

## MOUNTAIN BIKING IN MARIOVO - THE CLEANEST ECO REGION IN MACEDONIA

Enjoy a historical trip to a XIX c. village in the southern part of Macedonia, once known as the one of the richest regions in the Ottoman Empire. Today, it is the least densely populated area in Macedonia and known for its vivid culture, untouched nature, and traditional way of raising livestock. The ecologically clean environment is a feast for the senses and is ideal for farming, producing delicious dairy products, vegetables, Mariovo honey.



## Adventure Next Balkans – Day of Adventure - May 10, 2016

### TOUR FEATURES

<b>Region:</b>	Mariovo, villages (Makovo, Rapes, Zovik)
<b>Tour leader</b>	Slobodan Trajkovski + Mario Sharevski / <a href="mailto:slobodan_trajkovski@yahoo.com">slobodan_trajkovski@yahoo.com</a>
<b>Min./Max. pax</b>	4-12
<b>Tour difficulty</b>	1 2 <b>3</b> 4 5 (3 using the scale 1-5 where 1 is easy and 5 most difficult)
<b>Total length:</b>	26 km
<b>Duration:</b>	2.5-3 h active time
<b>Total elevation:</b>	380 meters
<b>Road surface:</b>	asphalt 50%, macadam 50%, wide road all the way
<b>Equipment:</b>	Hardtail Mount bikes - aluminum frame, hydraulic disc brake + helmet Cube Analog 2016 (or similar)
<b>Price per person:</b>	<b>60 €</b>
<b>Price includes:</b>	transport to the location, refreshments for the travel, bike rental, lunch - traditional eco food and 2 beverages per person

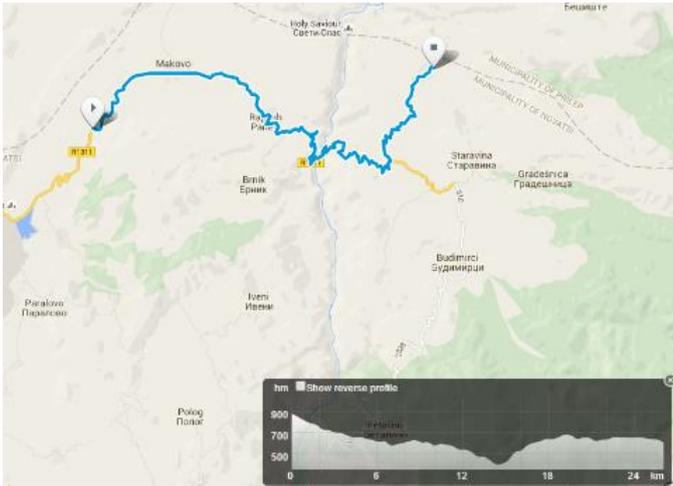
## TOUR PROGRAM – MOUNTAIN BIKING IN MARIOVO

**9:00am - Departure from Ohrid**

**Starting location – Ohrid hotel Inex Gorica**

**10:30 - Makovo village – Mountain Biking**

The tour starts before the village Makovo on the pass that links the region Mariovo to the Pelagonia plains. The first half of the route is going downhill on a wide road, half asphalt paved - half macadam unpaved. We pass two villages, Makovo and Rapes, famous for their old architecture dating back in the period before WWI. The downhill ride ends at the bridge that crosses the river Crna Reka and the route continues uphill for 6.3 km, sometimes steep. We continue on rolling hills for another 5 kilometers to our final destination of the day, the village Zovik and the famous bridge that crosses river Satoka. Get ready for some refreshment under the bridge and the cold river!



**What to bring:**

- Daypack
  - Water bottle, sunscreen, sunglasses
  - Insulating jacket
  - Waterproof/windproof jacket
- Comfortable walking shoes that can be used for cycling

**Walking tour of Village Zovik**

We tour the village, walking around houses that keep secrets from the Ottoman period and World War I. We hear stories told by the locals such as Baba Sava, who will share what life was like here 70 years ago. Dedo Mile, another resident, will share some of the skills necessary to survive in such conditions, and Blagoya, known as the honey-man, will offer us the purest honey collected on the surrounding meadows.

**13:30 Traditional Mariovo Lunch**

In Zovik ethno-house, we enjoy of lunch of local food prepared by our host Mitko.

**14:30 Departure for Ohrid**

**16:00 Arrival at Ohrid**

