Cycling on Rhodes

Trip Code: SGRH

Version: SGRH Cycling on Rhodes

CYCLE	SELF-GUIDED	3 LEISURELY

HIGHLIGHTS

- Immerse yourself into the history of the UNESCO-listed Medieval City of Rhodes Town
- Soak in the tranquillity of the captivating Valley of the Butterflies
- Explore the impressive Acropolis of ancient Lindos
- Enjoy endless swimming opportunities at many of Rhodes's fine beaches
- Tuck in to delicious fresh seafood and local produce

AT A GLANCE

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

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 1 Dinner
- 7 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The largest of the Dodecanese Islands, the sun-kissed island of Rhodes is steeped in history and smiled upon by Helios, the sun god of Greek legend. It is said that the island was named for the nymph Rodon, who was gifted the island from Helios. Helios was so worshipped here that the triumvirate city-states of Lindos, Kameiros and Ialysos are also named for his grandsons. On this one-week self-guided cycling holiday, you can bask not only in the warmth of Helios' blessings, but also in that of the authentic Greek hospitality at each of the friendly accommodations that are waiting to welcome you.

Exploring on two wheels, you can discover the contrasting landscapes of this beloved island from its endless beaches and sparkling turquoise coves to its peaceful green interior, and uncover relics of Rhodian history spanning millennia. Staying two nights at each location of Theologos on the north-west coast, Rhodes Town in the north and Archangelos in the east, you have the opportunity to settle in and enjoy your holiday at your own pace. Your holiday ends with a final night in Theologos for another chance of sumptuous sunset views before you bid farewell to this charming sun-kissed isle.

Is this holiday for you?

If you love to explore on two wheels and delve beyond the main tourist trail into the true heart of a destination, this holiday ticks the boxes. Over the course of the week you will get a taste of life in traditional villages, and discover picturesque beaches and bays with many opportunities for a refreshing dip in the sea.

You will cycle an average of 35km per day, with ascents of up to almost 600m on rides along the coast and into the mountainous interior of the island. Most of the cycling is on tarmacked tracks, with some short sections on unpaved roads. In and around Rhodes Town, you should also be prepared to share the road with town traffic. E-bike upgrades are available if you would like the extra pedal power.

Itinerary

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DAY 1

Arrive on Rhodes and transfer to Theologos.

On arrival at Rhodes Airport, you will be met and transferred to your accommodation in Theologos, your home for the next two nights. Located on the north-west coast of the island, this traditional coastal village offers some of the most beautiful sunset views. Head down to the sand and pebble beach for a great vantage point of the changing colours of the dusk; here you might also be able to watch some kite surfers and wind surfers in action. You will be sure to find excellent fresh produce and plentiful seafood served up in the village's local tavernas, giving you a wonderful first taste of the delicious Mediterranean cuisine available on this island.

Accommodation
Hotel

DAY 2

Hop on your bike to discover the sleepy north-west of the island.

Your bike will be ready for collection this morning. Setting off from your hotel, today you will pedal along the sparkling coast in the direction of the small fishing port of Skala Kamiros. Today there are many opportunities for coffee stops, dips in the sea (remember to pack your swimwear!) and for exploring off the bike to discover the sleepy villages that line this section of coast.

When you reach the village of Mandriko, you might like to stop for a refreshment break and to visit the Holy Trinity church to admire the many colourful frescoes that adorn its cool interior. Continuing on your way, verdant forests of pine alternate with cultivated fields before the road descends to the port of Skala Kamiros. This is the jumping off point for ferries to the neighbouring island of Chalki. Nearby you can find small coves, inviting you to enjoy a dip in the clear blue waters.

One of the highlights of the day is the ruined Medieval fortress of Kritinia; from this elevated vantage point you can enjoy views over the Rhodes coastline and out to Chalki and its surrounding uninhabited islands. You might like to enjoy a relaxed lunch in this languid part of the island before hopping on your bike and pedalling back to Theologos. With the island's prevailing winds, your return journey will hopefully be assisted by a tailwind!

Meals: **B D**

Accommodation	Ascent	Descent	Distance
Hotel	455M	460M	46KM

DAY 3

Cycle through the 'Valley of Butterflies' to the ancient centre of Rhodes Town.

A lovely ride is in store today so you can discover the lush green island interior as you make your way to the Medieval city of Rhodes Old Town in the north.

Riding from your hotel, your route takes you parallel to the coast through rural foothills on a gradual ascent through seemingly endless groves of olive trees. As you head inland and gain height, the olive groves make way for forests of pine and larch, and soon enough your efforts are rewarded by your arrival at the renowned 'Valley of Butterflies', so-called for the proliferation of Jersey Tiger Moths that congregate in this cool, shady gorge between May and September. Pause here and enjoy the tranquil surrounds of natural pools and waterfalls, in quiet observation of the wonders this nature reserve has to share with you.

