MENORCA,
A UNIQUE ENVIRONMENT TO PRACTICE SPORT.



Legal deposit: ME - 143/2019
Photographs: courtesy of each establishment, Fundació Foment del Turisme de Menorca, ©iancorless.com.
Information: courtesy of each establishment and Fundació del Foment del Turisme de Menorca.

MENORCA, A UNIQUE ENVIRONMENT TO PRACTICE SPORT

MENORCA: A BIOSPHERE RESERVE 5
MENORCA, AN ISLAND FOR SPORT 6
SPORT COMPETITIONS 7
CAMÍ DE CAVALLS 14
FACILITIES 16
CYCLING ROUTES 28
HOTEL ACCOMMODATION 30




base:
189

MENORCA:
A BIOSPHERE RESERVE



Menorca was declared a Biosphere Reserve in 1993 by UNESCO in recognition of how the island balances economic activity with the use of resources, while at the same time preserving the environment, local heritage and social values; in short, aspiring to sustainable development.

Twenty-five years later, Menorca maintains today the same values that earned it that title in the first place. The island is still seen as an exceptional place, unique in the highly developed and densely populated area that is the Mediterranean.

These values are fundamental to ensure a good quality of life for the island population. They are also an undeniable attraction for visitors, at a time when authenticity, sustainability and wellbeing are components that people are seeking.

Menorca therefore has a number of factors in its favour, offering a variety of experiences for discovering the island in a healthy and respectful way:

- A Mediterranean climate with over 300 days of sunshine a year.
- 66% of the island protected.
- 220km of coastline with over a hundred coves and beaches, half of which unspoilt.
- Over 1500 prehistoric sites.
- A historic long distance footpath around the island, 185 km long.
- An extensive network of country paths and cycling routes.
- Internationally recognized crafts and manufactured products.
- Traditional farming methods.
- A rich heritage, both tangible and intangible.

MENORCA, AN ISLAND FOR SPORT

Menorca is ideally suited for outdoor sport because of its landscape and environment. Declared Biosphere Reserve 25 years ago, the island boasts one of the best preserved territories of the Mediterranean.

Those who explore Menorca's shoreline are rewarded by stunning views over unspoilt beaches, gullies and cliffs. Beauty spots inland are tucked away between valleys and villages, where gently rolling hills shelter fields and woodlands.

Menorca is a prime sporting holiday destination for its beautiful scenery and unspoilt countryside. It offers a wide range of sporting facilities, accommodation and services and organizes a number of high level events and competitions.

Throughout the year hundreds of sportsmen and women come from all over the world to take part in exciting events held in Menorca (trail running, cycling, athletics, swimming and sailing) in stunning spots like the long distance footpath Camí de Cavalls and the dazzling Mediterranean sea.

Menorca is the ideal destination for all those who love outdoor pursuits: rambling, cycling, horse riding, kayaking, stand-up paddle-boarding and sailing.

These are the reasons why Menorca has earned its reputation as 'the island for sport'.



SPORT COMPETITIONS

TRAIL DELS FARS (LIGHTHOUSE TRAIL RUN)	FEBRUARY
EPIC CAMÍ DE CAVALLS 360°	MARCH
MITJA MARATÓ DE FORNELLS (FORNELLS HALF MARATHON)	APRIL
1st LUX GOLF TOURNAMENT	MAY
TRAIL MENORCA CAMI DE CAVALLS	MAY
COPA DEL REY DE VELA CLÁSICA (CLASSIC SHIPS REGATTA COPA DEL REY)	AUGUST
ARTIEM HALF MENORCA	SETEMBER
VOLTA CICLOTURISTA INTERNACIONAL A MENORCA (INTERNATIONAL CYCLING TOUR OF MENORCA)	OCTOBER
VOLTA A MENORCA EN BTT (MTB TOUR OF MENORCA)	OCTOBER
MITJA MARATÓ ILLA DE MENORCA (HALF MARATHON ILLA DE MENORCA)	NOVEMBER
ESTRELLA DAMM MENORCA OPEN	OCTOBER
TP 52 2019	MAY
10/5 MILLAS DE MENORCA (5/10 MILES CIUDAD DE MAÓ)	SETEMBER

TRAIL DELS FARS (LIGHTHOUSE TRAIL RUN)

TRAIL

Date:	**3 February**
Participants:	**1000**
First held:	**2014**

www.traildelsfars.com

MORE INFORMATION:

A total adventure, three races in one event: 44km, 21km and 12km. All are of equal importance in an event that is both a sporting challenge and a social event along Menorca's coastline. The Trail dels Fars, organized by Biosport Menorca and Elitechip, has attracted top class trail runners such as world champions Núria Picas and Tòfol Castanyer as well as champions of Spain Pau Capell and Laia Díez.



