Past meets present: Cycling from Vytina to Napflio
A cultural and archaeological cycle tour in the Peloponnese Culture, archaeology, nature, sea and local delicacies

Code tour: GR01C



This tour is an **incredibly fascinating journey** rich in cultural experiences, designed for those who wish to discover the **archaeological treasures of Classical Greece** through the freedom of cycling. The itinerary offers an extraordinary combination of landscapes: you will pedal through lush mountain hills and then find yourself, as if by magic, along the shores of a **crystal-clear sea**.
The route unfolds in the **central-eastern Peloponnese**, a territory where mythical mountains meet a fantastic blue sea. You will admire the magnificent fir trees of **Mount Mainalo** and the long beaches of the **Argolic Gulf** (also known as the Gulf of Nafplio), one of the most picturesque inlets of the Aegean Sea. Along the way, you will have the opportunity to visit some of the most important archaeological sites in the world: the majestic **Epidaurus** with its famous theater, **Mycenae** (a UNESCO World Heritage site), **Ancient Tegea**, historic **Argos**, and the cyclopean walls of **Tiryns**. You will also pass through **Ancient Lerna**, where myth tells that Hercules slew the legendary Hydra. The starting point is **Vytina**, a typical mountain village nestled in the woods, where you can breathe pure air and hear only the birds singing. From here, you will cycle through mountains and **picturesque villages**, then enjoy a well-deserved descent towards **Tripoli**, a typically Greek city not yet touched by mass tourism. The journey continues towards the fishing village of **Paralio Astros**, ending in the beautiful seaside town of **Nafplio**, a dream location where you will spend **3 unforgettable days** of relaxation and refreshing swims. This tour represents a **perfect synthesis of Classical and Modern Greece**. As an **individual, self-guided trip**, you will have maximum independence: the daily itineraries are **fairly easy**, and you will be free to manage your time as you wish. You can stop wherever you like—at beaches, taverns, or historical sites—choosing how much time to spend at each stage based on your preferences. It is the traditional tour of Classical Greece revisited with a **touch of originality**, combining the challenge of the peaks with a well-deserved rest by the splendid **Aegean Sea**.



Starting days: Every Saturday from April till October 2026

Participants: Minimum two people. Solo traveller on request.

Level: 2,5 Medium.
You need to have some cycle experience. The daily distances are not too long, but on some days, there is uphill cycling in a hilly landscape. Significant difference in height.

Daily Kilometers: min. 38 km /23,6 mi – max. 55 km / 34,2 mi
Total km: 277 km / 172 mi

Program in Short:
Day 1: Arrival in Vytina
Day 2: Vytina – Alonistaina – Piana – Tripoli
Day 3: Tripoli loop tour (Mantinea & Kapsia Cave)
Day 4: Tripoli – Ancient Tegea – Paralio Astros
Day 5: Paralio Astros – Nafplio
Day 6: Mycenae loop tour
Day 7: Epidaurus loop tour
Day 8: End of tour after breakfast

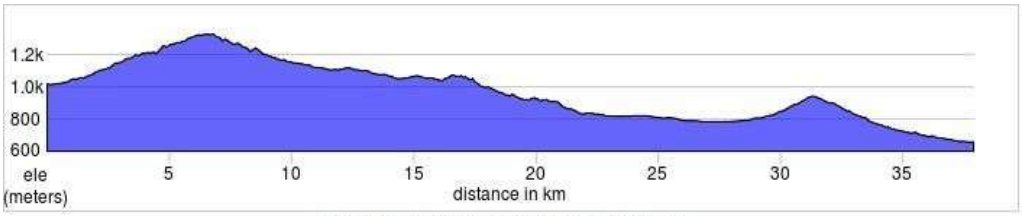
Program day by day

Day 1 Arrival at Vytina
Individual arrival at **Vytina**, a characteristic **Greek village**, which was of fundamental importance in 1821 during the Greek war of independence.
On request, it is possible to book a transfer from the Athens airport to Vytina or you can reach the place by public bus. The village is located at the foot of **Mount Mainalo**, at an altitude of 1033 meters a.s.l. and thanks to its beautiful natural context, it is considered one of the most famous tourist resorts of the **Peloponnese.** In winter, the village is often covered with snow, offering the visitor a truly **evocative scenario**. At the end of the afternoon, the bicycles and all equipment will be delivered directly to the hotel.

