A chilled cycling holiday on the sun-kissed Greek island of Kefalonia

- Enjoy the ambience of picturesque Fiscardo at one of its harbour-side cafes
- Ride the dramatic coast road to the viewpoint above Myrtos Beach
- Cycle the Omala Valley, visit a winery and sample the Robola white wine
- Take a boat out onto the weird and wonderful Melissani Cave Lake

HOLIDAY CODE KFMB

Greece, Cycling, 8 Days

4 nights hotel, 3 nights hotel with swimming pool, 7 breakfasts, max group size: 16, 6 days cycling, 275 kms

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

www.keadventure.com

UK: +44(0) 17687 73966
US (toll-free): 1-888-630-4415
Introduction

West of the Greek mainland, Kefalonia is one of several islands in the Ionian Sea and the perfect location for a chilled out adventure cycling holiday. Quiet fishing villages, olive groves, dramatic coast roads, pristine beaches (like Myrtos and Antisamos) and sipping a glass of Robolo wine with the locals in an authentic tavern are just some of the elements that make this guided cycling holiday so special. Famously, Kefalonia is the setting for Louis de Bernieres' novel Captain Corelli's Mandolin and the subsequent movie (2001) starring Nicolas Cage and Penelope Cruz and during our time on the island we should be able to spot several of the places that feature in the film.

With a high point at Mount Ainos (1628m), a generally quite rugged landscape and a shoreline that alternates between rocky cliffs and sandy coves, Kefalonia is one of the more spectacular Greek islands. It is a large island with more than sufficient route options to fill a rewarding week of cycling. We stay at three different hotels to make the most of the island and to ride all of the best roads. From a base at Pessada, we explore the hilly landscape of the south, with views to the island of Zakynthos. Then, we head up to Agia Efimia, from where we can check out the mysterious Melissani Cave Lake and cycle up to picturesque Fiscardo at the northern tip of the island. Our final day of cycling takes us back across the island via the Ainos Pass and the vineyards of the Omala Valley, to spend our last night of the trip in Argostoli, Kefalonia's lively capital. If you are looking for a not-too-challenging cycling holiday in a fantastic 'film-set' location, with the invaluable assistance of a local cycling guide and with a suitable hybrid-type bike included in the trip cost, this is one we can highly recommend.

Is this holiday for you?

ADVENTURE CYCLING. In a series of 6 carefully chosen day-rides, we will make an exploration of the beautiful Greek island of Kefalonia and cover a total of around 275 kilometres. Cycling for an average of just 46 kilometres each day, with a reasonable amount of ascent and descent, we can expect to be on our bikes for about 4 hours. The penultimate ride of the holiday, up to Fiscardo and back, is the longest and hilliest of the week and on that day we can expect to be cycling for 5 or 6 hours. We have set up this holiday with the aim of having plenty of time to enjoy the experience, stopping to take photos and for coffee at some of the many hostelries on the route. The emphasis of the trip is on seeing as much as possible of Captain Corelli's island and this is something that the cycling guide will be keen to emphasise. Most of the day-rides involve cycling out from and back to the same hotel. Whilst a support vehicle is not provided, the guide can call up support if it is needed. Baggage transfer is provided on those days when we change hotels. This is a suitable holiday for anyone who includes cycling amongst their leisure activities. BIKES ARE PROVIDED LOCALLY WITHIN THE COST OF THE HOLIDAY.

Holiday Itinerary

Day 1: Meet at the group hotel in Pessada. Transfers from Kefalonia Airport are provided.

Rendezvous at the group hotel in Pessada. The hotel provides an airport pick-up for all clients and the transfer time is just a few minutes. In the afternoon, a representative from the bike shop in Argostoli will come to the hotel with the group's bikes and will make sure that your bike is set up to your requirements. Apart from this, you can relax by the hotel pool or do some exploration down to Pessada Harbour which about a kilometre away. In the early evening, the tour guide will be on hand to answer any questions you might have about the week ahead. He or she will also join the group for dinner either at the hotel or at a nearby restaurant. KE Land Only package services begin with the overnight at the hotel.
Day 2: A day-ride from Pessada to Argostoli and the Monastery of Agios Andreas.