EPIC CAMÍ DE CAVALLS 360º

TRAIL RUNNING & MTB

Date:	**8-10 March**
Participants:	**320**
First held:	**2015**

www.epiccdc360.com

More information:

A trail race in stages: three days of adventure around the island. Participants run in teams of two along the historic bridle path Camí de Cavall; on the coast, down gullies, valleys and torrents, past watch towers, lighthouses and some of the most beautiful coves of the island. There are three different events to choose from, with the option of booking a night's accommodation at the end of each section.



MITJA MARATÓ DE FORNELLS (FORNELLS HALF MARATHON)

RUNNING

Date:	**13 April**
Participants:	**700**
First held:	**2010**

www.mitjafornells.com

More information:

The Fornells Half Marathon is one of the most popular competitions held every year in Menorca. It is a very friendly event with many participants and a well-earned reputation of being more than just a sports challenge. The 21 km of stunning scenery will impress the competitors.



1ST LUX GOLF TOURNAMENT

GOLF

Date:	**4 May**
Participants:	**72**
First held:	**2019**

www.theluxgolf.com

More information:

First edition of a Shotgun Start Golf Tournament. After the event, the fun continues at the hippodrome for a full programme of social events for the second edition of Hats & Horses.



TRAIL MENORCA CAMI DE CAVALLS

TRAIL RUNNING

Date:	**17-19 May**
Participants:	**1500**
First held:	**2012**

www.trailmenorca.com

More information:

The *Trail Menorca Camí de Cavalls* race is one of the longest, toughest and most beautiful trail running races in Europe. Runners have a maximum of 40 hours to complete circumnavigation of Menorca. There are five different routes ranging in distance from 35km to 185km. Participants are pushed to the limit as they run across beaches, over hill tops and down steep slopes as they strive to run the Camí de Cavalls right round the island.



COPA DEL REY DE VELA CLÁSICA (CLASSIC SHIPS REGATTA COPA DEL REY)

SAILING

Date:	**27-31 August**
Participants:	**43 boats/700 crew**
First held:	**2003**

www.velaclasicamenorca.com



More information:

The Classic Ships *Copa del Rey* Regatta has become one of the most important sailing events in Spain. It is held yearly at the end of August, turning the port of Mahón into a nautical museum, where beautiful classic ships from all over the world gather in port. Over the years, 144 classic and period ships have taken part in this regatta, including emblematic ships such as Altaïr, Stella Polare, Rosalind and Stormvogel.

ARTIEM HALF MENORCA

TRIATHLON

Date:	**23 September**
Participants:	**600**
First held:	**2015**

www.artiemhalfmenorca.com



More information:

The Artiem Half Menorca is a triathlon suitable for all, whether amateur or high level athlete. Fornells is the magnificent setting for this event with the three components of running, swimming and cycling.

VUELTA CICLOTURISTA INTERNACIONAL A MENORCA (INTERNATIONAL CYCLING TOUR OF MENORCA)

CYCLING

Date:	**18-20 October**
Participants:	**360**
First held:	**2000**

www.menorcacicloturista.com

More information:

Cycling enthusiasts, both professional and amateur, come together in Menorca every year in the autumn. The participants of the International Cycling Tour of Menorca cycle a total of 212 km over three days through some of the most emblematic spots such as the historic *Camí d'en Kane* (or Kane's Way) and up the two highest hills Monte Toro and S'Enclusa. This cycling tour is an adventure open to everyone.



VOLTA A MENORCA EN BTT (MTB TOUR OF MENORCA)

MOUNTAIN BIKING

Date:	**11-13 October**
Participants:	**500**
First held:	**2005**

www.menorcabtt.com

More information:

The Mountain Bike Tour of Menorca takes place in mid-October. After 13 years, this outdoor sports event has become a classic in the island's sports calendar. It is a non-competitive event where organizers and participants are united in their enthusiasm for mountain biking through Menorca's countryside. Sustainability has always been the event's prime concern from the very beginning.



MITJA MARATÓ ILLA DE MENORCA (HALF MARATHON ILLA DE MENORCA)

RUNNING

Date:	**3 November**
Participants:	**700**
First held:	**2001**

www.mitjamenorca.com

More information:

Over the last eighteen years the Half Marathon Illa de Menorca has become a key event in athletics in the Balearic Islands. Elitechip organize the event and complement the half marathon with two other races: a 10km race and a fun run, so everyone can take part.



