

# THE TOUR OF CRETE

CYCLING CHALLENGE



MAY 2017

Advertisement

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# Crete

## **A world that contains many worlds !**

Crete is the largest island in Greece, and the fifth largest one in the Mediterranean Sea. Here, you can admire the remnants of brilliant civilizations, explore glorious beaches, impressive mountains, fertile valleys and steep gorges, and become part



of the island's rich gastronomic culture. Crete is, after all, a small universe teeming with beauties and treasures that you will probably need a lifetime to uncover!

Is the place where myths look like history and history is like a myth. From the distant past to the present day, every place on the island has a short or long story to tell.

Bathed in clear sunlight much of the year, the climate is considered one of the finest , healthiest and mildest in Europe. Crete also has a magic radiance! There is the supreme quality of the light here, the sharp rugged mountains meeting openly with clear seas. There is an abundance of wildlife, plants and flowers that are unique to the island.



Breathe in the ever-present scents of wild herbs, taste fresh fruit, the best of the world's olive oil and healthy, delicious cheeses. No other place in Greece can delight the senses of smell and taste like Crete.

Crete has a people noted for and conspicuous in their hospitality and tradition of welcoming visitors. The traditions and culture offered in music, art, food and crafts play a large part in this picture. It combines European ways with the uniquely local.



Lying at the southern edge of Europe, the island of Crete is considered a lively and spirited place.

It carries the heritage of three continents and like an ark sails in the foamy turquoise of the Mediterranean. Crete is an island with a long history and a source of inexhaustible cultural production. It has a unique character and is the birth place of the ancient Minoan civilization.

Learn more about Crete : [www.incrediblecrete.com](http://www.incrediblecrete.com)



# Frangokastello



## **Frangokastello**

is one of the most famous beaches in Crete. It is known for the local Venetian castle on the its magnificent beach and the legendary guardian ghosts of Drosoulites. It is located in a remote corner of Sfakia region, in southern Crete. It is a plain of untamed natural beauty with the White Mountains standing tall in the background, while seemingly endless sandy beaches are spreading along Libyan Sea. Frangokastello is one of the many surprises that southern Cretan nature has offer to visitors. This majestic view is completed by the Kallikratis gorge with the homonymous plateau and, somewhat further, the stunning Imbros gorge.





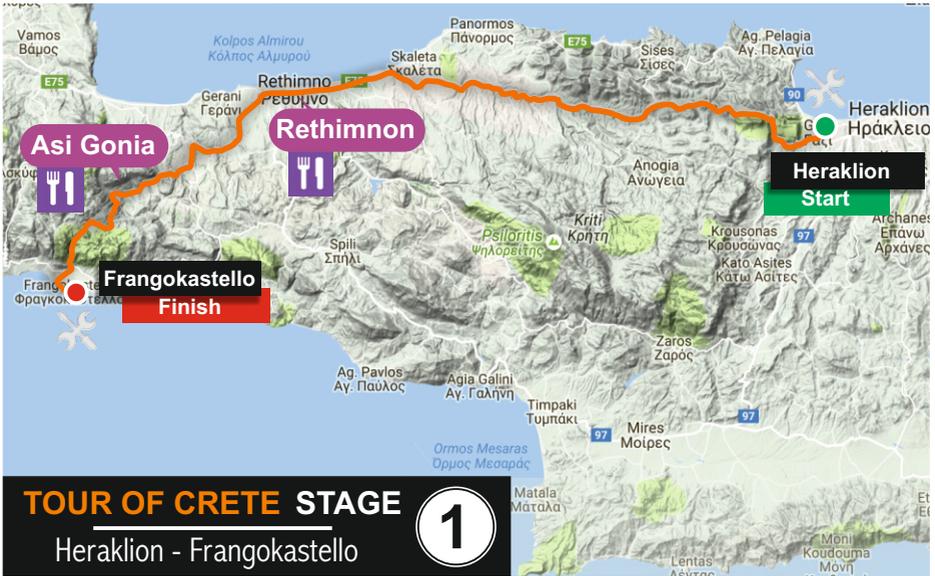
**Monday May 15th: Heraklion – Frangokastello**  
**distance: 131Km**  
**total vertical gain: 2873m**

Stage 1 of The Tour of Crete begins with the riders rolling west of Heraklion, alongside the cosmopolitan Mediterranean coastline of Amoudara area. Just a couple of kilometers after the start, the Tour of Crete 2017 gets straight to the point with its first Stage bringing the peloton into a grade 2 climb up to Doxa, enduring for about 12 kilometers and reaching up to 480 meters of altitude. Then on it's mainly descending for about 48 kilometers through 16 seemingly untouched-by-time traditional villages leading up to Platanos and the 5km of flat seaside ride into Rethymnon town, where Feedzone 1 is located.

Leaving Rethymnon and going southwestward becomes apparent the dramatic shift into the lush-green scenery of western Crete. Around the 100 kilometer mark and past the village Argiroupolis, riders meet the main challenge of the day: a grade 1 climb lasting for 13,7 kilometers, with average gradient of 4.5% and reaching up to 800 meters. It starts off easy for about 6 kilometers into Asi Gonia village where all riders can refuel at Feedzone 2 before they head out into the latter, harsher part of the climb and its 40 hairpins that stand before them and the top through ecstatic scenery with steep rocky ridge-lines; a stunning view for as far as the eye can see. The Cretan mountains will gladly reward anyone for reaching the peak with a stunning, 45 hairpin descent overlooking the Lybian Sea and which leads down to Frangokastello village and the finish line.

\* Frangokastello houses only small scale guest rooms, so participants will have to spend the night in separate establishments according to their specified preference.





