

GREECE

a complete cycling destination

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Athens

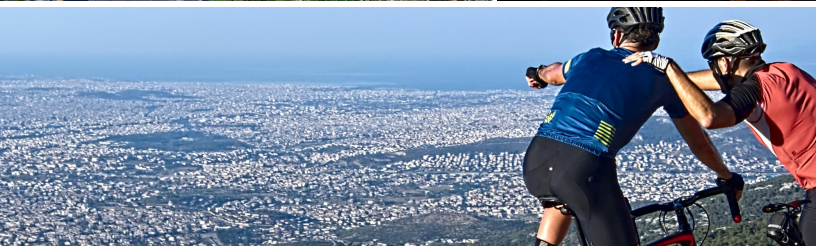
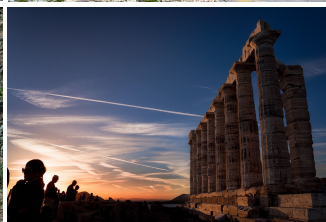
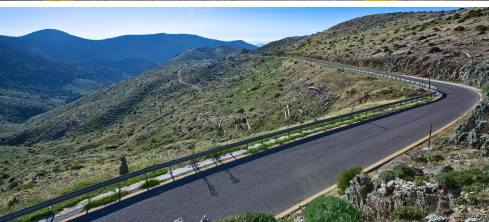
3 superb cycling routes in
Europe's most ancient city

Attica Region

4 days | 3 nights | 3 rides

Highlights

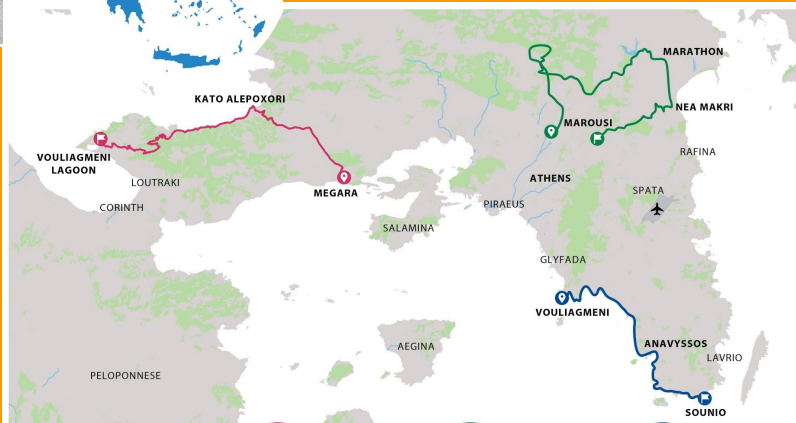
Two Mountain HC Climbs
Athenian Riviera
Temple of Poseidon
Gulf of Corinth



Single occupancy
Athens 650€ / person
 GrCycling Approved Hotels
 Full Breakfast



Why Athens?
 Superb weather
 Elevation in abundance
 Close Proximity
 Majestic Coastal Roads
 Unique Landmarks
 Off the Bike fun
 The Greek Gastronomy



DAY 1
 Arrival in Athens
 Option for
 an easy spin



DAY 2
 Corinth Bay
64 km / 1100 m
40 miles / 3600 ft
 Extendable to
 90 km / 1600 m
 (56 miles / 5200 ft)



DAY 3
 Mt. Parnitha -
 Marathon - Mt. Penteli
124 km / 2400 m
77 miles / 7800 ft



DAY 4
 Athenian Riviera,
 Poseidon's Temple,
 Airport Shuttle
48 km / 350 m
30 miles / 1150 ft
 Extendable to 90 km / 700 m
 (56 miles / 2300 ft)