ESTRELLA DAMM MENORCA OPEN

PADEL

Date:	**8-13 October**
First held:	**2019**

www.worldpadeltour.com

More information:

During the next four years Menorca will be the centre of the *World Padel Tour*, the most important professional paddle tennis circuit in the world. The tourist board, *Fundació Foment del Turisme de Menorca*, and the WPT organisation, together, will be organising from 2019 to 2022 an open tournament every year for men and women. The *World Padel Tour* is a top level professional paddle tennis circuit, bringing together some of the best international players.



52 SUPER SERIES

SAILING

Date:	**21-25 May**
Participants:	**13 sailing boats 220 crew**
First held:	**2015**

www.52superseries.com

More information:

The TP52 yachts are possibly the fastest mono-hull sailing boats in the world. They are manned by a crew of twelve and have to be of specific dimensions, making for very competitive regattas. In 2019 this regatta will be held once again in the port of Mahón. This is one of the island's most thrilling nautical events.



5/10 MILLAS CIUTAT DE MAÓ (5/10 MILES CIUTAT DE MAÓ)

RUNNING

Date:	**14 September**
Participants:	**270**
First held:	**2015**

www.carreramao.com

More information:

More than just a sporting event, this race refers to past times, created with reference to the island's British heritage. The race takes in some of the most emblematic parts of the port of Maó such as the La Mola fortress and the Naval Base. The prizes give the winners a real Menorcan flavour: a gift of Mahón-Menorca cheeses.



ITINERARIES

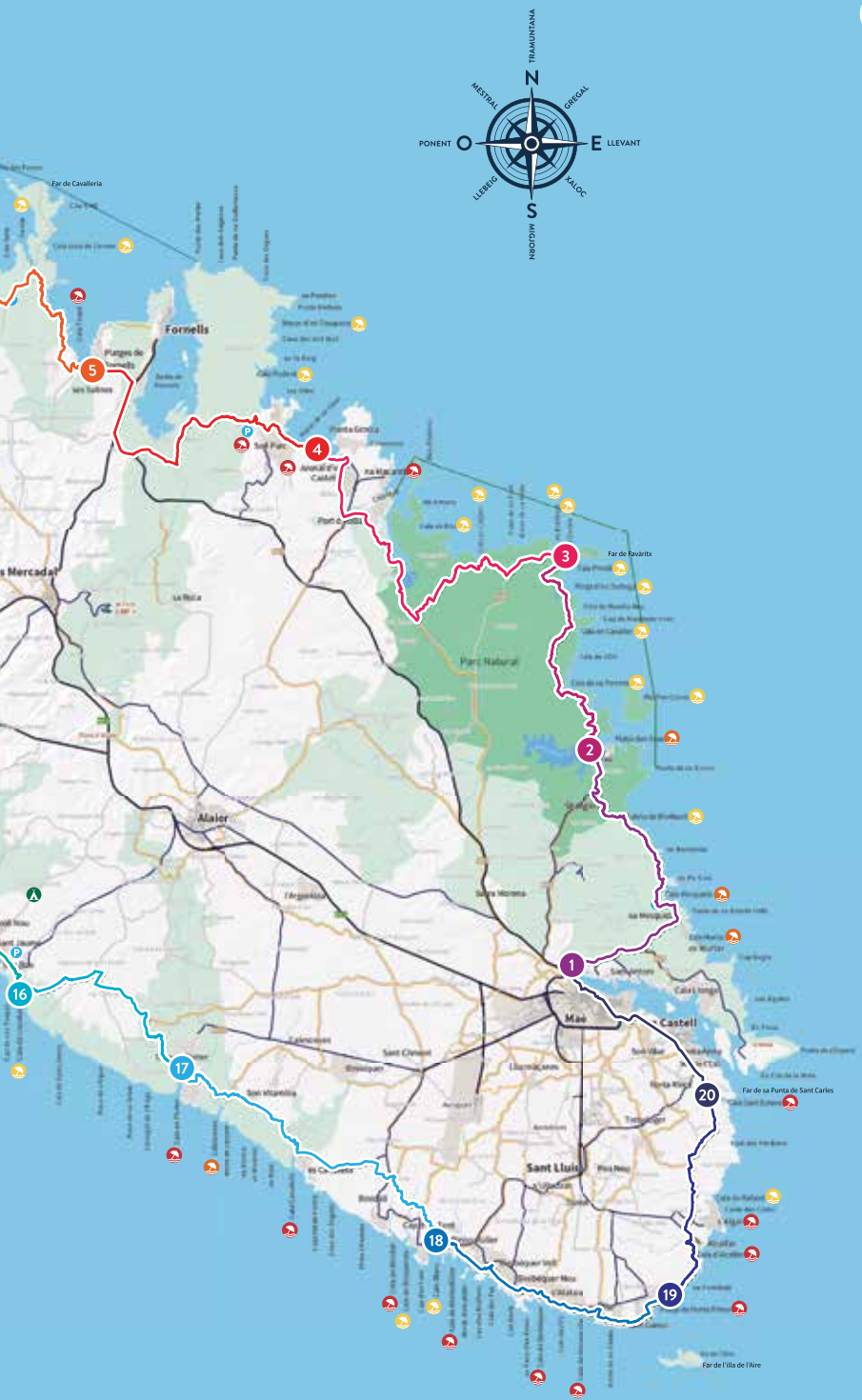
1. MAÓ - ES GRAU
2. ES GRAU - FAVÀRITX
3. FAVÀRITX - ARENAL D'EN CASTELL
4. ARENAL D'EN CASTELL - CALA TIRANT
5. CALA TIRANT - BINIMEL·LÀ
6. BINIMEL·LÀ - ELS ALOCS
7. ELS ALOCS - ALGAIARENS
8. ALGAIARENS - CALA MORELL
9. CALA MORELL - PUNTA NATI
10. PUNTA NATI - CIUTADELLA
11. CIUTADELLA - CAP D'ARTRUTX
12. CAP D'ARTRUTX - CALA EN TURQUETA
13. CALA EN TURQUETA - CALA GALDANA
14. CALA GALDANA - SANT TOMÀS
15. SANT TOMÀS - SON BOU
16. SON BOU - CALA EN PORTER
17. CALA EN PORTER - BINISAFÚLLER
18. BINISAFÚLLER - PUNTA PRIMA
19. PUNTA PRIMA - CALA DE SANT ESTEVE
20. CALA DE SANT ESTEVE - MAÓ