Overnight stay with breakfast in Vytina

Day 2 Vytina – Alonistaina – Piana – Tripoli
In the morning, you will get back in the saddle to begin the splendid itinerary towards **Tripoli**, the capital of Arcadia. The first part of the route involves an uphill stretch through **Mount Mainalo**, cycling along a magnificent path immersed in dense **fir forests**. You will reach the village of **Alonistaina**, located at an altitude of 1,200 meters; it is one of the highest traditional settlements in the Peloponnese, perfect for admiring an old-world mountain landscape. You will then continue towards **Piana** (1,090 m), a place of deep historical value where General **Theodoros Kolokotronis** organized the Greek resistance during the War of Independence. In the center of the village stands the majestic **Church of Saint George**, built on a rock and once used as a fortress, offering a **breathtaking panoramic view** of the plain below. After a refreshing break, you will enjoy a pleasant descent towards **Tripoli**. Situated on the Mantinea plateau at 650 meters above sea level, this city preserves an **authentic Greek lifestyle**. Once the capital of the Peloponnese due to its **strategic position**, it now offers a vibrant and charming center to explore before a well-deserved rest at your hotel.

Overnight stay with breakfast in Tripoli
Distance: 37.9 km / 23,5 mi
Ascent/Descent: + 552m. - 910m



Day 2 / Route: Vytina - Tripoli

Day 3 Round tour from Tripoli to the Ancient Mantinea and the Kapsia Cave
Today's journey unfolds across the beautiful **Tripoli plateau**, cycling on flat terrain through lush **vineyards and apple orchards**. Your first destination is the excavations of **Ancient Mantinea**, one of the most significant Greek cities in terms of size and preservation. Here, you can admire the central sanctuaries and the majestic **Greek Theater**, which could once seat up to 6,200 spectators. Right across from the site, don't miss the eccentric **Church of Agia Fotini**, built in 1972, which uniquely combines Classical, Byzantine, and Minoan architectural elements. The ride continues through orchards to the village of **Kapsia**, where a true natural wonder awaits: the **Kapsia Cave**, ranked among the ten most beautiful in all of Greece. Inside, you will be surrounded by a spectacle of **multicolored stalactites and stalagmites**, with shades ranging from red to yellow and

blue—the result of millions of years of "Mother Nature's" craftsmanship. After this day full of discoveries, you will return to Tripoli along quiet country roads.

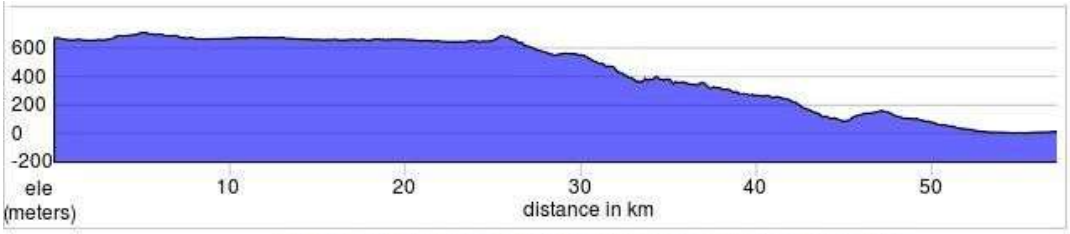
Overnight stay with breakfast in Tripoli
Distance: 46.9 km / 29 mi
Ascent/Descent: +270m - 285m



Day 3 / Route: Tripoli Roundtrip (Mantinea- Capsia Caves)

Day 4 Tripoli – the antique Tegea – Paralio Astros
In the saddle of your bike, you will leave Tripoli to soon reach **Tegea**, one of the most influential city-states of ancient Greece. Here, you will have the unique experience of seeing "layered history": the **Byzantine Church of the Dormition** stands directly upon the ruins of the Hellenistic theater. A short distance away, you can admire the Agora and the majestic **Temple of Athena Alea**, the second largest in the Peloponnese after the Temple of Zeus in Olympia. The journey continues downhill towards the sea, crossing **Mount Parnoras** through silvery olive groves and characteristic villages where you can visit traditional **local oil mills**. Along the way, you will encounter the ancient city of Eva, famous for the remains of the **Palace of Herodes Atticus** and its precious mosaics. The stage concludes in **Paralio Astros**, an enchanting fishing village. You will have the rest of the day to relax on its beaches, visit the **castle on the hill**, or dine in one of the typical harbor taverns, enjoying fresh local fish.