Meteora

A unique and bizarre
cycling destination

Region of Thessaly

3 days | 2 nights | 2 rides

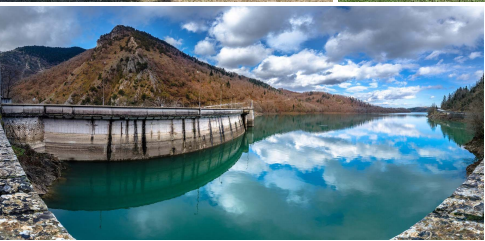
Highlights

Meteora & Monasteries

Lake of Pastira

Kalabaka

Trikala & Karditsa

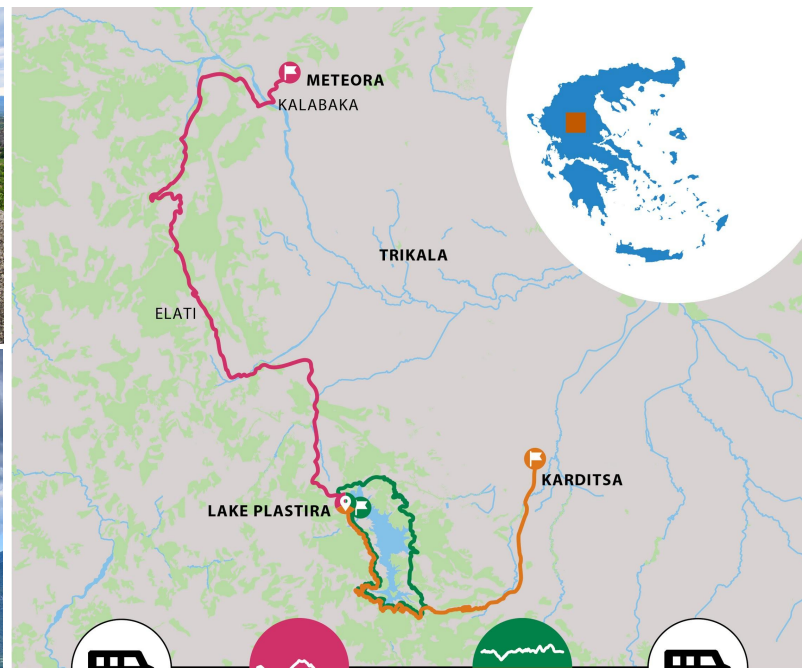


Meteora & Plastira Lake

Single occupancy

750€ / person

Traditional Guesthouses
All Meals Included



DAY 1

Transfer
to Plastira Lake



DAY 2

Lake Plastira – Meteora
92 km / 1600 m
57 miles / 5250 ft



DAY 3

Lake Plastira Circle
57 km / 1100 m
35 miles / 3600 ft



DAY 3

Transfer back
to Athens

Lake Plastira – City of Karditsa
51 km / 1100 m
32 miles / 3600 ft



Sailing on the Aegean Sea

Simply, the best of Greece

Attica & Cyclades Region

8 days | 7 nights | 5 rides

Highlights

9 Greek Islands

Sailing on a Catamaran

Authentic Mediterranean Cuisine

Ancient Temple of Poseidon

Sailing & Cycling

One Week in the Aegean Sea

Double occupancy

4500€ / person

Sailing on a Catamaran
All Meals Included



DAY 1

Sounio & Kea
48 km / 350 m
30 miles / 1150 ft
*extendable to
90 km / 700 m
(56 miles / 2300 ft)



