

Cycling Europe

ANCIENT PELOPONNESE & ISLANDS OF THE SARONIC GULF

BIKE & BOAT 2020

8 DAYS/7 NIGHTS 200KM BY BICYCLE



The Peloponnese is a Greek region steeped in history. The Mycenaeans, ancient Greeks, Romans, Venetians, Ottomans, and Albanians have all left their mark on the “Island of Pelops”. Here you will find some of the greatest archaeological sites from the Middle Ages. Discover this unique, culturally rich region as well as the diverse islands of the Saronic Gulf by boat and bike! Cycle through orange orchards and pomegranate plantations. Experience the “Golden Mycenae” and the impressive Lion Gate, the cyclopean walls and the Treasury of Atreus. Stroll through the picturesque, medieval town of Nafplio with its imposing fortifications and embark on a geological journey through time on the volcanic peninsula of Methana!

Discover the enchanting islands of the Saronic Gulf each with its own distinct and unique character. Be it the pistachio island of Aegina where the Temple of Aphaia sits enthroned high above the blue of the sea or the completely traffic-free island of Hydra where the countless donkeys have been the only means of transport since time immemorial. The islands of Poros and Spetses, fragrant with wild herbs, is sure to enchant your senses as you take in panoramic views while cycling along deserted roads!

ITINERARY

Day 1: Saturday -Athens: Boarding in Piraeus (Marina Zeas)

Check-in from 2 p.m. The boat will be moored at Marina Zeas, in the yacht harbour of Piraeus, in the yacht harbour of Piraeus, only 25 km from Athens Airport. Dinner is on board tonight, and the boat will stay overnight in Piraeus.



Day 2: Sunday- Island of Poros

The morning will be spent sailing to the Island of Poros. In the afternoon, cycle from the island's capital, which holds the same name as the island itself, towards the 18th century Monastery of Zoodochos Pigi. Continuing on, almost completely circle the island which, in ancient times, was considered to be the island of Poseidon, God of the Sea. Shortly before the end of the tour you will reach Russian Bay, whose sandy

beach and turquoise waters are sure to tempt you to dive in for a swim. Back in the enchanting harbour of Poros City, with its landmark clock tower reaching high above all the other buildings, end your eventful day surrounded by characteristic Greek culture. **Cycling: 23 km**

Day 3: Monday- Galatas – Ermioni – Nafplio

After breakfast a small car ferry will take you from Poros to Galatas in the Pelopennese. From here, the bike tour will lead for the most part along the sea and through fertile agricultural land towards the small coastal town of Ermioni. Here the Bahriyeli will await you for an onboard lunch and a leisurely afternoon crossing to Nafplio. In the early afternoon, your tour guide will invite you to take a stroll through the picturesque alleys of the former Greek capital. Nafplio is a captivating island with its ingenious fortifications and eventful history along with its flower filled old town and the numerous very individual, beautiful cafes, bars and restaurants. The perfect place to spend a wonderful, relaxed evening. **Cycling: 40 km**



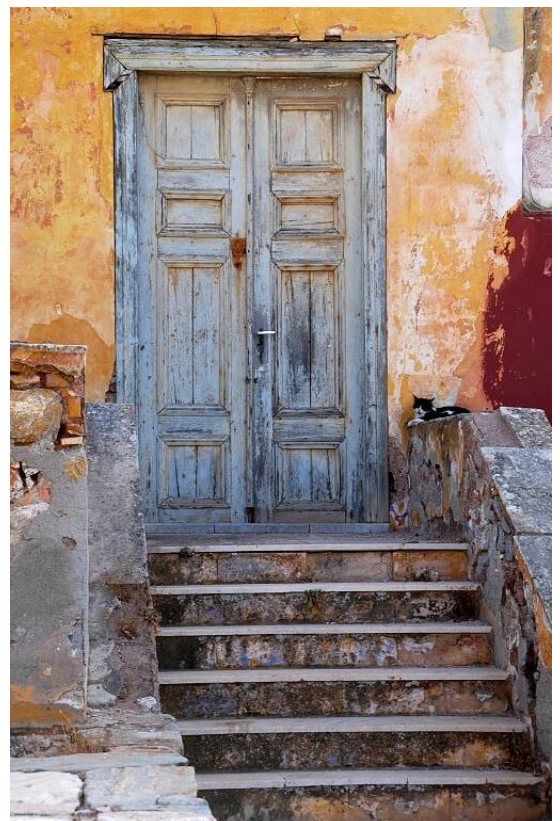
Day 4: Tuesday- Mycenae – Island of Spetses

