

G R E E C E

NATACHA 42



BIGCYCLING.EU





You, cyclists who like to climb, discover in these few pages what makes the list of the national challenge in Greece so rich.

GEOGRAPHY

MEDIA

TOURISM

SPORT

Greece

Geography

Greece is a country in southern Europe and the Balkans. It is sometimes referred to as Helladia. The country shares land borders with Albania, Northern Macedonia, Bulgaria and Turkey, and sea borders with Cyprus, Albania, Italy, Libya, Egypt and Turkey. The Adriatic Sea at Corfu (northern coast only), the Ionian Sea to the west, the Mediterranean Sea to the south (Gulf of Lakonia and southern Aegean arc) and the Aegean Sea to the east frame the country. One-fifth of its territory is made up of more than 9,000 islands and islets, nearly 200 of which are inhabited.



Surface area and quality of the road network

Greece covers an area of 131,957 km², 80% of which is mountainous. The highest is Mount Olympus at 2,917m.



Its relief is a continuation of the Dinaric alpine arc in Europe, with the Pindus, the Parnon and Taygetos massifs, the Lefkà Ori in Crete and the formations on the Karpathos and Rhodes islands. Altitudes average around 1,500 metres, but more than 40% of towns and villages are over 800 metres above sea level.

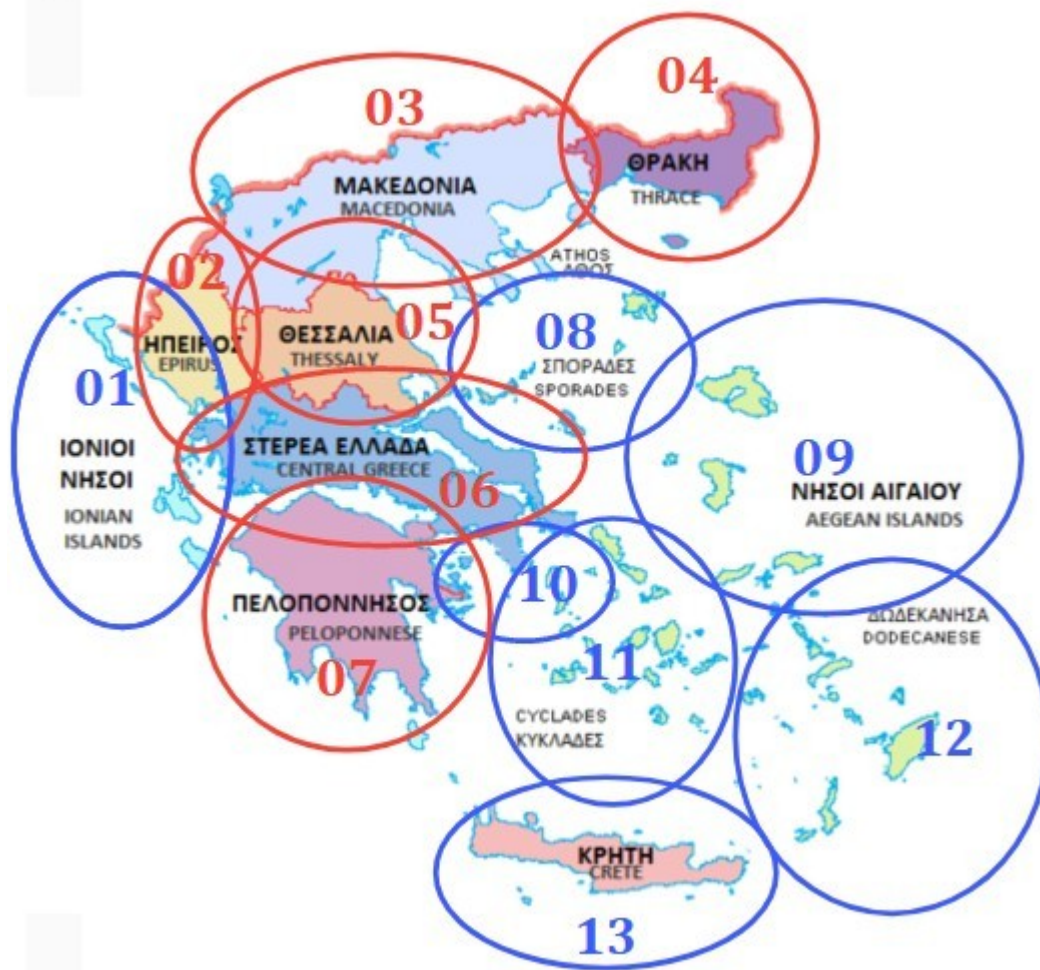
Let's take a look at the quality of the road network

- * Motorways are generally well-maintained and offer a good level of service, but may have to be paid for.
- * Secondary roads can vary in quality, some being well maintained, while others may have potholes or deterioration.
- * Mountain roads can be narrow, winding and have sharp bends, requiring careful driving.



In view of its large size, its average road network (mainly asphalted in the southern part), its low level of cycling but its great interest for cycle tourism, we have opted for 300 natchas.

Administrative division and distribution of the 300 natachas



Greece is made up of old and new, interlocking regions whose contours have varied over time, with frequent internal divisions.

