

**Athens and Saronic Islands by bike
8-days self-guided island-hopping Poros and Aegina
2023 (SIFH213I)**



Our philosophy: active during the day, and in the afternoon a warm shower, a good meal and a comfortable bed in a small-scale accommodation.

We invite you to join us!

[more information: www.annahiking.nl](http://www.annahiking.nl)



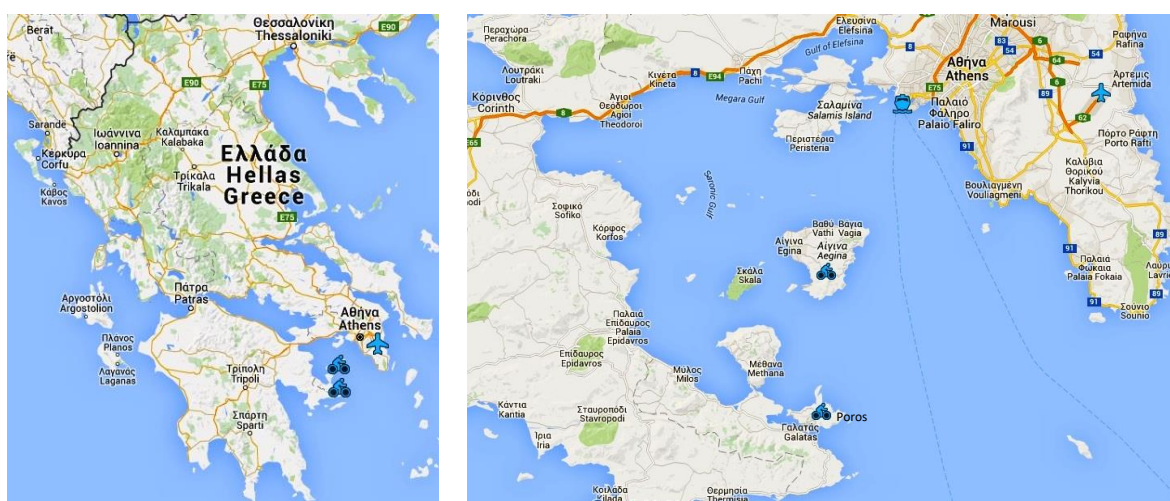
About AnnaHiking and S-Cape

In 1991 we visited Greece for the first time. Our love for the country, the culture, the climate, the food, the language and the Greek has grown ever since. We feel at home here and want to communicate this feeling to others.

Many people are familiar with the Greek “islands with beautiful beaches”. Many islands also boast a splendid inland, ideal to explore by bike. Poros and Aegina are islands with much more on offer than beaches alone, and we’d love to introduce them to you.

Our agent S-Cape explored a couple of routes for you. As an individual traveller we offer you a roadbook with tour descriptions, GPS-tracks and marked detailed maps, so you can find your way easily. The roadbook also offers several useful trivia and background information. Furthermore you may use the ActiveNav navigation app.

The tour location



General tour information

In Athens an English speaking guide will show you the most beautiful spots by bicycle.

Then you will travel by boat from Piraeus to Poros and peddle through the beautiful green landscape of Poros Island, peacefully situated in the Saronic Gulf. This island has a frequent boat connection to Galatas on the Peloponnese. Along the coast you will peddle to a unique nature park for birds and via the village Taktikoupoli you cycle back to Galatas.

A ferry boat will then take you to the island of Aegina. The temple of Aphaia is arguably the jewel in the crown of this island. Aegina is also famous for Pistachio Nuts and you can see pistachio nut trees everywhere. You will explore all this by bike. On Aegina there is also time to relax, go on a fishing boat to nearby Moni or Agistri or make a walk in the inner land.

From Aegina you travel back to Piraeus by ferry boat.

The trips are between 15 and 45 km with some optional detours. The altitude differences are at most 600m. You’ll drive on asphalt roads, as quiet and rural as possible.





Beautiful coasts, the wind in your hair and the crystal clear sea: this is Greece at its best!



Highlights

- ❖ Guided bicycle tour in the city centre of Athens.
- ❖ Island hopping by bicycle.
- ❖ The lively and green island Poros.
- ❖ The wetlands of Psifta on the Peloponnese.
- ❖ The pistachio island Aegina with the temple of Aphaia.

Modular set-up: extensions/alterations

The arrangement can be extended with free days in every accommodation. Some extra tours by bike or on foot are available.

In Athens you may also apply for a walk&eat arrangement (self-guided city walk with 4 courses in different eateries) or a guided city walk.

For more bicycle joy you may combine the tour with a bike tour on [Evia](#) or [Rhodes](#).