## Ascents of the day

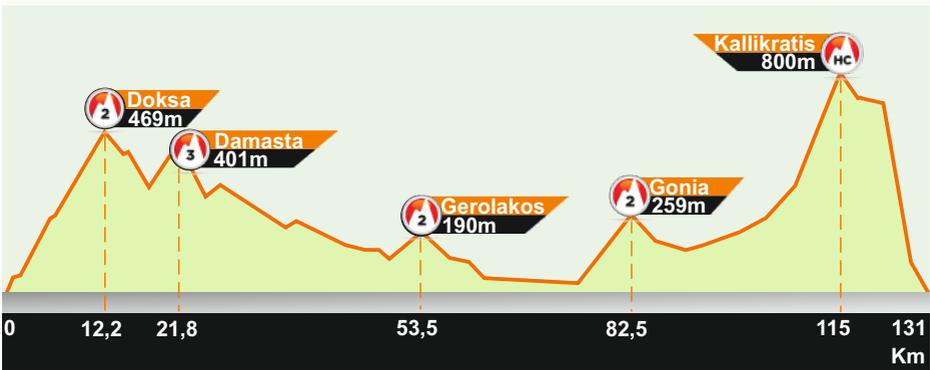
Doksa, 469m, (2nd class), 447M+, 10Km, 3,5-16% avg

Damasta, 401m, (3rd class), 120M+, 3,5Km, 2,7-13%

Gerolakos, 190m, (2nd class), 122M+, 4,8Km, 3,5-16%

Gonia, 259m, (2nd class), 249M+, 7,5Km, 2,5-10%

Kallikratis, 800m, (1st class), 642M+, 14Km, 3,5-16%



Distance in Km		Stage 1 Route	Timetable Km/h			
-	+		30	27	24	20
131,00	0,00	HOTEL IN HERAKLION	<b>9:00 AM</b>			
118,80	12,20	DOXA	9:24	9:27	9:30	9:36
116,20	14,80	MARATHOS	9:29	9:32	9:37	9:44
109,20	21,80	DAMASTA	9:43	9:48	9:54	10:05
104,30	26,70	ALOIDIANO CHANI	9:53	9:59	10:06	10:20
102,50	28,50	DROSIA	9:57	10:03	10:11	10:25
100,00	31,00	MAKRIGIANNI	10:02	10:08	10:17	10:33
98,50	32,50	KAMPOS DOXAROU	10:05	10:12	10:21	10:37
97,20	33,80	CHILIANA	10:07	10:15	10:24	10:41
96,50	34,50	APLADIANA	10:09	10:16	10:26	10:43
91,00	40,00	MOURTZANA	10:20	10:28	10:40	11:00
89,00	42,00	DAFNEDES	10:24	10:33	10:45	11:06
81,50	49,50	PERAMA	10:39	10:50	11:03	11:28
79,00	52,00	ALEXANDROU	10:44	10:55	11:10	11:36
71,40	59,60	VIRAN EPISKOPI	10:59	11:12	11:29	11:58
70,20	60,80	NEA MAGNISIA	11:01	11:15	11:32	12:02
68,70	62,30	STAVROMENOS	11:04	11:18	11:35	12:06
67,00	64,00	SFAKAKI	11:08	11:22	11:40	12:12
62,30	68,70	ADELIANOS KAMPOS	11:17	11:32	11:51	12:26
61,30	69,70	PLATANES	11:19	11:34	11:54	12:29
56,40	74,60	<b>RETHYMNON - FEEDZONE 1</b>	11:29	11:45	12:06	12:43
52,00	79,00	ATSIPOPOULO	11:38	11:55	12:17	12:57
49,00	82,00	PRINES	11:44	12:02	12:25	13:06
45,50	85,50	GONIA	11:51	12:10	12:33	13:16
44,00	87,00	AGIOS ANDREAS	11:54	12:13	12:37	13:21
36,00	95,00	EPISKOPI	12:10	12:31	12:57	13:45
31,00	100,00	ARGIROYPOLIS	12:20	12:42	13:10	14:00
24,90	106,10	<b>ASI GONIA - FEEDZONE 2</b>	12:32	12:55	13:25	14:18
14,00	117,00	KALLIKRATIS	12:54	13:20	13:52	14:51
3,50	127,50	KAPSODASOS	13:15	13:43	14:18	15:22
0,00	131,00	FRANGOKASTELLO	13:22	13:51	14:27	15:33
		Total ascent 2.873 m				

# Chania



## **Chania**

region has a magnificent natural environment. Apart from the small rivers, there are lakes and lagoons, caves and rocks, as well as several gorges both at the North and at the South. Visiting the villages of the inland is a fascinating experience, both for the landscape and for their character. It is in those villages that the visitor can experience the authentic characteristics of the Cretan folk, their hospitality, and taste or smell the scents of the region in its fullest. Stages 3 and 4 pass through these sites and for these reasons alone cycling there is guaranteed to be an unforgettable experience.

Moreover the town of Chania is considered as one of the most sightly urban





## **Stage 2: Frangokastello – Platanias**

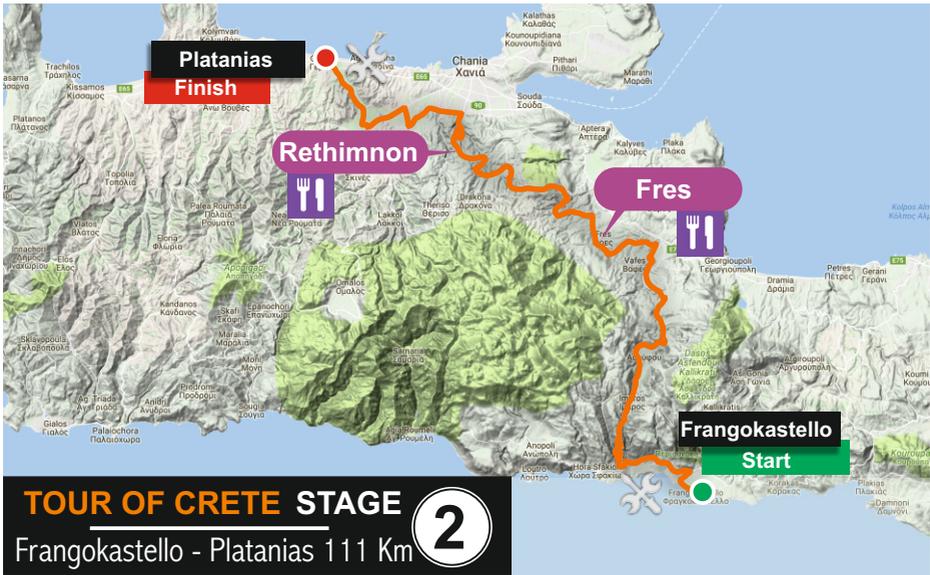
**distance: 111Km**

**total vertical gain: 2559m**

Stage 2 of the Tour hits the Lefka Ori mountain range from the get go with a challenging but steady grade 1 climb averaging a 4,6% gradient and lasting for 24 kilometers until the elevation reads 810 meters. The climb is challenging enough to be a reward by itself but the scenery surrounding it is jaw-dropping. About 30 hairpins curl together on a cliff-side overlooking a monumental view of the southernmost edge of Chania region meeting the Lybian Sea which touches the horizon. Beyond the peak follows an ideal quick descent into Askyfou plateau and a 5 kilometer flat stretch to spin the legs and recover before the last 2 km climb to exit the plateau and the waving off of the legendary Sfakia region. An enduring 16 km descent will take the peloton through the lush-green Emprosneros village and down to sea level where Feedzone 1 will be waiting for them at Fres' village square, 46 km in the stage.