Overnight stay with breakfast in Paralio Astros
Distance: 54.6 km / 33,9 mi
Ascent/Descent: + 700m - 1276m

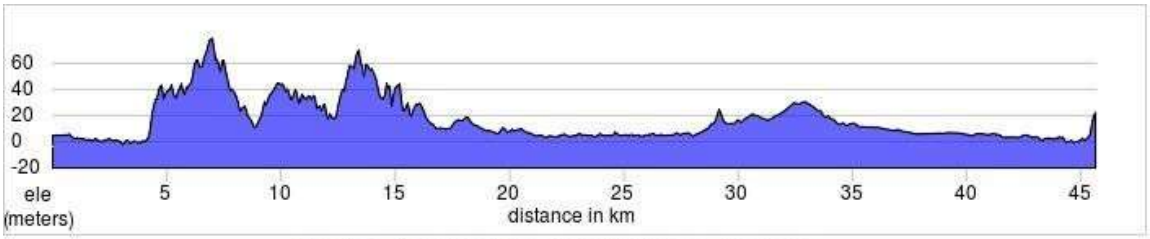


Day 4 / Route: Tripoli- Tegea- Paralio Astros

Day 5 Paralio Astros – Nafplio
Today, an extraordinary ride along the coast awaits you, with **magnificent views** of the deep blue **Argolic Gulf**. Following an itinerary of gentle rolling hills, you will reach the village of Myloi, where you can visit the archaeological site of **Ancient Lerna**. This legendary place, rich in Bronze Age findings, is famous for the myth of Hercules and his battle against the fearsome **many-headed Hydra**. The journey continues across vast plains to **Argos**, one of the oldest cities in Greece and the birthplace of Hercules. Here, you can admire the imposing **Larissa Fortress** with its cyclopean walls and the atmospheric **ancient theater** carved into the rock. The final kilometers will lead you to **Nafplio**, one of the pearls of the Peloponnese, where history and modernity coexist in a vibrant atmosphere. Nafplio will enchant you with its neoclassical palaces, marble squares, and flower-filled alleys, all overlooked by the majestic **Palamidi Castle** and the **Bourtzi**

Fort rising from the sea. End the day with a stroll through the **characteristic harbor**, among fishing boats and luxury yachts, immersing yourself in the wonderful energy of this dream city.

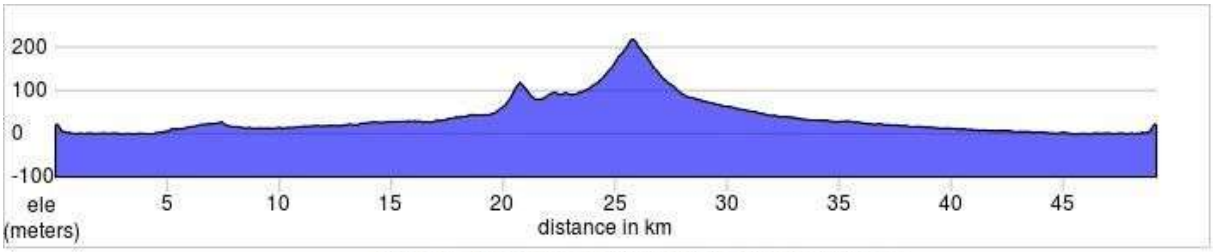
Overnight stay with breakfast in Nafplio
Distance: 45 km / 28 mi
Ascent/Descent: +457m - 443m



Day 5 / Route: Paralio Astros - Nafplio

Day 6 Round tour to Mycenae
Today is dedicated to a beautiful ride through the enchanting Greek countryside to discover the magnificent **Mycenaean civilization**. Along the way, your first essential stop is the impressive ruins of the **Castle of Tiryns**, one of the most important centers of the eastern Mediterranean, famous for its legendary cyclopean walls. You will then continue cycling through fragrant **lemon and orange groves** until you reach **Mycenae**, the mythical kingdom of King Agamemnon. Here, you will visit the Acropolis, built over 3,300 years ago, which towers over the plain from an altitude of 280 meters. You will be struck by the famous **Lion Gate**, the first example of monumental sculpture in Europe, and the majestic **Treasury of Atreus**, masterpieces that make this site one of the most precious archaeological treasures in the world. After this immersion into ancient history, you will return to **Nafplio** for the night.

