

# EXPLORE THE SANI FOREST

Ancient woodland, fragrant pines and breathtaking clifftop views; explore our forest trail network as you uncover the unique natural surroundings of Sani Resort. Head off the beaten track with your bicycle for an adventure through the Sani Forest, or choose from the curated trails below, created especially for our guests. Remember, not all trails are quite so bike-friendly, surfaces may be uneven or loose, and climbs may be steep - be sure to follow any signage for diversions or safety!

### Enjoy your ride!

## GREEN TRAIL

The Green Trail is suitable for almost everyone and is relatively flat.

**Suitable for:** Bikers with a little experience

Skills needed: Basic biking skills

Trail and surface types: Relatively flat with some ascents and descents (5km)
Gradients and technical trail features: Climbs and descents are mostly small

in size, while there are no challenging features

**Suggested fitness level:** A good standard of fitness is recommended





## YELLOW TRAIL

The Yellow Trail may encounter some tree roots underfoot, or short, steep slopes along the way, but nothing that a basic mountain bike can't handle.

**Suitable for:** Bikers with some experience **Skills needed:** Basic off-road riding skills

**Trail and surface types:** Uneven surfaces and small obstacles (5 km)

**Gradients and technical trail features:** Most gradients are moderate but

might include short, steep sections

**Suggested fitness level:** A good standard of fitness is recommended





## RED TRAIL

The Red Trail is for experienced mountain bikers, and feature a variety of climbs and descents.

**Skills needed:** Proficient mountain bikers

**Trail and surface types:** Steeper trails and tougher, with technical sections (5 km)

**Gradients and technical trail features:** A range of climbs and descents,

Expect varying surface types

**Suggested fitness level:** A good standard of fitness is recommended





## WHAT YOU WILL SEE

The Sani Bike Tour welcomes you to some of the most beautiful biking trails in Halkidiki; and they're not to be missed! Our trails meander along cliff tops and paths with stunning views of Sani Forest and the sea.

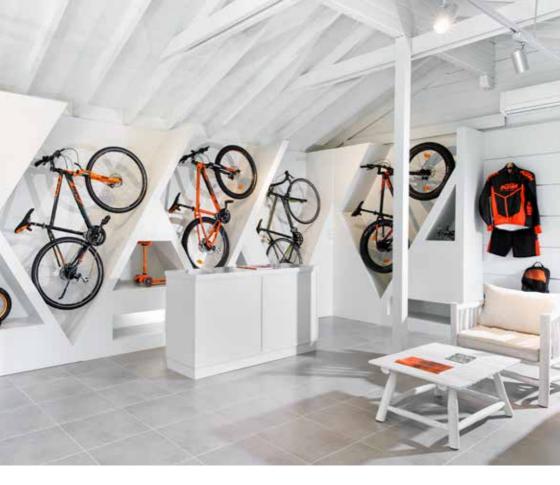
- Rabbits, lizards, turtles and butterflies abound in these woods, depending on the season.
- The area is home to unique, natural treasures which can't be found anywhere else in Halkidiki.
- The valley offers a wide range of flora, including oak trees (which Kassandra was reportedly covered with before the time of the Persian occupation) and other plants rarely found in Halkidiki.

### Please remember:

- For an easier, shorter journey you can choose to complete the **GREEN** Trail, instead of the longer and more challenging **YELLOW** and **RED** Trails
- Make sure to take lots of water with you
- Take care! Mountain biking is a potentially hazardous activity carrying a significant risk. Please consider your skills and abilities carefully before choosing a trail

### Rules of the Trail:

- · Ride only on open trails
- Be sure not to leave any litter!
- Control your bicycle
- Give way to pedestrians or other cyclists appropriately
- Never scare the wildlife you may encounter
- $\hbox{\bf \cdot} \hbox{Cigarettes and smoking materials must} \ be \ extinguished \ properly \ and \ never \ littered$



# BIKING ACADEMY

The Sani Biking academy offers tours, organised lessons and sessions with a collection of professional bikes by KTM and certified instructors for the whole family. A unique cycling experience with tour options and pump tracks, fun extras, like Go-Pro action cameras to take with you and photos taken of your experience. Sani is the perfect place to go cycling, our bikes can be used anywhere and by all ages.

### **INFORMATION & BOOKINGS**

Internal phone number #8380 | tel +30 23740 99520 | sanibikeacademy@saniresort.gr

### KIDS BIKE TOUR

Little riders starting at the Bike Center, will cycle for 2,5 km through the Mesonisi forest to discover the landscape & nature of the area. All participants will be gifted a Sani Biking Academy flask.

Schedule: Mondays 10:00 - 11:00, for guests 8 to 13 years old

**Ratio**: 1:8

Total distance: 5km

Charge: 20€ per participant. Reservations required

#### MOUNTAIN BIKE TOUR

Starting at the Bike Center, participants will ride for 5 km until the Gerani lake in the Sani Wetlands, for the opportunity to enjoy breathtaking scenery.

**Schedule**: Tuesday, 17:00 - 18:00, for guests older than 12 years old

**Ratio**: 1:8

**Total distance**: 10km

Charge: 20€ per participant. Reservations required

### **E- BIKES MOUNTAIN TOUR**

Starting at the Bike Center, participants will ride for 10 km through the forest path.

**Schedule**: Friday, 10:00 - 11:00, for guests older than 12 years old

**Ratio**: 1:8

**Total distance**: 20km

Charge: 30€ per participant. Reservations required

### **PRIVATE LESSONS**

Guests of all ages will have the opportunity to learn balance and biking techniques in the safe environment of Sani Resort, held mainly on the path from the Bike Center to the Garden Theater.

**Schedule**: Daily, 09:00 - 19:00

**Ratio**: 1:1

**Charge**: 60€ per participant per hour (10% off for 5 lessons). Reservations required

### PUMP TRACK (free of charge)

Sani Resort's Pump Track provides the ideal access to cycling from toddlers to professional cyclists. The track is designed to encourage learning and promote an active outdoor lifestyle for all.

**Operating hours**: Monday to Saturday

**Beginners session**: 09:00 -13:00 (suitable for guests older than 3 years old)

**Advanced session**: 16:00 - 19:00 (suitable for guests older than 12 years old

**Duration**: The sessions last 30' and participation per session is up to 10 persons. Reservations are required

**Location**: Behind the Chelsea FCF Academy

Meeting point: Bike Center