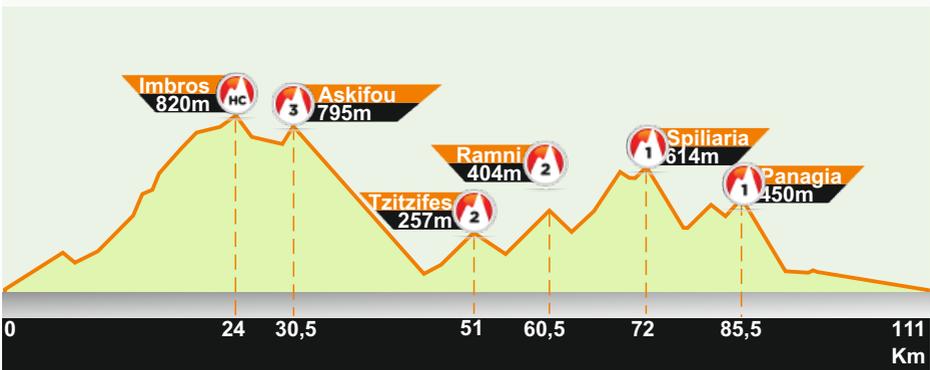
Continuing through the undulating terrain of the northern foothills of Lefka Ori, riders will meet three category 3 climbs of about 6 km, 6 km and 9 km respectively, as they pass through numerous traditional villages, olive oil ranges and cypress forests, leading up to Gerolakos vilage and Feedzone 2 at the 72 kilometer mark. Moving on, only a single grade 4 climb stands in the way and then remain the final 24 kilometers of descent and then flatlands towards the finish at the hotel in Platanias, a scenic seaside suburb of Chania town.





## Ascents of the day

- Imbros, 820m, (HC class), 820M+, 24Km, 3,5-13% avg
- Askifou, 795m, (3rd class), 88M+, 2Km, 2-7%
- Tzitzifis, 257m, (2nd class), 192M+, 6,5Km, 2,1-12%
- Ramni, 404m, (2nd class), 250M+, 5Km, 2,1-13%
- Spiliaria, 614m, (1st class), 340M+, 9,2Km, 3,5-13%
- Panagia, 450m, (1st class), 160M+, 6,7Km, 2,5-14%



Distance in Km		Stage 2 Route	Timetable Km/h			
-	+		30	27	24	20
111,00	0,00	FRANGOKASTELLO	<b>9:00 AM</b>			
105,00	6,00	VOUVAS	9:12	9:13	9:15	9:18
102,00	9,00	KOMITADES	9:18	9:20	9:22	9:27
88,50	22,50	IMBROS	9:45	9:50	9:56	10:07
83,00	28,00	AMMOUDARI	9:56	10:02	10:10	10:24
71,00	40,00	EMBROSNEROS	10:20	10:28	10:40	11:00
63,00	48,00	NIPOS	10:36	10:46	11:00	11:24
61,00	50,00	TZITZIFES	10:40	10:51	11:05	11:30
58,00	53,00	<b>FRES - FEEDZONE 1</b>	10:46	10:57	11:12	11:39
56,50	54,50	PEMONIA	10:49	11:01	11:16	11:43
55,00	56,00	PAIDOHORI	10:52	11:04	11:20	11:48
51,00	60,00	RAMNI	11:00	11:13	11:30	12:00
49,00	62,00	KIRIAKOSELLIA	11:04	11:17	11:35	12:06
47,00	64,00	HILIOMODOU	11:08	11:22	11:40	12:12
45,00	66,00	SAMONAS	11:12	11:26	11:45	12:18
41,00	70,00	KAMBOI	11:20	11:35	11:55	12:30
40,00	71,00	GEROPRINOS	11:22	11:37	11:57	12:33
36,00	75,00	THIMNIA	11:30	11:46	12:07	12:45
35,00	76,00	PLATIBOLA	11:32	11:48	12:10	12:48
33,00	78,00	<b>GEROLAKOS - FEEDZONE 2</b>	11:36	11:53	12:15	12:54
30,00	81,00	LOULOS	11:42	12:00	12:22	13:03
26,00	85,00	PANAGIA	11:50	12:08	12:32	13:15
19,00	92,00	MOURNIES	12:04	12:24	12:50	13:36
13,00	98,00	VARIPEIRO	12:16	12:37	13:05	13:54
10,00	101,00	AGIA	12:22	12:44	13:12	14:03
9,00	102,00	EPISKOPI	12:24	12:46	13:15	14:06
5,00	106,00	PATELARI	12:32	12:55	13:25	14:18
0,00	111,00	PLATANIAS	12:42	13:06	13:37	14:33
		Total ascent : 2,559 m				

