PELOPONNESE SELF-GUIDED

Epicenter of Greek myths and legends

DESCRIPTION

Inhabited for millennia, the Peloponnese is the source of many of Greece's most beloved mythological figures and real life heroes, from Jason and his Argonauts to King Leonidas of Sparta. No wonder Lonely Planet named the Peloponnese the #1 European destination in 2016.

You will visit the region's most legendary sites, including Ancient Olympia, as you ascend mountain roads, hug gorges, follow seacoast roads and overnight in memorable accommodations where the hosts make you feel proud to have arrived by bike. Most of the route consists of rural back roads.

Like Crete, the Peloponnese terrain beckons the seasoned cyclist. The highest elevation is 2985 feet 909 meters, on a long cycling day, 93 km 58 miles, from Nafplio to Vytina. If those numbers are within your ability, you will love pedaling across the Peloponnese mountains.

After so much cycling, take a quick R & T add-on to elegant Hydra island. Alternatively, efore or after your self-guided biking tour, we recommend booking the four day, four night Athens Add-on that immerses you in the culture of Athens and the 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

Dates	choose your dates
Duration	7 nights, 8 days standard tour — opt for more days or less days (minimum 6 days)
Add-ons	yes, Hydra Island or 4 days Athens add-on
Arrival City	Athens, at least one day before tour departure
Arrival transfer	see Extras tab
Tour Start Point	Pireaus port
Tour End Point	Xylokastro for transfer to Athens
Minimum Age	18
Total Mileage	620.40 km, 237 miles for standard 8 Day tour.
Highest Elevation	1247 m, 4091 feet
Rating	Active. See **Rating System**

ITINERARY

Arrive at least one day early to Athens to test ride the bikes.

During the tour leave your luggage in the hotel and it will be transferred to your next destination.

The itinerary below is standard, but it can be changed to add days or delete destinations. For example, Vytina or Kalavrita are precious places where we encourage you to consider staying two nights.

Day 1: Kalamaki Beach
Meet in the morning at Piraeus port. We give you the bikes and take your luggage. Start with a ferry to Salamina island, the site where in 480 BC the Greeks trounced the Persians in the famous Battle of Salamis Cycle across the island (**13 km, 8 miles**) to a second ferry to get back on the mainland. Follow the old National highway along the coast to the Corinth Canal and then to your seaside hotel in Kalamaki Beach. **49 km, 30 miles**

Day 2: Nafplio
Today's cycling takes you to three remarkable ancient sites: Corinth, Nemea and Mycenae. The ruins seen today in Corinth date from the Roman era where St. Paul preached. You will look forward to stopping at Nemea as it is one of the four cities in the ancient world that held athletic games (also Olympia, Isthmia and Delphi). The highlight is Mycenae, a World Heritage Site, home of King Agamemnon who launched the Trojan War. End the day at Nafplio, the prettiest city in the Peloponnese. **82.70 km, 51 miles**

Day 3: Nafplio
Today's highlight is cycling to the 3rd century BC Epidavros Theatre, a World Heritage Site with impeccable acoustics. Stand on the last tier to hear a whisper from the stage. Back in Nafplio don't fail to climb the 999 steps to the Palamidi, the formidable 17th century Venetian fortress. **58.50 km, 36.30 miles**

Day 4: Vytina
Today is all about climbing. The first mountain is "bald," no trees, which permits a panoramic view of a series of distant mountains reminiscent of sea waves. After lunch in Tripoli, you climb into the heart of Arcadia where the landscape is more verdant and the villages so charming. Vytina is a vibrant little town known for its fine local cheese and honey. **93 km, 57.70 miles**

Day 5: Olympia
The exciting feature of today's ride is a long descent hugging the Lousios Gorge. From a

high of 4356 feet, 1328 meters in Vytina you descend to Olympia at 125 feet 38 meters. The ride ends cycling past the Ancient Olympia stadium, the ruins lying within a discus throw of your bike route. Tour the grounds and its stellar museum. **52.80 km, 32.80 miles**

Day 6: Lampeia
If you didn't have time to tour Ancient Olympia yesterday you can do so this morning because Lampei is less than a four hour ride. Lampeia is a true mountain village with no bank, no post office, no pharmacy, but it does have a guesthouse and the residents hang out at several cafes and the Balcony taverna. No tourists! **42.25 km, 26 miles** Add 8 km, 5 miles for a side detour to the marvelous Foloi Oak Forest.

Day 7: Kalavrita
You're in the middle of the Peloponnese, up in the mountains, but riding a ridge so it is basically flat almost the entire ride, except for the last ten miles when you face a steep ascent for about ten miles. Before tackling that climb, best to stop at the natural phenomena known as Cave of the Lakes, a series of underwater lakes inside a cave. **74.50 km, 46 miles**

Day 8: Departure to central Athens or Athens Airport
The longest cycling day is the last day of the tour, from Kalavrita to Xylokastro. But don't fret, it is mostly downhill and all flat hugging the Corinth Gulf sea coast biking eastward towards Athens. End the ride at Xylokastro seafront taverna. From here we pick you up and transfer you to central Athens. **73.50 km, 45 miles**

Day 8 Logistics We meet you in Xylokastro for a transfer back to central Athens that is included in your tour cost. If you have an early morning flight the next day, for a fee we can transfer you from Xylokastro to the Athens Airport area overnight accommodations.

COST & INCLUSIONS

Cost in euros based on double occupancy

1-2 riders	2380 euros per person
3-4 riders	2160 euros per person
Single Supplement	700 euros

TOUR INCLUSIONS

7 nights Accommodations: 3-4 star hotels, primarily family owned and operated, ranging from boutique hotels to seaside family run resorts. 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

7 Luggage Transfers: Piraeus to Kalamaki Beach > Kalamaki Beach to Nafplio > Nafplio to Vytina > Vytina to Olympia > Olympia to Lampeia > Lampeia to Kalavrita > Kalavrita to Athens

Day 8 transfer: from Xylokastro beach to your central Athens hotel, with bikes and luggage.

Bikes: Specialized road bike. Triple chain ring, 27 gears, Upgrade to carbon bike for 50 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: 2 water bottles, helmet, handlebar pouch, lock, rear rack on request.

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

Color copy Distance Elevation Profiles

Bike Routes Options (1) RideWithGPS tour routes to upload to your iphone or Android with voice narration – bike mount available on request (2) GPX tracks to download to your device – bring your own bike mount

Meals: Breakfasts are included at each hotel. Buffet dinner on Day 1 at Kalamaki Beach Hotel

Map of the region

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

- International airfare to/from Greece
- Transfers to/from airport before and after the tour – see Extras tab
- All meals except breakfast and buffet dinner on Day 1
- Private licensed guides at archaeology sites – see Extras tab
- Travel insurance – see Extras

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

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