



## SACRED SITES

cycle directly to legendary ruins in the Peloponnese

**October 15-26, 2019**

*Tour destinations: Athens, Nafplio, Vytina, Olympia, Lampeia, Kalavryta*

### DESCRIPTION

Sacred Sites on this tour: Ancient Corinth, Ancient Nemea, Ancient Mycenae, Epidavros Theatre, Ancient Olympia

Overnight Destinations: Athens, Nafplio, Vytina, Olympia, Lampeia, Kalavryta

Rural cycling prevails. Tour highlights include 3rd century BC Epidavros Theatre, once the largest healing center in the ancient world and Ancient Mycenae where King Agamemnon ruled who launched the Trojan War. Athletic competitions were held in four cities; on this tour you visit three of them — Olympia, Nemea, and Isthmia, but regrettably no time for Ancient Delphi.

Lonely Planet named the Peloponnese peninsula the #1 European destination in 2016. Outside magazine named our Sacred Sites tour one of the “6 Best Cycling Tours in Europe.”

After a vigorous bike tour, take the Hydra Island Escape for three nights of pure R & R.

### DETAILS

<b>2019 Dates</b>	October 15-26
<b>Duration</b>	11 nights, 12 days
<b>Add-ons</b>	Athens, 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
<b>Minimum Age</b>	18
<b>Minimum Pax</b>	8
<b>Maximum Pax</b>	14
<b>Highest Elevation</b>	4347 feet, 1325 meters
<b>Rating</b>	Advanced – see <a href="#">Rating System</a>

## **ITINERARY**

### **2019 Sacred Sites 11 nights, 12 days**

#### **Day 1 Athens**

Arrival to Athens, one of the world's oldest capital cities. The welcome dinner takes place in the Plaka, the center of historic central Athens.

#### **Day 2 Athens**

Temple to Temple ride. Start at the Temple of Athena (Acropolis) to take the car-free bike path to the coast and follow the coastal road to the tip of the Attica peninsula to the Temple of Poseidon. 70 km, 43 miles Lunch at a fish taverna. Vehicle transfer back to Athens. Riders do not enter Acropolis (it would take too much time) but do enter the small Temple of Poseidon site with its magnificent 360 degree views of the Aegean . Look for Lord Byron's signature carved in the marble Temple column.

#### **Day 3 Corinth — Kalamaki Beach**

At Perama port we catch the 20 minute ferry to Salamina island where the important Battle of Salamis took place that changed the course of Western Civilization. Cycle across the island to catch a ten minute ferry back to the mainland, hugging the mostly flat coastline to Corinth Canal for terrific photo ops. A final stop is Isthmia, one of four sites where athletic competitions were held in ancient times. 62 km, 38 miles

#### **Day 4 Nafplio**

Cycle to three archaeology sites in one day! Bike to Ancient Corinth where St. Paul preached and then to Ancient Nemea, site of one of four Olympic-style games. Finally, cycle to Ancient Mycenae for private with professional guide. After the tour, bike to Nafplio, the prettiest little city in the Peloponnese and modern's Greece's first capital. 82.70 km, 51 miles

#### **Day 5 Nafplio**

Bike to the healing site of Epidavros Theatre for a private tour with professional guide, 26.80km, 16.60 miles. On the return route, a detour to lovely Vivari beach with lunch at seaside taverna, swimming in sea. 45.15 km, 28 miles. Before dinner, learn about Greek wines in a wine tasting session with a local professional.

#### **Day 6 Dimitsana**

Today is the hardest day of the tour, biking deep up into the Arcadia Mountains, a region brimming with tradition, history and mythology. 107.60 km, 66.80 miles

## Day 7 Dimitsana

After yesterday's long haul, today is a rest day. Option to bike to the amazing St. John the Baptist Monastery, 30 km, 18 miles, hike a dirt path 4 km in the Lousios Gorge to visit the "Secret School" and Philosopho Monastery. Lunch in cute little Stemnitsa village.

## Day 8 Olympia

From Dimitsana 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. Pre-dinner honey tasting at a honey farm 76 km, 50 miles

## Day 9 Lampeia

Morning tour with professional guide at ancient Olympia whose Temple of Zeus was one of the Seven Wonders of the Ancient World. Afternoon biking we return to the mountains, traditional villages, goat herds, gushing water sources. Lunch is at Foloji, a rare oak forest inhabited by centaurs! 54km, 33.50 miles

## Day 10 Kalavrita

Bike Lampeia to Kalavrita, cycling a mountain ridge with lunch at a special river side taverna with fresh trout. After a guided tour inside the fascinating Cave of the Lakes, a steep 15 km climb ensues approaching Kalavrita. Don't worry your hotel has spa services, including massages. 76.50 km, 47.50 miles

## Day 11 Piraeus

Leaving Kalavrita cycle down the mountain and along the flat coast hugging the sea all the way to Loutraki Beach 115 km, 71 miles. Vehicle transfer to Piraeus port with a farewell dinner at one of the loveliest marinas on the Athenian coastline.

## Day 12 depart

### ***COST & INCLUSIONS***

#### **Cost in euros based on double occupancy**

<b>9 Days Tour</b>	4290 euros per person
<b>Single Supplement</b>	1170 euros

## TOUR INCLUSIONS

**11 nights 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

**Bikes:** Specialized road bike. Triple chain ring, 27 gears, carbon fiber fork. Carbon Tarmac bikes are available as an upgrade for 400 euros. Electric bikes are available as an upgrade for 350 euros. Regular pedals or toe clips on request. You are welcome to bring your own clip-in pedals and shoes. See Our Bikes and Our 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:** Tour Leader handles all the tour logistics and rides with the group

### All Meals:

Breakfasts are included at each hotel

Ten lunches — you choose from the menu

Eleven dinners consisting 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 or beer, water or beverage

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

**Entrance fees:** Temple of Poseidon, Ancient Nemea, Epidavros Theatre, Mycenae, Olympia, Cave of the Lakes

**Wine Tasting Session:** Wine tasting with local expert in Nafplio

**Honey Tasting Session:** Honey tasting at a honey farm in Olympia

**Bike Routes:** Options (1) RideWithGPS App tour routes to upload to your iPhone or Android with voice narration – bring your own bike mount (2) GPX tracks to download to your device – bring your own bike mount

**Cue sheets and cue sheet holders** turn by turn directions plus distance/elevation profiles

**Trip packet:** useful and interesting information about the regions, packing tips, general travel info for Greece

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

**CycleGreece lite backpack:** 17" x 13", 43cm x 33cm

## **Gratuities & VAT taxes**

## **TOUR EXCLUSIONS**

- \* Airfare to/from Greece
- \* Transfers between Athens Airport and Athens — [see Extras tab](#)
- \* Alcoholic beverages (other than house wine)
- \* Drinks and coffee at café pit stops
- \* Travel insurance – required. We are official Travel Guard agents and can book a policy or provide a quote for U.S. citizens. 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, Booking Agreement, Waiver](#)*

## **CYCLEGREECE**

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