



Greece – Cycling in Greece (2025-2026)
Group Guided Tour
8 days/7 nights



When it comes to history, archeology 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 the buzzing city of Athens, the ride offers plenty of opportunities to discover some of Greece's treasures, such as Poros Island or 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.



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Itinerary Day to Day

Day 1: Start Athens

We begin at our hotel in the capital of Greece. In the evening, we have our welcome briefing, in which we meet the tour leader and come together for the first time. Get some rest tonight, the cycling starts early tomorrow.

Day 2 Explore Athens by bike; ferry to Poros; cycle around the island

In the morning, we cycle down one of the major bike lanes in the city, heading to the Stavros Niarchos Foundation Cultural Center, where we take a short transfer to the busy port of Piraeus. Here we catch the ferry (approximately 2hr 30min) across the Argo-Saronic Gulf to the island of Poros.

In Poros, we cycle around the island, passing the Russian naval base and many small, beautiful bays.

After an ascent to the temple of Poseidon, we have a steep descent to Askeli beach where our hotel is located and we can enjoy a refreshing swim.

Please note, the ferry timetable is often modified at very short notice. On occasion, we may have to take an early ferry.

Route: First part is flat with a gradual downhill in Athens. The second part is a gradual ascent to Poseidon's Temple, then undulating and then steep downhill to our hotel. Terrain: 100% paved road.

Distance covered: 17mi (28km)

Ascent: 1,424ft (434m)

Meals included: Breakfast



Day 3: Boat to Galatas and scenic coastal ride to the ancient site of Epidaurus

In the morning, after a walking tour of Poros town, we take a five-minute boat ride to the Peloponnese mainland. Cycling through olive groves and quiet hamlets, we start our ascent along one of the most impressive coastlines in Greece, enjoying views of the Aegean Sea. Our tour takes us through ancient Trizina, birthplace of the Minotaur-slaying hero Theseus. Not far away is the beach, where we can have a short break, swim and a small lunch.

The fantastic views throughout today's ride are our reward for two big ascents – over 2.5mi (4km) and 1.85mi (3km) – that we climb after lunch. They lead to a 1.2mi (2km) steep descent to the ancient town of Epidaurus. Palia Epidaurus (Old Epidaurus) is built around a natural harbor and is our base for the night.

Route: First part is flat with a gradual downhill in Athens. The second part is a gradual ascent to Poseidon's Temple, then undulating and then steep downhill to our hotel. Terrain: 100% paved road.

Distance covered: 29mi (46km) Ascent: 2,382ft (726m) Meals included: Breakfast

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Day 4 Optional visit to the theater of Epidaurus; cycle to Tolo

After an uphill ride of approximately 6mi (10km), there is an optional visit to the ancient site of Epidaurus. This UNESCO World Heritage site is home to a 15,000-seater amphitheater, which was built for Asclepius, the god of medicine, and is renowned for its size, symmetry and acoustics. If you don't want to go in, relax in the shaded gardens or cafeterias outside the site.

After refuelling, we have a 1.2mi (2km) uphill ride, then a 6.2mi (10km) descent through some mountain roads towards the sea. The last ascent today is almost 1mi (1.5km) and takes us to the town of Tolo, where we stay tonight.

Route: Long but gradual ascent to Lygourio, short ascent after the Epidaurus Theater and a long, steep and bumpy decent towards the sea, then almost flat until Tolo except for a small ascent. Terrain: 99% paved road. **Distance covered: 31mi (50km) Ascent: 2,188ft (667m)** Meals included: Breakfast

Day 5 Visit Nafplio; head into the heart of the Peloponnese to Mycenae

Leaving Tolo, we cycle on the main road for 7.5mi (12km) and make our way to Nafplio, one of the most beautiful cities in Greece and the 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. Today, we can also enjoy an off-road adventure: a 6.2mi (10km) round trip to the beach nearest Karathonas, enjoying the beautiful coastline and a swim. After our return, we leave the coast and start our ride to the heart of the Peloponnese, making our way to Mycenae.



We cycle through orange groves until we start an ascent of 3mi (5km) to an archaeological site at the top of the hill. The imposing Lion Gate, built around 1350-1200 BCE, awaits. Outside the walls, we can see the 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.

Route: Flat to Nafplio, then dirt road to Karathonas Beach, then flat and, at the end, a long ascent to Mycenae. Terrain: 80% paved, 20% dirt road. **Distance covered: 29mi (47km) Ascent: 1,594ft (486m)** Meals included: Breakfast

Day6 Explore the wine-producing town of Nemea; visit a vineyard; continue to Loutraki

Today is the longest ride! We start by gradually climbing on the main road for 8mi (13km) until we reach Ancient Nemea, where Hercules killed the Nemean lion and where the Nemean games were held. Here we visit an archaeological site and ancient stadium before we ride through vineyards.

The town of Nemea is now known for producing exceptional wine and we visit one of the wineries, learn about the process and taste (a little) before we continue our journey on quiet country roads. The first part is undulating, then we have a 6.2mi (10km) descent towards the Gulf of Corinth. We continue by the seaside to Corinth and then Loutraki, where we spend the night.

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Route: Gradual but long uphill to the winery then an undulating section, followed by a gradual decent towards the sea and then almost completely flat towards the hotel. Terrain: 100% paved road.

Distance covered: 39mi (63km) Ascent: 1,719ft (524m) Meals included: Breakfast

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. Meals included: Breakfast



Day 8: End Athens

After breakfast the trip ends in Athens. Meals included: Breakfast



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Route



Technical characteristics

Route Profile: Moderate. **Pace:** Moderate: 8mph-10mph (13kph-16kph)

Terrain: Low altitude; 95 percent paved; 5 percent dirt road

Road conditions are usually good, but in places the tarmac will be pot-holed and the conditions not quite as good. We aim to use quiet roads where possible, but sometimes we need to pass busy sections in order to reach the quiet roads on the other side. On Day 2 we will be cycling through Athens, where traffic can be intense.

Distance: 234 km

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Dates and Prices in Canadian Dollars-all prices subject to confirmation on booking

Date	Base price	Optional Single Supplement
2025		
May 11	\$3480	\$722
May 18	\$3800	\$722
June 8	\$3480	\$722
September 7	\$3480	\$722
September 21	\$3800	\$722
2026		
May 10	\$3800	\$789
May 17	\$3800	\$789
June 7	\$3800	\$789
Sept 6	\$3800	\$789
Sept 20	\$3800	\$789

Accommodation:

You will spend 7 nights in 2 and 3 star hotels and pensions, often located near interesting sights or by the Aegean. All rooms have en suite facilities.

Included:

- All accommodation
- All breakfasts
- Entrance fees to Acropolis and private guide
- Tour leader throughout
- Support vehicle and driver
- Bike rental (e-bikes are available at an additional cost subject to availability)

Not included:

- Travel Insurance
- Visas or vaccinations

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Assisting people in realizing their touring dreams worldwide is our passion.

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THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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