



Coast 2 Coast

Peloponnese

8 days / 6 stages / Fully Supported



Arrival &
Shuttle to
Hotel



STAGE 1

70km 1250m
44mi 4125ft



STAGE 2

147km 2168m
91mi 7112ft



STAGE 3

85km 1250m
53mi 4105ft



STAGE 4

112km 2551m
70mi 8370ft



STAGE 5

80km 1014m
50mi 3328ft

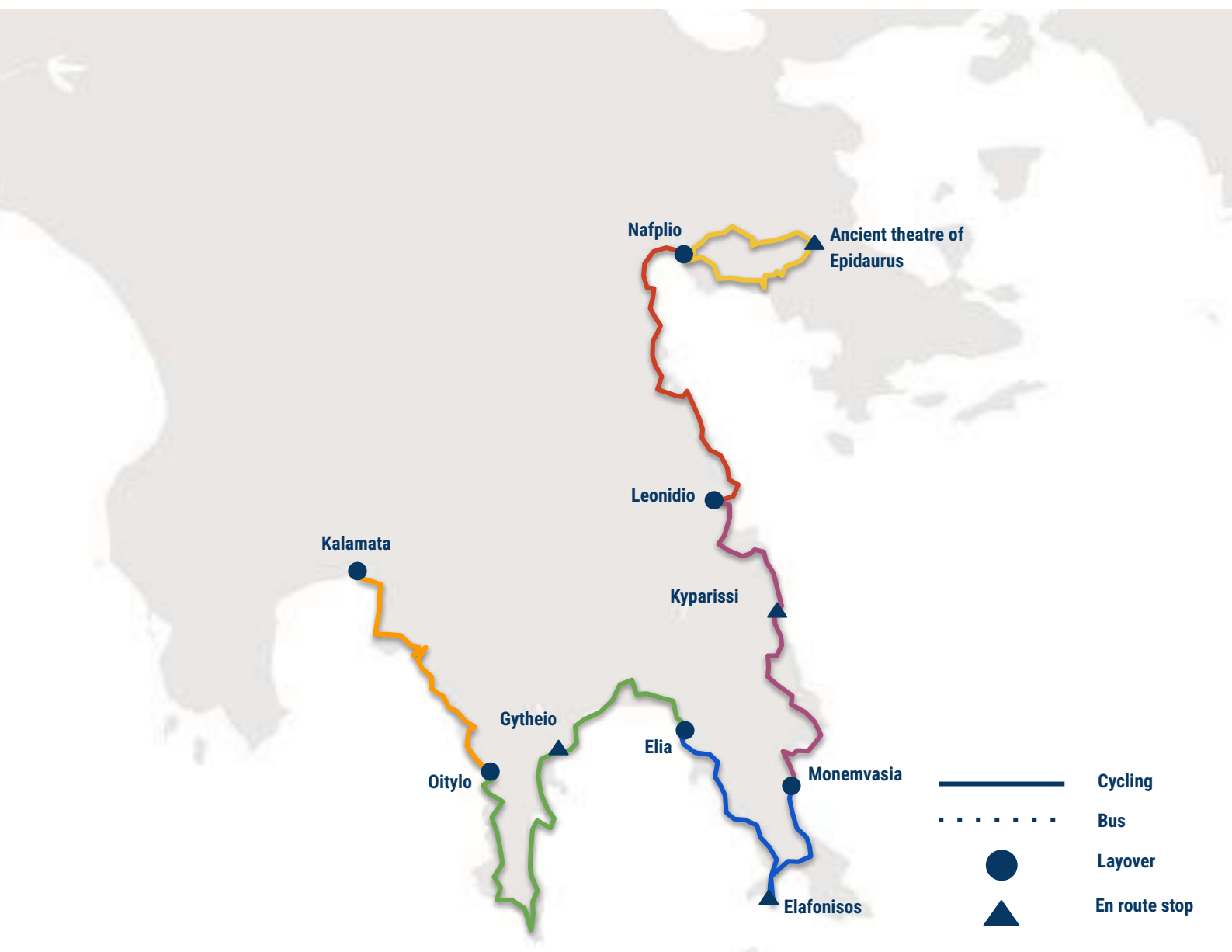


STAGE 6

71km 939m
44mi 3080ft



Departure



Fitness level is not a limit!

Routes

Daily Route Options

How that works?

Choose the ride you like: This cycling tour is designed for avid cyclists, guiding you through half of the Peloponnese and some of its most breathtaking landscapes. From rugged coastlines to historic mountain villages, each day brings a new adventure on two wheels. For those who crave an extra challenge, we've added extended epic rides that take you even deeper into the region's beauty. If you're up for it, these routes will push your limits and reward you with unforgettable scenery. But the choice is always yours—whether you go all in or opt for a more moderate ride, every day offers flexibility. And if you ever feel like taking a break, our support van will always be there to transport you comfortably to your next destination.