- Hiking and cycling trails
- Country roads
- Trails
- Main road
- Natura 2000 network
- Natural Park
- Urban beach
- Beach with road access
- Beach with access on foot and/or without basic services
- Parking
- Camping

Spatial reference system: ETRS 89 fus 31N

0 1 2 4 6 8 10 km



CAMÍ DE CAVALLS

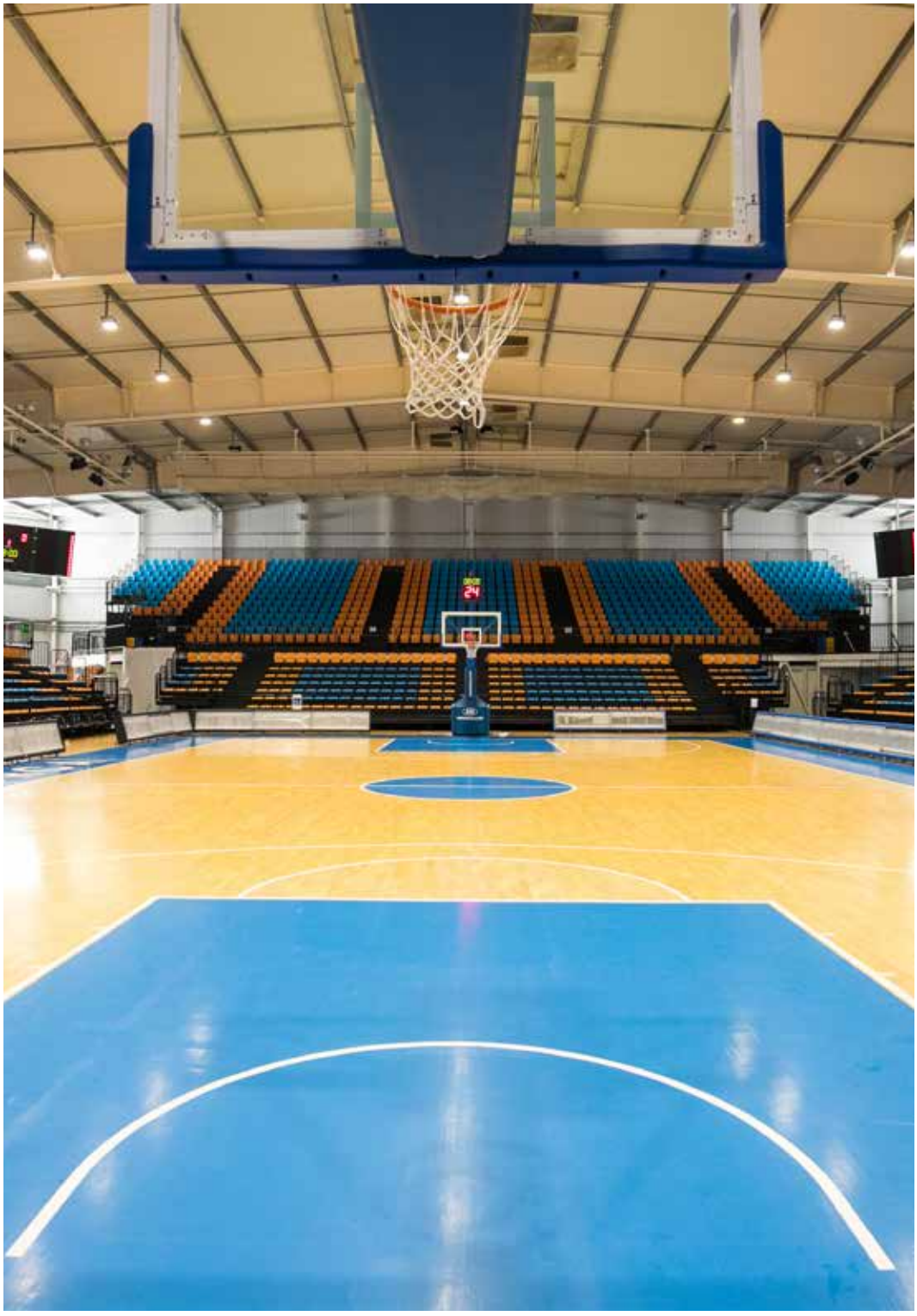
The *Camí de Cavalls* is a185 km long historic path that goes round Menorca's coastline. Originally a medieval path dating back to the 14th century, it was used for patrolling the coastline. In the 18th century, both the British and the French rehabilitated parts of it for military purposes

