

### **Etape 3 Distance 48 km. Route: Kandela - "Ancient Nemea"**

Today's Etape is one of the most difficult ones of "The 300 of Sparta" race. Starting from Kandela, we have to endure a continuous ascent on a calm tarmac road that, through continuous twists and turns leads us to the top of the mountain.

We run amongst blooming yellow weaver's brooms, stopping every now and then to admire the vastness of the Arcadian land from this 1,240 m peak.



Leaving Arcadia behind us, we start the descent through a path of unique beauty towards the village of Skotini. It is a smooth and quite easy path among streams and herds of goats and sheep that are looking for food.

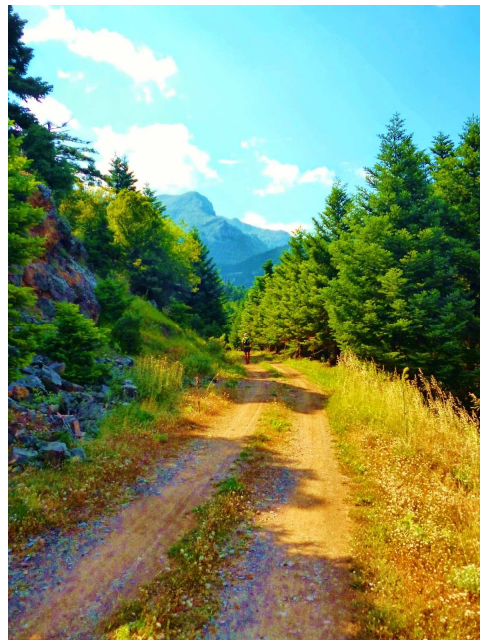
The change in terrain from asphalt to dirt really works miracles for our tired feet, despite the fact that, for some reason, we actually feel relaxed and refreshed.



After a few kilometres downhill, we enter the welcoming village of Skotini where the support crew is waiting for us with food and water. Refreshed, we continue towards the village of Platani.



The route here is of rare beauty, as we cross the deep green of mountain Oligyrtos with the continuous change of scenery. We run between mountain passes in a forest with rare views, since we are always on a high level. After the village of Skotini, with small exceptions, the route is easier, moving almost among vineyards, until we approach the city of ancient Nemea.





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**By Pavlos**