DAY 2

Andros & Giaros
102 km / 2200 m
63 miles / 7200 ft



DAY 3

Tinos
82 km / 1760 m
50 miles / 5740 ft



DAY 4

Mykonos
40 km / 400 m
25 miles / 1300 ft
Leisure Pace
Exploring the Island



DAY 5

Delos & Rineia
Rest Day



DAY 6

Syros
50 km / 1260 m
31 miles / 3900 ft



DAY 7

Kithnos & Lavrion
Sailing Back Day

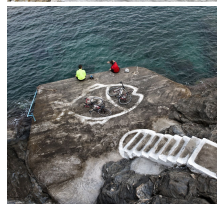


DAY 8

Airport
Hotel Transfer
Farewell Day



9 Greek Islands
30+ Unique Landmarks
1000 Memories





Epic in Greece

A wonderful, demanding trip
in the heart of Greece

Central Greece & Peloponnese

9 days | 8 nights | 7 rides

Highlights

The Oracle of Delphi

Mt. Parnassus

Galaxidi & Nafpaktos

Kalavrita & Central Peloponnese

Nafplio

Poros Islands

Corinth Canal

Epic in Greece

Single occupancy

2600€ / person

Premium Guesthouses or Boutique Hotels
All Meals Included



DAY 1

Arrival in Athens



DAY 2

Thermopylae - Arachova
119 km / 3000 m
74 miles / 9840 ft



DAY 3

Delphi - Nafpaktos
125 km / 1900 m
78 miles / 6230 ft



DAY 4

Nafpaktos - Kalavrita
144 km / 3800 m
89 miles / 12400 ft



DAY 5

Kalavrita - Dimitsana
140 km / 3000 m
86 miles / 9800 ft



DAY 6

Dimitsana - Nafplion
158 km / 2100 m
98 miles / 6800 ft



DAY 7

Nafplion - Poros
109 km / 1600 m
68 miles / 5250 ft



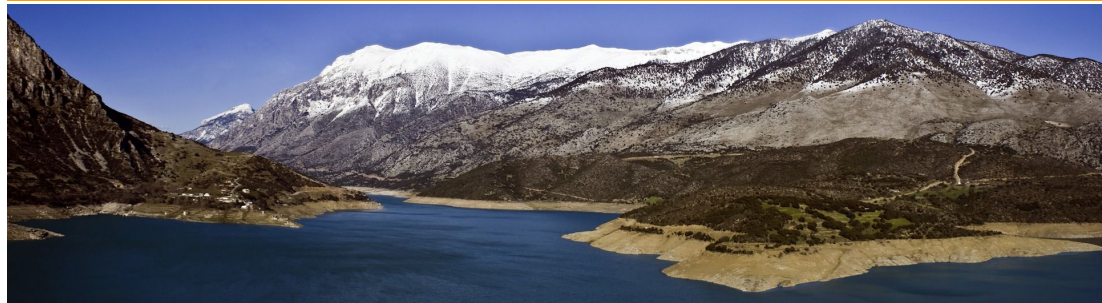
DAY 8

Poros - Corinth
141 km / 2400 m
87 miles / 7850 ft



DAY 9

Departure for
Athens Airport





Among the Giants

Greece's hardest terrain

Epirus Region

5 days | 4 nights | 3 rides

Highlights

City of Ioannina

Pindus Range

Aos Lake

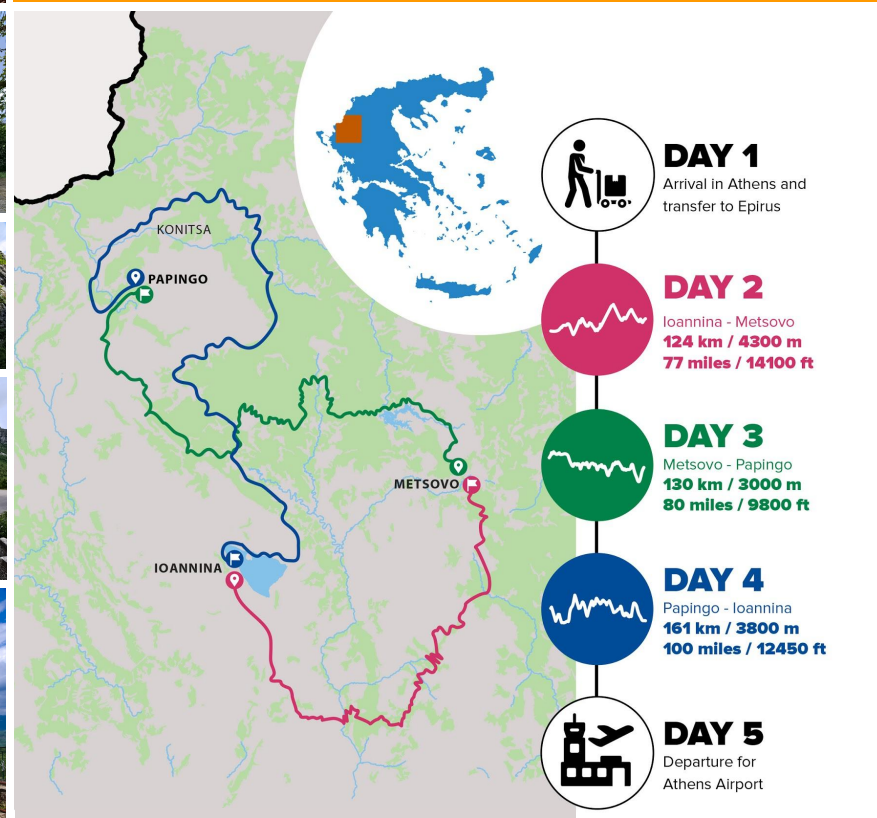
Villages of Papingo & Metsovo



Among the Giants

Single occupancy
1900€ / person

Premium Guesthouses or Boutique Hotels
All Meals Included





The majestic Island of Kefalonia

All a cyclist wants

Ionian Islands

5 days | 4 nights | 3 rides

Highlights

Mt. Ainos

Myrto Beach

Assos

Fiskardo

Argostoli & Lixouri

Kefalonia

Wonders of Greece

Single occupancy

1900€ / person

5 or 4 star hotels or Villas or Guesthouses
All Meals Included



DAY 1

Transfer
to Kefalonia



DAY 2

RECREATIONAL

Kefalonia South
58 km / 1700 m
36 miles / 5560 ft

AVID

Kefalonia South (avid)
112 km / 2550 m
70 miles / 8300 ft



DAY 3

Meliisani Cave
& Myrtos Beach
40 km / 450 m
29 miles / 1470 ft



DAY 4

RECREATIONAL

Kefalonia North
60 km / 1600 m
37 miles / 5250 ft

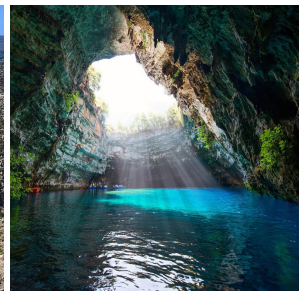
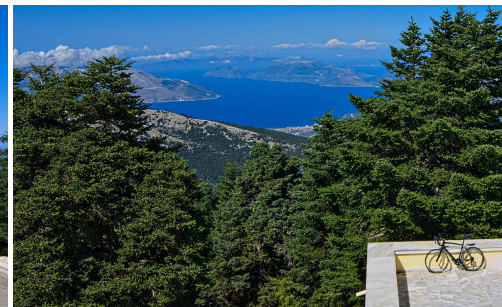
AVID

Kefalonia North (avid)
82 km / 1800 m
51 miles / 5900 ft
*extendable to 112
km / 2100 m (70
miles / 6900 ft)



DAY 5

Transfer back
