



Koutsounari-Ierapetra
CRETE

Tel.: +30 693 84 64 702, e-mail: info@villa-daniela.gr

Cycling at Villa Daniela



Situated in the south-eastern part of Crete our residence offers many opportunities for cycling experiences for all levels of cyclists. Of course, the fact that really flat courses are limited makes the area not quite suitable for beginners or for people inadequately trained. However, thanks to the presence of several e-bikes we are able to offer solutions to such people, as well.

There are different services offered at our Residence:

- Bikes rental service: you can rent a bike (racing, mountain bike, e-bike) per hour or per day and make your own program: exercise yourself, climb on the mountains or just riding around discovering the area. You are on your own but we can provide you with a set of proposals and ideas, possible routes and directions, places to visit.
- Individual training packages: you can get a racing bike, instructions, mapped routes, maintenance service, emergency service and even accompaniment during your ride, if you wish.
- Group training package: it may include bikes, technical support, mapped routes, accompaniment and even board arrangement (breakfast, dinner, feeding breaks).

Accommodation

Villa Daniela offers high standards infrastructures assuring comfort, calmness, enjoyment. You can stay in one of our apartments (sleeps up to 3) or in the Villa (sleeps up to 5). Every apartment disposes a double room together with a sofa bed in the living, the Villa disposes 2 double rooms and a single one. All double rooms can be converted to 2-bed rooms. You can enjoy the endless view from your terrace or relax in the pools (private pool the Villa, shared pool for the apartments). The Shared pool of the apartments with its 30m length allows some serious swimming rounds. If you cannot bike (due to weather or personal conditions) you may use the fitness area with its running corridors and spinning bikes.

For rates and availability, please, consult our website or call us.



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For 'cyclotourists'

You can rent a bike and get yourself exploring the area or just enjoy some riding up to the mountain or down to the beach. You can rent a mountain-bike or, if you do not like to work hard, an e-bike. We can provide you with advice, proposals and ideas and you can count on our help in case of problems.

For prices and availabilities of bikes, please, get in contact with us by e-mail to info@villa-daniela.gr or by telephone on +30 693 84 64 702. We speak fluently English, French, German, Italian, Luxembourgish and, of course, Greek.

Our prices for bike rental:

Days	Road bike	E-Bike	MTB
2	60€	60€	50€
3	85€	85€	65€
4	105€	105€	80€
5	115€	115€	90€
6	125€	125€	100€
7	135€	135€	110€
Additional day	10€	10€	10€

A helmet together with 2 drinking bottles are included in price.

Payment should be made in place either by credit card or cash.

Please, make sure to reserve your bike for your arrival, if possible, by the time of your booking.





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For cyclists

We can receive individuals and groups, as well. You can choose between renting one of our carbon bikes or bring your own bike with you. Then you can enjoy our special services which include route planning, technical support, escort car, breakfast and half board, airport transfer, etc (please, check the details below).

Our prices for bike rental:

Days	Road bike
2	60€
3	85€
4	105€
5	115€
6	125€
7	135€
Additional day	10€



A helmet together with 2 drinking bottles are included in price.

Payment should be made in place either by credit card or cash.

Please, make sure to reserve your bike for your arrival, if possible, by the time of your booking.

Our services

On top of the racing bike (see prices above) we can provide you with the following (optional) services:

- A set of proposed routes completely mapped with graphical analysis even in the form of GPX files, if wished (no extra charges)
- Technical support: maintenance of your bike, repair in case of problems (no extra charges except from spare parts).
- A guide with escort car: 80€ / ride.
 - o A ride can take from 2 to 6 hours (including breaks).
 - o Spare bikes, parts and other supplies (water, etc) are carried by the car.
 - o This service is mainly reserved to groups but it may be offered to individuals, as well, upon availability.
 - o The charge (80€) remains the same no matter how many group-members (max. 6).
- A guide riding a motorbike: 40€ / ride.
 - o Water and small supplies are carried by the guide (eg tubes).
 - o This service is mainly reserved to groups but it may be offered to individuals, as well, upon availability.
 - o The charge (40€) remains the same no matter how many group-members (max. 6).



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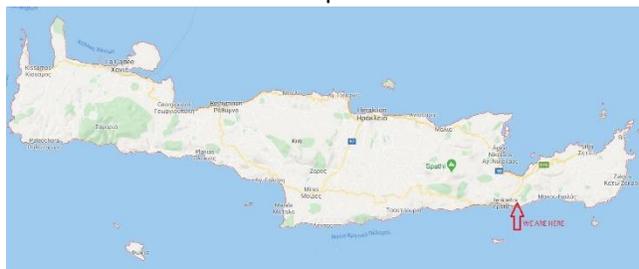
- Breakfast at your apartment: 5€ / day
 - o We deliver directly to your apartment whatever materials you need for breakfast. You will have to prepare it and serve it by yourself.
- Dinner: 20€ / day
 - o Dinner will be served in a local restaurant (some 1.500m from the residence). This restaurant cooks local specialities and it is well known for its quality. You will have the opportunity to taste Greek and Cretan kitchen with special care for the needs of your cyclist's diet.
 - o At least 3 different menus will be proposed.
 - o Drinks are charged separately (are not included in the above-mentioned price).
- Transport from / to the airport (with or without your bike): 100€ / two-way transfer.
 - o Up to 3 persons can be transferred for that price (they share the cost of 100€).
 - o For more than 3 persons, please, ask for arrangement and price.

Please, note that the above services can vary depending on your personal desires, your preferences, your fitness level and your training target. So, we can change routes or choose to have lunch next to the sea instead of dinner, or take some time to visit some sightseeing, stopping to a picturesque village and have some beer (why not ?), etc

We do not impose rules...Everything depends on you!

What should you know about the area.

