

# Cycling Safaris

## Greece - Cyclade Islands

Guided Tour 2019

Guide cycling with group | 160 km/100 miles | 7 nights / 8 days



The Cyclades, which comprise more than 30 islands, were the cradle of the first European civilised society 5,000 years ago. It is also here that Greece shows its most unadulterated side in all its variety: Gleaming white cubic houses with blue shutters and labyrinth lanes give the typical architectonic flavour to the island towns. The mostly ragged coastlines show impressive geological formations, turquoise-blue sea and fantastic sand beaches. On the Saronic Islands between the Greek mainland and the Peloponnese Greece can be experienced from its most abundant side. Learn about the Greek Liberation Struggle between 1821 – 1830 without which Greece would not be as we know it today. Experience the fascinating mixture between antiquity and modern times on your sailing ship or by bicycle and imbibe the authentic beauty of the Greek Aegean.

Cyclade Islands

Irish Cycling Safaris | Belfield Bike Shop, UCD, Dublin 4, Ireland

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## TOUR ITINERARY

### Day 1 (Sat) Boarding in Piraeus (Marina Zeas)

Individual journey to Athens airport and to Marina Zeas, the yacht harbour of Piraeus, only 25 km (15 mi.) from Athens airport. Check-in from 2 p.m. on the ship. Dinner on board. Overnight stay in Piraeus.

### Day 2 (Sun) Kythnos Island

**Cycle route approx. 25 km/15 mi.**

Early in the morning the boat takes you to Kythnos Island, which was famous for its cheese and honey since ancient times. The first cycling tour, which will start in the harbour of Merichas and will first lead us to the capital Chora, offers lots of scenic views to the coastline. Chora is an appealing village, situated on a high plateau. Its angular alleys are decorated with painted flowers and geometric patterns. From there today's cycle tour leads us to Driopida, a picturesque village. Afterwards we return to Merichas, where we can spend the evening in one of the cosy tavernas.

### Day 3 (Mon) Seriphos Island

**Cycle route approx. 30 km/19 mi.**

In the morning the Panagiota takes us to Seriphos, a small island far from the tourist track, with deep valleys, countless bays and coves and lots of beautiful sandy beaches. From the harbour town of Livadi we will cycle along a serpentine road to the main town of Seriphos, whose cube form houses nestle along a mountain ridge high above the sea. We will continue on through untouched landscape to the Byzantine monastery of the Archangel Michael. We will return to Livadi along a panoramic road on the East coast. In the afternoon the ship will bring us to Siphnos, where we can relax at the beautiful beach. Overnight stay in Kamares on the island of Siphnos.

### Day 4 (Tue) Siphnos Island

**Cycle route approx. 18 km/11 mi.**

The island of Siphnos, which is famous for its ceramic artwork, is only inhabited away from the coast, as its coast drops mainly steeply into the sea. The cycling tour begins in the harbour of Kamares. The route leads through a green, hilly terraced landscape to the central highlands with the island's capital Kastro, which is a defensive settlement built on a steep cliff face and has been a listed and protected town since 1975. In the afternoon we enjoy a longer cruise to Kea. Along the way we throw anchor for a refreshing swim stop. Overnight in Kea.

### Day 5 (Wed) Kea Island

**Cycle route approx. 25 km/15 mi.**

Our starting point for exploring the north western-most inhabited Cyclade Island is the beautiful natural harbour of Korissia. From here we cycle uphill to the capital of the island, Ioulis before continuing on to the white sand beach, Otzias where we can take a refreshing swim stop. Afterwards we return by bike to Korissia. In the afternoon we take a boats crossing to Poros in the Saronic Gulf. The harbour city of Poros is truly spectacular, its iconic clock tower juts out above the rest of the town, and provides a true Greek island atmosphere for a relaxing evening.

### Day 6 (Thu) Poros Island

**Cycle route approx. 23 km/14 mi.**

Today we start with a bike tour from Poros City to the Zoodochos Pigis monastery from the 18<sup>th</sup> century. Afterwards we ride almost once around the island which once Poseidon himself possessed. Shortly before the end of the tour we arrive at Russian Bay, a sandy beach with turquoise blue water which we cannot resist but to swim in. Back in Poros City the boat waits on us with a delicious midday meal during the cruise to Aegina.

### Day 7 (Fri) Aegina Island

**Cycle route approx. 35 km/22 mi.**

The Island of Aegina is known far beyond the Greek borders for its incredible pistachio nuts! Today's bike tour takes us up to the Sanctuary of Aphaia. The incredibly well preserved temple towers high above the blue of the sea in the single point of Aegina where the Aegean Sea can be seen on both sides. On our way back we cycle across the middle of the island past the monastery of Nektarios all the way to Aegina City where we board the boat for our last cruise back to Piraeus. We enjoy a last evening meal on board together in the company of friends, guides and crew and reflect on the wonderful experiences of the week.

### Day 8 Piraeus/Athens Disembarkation

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Guests disembark after breakfast on board followed by individual departure or guests may extend their stay in Athens.