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# Chania Region





### **Stage 3: Topolianos Gyros**

**distance: 123Km**

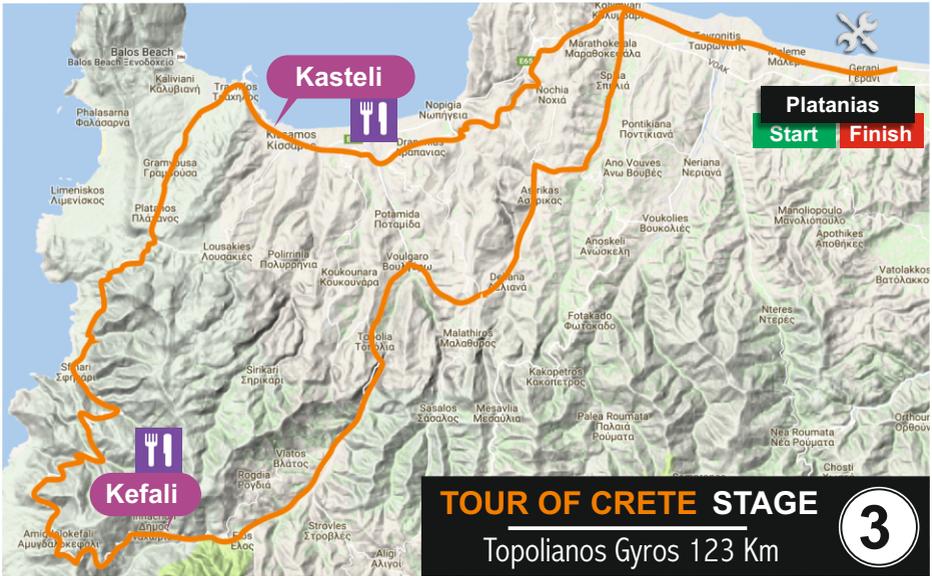
**total vertical gain: 2525m**

Stage 3 of the Tour pans out to be possibly the most charming in all of the Tour of Crete visiting more than 40 scenic villages. Specifically it entails what we aptly call “Topolianos Gyros” ( $\approx$  around Topolia). A route of 124 kilometers in the westernmost of Crete that conveniently begins and ends at the same hotel. This stage is named after the gorgeous and history-ridden gateway village Topolia and its stunning gorge right by the very side of the road which apart from the natural beauty it has to offer, also boasts a pass through a rocky tunnel that will leave you impressed.

The initial 11 km up to Kolymvari serve as a good warmup as the peloton rides across the northern seaside roadway of Crete. From there it meets the first climb of the day that may start off easy but gets steeper as it reaches the total distance of 17 km at an altitude of 300 m in Trialonia village. After a sharp 5km descent down to the shores of Tyflos river, begins a grade 2, 16 km climb with steep gradients. This may be the hardest segment of the stage but possibly the prettiest as well. The pleasing villages Topolia and Koutsomatados with all they have to offer will gladly sweeten the deal for you until Feedzone 1 in Kefali village at the 53 km mark is reached.

Going onwards and riding along the westernmost roads of Crete, the peloton will have a chance to gaze upon world-renowned beaches Elafonissos and Falassarna on their left. This road at the 74 km mark, leads up to a tough grade 3 climb lasting for 5 km that may get easier to overcome with the common rearwind of the area. A quick descent later and after a total of 94,5 km, the riders reach the town of Kastelli and Feedzone 2 inside the scenic town square. What's left is just a moderate climb before looping back to Kolymvari, other than which it's mostly flat seaside riding back to our headquarters in Platanias.





## Ascents of the day

- Trialonia, 300m, (2nd class), 295M+, 17Km, 2,9-13% avg
- Louhi, 563m, (2nd class), 508M+, 16Km, 2,4-13%
- Amigdalokefali, 544m, (3rd class), 89M+, 4,6Km, 3,5-13%
- Sfinari, 397m, (3rd class), 90M+, 3,5Km, 3-13%
- Platanos, 268m, (2nd class), 211M+, 7,5Km, 3,5-12%
- Plakona, 183m, (2nd class), 165M+, 4,4Km, 3,5-11%



Distance in Km		Stage 3 Route	Timetable Km/h			
-	+		30	27	24	20
123,00	0,00	PLATANIAS	<b>9:00 AM</b>			
119,30	3,70	MALEME	9:07	9:08	9:09	9:11
115,90	7,10	TAURONITIS	9:14	9:15	9:17	9:21
113,90	9,10	RAPANIANA	9:18	9:20	9:22	9:27
112,50	10,50	MINOTHIANA	9:21	9:23	9:26	9:31
112,00	11,00	KOLYMBARI	9:22	9:24	9:27	9:33
110,20	12,80	SPILIA	9:25	9:28	9:32	9:38
107,50	15,50	DRAKONA	9:31	9:34	9:38	9:46
104,50	18,50	EPISKOPI	9:37	9:41	9:46	9:55
102,20	20,80	ASTRIKAS	9:41	9:46	9:52	10:02
98,80	24,20	DELIANA	9:48	9:53	10:00	10:12
95,00	28,00	TRIALONIA	9:56	10:02	10:10	10:24
94,00	29,00	ARMENOHORI	9:58	10:04	10:12	10:27
91,20	31,80	XOUDELIANA	10:03	10:10	10:19	10:35
90,50	32,50	MAKRONAS	10:05	10:12	10:21	10:37
88,00	35,00	BOULGARO	10:10	10:17	10:27	10:45
85,40	37,60	TOPOLIA	10:15	10:23	10:34	10:52
83,10	39,90	TOUNES	10:19	10:28	10:39	10:59
79,30	43,70	MYLOI	10:27	10:37	10:49	11:11
74,00	49,00	ELOS	10:38	10:48	11:02	11:27
72,50	50,50	LOUHI	10:41	10:52	11:06	11:31
69,60	53,40	<b>KEFALI - FEEDZONE 1</b>	10:46	10:58	11:13	11:40
68,30	54,70	PAPADIANA	10:49	11:01	11:16	11:44
65,50	57,50	SIMADIRIANA	10:55	11:07	11:23	11:52
63,40	59,60	AMYGDALOKEFALI	10:59	11:12	11:29	11:58
61,00	62,00	KERAMOTI	11:04	11:17	11:35	12:06
57,00	66,00	KABOS	11:12	11:26	11:45	12:18
49,00	74,00	ANO SFINARI	11:28	11:44	12:05	12:42
47,50	75,50	SFINARI	11:31	11:47	12:08	12:46
38,50	84,50	PLATANOS	11:49	12:07	12:31	13:13
33,00	90,00	AG. GEORGIOS	12:00	12:20	12:45	13:30
28,50	94,50	<b>KASTELI - FZ 2</b>	12:09	12:30	12:56	13:43
24,70	98,30	KALOUDIANA	12:16	12:38	13:05	13:54
23,00	100,00	DRAPANIAS	12:20	12:42	13:10	14:00
21,40	101,60	KOLENI	12:23	12:45	13:14	14:04
13,00	110,00	KALYDONIA	12:40	13:04	13:35	14:30
8,00	115,00	KOLYMBARI	12:50	13:15	13:47	14:45
5,00	118,00	TAURONITIS	12:56	13:22	13:55	14:54
2,00	121,00	MALEME	13:02	13:28	14:02	15:03
1,00	122,00	GERANI	13:04	13:31	14:05	15:06
0,00	123,00	PLATANIAS	13:06	13:33	14:07	15:09
		Total ascent 2.525m				

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#### **Stage 4: Therisso Gorge**

