

This work deals with the possibilities of cyclotourism in Benesov and its surroundings. The work contains characteristics of the region, the present traffic situation, the condition of the cycling routes, recently created new route and alphabetic index of tourist attractions and places of interest. The survey was carried on by the use method of a questionnaire and its analysis. Technical parameters, a brief itinerary and a detailed synopsis are provided for each route. All routes are drawn in the map, elevation profile is provided.