to Athens





Coast to Coast

An unforgettable cycling
journey in the Peloponnese

Peloponnese Region

8 days | 7 nights | 5 rides

Highlights

City of Nafplio & Kalamata

Monemvasia

Mani

Mt. Taygetus & Mt. Parnonas

Elafonisos

Beach of Boidokoilia

Coast-to-Coast

in the Peloponnese

Single occupancy

2400€ / person

5 or 4 star hotels or Villas or Guesthouses
All Meals Included



DAY 1

Arrival in Athens
and Transfer to
Kalamata



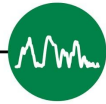
DAY 2

Kalamata - Sparta
138 km / 3300 m
86 miles / 10800 ft



DAY 3

Kalamata - Pylos
& Voidokollia
95 km / 990 m
59 miles / 3250 ft



DAY 4

Mani Area
138 km / 2400 m
86 miles / 7850 ft



DAY 5

Transfer
to the Island
of Elafonisos



DAY 6

Laconia & Monemvasia
124 km / 2100 m
77 miles / 6900 ft



DAY 7

Leonidio - Nafplion
80 km / 950 m
50 miles / 3100 ft



DAY 8

Departure
for Athens Airport





Top End Support Included

You enjoy your riding,
We take care of all the rest

Included for all packages

for both premiums and standards

- Airport Shuttle Service
- All transfers
- Vehicle Support
- Guide Rider
- Mechanic On-Board
- Snacks & Beverages



What is included?

Applied for all trips
Premium & Standard

Our goal is to offer you the best possible cycling experience.

Bike Hire

In case you are not bringing your own bike, you may use one of ours, from our premium bike fleet. Make sure to let our agents know of your selected bike in advance. Feel free to send over your recent measurements, for us to have your bike ready upon your arrival.

Bringing your bike?

No problem at all! Feel free to carry all of your gear for this trip(wheels, spares, tools). Our staff will take care of all equipment and treat your bike like ours.

Our Guides

Our staff rides with you guiding you, always prompt to assist you, while others are setting up the checkpoints, assuring your safe transportation to the next destination, and getting you through our off-the-bike activities. The whole team will be there to answer to all your questions and make the best of suggestions according to your taste. The passion to ride, the deep knowledge of each place, the relaxed and flexible attitude to adjust the ride to your appetite, as well as, the local connections that our guides have, make each and every trip an astonishing experience.

Full Airport Shuttle Service

Our complete airport shuttle service will make sure to transfer you and your gear and be always on time.



What is included?

Applied for all trips
Premium & Standard

Our goal is to offer you the best possible cycling experience.

