

BIATHLON - 3 E-BIKE EXCURSIONS AND 3 HIKES WITH STAY WITH ADAM

Sunday: Welcome to Crete

Individual flight to Crete

Meals: Dinner

Accommodation: Adams House or nearby

Monday: E-bike tour, breakfast together and the villages of our area

A rich Cretan breakfast together on Adam's terrace and explanation of the function of the e-bikes. The subsequent ride takes us through vineyards and along roads with little traffic. On the way we visit the Roman tombs in the village of Agios Thomas and the Saint George Monastery. In the village of Kyparissi in Jannis' tavern a wine tasting awaits us and afterwards we have lunch.

Route 45km Time 5 hrs Ascent 760m Descent 840m

Meals: Breakfast, lunch / Accommodation: Adam's house or nearby

Tuesday: E-bike tour, north coast - Karteros beach

The starting point is the village of Kyparissi, from where we cycle towards the southeast. We first reach the village of Profitis Ilias and then continue cycling eastwards until we reach Mount Juktas, very close to the picturesque village of Choudetsi. Countless vineyards and endless olive groves line the way, a typical vegetation for Crete. We then visit the historic monastery of Agarathos and its historical museum. Our next destination takes us north, past the village of Episkopi until we reach the beach of Karteros.

Route 50km Time 5 hrs Ascent 880m Descent 1100m

Meals: Breakfast, lunch / Accommodation: Adam's house or nearby

Wednesday: Hike, Prinias, the village with the Minoan wine presses

We walk west from our house, stopping first in the village of Kerasia. After a steep ascent, we pass Villa Kerasia and continue walking to the chapel of Agios Panteleimon. The panoramic view over the whole area makes for a fascinating impression. The route up to here is impressive and varied. After Agios Panteleimon and the ancient Minoan city of Trizinia, we continue hiking until we reach the Minoan wine presses of the area. These bear witness to the fact that wine production on Crete dates back over 4,500 years. Our walk continues to the village of Prinias, where we have lunch together before the minibus takes us back to our accommodation.

Route 11km Time 5 hrs Ascent 380m Descent 80m

Meals: Breakfast, lunch / Accommodation: Adam's house or nearby

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Thursday: Hike, Kroussonas, the partisan village at the foot of the Ida Mountains

Today we also set off on foot towards the northwest, passing through the nearby village of Siva. Behind the hills are the villages of Pyrgou and Agios Myron with the beautiful and picturesque church from the 11th century A.D. and the skete of Agios Myron from the 4th century A.D. This saint lived here as the first bishop of Crete. The Romans killed him because Christianity was illegal at the time. We continue walking downhill towards the valley that lies between the village of Agios Myron and Kitharida and then up to the village of Kroussonas, the destination of our excursion today.

Route 13km Time 5 hrs Ascent 530m Descent 420m

Meals: Breakfast, lunch / Accommodation: Adam's house or nearby

Friday: E-bike tour, Agia Galini, an impressive fishing village

Today we are driven by minibus to the 12km village of Agia Varvara. From here we pass many typical mountain villages at the foot of Crete's highest mountain Ida or Psiloritis, accompanied by fascinating views of parts of the fertile Messara plain. Most of the inhabitants of these villages are farmers, cattle breeders or beekeepers. While resting in the shade of the idyllic Lake Zaros, we discover numerous turtles, ducks and carp. In the fishing village of Agia Galini we take time for a refreshing swim in the sea before or after lunch.

Route 50km Time 5 hrs Ascent 560m Descent 1150m

Meals: Breakfast, lunch / Accommodation: Adams House or nearby

Saturday: Hike, Kyparissi, the most interesting tavern in Crete

Today we will walk to the already known village of Kyparissi. After crossing the village of Venerato, which, as the name suggests, was the holiday village of the Venetian rulers, we reach the oldest monastery in Crete called "Paliani". After visiting the monastery, we hike up the hills south of the monastery and then further east to the village of Synapi. With a bit of luck, we will meet its only inhabitant here. After about half an hour we reach the village of Kyparissi and enjoy a meal in Jannis' taverna. Perhaps Jannis will play traditional Cretan music for us on his Cretan lyre.

Route 11km Time 5 hrs Ascent 200m Descent 300m

Meals: Breakfast, lunch / Accommodation: Adam's house or nearby

Sunday: Farewell to Crete

Drive to the airport and return flight home

Meals: Breakfast