We have chosen to bring them all together and divide the country into 13 regions: 6 general regions of mainland Greece (in red on our map) and 7 regions using the generic names of groups of islands (in blue on our map).

| | |
|--|----|
| GR01-Ionion Nison / Ionian Islands (Ιόνια Νησιά) | 10 |
| GR02-Ιρείρου / Epirus (Ηπειρος) | 25 |
| GR03-Macedonia / Macedonia (Μακεδονία) | 55 |
| GR04-Thrákis / Thrace (Θράκη) | 15 |
| GR05-Thessaloníkis / Thessaly (Θεσσαλία) | 25 |
| GR06-Stereás Elládas / Central Greece (Στερεά Ελλάδα) | 30 |
| GR07-Peloponnísou / Peloponnese (Πελοπόννησος) | 40 |
| GR08-Níson Sporadou / Sporades Islands (Σποράδες) | 5 |
| GR09-Níson Aigaiou / South Aegean Islands (Νότιο Αιγαίο) | 20 |
| GR10-Níson Saronikou / Saronic Islands (Σαρωνικός) | 5 |
| GR11-Níson Kykládu / Cyclades Islands (Κυκλάδες) | 25 |
| GR12-Níson Dodekánisou / Dodecanese Islands (Δωδεκάνησα) | 20 |
| GR13-Krítis / Crete (Κρήτη) | 25 |

Greek tourism

Greek tourism is above all historical and architectural. But the country also contains precious natural riches with its mountainous terrain and numerous islands. It all adds up to green triangles galore.

UNESCO

GRE-291 Kallithea óros (incl. Knossos) (Kritis) UNESCO - Passage via Knossos



The road to Kallithea óros



Climb it to put your stone on it

Nature reserves and parks

GRE-099 Párko Metaxades Natural park
 GRE-197 Karabola-Parnitha Nature reserve, monuments, panorama



Greek flag on Metaxades



The famous Parnitha

Historical sites

| | | | |
|---------|--------------------------------|---|---------|
| GRE-019 | Polygro | Regional high point with magnificent views | GRE-022 |
| | Livadi (Zotiko pérasma) | Historic site of Britzácha | |
| GRE-050 | Vrontero | Historic site and caves | |
| GRE-067 | Prionia-Olympos | Car park under Mount Olympus, famous tourist site | |
| GRE-076 | Oreokastro perasma | Historical site, castle nearby | |
| GRE-113 | Great Meteoro | Mass tourism | |
| GRE-136 | Akropoli Thesteis / M. Panagia | Acropolis, church and associated buildings, impressive panorama | |
| GRE-177 | Mycenae-Citadel | Ultra-famous citadel | |
| GRE-191 | Kithairon | Museum, chapel, television tower | |
| GRE-198 | Lykavittos | Mountain overlooking Athens, historic site, theatre | |
| GRE-205 | Agios Panteleimonas (Skyros) | Historic site at the summit, overlooking the bay of Skyros | |
| GRE-212 | Mýloi Agías Sofias (Lemnos) | Aligned mills, historical tourism | |
| GRE-217 | Mytilini toichos (Lesbos) | Historic site, ancient theatre, church | |
| GRE-228 | Ieró Poseidóna (Poros) | Archaeological site, sanctuary dedicated to | |
| | Poseidon GRE-272 | Olympos / Ek.Agiou Georgiou Historic site, | |
| | chapel, Mount Olympus | | |
| GRE-292 | Giouhtas (Kritis) | Historical site | |
| GRE-298 | Kryoneri (Kritis) | Remains, old houses | |
| GRE-300 | Ziros Plagia 805 | Archaeological site | |



Prionia car park under Mount Olympus



The entrance to Mycenae

Panoramas

| | | |
|---------|----------------------------------|---|
| GRE-002 | Helidoni (Corfu) | Platform - giant panorama |
| GRE-005 | Nisida Mongonisi (Paxos) | Viewpoint over the sea |
| GRE-011 | Drymádes | Panorama |
| GRE-020 | Dodonoupoli | Numerous winding roads and panoramic views |
| GRE-021 | Eleftherochori (Agios Dimitrios) | Panorama, chapel |
| GRE-023 | Lippa | 180° panorama |
| GRE-024 | Vargiades perasma | Pass, tourist board, chapels, panoramic view |
| | Anogeio | Pass, panoramic view from both sides |
| GRE-032 | Pargas perasma | Rear panorama |
| GRE-037 | Nea Kotili | Named pass, car park and shelter, panorama |
| GRE-039 | Pyrgos | Impressive rear view |
| GRE-047 | Monaxiti | Panorama |
| GRE-053 | Lofos Kastorias | Mountain overlooking the town of Kastoria, antennas, panorama |
| GRE-056 | Galatini perasma | Panorama, car park |
| GRE-057 | Ai-lia | Mountain overlooking Kozani |
| GRE-058 | Paleochori (Pontini) | Pass, panorama of several slopes |
| GRE-072 | Iriniko | Panorama of Bulgaria |
| GRE-074 | Kroussia | Hotel, 360° panorama |
| GRE-077 | Hortiatis | Panorama of Thessaloniki |
| GRE-090 | Kalamitsi panorama | Pass between two seas, very wide |
| | panorama GRE-093 | Pachni Panorama |
| GRE-106 | Livadi | Stiff, piled-up hairpin faces, panoramic view |
| GRE-111 | Grisano Kastró | Panorama of castle ruins |
| GRE-122 | Thrapsimi | Wide panorama |
| GRE-141 | Panorama of Ano Kalabruza | Hole in the trees for a very wide panorama |
| | Aetofolia-Pournares | Panorama |
| GRE-151 | Goulemi | Panorama |
| GRE-152 | Kyrtoni | Panorama, Television tower |
| GRE-158 | Kaparelli | Panorama, nearby lake |
| GRE-159 | Ampelochoriou | Summit of Mount Rondo, photovoltaic field |
| GRE-167 | Klementi - Kryoneri | Hairpins and panorama |
| GRE-170 | Platanitsa | Highest village below Mount Erymanthe, panorama |
| GRE-185 | Anavrini | Panorama of the castle (remains) of Mistra |
| GRE-189 | Chouni | Gorge panorama |
| GRE-190 | Pisia (Platanos) | Restaurant, panorama |
| GRE-194 | Oreinó katafýgio Dirfyos | Large mountain refuge, panorama |
| GRE-196 | Mitsári | Viewpoint, foothills of the famous city of Marathon |
| GRE-199 | Hymettos | National road with switchbacks and viewpoints, aerials at the |
| | summit GRE-204 | Alonissos Panorama (Alonissos)Panorama |
| GRE-219 | Edelos (Chios) | Panorama from both sides |
| GRE-221 | Ayiou Moní (incl. Nea Moni) | Panorama of the island of Chios, near Turkey |
| GRE-226 | Attica (Salamis) | Summit with car park and signs |

