



## SACRED SITES

Cycle directly to legendary ruins in the Peloponnese

Guided, vehicle support

**October 7-14 2018**

Groups of 8+ riders, choose your own date for a guided tour

### **TOUR HIGHLIGHTS**

Stand on the last tier at **Epidavros Theatre** and hear a stage whisper

Stare upward at the marvel of the “beehive” tomb of Atreus at **Mycenae**

Fill up your water bottles from the pristine clear water of the **Lousios River**

Take a run in the **Olympic Stadium** as if it were 766 BC

Put on a jacket to enter the underground **Cave of the Lakes**

### **DESCRIPTION**

Bike guided tour to Nafplio, Dimitsana, Olympia, Lampei and Kalavrita. And Athens Add-on.

Lonely Planet named the Peloponnese peninsula the [\*\*#1 European destination\*\*](#) in 2016. No one comes to Greece without paying homage to at least one ancient ruin, and some of Greece's most legendary sacred sites lie right in the Peloponnese. Outside magazine named our Sacred Sites tour one of the [\*\*“6 Best Cycling Tours in Europe.”\*\*](#)

Extensive biking enables you to visit a series of archaeology sites. You bike to the 3rd century BC Epidavros Theatre which once was the largest healing center in the ancient world. You also bike to Mycenae where King Agamemnon ruled who launched the Trojan War. It's a thrill for the inner athlete in every cyclist to bike to Olympia home of the original Olympic Games.

Nature predominates on this tour that crosses the Arcadian Mountains where traditional villages steeped in local culture abound. Many say the Peloponnese is the true Greece. Come judge for yourself!

We recommend you take the [\*\*Athens Add-On\*\*](#) which precedes the tour. You will immerse yourself in the culture of Athens and Attica region with exciting activities: Historic Central Athens bike tour (90% traffic free), Acropolis & Acropolis Museum with professional guide, Temple of Poseidon coastal cycling, ,Attica wine tasting, Temple of Artemis.

## DETAILS

<b>2018 Dates</b>	June 3-10 and October 7-14
<b>Duration</b>	7 nights, 8 days
<b>Add-ons</b>	Athens 4 nights, see Add-on tab
<b>Arrival City</b>	Athens
<b>Arrival transfer</b>	see Extras tab
<b>Tour Start Point</b>	Athens
<b>Tour End Point</b>	Athens or Athens Airport
<b>Minimum Age</b>	18
<b>Minimum Pax</b>	8
<b>Maximum Pax</b>	14
<b>Total Mileage</b>	546 km, 340 miles for standard route. Possible to vary most daily routes to add mileage, or lessen miles with vehicle transfer.
<b>Highest Elevation</b>	1103 m, 3618 feet
<b>Rating</b>	Active to Advanced see <a href="#">Rating System</a>

## ITINERARY

Due to morning departure on Day 1 prepare to arrive at least one day early to Athens to test ride the bikes.

Bike mileage listed for each day is that day's standard bike route. Depending however on the cycling level of the participants, routes may vary by adding mileage or minimizing mileage with vehicle transfers.

### Day 1: Nafplio

A World Heritage Site on your first cycling day in Greece! Bike to 3rd century BC Epidavros Theatre, Greece largest ancient theater seating 15,000 with impeccable acoustics. Coast down to elegant Nafplio, modern Greece's first capita and the prettiest city in the Peloponnese. **89.70 km, 55.40 miles**

### Day 2: Nafplio

Your second biking day in Greece takes you to a second sacred site. Bike directly to Ancient Mycenae, home of King Agamemnon who launched the Trojan War. In Nafplio, experience the famous Nemean wine varieties, climbing 999 steps to Palamidi Fortress, visit local artisan shops. **43 km, 26 miles**

### Day 3: Dimitsana

Nafplio to Dimitsana is the hardest cycling route of the entire tour. It is also the most rewarding as you climb into the Arcadia Mountains and experience traditional local mountain villages, such as, in the little town of Dimitsana with its red tiled roofs seated along the Lousios Gorge. **103 km, 64.50 miles**

