



8 days /
7 nights
12 PERSON LIMIT

GREECE *Adventure*



A WORLD CLASS TRAIL RUNNING ADVENTURE THROUGH THE ANCIENT LANDSCAPES OF GREECE



Run the trails

Experience Greece's most breathtaking routes — from Athens' historic streets to the vineyards of Nemea, the alpine ridges of Arcadia, and the car-free island of Hydra. You'll run coastal trails, mountain paths, and ancient routes once walked by Spartans and heroes of myth. Distances are tailored to the group, balancing challenge and reward.



End-to-End Service

From the moment you arrive in Athens, every detail is arranged — boutique 4-5 star hotels, seamless transfers, authentic Mediterranean meals, and expert local guides. Whether you're exploring mountain villages or island coastlines, all you need to bring is your spirit of adventure — we'll handle the rest.



Beyond the Trails

This journey is about more than running — it's your chance to immerse yourself in Greece's ancient spirit. Visit archaeological sites and Byzantine citadels, enjoy wine tastings and cooking workshops, sail across the Saronic Gulf, and relax in seaside towns. Every moment off the trail is as unforgettable as the runs themselves.



Contact:

Braz & Anna

hello@trailrunadventures.com

+1972-835-6124

www.trailrunadventures.com

**Book
Today!
Limited
Spots.**



Why GREECE



MYTH, MOUNTAINS, AND THE MAGIC OF THE MEDITERRANEAN

Step into the ancient spirit of Greece, where every trail carries echoes of myth and history. You'll run (or hike) through vineyard valleys in Nemea, across alpine ridges in Arcadia, and along coastal paths in Nafplio. Climb to the summit of Hydra's Mount Eros, explore the heritage of Sparta, and wander the timeless streets of Athens. Paired with seamless logistics, expert guides, and boutique accommodations, this is more than a running trip — it's a journey through myth, mountains, and Mediterranean magic.



— “ —

*The runs were
incredible and Braz
ensured that every
running ability was
looked after...*

Alexandra, Oct 2024

— ” —



Why TRAIL RUN ADVENTURES



Welcome to Our Adventure Family

Trail Run Adventures stands out for its personal, authentic and unique approach to adventure travel. As a passionate family-run business, founders Anna and Braz personally plan every adventure, ensuring an exceptional level of care, attention to detail, and connection with each participant, often running along beside you on breathtaking and carefully curated trails, away from the tourist crowds. The supportive atmosphere ensures every runner of every ability feels welcome, which is why so many guests return for their next unforgettable adventure.

Who are We?

Ron Braselton “Braz”: is a trail lover, following his heart to run races as he travels and explores new cultures. His sense of adventure and enthusiasm for life is contagious, and his passion to share that with others is how Trail Run Adventures was born.

Anna Frost “Frosty”: is an international and professional mountain, trail and ultra runner who has decades of experience in racing. From Vertical KMs to 100 milers, and adventures in and out of the mountains, Anna’s wealth of knowledge and passion for sharing her expertise with fellow adventurers means you will gain new skills alongside a new friend. She is also a proud ambassador of SisuGirls, an empowerment project to get girls outside reaching their potential!



GREECE

Itinerary

29th May - 5th June 2026

7 days /
6 nights
14 PERSON LIMIT



Day 1: ARRIVAL

Meals: DINNER

Run: Run: 10–12 km Athens city run

- Arrival in Athens, afternoon run through historic center, Welcome Dinner.

Day 2:

Meals: B + L

Run/Hike: 10–15 km vineyard trails, Nemea

- Visit Corinth Canal & Isthmia, evening run through Nemea vineyards, finish at ancient stadium, winery dinner.

Day 3:

Meals: B + L + D

Run/Hike: 15–20 km alpine trail, Parnon Ridge

- Explore Platanos & Kastanitsa villages, summit Megali Tourla (1934 m), descend to Leonidio, Evening Tsakonian cooking workshop.

Day 4:

Meals: B + D

Run/Hike: 3–15 km Hydra island loop

- Boat to Hydra, climb Mount Eros for Gulf views, explore island history & cafés, return to Leonidio.

Day 5:

Meals: B + L

Run/Hike: Rest day (optional 10 km coastal jog)

- Visit Sparta & Byzantine citadel of Mystras, olive oil tasting, meze dinner, optional sunset run.

Day 6:

Meals: B + L

Run/Hike: 15–22 km Arcadia trails

- Forest run through chestnut & pine, chapels & springs, finish in Kosmas village. Optional climbing or SUP.

Day 7:

Meals: B + L

Run/Hike: 10–15 km coastal trails, Nafplio

- Run seaside & fortress paths in Nafplio, lunch, transfer to Athens, farewell dinner.

Day 8: DEPARTURE

Meals: BREAKFAST

- Closing reflections, group transfer to Athens airport, farewells.

GREECE

What to Expect



Running Distances

TOTAL ESTIMATED DISTANCE: ~85–95km
ELEVATION RANGE: Sea level – 1,934m,
with total gain of +3,000m

Expect a mix of coastal, vineyard, and mountain trails with daily runs from 2–6 hrs. We regroup often, pause for photos, and enjoy the Mediterranean scenery so the distances are not non-stop.

Difficulty Rating (1-5):

2 (Easy-Moderate)

This adventure blends rolling vineyards, coastal paths, and alpine ridges. Runs can be adjusted depending on ability — run or hike at your own pace. A good base fitness (regular 10–15 km runs) is recommended, with comfort on varied terrain. All levels welcome — including partners who prefer hiking or cultural activities.

Local essentials:

Greece is famed for its ancient heritage, warm hospitality, and Mediterranean lifestyle. The official language is Greek, though English is widely spoken. The currency is the Euro (€). Credit cards are accepted in most towns and hotels, though cash is useful in small villages and family-run tavernas.

