



## SACRED SITES

cycle directly to legendary ruins in the Peloponnese

**May 6-16, 2023 and August 26 – September 5, 2023**

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

### DESCRIPTION

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

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

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.” Boston Globe named Peloponnese “Best Kept Secret in Greece” in 2022.

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

### DETAILS

<b>2023 Dates</b>	May 6-16 and August 26 – September 5
<b>Duration</b>	10 nights, 11 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>Total Mileage</b>	630.30 km, 391 miles
<b>Highest Elevation</b>	4347 feet, 1325 meters
<b>Rating</b>	Advanced – see <a href="#">Rating System</a>

## ***ITINERARY***

### **2023 Sacred Sites 10 nights, 10 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 Nafplio**

Cycle to three archaeology sites in one day! Vehicle transfer to Corinth Canal. 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. 83 km, 51 miles

#### **Day 3 Nafplio**

Bike to the 3<sup>rd</sup> century BC healing site of Epidavros Theatre for a private tour with professional guide. Stand in the center and whisper; someone on the last tier can hear you! 53.60 km, 33 miles. Before dinner, learn about Greek wines in a wine tasting session with a local expert.

#### **Day 4 Vytina**

Today is the hardest day of the tour, but the most rewarding. You are biking deep into the Arcadia Mountains, an adorable region brimming with tradition, history and mythology. Highest ascent is 4347 feet, 1325 meters. 95 km, 57 miles

#### **Day 5 Olympia**

From Vytina 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. 82 km, 51 miles

#### **Day 6 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! 54 km, 33.50 miles

### Day 7 Kalavryta

Start the day learning about bees in a honey tasting session with a local beekeeper. 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. 76.50 km, 47.50 miles

### Day 8 Kalavryta

Today is a special ride to a special site. No spoilers here — you have to cycle the route to find out what is to be found in a little village called Plataniotissa. 57.20 km, 36.80 miles

### Day 9 Kalamaki Beach

This is the longest day of the tour mileage-wise, but no worries, most of the route is downhill and flat. Leaving Kalavrita cycle down the mountain and along the coast hugging the sea to Xylokastro Beach for lunch. The tour ends at a seaside hotel on Kalamaki Beach. 120.50 km, 75 miles

### Day 10 Athens

Cross the Corinth Canal, the waterway that turned the Peloponnese peninsula into an island in 1893. Cycle the old national highway, hugging the sea to reach the ferry crossing to Salamina island. Lunch at Salamina's fish market. Then cycle to the second ferry that takes us to Piraeus port. Farewell Dinner in Athens. 63.30 km 39 miles

### Day 11 Departures

## ***COST & INCLUSIONS***

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

<b>10 Days Tour</b>	3660 euros per person
<b>Single Supplement</b>	700 euros

## **TOUR INCLUSIONS**

**10 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 70 euros a day. Electric bikes are available as an upgrade for 50 euros a day. 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

9 lunches — you choose from the menu

10 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:** 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** on request

**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.
- \* 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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