Over time stretches of the path disappeared gradually as the coast was developed. In some areas the path went through private land, which meant loss of right of way. Towards the end of the 20th century, a civic movement began for restoring the path, and eventually in 2010 the path was registered as a public path with free access to all.

The path is registered as a long distance footpath GR-223 and consists of 20 sections that follow the original bridle path in many places. Ramblers, mountain bikers and horse riders may use it, but not motorized vehicles.

It is without question one of the most delightful nature trails in the Mediterranean and its rich natural beauty is one of Menorca's greatest assets.

FACILITIES



- FOOTBALL
- BASKETBALL
- VOLLEYBALL
- TENNIS
- PADDLE TENNIS
- SQUASH
- TABLE TENNIS
- SWIMMING
- WATER POLO
- SCUBA DIVING
- SNORKELLING
- SURFING
- KAYAKING
- WINDSURFING
- SAILING
- SUP
- JET SKI
- FLY BOARD
- BOAT TRIPS
- WATER SKIING
- CYCLING
- BOULES
- SPORTS EQUIPMENT RENTAL
- MULTI-ADVENTURE PACK
- CARDIO
- FITNESS
- HORSE RIDING
- GOLF
- CROSSFIT
- WEIGHTLIFTING
- YOGA
- ARCHERY
- BOWLING

MULTISPORTS

POLIESPORTIU MUNICIPAL SANT LLUÍS
MUNICIPAL SPORTS CENTRE SANT LLUÍS

C/ Pedro Tudiri s/n
07720 • Sant Lluís
Tel. 971 487 752
info@biosportmenorca.com
www.biosportmenorca.com

FACILITIES: SPORTS CENTRE, TENNIS AND PADDLE TENNIS COURTS, SEVEN-A-SIDE FOOTBALL PITCH AND OTHER SITES.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









PISCINA MUNICIPAL CIUTADELLA
MUNICIPAL SWIMMING BATHS CIUTADELLA

C/ Travesia camí vell s/n
07760 • Ciutadella de Menorca
Tel. 971 487 752
info@biosportmenorca.com
www.biosportmenorca.com

FACILITIES: PISCINA Y PAVELLONES POLIDESPORTIVOS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









CENTRO DE BUCEO MERAK DIVING
MERAK DIVING CENTRE

C/ Moll de Llevant nº 325
Port de Maó • 07700 • Maó
Tel. 616 443 489
Passeig Marítim 98
07750 • Fornells
Tel. 971 36 18 58
info@merakcharter.com
www.merakdiving.com

FACILITIES: WATER SPORTS

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CENTRE DE VELA WIND FORNELLS
WIND FORNELLS SAILING CENTRE

C/ del Rosari s/n
07748 • Mercadal
Tel. 664 335 801
info@windfornells.com
www.windfornells.com

FACILITIES: WATER SPORTS

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CLUB HÍPIC EQUIESPORT
EQUIESPORT RIDING CLUB

Camí Punta Nati km 0,5
07760 • Ciutadella de Menorca
Tel. 610 297 905
clubhipicequiesport@gmail.com
www.clubhipicequiesport.com

FACILITIES: RIDING STABLES

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CENTRO DE BUCEO S' ALGAR DIVING
S'ALGAR DIVING CENTRE

Passeig Marítim S' Algar s/n
07713 • S'Algar • Sant Lluís
Tel. 971 150 601 / 605 054 607
info@salgardiving.com
www.salgardiving.com

