



Assuming that you have a strong stamina, the entire Achaia prefecture is ideal for cycling and even more mountain biking. The mountainous area of Kalavrita with its magnificent forests of Tritaia region (between the villages of Alepoxori and Kalentzi), Ladonas River and the homonymous lake, Mount Movri at western Achaia, are only a few of offered routes for wonderful walks through nature.

Two of the most interesting tracks are:

- Lambia mountain tour. It lasts two days and you can camp at night. Starting from the Lambeia village you head through forest roads (with dirt and asphalt) to the villages of Astra, Platanitsa, Kriovrisi, Kalyvia, Tsipiana and Spartoulia and return to your starting point.
- The route that connects villages Xirokambos, Souvardo and Tsivlou Lake. This route is shorter, lasting only three hours, but it is equally fascinating.