

## MESSINIA COASTAL BIKING TOUR



COUNTRY: Greece

LOCATION: Messinia – South Peloponnese

DEPARTURES: 2020, every Saturday from April to October.

DURATION: 8 days

PRICE: **€750p.p** (+ €60 on high season May 16<sup>th</sup> - June 13<sup>th</sup>, September 5<sup>th</sup> - October 17<sup>th</sup>) excluding flights, for double, triple, quad room or apartment.

ACCOMMODATION: 3\* hotel or apartments (depending on availability)

ADDITIONAL CHARGES: Single supplement 140€

Bike rental: Trekking bike 80€/week, Road bike 120€/week, E-bike 220€/week, Tandem bike 240€/week.

TRANSPORTATION FROM/TO ATHENS AIRPORT\*:

1. Transfer by public Bus (National Transportation)
2. Direct transfer by us:
  - Athens airport - Kalamata 240€ (up to 4 persons).
  - Kalo Nero - Athens 240€ (up to 4 persons).
  - Kalamata airport – Kalamata 20€ ( up to 4 persons).
  - Kalo Nero - Kalamata airport 120€ (up to 4 persons).
3. Bike transfer 10€ (one way).

## **About this holiday**

If you are looking for a biking holiday that includes extraordinary beaches with incomparable blue waters, soft weather, summertime relaxation and all these combined with culture and beautiful landscapes, then you just found it! Your destination is Messinia, in the south-west part of Peloponnese, one of the most beautiful parts of Greece! You will take an 8-day tour along the coast beginning from Kalamata, the famous seaside capital of Messinia. Riding among the beautiful settlements, well known for their great medieval Castles like Methoni, Koroni and Pylos, you will end up in Kalo Nero on the west coast. The route is easy enough and you don't have to be extremely fit to make it. In addition, you will have plenty of opportunities to make a stop and admire the Greek nature, try the local food and drinks or take a deep experience about Greece and the Greek way of living in the blessed Messinian land!

## **Self-guided tour**

During this trip, you will cycle on your own without the presence of a guide. We will provide to you all necessary equipment, maps(in printed form or gps) and information about the routes and points of interest so you can easily take the tour. In addition, we will take care of the transportation of your luggage so you will find them in the next hotel when you arrive. In this way, you will be totally independent and free to cycle any time you wish (morning or afternoon), make a stop anywhere you want(beaches, archaeological sites, taverns etc)and spend there as much time you prefer. At the same time, we provide 24h hotline in case of emergency. Just give us a call and we will find the best way to help if anything occurs!

## **Responsible travel holiday**

Responsible travel is a new way of travelling for all those who prefer authenticity of experiences, life and culture instead of mass tourism. It's about respecting and benefiting local people and the environment – but it's about far more than that. Responsible travel is about bringing you closer to local cultures and environments by involving local people in tourism. It's about doing this in a fair way that helps ensure that they will give you an even warmer welcome. For example, a local guide from the destination will open your eyes

to their cultures and ways of life far better than an expat guide could ever do.

The responsible travelers want to get a little bit more out of their travels, and to give a little bit back to the special places and people that they encounter. They want deeper and more real travel experiences. The responsible traveler values authenticity – experiences integral to local people's traditions, cultures and rituals - rather than those created for tourism, or those whose existing meanings and uses have become lost as they have been packaged up for tourism.

Choosing our holidays, you choose responsible holidays. One of our biggest concerns is to secure that tourism will not affect negatively our area in ecological and also socio-cultural way, and also that the locals will mostly benefit from your travel. Our company which is the organizer and operator of this package is local-based, all our employees are locals and the overwhelming majority of the hotels that we cooperate with are owned by locals too. In this trip, you will be given printed material about how to apply maximum responsibility during your holidays. We also, as a company, offer €5 per person for the environment, for offsetting the carbon emissions caused by this trip. This money are going to be used, in cooperation with the local Forestry Office, the Greek Climbing Club of Tripoli and the Tripoli Ecologist Club, for reforestation in our mountains, that have been hit by great fires in the summer of 2007.

## **Day-by-day itinerary**

### **Day 1: Arrival -Kalamata**

You arrive at the airport and by bus you arrive at Kalamata! Alternatively and under request, we can arrange the transfer for you. Kalamata is a big city built just in the heart of Messinian Bay on the foot of Kalathi Mountain and



offers everything you want; a big beach just in front of the coastal road, big market, unique nightlife, water front beach bars, traditional fish taverns and modern restaurants. You can relax on the long beach, visit the Frank Castle on top of the Mountain with a breathtaking view of the whole city or just wander around the historical center. Available time will not seem enough to enjoy this beautiful city! Overnight in Kalamata.

