



TOUR ITINERARY

Europe / Greece

Greece Bike Tour

Myth and Memory in the Mani Peninsula



TOUR HIGHLIGHTS

- Ride isolated coastal roads around the entire length of the lesser-known Mani Peninsula
- Learn about modern Greek history in the town of Areopolis where the War of Independence against the Ottomans began
- Spend an afternoon in the frozen-in-time fortress town of Monemvasia, known as the Gibraltar of the East
- Experience the famous Greek hospitality at luxurious sea-view hotels



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Athens or Kalamata
- 📍 **Pick-Up Location:**
Grand Hotel Kalamata
- 🕒 **Pick-Up Time:**
8:30 am

Departure Details

- ✈ **Airport City:**
Athens or Kalamata Airport
- 📍 **Drop-Off Location:**
Kalamata Airport
- 🕒 **Drop-Off Time:**
11:00 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.



TOUR ITINERARY

Tour By Day

PRE-
TOUR

Kalamata Pre-Night (Optional)

Welcome to Kalamata! Check into the Grand Hotel Kalamata, an elegant, five-star property that overlooks the Gulf of Messinia in the city's historic port. Spend the day at your leisure, exploring Kalamata's meandering streets or relaxing on one of its beautiful beaches. In the morning, enjoy your included breakfast before your DuVine tour begins.

Inclusions: Hotel, Breakfast

Accommodations: [Grand Hotel Kalamata](#)

Price per person in double occupancy: \$200

Price in single occupancy: \$400

TOUR ITINERARY

DAY
1

Welcome to the Peloponnese

Meet your guides in Kalamata for a 2 hour transfer to the Malea, the easternmost finger of the Peloponnese. Our ride starts in a sea of olive trees and ascends to the heights of Finiki as we make our way across the peninsula. Our destination is the island fortress of Monemvasia. It's reminiscent of Gibraltar, with topography that made it a strategic stronghold over centuries of political turmoil between the Byzantines, Venetians, and Ottomans. We'll have lunch in the town to appreciate the unusual warren of tiny alleyways and cascade of red-tiled roofs, then check into our first hotel of the week. Take a dip in the pool or relax on the terrace before regrouping for dinner.

Meals: Lunch / Dinner

Destinations: Elea, Finiki, Monemvasia

Accomplished: 25 miles / 41 km, elevation gain: 1,952 feet / 595 meters

Longer Option: 32 miles / 51 km, elevation gain: 2,398 feet / 731 meters

Accommodations: [Kinsterna Hotel](#)

DAY
2

Gerakas Epic

Today we start our epic loop along the coast before turning inland and watching as Monemvasia recedes. A series of switchbacks take us high above the plains, gaining elevation until one last bend in the road brings us to the summit. But what goes up must come down: revel in the long descent into Gerakas, a fishing village that's home to Europe's southernmost natural fjord. After lunch at a taverna owned by a family of fishermen, you may choose to complete the loop or take a ride in the van right back to the hotel.

Meals: Breakfast / Lunch / Dinner

Destinations: Agios Ioannis, Metamorfosi, Gerakas

Accomplished: 38 miles / 61 km, elevation gain: 3,844 feet / 1,172 meters

Longer Option: 56 miles / 90 km, elevation gain: 5,133 feet / 1,565 meters

Accommodations: [Kinsterna Hotel](#)

TOUR ITINERARY

DAY
3

Welcome to the Mani

Today we leave the Malea for the Mani, a peninsula steeped in history and Greek national pride. Transfer to the town of Gythio, the seaport of ancient Sparta. Warm up the legs along a stretch of quiet coastal road full of sweeping vistas and sapphire-blue bays. Stop in the little village of Kotronas, where we'll sip rich and frothy Greek coffee with locals. Then cross the peninsula to the fishing village of Limeni on the west coast. Join the locals who flock here to eat fresh seafood in the waterfront tavernas before checking into our beautiful sea-view hotel to watch the sun set over the Mediterranean.

Meals: Breakfast / Lunch / Dinner

Destinations: Gythio, Kotronas, Limeni

Accomplished: 38 miles / 61 km, elevation gain: 3,552 feet / 1,083 meters

Longer Option: 55 miles / 89 km, elevation gain: 5,573 feet / 1,699 meters

Accommodations: [Bassa Maina](#)

DAY
4

Cape Tainaron Odyssey

This morning we're headed into the Deep Mani, the wildest part of the Peloponnese peninsula. Our route passes clusters of stone towers and the rugged, rocky shores of Cape Tainaron. There's something otherworldly about this place—according to Greek mythology it's where Orpheus entered the cave into Hades, land of the dead, to rescue his wife Eurydice. Thankfully, our own odyssey has much lower stakes: we'll be sampling local honey, stopping at frescoed churches, and cycling a stretch of seaside road that snakes all the way around the peninsula's eastern side. In the historic port of Gerolimenas, we'll pause for lunch and listen to the waves lapping against the village's stone walls. Spend the afternoon enjoying the hotel before we make our way to nearby Areopolis for an open dinner with a side of Greek history—the revolt against Ottoman rule took place here in the 19th century set in motion the creation of the modern Greek state.

Meals: Breakfast / Lunch

Destinations: Cape Tainaron, Lagia, Areopolis

Accomplished: 37 miles / 59 km, elevation gain: 4,454 feet / 1,358 meters

Longer Option: 54 miles / 87 km, elevation gain: 5,805 feet / 1,770 meters

Accommodations: [Bassa Maina](#)

TOUR ITINERARY

DAY
5

The Outer Mani

Whereas yesterday's ride took us to the end of the peninsula "Deep Mani" today will be a grand tour of the "Outer Mani". Climb out of the port of Limeni for big coastal views as we stay high on a little-used road that connects the highest chain of villages that cling to the slopes of the Taygetus Mountains. Finally drop back to the coast in the village of Kardamyli where the English Grecophile, writer and war hero Patrick Leigh Fermor made his home after discovering the Mani while writing his eponymous classic about the peninsula. We'll stop for lunch along the coast before looping back to the hotel and a final dinner as the sun sinks into the sea.

Meals: Breakfast / Lunch / Dinner

Destinations: Kato Chora, Kardamyli, Stoupa

Accomplished: 46 miles / 74 km, elevation gain: 4,267 feet / 1,301meters

Longer Option: 66 miles / 106 km, elevation gain: 6,504 feet / 1,983 meters

Accommodations: [Bassa Maina](#)

DAY
6

Kalo Taksidi!

Catch one last sunrise over the olives or take a final stroll or ride. Your guides will transfer you to the Kalamata airport (1 hour 40 mins) and see you off to your next destination. It is also possible to organize a transfer to the Athens airport (3.5 hours)

Meals: Breakfast

Destinations: Kalamata

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), **please see our FAQs**.



Share Your Experience

f fb.com/duvine
@duvine
@duvine
#DuVine #DuVineStyle



DUVINE
WINE TOURS • CYCLE TOURS • SAIL TOURS

YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers.

[Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