FACILITIES: WATER SPORTS

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CENTRO DE BUCEO SCUBA PLUS
SCUBA PLUS DIVING CENTRE

C/ Cala'n Busquets, 10
07760 • Ciutadella de Menorca
Tel. 696 903 160
info@scubaplus.es
www.scubaplus.org

FACILITIES: WATER SPORTS

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CENTRO DE EQUITACIÓN CAVALLS SON ÀNGEL
RIDING STABLES SON ÀNGEL

Camí platja Algaiarens
07760 • Ciutadella de Menorca
Tel. 609 833 902
info@cavallssonangel.com

FACILITIES: RIDING STABLES

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CENTRO HÍPICO SON MARTORELLET
SON MARTORELLET STABLES

Ctra. Cala Galdana Km 1,7
07750 • Ferreries
Tel. 971 373 406
info@sonmartorellet.com
www.sonmartorellet.com

FACILITIES: ARENA

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CLUB NÁUTICO CIUTADELLA
CIUTADELLA YACHT CLUB

Camí de Baix s/n
07760 • Ciutadella de Menorca
Tel. 971 383 918
escoladevela@cnciutadella.com
www.cnciutadella.com

FACILITIES: WATER SPORTS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CLUB NÁUTICO FORNELLS
FORNELLS YACHT CLUB

Urbanització Ses Selines s/n
07748 • Fornells • Mercadal
Tel. 971 376 328
info@cnfornells.com
www.cnfornells.com

FACILITIES: WATER SPORTS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



DÍA COMPLERT SPORTS ADVENTURE

Passeig Marítim, 41
07748 • Mercadal, Fornells
Tel. 609 670 996
info@diacomplert.com
www.diacomplert.com

FACILITIES: WATER SPORTS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



MENORCA EN KAYAK

C/ s'Arribada, 8
07700 • Mahón
Tel. 669 079 977
info@menorcaenkayak.com
www.menorcaenkayak.com

FACILITIES: AREA IN THE PORT OF MAHÓN FOR WATER SPORTS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ☐

CAN BE HIRED FOR DOING SPORT ☐



SURF AND SAIL MENORCA

Platja Xon Xoriguer
07760 • Ciutadella de Menorca
Tel. 971 387 105 / 659 959 312
info@surfsailmenorca.com
www.surfsailmenorca.com

FACILITIES: WATER SPORTS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔



CLUB BÀSQUET MENORCA

Camí de Bintaufa, 18
07702 • Maó
Tel. 971 351 525
hola@basquetmenorca.com
www.basquetmenorca.com

FACILITIES: SPORTS PAVILION.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔







POLIDEPORTIVO MUNICIPAL ES MERCADAL
ES MERCADAL MUNICIPAL SPORTS CENTRE

C/ Dr. Llanço s/n
07748 • Es Mercadal
Tel. 971 487 752
info@biosportmenorca.com
www.biosportmenorca.com

FACILITIES: SPORTS PAVILION.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









PADEL IN

Av. Circumvalació 42
07710 • Sant Lluís
Tel. 693 796 095
info@padelin.es
www.padelin.es

FACILITIES: PADDLE TENNIS COURTS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









CROSSFIT MO

C/ Binimaiput 5
07700 • Mahón
Tel. 648 602 962 / 666 231 601
info@mocrossfit.es
www.mocrossfit.es

FACILITIES: FITNESS BOX.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









GIMNASTIC CLUB CIUTADELLA

C/ Paborde Martí, 3
07760 • Ciutadella de Menorca
Tel. 971 381 909
gimnastic-ciutadella@infotelecom.es
www.gimnastic-ciutadella.es

FACILITIES: FITNESS CENTRE.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ☐

CAN BE HIRED FOR DOING SPORT ☐









CLUB TENIS MAÓ

Camí de Bintaufa, s/n
07700 • Mahón
Tel. 971 360 576
clubtenismahon@gmail.com
www.clubtenismahon.es

FACILITIES: TENNIS AND PADDLE TENNIS COURTS AND OTHER MULTIPURPOSE AREAS.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









CENTRO DEPORTIVO MALBUGER
MALBUGER SPORTS CENTRE

C/ Sahara, 26
07700 • Maó
Tel. 971 362 535
info@malbugercentrodeportivo.com
www.malbugercentrodeportivo.com

FACILITIES: TENNIS AND PADDLE TENNIS COURTS, MINIFOOTBALL, FITNESS ROOM.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









