and a final uphill to the village Vevcani (2km).

It is expected that by the end of the day we'll be in Vevcani. The overnight in Vevcani will be in a mountain hut.

- Contact person for the mountain hut: Maja Markovska

Bikeshops:

- Risto Petreski, Marko Nestoroski 117, Ohrid , (046)268038

Hospital: Medical Centar-Struga (Medicinski centar-Struga), Kej 8-mi Noemvri b.b., Struga , (046)786008

Medicinski centar-Ohrid, Sirma Vojvoda 1, Ohrid , (046)267267

15 July 2009, Day 10

Resting day

16 July 2009, Day 11

Depart for Albania

Ride to the border crossing Macedonia-Albania going back to the town of Struga (11km) and then heading for the border crossing for 12km, gradual uphill.