★ ★ ★ ★ Route 4: Roundtrip Stoupa Proastio Exochorio Saidona (about 4 hrs)

View Ranger Shortcode oneone0004
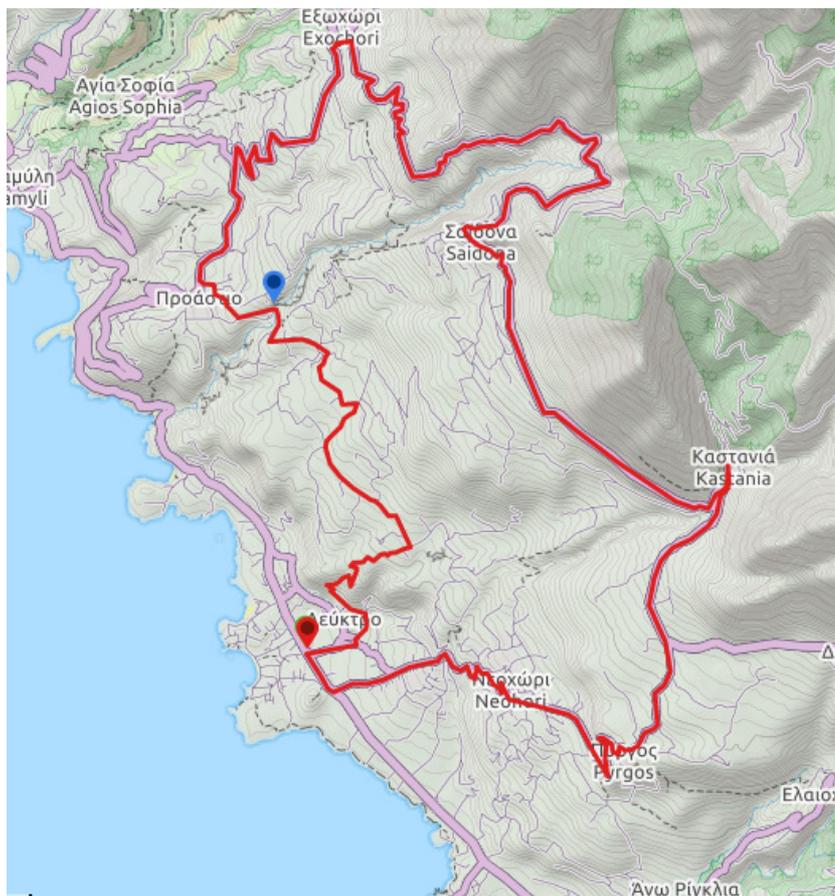
Start at the bakery, cross the main road and enter the small road opposite.

Go second left over the bridge:
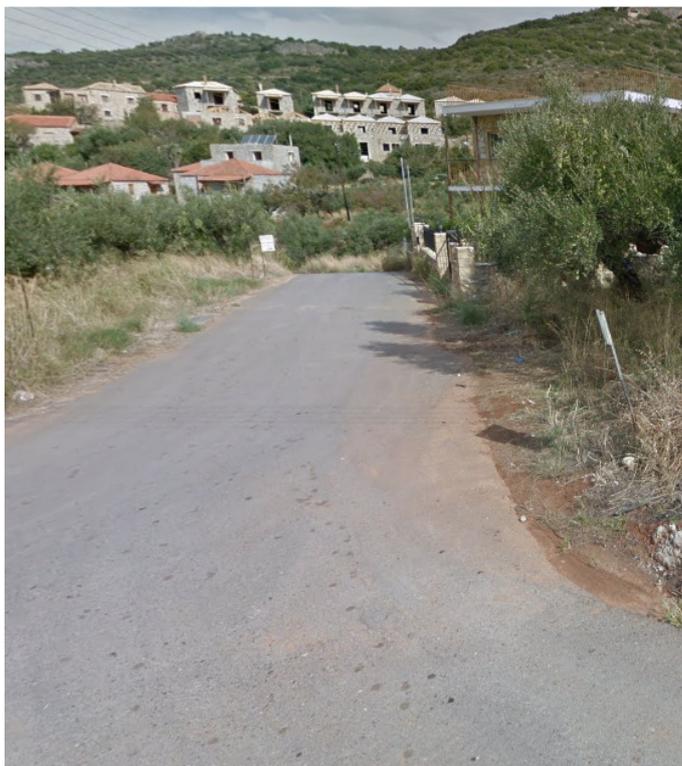
Go directly right after the bridge and take the high path at the end.
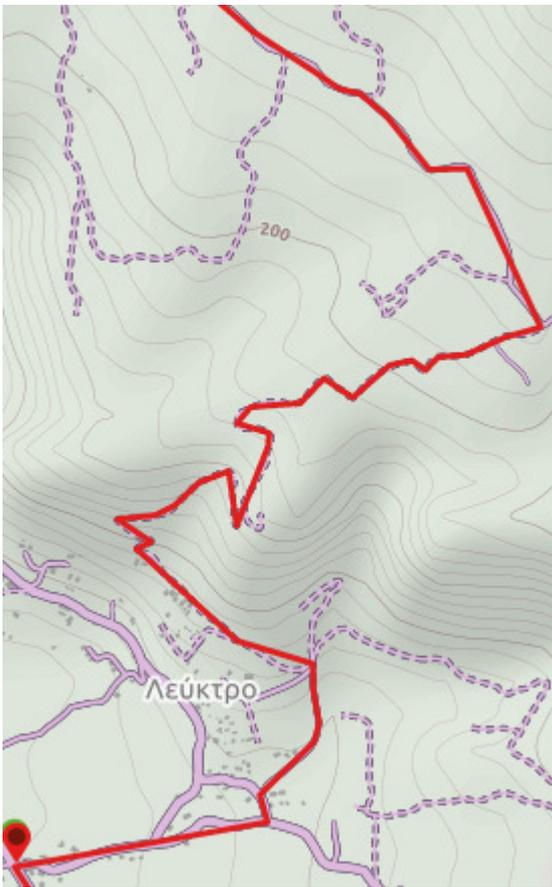
Follow the map, it is a bit of a puzzle and you might want to push the bike in places instead of staying on your saddle. No asphalt, but very do-able:

