



TALETON MOUNTAIN BIKE TOURS



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EXPLORE MESSINIA BY MOUNTAIN BIKE



We're passionate about exploring the world by mountain bike and we offer true mountain bike activities at a carefully crafted combination of physical challenges and cultural interests.

We organize and support bike excursions around Messinia region, with specialty in the mountain range of Taygetos. We have the knowledge to get you closer to the true character of our place & maybe offer you an adventure a bit different than the usual tourist attractions.

Not only are our guides experts, they are also locals of Messinia. They use their local knowledge and insights to get you closer to the countryside, closer to the culture and closer to the people, revealing the hidden gems of inspiration that only local people know about. And we use this local knowledge to make sure the whole journey embraces the best of our area.



Taleton MTB Tours powered by the Basement Bike Shop

Basement Bike Shop established in 2010 by Mike Vasileiadis in order to serve the Bike & Street Scene of Messinia. Bicycle is a way of life for Mike and he knows all of the details that will make it rolling with great security in the streets as in mountain trails.

With a full range of parts & quality services Basement Bike Shop can stand in any need of the cyclist.

How it works

1. Find the destination:

It is a fact, we have a ride for every will. We will help you pick the appropriate mountain ride. Is it gravel, mud, rock or grass, down-hill, enduro, trails or dirt road. Messinia Area have it all and we will help you chose the right one.

2. Bring or rent your mountain bike and equipment

Bicycle for us is a way of life and so we know all of the details that will make it rolling with great security in the streets as in mountain trails. In our bike shop we have bike options for everyone. We may provide you with mountain bike, helmet, gloves, waterpacks and whatever you may need for your mountain ride.

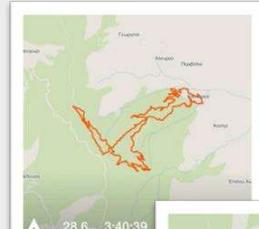
3. Enjoy the ride

We do that mountain rides many years now. It is our hobby and some say those are “our” trails. We say mountain Taygetos and nature in general are the reasons we go out there with our mountain bikes. Our team of mountain bike guides are locals, experienced and will make sure that your ride will be memorable.

Destinations

Route 1. The Kastori MTB Challenge

Starting from Kastori Village at 600m altitude and following an uphill gravel road inside the forest, the peak of Agios Panteleimon at 1600m awaits for the start of a fantastic trail down ride at Taygetos east side.



The total length of this ride is 29km and the total elevation 1200 m

Total Length:	28 km	Pedal Time:	4hrs
Elevation:	1200m	Fitness:	Hard
Style:	Enduro	Skill:	High

This ride could easily be an Enduro Mountain Bike World Championship race. It is a fact, for those who dare to make it all, their strength is absolute and their fitness at its best.

group of 5

traditional treat included (figs, walnuts, pasteli...)

The ride covers variety of terrain, fantastic views and is ideal for a full day ride

Route 2. North Taygetos to Kalamata Tour

This is a perfect mountain bike ride to get familiar with Taygetos Mountain. Starting from Agios Nikolaos, inside the forest, it crosses Taygetos from north to south west, finishing at Kalamata city.



The ride has short uphill and long downhill sessions. Passes just over Rintomo gorge from Altomira village, with the astonishing view of Mani area and Taygetos peak.

Total Length:	60 km	Pedal Time:	5 hrs
Elevation:	500m	Fitness:	Medium
Style:	Enduro Tour	Skill:	Medium

This ride is appropriate to any rider and ideal for a full day tour.

group of 5 traditional treat included (figs, walnuts, pasteli...)



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Route 3. The Taygetos Down ride

The ride starts from Touristikо, passes through old mountain villages of Taygetos, over Rintomo Caynon and from Altomira, where the view of Outer Mani is magnificent.



Total Length:

40 km

Pedal Time:

2-4 hrs

Elevation:

1200m

Fitness:

Medium

Style:

Enduro Tour

Skill:

Low

group of 5 traditional treat included (figs, walnuts, pasteli...)

Route 4. Downtown Kastori

Starting from Agios Panteleimon at 1600m ending to Kastori Village at 500m altitude. A trail ride and following and downhill open hard gravel ride inside the forest. This is a true enduro/downhill ride in a fantastic natural trail on east side of Taygetos.



This ride could easily be an Enduro Mountain Bike World Championship race. It is a fact, for those who dare to make it all, their strength is obsolete and their fitness at its best.



Total Length:	14 km	Pedal Time:	2 hrs
Elevation:	1200m	Fitness:	Hard
Style:	Enduro	Skill:	High

The ride covers variety of terrain, fantastic views and is ideal for experienced riders.

group of 5 traditional treat included (figs, walnuts, pasteli...)



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Taleton MTB Tours - Basement Bike Store

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Nedontos 64str, Kalamata, Messinia

Open Hours

<u>Monday:</u>	09:30 – 14:00
<u>Tuesday:</u>	09:30 – 14:00 & 17:00 – 21:30
<u>Wednesday:</u>	09:30 – 14:00
<u>Thursday:</u>	09:30 – 14:00 & 17:00 – 21:30
<u>Friday:</u>	09:30 – 14:00 & 17:00 – 21:30
<u>Saturday:</u>	09:30 – 14:00