| | | |
|---------|---------------------------------|--|
| GRE-229 | Paliós Anemómýlos (Poros) | Ancient windmill, panoramic view of Poros |
| GRE-241 | Agios Symeon (Sifnos) | Peak on a rocky outcrop with chapel, 360° panoramic view |
| GRE-243 | Ágioid Pántes (Paros) | Magnificent 360° panorama, original and remarkable end |
| 248 | Panagia (Folégandros) | Exceptional site, panorama and quadrilateral windings |
| GRE-249 | Ágios Dimitrios (Ios) | Panorama |
| GRE-250 | Panaghia (Iraklia) | Summit near the Zefyros Studios hotel, with viewpoints |
| GRE-251 | Chora (Amorgós) | Panoramic view of the sea |
| GRE-264 | Nikía / Ekklesia Profitis Ilías | Panoramic view of the volcano |
| GRE-268 | Alexandros Panorama (Rhodes) | Snack bar, panorama |
| GRE-276 | Kydonia Hotel (Kritis) | Hotel and villas with sea view |
| GRE-281 | Kallikratis (Kritis) | Panorama of the valley |
| GRE-284 | Lákos Migérou (Kritis) | Stone shelter, 360° panorama |
| GRE-285 | Nida Oropéidio / Piperos per. | Geographical pass indicated on the map, Nida tourist plateau |
| 290 | Miamou (Kritis) | Panorama |
| GRE-293 | Panorama (Kritis) | Panorama |
| GRE-294 | Asfendilia (Kritis) | Panorama |
| GRE-296 | Katharó Oropéidio (Kritis) | Plateau, panoramic sea view |
| 297 | Marazáki (Kritis) | Panoramic sea view |



The Livadi panoramic road



The Panagia road, asphalted in quadrilaterals

Monuments

| | | |
|---------|-------------------------------|--|
| GRE-085 | Minimeio Tasioulouk Arethousa | Monument to the dead |
| GRE-101 | Plaka | Winding paths lined with small religious monuments |
| GRE-102 | Viotopoi Kirkis | Car park, monument on steps |
| GRE-139 | Oxyá / Ripa | War memorial at summit |



Plaka Street



Kirkis monument on stairs

Towers

| | | |
|---------|-------------------------------------|--|
| GRE-007 | Minimati / Katharia Rachi (Lefkada) | Television tower, 360° panorama |
| GRE-062 | Kentro Ekpompis Kelli | Broadcasting centre (transmitters), S-shaped departure from a lake |
| GRE-206 | Sotiras-Ypsarios (Thassos) | Television tower |
| GRE-210 | Aghios Athanassios (Lemnos) | Television tower, panorama |
| GRE-235 | Pyrgos Óros(Syros) | Television tower, numerous viewpoints |
| GRE-237 | Koryfi Tínou (Tinos) | Television tower, 360° panorama |
| GRE-245 | Mýlos Apeiránthou (Naxos) | Tourist mill and GSM antenna |
| GRE-253 | Imerovigli (Santorini) | Tower, car park |
| GRE-277 | Skloka (Kritis) | Television tower |



The village of Sotiras in the heart of Thassos



And Imerovigli in the heart of Santorini

High altitude villages

| | | |
|---------|---------------------------------------|--|
| GRE-012 | Kakolakkos | Benches, panoramic view and tourist board. |
| GRE-015 | Zitsa | Village overlooking everything. |
| GRE-030 | Theodoriana | Upper village, restaurant, view of waterfalls below. |
| GRE-042 | Paleoselli | High village, chapel. |
| GRE-044 | Megalo Papigko | Tourist village, gorges, small shops. |
| GRE-069 | Livadia | Mountain village, church. |
| GRE-089 | Parthenonas | Old tourist village with cobbled streets, tavern. GRE- |
| 123 | Kiparissos (Agia Paraskevi) | Village at the end of the world, rounded hills. |
| GRE-142 | Tríkorfo | Hilltop village with church. |
| GRE-195 | Seta | Old village with shops. GRE-208 |
| GRE-209 | Chora Kástro Samothrakis (Samothrace) | Hilltop village with dominating castle. |
| GRE-211 | Profitis Ilias (Samothrace) | Ancient village with shops. |
| GRE-242 | Sardes (Lemnos) | Ancient village with shops. |
| 252 | Skopas / Petaloudes koiólada (Paros) | Village on the summit and Butterfly Valley below. GRE- |
| | Langada (Amorgós) | Dominant village, car park, shops. |