## **Day 2: Kalamata – Petalidi (40Km/ +341m.)**



In the morning, you get your bikes and equipment at the hotel. After making sure that everything is ready, you can start pedaling towards Petalidi, a small seaside village with a sympathetic central square and a golden sandy beach! On the



first half of the way, you will bike along the coast next to the endless Greek beaches. Make a stop anywhere you prefer, swim, sunbath or enjoy a cold drink to a beach bar! On the second half of today's route you leave the coast and you cycle through vast olive groves and flowers crossing small rivers. Overnight in Petalidi.

## **Day 3: Polylimnio (50Km/ +611m.)**

Today you will follow a circular route and passing by Polylimnio, you return back to Petalidi. One of the highlights of this tour, Polylimnio is a heaven on earth! It is a magical place hidden in the



mountains where the small river forms small lakes with hazel water. The 25 meter waterfall and the green colors around make the scenery idyllic! Don't forget to wear your swimsuit and relax in the big lake with the waterfall or dive from the rocks!



Keep in mind though, that you are in a river and the water is relatively cold. In the end, you can enjoy the Greek food in the taverns in Charavgi village located nearby.

The route has some ups and downs but the result will definitely compensate you. For the lazy ones, there is always the option to relax by the deep blue sea and spend your day in a magnificent beach around Petalidi. Overnight in Petalidi.

#### **Day 4: Petalidi – Koroni – Finikounda (40Km/+523m.)**

You leave Petalidi and following the coastal road you arrive in Koroni. Koroni is one of the most beautiful settlements and has plenty of cafes, bars and taverns in front of the small dock where you can make a stop and taste the local specialties. The town was



very important from the 13th up to the 17th century. The medieval castle dominates the area. Big battles took place here as the location was ideal for the Franks and the Venetians for commercial and military reasons. Later, in 1500 AC, the Ottomans took over the city but the Venetians were still fighting for it. It was set free finally in 1828 by the French and today is a quiet and peaceful town of 1300 habitants.

Continuing your ride, you follow the brilliant route through the mountains. You will have to pedal hard uphill but then the downhill easy part will relax your muscles. You arrive in Finikounda, well



known for the fantastic sandy beach! Enjoy your time there and swim in the blue sea. Walk in the lovely promenade of the village with the touristic stores and try the world known Greek cuisine in the taverns. Overnight in Finikounda.

### **Day 5: Finikounda – Methoni – Pylos (33 Km/+625m.)**

Today, you leave Finikounda and taking the mainland road you arrive in Methoni. The medieval castle of Methoni is brilliant and you should definitely visit it. It was constructed in 1209 AC by the Venetians and is well preserved even today. One of the most



important castles of Greece it met a lot of battles, exactly like Koroni's castle did, in the past of time. Just outside the castle and on the beach you will find one of the most beautiful taverns of Peloponnese. Take your lunch in front of the waves and try the local wine, it is definitely worth it.

You continue biking towards Pylos. You can take the coastal road or the one through the mountains; it's up to you. Pylos is the third important historical town of the area together with Koroni and Methoni. It also has a big medieval castle that you should visit. Walk around the town and have a coffee in the main square. Gaze the Navarino Bay where the huge and very important sea battle took place in 1827. The Russians, French and English destroyed the Ottoman and Egyptian ships to set Greece free! There was never before so big destruction of a fleet in history as the French admiral De Rigny quoted after the battle! Overnight in Pylos.



## Day 6: Pylos – Filiatra (34km/ +355m.)

Leaving Pylos, you cycle on a flat coastal road up to Lagouvardos, a small area just outside Filiatra town. Filiatra is a sympathetic small city where you can find anything you need and enjoy your coffee in the big main square. On the way, you can pass by Voidokilia beach, one of the most pictured beaches of Greece as the beauty is unique. Just lie on the sand or dive in the transparent sky blue waters! If this will not be enough for you, Lagkouvardos beach is also tremendous. The lace sandy beach and the beach bar attract many visitors, locals and tourists. Overnight in Filiatra or Lagouvardos.



## Day 7: Filiatra –Kyparissia - Kalo Nero (40Km/ + 372m.)



The last day of biking is easy enough again following the flat coastal road. You will cycle up to Kalo Nero, a small seaside settlement with a guess what; a lovely sandy beach!! Again, take your time, relax and take advantage of this last day of your trip! The beaches around Kalo Nero are



the second most significant in Mediterranean Sea regarding the spawning of the sea turtle *Caretta-Caretta*. Therefore most definitely you see numerous sheltered nests around! On the way you will pass by

Kyparissia, a small yet beautiful town of approximately 6000 inhabitants. Don't forget to visit the fascinating beach and have fun under the Greek sunshine. Overnight in Kalo Nero.

## Day 8: DEPARTURE

After breakfast, you get ready for your way back to the airport! Of course, under request we can arrange to transfer you there. If you wish to stay a little bit longer in Greece you can add in this trip a couple of days in Athens, visiting the Acropolis and the Parthenon monument. In addition, you can check the rest of our programs which you can combine such as Archaeology tour of Greece, Multi-Activity Holidays or spend more days by a seaside destination!