When you are ready to move on from this captivating spot, hop back on your bike and ride an undulating route through the verdant hills as you gradually make your way back to the coast. Soon you reach your hotel at the northern tip of the island, where the ancient fortifications of Rhodes Old Town stand. After settling in to your hotel and freshening up, this evening you can explore the cobbled lanes of the Medieval city, take your pick from the many restaurants, and enjoy the atmosphere of this UNESCO World Heritage Site.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	255M	260M	31KM

DAY 4

Explore the old town of Rhodes on foot, or take an optional trip with your bike to the neighbouring island of Symi.

The Medieval City of Rhodes, located within a 4km-long wall, illustrates an incredible melting pot of cultures dating back some 2,000 years. Today you have the option to explore this captivating city on foot as you follow our suggested circular walking route and discover the city's highlights, hidden alleys and surprising places. Surrounded by centuries of history, you will feel like you have stepped back in time. Combining this walk with a leisurely lunch and time relaxing around the waterfront makes an excellent alternative to cycling today.

Depending on the ferry schedule, you have the option to take a day-trip with your bike to the

neighbouring island of Symi today where there are two riding routes; or you might want to head over without your bike and explore picturesque Symi Town on foot.

For a more active cycling day on Symi, after landing on the island's northern coast you can ride beyond Symi Town's colourful harbour and explore its rugged interior with a ride to Panormitis and back. Here you can explore the historic Panormitis monastery with its stunning Byzantine frescoes, and admire its waterfront setting. This is the hillier and more challenging Symi cycling option, however it is tremendous fun and you get to ride almost the length of the island as you admire the colourful stone houses and gorgeous views of the port. Make time to enjoy some refreshments at one of the waterfront tavernas before taking the ferry back to Rhodes!

For a shorter, easier cycling day on Symi, you can ride from Symi Town to Pedi and back. The sheltered bay at Pedi is an ideal spot for a relaxing pause by the water (remember your swimwear, beach shoes, and a good book). Note that although this is the shorter option, there are still hills to be climbed.

Rhodes walking: 6km / 50m ascent / 50m descent
Optional ride on Symi (harder): 41km / 550m ascent / 545m descent
Optional ride on Symi (easier): 8km / 175m ascent / 175m descent

Meals: **B**

Accommodation
Hotel

DAY 5

Enjoy many swimming opportunities at the beaches of the east coast on your way to Archangelos.

Pedalling out from your hotel this morning, your route follows the eastern coast of Rhodes and offers many opportunities to enjoy a cooling dip in the sea. Reaching Kallithea early on in the day, you might like to visit the ancient Turkish baths built upon the thermal springs here, once frequented for the therapeutic properties of the natural springs. The complex today has been carefully restored for you to admire the mosaics and architecture, and enjoy a swim in the crystal clear waters of the sheltered cove.

Soon you will pass through the resort town of Faliraki, popular for its long sandy beach and lively nightlife. Leaving the buzz behind, you will pedal to the next bay and along the long sand-and-pebble beach of Afantou. Perhaps one of the seafront tavernas, cafes and restaurants along the way will take your fancy for a relaxed lunch and a spot of people watching before continuing on your way. Leaving behind the quiet beaches, a short climb inland through ubiquitous groves of olive trees will take you to the traditional village of Archangelos and your home for the next two nights.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	395M	395M	38KM

DAY 6

Pedal to Lindos and delve into the history of the ancient Acropolis.

Waking rested this morning, enjoy a taste of traditional Greek hospitality with a delicious breakfast of fresh produce and homemade specialties. Hopping on your bike, your objective today is the attractive town of Lindos, overlooked by the ancient Acropolis and surrounded by azure seas and sparkling bays. Winding your way through the maze of narrow alleys, you can lose yourself in this charming village and maybe stumble upon cosy restaurants, bars and boutique shops tucked among the seemingly higgledy-piggledy collection of whitewashed buildings and flowered courtyards. The Acropolis is probably the most impressive archaeological site on Rhodes; standing proudly on a rocky promontory, the views are breath-taking from the ancient citadel and are well worth the climb to reach this elevated position.

After your day of exploration, and perhaps some more relaxing and swimming at the beach of Lindos Bay, get back on your bike and make your return journey to Archangelos. A short detour is possible to reach the seaside village of Charaki and the ruins of Faraklos Castle, before climbing uphill back to your home for the night.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	130M	280M	23KM

DAY 7

Cross the lush island interior to return to Theologos for your final night on Rhodes.

Your final ride will take you on the biggest cumulative climb of the week, crossing through the hilly interior of the island to return to the west coast and Theologos from where you began your holiday.