Today's introductory ride will take us north from our hotel on quiet roads, passing through the traditional farming villages of Keramies and Metaxata, en route to the island's capital Argostoli. Sitting alongside an impressive natural harbour, Argostoli is a colourful and cosmopolitan town and we will have time to explore. We'll certainly want to find a suitable sea-front café where we can sit and relax with a typical Greek frappe. There's also a chance that we might be able to spot turtles in the harbour near the fishing boats. Before leaving, we can pick up some items for a picnic lunch, or grab a snack for lunch at one of the many eateries. Leaving the town, we cycle steadily up to a 200 metre-high ridge from where there are superb views towards the south coast and to the island of Zakynthos beyond. We pass through the village of Lakithra and descend into a valley where we find the nunnery of Agios Andreas. There has been a nunnery on this site for many hundreds of years, but it has been rebuilt several times, most recently following the 1953 earthquake. We ride a short section of well-surfaced dirt road from Agios Andreas to Karavados and then back to our hotel at Pessada. We will get back to the hotel in the early afternoon and have time to enjoy the hotel pool.

Day 3: A day-ride from Pessada via Poros on the east coast and Skala close to the southern tip of the island.

Setting out from our hotel, we follow a fairly level road towards the south-east across the coastal plain, with breath-taking views over the Ionian Sea to the neighbouring island of Zakynthos, less than 15 kilometres away. Beyond the small village of Markopoulo, the road turns away from the coast and cuts between low hills to Pastra. From this point, there's a gradual descent to Poros on the east coast; a picturesque little settlement with a sheltered harbour, tidy houses and backdrop of well-forested hills. Heading back to the hotel in Pessada, we can ride the coast road to the small resort of Skala at the southern tip of the island. There's the option to spend some time on the beach here and/or go in search of the town's Roman villa with its well-preserved mosaic flooring. A final stop off on today's ride is at the pretty fishing village of Katelios where there is a loggerhead turtle information centre. The nearby Mounda Beach is important for nesting turtles. From Katelios, we'll cycle back to Pessada, with a short, final section on a well-surfaced dirt road.

Day 4: Cycle north to Myrtos Beach, then across the island to overnight at Agia Efimia.

We are moving to a different hotel today and our baggage will be picked up and taken to Agia Efimia while we are cycling. After breakfast, we will set off again towards the north, cycling around Argostoli Bay with views across to the town and then along its eastern edge to reach a striking stretch of coastline with the sea far below us on our left. Here, we can look down to the pure white strip of Myrtos Beach, one of Kefalonia's finest sights. On our way we pass a number of small hamlets including the village where Pelagia lived (in the film Captain Corelli's Mandolin).
From Myrtos Beach, we turn to cycle across the island through a wide break in the mountains that presents a pretty pattern of small fields and olive groves. A final easy descent brings us down to our small hotel in the idyllic fishing village of Agia Efimia where we check in for a three night stay. We should reach Agia Effimia at lunchtime and the rest of the day is at leisure.

