

# Peloponnese Self-Guided

10 days



The Peloponnese Peninsula has been inhabited for millennia and is the source of many of Greece's most beloved mythological figures and real life heroes, from Jason and his Argonauts to King Leonidis of Sparta.

You will visit the region's most legendary sites as you ascend mountain roads, hug gorges, follow winding seacoast roads and overnight in memorable accommodations where the hosts make you feel proud to have arrived by bike.

2200 € per person  
(Approximately \$2971)

For current exchange rates:  
[www.xe.com](http://www.xe.com)

Cost based on double occupancy and up to 4 persons for luggage transfers

**Note:** Tour prices are based on the euro which is the official currency of Greece. The dollar price of the tour is whatever the exchange rate is on the date of payment.

## Tour highlights

- Two charming Argo-Saronic Gulf islands
- Lion's Gate at Mycenae, Europe's oldest monument
- Serene Bourtzi island with lovely views of Nafplio
- Ancient Olympia and its Temple of Zeus
- 3rd century BC Epidavros Theatre seating 15,000

## Day 1: Spetses

Hop on a boat to Spetses. Cycle the entire island, stopping for a dip in an underwater cave.

## Day 2: Poros

Linger in charming Spetses, then hop a water taxi to the mainland to follow the coastline of the Argo-Saronic Gulf. Have a café in Ermioni before reaching Poros island.

## Day 3: Nafplio

Cycle to Epidavros, 3rd century BC theatre with impeccable acoustics. Unheralded ruins en route to Nafplio, the prettiest city in the Peloponnese with elegant buildings.

## Day 4: Nafplio

Bike directly to King Agamemnon's unusual beehive tomb in ancient Mycenae. In Nafplio climb the 999 steps to the 900 foot high Venetian Palamidi fortress.

## Day 5: Stemnitsa

The heart of the Arcadia region. Stemnitsa, a lovely mountain town of stone buildings and traditional crafts, especially gold and silver making.

## Day 6: Olympia

A marvelous route, mostly downhill, with postcard views of the Lousios Gorge. Visit the fascinating live action gunpowder museum in Dimitsana.

Peloponnese Self-Guided 2008



## Day 7: Lampei

Morning tour of Ancient Olympia, home of the original Olympics. Afternoon cycle to a small mountain village 2600 feet high with exquisite views and lots of goat bells.

## Day 8: Kalavrita

Hug a mountain ridge all the way to Cave of the Lakes, a dazzling series of subterranean lakes in a mammoth cave. Kalavrita is full of traditional products and crafts.

## Day 9: Loutraki

Follow the Vouraikos Gorge as you cycle back to the seacoast and head eastward towards Athens. Visit Ancient Corinth and the formidable Akrokorinthos Castle.

## Day 10: Departure



## Cycling Summary

- DAY 1 25 km, 15 miles, flat with slight hills
- DAY 2 55 km, 34 miles, mostly flat
- DAY 3 78 km, 38.50 miles, lightweight climbs
- DAY 4 40 km, 25 miles, flat with a steep 3 km ascent
- DAY 5 99 km, 60 miles, all climbing, highest ascent almost 4000 ft
- DAY 6 87 km, 54 miles, mostly downhill
- DAY 7 26 km, 42 miles, climbing up to 2600 ft.
- DAY 8 50 km, 80 miles, mostly flat, last 15 km climbing
- DAY 9 73 km, 45 miles, mostly downhill and flat
- DAY 10 Departure

## Inclusions for 10 day tour

- Bicycle (road or hybrid), lightweight, triple chain ring, 27 gears. Go to FAQs Our Bikes for more information about the bicycles.
- Bike accessories: odometer, 2 water bottles and cages, map holder, spare tube, patch kit, bike tool, tire irons, hand pump, bike lock, helmet (note: our helmets are worn by prior clients), rear rack on request.
- Accommodations in country inns or 4 star hotels
- Vehicle luggage transfers to next destination
- Daily breakfast by accommodations host
- Maps and cue sheets
- Daily itineraries with points of interest, contacts (e.g., archaeological guide, museum phone numbers and hours) and local services (e.g., internet cafes, laundry, etc.)
- Emergency mobile phone preprogrammed with relevant numbers, including 24 hour access to an Aegea Adventures representative

## Upgrades

- Support vehicle for 1-5 cyclists 300 euros per day



Peloponnese Self-Guided 2008