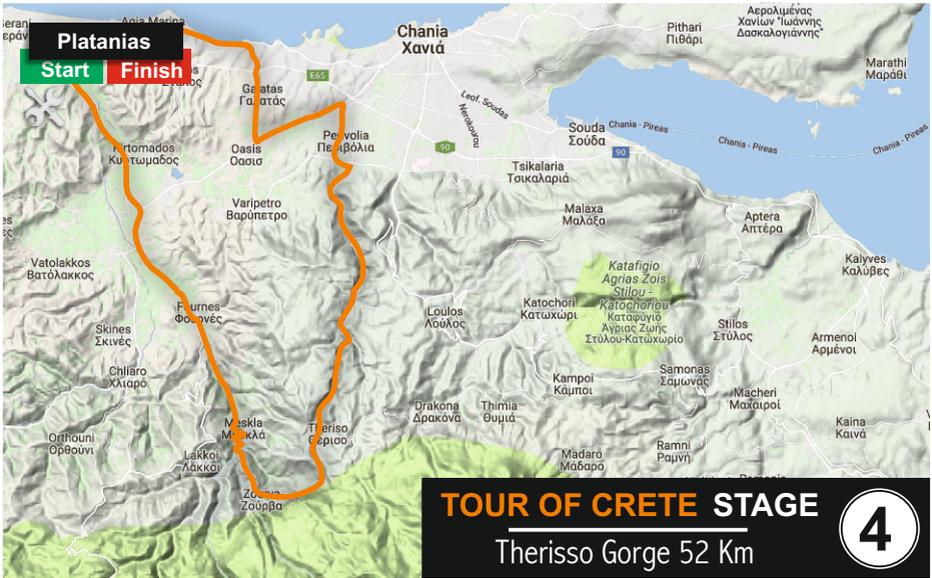
**distance: 52Km**

**total vertical gain: 1073m**

Stage 4 of the Tour of Crete leads further inland into the prefecture of Chania. The distance may seem short at a total of 52 kilometers, but the scenic diversity, the gorgeous albeit challenging climb of Zourvas and the passing through the tall and narrow Therisso Gorge, will leave you surprised in how all this can be distilled in so few kilometers. This is one of the many marvelous attributes that Crete has to offer to you.

The stage could be described as having a single long grade 1 climb that starts off easy and steadily ramps up to steep gradients. The initial 10 km into the plains of Alikianos are pretty much flat and packed with lemon, orange and olive trees. Past Alikianos it's a steady climb up the gully of Keritis river up to Meskla village where the scenery changes into a dense foliage of sycamore trees. Just past the slightly village church begins the climb of Zourvas. The following kilometers offer multiple turns, ever-increasing gradients and striking landscapes leading up to the intense final 9 km with 522 m of climb into an elevation of 706 meters above sea level. Past that point it's pretty much descending for the next 10 km with a passing through the thrilling Therisso gorge. After having visited numerous villages and 13 additional kilometers later, the riders return to spend their last day in Platanias.





## Ascents of the day

Zourba, 706,5m, (HC class), 595M+, 10,6Km, 2,9-13% avg



Distance in Km		Stage 4 Route	Timetable Km/h			
-	+		30	27	24	20
52,30	0,00	PLATANIAS	<b>9:00 AM</b>			
47,70	4,60	PATELARI	9:09	9:10	9:11	9:13
44,16	8,14	EPISKOPI	9:16	9:18	9:20	9:24
39,80	12,50	FOYRNES	9:25	9:27	9:31	9:37
35,60	16,70	MESKLA	9:33	9:37	9:41	9:50
30,10	22,20	ZOURVAS	9:44	9:49	9:55	10:06
24,30	28,00	THERISSO	9:56	10:02	10:10	10:24
13,30	39,00	PERIVOLIA	10:18	10:26	10:37	10:57
7,80	44,50	GALATAS	10:29	10:38	10:51	11:13
5,80	46,50	KATO STALOS	10:33	10:43	10:56	11:19
3,00	49,30	St MARINA	10:38	10:49	11:03	11:27
0,00	52,30	PLATANIAS	10:44	10:56	11:10	11:36
		Total ascent 1073 m				



# Rethymnon



## **Rethymnon**

is located on the northern Mediterranean coast, between the prefectures of Chania and Heraklion. The town still maintains its old aristocratic appearance, with its buildings dating from the 16th century, arched doorways, stone staircases, Byzantine and Hellenic-Roman remains, small Venetian harbor and narrow streets. The Venetian Loggia and the municipal gardens are also some sites that you don't want to miss. The town of Rethymnon offers great recreational opportunities such as small bars near the seaside, clubs, restaurants and many picturesque taverns. The locals, similarly to the vast majority of Cretans, are very hospitable people and casually try to make any visitor feel like home.





## **Stage 5: Platanias – Rethymnon**

**distance: 98Km**

**total vertical gain: 1682m**

Today we will be cycling towards the eastern part of the island and will end up in Rethymnon, having though to cross one of the most outstanding greenest districts of Chania region, Apokoronas.

Leaving behind cosmopolitan Platanias and the historical town of Chania, we cycle as a group until the 15th km where Mournies village marks the start of the first climb of the route. The length of the climb is 10kms and the elevation reads 400 meters. On the hilltop, slightly before Malaxa village (461 m), the view pays us off, as from this point we can gaze the Souda Gulf and its coastline, Akrotiri cape and the seaside villages of Apokoronas.

From Malaxa village starts the stiff descent of 16 kms until the seaside village of Kalives. The scenery has already turned from rocky, sparse greenery to fully dense with tall impressive trees and gurgling rivers.

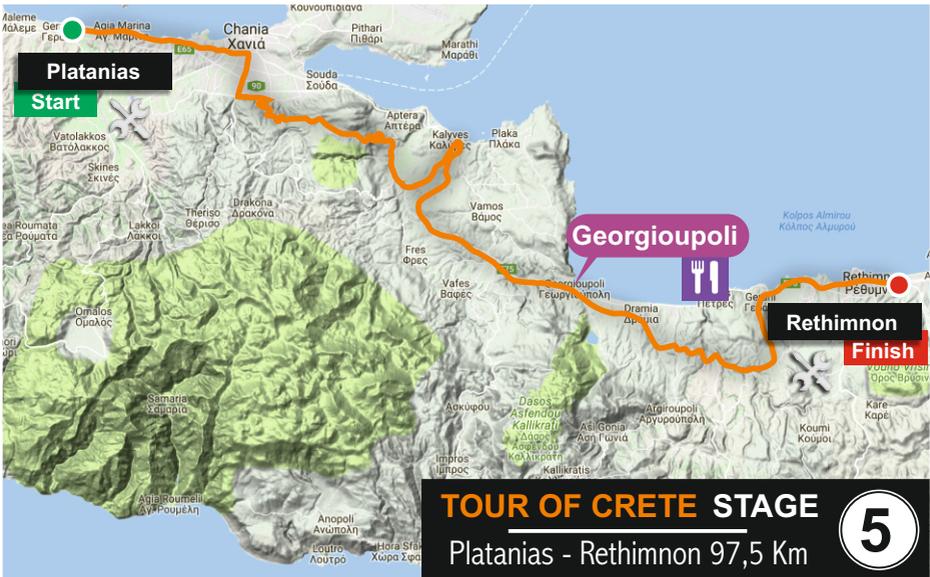
The next 8kms are uphill until Agioi Pantes village (49th km, 149 m).