**Day 5: An easy morning ride beside Karavomylos Bay and including Antisamos Beach.**

There’s no rush this morning, as we have scheduled a much easier ride today. Agia Efimia sits beside a wide bay at the southern end of the Strait of Ithaca which separates Kefalonia from the small island of Ithaca. There is a network of small roads that we can ride just a couple of kilometres from the coast and offering views across the bay. The roads lead amongst olive groves and vineyards to authentic villages such as Poulata and Chaliotata where we can stop to sample a Greek coffee in a local café. Then, dropping down to the coast, we can visit Melissani Cave Lake and even take a small boat (Greek: kaiki) out onto the blue waters of this limestone grotto. Drogarati Cave is also nearby and here you can take a guided walk amongst the stalactites and stalagmites. If you choose to visit either of these caves, there will be a fee of approximately 5 to 7 euros to pay locally. At the southern end of the bay are the small villages of Karavomylos and Sami and the latter of these has a pleasant promenade with shading trees and a number of tavernas overlooking the harbour. It is possible (and recommended) to continue the ride across a wooded headland to reach the lovely limestone pebble beach of Antisamos, another place that featured prominently in the movie, Captain Corelli’s Mandolin and a great spot for a swim. There are a couple of beach bars here and nothing else. Once we have recrossed the 150 metre-high ridge back to Sami, we cycle easily back to our hotel in Agia Efimia in time for a late lunch. Afternoon free.

**Day 6: A super day ride, out and back, to Fiscardo at the northern tip of Kefalonia.**

This is the longest, most challenging and most spectacular ride of the holiday, as we head up to Fiscardo at the northern tip of the island. Our route crosses to the west coast and takes us past the peninsula of Assos with its colourful houses and fortress (optional detour to Assos). Continuing, northwards, the road twists and turns and passes through a number of villages on the crest of this green and forested part of the island. There are views to both sides of the island at times. Fiscardo is reckoned to be the prettiest village on Kefalonia, in part because it largely escaped significant damage during the 1953 earthquake. With its several bars and cafes and colourful fishing boats, the harbour area is a great place to stop, find something to eat for lunch and watch the world go by. After a leisurely lunch, we will cycle back to Agia Efimia in part on minor roads towards the east coast with a few small villages and splendid views of Ithaca and a spectacular final descent. We will have earned a beer and a double order of dessert today.
Day 7: An excellent final ride across the island to Argostoli via the vineyards of the Omala Valley.

After breakfast at the hotel, we will once again cycle down the coast road to Karavomylos and from there head up through the olive trees to the villages of Poulata and Chaliotata with views back to Sami and its prominent headland. Still gaining height amongst the cypress trees, we cross the spine of the island at the Ainos Pass and make our descent into the Omala Valley, the most important area for wine producing on Kefalonia. This is where the internationally known white wine known as Robolla originates. We can make a stop at the local wine cooperative to learn a bit more about the wine making process and, of course, try some! In this fertile valley, next to the winery, in fact, is the important monastery of Agios Gerasimos, the patron saint of the island. Continuing our descent and looping around towards Argostoli from the south, a final highlight of the ride is the ruined Byzantine fortress of Saint George on its hill above Peratata. After checking in at our hotel, there will be time to chill out or to do some exploring before we get together again and go out for a celebratory evening meal.

Day 8: Departure day. A group transfer to Kefalonia Airport is provided.

KE Land Only package services end after breakfast. The group transfer to Kefalonia Airport is usually in the late morning.

Holiday Information

What's Included

- Transfers from Kefalonia Airport on Day 1 (hotel shuttle)
- Single group transfer back to Kefalonia Airport on Day 8
- English-speaking local cycling guide
- Baggage transfer on Day 4 and Day 7
- Meals as detailed in the Meal Plan
- Accommodation as described
- Local hybrid bike hire

What's Not Included

- Travel insurance
- Transfer back to Kefalonia Airport on Day 8 other than the group transfer
- Departure taxes (if applicable)
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc.
- Tourism tax payable directly to each hotel
- Tips for the guide and other local staff
Joining Arrangements & Transfers

On your arrival at Kefalonia Airport on Day 1 you will be met and taken to the first night’s hotel in Pessada. The hotel provides this service and the transfer time is just a few minutes. A single group transfer from the hotel in Argostoli to Kefalonia Airport is provided on Day 8 mid-morning and the drive time is usually less than 15 minutes. If your flights don’t allow you to make use of this transfer, you will need to make alternative arrangements. The hotel will help you arrange a taxi at a time that works for you.

