



SPARTATHLON

INTERNATIONAL HISTORIC ULTRA-DISTANCE RACE ATHENS -SPARTA 246 KLM

ROAD BOOK

26 – 27 SEPTEMBER 2026

- ✓ Detailed information and essential race services
- ✓ Planning and organisation of the athlete's race
- ✓ Understanding the route conditions from Athens to Sparta

01. ROUTE & ELEVATION

The SPARTATHLON is a point-to-point race. The route reaches an elevation of up to 1,200 meters and includes paved roads, dirt roads and mountain trails.

02. AID STATIONS

Aid stations are positioned approximately every 3,500 meters. They provide food, water, refreshments and the personal supplies submitted by athletes in accordance with the organiser's instructions.

03. SAFETY & MEDICAL SUPPORT

The race is conducted under police and medical supervision. Doctors, physiotherapists and ambulances remain available throughout the full 36-hour duration of the event.

04. CHECKPOINT CUT-OFF TIMES

Each checkpoint has a specific cut-off time. Athletes must arrive before the official closing time; otherwise, they will not be permitted to continue the race.

NOTES

Careful study of the checkpoint, distance and cut-off timetables is essential for the athlete's progress and successful completion of the SPARTATHLON race

CHECK POINT	KM FROM START	KM FROM PREVIOUS CHECK POINT	DESCRIPTION	OPENING HOUR	CLOSING HOUR	ASSISTANCE	MEAL FOR ATHLETES AND SUPPORT	DOCTORS AND MASSEURS	ELECTRONIC TIMING	W.C.	DROP BAGS	BASIC CATERING	ADDED CATERING	ISOTONICS
0	0	0	ACROPOLIS - START Odeon of Herodes Atticus (Herodion) GPS: 37.9702, 23.72277	06.30	07.00				✓	✓		NO		
1	3,9	3,9	IERA ODOS 94 kai St Annis GPS: 37.98764, 23.69406	06.55	07.30							ONLY LIQUIDS		
2	9,4	5,5	DAFNI Opposite of the Botanical Garden. GPS: 38.01067, 23.64425	07.15	08.05							ONLY LIQUIDS		
3	13,8	4,4	SKARAMAGKAS – KOUMOUNDOUROU LAKE, Iconostasis on the right. GPS: 38.01882, 23.59916	07.30	08.35							ONLY LIQUIDS		
4	20,1	6,3	ELEYSINA Entry to City, Right towards the Old Highway. LEYKES station GPS: 38.0475, 23.55138	07.45	09.10				✓		✓	✓		
5	22,1	2	ELEYSINA, City Exit. Square on the left, AEGEAN petrol station on the right GPS: 38.04982, 23.5261	08.10	09.30							✓		
6	25,2	3,1	HELLENIC PETROLEUM (ELLINIKI PETRELEA) Left at the main entrance. GPS: 38.03999, 23.50334	08.25	09.45							✓		
7	29,4	4,2	LOUTROPYRGOS Hotel "AKTI" GPS: 38.02604, 23.4704	08.35	10.15							✓		
8	32,4	3	NEA PERAMOS, House at no.97 .Opposite of AVIN petrol station. GPS: 38.0163, 23.4427	08.50	10.35						✓	✓		✓
9	35,5	3,1	NEA PERAMOS Left side of School, opposite of EKO petrol station Barbouni GPS: 37.99991, 23.41491	09.10	10.55							✓		
10	38,9	3,4	MEGARA Eucalyptus left. Opposite of Marmara (Marble) Stamoulis. GPS: 37.99958, 23.3776	09.25	11.20							✓		✓
11	42,2	3,3	MEGARA. Opposite of MyMarket - MARATHON DISTANCE GPS: 37.98805, 23.34691	09.40	11.45				✓			ONLY LIQUIDS		