CAMPO DE FÚTBOL MUNICIPAL FORNELLS
FORNELLS MUNICIPAL FOOTBALL PITCH

C/ Via Ronda s/n
07748 • Es Mercadal, Fornells
Tel. 971 487 752
info@biosportmenorca.com
www.biosportmeorca.com

INSTALACIONES:
FOOTBALL PITCH.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔







GOLF SON PARC MENORCA

Urbanització de Son Parc s/n
07740 • Mercadal
Tel. 971 188 875
info@golfsonparc.es
www.golfsonparcmenorca.com

FACILITIES: GOLF COURSE, TENNIS COURTS AND RESORT.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔









CAMPO DE FÚTBOL MUNICIPAL BINTAUFA
BINTAUFA MUNICIPAL FOOTBALL PITCH

Ctra. Maó-Sant Lluís, km 3
07010 • Mahón
Tel. 971 369 800
alcaldia@ajmao.com
www.ajmao.org

INSTALACIONES:
FOOTBALL PITCH.

SPORTS THAT CAN BE PLAYED:

SUITABLE FOR COMPETITIONS AND SPORT EVENTS ✔

CAN BE HIRED FOR DOING SPORT ✔





MENORCA SPORTS
CYCLING ROUTES



- MAÓ N-01
- MAÓ N-02
- MAÓ S-01
- MAÓ S-02
- MAÓ - ES CASTELL RC 05
- ES CASTELL - SANT LLUÍS RC 06
- SANT LLUÍS 02
- SANT LLUÍS 04
- ALAIOR-MAÓ RC 04
- ES MERCADAL-ALAIOR RC 03
- FERRERIES-ES MERCADAL RC 02
- CIUTADELLA-FERRERIES RC 01
- CIUTADELLA N-1
- CIUTADELLA N-2
- CIUTADELLA N-3
- CIUTADELLA N-4
- CIUTADELLA S-1
- CIUTADELLA S-2
- CIUTADELLA S-3
- CIUTADELLA S-4

- Camí de Cavalls
- Archaeological sites
- Churches, hermitages, sanctuaries
- Castles and watchtowers
- Lighthouse
- Quarry
- Emergency telephone **112**

CYCLING ROUTES



Menorca is particularly interesting as a destination for cycling with varied routes in a wonderful landscape and an ever changing terrain and gentle sloping hills. Exploring by bicycle is a delight on the number of country lanes crisscrossing the island.

Although not all itineraries are signposted, there is a network of six cycle touring routes that are clearly marked. Not all routes are signposted. However some cycling routes are designated by the Island Council Consell Insular de Menorca and are clearly signposted, forming a network of country lanes and paths across the island through a landscape of natural beauty with interesting rural elements.

This is a list of the cycling routes:

RC 1: CIUTADELLA – FERRERIES
Distance: 18,7 km
Time estimate: 1h 30 min
Level: intermediate - advanced

RC 2: FERRERIES – ES MERCADAL
Distance: 16 km
Time estimate: 2 h
Level: advanced

RC 3: ES MERCADAL – ALAIOR
Distance: 7,5 km
Time estimate: 30 min
Level: low

RC 4: ALAIOR – MAÓ
Distance: 14,3 km
Time estimate: 1 h
Level: low

RC 5: MAÓ – ES CASTELL
Distance: 7,2 km
Time estimate: 40 min
Level: low

RC 6: ES CASTELL – SANT LLUÍS
Distance: 6,2 km
Time estimate: 30 min
Level: low

In addition to these six routes, there are any number of ways crossing the island from north to south and east to west, allowing the more adventurous to venture far and wide, with the Camí de Cavalls always available.

These routes can be mixed up to create another 14, ranging from 7 to 55km in length, and of various levels of difficulty. There are itineraries through all the different areas of the island. These itineraries are catalogued as northern or southern routes, according to their location; altogether there are six northern ones and eight southern ones.

It is important to remember there are some areas, particularly along the *Camí de Cavalls*, that require some mountain biking experience as the terrain is very uneven and difficult to ride.

HOTEL ACCOMMODATION

Hotels that offer sporting facilities and services are a bonus for active holiday makers. More and more hotels in Menorca offer sporting facilities every year.

Menorca being a high quality holiday destination is emphasized by 65% of hotels on the island being four-star or above.

Four and five star hotels are increasingly specialising in offering active holidays and sports. Menorca 'island for sport' is a concept promoted by both the public and private sectors.



CASAS DEL LAGO
RESORT & SPA







Vía circunvalación, parcela nº 5, urb. Cala'n Bosch
07769 • Ciutadella de Menorca
Tel. 971 387 831
reserves@hotel-casaslago.com
www.hotel-casaslago.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Accommodation with no sport facilities. Rental of kayaks and bicycles available. Other sporting services can be obtained in the resort. Approved by the Cycling Friendly movement.