Crete is an island with sharp and wild mountains offering not too much flat areas. In eastern Crete you can ride flat routes of up to 80km, however 'flat' still means some 700m gain of altitude distributed over these 80km. Completely flat routes do not exist. Therefore, we would not recommend it for totally untrained people, except if they use our 'cyclotourisme' offers renting an MTB or even an e-bike.



For trained cyclists it is a paradise! You can choose among several challenging climbs, longer rides of up to 150km or even shorter steep climbs ideal for your intervals. No matter what your level is (except from beginner or untrained) we can propose to you ideal tours in the area.

The Nature around you is becomes the stronger motivator during your rides. Wild or more friendly hills, beautiful beaches or rocky coasts, calm and picturesque villages are combined during the same ride. The surroundings alternate the whole time killing the routine. Sopping to a village's café or tavern will bring



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in touch with the warm hospitality of the people. Places for having a drink, getting some small food or even a meal can be found all around the area. No need to start with your pockets full of supplies.

The weather is one of cyclist's best friends here on south-eastern Crete. The sun shines most of the year and temperatures are mild during the early seasons. It often happens to us (lucky people living here) to ride wearing only shorts and jerseys even in January! Of course, be careful if you wish to come in Summer: the sun is really hot and temperatures can exceed 30 degrees during July-August: it could be acceptable for a ride exploring the mountains or just staying in form but we cannot suggest it for real training.

The only problem you might have to challenge could be the wind. It is still an island and it can be windy sometimes...but only sometimes and of course, we can always propose alternative routes depending on the wind.

Last but not least, the traffic: forget the traffic you are used to at some other destinations in Europe. Most of the streets are really calm and especially riding on the mountains you will wonder if you are lost, cars are only a rare interruption...

What should you bring in with you.

Good weather is the normal situation here. So, normally, you will not need more than your cycling shorts and jerseys without sleeves. However, as we know, we are experiencing a climate-change currently. It is better to be prepared for the worst. A shower or some cold air during a long hill descend might disturb your hot weather enjoyment. Therefore, a wind shell or some thin underwear (skinfoil) should be put in your luggage. A thin rain shell could come with, as well...you never know. In any case, you will need only summer clothing even in April or in October. To better prepare yourself, do not hesitate to call us in order to get more accurate weather information just before your departure.

Except from clothing you will have to bring in your shoes, glasses, nutrition supplements (gels, etc) and any other personal accessories you use.



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Our routes

As we mentioned before, routes can be adapted or spontaneously planned according to your fitness level, your special wishes or other factors. We can propose you several courses from 45 to 150km (or more) at different difficulty levels.

However, we could present you here some of our preferred routes.

Koutsounari – Ierapetra – Sitia : 118km, 2.259m altitude gain.

<https://www.alltrails.com/fr/explore/map/koutsounari-sitia>



Practically the tour of East Crete. A never boring tour with 2 main challenging climbs the first from beautiful village Kavoussi to the 'Panorama' (10km, most of it at 5-7% with short pieces up to 10%) and the wild part from Piskokefalo to Chrissopigi (18km at 4-7% with some pices up tp 12%). You pass through several traditional villages, you magnificent coasts and green or wild hills. If you wish you can even make take a break on the promenade of the beautiful city Sitia or at one of these quiet village's cafes on the way.

Koutsounari-Goudouras: 63km, 874m altitude gain



<https://www.alltrails.com/fr/explore/map/koutsounari-goudouras>

A relatively flat course suitable for recovering or for less powered cyclists. It drives next to the coast and it offers possibilities for nice breaks to a café or to a tavern.

Koutsounari-Goudouras-Xirokampos: 119km, 2.585m altitude gain

<https://www.alltrails.com/fr/explore/map/koutsounari-goudouras-xirocampos--2>



One of our beloved routes. Only a part of it is a round trip, the rest you ride the same way back home, but...you will never forget this route ! Several small climbs with 2 longer and really challenging ones driving through wild mountains or through the rich agricultural Ziros valley. But, the most impressive part is the one from km 46 to km 60 : a long descent with a breath taking view to the sea and to the beaches of Xirokampos. The retour is passes from the same segment but this time upwards: a challenging but spectacular climb!



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Koutsounari-Agios Nikolaos: 84km, 1208m altitude gain

<https://www.alltrails.com/fr/explore/map/koutsounari-agnikolaos-messeleri>



Your pass through the beautiful city of Agios Nikolaos and next to its famous lake. Riding across its promenade might be less calm and car free than the rest of the trip but it does worth to pass by and, why not, taking a coffee break in one of the modern cafes around the lake. Most of this route is easy to ride apart from the climb from Kalo Chorio up to the top of the hill (km55 to 62). A mainly smooth climb at around 5 to 6% with nice curves and a lot of view.

Koutsounari-Elounda-Neapolis: 122km, 1.912m altitude gain

<https://www.alltrails.com/fr/explore/map/koutsounari-elounda-fourni-neapolis--3>



First next to the coast, then pass by Agios Nikolaos and the spectacular Elounda with its luxurius hotels and the famous Spinalonga island then up to the hill climbing a challenging 9km at an average of 6%. Then comes an amazing descent up to Agios Nikolaos again.

Koutsounari-Kalamafka-Mirtos: 80km, 1.290m altitude gain

<https://www.alltrails.com/fr/explore/map/koutsounari-kalamfka-anatoli-mirtos>



The highlight here is the wonderful segment up to the hills from Kalamafka then Anatoli and down to Males and Mirtos. The climb is mostly smooth at 5 to 7% with only short steeper pieces. Absence of traffic, pure nature and an endless view to the sea and the mountain tops. The traditional, seaside village of Mirtos with its beautiful promenade full of taverns and cafes is a real temptation for a drink and food break.





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info and arrangement