



CROSS CORINTHIA

explore the northeast corner of the Peloponnese

DESCRIPTION

The Peloponnese Peninsula is a huge land mass that would take a good three weeks to cycle its most prominent destinations. [Cross Peloponnese Drive & Bike](#) enables a visitor to cover a broad swath of the peninsula. By contrast, Cross Corinthia is a way to become intimate with a small defined section of the peninsula, specifically the northeast corner of the Peloponnese.

Cross Corinthia should actually be called Cross Argolida Corinthia because it covers two geographical regions of the northeast corner of the Peloponnese: the upper portion (Corinthia) and the lower portion (Argolida). The Corinthia portion includes overnight in Isthmia and Nemea. The Argolida portion includes overnight in Epidavros, Spetses island and Nafplio.

The main difference between Cross Corinthia and Cross Peloponnese is that you do not confront the interior mountains. Cross Corinthia routes have flat stretches and hills but not challenging ascents. The highest elevation in the entire tour is 1360 feet, 417 meters compared to Cross Peloponnese's highest elevation of 4324 feet, 1318 meters.

The beauty of Cross Corinthia is that you cycle on rural roads, visit a lovely Greek island, bike directly to three ancient historical sites and partake in the region's fine food and indigenous wine.

Lonely Planet named the Peloponnese the [#1 European destination](#) in 2016.

If you only have one day in Athens, check out the one-day bike rides available at [Athens Day Tours](#)

DETAILS

Dates	choose your dates
Duration	7 nights, 8 days standard tour — opt for more days or less days (minimum 5 nights)
Add-ons	yes, Athens add-on
Arrival City	Athens
Arrival transfer	No transfer if departing on tour from Athens Airport. For central Athens, see Extras tab
Tour Start Point	Athens airport or central Athens

Tour End Point	Athens airport or central Athens
Minimum Age	18
Total Mileage	246.50 km, 151.80 miles for 8 day standard route. Mileage depends on optional routes sought and itinerary destinations.
Highest Elevation	417 m, 1360 feet
Rating	Moderate

ITINERARY

Below is a standard Cross Corinthia tour, but it can be adjusted to add or subtract days or substitute overnight destinations. You can receive the vehicle, bike rack and the bikes either in central Athens or at Athens Airport directly upon arrival.

Day 1 Athens to Isthmia

- Meet CycleGreece at Athens Airport to receive vehicle, bike, bike gear. (option to meet in central Athens)
- Drive from Athens Airport to Kalamaki Beach in Isthmia. 110 km or 68 miles, 1.20 hours or from central Athens 82.6 km, 51 miles, 1.9 hours. Several tolls on the main highway.
- Bike Kalamaki to Akrokorinthos Fortress. Walk the expansive grounds of this abandoned Venetian citadel to see magnificent views of the two surrounding gulfs.
- Cycle back to Kalamaki Beach **27 km, 16 miles**

Day 2 Isthmia to coastal Epidavros

Morning bike Corinth Loop: Kalamaki to Ancient Corinth to Loutraki Bay to Kalamaki. Ancient Corinth has Roman era ruins and splendid artifacts in its museum. Loutraki Bay is expansive, stretching it seems to infinity. Cross the Corinth Canal in two places, at the lower end with a wooden bridge and the upper end with more panoramic views. **41.50 km, 25.70 miles**

Afternoon drive Kalamaki to coastal Epidavros. 110 km, 68 miles, 1.10 hours

Day 3 Epidavros to Spetses island

Morning bike Epidavros Theatre Loop to reach 3rd century BC Epidavros Theatre, a World Heritage Site whose acoustics are so impeccable someone whispering on the stage can be heard from the last upper tier. **51.40 km, 32 miles**

Afternoon drive Epidavros to Kosta port. 53.20 km, 33 miles, 1 hour. At tiny Kosta port

park the vehicle in the 24 hour car park and, with bike and luggage, take a water taxi to Spetses island. The crossing takes about 10 minutes.