Overnight stay with breakfast in Nafplio
Distance: 51 km / 31,7 mi
Ascent/Descent: + 358m - 368m

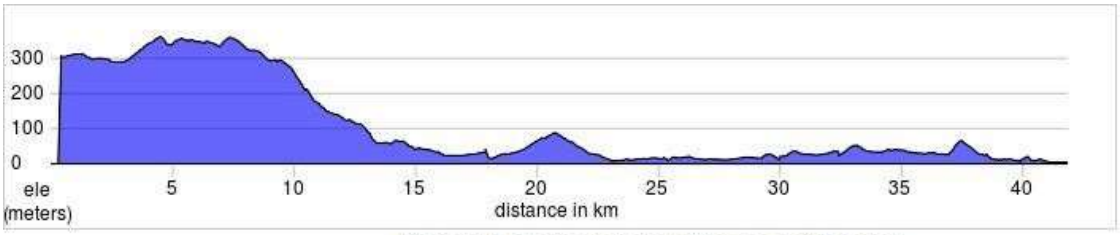


Day 6 / Route: Roundtrip to Mycenae

Day 7 Round tour to Epidaurus
Your final day in the saddle begins with a comfortable transfer to **Epidaurus**, an essential stop for anyone wishing to discover the soul of Classical Greece. You will be struck by its **millennial theater**, a marvel of acoustics and preservation dating back more than 2,300 years, still capable of hosting over 14,000 spectators for breathtaking performances. Epidaurus is also famous as the **cradle of ancient medicine**: it was home to the sanctuary dedicated to **Asclepius**, where healing followed the principle of "*a healthy mind in a healthy body*". You will discover how theater and culture were integral parts of the cure while visiting the remains of the ancient city, with its temples, porticos, and wellness centers of the era. After the visit, you will enjoy a pleasant, mostly

downhill ride through mountains and vast **pistachio plantations** until you reach the coast for one last, unforgettable **dip in the crystal-clear waters** of the Aegean.

Overnight stay with breakfast in Nafplio
Distance: 41,8 km / 26 mi
Ascent/Descent: + 331m - 631m



Day 7 / Route: Roundtrip to Epidaurus

Day 8 End of the tour after breakfast
Today is the last day! After breakfast, prepare for departure.
If you wish, you can add some options to this trip, for example, you can extend your stay in Athens and take a tour of the Acropolis here, visit museums or add a few extra days by the sea

Hotels: *** star hotels or apartments

Prices per person 2026:
In double room € 930
In single room € 1.140

Bike rental:
Trekking bikes: 100,00€
Road bikes: 140,00 €
E-bikes: 260,00 €
Tandem: 270,00 €
GPS: 80,00 €
Helmet: 10,00 €

Included in the price
- 7 nights with breakfast
- Luggage transportation form hotel to hotel
- Maps, route notes with pictures and information about the tour in English
- Telephonic helpline
- Transfer bikes and persons from Nafplio to Epidaurus on day 7
- App with gps tracks and more information

Not included in the price
- The trip to and from Greece
- Transfer from and to airport
- eventual wine-tastings
- Lunches and dinner
- Entrée tickets for cultural activities, museums etc.
- all what is not mentioned under “included in the price”

Cancellation policy:
If the reservation has been partially or entirely paid off, and you wish to cancel it, you shall e-mail us the cancellation as soon as possible. Note that your cancellation will be valid only if you receive our confirmation.

- For cancellations made at least 21 days prior to the onset of your trip or your arrival, no cancellation fees apply except of:

1. 70.00 € for file expenses and administrative costs
2. your payment expenses (ex. 1-2% for credit card payments, around 20€ for bank transfer)

- For cancellations done less than 21 days prior to your arrival, the cancellation fee is the following:

1. 10-21 days prior to arrival: 50% of the total cost
2. 0-10 days prior to arrival: 100% of the total cost
3. No-show: 100% of the total cost

Bicycles: Trekking bikes, road bikes, tandem and e-bikes.

Start /End: Vytina /Nauplion

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