

HIKING CRUISE 2023

SHORE EXCURSION PACKAGE





DAY 2

ANCIENT EPIDAUROS – NAFPLION

ANCIENT EPIDAUROS*

Blessed with natural beauty and earthy energy, the land of Epidauros nestles between the Saronic and Argolis bays, its history going back millennia. We arrive at Ancient Epidauros and start along the trail of the Asclepius Temple. The trail is 7 km long with a vertical gain of approx. 200 m and should take about 2h. We climb circling the Temple of Apollo, passing the St. Anne church, the ruins of the temple of Aphrodite and the ancient cistern. Passing through eons-old olive tree groves we end up walking down to the famous ancient theater. A picnic in the countryside close to the Epidauros area will follow after our hiking tour.

Route characteristics

- Route: 7km approx. – 2h
- Route destination: Path to Archaeological area of Epidauros (round trip)
- Level: medium
- Altitude: +99m to +350m

** This tour can be combined with the excursion to Epidauros to the Ancient Theater.*



DAY 3

MONEMVASIA

MONEMVASIA*

Starting at the Gefyra (Bridge) village, the trail follows the peninsula's only road to the Castle's first gate. Crossing the cobbled streets of the Upper Town and passing through picturesque alleys, we end up at the very end of the peninsula to enjoy the uninterrupted view across the Mediterranean Sea and the unique Monemvasia lighthouse. This easy trail is approx. 3 km with a total vertical of about 50 m.

Route characteristics

- Route: 3km approx. – 1h15m
- Route destination: Bridge of Monemvasia to Light House of Monemvasia (round trip)
- Altitude: +19m to +18m
- Level: easy

** This tour can be combined with the excursion to Monemvasia.*



DAY 4

GYTHION

CAPE TENARON

The Tenaron Point trail is one of the most beautiful in the Mani area. With a distance of 4,5 km, it starts at the Kokkinogeia area, reach the iconic Tenaron lighthouse and way back. The trail is considered easy, with a total elevation gain of 23m, though it is rocky in spots. Duration is approx. 2h. The 19th century stone lighthouse which stands magnificently at the very end of Tenaron Point is the southernmost location in mainland Europe. The trail features a Roman floor mosaic, the necromancy grotto of Poseidon which ancient Greeks believed led to the Gate of Hades and stunning views of the open sea.

Route characteristics

- Route: 4.5km approx. – 2h
- Route destination: KOKINOGIA Village to Lighthouse Tenaro
- Level: medium
- Altitude: +64m to +66m



DAY 5 PYLOS

POLYLIMNIO WATERFALLS

The trail begins at the Cazarma village and ends at the beautiful Polylimnio area with its fairyland waterfalls. Visitors will walk along 5 km of 15 consecutive lakes each with its own specific name and crystal-clear waters – dive in! The Kades waterfall drops 25m right into one of them, creating a unique natural habitat of unparalleled beauty.

Route characteristics

- Route 5km approx. – 2h
- Route destination: Polylimnion Waterfalls paths
- Level: medium
- Altitude: +280 to +400m



DAY 6

KATAKOLON - OLYMPIA

FOLOI OAK FOREST – OLYMPIA*

Foloi forest took its name from the Centaur Folos where, according to legend, Folos hosted Heracles when he was trying to locate the Erymanthian Boar. The wine that Folos treated Heracles became the cause of a battle of the Centaurs where an arrow from Heracles was struck by wrong Folos.

This forest is the only oak forest in the Balkans, one of the largest in Europe included in the NATURA 2000 network and the oldest in Europe full of majestic oaks.

After our hiking tour we will have lunch at a local taverna with our fellow guests.

Route characteristics

- Route 3.5km approx. – 1h15m
- Route destination: Foloi oak forest paths
- Level: easy
- Altitude: +680m to +690m (mostly flat route)

** This tour can be combined with the excursion to Ancient Olympia.*



DAY 7

ITEA - DELPHI

DELPHI – The Kirra Trail *

The ancient trail of Kirra is one of Greece's oldest and most important trails, being the southernmost portion of the E4 European trail. Using this trail, ancient pilgrims seeking the Oracle of Pythia approached Delphi from a port located near modern-day Kirra.

The trail starts inside the town of Delphi, passes numerous small churches, the village of Chrisso with its Virgin Mary church and the fabulous Focis olive groves, to end at the port of Itea.

Route characteristics

- Route 10km approx. – 3h
- Route destination: Delphi – Itea
- Level: easy/mostly downhill
- Altitude: +583m to 0m (downhill route)

** This tour can be combined with the excursion to Delphi.*



REMARKS:

The hiking tours are exclusively run for our Variety small groups and are led by expert licensed hikers.

The tours are quite active and require good physical condition. Due to slippery sites we recommend comfortable hiking shoes, sun tan lotion, a hat, a jacket and water.

Gratuities for drivers and guides are not included.

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