

BT09: MACEDONIAN ROUTE (7th till 16th of July)

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 near the train station
- **place to leave the stuff?**

The Bike Tour 2009 ride will start with a 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 camping place.

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.

- 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.Iinden 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 burned 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).

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

Village Smokvica; If Smokvica is not executed, the timing is moved 10 hours earlier 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. Near the village there is clear mountain river that can be used for washing. 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

7:00 Ride to Gostirazni, crossing on the way: 2km – Sogle; 7km – Bogomila; 14km – Strovija; 2km – Gostirazni. (25km, climbing and then descending a mountain pass over a regional dirt road)

13:00 Arrival in Gostirazni – resting the day away, avoiding sun burns; mingling with the local population.

17:00 Ride to Zrze, crossing on the way: 3km – Crniliste; 4km – Kostinci; 5km – Zrze. (12km, all flat road)

19:00 Arrival in Zrze – sleeping near the St. Spas monastery, distant on 2km from the village.

- 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

8:00 Ride to Debreste, crossing on the way: 2km – Zrze; 5km – Kostinci; 3km – Sekirci; 2km – Pestalevo; 2km – Zabjani; 1km – Ropotovo; 6km – Debreste. (21km, all flat road)

10:00 Arrival in Debreste – visit of the Water Buffalo Conservation Project

17:00 Ride to the village Ivanjevci, crossing on the way: 5km - Lazani, 3km - Zitose, 3km - Lokveni, 7km - Krivogastani, 3km – Sveto Mitrani, 2km – Milosevo; 1km – Presil; 3km – Bucin; 4km – Trnovci. (31km, all flat road)

Sleep over near the village Trnovci.

- 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

8:00 Ride to Bitola, crossing on the way: 6km - Ivanjevci, 22km – Gorno Orizari; 3km - Bitola (31km)

12:00 Arrival in Bitola

18:00 Ride to village Capari (16 km, continuous uphill)

20:00 Arrival in Capari - Sleep over near St. Petka monastery, distant on 2 km from the village.

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

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

Option for extreme cyclist:

13:00 Ride to Ohrid (80 km)

18:00 Arrival in Ohrid

20:00 Opening of Ohrid Summer Festival – concert of Ennio Morricone.

05:00 Ride to Podmocani (60 km)

13 July 2009, Day 8

8:00 Ride to Lake Prespa, crossing on the way: 5km - Kazani; 5km – Gavato, 1167masl mountain pass; 10km – Podmocani; 1km – Grncari; 4km – Asamati; 2km - Pretor (27km, gradual uphill at the beginning then a continuous downhill to the lake side)

12:00 Arrival in Pretor, make a camp.

Rest and sleep over near the lake.

- Address: Pretor, Macedonia
- Possibility for tents
- Close to the village, hotel and shops
- In the yard of a beach cafe

14 July 2009, Day 9

7:00 Ride to Struga, crossing on the way: 2km – Asamati; 4km – Grncari; 1km – Podmocani; 10km – Resen; 2km – Jankoec; 7km – Krusje; 4km – Bukovo 1207masl mountain pass; 14km – Openica; 3km – Kosel; 6km – Ohrid; 10km Struga. (63km, some gradual uphill, and the rest is downhill and flat road)

14:00 Arrival in Struga

Sleep over in Struga

- Address: IO “Krstje Jon”, Struga, Macedonia
- Possibility for tents
- Toilets and water available
- Close to the town and shops

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

Rest

16 July 2009, Day 11

Depart for Albania

Ride to the border crossing Macedonia-Albania (12km, gradual uphill)