After breakfast, the day's tour leads into the Peloponnesian inland. After cycling through an impressive apricot and orange grove reach the remarkable Mycenaean fortress of Tiryns and the magnificent castle of Mycenae. Both sites have been UNESCO World Heritage sites since 1999. In the 2nd millennium BC, Mycenae was one of Greece's most important cities. King Atreus and his son Agamemnon play a significant role in Greek mythology. The excavation site is enthralling: the famous Lion Gate, the incredibly thick cyclopean walls, Grave Circles A and B along with the gold and silver discoveries and the Treasury of Atreus are all very much worth a visit. In the late afternoon, the boat will take you from Nafplio to the Island of Spetses. In the evening, stroll through the alleys of the beautiful old town, decorated with pebble mosaics, or end the evening at the old fishing port with a glass of wine. **Cycling: 50km**



Day 5: Wednesday - Islands of Spetses and Hydra

The island of Spetses got its name from the Venetians who called it "Isola della spezie", the island of herbs. With the accompanying aroma of wild herbs and panoramic views, today's tour leads along the traffic-free road that circles the island. For the majority of the ride you will be able to enjoy incredible views of the turquoise sea. Later on, there will be a longer break at one of the beautiful beaches for a coffee and a swim. Continue to the island of Hydra. Since time immemorial donkeys have been the only means of transport on this unique, beautiful island. Thanks to seafaring, the island became very wealthy in the middle ages. Then, after the Greek War of Independence, spanning from 1821-1830, the island fell into a hundred-year slumber. It was only when, in 1957, the film "Boy on a Dolphin" starring the unforgettable Sofia Loren was filmed on Hydra that life was brought back to the island which then became a mecca for artists. A unique place with arguably the most beautiful sunset in the region! **Cycling 25 km**



Day 6: Thursday - Methana Peninsula – Island of Aegina

In the morning sail to Methana Peninsula whose volcanic origin is immediately noticeable by the smell of sulphur and the shimmering colours of the rocks. The peninsula is characterised by its 30 plus volcanos, some of which are still active, as well as the medicinal, sulphurous thermal springs. Today's round trip offers numerous, incredible views. In the afternoon, we sail to the island of Aegina. If the weather permits, there will be the chance for a longer swimming break along the way. **Cycling: 25 km**

Day 7: Aegina Island – Piraeus/Athens

Aegina is known far beyond its borders for its incredible pistachio nuts! The cycle tour today takes you up to the Sanctuary of Aphaia. The extremely well-preserved temple towers high above the blue Aegean Sea. Return across the middle of the island past Nektarios Monastery all the way to Aegina city, where you board the boat for the last cruise back to Piraeus. The last evening onboard traditionally includes a communal dinner and a final get-together with the crew and tour guides.

Cycling: 35 km

Day 8 Tour ends in Piraeus/Athens

Disembark after breakfast by 9 a.m.



CHANGES TO ITINERARY: We reserve the right to make changes to the route in the case of changing wind and weather conditions as well as for reasons of organizational necessity.

TERRAIN :

The bike routes have a length of 23 to 50km/14 to 31 mi. and lead through hilly or mountainous areas. Some uphill stretches are included. The roads are mostly asphalted. Your tour guide informs you each day about the tour details. This tour is primarily a guided group tour. Upon consultation with your tour guides, the possibility to cycle on your own along recommended, suitable routes, may present itself. Helmet use is mandatory on all bike tours. You are strongly encouraged to bring your own (well-fitted) helmet. Helmets are available on board in limited number (on request). You are free to set aside a half or full day to swim or spend on board the boat, instead of taking a planned cycle tour.