The scenery is altering once again to cypress forest, and the route becomes fairly decent and leads us to Argiroupolis (62nd km, 1,5 m), to the feed zone of the day.

The next 22 kms lead us to the inland of Chania and Retimnon districts making our way through picturesque traditional communities with continuous alters of gradient sign of the terrain until Fratzeskiana (84th km, 258 m).

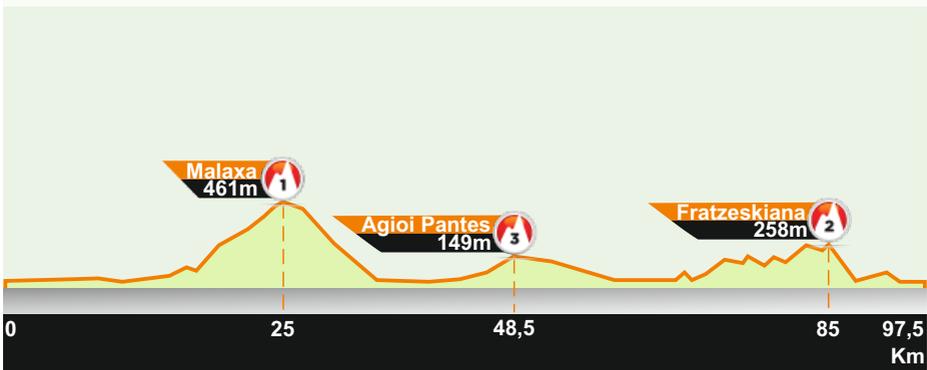
Here we witness another side of the diverse scenery with the dry stone sided narrow streets which is the last part of our route. After crossing through Gerani and then Violi Charaki, we almost reach Rethymnon for the final 5kms until we reach our finishing point for this stage.





## Ascents of the day

- Trialonía, 300m, (1st class), 295M+, 17Km, 2,9-13% avg
- Louhi, 563m, (3rd class), 508M+, 16Km, 2,4-13%
- Amigdalokefali, 544m, (2nd class), 89M+, 4,6Km, 3,5-13%



Distance in Km		Stage 6 Route	Timetable Km/h			
-	+		30	27	24	20
97,50	0,00	PLATANIAS	<b>9:00 AM</b>			
80,10	17,40	NEROKOUROU	9:34	9:38	9:43	9:52
72,30	25,20	MALAKSA	9:50	9:56	10:03	10:15
57,00	40,50	KALIVES	10:21	10:30	10:41	11:01
53,90	43,60	ARMENOI	10:27	10:36	10:49	11:10
52,20	45,30	NIO HORIO	10:30	10:40	10:53	11:15
48,30	49,20	AGIOI PANTES	10:38	10:49	11:03	11:27
42,30	55,20	VRISES	10:50	11:02	11:18	11:45
35,50	62,00	<b>GEORGIROUPOLI – FEEDZONE</b>	11:04	11:17	11:35	12:06
32,50	65,00	ASPROULIANOI	11:10	11:24	11:42	12:15
29,50	68,00	METAMORFOSI	11:16	11:31	11:50	12:24
25,50	72,00	EPISKOPI	11:24	11:40	12:00	12:36
15,50	82,00	KATO VARSAMONERO	11:44	12:02	12:25	13:06
13,50	84,00	FRATZESKIANA	11:48	12:06	12:30	13:12
10,50	87,00	GERANI	11:54	12:13	12:37	13:21
5,00	92,50	ATSIPOPOULO	12:05	12:25	12:51	13:37
0,00	97,50	RETHIMNO	12:15	12:36	13:03	13:52
		Total ascent 1682 m				



# Heraklion



## **Heraklion**

is the largest urban centre in Crete, the capital of the region and the economic centre of the island. The first European civilization, the Minoan civilization, flourished on this land 5000 years ago. Currently the population of the municipality of Heraklion is approximately 150.000 people. It is a very dynamic and cosmopolitan town, particularly during the summer period when thousands of visitors can be seen shopping in the market or visiting the museums and other places of interest. During the last 20 years the city has made also a remarkable progress in the academic and technological fields.



# Skinakas Challenge



Skinakas Challenge is both separate from and, at the same time, part of the Tour of Crete. It is a standalone racing event, organised by Atlas Cycling Team of Rethymnon with the technical support of Cretan Sports Cycling and officially recognized by the Greek Cycling Federation. Additionally, the race route of Skinakas Challenge is also a segment from the route of Stage 6 of The Tour of Crete. That day all racers and tourers will share a common start in Rethymnon. Additionally all Tour of Crete participants that ride Stage 6 are automatically registered for Skinakas Challenge as competitors in the Open category. They are free to ride in a competitive or touring pace as they see fit. Any participants bearers of a valid racing license in Men's, Women's or Masters Category may additionally register as such, provided they show their racing license in the race's secretariat before the event's start.

Why:

Skinakas Peak is the highest point anyone can reach by road in Crete and tops at 1750 meters. At the top also resides Skinakas Observatory of the University of Crete which rightfully serves as the icon of this event. Skinakas Peak has long been a site of local cycling pilgrimage and a climb of soul-searching that is long known to have separated “the boys from men” on the way to the top. Provided the mountains feel hospitable on the day of the climb, once one reaches the observatory, he can then gaze upon the marvelous view of both the Cretan Sea in the North and the Libyan Sea in the South around this majestic island that Crete is.

distance: 92,2Km

total vertical gain: 3.244m

The race begins from the city of Rethymnon at sea level and it is pretty much an honest constant uphill from there to the top.