After some struggle you will find asphalt again and take the very smooth road to the left in the direction of Proastio. This is locally known as the Gonatsa highway. 😉

After some time you will cross this magnificent bridge:

Continue straight on.

You will soon see Proastio to the left. You can take some time to explore this nice village. Ask where to find refreshments, it is available, but it moves around.

If you stick to the map, please go right when you meet the bigger road:

From here it is a matter of staying on the same road.

After a very nice stretch with the same gradation up, you will find Exochori.

For very nice views into one of the most beautiful gorges in the area take a detour to Chora:
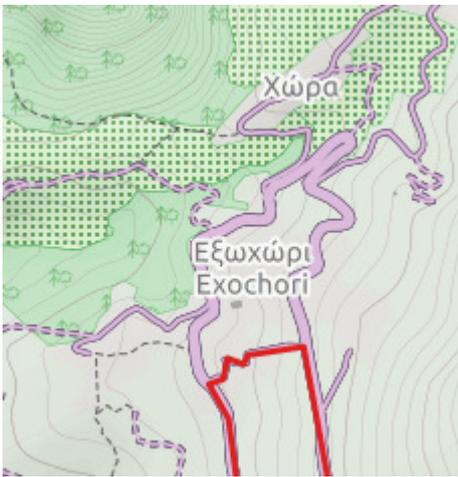
In Chora, you will find Hotel Faraggi with a rooftop terrace with stunning views into the gorge.

If you decide to stick to the route you will also find a good place to enjoy the view to the sea:

Just 5 minutes after Exochori you will find this: Restaurant Me Thea, on the right. Great views from the balcony at the back.
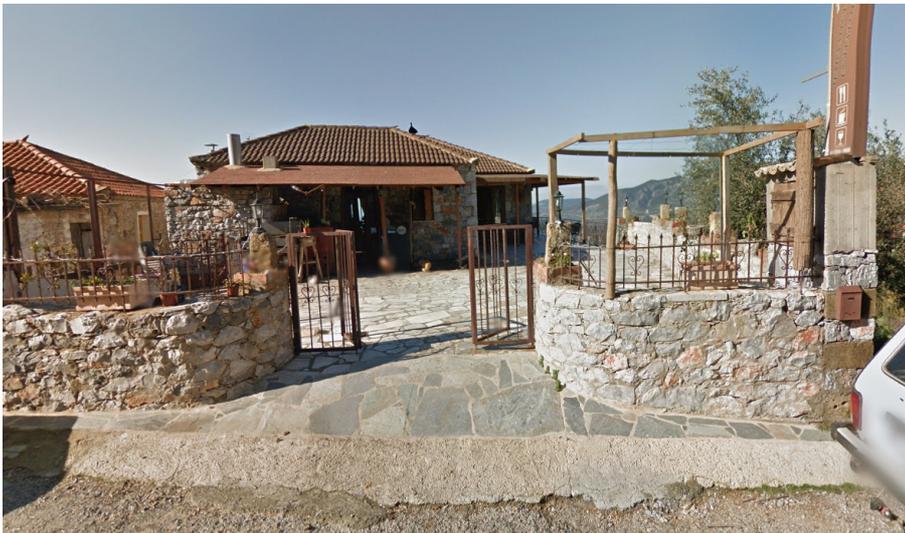
After some struggle (up again!) you pass an old Mani tower on your right.

Stay on the road and cycle through Saidona.

Continue to follow the road to the crossroad with Kastania to the left;

It is a small detour but surely worth it!

The main route is to the right.

The village square in Kastania:

Beer is now an option as from now on you will only descend.

From Kastania just take the winding road down to end up at the main road in Stoupa.