The forest glade of Epta Piges (Seven Springs), with its attractive wooded setting and natural springs is an early stop along the route. Here you can explore the pools and waterfalls nestled among the tall pines and gnarled olives, and look out for the resident peacocks. Pedalling on along a wooded valley through dappled shadows, you will pass the Byzantine Monastery of Agios Nektarios and soon enough the views open up as you travel through the village of Archipoli. Continuing your steady climb, the former Italian settlement of Eleousa marks the half-way point of your ride. A quiet little country road takes you to the unassuming chapel of Fountoukli, the oldest on Rhodes, dating from around the 15th century. From here on in, the rest of the way is pretty much all downhill to reach the coast!

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	570M	560M	39KM

DAY 8

Departure Day.

Depending on the time of your departure, you may have time to enjoy a relaxed breakfast and a final stroll to the beach before your transfer collects you to take you to the airport.

Meals: **B**

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
- Rhodes Airport transfer on arrival and departure
- Luggage transfers
- Bike hire
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Bike insurance
- Travel to/from Rhodes 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
- Entrance fees
- Personal equipment
- Bike helmet
- 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 and 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 a signed-for courier so that you can track your package and know that it is safely on its 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 setting 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 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.

Joining Arrangements & Transfers

The trip starts and ends at Rhodes Airport. 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. For this trip we have included a return transfer for you from Rhodes Airport which offers many departures from UK regional airports.

Please ensure you inform our customer sales and support team as early as possible of your flight times so that we can arrange your transfers for you.

It is also possible to travel by ferry to Rhodes from various Greek ports, potentially making for an extended island-hopping holiday. For example, from Piraeus (Athens), the direct overnight journey can take between 13 hours and 23 hours. The following website is useful for further schedule information: https://www.ferryhopper.com/en/ferry-timetables/greece/rhodes

If you are planning to arrive to Rhodes by ferry, the arrival and departure transfers can be arranged from/to the port instead of the airport. There would be a supplementary cost for this service - please contact our Sales Team for a quote.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday. We have also included an evening meal in Theologos on Day 2 of your itinerary so you can experience the warm hospitality of your welcoming hosts.

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

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

The abundant crops produced on the fertile island of Rhodes makes for a very healthy Mediterranean diet. You will find plentiful fresh seasonal vegetables and fruits alongside staples of lamb and seafood; the fresh and flavoursome produce are typically cooked simply or served raw to allow the ingredients to sing.

The traditional Greek mezedes are a great way to sample a variety of appetizer-sized dishes – expect salads, stuffed vine leaves, dips, pulses and cheeses to feature universally. Meat dishes like souvlaki and gyros will keep the carnivores happy, but equally vegetarians will also be well-catered for.

You can enjoy respectable wines produced either locally on the island or from the mainland; these are usually served in full, half- or quarter-litre carafes.

There are many opportunities for purchasing picnic lunches in the villages, and to eat out for dinner. Shops are open daily, except Sundays, from early morning to the late evening.

Accommodation

For this holiday we have hand-picked a selection of 3-star and 4-star hotels all chosen for their warm hospitality and excellent locations. With your hotels in Theologos and Archangelos located in peaceful locations away from the village centres, and your hotel in Rhodes Town perfectly located for the beach and exploring this UNESCO-listed city, we aim to provide a balance of tranquillity and convenience during your trip. Staying 2 nights in a row at three of the hotels allows you to relax even more.

Accommodations can be subject to change depending on availability. During high season you may be booked into an alternative accommodation of a similar standard in the area.

Bike Hire

Bikes are hybrid-style touring bikes with 24 gears and come equipped with a pannier for your daily essentials plus lights, lock, puncture repair kit and bottle holder. Your bike will be delivered to your hotel by the morning of Day 2 of your holiday. We will reserve the appropriate size of bike for you based on your height.

We strongly recommend that you bring your own helmet with you for the best comfort. We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as whilst there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

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 £100 - 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 in the morning of changing hotels. 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 40-50 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

With more than 3000 hours of sunshine per year, Rhodes belongs to the sunniest areas of Europe. A Mediterranean climate brings hot dry summers and mild winters, with little rainfall from mid-May to mid-September. For this active holiday we avoid the hottest period of the year, July & August, when daytime temperatures can reach as high as 40 degrees Celsius. Average daytime temperatures in the spring months typically range between 17-20 C with highs of up to around 27 C; while the latter part of the year the autumn temperatures are slightly warmer, around 21-24 C. The sea water has a pleasant temperature for swimming up to the end of November.

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

The Greek Islands - Lawrence Durrell

Wild Abandon: A Journey to the Deserted Place of the Dodecanese - Jennifer Barclay

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/twin occupancy, however we can quote for any number of travellers, including solo travellers - please 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

Get off the main tourist trail and delve into the history and culture of Rhodes by exploring the island on two wheels.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 14/11/2026 and the trip is subject to change