### Price includes:

Accommodation for 7 nights with breakfast, luggage transfer between hotels, maps and information about the area, 24h hotline

### Price does not include:

Flight tickets, transfers from/to airport, bikes, lunch or dinners, tickets for sights museums etc

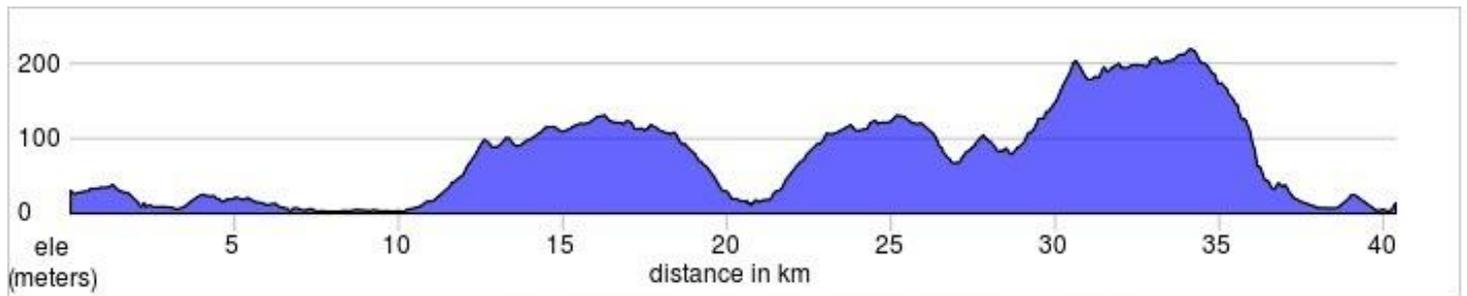
### Elevation Profiles:



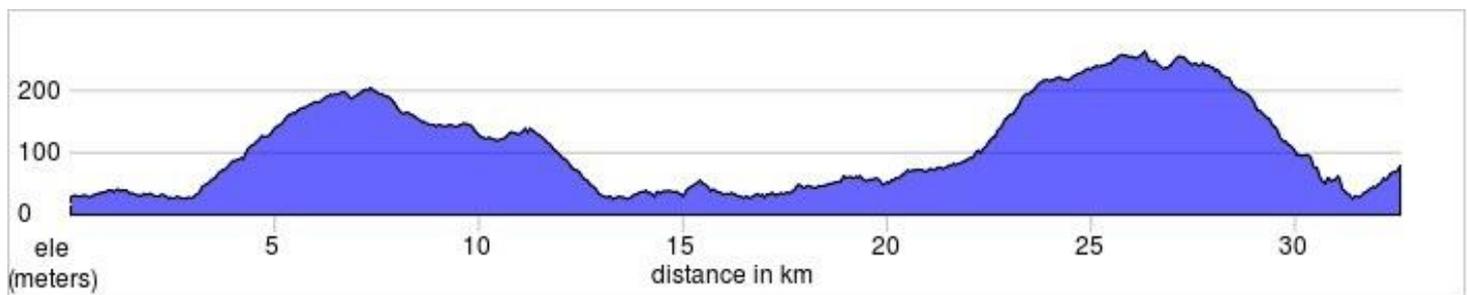
**Day 2 / Route: Kalamata- Petalidi**



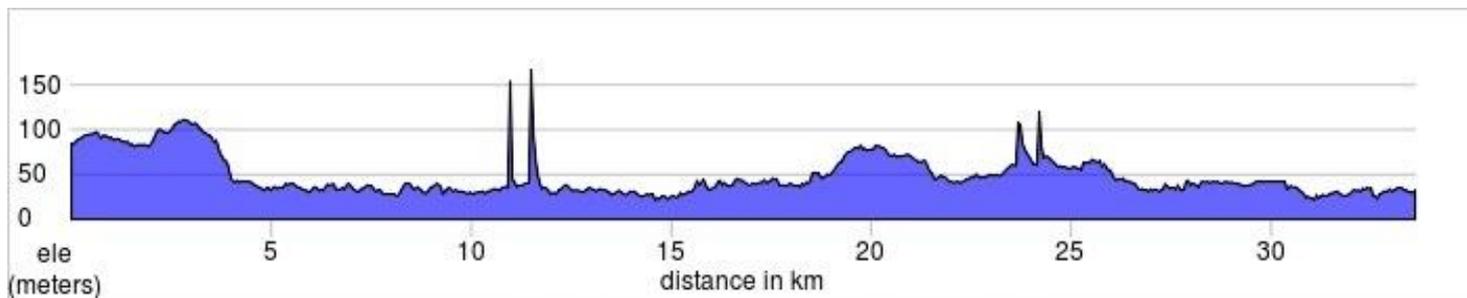
**Day 3 / Route: Polyimnio Roundtour**



**Day 4 / Route: Petalidi - Finikounda**



**Day 5 / Route: Finikounda - Pylos**



**Day 6 / Route: Pylos - Filiatra**



**Day 7 / Route: Filiatra - Kalo Nero**