You may extend your stay with one of our walking tours on the [Cyclades islands](#) Kea, Andros, Tinos, Naxos and Santorini.

You can also combine the arrangement with (parts of) other [tours we offer in Greece](#). We'll gladly help you with the logistics.

For all your wishes: ask for an estimate!

The accommodations

You'll stay in good quality hotels with swimming pool; should an alternative be necessary it will have the same standards. The daily trips are never affected.

Day	Location	Hotel	Website
1	Athene	Novus, 4*	www.novushotel.gr
2-4	Poros	Saga, 3*	www.saga-hotel.gr
5-7	Aegina	Danae, 3*	www.danaehotel.gr

Booking

The arrangement may be booked from 1 April up until 25 October. In summer it's usually quite hot!



Prices per person 2023 including hybrid bike

# travellers	room type	1-4 / 12-6 20-9 / 25-10	13-6 / 23-6 1-9 / 19-9	24-6 / 31-8
solo	single	€ 1145	€ 1285	€ 1330
2 persons	double/twin	€ 800	€ 880	€ 910
2 persons	2 single	€ 1090	€ 1230	€ 1275
3 persons	triple	€ 710	€ 770	€ 790
3 persons	double/twin + single	€ 880	€ 980	€ 1015
3 persons	3 single	€ 1075	€ 1215	€ 1255
4 persons	2 double/twin	€ 770	€ 850	€ 885

Note:

- Price is per person, flight excluded.
- The dates apply to the departure day.
- **E-bikes are very limited and not of the best quality.**
- From January 1st 2018 in Greece an 'overnight tax' is applicable. This tax has to be paid at check-in at your accommodation. The rates per room per night are: € 1,50 for 3*-hotels (Poros and Aegina) and € 3,00 for 4*-hotels (Athens).

Start and finish: Athens

Included

- 7 nights incl. breakfast in the above mentioned hotels.
- Rental hybrid bike with minimum 21 gears and pannier bags. **NO helmet AND NO GPS supplied.** E-bikes are very limited, surcharge €95 for 6 days.
- Guided bicycle tour in Athens including city bike.
- Detailed roadbook with drawn-in maps; digital, sent by WeTransfer, to be printed by you at your own wishes.
- GPS tracks.
- Use of the Active Nav app for navigation with your smartphone.
- Ferry tickets Piraeus-Poros (high speed if necessary), Poros-Aegina and Aegina-Piraeus.
- Transfer Athens (hotel)-Piraeus port.
- Luggage transport on the islands from the port to the hotel and back.
- Booking fee and telephone assistance.

Not included

- Flight and insurances.
- Overnight taxes.
- Transfers from/to the airport. There is a good public transport net. You may prearrange a pickup, see under 'optional services'.
- Ferry ticket day 4 (€1,50-€2 one way), other transfers not mentioned in the program.
- Admissions and entrance fees of any kind, tips and gratuities.
- Personal expenses such as meals, drinks, phone calls etc.
- Any items that have not been specifically mentioned in the program.

Optional services (have to be booked in advance!)

Mind: the maximum amount of persons per taxi may vary due to government measures.

- Extra days rental hybrid bicycle on the islands: €28 per day.
- Extra days rental e-bike on the islands, if you had booked an e-bike for the tour: €44 per day.



- Transfer Athens airport– hotel: €75 per taxi (max. 4 persons/taxi).
- Transfer Piraeus – Athens airport: €80per taxi (max. 4 persons/taxi).
- Transfer Piraeus – Athens centre: €40 per taxi (max. 4 persons/taxi).
- Additional night/s at any of the accommodations: ask for an estimate.

Flight

You'll fly to Athens Airport. There is a good public transport net into the city and between the airport and the port of Piraeus.





Day to day program

(You may download the elevation profiles separately. Mind: they are not all on the same scale!)

Day 1: Arrival in Athens, city tour by bike (SIFH1)

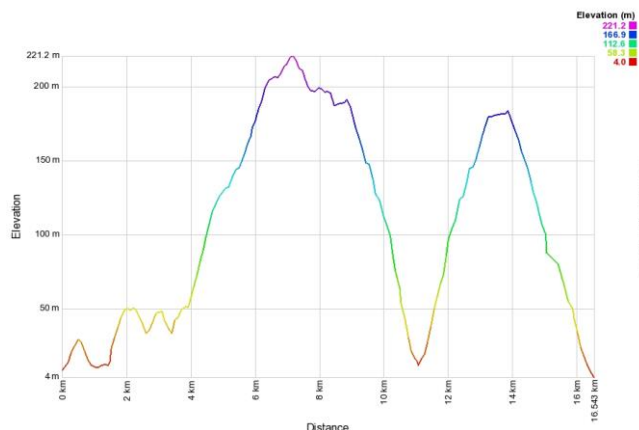


Your holiday starts in Athens. The guided bicycle tour starts at 17:00 hrs from a central point in Athens and takes three hours with an English speaking guide, using 'city bikes' - European style bikes with high handlebars and just a few gears. There will be at most 15 participants. Should your flight arrive after 14:30, you'll do this tour in the morning of day 2, before sailing to Poros.

