Cycling on Kefalonia

Trip Code: SGKF

Version:

CYCLE	SELF-GUIDED	MODERATE
		5



HIGHLIGHTS

- 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

AT A GLANCE

- 6 days cycling and sightseeing
- Standard bike hire included
- Daily departures
- Join at / End at Kefalonia Airport

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

West of the Greek mainland, Kefalonia is one of several islands in the Ionian Sea and the perfect location for a self-guided 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 self-guided cycling holiday so special. Famously, Kefalonia is the setting for Louis de Bernieres' novel, Captain Corelli's Mandolin and the subsequent movie starring Nicolas Cage and Penelope Cruz. During your time on the island you 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. You'll stay at three different hotels to make the most of the island and to ride all of the best roads. From a base at Mousata, you'll explore the hilly landscape of the south, with views to the island of Zakynthos. Then, heading up to Agia Efimia, you'll be close to the mysterious Melissani Cave Lake and have the chance to cycle up to picturesque Fiscardo at the northern tip of the island. A final day of cycling will take you back across the island via the Ainos Pass and the vineyards of the Omala Valley, to spend the last night of the trip in Argostoli, Kefalonia's lively capital. If you are looking for a self-guided cycling holiday in a fantastic 'film-set' location, this is one we can highly recommend.

Is this holiday for you?

This is an ideal holiday for those looking for a relatively challenging week of cycling. Six carefully chosen day-rides will allow you to explore most of the beautiful Greek island of Kefalonia. There's a total of almost 270 kilometres of cycling (an average of around 45 kilometres per day) and on most of the days you can expect to be cycling for about 4 hours. There will be plenty of time to enjoy the experience, stopping to take photos and for coffee at some of the many hostelries on the route. Most of the day-rides involve cycling from and back to the same hotel. Staying in comfortable 3-star accommodation throughout, you will have everything you need to relax after busy days of exploring.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Kefalonia Airport transfer on arrival and departure
- Luggage transfers
- Bike hire with helmet
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Bike insurance
- Travel to/from Kefalonia Airport
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per room per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

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Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. This trip starts at Moussata and ends at Argostoli and is most easily accessed through Kefalonia Airport which is served by several low-cost airlines from the UK.

You will be met on arrival at Kefalonia Airport on Day 1 and taken to the first night's hotel in Moussata. The transfer takes just a few minutes. At the end of the holiday you will be taken back to the airport from the hotel in Argostoli.

Meal Plan

This trip is on a bed and breakfast basis to give you the opportunity to enjoy the experience of dining in local tavernas and restaurants.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some 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 meals 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.

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. 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).

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the proprietors at the various locations. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Accommodation

During this trip you will spend 3 nights in Moussata, 3 nights in Agia Efimia and 1 night in the capital, Argostoli. Each of the small, family-run hotels and holiday apartments we use has been chosen for its location and its standard of service. Each offers a great buffet breakfast to fuel you on your rides, and the hotel in Moussata has a pool where you can cool off in after a day on the bike. At some of the apartments twin-bedded rooms are in limited supply or are not available, so here twin occupancy is usually offered in the form of a double bed and a sofa bed.

It is possible to arrange additional nights' accommodation if you would like to extend your stay on Kefalonia - please contact our Sales Team for further details.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

Bike Hire

Bikes are provided locally within the cost of the holiday. These are hybrid-type bikes with triple chainsets (24 gears), Shimano v-brakes and RST 60mm suspension forks. The bikes are supplied with 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 the local bike shop will 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. A helmet is provided with hybrid bike hire however we strongly recommend you bring your own helmet with you for the best comfort.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes are available on this holiday at a supplement of £165 - please request this upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

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.

Currency

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

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for regular leisure cyclists as the routes do contain some slightly hillier terrain. You should be comfortable with cycling 40-60 km a day on rural roads, side roads and cycle paths. It is always sensible to get some additional exercise before going on an active holiday and we advise you to dust off your bike and head out on a few rides before your holiday. After all, the fitter you are the more enjoyable your cycling will be.

Climate

The Ionian Islands, including Kefalonia, are blessed with a typically Mediterranean climate; basking in warm sunshine from late spring through to the autumn. The optimum time for cycling on Kefalonia is either side of the hottest months of July and August. In May and October the maximum daytime temperature will be around 22 degrees C, 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. Temperatures in July and August are hot, reaching around 27-28 C during the day.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** 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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO 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.

Books

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

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.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts

- Cycle helmet

- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags

- Tupperware for picnics

Land Only Information

Please note our 'from price' listed is based on 4 persons on double occupancy, however we can quote for any number of travellers including solo travellers, contact our sales team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

This loop-ride around the beautiful and historic Greek island of Kefalonia is a winner.We have included standard bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are also available.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change