HOTEL
PORT DE CIUTADELLA







Passeig Marítim, 36
07760 • Ciutadella de Menorca
Tel. 971 482 520
portciutadella@sethotels.com
www.sethotels.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Accommodation with limited sport facilities. Gymnasium with multi-use machines, treadmills and exercise bikes.

HOTEL INSOTEL
PUNTA PRIMA PRESTIGE SUITES & SPA







C/ Sa mitjera – Son Ganxo s/n
07713 • Sant Lluís
Tel. 971 195 150
www.insotelgroup.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Accommodation ideal for holding sporting events or for hire of facilities. Suitable for many sports and levels.

HOTEL RURAL
SANT IGNASI







C/ Ronda Nord s/n
07760 • Ciutadella De Menorca
Tel. 971 385 575
santingnasi@santignasi.com
www.santignasi.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Two paddle tennis courts and one tennis court. Contact hotel for terms and conditions of use.

SANT ROC
BOUTIQUE HOTEL & SPA







C/ Sant Roc, 2
07702 • Mahón
Tel. 971 668 691
reserves@boutiquehotelsantroc.com
www.boutiquehotelsantroc.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Bicycle store. Hotel offers all services for cycling tourism.

HOTEL
SOL FALCÓ







Gran Via Son Xoriguer s/n.
Cala´n Bosch, 07769 Ciutadella
Tel. 971 387 070
sol.falco@melia.com
www.melia.com/es/hoteles/espana/menorca/sol-falco-all-inclusive/index.htm

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Spacious accommodation available in the hotel; semi-Olympic sized swimming pool of 25 metres, sports field (for basketball: 26.7m by 14.70m and for five-a-side football: 24m by14.50m), gym, cycling facilities, and a team of trainers who can tailor activities to suit everyone.

HOTEL
PORTBLUE SAN LUIS







Avenida Décima
07713 S'Algar
Tel. 971 897 430
recepcion.sanluis@portblue.com
www.portbluehotels.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

PortBlue San Luis is a 4* hotel located in Menorca. The sports facilities are modern and well-equipped, comprising two tennis courts, a bowling green, paddle tennis court, football pitch and a fully equipped gym. The hotel is ideally located for water sports and cycling.

HOTEL
PORTBLUE S'ALGAR







Avenida Tercera
07713 Sant Lluís
Tel. 971 897 430
recepcion.salgar@portblue.com
www.portbluehotels.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

PortBlue S'Algar is a 4* adults only hotel in Menorca. It is located right on the seafront, ideally placed for exploring the long distance footpath Camí de Cavalls or for taking a scuba diving course in the crystal clear seas. The hotel sports facilities and spa are perfect for relaxing while on holiday.

HOTEL
ARTIEM AUDAX







Urbanización Serpentona, s/n,
07750 Cala Galdana
971 164 646
reservasaudax@artiemhotels.com
www.artiemhotels.com/audax-cala-galdana

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

One of the leading sports centres of the island, it has been refurbished with an extra 200 square metres added to the facilities. It is well known for adventure activities: kayaking, rambling, snorkelling and mountain biking. Extensive daily schedule of Pilates, yoga, and meditation. Sports and cycling activities for sports enthusiasts. Multi-purpose gym for cardio and fitness training.

Training and coaching courses for triathlon enthusiasts run by our instructors. New CYCLING FRIENDLY GOLD centre where cycling enthusiasts will find everything they need.

APARTAMENTOS
SA CALA







Via Lactia S/N, (Parcela C1)
Urbanización Cala Morell
07760 Ciutadella
Tel. 971 383 233
reserves@calamorell.net
www.calamorell.net

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Bronze Cycling Friendly certificate. Bike hanger storage. Tool unit. Stands for repairs. Rental of stands. Bicycle pumps. Information on cycling routes.

APARTAMENTOS
SA CORNISA







C/ Orió S/N, Parcela C3
Urbanización Cala Morell
07760 Ciutadella
Tel. 971 383 233
reserves@calamorell.net
www.calamorell.net

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Bronze Cycling Friendly certificate. Bike hanger storage. Tool unit. Stands for repairs. Rental of stands. Bicycle pumps. Information on cycling routes.

CAMPING
SON BOU







Carretera de St Jaume – Torre Solí, km 3'5
07730 • Alaior
Tel. 971 372 727
info@campingsonbou.com
www.campingsonbou.com

SPORTS ACTIVITIES AVAILABLE:

MORE INFORMATION:

Two paddle tennis courts. Contact campsite for terms and conditions. Suitable for hire.

MENORCA
balearic islands

Fundació Foment del Turisme de Menorca
+34 971 157 800
info@menorca.es

www.menorca.es