Contact details for the group’s accommodation in Pessada and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfasts are included from Day 2 to Day 8. You will pay directly for your lunches and dinners. The local guide will help choose a cafe or restaurant each day for your lunches and dinners. Part of the overall holiday experience will be finding a local restaurant and choosing your evening meal.

Food & Water

Greek food is excellent with its mix of tasty Mediterranean dishes alongside a fantastic range of fresh vegetables and salads. Local menus include fresh seafood, fava beans, olives, aubergines, fresh cheeses, filled filo pastries, lamb and poultry plus don’t forget the excellent breads to dip in taramasalata and tzatziki. Breakfasts are continental in style with tea, coffee, cereals, bread, jam, yoghurt, honey and occasionally cheese. As there will be a wide range of restaurants and traditional Greek Tavernas to choose from each evening and lunchtime, serving an array of mouth-watering delights, it makes sense to leave the choice of menu and budget to you. Your guide will be able to point you in the direction of some hidden gems and local favourites! Kefalonia also produces a very drinkable white wine (Robola) and anywhere in Greece you can find Mythos beer, the aniseed aperitif of Ouzo, and Retsina (white wine infused with pine resin).

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip we spend 3 nights in Pessada, 3 nights in Agia Effimia and 1 night in the capital, Argostoli. Each of the small, family-run hotels we use has been chosen for its location and for its standard of service. All accommodation is arranged on a twin sharing basis and if you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel in Argostoli can also be pre-booked.
Group Leader & Support Staff

An experienced, professional, English-speaking cycling guide will lead the trip.

Spending Money

Approximately €250-€300 should cover miscellaneous personal expenditure including your lunches and dinners, as well as bar bills and tips for the leader and restaurant staff. You can withdraw cash (euros only) from ATM's at Kefalonia Airport, in Argostoli and at one or two of the other small towns we visit – Skala, Agia Efimia, Fiscardo. If you intend to travel with cash, you should take this in the form of euros. There are a number of (€2 and €3 approx.) entrance fees to optional attractions which are not included in the holiday cost. There is also a newly introduced tourism tax of €1.50 per room per night (3-star hotel rate) which has to be paid directly.

Guidance On Tipping

Tipping is the accepted way of saying thank you to your leader and any other local staff. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Bike Hire

Bikes are provided locally within the cost of the holiday. These are Ideal Megisto hybrid-type bikes with triple chainsets (24 gears), Shimano v-brakes and RST 60mm suspension forks. The bikes are supplied with helmet, repair kit, mini pump, bicycle lock, led lights, cycle computer, first aid kit, inner tube, elastic straps, bottle holder and a single rear pannier. The bikes are fitted with flat pedals, but we can fit your own pedals if you normally ride clipped-in. Please provide us with your height when you book, so we can reserve a bike for you.

E-bikes. If you would like to ride an e-bike, this can be arranged at an additional cost of £115. These are Cube Touring hybrid bikes and have an electric motor which provides assistance as you pedal. These bikes have front suspension, 9 gears and are safe and easy to handle. The battery will typically provide assistance for up to 70 kilometres before needing to be recharged. If you choose to ride an e-bike, you will pay the additional cost with your final balance.

Vehicle Support

There is no vehicle support during this holiday. Most of the day-rides are out from and back to the same hotel and the group is never too far from ‘home’. If there is a mechanical breakdown, the guide will call up assistance from the bike hire shop. In the case of one or more of the group being unable to continue, the guide will arrange a pick-up. Baggage transfers are provided on Day 4 and Day 7. Your bags will be picked up from the hotel after you depart in the morning and will usually be waiting for you when you get to the next hotel.

Baggage Allowance

We recommend that you travel with one main item of luggage, such as a holdall or wheelie-bag, as well as a small day pack which can be used to carry valuable items such as cameras and GPS devices whilst travelling. You will repack any gear that you need during the day-rides into your pannier.