HELMETS

Helmets are required on all cycle tours. You are strongly encouraged to bring your own (well-fitted) helmet. Limited helmets are available on board and must be requested when booking.

CHILDREN

We believe that only children in a good physical condition and of a minimum age of 10, and previous cycling tour experience are able to master the bike-tours on their own strength. Please note that the minimum height for a rental bike is 1.30 m. Children up to 16 years occupying their own cabin will receive a 25% discount - this is not combinable with 50% discount for 3rd person.

MEALS

The onboard chef will prepare breakfast, and one or two cooked meals a day. The catering starts with the dinner on the arrival day and ends with the breakfast on the departure day. There are 2 days with full board (3 meals) and 5 days with "half board" (breakfast & one hot meal). This allows you to experience some of the local tavernas.

GUIDED TOUR

English and German speaking tour guide.

2020 SCHEDULE

April: 11-18 April, 18-25 April
June: 27 June-04 July
July: 04-11 July
August: 22-29 August, ~~29 August-05 September~~ (Fully Booked)
October: ~~10-17 October~~ (Fully Booked), 17-24 October

2020 COSTS PER PERSON IN EUROS

Cabin Below Deck. Minimum 14 to operate. Maximum 18

April, June, July, October	Double/Twin Share	€1550
August	Double/Twin Share	€1650
ADD Single Supplement		€ 500

Bike 21 Speed Hybrid: € 80
Electric bike € 180 (limited number available)
Optional Bike insurance: €10 bike or €20 Electric bike – theft & damage does not cover gross negligence

AIRPORT TRANSFERS

On embarkation and disembarkation days collective transfers can be booked for:

To/from Athens Airport: €25 per person one way

To/from Athens Hotel: €15 per person one way

Private transfers other days - price on request.

2020 TOUR PRICE INCLUDES

- 7 nights on a motorized yacht in a double/twin cabin with ensuite
- Meals: breakfast, and one or two hot meals per day (2 days with "full board" (3 meals), and 5 days with "half-board" (2 meals/day)
- Bed linen and towels
- English-speaking tour guide
- Guided cycling tours as per itinerary
- Overview maps for the daily tours on board
- Entrance fees to museums and archaeological sites (group visits only)

NOT INCLUDED

- Airport transfers
- Flight to Athens
- Drinks on board (tally list to be paid to the captain), flat fee for unlimited bottled water €20 per person , children €10 under the age of 16
- Meals ashore
- Bike hire: hybrid and electric-bikes available
- Tips for crew and tour guides

WI FI

There is **no** Wi Fi connection on board your boat. We suggest you bring your own portable device and take it to a café or bar somewhere in the harbour. Free Wi Fi is on offer almost everywhere and if you order something to eat or drink, then you are able to use the Wi Fi to your heart's content.

OPTIONAL 3 DAY EXTENSION ATHENS – Available pre or post tour.

Includes:

- Transfers - Airport/Hotel and Hotel/Boat
- 2 nights accommodation
- Entrance to the Acropolis
- Dinner in Taverna 'To Kafeneion' – excluding drinks
- Guided City Bike Tour – “Athens By Bike”

Cost per person in Euro:

3-star hotel - double/twin room: €345, single room: €500

4-star hotel - double room: €415, single room: €590

ACCOMMODATION:

Superior Motorised Yacht - THALASSA



The Thalassa is a 38 x 8m three-masted motor yacht, with sails, built as a traditional Turkish Gulet. Her teak furnishings are elegant yet comfortable. There are 9 air conditioned cabins, 9– 12 sq m, each with its own ensuite. Cabins are cleaned daily with fresh towels on request. Authentic meals are served in the spacious saloon or on the deck, weather permitting. Mats are provided on the sun deck for your relaxation.



MULTI ADVENTURE CRUISE: Specifically designed for families.

Follow a similar route and partake in a mix of activities i.e. biking, walking, kayaking and swimming.

Departures: 11-18 July, 18-25 July, 25 July-01 August, 01- 08 August, 08-15 August, 15-22 August.

Cost: €1450 per person, Children under 16 years 25% discount. Ask us for details.

Book through:

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