

# STAR TOUR - 6 E-BIKE EXCURSIONS WITH A STAY AT ADAM'S HOUSE

**Sunday: Welcome to Crete**

**Individual flight to Crete**

**Meals: Dinner**

**Accommodation: Adam's house or nearby**

**Monday: 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' taverna 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: 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: 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: Adam's house or nearby**

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## **Thursday: Kalamaki, the long beach in the south**

Our starting point is 4km away near the village of Kerasia. Our first destination today is the Minoan wine presses near the village of Prinias. The route towards the south coast is varied and takes us through the most fertile area of Crete, the Messara plain. Then we cycle through the village of Kouses with its famous herb shop called "Botano". We cross the Asteroussia mountains and arrive at one of the longest beaches in Crete. Here we enjoy the culinary delights of the Aristodimos tavern right by the sea.

**Route 58km Time 5 hrs Ascent 540m Descent 1100m**

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

## **Friday: Lentas and Dyskos**

From our house in Siva we start in a southerly direction. On a low-traffic route we reach the village of Vassiliki at the foot of the Asteroussia mountain range. Initially we drive uphill along a picturesque and serpentine road and later downhill along a panoramic road to the fishing village of Lentas. The rock above the village in the shape of a lion (Leontas) gives the village its name. We drive past Lentas to the settlement of Dyskos, where the sea invites you for a refreshing swim. At Mrs Voula's place, the fantastic panorama can be enjoyed with cold drinks and a sumptuous lunch before the journey home.

**Route 52km Time 5 hrs Ascent 860m Descent 1150m**

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

## **Saturday: Ammoudara, the long beach west of the city of Heraklion**

The starting point today is at our home. We drive north through the partisan village of Asites, where we visit a workshop where goat bells are made. Then we cross vineyards and olive groves until we reach the next partisan village called Kroussonas. Near here we visit the nearby largest and oldest oak tree in Crete. From here the road descends and we continue until we reach Ammoudara beach. Before and after lunch, you can refresh yourself in the Cretan Sea.

**Route 44km Time 5 hrs Ascent 730m Descent 1000m**

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

## **Sunday: Farewell to Crete**

**Drive to the airport and return flight home**

**Meals: Breakfast**