Transport

Adventure Travel: Transport during the adventure is arranged and included in the price.

Flights:

Once we have confirmed you can book flights, fly in/out from Athens (ATH) Airport.

Airport Shuttles:

A group transfer is arranged and included, both ways.



GREECE

What to Expect



Weather

Late May and early June bring warm spring conditions ideal for trail running and hiking. Expect daytime highs of 20–26°C along the coast and valleys, with cooler mornings and evenings (12–15°C). In the mountains, temperatures can dip lower, especially above 1,500 m. Skies are generally clear, wildflowers are in bloom, and conditions are excellent for both coastal and alpine views.

Meals

Daily hotel breakfasts, picnic trail lunches or meals in local tavernas, and selected dinners in hotels or seaside restaurants. Expect fresh Greek cuisine—grilled meats and seafood, village salads, olives, cheeses, seasonal vegetables, and regional specialties. Vegetarian and dietary needs can be accommodated with notice.

Accommodation

Your accommodation throughout Greece includes a mix of 4–5 star boutique hotels and carefully selected lodges. All offer comfortable twin-share rooms (private upgrade available), modern amenities, and warm Greek hospitality. Stays include:

- Athens: Days 1 + 7
- Nemea: Day 2
- Leonidio: Days 3 - 6





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The Trails



WHERE WE ADVENTURE IN GREECE

This adventure takes you into the **heart of Greece** — along ancient routes of myth and the legendary trails that inspired heroes. From the vibrant capital of **Athens**, to the vineyard valleys of **Nemea**, the alpine ridges of **Leonidio in Arcadia**, the island majesty of **Hydra**, the historic strength of **Sparta and Mystras**, and the coastal beauty of **Nafplio**, you'll explore Greece's most iconic landscapes.





GREECE

Cost



The **Adventure** Investment:

- \$3695 USD: Double/Twin shared room
- \$400 USD Single room supplement for the entire trip
- USD \$1000 non refundable deposit, however, the deposit can be transferred to another adventure, and will be refunded in full if the adventure doesn't go ahead.
- Remaining balance due 90 days prior to adventure..

Inclusions:

- Group airport transfers and all in-country transport, including private shuttles and ferry/boat to Hydra.
- 7 nights' accommodation in boutique 3-4-star hotels/lodges (twin share; private upgrade available).
- Meals per itinerary: daily breakfasts; picnic/restaurant lunches; selected dinners.
- Guided daily runs with expert trip leaders and local guides
- Scheduled sightseeing and entry fees listed in the itinerary (e.g., archaeological sites, museums, winery visit/tasting).
- Luggage transfers between accommodations.
- Daily briefings and on-trip coordination.
- A guaranteed great time!

Exclusions:

- International flights to/from Athens (ATH).
- Travel/medical insurance (required).
- Alcoholic drinks and additional beverages.
- Personal running nutrition/snacks, electrolytes.
- Personal expenses: laundry, souvenirs, phone/data, extra transport outside the itinerary.

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Packing List



For Running:

- Trail running shoes with good grip (+ spare pair)
- Lightweight running tops & shorts/tights
- Moisture-wicking socks (several pairs)
- Lightweight layers (for cool mornings/evenings)
- Lightweight waterproof/windproof jacket (packable, breathable)
- Running vest or hydration pack (1.5–2 L capacity)
- Electrolytes, gels & preferred nutrition (limited availability in Greece)
- Running cap or buff
- Sunglasses (UV protection)
- Sunscreen & lip balm (high SPF — very important in Greek sun)
- Small first aid/blister kit
- Headlamp (for optional early/late runs)
- Insect repellent (mosquitoes common near coast/vineyards)

Post Run & Casual Wear:

- Comfortable clothes for stretching / yoga
- Swimwear (hotel pools, sea swims, natural pools)
- Flip-flops or sandals
- Sweat towel (optional)
- Foam roller or massage ball (optional)
- Recovery drink mix or protein powder (optional)
- Casual clothes for dinners / town visits (light, breathable)
- Light jumper or jacket (evenings can cool off, especially in Arcadia)
- Lightweight daypack (for non-running outings & island walks)
- Sleepwear & underwear

Extras:

- Plug adaptor (Type C, 230 V, 50 Hz) – universal adapter recommended
- Phone and/or small camera
- Power bank
- Passport + printed travel documents
- Personal toiletries + medications (plus small supply of common meds: stomach, pain relief, antihistamines)
- Sanitiser, wipes, ziplock bags

GREECE FAQ



Do I need to be an experienced trail runner?

- This is the ideal trip for everyone. Some experience is recommended, but we welcome runners of all levels — including partners who prefer hiking or cultural activities with no plans to run.

What distance and elevation can I expect each day?

- Daily runs range from 3-22km. Total trip distance is 85–95km. Day 3 is the highest elevation for Megali Tourla, however routes are adaptable to all runners.0m).

What if I want to skip a run?

- That's fine! You can take a rest day to enjoy cultural activities, sightseeing, or relaxation instead.

What gear do I need to bring?

- See detailed packing list - previous section.

Is travel insurance required?

- Yes, valid travel insurance is required and must cover medical emergencies and activity-related risks.

Is accommodation shared?

- Yes, twin share is standard. Private room upgrades are available for a \$400 fee.

Are meals included?

- All breakfasts, most lunches and select dinners, as per the itinerary.

What's the weather like in Greece?

- Late May and early June bring warm spring conditions ideal for trail running and hiking. Expect daytime highs of 20–26°C along the coast and valleys, with cooler mornings and evenings (12–15°C).

Can I come alone?

- Absolutely. Many guests join solo and quickly connect with fellow runners. You'll be welcomed into a supportive, social group with shared passion for adventure.