Day 4 Spetses island

Bike a loop around tiny Spetses island. You'll be surprised to see so much greenery. At the half way point take a dip in the sea at a marvelous sea cave with a little sandbar where pirates once hid out. Also take time to visit Bouboulina's Museum, the female who commanded her own fleet during the Greek Revolution. **25 km, 15, 5 miles**

Day 5 Spetses to Nafplio

Morning take the water taxi back to Kosta port. Drive from Kosta to Nafplio. 82 km, 51 miles, 1.20 hours

Afternoon bike the Mycenae Bridge Loop, visiting an unheralded ancient stone bridge probably several millennia old. The route passes by the sea south of Nafplio giving you an opportunity to take a dip if so inspired. **27.60 km, 17 miles**

Day 6 Nafplio

Morning bike Nafplio to Ancient Mycenae, home of King Agamemnon who launched the Trojan War. The bike route takes you on a rural road through small villages and serene orange and lemon groves with relatively little traffic. **44 km, 27 miles,**

Afternoon back in Nafplio take time to climb the 999 steps to Palamidi a 17th century Venetian fortress. You can enter the dungeon where the Revolutionary War guerrilla leader Kolokotronis was held.

Day 7 Nafplio to Nemea

Morning drive Nafplio to Nemea. 40 km, 25 miles, 40 minutes

Afternoon bike the Wineries Loop. There are usually several wineries open to drop in for wine tasting of the famous Nemean wines whose grapes have been cultivated for millennia. Also en route is the Nemea archaeology site whose stadium entry is impressive. In the ancient days, Games were held in Olympia, Isthmia, Delphi and Nemea. **30 km, 18.6 miles**

Evening — be prepared for an amazing five course gourmet meal using organic ingredients from the chef's garden and wine tasting of several fine Nemea wines. All prepared and presented by the hosts of the special house where you overnight.

Day 8 Departure

Drive to Athens Airport 145 km, 90 miles, 1.30 hours or central Athens 117 km, 73 miles, 1.23 hours Meet CycleGreece to return vehicle, bikes and bike gear.

COST & INCLUSIONS

Cost in euros based on double occupancy

1-2 riders	8 days 2350 euros per person
3 riders	8 days 2230 euros per person
4 riders	8 days 2200 euros per person
Single Supplement	8 days 750 euros

Cost may vary if Itinerary varies. See [daily exchange rates www.xe.com](http://www.xe.com)

TOUR INCLUSIONS

7 nights Accommodations: 7 nights in 3-4 star hotels ranging from upscale to family run guesthouses. Tasteful, clean, air-conditioned, private bath, abundant hospitality, comfort. All accommodations come with breakfast. Tour price is based on double occupancy. Single supplement costs apply for individual rooms. Triples may or may not be available depending on the hotel.

Vehicle: 4 door vehicle for 1-3 guests similar to a Nissan Note. Mini-van for 4 – 8 guests similar to a Nissan Prima Star. Includes standard vehicle insurance, GPS guidance, manual steering (automatic steering is an upgrade), road assistance. Does not include gas, tolls or parking fees.

Drop-off Fee: Pick up vehicle in one destination and drop it off in another destination.

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 300 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: 2 water bottles, helmet, handlebar pouch, odometer, lock, rear bike rack on request, helmet. For hygienic purposes we encourage you to bring your own helmet. Rear bike rack for 4 door vehicle. For mini-van, back seat is removed to make space for the bikes.

Bike tools: hand pump, patch kit, tire irons, spare tube, multi-tool. One set per group.

Cue sheets turn by turn directions plus distance/elevation profiles

Bike Routes: Options: (1) RideWithGPS 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 (3) we provide you a Garmin Oregon 450 GPS device with programmed routes, no narration, plus bike mount.

Meals: Breakfasts are included at each hotel. Five course gourmet dinner in Nemea with traditional dishes cooked by local chef using organic and local ingredients accompanied by two matching bottles of high quality local wine.

Maps of the region

Mobile phone: one per couple with 10 euros phone card. One phone per group.

Trip packet: useful and interesting information about the region

CycleGreece jersey: short sleeved, rear pockets, locally made

CycleGreece lightweight backpack 17" x 13", 43cm x 33cm

Gratuities, tips and 13% VAT taxes

TOUR EXCLUSIONS

- Airfare to/from Greece
- Transfer from Athens Airport to Athens hotel on arrival, or from hotel on departure to port or airport
- Private licensed guides at Mycenae and Epidavros – see Extras tab
- Wine tastings at wineries (about 5-10 euros per winery)
- Additional GPS device, 50 euros per device
- Meals except breakfast and 5 course Nemean gourmet dinner
- Travel Insurance – see Extras tab

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 tours

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

CYCLEGREECE

New York: 244 Fifth Avenue Suite C214, New York, NY 10001-7604, Tel: +1 800-867-1753

Athens, Greece: 5 Demertzi, Paleo Faliro Greece 17562, Tel: +30 210-921-

8160 Colleen McGuire, Managing Director Mob: +30 693-715-0108

www.CycleGreece.com info@CycleGreece.com