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12	43,9	1,7	Old petrol statio, old national road. GPS: 37.97869, 23.33472	09.50	12.10	✓				✓	✓	✓		
13	48,8	5	350m after the entrance to Hotel "KOKKINIS" on the right GPS: 37.97786, 23.27872	10.00	12.30							✓		
14	51,2	2,3	Small plateau on the left with pine and iconostasis GPS: 37.97693, 23.25965	10.15	12.45				✓			✓		✓
15	54,7	3,5	KINETTA. "ZORBAS" tavern on the left. Opposite of the road sign "55km" GPS: 37.97189, 23.222	10.25	13.10						✓	✓		
16	57,7	3	KINETTA. Stone bench on the left, Bus station on Saronikou street. GPS: 37.95979, 23.19836	10.35	13.30							✓		
17	60.9	3,2	Entrance to Hotel "SIAGKAS" on the left GPS: 37.94674, 23.16157	10.55	13.55							✓		✓
18	65,2	4,3	AGHIOI THEODORI. Square on the left, 200meters before Kalatziki distance GPS: 37.92557, 23.13452	11.15	14.25				✓	✓		✓		
19	69,8	4,6	MOTOROIL Refineries GPS: 37.92725, 23.07824	11.20	15.00						✓	✓		✓
20	74	4,2	"MYLOI PAPAFILI" Factory (Previously Kerafina) GPS: 37.92117, 23.03284	11.30	15.35							✓		
21	77,6	3,6	THE CANAL OF CORINTH. Left before the Bridge. Square with BP petrol station GPS: 37.92747, 22.99543	11.40	16.10							ONLY LIQUIDS		
22	79,8	2,2	ANCIENT WALL. HELLAS KAN (ELLAN KAN) Factory GPS: 37.9262, 22.9717	11.45	16.30	✓	✓	✓	✓	✓	✓	✓	YOGHURT	✓
23	83,2	3,4	On the Left, Entrance to "HAPSAS" factory GPS: 37.90847, 22.97154	12.30	17.00							ONLY LIQUIDS		

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24	87,3	4,1	EXAMILLIA. Coffe shop on the left GPS: 37.89766, 22.92904	12.45	17.35							✓	YOGHURT	
25	90,6	3,3	Intersection of CORINTHOU-TRIPOLI Highway. On the Right after traffic lights. GPS: 37.89637, 22.89717	13.05	18.05				✓			✓		✓
26	92,5	1,9	ANCIENT CORINTH 100m after Square GPS: 37.90653, 22.87868	13.15	18.25	✓						✓	YOGHURT	
27	96,6	4,1	VILLA (EPAVLIS) OFEON GPS: 37.92021, 22.84561	13.30	19.00						✓	✓		
28	99,6	3	ASSOS. Coffee shop on the right GPS: 37.93742, 22.821	13.50	19.25			✓	✓	✓		✓	SOUP, TEA	✓
29	101,7	2,1	ZEYGOLATIO CORINTHIAS. Telephone Booth on the Main Square.GPS: 37.9398, 22.80103	14.00	19.45	✓				✓	✓	✓	SOUP, TEA	
30	105,4	3,7	CHURCH AND FOUNTAIL on the right GPS: 37.92545, 22.76723	14.15	20.20							✓	SOUP, TEA	
31	109,3	3,9	SOULINARI. Coffee shop on the left, right turn. GPS: 37.89555, 22.745	14.30	20.55							✓	SOUP, TEA	✓
32	112,3	3	HALKEION. "TO XALKI" Tavern GPS: 37.88205, 22.72466	14.45	21.25	✓			✓		✓	✓	SOUP, TEA	
33	116,2	3,9	Big tree on the right. 2 farm houses left and right. GPS: 37.87081, 22.70986	15.05	22.00							✓	SOUP, TEA	✓
34	119,7	3,5	Chapel of the Archangels (Taxiarxon)on the left GPS: 37.85845, 22.7055	15.20	22.35							ONLY LIQUIDS	SOUP,TEA	
35	122,7	3	ANCIENT NEMEA. Church of Agioi Anargyroi GPS: 37.80812, 22.7081	15.30	23.00	✓	✓	✓	✓	✓	✓	✓	SOUP, TEA YOGHURT	✓