bicycle time: 3 hr

overnight stay: Athens

Day 2: Transfer to Poros by boat, circular tour (SIFH2)



Upon late arrival on day 1 you start with the guided Athens city tour by bike at 9:30.

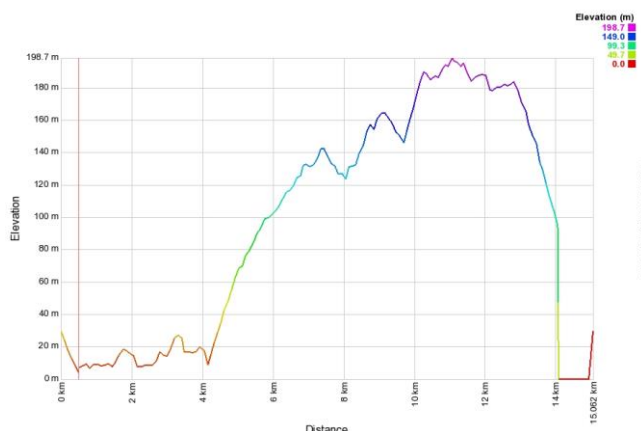
A taxi will take you with your luggage to Piraeus. The ferry takes about 2.5 hours from Piraeus to Poros. In Poros town you walk to the rental shop to collect your bike. Your luggage is transferred to the hotel.

Depending on the ferry arrival time in Poros a first bicycle ride may be possible this afternoon on the island. The longer route takes you along to the monastery of Zoodochou Pigis with an additional loop to the beach. The shorter tour is on the peninsula town of Poros. Alternatively these rides could be left until later in the program.



distance: 15km + 4km to the beach (Poros town loop: 4km)
 ascent/descent: 350m + 220m to the beach (Poros town loop: 50m)
 overnight stay: Poros

Day 3: Bicycle trip West and Central Poros (SIFH3)

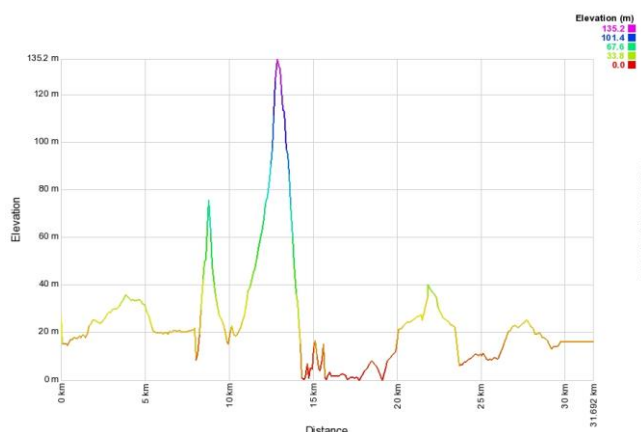


Today's trip takes you to the western and central part of Poros. First along the coast to the west where you have the possibility to stop at a former Russian Navy base. At the western point you can walk within 1 hour on a stony path to the beautiful restored lighthouse of Poros and back.

Through a wooded area you will gradually ascend to a small plateau, one of the few arable areas of Poros. On the top you can cycle a loop to visit the beautiful archaeological site of the Temple of Poseidon. At the end follows a tough descent to Poros town.

distance: 15km (extra to Temple of Poseidon: 2km; walk to lighthouse: 3km)
 ascent/descent: 375m (extra to temple: 25m; walk to lighthouse: flat)
 overnight stay: Poros

Day 4: Galatas and bird nature park Psifta on the Peloponnese (SIFH4)



With the bicycle you take first the little pontoon boat from Poros to Galatas (to be paid on the spot). Here starts a nice bike trip through an agricultural area. You ascend to the local town Taktikoupoli and from this village descend rather steeply to the coast. Along the coast you peddle to the wetlands of Psifta (protected area).