### Day 4: Olympia

From Dimitiana to Olympia there's a thrilling descent hugging the Lousios Gorge. You are now leaving the Arcadia Mountains to lower elevations. The biking route is flatter but with several hills too. At the end, before you know it, you are cycling past the ancient Olympic Stadium. **76 km, 50 miles**

#### **Day 5: Lampeia**

Morning tour of ancient Olympic. A professional guide makes the site come alive. Its Temple of Zeus was one of the Seven Wonders of the Ancient World. Afternoon biking returns to the mountains, traditional villages, goat herds, gushing water sources. **42.25 km, 26 miles**

#### **Day 6: Kalavrita**

Deep cycling in mountain territory, mostly following a ridge with 1-2 steep ascents and descents to make the ride entertaining. The day's highlight is Cave of the Lakes, a series of subterranean lakes inside a huge cave. Enjoy Kalavrita, a charming mountain village full of tradition. **74.50 km, 46 miles**

#### **Day 7: Athens**

The last cycling day has many miles, but the route is mostly downhill and flat hugging the Corinth Gulf coast. We end up at Loutraki Bay at the sea for swimming and a farewell dinner at fresh fish taverna. Vehicle transfer to Athens or Athens Airport Sofitel Hotel for those with flights early next morning. **118 km, 73 miles**

#### **Day 8: Departure**

### ***COST & INCLUSION***

Cost in euros based on double occupancy

Sacred Sites Tour Cost	2850 euros per person
Sacred Sites Single Supplement	750 euros
Athens 4 Night Add-On	1550 euros per person
Athens Single Supplement	440 euros

See [daily exchange rates](#)

### **TOUR INCLUSIONS**

**Accommodations:** 3-4 star hotels, primarily family owned and operated, ranging from boutique hotels to seaside upscale hotels. Tasteful, clean, air-conditioned, private bath, abundant hospitality, comfort. All accommodations are standard doubles with option for upgrade. All accommodations serve breakfast, usually buffet style. Tour prices are based on double occupancy. See Accommodations tab to request more info about tour's accommodations

**Bikes:** Specialized road bike or hybrid bike. Triple chain ring, 27 gears. Road bike has carbon fiber fork. Hybrids have front suspension. **Electric bike or carbon Tarmac bike** are available as an upgrade on request. Regular pedals or toe clips on request. You are welcome to bring your own clip-in pedals and shoes. See [Our Bikes and Gear](#)

**Bike gear:** helmet, water bottles, handlebar pouch, odometer

**Support vehicle:** “Sag wagon” with bilingual driver who is also a bike mechanic. Vehicle carries spare parts, floor pump, ice cooler, water, nutritious snacks, bike tools, first aid kit, day packs, luggage and gives you a lift if you get tired.

**Tour Leader / Bike Guide:** the Tour Leader handles all the tour logistics and rides with the group.

**All Meals:** Breakfasts are included at each hotel. Lunches — you choose from the menu. Dinners are generally at trusted establishments within walking distance of the hotel. Dinner consists of 2-3 appetizers and salad chosen by us and shared by the group. You are offered an entrée choice, usually a meat, fish or vegetarian dish. Dessert, house wine, water or beverage for those who don’t drink wine.

**Archaeology Guide:** Private tour with professional guide at Epidavros Theatre, Mycenae and Olympia

**Entrance fees:** Epidavros Theatre, Mycenae, Olympia, Cave of the Lakes

**Wine Tasting:** Nemea wine tasting with local expert

#### Cue sheets

**Trip packet:** useful and interesting information about the regions

**CycleGreece jersey:** short sleeved, rear pockets, locally made

#### Gratuities & VAT taxes

#### TOUR EXCLUSIONS

- Airfare to/from Greece
- Transfers to/from airport – see Extras tab
- Alcoholic beverages (other than house wine)
- Travel insurance – see Extras tab
- Tips for CycleGreece guides and drivers, at your discretion

#### TAKE NOTE

- Participants are required to sign our [Waiver](#)
- Participants are required to agree to the [Booking Agreement](#)
- Travel Insurance is required as a condition for participation in a CycleGreece tour

*See the website for more details about ACCOMMODATIONS, EXTRAS, ADD-ONS, MAP and BOOKING AGREEMNET*

#### *CYCLEGREECE*

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