The extraordinary site of Kakolakkos



The site of Samothrace

The caves

| | | |
|---------|------------------------------|----------------------------|
| GRE-179 | Mount Didima | Caves |
| GRE-286 | Ideon Antron (Kritis) | Caves |
| GRE-295 | Dikteon Antron (Kritis) | Caves |
| GRE-299 | Spilaio Óxo Latsídi (Kritis) | Caves, photovoltaic panels |



Didima is open for business



The bowels of the Dikteon Antron

Waterholes in lakes, dams and waterfalls

| | | |
|---------|-------------------------|--------------------------|
| GRE-048 | Techniti Limni Aoou | High altitude lake |
| GRE-092 | Fraktos (Dasikó chorió) | Waterfalls |
| GRE-109 | Frágma Loggá | Lake and dam |
| GRE-146 | Vargiani | Small fountains in a row |
| GRE-222 | Frágma Pézi (Icaria) | High dam |



Frakto waterfall



Small fountains of Vargiani

Castles

| | | |
|---------|-----------------------------|---|
| GRE-033 | Ali Pasha Kastró | Castle dominating the region |
| GRE-083 | Kapsali (Kavala Kastro) | Castle, passage under the arch of the Roman aqueduct |
| GRE-096 | Froúrio Nymféas | Fortress, panorama, rock, cross, monument, car park |
| GRE-100 | Acropolis Petrota | Fortress |
| GRE-118 | Fanari Kastrò | Castle overlooking the town with shops nearby |
| GRE-157 | Karababa Kástro | Castle overlooking the town, car park |
| GRE-168 | Kastro-Kyllini (Chlemoutsi) | Renowned castle with paved access road |
| GRE-178 | Fortecya Palamídí | Fortress, castle |
| GRE-184 | Pikoulíanika / Mystrás | Castle (remains) |
| GRE-233 | Ellinika (Kea) | Winding road, castles and historic sites uphill |
| GRE-244 | Ayia Kástro (Naxos) | Tour of the castle and panorama |
| GRE-257 | Leros Kástro (Leros) | 6 consecutive mills in the middle and the castle at the top |
| GRE-260 | Palio Pili Kástro (Kos) | Steep valley, car park, path leading to the castle |



The Roman aqueduct at Kavala



The Ellinika road

Churches

| | | |
|----------------|---|---|
| GRE-014 | Αγίου Dimitríou (Delvinaki) | Monastery in the old town |
| GRE-054 | Vlasti | Pass and monastery named |
| GRE-055 | Grevena (Αγία Paraskevί) | Chapel overlooking the town |
| GRE-064 | Ierós naós Profiti Ilía Akrinís | Chapel |
| GRE-066 | Titaros (Fteri) | Miniature chapel, tourist boards |
| GRE-070 | Eleftherochori | Orthodox chapel |
| GRE-071 | Monί Grigoríou Palamá | Monastery |
| GRE-073 | Agios Georgios Kilkis | Chapel, panorama of the town |
| GRE-080 | Oi Tésseris Ekklesiés | Series of 4 churches, the most famous of which is at the |
| summit GRE-095 | | Panagia Kalamou Chapel |
| GRE-114 | Vitouma Mani | Monastery |
| GRE-124 | Agnanteri | Church, vast panorama behind |
| GRE-125 | Petroto | Chapel |
| GRE-127 | Agios Nektarios | Chapel |
| GRE-131 | Akarnanika | Chapel, breathtaking panorama |
| GRE-134 | Moni Antinitisis (incl. Fourka perasma) | Monastery, car park, at the top of a pass, historic site GRE- |
| 135 | Agia Marina Agrinio | Chapel, panorama behind the chapel |
| GRE-138 | Psilos Stauros | High pass, signpost, miniature chapel, car park, etc. |
| GRE-140 | Elliniká Jalon | chapel and refuge, wide panorama |
| GRE-145 | Prosilio | Chapel |
| GRE-153 | Lykouresi | Monastery, panorama |
| GRE-154 | Elikonas perasma (Osios Loukas Mon.) | Chapel |
| GRE-155 | Moni Pelagias | Monastery, archaeological excavation site |
| GRE-175 | Monί Epano Chrepas | Monastery, hairpin finish GRE-180 |
| | Apollo-Epikourios | Temple |
| GRE-181 | Ithomi (Mavrommati) | Sanctuary, panorama |
| GRE-186 | Pirihos | Churches |
| GRE-192 | Άγιος Panteleímonas | Chapel, panorama, vast pine forest |
| GRE-202 | Glossa (Skopélos) | Tarmac road, leaving from Beaches, chapel |
| GRE-207 | Ekklesia Agios Panteleimonas (Thassos) | Small chapel on the side and car park |
| GRE-213 | Ypsilou Monί (Lesbos) | Monastery, magnificent last section GRE- |
| 225 | Monί Zoodochos Pigis (Samos) | Monastery, road with superb rear view |
| GRE-230 | Gorgoepikos (Spetses) | Chapel |
| GRE-231 | Kalyvári (Andros) | Large church |
| GRE-239 | Agios Patapios ano Meras (Mykonos) | Church, beautiful rear |
| view GRE-240 | Panagia Taxiárches (Serifos) | Several chapels |
| GRE-254 | Santorini Mirador / Moni Profiti Ilias | Viewpoint of the Archangels, monastery, antennae |
| GRE-256 | Monί Αγίου Ioάνni tou Theológu | Monastery, highest point on the island, 3 windmills |
| GRE-259 | Agios Savvas Kloster (Kalymnos) | Cloister, panoramic view of the sea from the top |
| GRE-262 | Astypalea Kástro (Astypalea) | Monastery and castle, view of the sea |
| GRE-265 | Mikro Chorío (Tilos) | Renovated summit church |
| GRE-269 | Ataviros (Rhodes) | Observatory, remains of a temple dedicated to Zeus |
| GRE-271 | Monί Skiádi (Rhodes) | Monastery |
| GRE-274 | Menetés / Profitis Ilias (Karpathos) | Dominant church, Mount Mevetes |
| GRE-275 | Agia Kyriaki (Kassos) | Chapel |
| GRE-282 | Preveli (Kritis) | Monastery of Priveli in the middle of the climb |