Group Size & Holiday Status
For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa Europe

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: https://www.gov.uk/visit-europe-1-january-2021

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.
**Vaccinations**

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

**EHIC / Medical Cover**

UK residents should obtain a free [European Health Insurance Card (EHIC)](https://www.ehic.org.uk). This entitles you to state provided medical treatment, but is not a substitute for medical travel insurance which is still vital when travelling overseas.

**Currency**

The currency for part or all of this holiday is the Euro.

**Electricity Supply & Plug**

We recommend you check if you require an adaptor for your electrical items at:


**Preparing For Your Holiday**

This is intended to be a fairly leisurely holiday and you do not need to be in top physical shape to take part. However, if you are reasonably fit you will enjoy your trip more. We suggest that you adopt a sensible weekly exercise regime and fit in a number of cycle rides ahead of this holiday.

**Climate**

The Ionian Islands, including Kefalonia, are blessed with a typically Mediterranean climate; basking in warm sunshine from late spring through to the autumn. We choose to visit early and late, either side of the hottest months of July and August. In May and October the maximum daytime temperature will be around 22 degrees centigrade, falling to 15 degrees or a little lower at night. In September it is likely to be 5 degrees warmer than this. There is usually very little rain in May or September and slightly more in October.

**Travel Aware**

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ [Travel Aware](https://www.travelaware.campaign.gov.uk) campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://www.travelaware.campaign.gov.uk) and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

**Single Use Plastic**

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE
office by reducing our plastic use. We have pledged to AITO's Project Protect that 70% of our agents stop using single use plastic bottles.

Books

- Greece - Ionian Islands. Lonely Planet
- Zakynthos and Kefalonia Pocket Guide. Berlitz
- Captain Corelli's Mandolin - Louis de Bernieres

Maps

Kefalonia. Freytag and Bernd. 1:50,000 Scale

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight inclusive package price and Land only package price for the majority of our holidays.

Land Only Notes

We sell this holiday on a Land Only basis and you should book your flights to Kefalonia Airport, which is just a few kilometres from the first night's accommodation in Pessada. Please refer to Joining Arrangements and Transfers for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is shown on the KE website as either Guaranteed or Limited Availability.

There are a number of low cost airlines from the UK which fly to Kefalonia Airport. EasyJet offer flights from London Gatwick, Stansted and Bristol and Jet2 have flights from Manchester.

If you would prefer to book a 'Flight Inclusive' package using scheduled airlines from the UK, please contact our flights department for a quote. Whilst flight prices are likely to be more expensive, you will benefit from full financial protection.

Why Choose KE Adventure Travel?

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition
‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the “Travelex Select” package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!
Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.
Equipment List

For this holiday you will need normal cycling clothing, including suitable shoes, cycling gloves and a helmet (which you must wear at all times when on the bike).

BIKE GEAR

• Cycling helmet (provided - but you might choose to take your own)
• Trainers or similar cycling shoes
• Water bottle or small hydration pack (we encourage re-filling water bottles rather than single use plastic)
• Padded (baggy) cycling shorts
• Long leg cycling trousers or leg warmers
• Base-layer – short sleeve cycling tops
• Mid-layer - long sleeved cycling tops
• Lightweight windproof/waterproof jacket
• Light fleece jacket or jumper (for evenings)
• Regular biking gloves
• Buff
• Sunglasses
• Sun cream (inc. total bloc for lips/nose)
• Camera

OTHER STUFF

• Travel and off-the-bike clothing and footwear
• Wash bag, towel, toiletries, including anti-bacterial handwash
• Swimwear
• Basic First Aid kit and personal medication
• Reusable cloth bag for shopping (to avoid plastic bags)

SPARES AND REPAIRS

You do not need to take any tools or spares. The local guide will take care of any and all issues. Please contact us if you have any questions about your equipment.

Please note: This document was downloaded on 1 Mar 2020, and the trip is subject to change.