The last section runs back to Galatas via the same route as in the morning. From Galatas you take the small ferry back to Poros.



distance: 33km

ascent/descent: 350m

overnight stay: Poros

Day 5: From Poros to Aegina (SIFH5)

Depending on the ferry time table you can make a cycling tour on Poros (see day 2) or a 2-hour walk on the peninsula. This walk takes you along an old windmill with magnificent views over Poros town and the strait between Poros and Galatas, and along the characteristic chapel Agion Anargyron. In the harbour you hand back your bike at the rental shop.

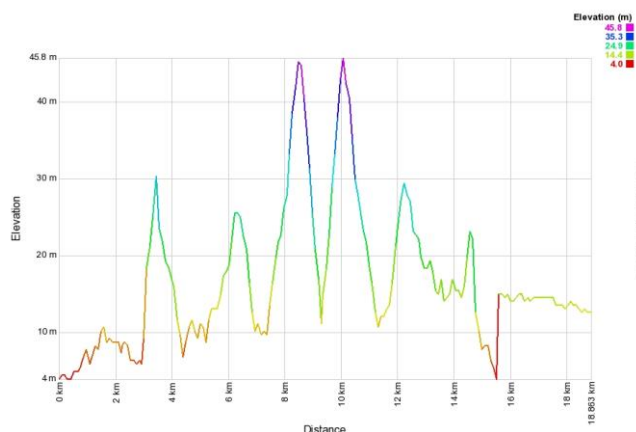


You sail in about 1 hour to Aegina where you collect again a bike.

On Aegina you can explore the nice town of Aegina and its archaeological site archaeological site and museums by bike. Should you arrive early, may take a hike from Perdika to Marathonas beach, along the Ancient Olive grove and optionally the summit of Ellanios mountain (532m).

overnight stay: Aegina

Day 6: Round trip to Perdika fisherman's village (SIFH6)



Today you may combine a short circular trip to Perdika with a relaxed afternoon on the beach. You cycle along small roads through pistachio groves until you reach the sea. Here the tour proceeds along the coast, offering splendid views on Methana, Agistri and the Peloponnesos. Thus you reach the picturesque fisherman's village Perdika, with many small fish tavernas on the shore.

From the tiny harbour you may take a boat to the nearby uninhabited islet Moni. In summer season you can sunbath on the organised beach with sunbeds and umbrellas. Along the coast you return to Aegina town.

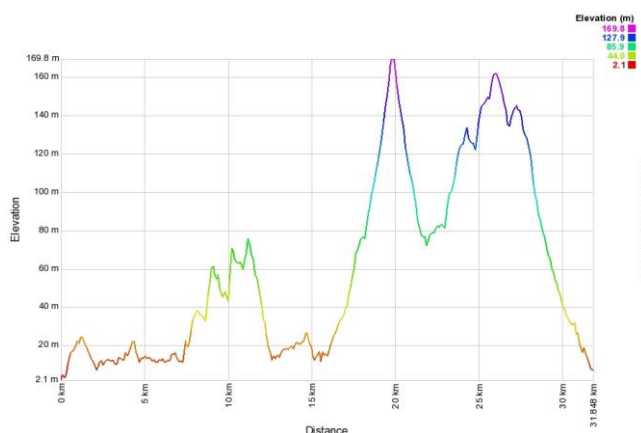
distance: 20km

ascent/descent: 150m

overnight stay: Aegina



Day 7: Circular tour Aegina and temple of Aphaia (SIFH7)



From Aegina town you cycle along the impressive Acropolis which attracts attention as soon as you arrive on the island. You'll go past the modern shipyard on the northern coast and then head inland. A steep climb takes you up the plateau where you'll pass above Souvala by small country roads. The pistachio groves in the wide valley show in lovely contrast to the fisherman's village Souvala and the blue sea.

A lovely spot for lunch is the picturesque village Vagia where you may experience the traditional way of life on Aegina.

You may choose a loop to the temple of Aphaia; quite a steep climb, but the classic temple is a real beauty and certainly worth the effort! Permitted good weather conditions you may see from the Aphaia temple the Parthenon on the Athens Acropolis as well as the Poseidon temple on Cape Sounion.

You return along the modern monastery of Agios Nektarios, the patron saint of Aegina, the last part of the journey on quiet country roads. Back in Aegina town you return the rental bike.

distance: 36km (extra to the temple of Aphaia: 4km)

ascent/descent: 400m (extra to the temple of Aphaia: 165m)

overnight stay: Aegina

Day 8: Departure (SIFH8)

Today you will travel back by ferry to Piraeus where your arrangement ends. There are regular public transport connections with Athens Airport or you may prefer to take a taxi.

To allow time for the ferry and travel to Athens airport you must book a return flight at 14:00 hrs or later.