Arrival at the Vlasti Monastery



For the Monastery of Ipsilou, turn right!

High points

| | | |
|---------|-------------------------------|--|
| GRE-001 | Pantokrator (Corfu) | Highest point on the island, view of Corfu and Albania |
| GRE-006 | Agios Emilianos (Antipaxos) | Highest point, winding climb |
| GRE-008 | Kaminaraton (Kefalonia) | Highest point on the island, Bunker |
| GRE-009 | Enos (Kefalonia) | Highest point of the island |
| GRE-029 | Baros perasma / Baros auxenas | One of the highest paved passes (since 2013) in Greece |
| GRE-049 | Katara Pass | Greece's highest pass |
| GRE-052 | Vitsi | Highest zonal mountain |
| GRE-201 | Mytikas (Skiáthos) | Highest road on the island |
| GRE-203 | Axláda (Skopélos) | Highest point on the island, chapel at the summit |
| GRE-232 | Vourkoti (Andros) | Highest point on the island, XXL panorama |
| GRE-234 | Dhriopis (Kythnos) | Highest point on the island, Old mills |
| GRE-273 | Kólla (Karpathos) | Highest point of the island |
| GRE-289 | Skinakas (Kritis) | Highest paved road in Crete |



The winding road of Pantokrator



The highest altitude of a Greek pass at Katara Pass

Wind turbines

| | |
|---------|------------------------------|
| GRE-103 | Aiolikó Mytoúla |
| GRE-105 | Pefka |
| GRE-162 | Panachaiko |
| GRE-223 | Anemómoyloi Ikarías (Icaria) |

Wind farm
Wind turbines
Wind farm
Wind farm



This turbine at Panachaiko



Icaria turbines

Ski resort

| | | |
|---------|---------------------------------|---|
| GRE-028 | Anilio Chionodromikó kénthro | Ski resort |
| GRE-046 | Vasilitsa Chionodromikó kénthro | Ski resort |
| GRE-051 | Pissoderi Chionodromikó kénthro | Ski resort |
| GRE-061 | Kaimaktsalan (Oros Voras) | Ski resort |
| GRE-063 | Seli ski center | Ski resort |
| GRE-078 | Lailias Ski center | Ski resort |
| GRE-084 | Paggaios / Chionodromiko | Ski resort without dwellings with chalet, panel |
| 107 | Olympos Vrysopoules | GRE- Very high altitude ski resort |
| GRE-130 | Pliasidhi | Ski resort |
| GRE-132 | Velouchi Chionodromikó kénthro | Ski resort |
| GRE-150 | Fterolaka Chionodromikó kénthro | Ski resort |
| GRE-165 | Kalavryta Chionodromikó kénthro | Ski resort |
| GRE-174 | Mainalo Chionodromikó kénthro | Ski resort |



Invitation to ski at Anilio



Or to Kalavrita

And finally, let's discover the Greek national originalities in our selection

| | | |
|---------|---|---|
| GRE-003 | Kato Garouna (Corfu) | Paragliding summit, sea view |
| GRE-016 | Kerasochori | Road with 19 bends, two chapels, panoramic view |
| GRE-018 | Tsipouriki | Open-air theatre and panoramic view of Igoumenitsa |
| GRE-026 | Mitsikeli | Superb ascent cirques, view of the lake, antennas, laces |
| GRE-036 | Aetomilitsa | Tree-lined summit, bucolic route |
| GRE-038 | Loutra | Inhabited peak, hotels, lots of charm |
| GRE-041 | Elefthero | Classic pass with many bends, much photographed |
| GRE-045 | Vradeto | Pass of passage, magnificent vertiginous and layered laces |
| GRE-082 | Gkiola Vrisi | Passage between two marked hills SE: hairpin bends W: gorges and waterfalls of Kavala |
| GRE-086 | Politistikó Párko Vávdou | Open-air theatre and chapel, nature park |
| GRE-088 | Pefkohori Óros | Square with flags |
| GRE-094 | Néstos farángia (ápopsi) Layos | Gorges, overlapping hairpin bends GRE-098 Rare in Greece: plateau road with 360° views |
| GRE-104 | Mýloi Meliá | Narrow paved path, 4 mills, chapel with panoramic view |
| GRE-116 | Zoologikós Kípos Trikálon | Park and zoo overlooking the town of Trikala |
| GRE-119 | Kanalia | Superimposed hairpin farms |
| GRE-148 | Agion Panton Cliffs Sanatorio Zastovas | Cliffs, coastal road, final road between the rocks GRE-161 From Patras, historic site (remains of a sanatorium) GRE- |
| 169 | Ano Velitses | Hairpin curves emerging from a lake |
| GRE-182 | Chrisokelarias / Poros | Hairpin-shaped virgules |
| GRE-193 | Stávros | Deserted breakaway revisited, almost a carbon copy |
| GRE-200 | Politechniou | Succession of 5 tight laces with a view of the sea |
| GRE-246 | Trypiti (Milos) | Series of windmills |
| GRE-255 | Méssa Vounó perasma (Santorini) | Series of laces, called the serpentine of the region |
| GRE-266 | Archon Michael Kokkimidis (Symi) | Summit with stone circle and church |
| GRE-288 | Cafe & Tavern Psiloritis Tischia (Kritis) | Mountain refuge |