## **Stage 6 : Rethimnon - Skinakas - Heraklion**

**distance: 139Km**

**total vertical gain: 3296m**

The last day of the Tour is probably the most demanding and is worthily entitled as 'King Stage'. Since the starting point, Tsesmes village until the highest asphalt point in whole Crete, Skinakas peak, will be time trial. Skinakas has an altitude of 1750m and leads to Psiloritis Mountain, where Skinakas Observatory and shelter are.

Peloton begins from the hotel, grouping up for the first 4kms until Tsesmes village. There will be the kick start of the 'Skinakas Challenge 2017' race. The coming 87kms with total ascent of 1,734m will challenge our courage, resistance and strength of the athletes that have taken part in this racing aspect of the tour.

The breakdown of the route is as followed:

**1st part:** Tsesmes – Arkadi Monastery (525, 7m)

An uphill distance of 16kms with total ascent of 478m. A bench mark of this part is the historical Arkadi Monastery.

**2nd part:** Arkadi Monastery (525,7m) – Pسالities (185,1m)

The total length of this part is 22 kms. It is mainly downhill, with a smooth uphill sections and a total descent of 340m. A breathtaking route as the crossing through the picturesque villages like Eleftherna, Ancient Eleftherna, Kinigianna, Pigougianna.

**3rd part:** Pسالities (185,1 m) – Zoniana (658,1m)

An uphill part of 21kms and total ascent of 473m whose main characteristic is the wildness and the plentiness of its villages as well as the downhill sections in multiple spots.

In Agios Mamas village (51st km) we will reach the first feed zone.

**4th part:** Zoniana (658,1m) – Anogia (798,9m)

One fourth of this small part of 5 kms is downhill and the rest uphill with a total descent of 140,6 m. In the midpoint of Anogia village we find the second feed zone, which marks the beginning of the 'King' ascent towards Skinakas peak.

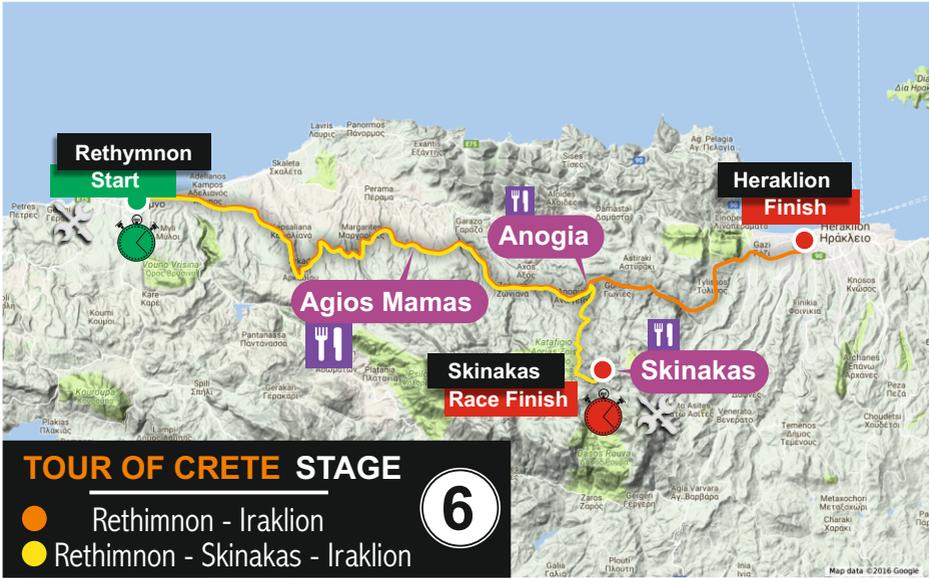
**5th part:** Anogia (798,9 m) – Skinakas (1,750 m)

The last 20 kms of this epic race. 20 KMS of nonstop uphill, in an alpic scenery and a total ascent of 951m with up to 23% gradient. By the time we reach the Peak will be the end of the time trial and we will be at the third feed zone.

**6th part:** Skinakas (1,750m) – Heraklion (5m)

The moment of the greatest descent towards the city of Heraklion and the end of the Tour. These final 49km of a relaxed pace will counteract the days' effort and will lead us to the finish line.





## Ascents of the day

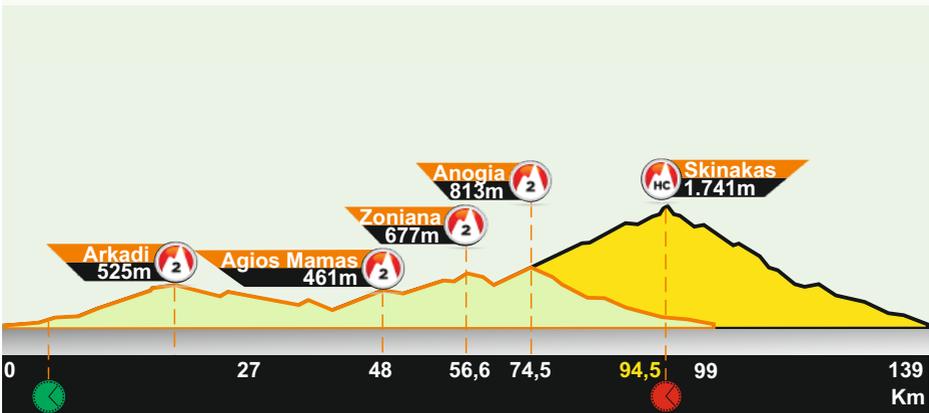
Arkadi, 525m, (2nd class), 515M+, 17,5Km, 2,5-8% avg