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36	126,8	4,1	Left side parking of the "OASIS" taverna GPS: 37.81021, 22.67444	16.30	23.40							ONLY LIQUIDS	SOUP, TEA	
37	128,9	2,1	Church on the Right side. Go right. GPS: 37.79401, 22.665334	16.50	00.00							✓	SOUP, TEA	
38	132	3,1	Junction before the Highway underground. GPS: 37.79294, 22.66547	16.50	00.35						✓	✓	SOUP, TEA	✓
39	135,3	3.3	Iconostasi on the right. Inscription to MALANDRENI GPS: 37.75103, 22.64742	17.10	01.10							✓	SOUP, TEA	
40	139,5	4,2	MALANDRENI Cafe "DEDE" in the square. GPS: 37.72447, 22.63764	17.30	01.50	✓					✓	✓	SOUP, TEA	✓
41	142,6	3,1	Exit to the Sternas-Lyrkia Public Road. Warning: TURNING RIGHT GPS: 37.71928, 22.60386	17.45	02.20				✓			✓	SOUP, TEA	
42	145,4	2,8	Sign: "TO LYRKEIA" GPS: 37.71865, 22.58883	18.00	02.45							✓	SOUP, TEA	
43	147,8	2.4	LYRKEIA. On the Right, before Tavern of Perivolari. GPS: 37.70499, 22.55191	18.05	03.10	✓	✓	✓		✓	✓	✓	SOUP, TEA	✓
44	150,8	3	Small plateau on the left, next to the torrent. GPS: 37.68752, 22.53925	18.45	03.40							✓	SOUP, TEA	
45	153,6	2,8	KAPARELI. Store in the middle of the village GPS: 37.67746, 22.50945	19.15	04.10							✓	SOUP, TEA	✓
46	157	3,4	On the fork of the street right-hand creek. Farm Entrance. GPS: 37.68215, 22.49185	19.35	04.45							✓	SOUP, TEA	
47	159,4	2,4	BASE OF MOUNTAIN Station in the parking lot to the right Wooden Kiosk GPS: 37.67075, 22.48336	19.40	05.10	✓	✓	✓	✓	✓	✓	✓	SOUP, TEA	✓

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48	161	1.6	MOUNTAIN TOP GPS: 37.67033, 22.47458	19.50	05.50						✓	✓	SOUP, TEA	
49	163,5	2,5	SAGKAS GPS: 37.67058, 22.45806	20.00	06.25			✓				✓	SOUP, TEA	✓
50	166	2,5	LPG PLANTS, on the Left GPS: 37.64856, 22.46212	20.03	06.50							✓	SOUP, TEA	
51	168,7	2,7	SAGKAS-NESTANI AIRLIFT. Turn left, onto the highway. Wooden kiosk GPS: 37.62674, 22.46525	20.45	07.15							✓	SOUP, TEA	
52	170,4	1,7	NESTANI. Main Square GPS: 37.613808, 22.4658057	20.50	07.30	✓	✓	✓	✓	✓	✓	✓	SOUP, TEA	✓
53	174,4	4	CROSSROAD with road towards VYTINA. Station on the right. GPS: 37.59375, 22.42952	21.30	08.05							✓	SOUP, TEA	
54	176,3	1,9	Taverns " H GKIOSA ". Crossing left toward LOUKA GPS: 37.57929, 22.41725	22.00	08.25							✓	SOUP, TEA	
55	177,5	1,2	Underground passage to LOUKA. Warning: Turn RIGHT. GPS: 37.57743, 22.43096	22.20	08.40							✓	SOUP, TEA	✓
56	182,3	4,8	KIOSK, Iconostasi on the Left. Crossing to PARORI GPS: 37.5386, 22.43187	22.50	09.20							✓	SOUP, TEA	
57	184,8	2,5	ZEYGOLATIO ARKADIAS - Main Square. GPS: 37.51774, 22.44134	23.00	09.45	✓			✓	✓	✓	✓	SOUP, TEA	✓
58	188	3,2	JUNCTION of ARGOS-TRIPOLI roads. Warning: Turn RIGHT towards TRIPOLI and in 200meters, roughly, turn LEFT GPS: 37.49567, 22.4523	23.20	10.15							✓	SOUP, TEA	
59	190,5	2,5	Small farmhouse, big tree GPS: 37.4846, 22.44021	23.30	10.40							✓	SOUP, TEA	
60	193,9	3,4	ALEA - TEGEA Square GPS: 37.45382, 22.42066	23.40	11.10	✓	✓	✓	✓	✓	✓	✓	SOUP, TEA	✓