The Kerasochori winding roads



One of the Trypiti mills

The sporting side of Greek climbs

Here are the TOP10 **longest** Greek climbs

| | | | |
|-----|----|--|------|
| 124 | E | Agnanteri | 64,3 |
| 150 | S | Fterolaka Chionodromikó kéntro | 58 |
| 28 | NW | Anilio Chionodromikó kéntro | 51,3 |
| 286 | N | Ideon Antron (Kritis) | 47,4 |
| 295 | E | Dikteon Antron (Kritis) | 46,6 |
| 49 | E | Katara Pass | 44,6 |
| 49 | W | Katara Pass | 44 |
| 285 | NE | Nida Oropédio / Piperos pérasma (Kritis) | 43,3 |
| 187 | S | Koufobouni-Tsikoulio | 42,1 |
| 187 | NE | Koufobouni-Tsikoulio | 41,8 |



The Fterolaka road



The Katara pass

The TOP10 **most uneven** climbs

| | | | |
|-----|----|--|------|
| 150 | S | Fterolaka Chionodromikó kéntro | 1777 |
| 162 | NW | Panachaiko | 1616 |
| 9 | NW | Enos (Kefalonia) | 1607 |
| 9 | E | Enos (Kefalonia) | 1607 |
| 9 | NE | Enos (Kefalonia) | 1607 |
| 285 | NE | Nida Oropédio / Piperos pérasma (Kritis) | 1568 |
| 132 | W | Velouchi Chionodromikó kéntro | 1551 |
| 130 | S | Pliasidhi | 1547 |
| 130 | SW | Pliasidhi | 1542 |
| 130 | NE | Pliasidhi | 1541 |



Enos and its road overlooking the island of Kefalonia



The road to Pliasidhi (Quäldich)

Here are the top 10 Greek cycling climbs by **average percentage**

| | | | |
|-----|-----|---|------|
| 167 | SE1 | Klementi - Kryoneri | 12,9 |
| 80 | NW | Oi Tésseris Ekklisies | 12,9 |
| 288 | S | Cafe & Tavern Psiloritis Tischia (Kritis) | 11,9 |
| 256 | SE | Moní Agíou Ioánni tou Theolóγου (Pátmos) | 11,4 |
| 167 | SE2 | Klementi - Kryoneri | 11,1 |
| 217 | SE | Mytilini toíchos (Lesbos) | 11,0 |
| 118 | NE | Fanari Kastrò | 10,8 |
| 17 | NW | Achladia perasma | 10,7 |
| 18 | NW | Tsipouriki | 10,7 |
| 202 | S | Glossa (Skopélos) | 10,3 |



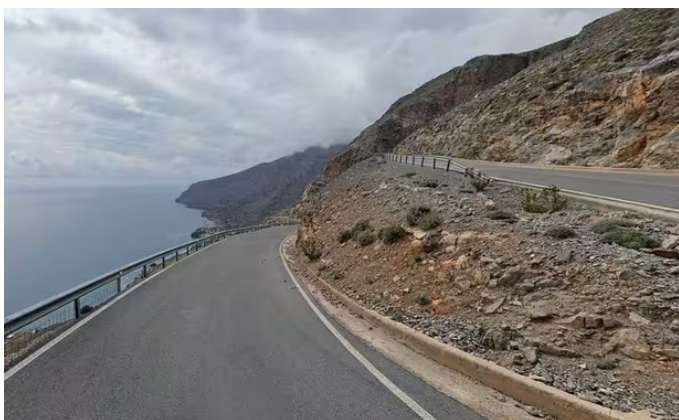
Arrival at Café Psiloritis



The curves leading up to Fanari Castle

And the **maximum hectometre percentages** are

| | | | |
|-----|-----|--|------|
| 80 | NW | Oi Tésseris Ekklisies | 25,0 |
| 44 | S | Megalo Papigko | 24,4 |
| 167 | SE1 | Klementi - Kryoneri | 22,0 |
| 202 | S | Glossa (Skopélos) | 22,0 |
| 201 | W | Mytikas (Skiáthos) | 21,0 |
| 233 | NE | Ellinika (Kea) | 20,1 |
| 22 | SW | Livadi (Zotiko perasma) | 19,7 |
| 162 | NW | Panachaiko | 19,2 |
| 167 | SE2 | Klementi - Kryoneri | 19,0 |
| 256 | SE | Moní Agíou Ioánni tou Theolóγου (Pátmos) | 19,0 |