This journey is about freedom, challenge, and discovery—all at your own pace.

Stage 1



70km 1250m
44mi 4125ft

Stage 2



94km 1232m
58mi 4040ft

Stage 3



50km 773m
30mi 2535ft

Stage 4



80km 1739m
50mi 5707ft

Stage 5



80km 1014m
50mi 3328ft

Stage 6



33km 575m
20mi 1887ft

MEDIUM - Fair Riding

LONG - Epic routes



147km 2168m
91mi 7112ft



85km 1250m
53mi 4105ft



112km 2551m
70mi 8370ft



71km 939m
44mi 3080ft



Itinerary 1/3

Day 01 - Shuttle to Kalamata - Our guides meet you and shuttle you from Athens airport. We have selected a hotel located by the city's promenade which gives you access to both the sea side and the center of Kalamata. If there there will be time, maybe we can arrange for a quick test ride.

Accommodation: [Pharae Palace Hotel](#) or similar



The Route



70km 1250m
44mi 4125ft

Day 02 - Stage 1 - From Kalamata to Oitylo - Welcome to Mani

Your journey begins in Kalamata, following a breathtaking coastal route that gently eases you into the ride. The initial stretch offers a perfect warm-up as you pedal alongside the shimmering waters of the Messenian Gulf. Soon, the landscape transforms, leading you up the day's first significant climb—a rewarding ascent that unveils panoramic views of the coastline.

Descending into the heart of the Greek countryside, you'll be surrounded by rugged landscapes, olive groves, and the timeless charm of Mani. The ride culminates in Oitylo, a village steeped in history and overlooking the crystal-clear waters of the bay. Just a short distance away lies Areopoli, a town renowned for its pivotal role in the Greek War of Independence. After a day of exploration, your welcoming hotel invites you to unwind and reflect on the day's adventure. With the sea at your doorstep, a refreshing swim awaits—an ideal way to cap off your cycling journey before another day of discovery.

Accommodation: [Akrolithi Boutique](#) or similar



The Routes



94km 1232m
58mi 4040ft



147km 2168m
91mi 7112ft

Day 03 - Stage 2 - From Oitylo to Elia - Rugged Beauty

Departing from Oitylo, the journey begins with a 30-kilometer descent, allowing you to warm up your legs while soaking in the stunning Mani landscapes. Today, you have the flexibility to choose between two routes, depending on how you feel.

For those seeking the ultimate challenge, the epic route takes you on a grand tour of the Mani Peninsula, covering a significant distance and revealing its wild, untamed beauty. If you prefer a more relaxed ride, the shorter route leads directly to Gythio before continuing towards Elia. Should you wish to pause at any point, our support van will be there to assist and transport you to the next destination.

As you approach the northernmost part of the Peloponnese, the route presents the day's first climb, culminating in Lagia, a traditional stone-built village showcasing Mani's distinctive architecture. The rest of the ride consists of rolling hills, hugging the coastline with breathtaking views of the Laconic Gulf to your right.

Your day ends in Elia, a tranquil seaside village known for its peaceful atmosphere and beautiful beaches. The combination of rugged mountain terrain and serene coastal scenery makes this ride an unforgettable experience. Your hotel for the night is just steps from the water—an inviting spot to relax after an exhilarating day on the bike.

Accommodation: [Alas Resort & Spa](#)

Itinerary 2/3



The Routes



50km 773m
30mi 2535ft



85km 1250m
53mi 4105ft

Day 04 - Stage 3 - From Gythio to Monemvasia - Turquoise waters are awaiting your arrival

This stage is a true cyclist's delight, showcasing the gradual transformation of the landscape as you leave the rugged terrain of Mani behind. Today's route takes you along the opposite side of the Laconic Gulf, blending rolling hills with a rewarding climb—just enough to add a challenge before an exhilarating descent.

A special highlight of the day is Elafonisos Island, home to Simos Beach, widely regarded as one of Greece's most spectacular sandy shores. If you're visiting during the summer, the ferry to the island is incredibly convenient, running every 30 minutes with a short 10-minute crossing. Taking a break here for a refreshing swim in the crystal-clear turquoise waters is an unforgettable experience.

After Elafonisos, the final stretch of the journey leads to Monemvasia, where you'll spend the night. Depending on how your legs feel after your beachside relaxation, you can either cycle the remaining distance or hop in the support van and enjoy a comfortable ride to your hotel. Either way, an evening in this medieval fortress town promises a magical end to the day.