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61	197,2	3,3	Old BP Petrol Station, left side of the Tripoli Highway to Sparta GPS: 37.42738, 22.41025	00.15	11.40					√		ONLY LIQUIDS	SOUP,TEA	
62	200,4	3,2	MANTHIREA, After the village, creek on the left of Wooden Gazebo GPS: 37.40396, 22.40161	00.45	12.15							√	SOUP,TEA	
63	204,9	4,5	SKIRITIS Center. GPS: 37.36696, 22.40097	01.15	12.55					√		√	SOUP,TEA	√
64	208,3	3,4	St Nichola's Church, left side of "Traditional Produce" GPS: 37.34438, 22.41448	01.35	13.25							√	SOUP,TEA	
65	210,6	2,3	Restaurant ARDAMIS, left side onto the parking. Wooden Kiosk GPS: 37.32704, 22.42489	01.50	13.45	√				√	√	√	SOUP,TEA	
66	214.1	3,5	SQUARE on the left. Iconostasi on the other side. GPS: 37.29759, 22.41838	02.15	14.15							√	SOUP,TEA	√
67	218,6	4,5	BUS STOP on the left. Crossroad of Karyes/Varvitsa/Vamvakou GPS: 37.26233, 22.43609	02.40	14.55							√	SOUP,TEA	
68	221,6	3	MONUMENT on the left. Checkpoint - right onto the wooden kiosk GPS: 37.23856, 22.43525	03.05	15.25	√	SANDWICHES, POTATOES	√		√	√	√	SOUP,TEA	√
69	225	3,4	Modern house with arches, right Wooden kiosk GPS: 37.21974, 22.42397	03.30	16.00				√			√	SOUP,TEA	
70	229,6	4,6	Square on the left with the faucet. Wooden Kiosk with the Signboard for the Shooting Range. GPS: 37.18199, 22.42951	04.00	16.40							√	SOUP,TEA	
71	231,6	2	Bus station 200m before yellow house on the left (Ioulieftas) GPS: 37.16572, 22.42864	04.20	17.00						√	√	SOUP,TEA	√
72	234,7	3,1	VOUTIANI, Left from SHELL petrol station GPS: 37.14776, 22.43649	04.45	17.25	√						√	SOUP,TEA	
73	239,3	4,6	KLADAS. Square on the left with the tree, opposite of a BBQ restaurant "OASIS" GPS: 37.10996, 22.43368	05.15	18.05						√	ONLY LIQUIDS		
74	242,4	3,1	EYROTAS BRIDGE 100 meters after the bridge GPS: 37.08617, 22.43017	05.30	18.30				√		√	ONLY LIQUIDS	SOUP,TEA	
75	244,74	2,34	SPARTI - END. Statue of King Leonidas GPS: 37.07928, 22.42834	05.35	19.00	√	√	√	√	√	√	ONLY LIQUIDS		



SPARTATHLON

INTERNATIONAL HISTORIC ULTRA-DISTANCE RACE ATHENS - SPARTA 246 KLM

ROAD BOOK

Nutrition and provisions during the race

26 - 27

SEPTEMBER 2026

RACE NUTRITION

Aid stations along the route provide basic food and drinks, while additional light meals are available at the main checkpoints.

01 BASIC AID STATION PROVISIONS

- Water • Coca-Cola • Juices • Raisins • Fruit • Bread
- Biscuits • Milk • Coffee • Potato chips
- Toast crackers • Chocolate • Sugar • Honey
- Nuts • Pasteli (sesame and honey bar)

02 MAIN CHECKPOINTS

LIGHT MEALS

NOTES

Available provisions may vary by station. Athletes should organize their personal nutrition plan according to their individual needs and the organizer's instructions.