The sharp curves of the Ekklisies



The cobbles at the end of Megalo Papigko

In terms of total energy expenditure, what is **the TOP10 Greek europoints?**

| | | | |
|-----|-----|---|--------|
| 162 | NW | Panachaiko | 1771,4 |
| 288 | S | Cafe & Tavern Psiloritis Tischia (Kritis) | 1716,0 |
| 132 | W | Velouchi Chionodromikó kéntro | 1597,0 |
| 117 | NE | Tympanos (Argithea) | 1474,0 |
| 28 | NW | Anilio Chionodromikó kéntro | 1467,3 |
| 132 | E | Velouchi Chionodromikó kéntro | 1457,0 |
| 61 | S | Kaimaktsalan (Oros Voras) | 1409,6 |
| 84 | SE | Paggaios / Chionodromiko | 1392,3 |
| 29 | SW1 | Baros perasma / Baros auxenas | 1381,4 |
| 130 | NE | Pliasidhi | 1374,0 |



The end of Panachaiko



The cobbles of Kaimaktsalan

As for explosiveness, here are the top 10 bombs

| | | | |
|-----|-----|---|------|
| 80 | NW | Oi Tésseris Ekklesíes | 46,0 |
| 288 | S | Cafe & Tavern Psiloritis Tischia (Kritis) | 45,5 |
| 162 | NW | Panachaiko | 45,4 |
| 167 | SE1 | Klementi - Kryoneri | 38,9 |
| 117 | NE | Tympanos (Argithea) | 38,5 |
| 162 | SW | Panachaiko | 37,2 |
| 84 | SE | Paggaios / Chionodromiko | 37,1 |
| 202 | S | Glossa (Skopélos) | 36,6 |
| 22 | SW | Livadi (Zotiko perasma) | 36,3 |
| 29 | SW1 | Baros perasma / Baros auxenas | 36,2 |



The road to the Tympanos pass



To Paggaios, follow the arrow

Cycling in Greece

Races

The **Tour of Hellas** is a cycling stage race held in Greece. It was part of the UCI Europe Tour in 2005 and 2006, in category 2.2. The 2007 and 2008 editions were cancelled, as were those of the following two years. The event did not return to the calendar until 2011, before disappearing again in 2013. In April 2022, the event returned to category 2.1. The overall leader wears a blue jersey. The 1968 "Prix Antiquités" is considered to be the origin of the Tour of Greece.

| | | |
|---------|-----------------------------|---------------------------------|
| GRE-027 | Mazia | Media ΔΕΗ 2022-05 -cat 3 |
| GRE-049 | Katara Pass | Media ΔΕΗ 2022-05 -cat1 |
| GRE-110 | Profitis Ilias Tynnavos | Media ΔΕΗ 2022-04-cat3 |
| GRE-120 | Tsouka | Media ΔΕΗ 2022-04-cat1 |
| GRE-133 | Trilofó | Media ΔΕΗ 2022-03-cat2 |
| GRE-144 | Kaloskopi (párko orycheíon) | Media ΔΕΗ 2022-03-cat2 |
| GRE-149 | Desfina | Media ΔΕΗ 2022-02-cat2 |
| GRE-150 | Fterolaka (incl.Arachova) | Media ΔΕΗ 2024-02-cat1- Arrival |
| GRE-160 | Fili Óros | Media ΔΕΗ 2022-02-cat2 |
| GRE-283 | Kouroutes (Kritis) | Media ΔΕΗ 2022-01-cat2 |
| GRE-287 | Vorizia (Kritis) | Media ΔΕΗ 2022-01-cat2 |



The Tour of Hellas logo



The Tour of Hellas finish banner



The first stage of 2022



The Tour jersey



The Tour peloton towards Arachova



Team Astana ready for the Greek climbs

Hillclimbs races exist in Greece

- GRE-064 Ierós naós Profiti Ilía Akrinís
- GRE-067 Prionia-Olympos
- GRE-128 Kissavos (Mount Ossa)
- GRE-156 Limeri

- Hill climb Profiti Ilía Akrinís
- Olympus Hill climb
- Kissavos Hill climb
- Hillclimb Limeri



The Profiti Ilía serpentine



Medals and trophies from the Olympus Hill Climb



The finish of the Kissavos Hillclimb

Greek cyclists

Aristίδis Konstantinίδis was Olympic champion at the 1896 Summer Olympics in Athens. In the road race, he covered the 87km round trip between the city of Athens and Marathon in 3 hours 22 minutes 31 seconds (average speed 25.850 km/h).

Ioánnis Tamourίδis was the first Greek to take part in and finish a Grand Tour. That same year, in 2013, he was also the first Greek to take part in Milan-San Remo, the Tour of Flanders and Paris-Roubaix. Greek and Balkan champion on numerous occasions, he was also Greek junior champion in 1997 and 1998, U23 champion in 2002, Military champion in 2007 and Elites champion in 2009, 2013 and 2016. He won the overall classification of the Tour of Lakonia in 2010 and the Sacrifice Race in 2012. He finished 9th in Paris-Tours in 2013.



Vintage photo of Aristidis Konstantinidis



Greek flag for Ioánnis Tamouridis

Panayótis Marentákis finished 2nd in the Greek road race championship in 1997. In 1998, he won the Grand Prix of Mount Parnitha and the Sacrifice Race. In 1999, he became Greek road champion and then won the Sacrifice Race again. In 2003, he repeated as Greek road champion and won the Grand Prix of Mount Parnitha. He was also European track champion.

Vasilis Anastópoulos, the first Greek cyclist to turn professional in 2002, has held 17 Greek championship titles in all categories. He won a stage in the Tour of Rhodes in 1995, the Tour of Turkey in 1997, the Tour of Greece and the Tour of Yugoslavia in 1998. In 2000, he became Greek road champion and won the overall classification of the Tours of Achaia and Lesbos. He retained his Greek champion title in 2001, 2004 and 2005 and took the Balkan champion title in 2002. He dominated the Tour of Greece in 2003. In 2005, he won his last Tour, the Tour of Attica. He then became coach and general manager of the Greek federation. In October 2019, he becomes coach of the Deceuninck-Quick Step World Tour team. In October 2023, he was hired by the Astana Qazaqstan team.