Accommodation: [Kinsterna Hotel](#)



The Routes



80km 1739m
50mi 5707ft



112km 2551m
70mi 8370ft

Day 05 - Stage 4 - From Monemvasia to Leonidio - A peaceful escape

Leaving Monemvasia behind, today's ride takes you along one of the most breathtaking coastal routes in Greece. The road winds along the shimmering sea, offering spectacular views and a sense of serenity that makes every pedal stroke a pleasure.

Not long into the ride, you'll tackle a unique climb, different from those on previous days. The peaceful ascent, surrounded by rugged cliffs and untouched nature, invites you to fully embrace the quiet beauty of the Peloponnesian landscape. At the base of the Parnon Mountains, you'll reach Kyparissi, a hidden gem nestled in a secluded bay. This charming village, far from the usual tourist paths, is a true haven of tranquility. Further along the route, a well-deserved stop awaits at Fokianos, a pristine bay with crystal-clear waters and a white pebble beach. It's the perfect spot to take a break, soak in the scenery, and enjoy a refreshing swim.

From here, you have the option to continue riding towards Leonidio, or, if your legs need a rest, our support van will be available to take you to your final destination for the night. Leonidio, a picturesque town set against dramatic red cliffs, is a beautiful place to unwind after a rewarding day on the bike.

Accommodation: [Hatzipanayiotis Hotel](#)



The Route



80km 1014m
50mi 3328ft

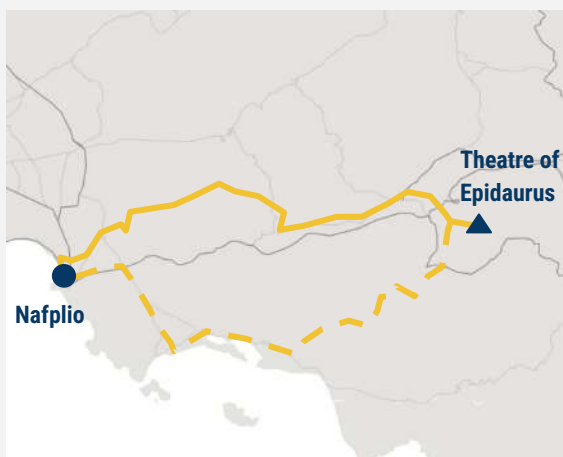
Day 06 - Stage 5 - From Leonidio to Nafplio - a classic ride

Today's ride from Leonidio to Nafplio is a true classic, showcasing the scenic beauty and rich history of the Peloponnese. The route begins along the coastline, then winds through the Dafnon Gorge, where cliffs and lush vegetation create a stunning passage.

A steady ascent leads to Kosmas, a charming mountain village in the Parnon Mountains, perfect for a short break. From there, a thrilling descent through pine forests brings you toward the Argolic Gulf.

The final stretch crosses rolling countryside before reaching Nafplio, a town of Venetian charm, neoclassical elegance, and a picturesque seaside promenade. After a long yet rewarding ride, celebrate the journey with a relaxing evening by the sea.

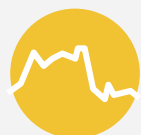
Accommodation: [Hotel Grande Bretagne Nafplio](#) or similar



The Route



33km 575m
20mi 1887ft



71km 939m
44mi 3080ft

Day 07 - Stage 6 - Ancient Theatre of Epidauros & Shuttle back to Athens

On the final day of your stay you have the wonderful opportunity to ride one more time. To make the most of this experience, we suggest an early start. This will allow you to return in time to refresh and shower at the hotel, ensuring a comfortable journey ahead. This route is truly one of the region's gems. It begins with a gentle climb, leading to a unique and memorable stop, before winding down with a descent back to the charming town of Nafplio. The first segment of your ride takes you through remarkably tranquil roads, culminating in the breathtaking site of the Ancient Theatre of Epidauros. We highly recommend taking some time to explore this historic site. It's a place steeped in history, where ancient plays were performed and continue to be showcased to this day. As your ride progresses, you'll pass through quaint villages where you can pause for a coffee break or enjoy a leisurely lunch. This provides a perfect opportunity to soak in the local culture and scenery.

Accommodation: [Hotel Grande Bretagne Nafplio](#) or similar

Day 08 - Shuttle to the Airport

On your final morning, wake up and enjoy a relaxing breakfast and a fresh coffee, taking in the last moments of your journey. Our comfortable shuttle service will be ready to transfer you either back to Athens or to another location of your choice, ensuring a smooth and hassle-free journey as you wrap up this unforgettable adventure.