Agios Mamas, 461m, (2nd class), 282M+, 8,1Km, 3-7%

Zoniana, 677m, (2nd class), 250M+, 9Km, 3-10%

Anogia, 813m, (2nd class), 271M+, 6Km, 3-9%

Skinakas, 1.741m, (HC class), 928M+, 20Km, 3-15%



Distance in Km		Stage 6 Route	Timetable Km/h			
-	+		30	27	24	20
140,00	0,00	RETHIMNON	<b>9:00 AM</b>			
138,50	1,50	MISIRIA	9:03	9:03	9:03	9:04
136,00	4,00	TSESMES	9:08	9:08	9:10	9:12
133,50	6,50	ADELE	9:13	9:14	9:16	9:19
132,00	8,00	PIGI	9:16	9:17	9:20	9:24
130,50	9,50	LOUTRA	9:19	9:21	9:23	9:28
127,50	12,50	KYRIANNA	9:25	9:27	9:31	9:37
123,80	16,20	AMNATOS	9:32	9:36	9:40	9:48
120,00	20,00	MONASTERY OF ARKADI	9:40	9:44	9:50	10:00
112,60	27,40	ELEFThERNA	9:54	10:00	10:08	10:22
108,50	31,50	ANCIENT ELEFThERNA	10:03	10:10	10:18	10:34
106,50	33,50	KYNIgIANA	10:07	10:14	10:23	10:40
105,00	35,00	PIGOUNIANA	10:10	10:17	10:27	10:45
103,50	36,50	ORTHEs	10:13	10:21	10:31	10:49
101,50	38,50	KALANDERE	10:17	10:25	10:36	10:55
100,50	39,50	KALAMAS	10:19	10:27	10:38	10:58
99,00	41,00	PASALITES	10:22	10:31	10:42	11:03
95,20	44,80	HOUMERI	10:29	10:39	10:52	11:14
94,00	46,00	KRASOUMAS	10:32	10:42	10:55	11:18
92,50	47,50	KERAMOTA	10:35	10:45	10:58	11:22
90,00	50,00	ABDELAS	10:40	10:51	11:05	11:30
89,00	51,00	<b>AGIOS MAMAS - FEEDZONE 1</b>	10:42	10:53	11:07	11:33
86,10	53,90	AGIOS IOANNIS	10:47	10:59	11:14	11:41
82,30	57,70	KALYBOS	10:55	11:08	11:24	11:53
80,00	60,00	LIBADIA	11:00	11:13	11:30	12:00
77,80	62,20	KRANA	11:04	11:18	11:35	12:06
76,00	64,00	ZONIANA	11:08	11:22	11:40	12:12
71,00	69,00	ANOGIA	11:18	11:33	11:52	12:27
65,50	74,50	<b>ANOGIA-FEEDZONE 2</b>	11:29	11:45	12:06	12:43
25,50	94,50	<b>SKINAKAS</b>	12:09	12:30	12:56	13:43
30,00	110,00	ANOGIA	12:40	13:04	13:35	14:30
27,00	113,00	SISARHA	12:46	13:11	13:42	14:39
22,00	118,00	GONIES	12:56	13:22	13:55	14:54
10,00	130,00	TYLISSOS	13:20	13:48	14:25	15:30
0,00	140,00	AMOUDARA - IRAKLION	13:40	14:11	14:50	16:00
		Total ascent 3.301m				

# Practical info

The Tour of Crete is open for everyone: semi-professional cyclists, amateur champions, cycling lovers who are focused on training, but also beginners who want to step up to the challenge. You will meet all kinds of riders at this cyclosporitive and we are eager to welcome everybody. There is no selection according to ability or performance level. However, in order to partake, it is essential to have prepared accordingly in advance. This is a challenging cyclosporitive which requires proper training in order to handle the physically demanding terrain.

**WHAT TYPE OF CYCLING EVENT IS THE TOUR OF CRETE?** The Tour of Crete is a non-competitive multi-day cyclosporitive, officially recognised by the Greek Cycling Federation

**IS THE TOUR OF CRETE A TIMED EVENT?** The Tour of Crete cyclosporitive is not a timed event. Only Skinakas Challenge at the 6th stage will be timed race , for the participants who would wish to take part to that.

**I VIEW THE EVENT AS A WAY TO DISCOVER CRETE / AS A WAY TO TRAIN AND CHALLENGE MYSELF, IS IT FOR ME?** Yes, absolutely. This, as stated throughout the website, is a challenging cyclosporitive even for competitive athletes. But not so much pace-wise as it is terrain-wise and that is by design for both. We want to take people through the most fascinating memorable corners of Crete, so we are not afraid to hit the mountains or gorges if it comes to it.

**WHEN DOES THE EVENT START?** The Tour of Crete starts on Monday, May 15th. All cyclists must arrive no later than Sunday May 14th in order to attend the welcome & information evening gathering. The end of the Tour of Crete is on the 20th of May after finishing the 6th and final stage. Departure day is Sunday, May 21st. If a participant wishes to spend more time in Crete, for training or relaxation, please feel free to let us know in advance and we can organize it for you.

**ARE THE ROADS CLOSED TO TRAFFIC DURING THE EVENT?**

Officially the roads are not closed during the tour. Police officers in their vehicles and informed volunteers with motorbikes will be specifically tasked to handle the traffic and establish a protective buffer for the entirety of the event. However every cyclist is required to obey all local traffic laws for his own safety and is expected in no situation to ever compromise the safety of others.

**HOW CAN I REGISTER?** Riders can only register through the official website [www.tourofcrete.com](http://www.tourofcrete.com) - registration form.

**I HAVE A SPECIFIC INQUIRY AND/OR REQUEST. HOW DO I GO ABOUT IT?**

Please feel free to contact us for any further information or arrangements by using the contact form on our website.



## What is behind crete-cycling.com?

Our Crete Cycling network wants to make a contribution in helping you to find your personal best trail on the island alongside with the most fitting equipment. Our website will provide you all information about the different opportunities on Crete. Plan your stay conveniently from home - choose between an individual or group-experience with your own or rented bike.

Would you prefer a mountainbike vacation doing day trips and relax at the beach partially? Or are you more interested in doing a multi-day tour in the East of Crete riding from hotel to hotel? Or are you more the type for a late summer vacation cruising your roadbike the Messara plain for a week? Guided or self guided by our GPS devices. If you want to improve your fitness you can take part in one of our bootcamps in spring. - anything is possible.

If you want to rent a bike, you can do so by picking it up at one of our bike centers or take advantage of our service and get it delivered directly to your accommodation on the island.

If you are spending your holiday in the beautiful city of Heraklion and are looking for a special sightseeing event - why don't you try our guided city-cycling tour! For even more ambitious cyclists the Tour of Crete from the 15th to the 20th of May 2017 might just be the thing! All information and booking options you will find on [www.crete-cycling.com](http://www.crete-cycling.com)

Crete itself is known for the hospitality of its inhabitants its mild climate in spring and autumn and dry summer days in July and August. But the island holds much more than that! The season lasts from February till late November and therefore provides its tourists much more possibilities. When the locals celebrate traditionally we drive by on our bikes. If the beach sand burns your feet we head up into the mountains and while on other islands cyclists battle for the last spot on a concrete, we enjoy fundamental training in the Messara plain along olive groves.

New in 2017! E-bikes for rent - check out [www.crete-cycling.com](http://www.crete-cycling.com)

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**650 Km**  
TOTAL DISTANCE

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EPIC RACE  
3,244 M+  
92,2Km

**"SKINAKAS CHALLENGE"**