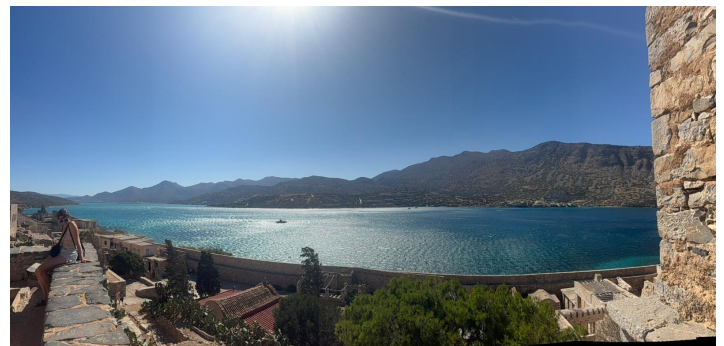




The 3rd Update in Travel & Emergency Medicine Workshop

Medicine on the Edge

September 5th - 12th, 2026

Hotel Faedra Beach, Crete , Greece

www.moteadventures.com

INTRODUCTION

In 2026 join MOTE for its next CPD/Cycling trip. This time we are off to Greece - Crete to be more specific.

Crete is a cycling paradise. Challenging mountain routes are interspersed with stunningly scenic coastal roads. Breathtaking in more ways than one. The result is one of Europe's most spectacular locations and a magnificent destination for MOTE in 2026. The island has a rich history and you will have the opportunity to immerse yourself in the local island culture. Coupled with a well developed infrastructure, amazing food and drink and plenty of music you will be greeted with typical Cretan hospitality. This will be a great trip.

Early bookings are recommended as, based on previous interest, we anticipate this will be a very popular trip. Initial numbers will be restricted to 30 delegates although there may be options to increase the numbers slightly depending on demand.

REGISTRATION COST

**AUD \$5609.00 PER PERSON SEAFRONT ROOM TWIN SHARE
SINGLE SUPPLEMENT AUD \$1135.00**

**AUD \$5295.00 PER PERSON STANDARD ROOM TWIN SHARE
SINGLE SUPPLEMENT AUD 628.00**

NOTE: non medical partners are welcome to attend but the registration costs remain the same as the same fixed costs are incurred in staging the event
No GST applied as the entire activity is conducted offshore.

No application will be confirmed as registered until a 40% deposit has been received

Final payments must be received by 30th June 2026

Please be aware that as there are many logistical preparations and costs that we incur at an early stage as well as deposits that we are required to place, we have to impose cancellation charges if you make a subsequent cancellation. Good travel insurance should cover you for such an eventuality and it is worth checking with your provider.

Of course if for any reason we were forced to cancel the meeting all monies paid to us would be refunded in full. Please see below and on the registration form for details of our cancellation policy.

INCLUSIONS:

- **Attendance at all conference sessions with evening drinks**
- Access post event to all material presented at the conference sessions in PDF format (PPT format by specific request)
- 6 daily bike rides - fully guided
- English speaking guides
- Support van
- 7 nights accomodation
- Daily breakfast
- 4 dinners
- Snacks during rides
- Arrival and departure transfers to Heraklion Airport only
- Comprehensive route guides and trip information including GPS data
- Road bike rental - Aluminium frame Shimano 105, 11-32. Upgraded options including E-bikes available at additional cost - see booking form
- 1 post ride YOGA session and MOTE cycling shirt

EXCLUSIONS:

- Flights to/from Crete
- Drinks with dinners
- Any meals not listed above
- Personal expenses
- Travel insurance
- Personal equipment - including helmets

NUMBERS:

Numbers are currently restricted to 24 so an early booking is recommended. We believe it is unlikely we would secure any additional rooms but will endeavour to do so if there is greater interest.

UPGRADES:

Single supplement: As above

Upgraded bike option (including E-bike):

Aluminium Frame Shimano 105, 11-32 - included

Scott Carbon addict 20 (disc) - AUD 360.00

E-Bike - AUD 550.00

Option to substitute a day of road riding for a mountain biking experience. Crete has some stunning mountain bike trails. If you want to try a day of off-road adventuring with stunning views you have the option to do a full day on Day 6 of our rides instead of the scheduled road route. There will be an additional cost for the mountain bike hire and associated additional logistics. You will need to nominate if you wish to do this at the time of booking. The additional cost will be AUD220.00

PAYMENT SCHEDULE & CANCELLATION COSTS:

A 40% deposit is required at the time of booking

A 30% progress payment is required by the 30th April 2026

The final 30% payment is required by the 30th June 2026

Cancellation prior to or on 30th April 2026 - FULL refund less a AUD100.00 processing fee

Cancellation from 1st May 2026 onwards - NO refund possible - liable for full cost

Cancellation of confirmed bookings must be in writing

THE CPD PROGRAM:

As always we will focus on providing a high quality, small group, workshop style CPD Program. We encourage group participation and healthy debate. Please download the Program timetable from the website - but note some sessions may change depending on speaker availability.

THE RIDES:

Road Bike Tours from Agios Nikolaos – 6 Day Routes

Tour 1: Elounda & Coastal Views

Distance: approx. 55 km

Elevation gain: ~950 m

Route: Agios Nikolaos – Elounda – Plaka – Vrouchas – Kroustas – Agios Nikolaos

Description: The ride begins along the picturesque coast to Elounda and Plaka, with views of the island of Spinalonga. From there, the climb up through Vrouchas and Kroustas leads back inland. A perfect opening tour with both sea views and classic mountain scenery.

Tour 2: Kritsa & the Lasithi Plateau (light version)

Distance: approx. 65 km

Elevation gain: ~1,100 m

Route: Agios Nikolaos – Kritsa – Mesa Lakonia – Tapes – Prina – Agios Nikolaos

Description: Starting through the historic village of Kritsa, the route climbs into the mountainous hinterland. It continues through olive groves and quiet mountain villages before a long descent back to the coast. Demanding but very diverse.

Tour 3: Coast & Mountains to Istron

Distance: approx. 50 km

Elevation gain: ~1,000 m

Route: Agios Nikolaos – Istron – Kalamafka – Prina – Agios Nikolaos

Description: First a flat stretch along the coast to Istron, then a long climb up to Kalamafka, a charming mountain village. From there, a winding descent leads back toward Agios Nikolaos. An ideal mix of sea and mountains.

Road Bike Tours from Agios Nikolaos – 6 Day Routes

Tour 4: Around Kalo Chorio

Distance: approx. 60 km

Elevation gain: ~1,050 m

Route: Agios Nikolaos – Kalo Chorio – Prina – Kroustas – Kritsa – Agios Nikolaos

Description: A “classic Crete tour” with varied climbs, quiet roads, and authentic villages. The elevation gain is spread out evenly, making this a great training ride.

Tour 5: Towards Selinari Gorge

Distance: approx. 75 km

Elevation gain: ~1,200 m

Route: Agios Nikolaos – Selinari Gorge – Vrysses – Kroustas – Agios Nikolaos

Description: This route leads through the fertile plain of Neapoli before heading into the famous Selinari Gorge. Small roads and challenging climbs take you back up to the highlands and finally to Agios Nikolaos.

Tour 6: Panoramic Ride to Mochlos

Distance: approx. 80 km

Elevation gain: ~1,100 m

Route: Pachia Ammos – Sfaka – Mochlos – Kavousi – – Agios Nikolaos

Description: A longer loop along the northern coast with a detour to the idyllic fishing village of Mochlos. Afterwards, the climb near Sfaka and Kavousi rewards you with stunning views of the Mirabello Bay before heading home.

Need more information. Contact us at ketamine@internode.on.net