

Greece – Cycling in Greece Bicycle Tour 2023 - 2024
Guided Tour
8 Days/ 7 Nights



For history, archaeology and mythology, the Peloponnese is arguably the most interesting part of Greece. Our week of cycling is a journey through fascinating classical history and a superb variety of landscapes, from the azure blue of the sea to the green olive trees and vineyards of the heart of Greece. Starting and finishing in buzzing Athens, the ride offers plenty of opportunities to discover some of the country's treasures, such as Poros Island and the beautiful town of Nafplio. Each day gives us the chance to sample excellent local food in various restaurants and tavernas and immerse ourselves in the Greek culture and lifestyle.

Itinerary Day to Day

Day 1: Start Athens

We begin at our hotel in the capital of Greece. After meeting with our leader, there is time to walk around Exarhia, the lively area of downtown Athens.



Day 2: Explore Athens by bike; ferry to Poros Island; cycle to the beach for a swim 32 km

In the morning, we explore some of the main sights in Athens by bike and cycle down one of the major bike lanes in the city, before taking a short transfer to Piraeus harbour. Here we catch the ferry across the Argosaronic Gulf to Poros Island (approximately 2.5 hours). In Poros, we cycle around town and ascend to the temple of Poseidon, from where we enjoy amazing views of the island. We then head down to one of the many beautiful bays where we can enjoy a refreshing swim. Please note, the ferry timetable is modified frequently at very short notice. On occasion, we may have to take an early ferry.

Day 3: Boat to Galatas and scenic coastal ride to the ancient site of Epidaurus 42 km + 825 m

In the morning, after a walking tour of the town of Poros, we take a boat to the Peloponnese mainland. Cycling through olive groves and quiet hamlets, we start our ascent along one of the most dramatic coastlines in Greece, boasting breathtaking views of the Aegean Sea. Our tour takes us through Ancient Trizina, the birthplace of Theseus, the mythical hero that slayed the Minotaur. Here we can have a short break and take in the magnificent scenery. The fantastic views throughout today's ride are our reward for the short, steep ascents along the way, which eventually lead to a 3mi (5km) long descent to the ancient town of Epidaurus. Palia Epidaurus (Old Epidaurus) is built around a natural harbour and is our base for the night.

Day 4: Optional visit to the theatre of Epidaurus, cycle to Tolo 50 km + 962 m

After an uphill ride of approximately 10skilometers, there is an optional visit to the ancient site of Epidaurus (if you don't want to go in, you can relax in the shaded gardens or cafeterias outside the site). Epidaurus is a UNESCO World Heritage site home to an amphitheatre built for Asclepius, the god of medicine and son of Apollo and Coronis. The huge theatre, renowned for its size, symmetry and acoustics, held up to 15,000 spectators. From Epidaurus, we head inland and ride along quiet, undulating mountain roads and descend to the seaside town of Tolo.



Day 5: After visiting Nafplio, we head into the heart of the Peloponnese to Mycenae 47 km + 525 m

Leaving Tolo, we make our way to Nafplio, one of the most beautiful and picturesque cities in Greece and capital in the early 1800s. Situated on the hillsides at the northern end of the Argolic Gulf, the town has numerous neoclassical buildings plus the Palamidi Castle. Riding to the heart of the Peloponnese, we leave the coast behind and make our way to Mycenae. The imposing Lion Gate, built around 1350-1200 BCE, awaits. Outside the walls, we can see many wonders for which Mycenae is known: the vault-shaped tombs of Lions, Aegisthus and Clytemnestra, and the Treasury of Atreus. An optional visit of the site is highly recommended.



Day 6: Explore the wine-producing town of Nemea; visit a vineyard; continue to Loutraki 63 km + 729 m

A challenging start to today's ride sees us climb on a road through vineyards to Ancient Nemea; here we visit an archaeological site and ancient stadium before a long descent to Nemea. The town is now known for producing exceptional wine and we visit one of the wineries, see the process and taste (a little) before we continue on quiet country roads to Corinth and then on to Loutraki, where we spend the night.

Day 7: Bus to Athens; guided tour of the Acropolis

From Loutraki, we take the bus to Athens city and a metro to Plaka, the picturesque historic downtown. Here we enjoy a guided tour of Acropolis before a walking tour of the city centre. Our route around the city takes us at a relaxed pace to some of the must-see sites: Monastiraki square and the Ancient Library, the Roman Forum and Tower of the Winds, the Temple of Olympian Zeus and Hadrian's Arch the Ancient Panathenaic Stadium, the Greek Parliament and the National Gardens, and the monumental 19th century buildings of the oldest Greek University. Free evening to sample some more delicious Greek food.

Day 8: End Athens

After breakfast the trip ends in Athens.



Route



Technical characteristics

Route Profile: Medium Road conditions are usually good, but will be pot-holed in places and the conditions not quite as good. We aim to use quiet roads where possible, but sometimes we need to pass busy sections to reach the quiet roads on the other side. On Day 2, we will be cycling through Athens, where traffic can be intense; the leader will keep the group together and warn of any areas they know to be busy.

Distance: 234 km

Travel Season: **2023 Departures:** June 11; September 3 and September 10, 2023
2024 Departures: May 19; June 9; September 1 and September 8, 2024

2023 Departures:

Prices (Per Person)	Canadian Dollars	All Departures
Double Occupancy		\$ 3245.00
Single Supplement		\$ 608.00

2024 Departures:

Prices (Per Person)	Canadian Dollars	All Departures
Double Occupancy		\$ 3545.00
Single Supplement		\$ 646.00

Accommodation:

You will spend seven nights in two- and three-star hotels and pensions, often near interesting sights or by the Aegean. All rooms have en suite facilities. Several of the hotels are a short walk from the beach, allowing plenty of opportunities to finish the day with a sea swim. One hotel has a pool.

What's Included:

- Tour leader throughout
- All breakfasts
- Entrance fees to Acropolis and private guide
- Support vehicle and driver
- Local bike rental

Not Included:

- Meals not included in itinerary
- Personal expenses
- Travel insurance
- Single accommodation (available on request)
- E-bike rental supplement