European track champion jersey for Marentákis



Vasilis Anastópoulos, gold medallist in 2005

Polychrónis Tzortzákis was Greek junior champion in 2007 and elite champion in 2015 and 2018, as well as 6 times in the time trial. He won the GP de la Libération de Chaumont in 2012. 2013 was a prolific year, with victory in the GP de Gien, the Boucles Dunoises and two stages of the Tour du Loiret and the Tour Nivernais Morvan. He won the Castelbriantaise in 2014, the Gainsbarre, the Trophée Paul-Fréhel and the Circuit des Bruyères in 2016. In 2019, he shone in stage races, winning the general classification of the Tour of Egypt, the Steps of Romans and two stages in the Tour of Morocco. He wins two stages in the Tour of Guadeloupe in 2021 and a stage in the Tour of Albania in 2023.

Geórgios Karátzios was bronze medallist at the 2007 Balkan Junior Championships. He finished 3rd in a number of tours, including Lakonia in 2010 and the Battle of Crete Memorial in 2011. In 2013, he won a stage in the Tour of Tipaza, a stage in the Tour of Mýkonos and a stage in the Two Days of Thessaloniki.



Polychrónis Tzortzákis in the national colours



Geórgios Karátzios second on the podium

Charálampos Kastrantás won La Gainsbarre and the Grand Prix de Soissons in 2014. In 2015, he finished 11th in the Tour de Gironde and 10th in the Tour de Mevlana in Greek colours. Shortly afterwards, in the Tour of Aegean, he scored three top 5 finishes and won two secondary classifications. Back in 2017 with a Serbian team, he won the general classification of the Tour of Serbia. The following week, he became Greek road champion for the first time. In 2018, he made a name for himself at the Tour of Indonesia by winning stage 3, and followed that up the following month by winning the general classification of the Grand Prix d'Alger, before finishing 7th in the Ronde de l'Oise. In 2019, he scored two top 10 finishes in Turkey, took 29th place at the European Games and won the three sprint stages of the Tour of Kosovo.

Stylianós Farantákis made his name for the first time in 2015 when he finished 5th in the European U23 road championships in Tartu. Shortly afterwards, he competed in the Richmond world championships, finishing 33rd. In 2017, at the U23 championships in Bergen, he finished 13th. In 2018, he became Greek time trial champion. In 2019, riding for the Greek national team, he won stage 3 of the Tour of Egypt solo and finished 4th overall. At the end of June, he became Greek road champion.



Charálampos Kastrantás made his career in France



Stylianós Farantákis at the GP deLorient

Geórgios Boúglas, after finishing second twice, became Greek champion in 2014, beating his brother Apóstolos in the sprint. A professional for six seasons with various Greek teams, he joined a Chinese outfit during the 2016 season. In 2018, he won the first stage of the Tour of Lake Qinghai. In 2019, he won the 5th stage again in a sprint. He was recruited by the Spanish team Burgos BH for 2024. In November 2023, it was announced that Boúglas was the Greek rider selected for the road race at the 2024 Olympic Games in Paris.

Nikifóros Arvanítou became double Greek junior champion (under 19) in 2021, in the road race and the time trial. That same year, he represented his country at the European junior championships in Trento. For the 2023 season, he signed up with the Romanian team Sofer-Savini Due-OMZ. Shortly afterwards, he was crowned national champion in the U23 category. He also won a stage and then the overall classification of the Kırkkale Road Race in June. He won the Tour of Thysia and a stage of the Tour of Kurpie in 2024, while also becoming Greek champion for the first time, a title he repeated in 2025 while winning the prologue of the Tour of Malopolska.



Geórgios Boúglas dances for Greece



Nikifóros Arvanítou, Greek between Polish and Turkish



Women cyclists

Anastasia Pastourmatzi is 6 times Greek road champion in 1997 and from 2004 to 2008 and represented Greece at the 2007 World Championships. She also shone for four years on the women's Eko Tour.

Eleftheria Ellinikaki was Greek junior champion in 1998 and Elites women in 2000. In 2002, she repeated her Greek title and brilliantly finished the Women's Golden Trophy, the Vuelta Castilla y Leon and above all the Giro d'Italia, making her the first Greek rider to finish one of the three major tours. She repeated her road and time trial titles in the national championship in 2003 and 2004, and in the latter year finished the Czech stage race Gracia Orlová.



Anastasia Pastourmatzi ready for the start



Eleftheria Ellinikaki on the track

Argiro Milaki rides for the Aromitalia 3T Vaiano continental team. Seven times Greek road champion and twice time trial champion between 2015 and 2025. In 2012 and 2016, Milaki competed in visually impaired tandems at the Paralympic Games, leading Eleni Kalatzi to the 2017 Games, where they finished bronze medallists.

Varvara Fasoi races for Panathinaikos, the Greek cycling team, as a youngster, and then for the continental team Eneicat-RBH Global-Martin villa from 2019 to 2022. Greek road champion in 2014, 2021 and 2022, she was also a frequent time trial champion. She took part in the road World Championships 5 times between 2014 and 2019.



Argiro Milaki in the national jersey



Varvara Fasoi on a tight corner

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