Snacks & Beverages

We make sure no one running out of energy, getting starved or hungry. Gr Cycling offers an extended variety of pre, during and post ride snacks, beverages and home-made delicacies. Shall you have any special request, please let us know.

All Transfers

All transfers of your luggage, bike and gear, between each trip destinations are also included. You focus on your riding, while we take care of all the logistics.

Vehicle & Mechanical Support

All of our trips are fully supported with our cycling-friendly vehicles being always at your disposal. Our mechanics will also make sure that no technical issue will take your focus away from your riding.



Safety & Comfort

Our procedures and standards

Detailed information

for both premiums and standards

Vehicle Support
Our Guides
Requirements
Guide-to-Guest Ratio
Selecting the Routes

Cycling Support

In all of our rides at least one vehicle is always at the back of the group, supporting the cycling activity and all the participants. The total number of vehicles used to support the activity is depended on the number of the participants. The vehicle's drivers are responsible to:

- warn the approaching drivers that there is a cycling group ahead - a visible colorful sign placed at the back of the van and a alarms constantly flashing
- be in constant communication with the guide and inform him about the live traffic conditions at the tail of the support vehicle e.g a bus approaching
- provide mechanical support to the participants e.g. change the tube on a flat tire, use spare components to correct a bike's malfunction, etc
- provide the cyclists with water, fluids, electrolyte tablets and snacks, and generally prevent any unpleasant situation, where the participants are at risk to become dehydrated or run out of energy
- help the participants to have access to their personal belongings e.g. get their wind shield jacket.





Wonderful Routes

Scenic roads, away from traffic

Those b-routes, with great views and no cars, are the ones our guides are constantly looking for. Having cycling the country for years, we have already built an extensive database of those worth-riding routes and we welcome all to explore them.

Guides' Role

Requirements

The person(s) for this task is selected based on the following criteria:

- being capable for covering long and demanding cycling routes while maintaining his focus
- has excellent communication skills (fluent in English, plus additional Languages)
- complete knowledge of the mechanical aspect of cycling
- excellent perception of the group's participants state (physical & mental) e.g. who is exhausted, who is hungry
- problem solving and complaints handling skills

Tasks

The guide is the one who is going to make sure that everyone is safely enjoying the experience. The guide's main tasks are:

- provide solutions to any problem that might arise during the ride e.g. fatigue, thirst, rider's discomfort
- raise the awareness among on the traffic and of other vehicles circulation - the guide is on constant communication with the driver
- share touristic information about local sites, suggests visiting various points-of-interest, recommend what-to-do and what-to-see during the participants' free time
- transfer any participant who is tired and wants to stop cycling while remaining at the participants disposal in case he/she wants to resume cycling

First AID Certified Guides

All of our staff supporting our trips, has been officially certified to provide First Aid and Accident care.



Guide-to-Guest ratio

The ideal 2:8 ratio

Generally we keep a 2:8 ratio, which enables us to properly take care of our guests by offer them a high quality service. Depending on the level of experience the cycling participants have and the style of the designed trip (more leisurely or more sporty), we can adjust the number of the supporting staff accordingly.





Bikes that get you anywhere

Road - MTB - Time Trial - Recreational

You set the destination, leave all the rest to us. Gr Cycling's constantly growing fleet of premium bikes can support any kind of cycling activity. As of January 2018, the fleet has a capacity of more than 130+ bikes covering the full spectrum of cycling needs.



Bikes always on

Excellent Condition

Maintenance Procedure

A series of internal protocols for the periodic inspection and maintenance for each bike, makes our mechanics never miss a spot. Also, our database with the full history record of all the repairs and the usage for each individual bike, helps us to identify which bike needs to be triple checked prior becoming available for use.

All the above make us confident that the quality of the bike our clients are going to use is the best possible out there.



GrCycling Approved

Accommodation

Respecting the cycling culture

We carefully select the best available accommodation options that ensure hospitality, comfort and compliance with our 'requirements' policies for hosting cyclists.



Cycling is our passion, Hospitality is our culture

Greece is the place where hospitality was born.

Our aim is to lead the way to a valuable experience where you will unravel the beauty of Greece, but also take advantage of its unique terrain, to live the absolute cycling adventure.

Joining our cycling holidays will not just offer you wellness and personal fulfillment. You will have the opportunity to discover the beauty of Greece and you will be totally seduced by the spectacular scenery and landscapes of a country that combines the sea, the mountains and a unique cultural heritage.

Join Us



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