**Changes:** *The Cyclades are relatively susceptible to wind. Normally this results in only a minor modification of the tour route. However by strong wind conditions the travel route may markedly differ from the planned route. Our substitute tour leads you for the entire week into the Saronic Gulf, one of the most historic regions of Greece: We cross between the Greek mainland and the Peloponnesian and discover the islands of Egina, Poros, Hydra, Spetses and the Methana peninsula. A highlight of this journey is a visit to the ancient Epidaurus with the best preserved theatre in Greece.*

## 2019 TOUR PRICE

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€1470 per person sharing (below Deck)

€1570 per person sharing (above Deck)

It is possible to request a half cabin however if you want your own single cabin:

€1870 for single occupancy (below Deck)

€2070 for single occupancy (above Deck \*limited)

Reduction of up to 45% for the third in a cabin – (contact office for details – [info@cyclingsafaris.com](mailto:info@cyclingsafaris.com) )

Children up to age 16, requesting their own cabin, receive a 20% discount on the tour price.

## 2019 GROUP TOUR DATES

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May 11, 18, 25

June 1, 8

September 7, 14, 21

## WHAT IS INCLUDED IN THE TOUR PRICE

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### Services included:

- 7 nights on a motor yacht in a double cabin with shower/WC, with crew
- 5 x half-board and 2x full-board on the ship
- Bed linen and towels
- 6 guided cycling tours on the different islands
- Rental 21-speed trekking bicycle with Ortlieb pannier
- Overview-maps for the daily tours on board
- All entries to museums and archaeological sites (group visits)
- English-speaking tour guide

### Additional costs/optional extras:

- Flight to Athens
- Drinks on board (tally sheet; to be paid to the captain)
- Collective group transfer between Athens airport and the boat can be organized (only available on embarking and disembarkation days): €20 per person/way if booked at least 14 days prior departure; €40 if booked within the last 13 days prior departure.
- Meals ashore
- Tips for crew and tour-guides
- Water fee of €20 per person to be paid in cash on board.
- E-bikes available for a supplement of +€80
- Insurance against theft and damage of the 21-gear rental bicycle:  
€10 per week for a standard bike, for the e-bike: €20 per week (not insured: deliberate damages)

## BIKES & FITNESS

Our 21-gear-trekking-bikes are basic bicycles that are available in four different frame sizes: 46 cm and 52 cm for ladies, 56 cm and 60 cm for men. All bicycles are equipped with a precise Shimano gear shift, Shimano V-brakes with strong "bite", 28 inch hollow chamber rims with quick clamps, safety mudguards and a comfortable touring saddle of Selle Royal.

**Please Note:** Should you not want to be without your own saddle (without the post) or your own click pedals, please bring them with you and let your tour guide attach them to your rental bicycle.



Men's bike (up to 6 ft, and above)



Ladies bike (for up to 5 ft. 3 in., and above)

The bike routes have a length of 15 to 35 km/10 to 22 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. 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.

We believe that only children in a good physical condition and of a minimum age of 10 and previous bicycle tour experience are able to master the bike-tours on their own strength. Please note that the minimum height for a rental bike is 1.53 m (5 ft.)

## WHAT TO BRING

Specialised cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- shorts/ long trousers/ track suit/ leggings
- shirts/ sweater/ rain clothing
- good shoes
- sunglasses/ cap/ swimming costume
- extra towel for swimming
- soap/ insect repellent
- helmet

## ACCOMMODATION

### The comfort ship PANAGIOTA

The Panagiota is an affectionately restored two-masted motor yacht, which is 23 ft. wide and 102 ft. long.

It was built in 1990 and modernized in 2001 in conformity with the requirements of cruises. 6 cabins below deck and 4 cabins above deck are at the guests' disposal. All cabins are air-conditioned and equipped with a French bed (4,6 ft. wide) , one single bed and private shower and toilet. There is room for all guests in the spacious saloon to have the meals, to regenerate or to spend some time with new friends. When the weather conditions are fine the guests can have the meals outside on the shaded rear deck.



The spacious sun deck, equipped with cosy mats, invites to have a sun bath and to relax.

The cook on board is a member of the crew and prepares the breakfast and one or two warm meals a day.

The catering starts with the dinner on the arrival day and ends with the breakfast on the departure day.



## TRAVEL INFORMATION

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A flight is the fastest, easiest and cheapest way to come to Greece. Piraeus, your port of embarkation is only 25 km away from Athens Airport (named El. Venizelos Airport). You will find the boat in Marina Zeas, the yacht harbour of Piraeus.

### **Transfers between Athens Airport and the Boat**

We can organize collective transfers from Athens airport to Marina Zeas, the yacht harbour of Piraeus. As long as those transfers take place on embarkation and disembarkation days .

For the organization of all transfers a reservation is requested. Please indicate your exact flight numbers and arrival times. If there are belated changes of your flight times you are kindly requested to inform us immediately.