

EXPLORE!

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NEW

Active Greece

GREECE - TRIP CODE MAG

MULTI-ACTIVITY

Why book this trip?

Curious travellers seeking traditional villages away from the tourist crowds will relish this active tour. Take part in a cookery class in the elegant fishing village of Galaxidi, explore the vast Vikos Gorge and its surrounding network of ancient walking paths, and raft on the crystal-clear Voidomatis River, as we explore the stunning landscapes of northern Greece.

- **Meteora** - Discover the stone pinnacles and historic Orthodox monasteries of this unearthly UNESCO site
- **Zagori** - Walk into the enormous Vikos Gorge, and explore stone bridges and paths that connect remote mountain villages
- **Greek food** - Learn how to make traditional spanakopita (spinach pie) and visit a local honey producer

24/08/2021 20:52:24

with a hands-on beekeeping experience



INCLUDED MEALS
Breakfast: 10
Dinner: 1



TRIP STAFF
Explore Tour
Leader
Activity Guide(s)
Driver(s)



TRANSPORT
Bus



ACCOMMODATION
7 nights
comfortable hotel
3 nights premium
hotel



TRIP PACE:
Moderate



GROUP SIZE:
12 - 18

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Athens

Arrive in Athens. The city is a heady mix of ancient and modern, having been Greece's capital for only 200 years of its 3,000 year history. Located on the Plain of Attica, the scenery is amazingly varied, from pine-clad mountains to a beautiful coastline studded with small harbours.

Due to a number of flights arriving into Athens later in the evening, our welcome meeting will take place on the morning of day two. However, for those that arrive earlier our Leader plans to meet you in the hotel reception at 7.30pm and there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Athens at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Athens International Airport (ATH), which is about one hours' drive, depending on traffic.

If your flight arrives earlier in the day, perhaps you might choose to visit one of the cafes in the colourful Psyrri district which offer traditional Greek cuisine of aubergines, tomatoes and cheese washed down with ouzo or raki.

As this trip concentrates on the scenic mountain regions of Meteora and Zagori, we plan to depart Athens tomorrow morning. If you haven't visited before, we highly recommend adding an additional night or two either at the beginning or at the end of your trip, in order to visit the Acropolis or explore some of the city's museums.



ACCOMMODATION:

Arion Athens Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Walk on the ancient Skala of Delphi; drive to the small fishing village of Galaxidi

A scenic drive northwest out of Athens this morning takes us through the largest olive grove in Greece to reach Delphi. Perched on the rocky slopes of sacred Mount Parnassos, Delphi was the perfect setting for mystery and religious prophecy, and was known throughout the ancient Greek world as the sanctuary of Apollo.

On arrival we'll take a short hike of around 30 minutes each way, following the ancient 'Kaki Skala' (Evil Steps) route, a well-made, cobbled path that zigzags up the mountainside. Our destination is the Kroki viewpoint to take in the spectacular Delphi mountainous vistas, with the green hue of the olive groves and the crumbling columns of the archaeological site far below us.

We aim to have a picnic lunch here before descending. We'll then have some free time, which you may wish to spend visiting the ancient site or the attached museum. The site's famous antiquities, including the Temple of Apollo, theatre, stadium and Marmaria Sanctuary are wonderfully picturesque, and the museum contains the much admired 'charioteer' - widely regarded as one of the finest examples of Bronze sculptures in the ancient world.

We'll continue in the late afternoon to the charming seaside village of Galaxidi. Once one of Greece's busiest and richest seaports, the now peaceful village has a number of impressive neoclassical stately homes that lend the seafront a quiet dignity.

Today's easy 3 kilometre walk is expected to take around one hour with 150 metres ascent and descent. In summer we may switch around to do the walk in the afternoon, when it is a bit cooler.

In Galaxidi, the hotels do not have a large number of rooms, so depending on bookings we may be in the Ganimede, the Miramare or the Epavlis Hotels. The hotel will be listed in your final pre-travel documents.



ACCOMMODATION:
Hotel Ganimede (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Experience honey production at a bee farm; learn how to make traditional spinach pie

A hands-on day of food awaits us as we experience some of the delicious local produce that Greece is well known for.

Just 20 minutes along the coast outside Galaxidi, on the edge of a huge valley of wild thyme and olive groves, we come to a small honey producer. An interactive tour here will see us donning our beekeeping suits and learning not only about honey and the art of beekeeping, but also how this chimes into the local life in this part of Greece. We'll see the magic of the bees working, and we'll not only be able to try honey direct from the hive, but also different flavours (the thyme honey is a particular favourite). Through the tastings, we'll find out about how the activity of the bees gives different flavours to the final product. The passionate beekeepers will impart an immense amount of knowledge about all of the benefits that these tiny, amazing creatures have on our ecosystem.

After a morning visit we drive back to Galaxidi for a little lunch and free time - depending on the time of year it may be possible to have a swim - before our afternoon cooking class with the owner of the Ganimede Hotel. We will have tasted their excellent cooking at breakfast, and now it's our chance to try a local recipe. We'll most likely be making a spinach pie (spanakopita) today, covered with flaky pastry and stuffed with delicious feta cheese and spinach, although pitta bread or other items may appear on the menu. In the evening, we'll get to eat our creation along with a glass of ouzo and a tapas-style array of 'mezedes', such as olives, grilled peppers, fish or cheese.



ACCOMMODATION:
Hotel Ganimede (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 4 - Drive to the mountainous Zagori region via Nafpaktos Castle and the ancient theatre of Dodoni

Today we drive to Monodendri, one of the characterful villages in the mountainous, remote region of Zagori. Until the 1950s there were no roads in this part of the country, meaning that each village has retained its traditional appearance and cultural heritage. An endless network of hiking trails takes visitors over photogenic stone bridges and paths that are hundreds of years old, and the jewel in the

region's crown is undoubtedly the immense Vikos Gorge. Carving its way through the Vikos-Aoos National Park - itself a haven for nature lovers - the gorge is one of the deepest in the world and scarcely visited by most tourists who flock to Greece for its ancient sites or golden beaches.

En route to this gem of a region, we will visit the Venetian castle at Nafpaktos. Proudly standing guard over the bay of Patras, the castle has kept its defensive position here since before 400BC, playing an important role in the Peloponnese War before changing hands many times over the following centuries between the Venetians and the Ottoman Empire.

Another stop en route is at the ancient theatre of Dodoni. A major spiritual place in ancient times, Dodoni was known as the sanctuary of Zeus. Pilgrims would come from around the ancient world to consult with priests and glimpse at the future. Nowadays its an unassuming site, off the tourist trail but with an immense archaeological value. The imposing amphitheatre dominates the scenery, while other ruins pepper the surrounding landscape.

After a short visit here, we continue into the mountains to Monodendri, situated at just over 1,000 metres altitude.



ACCOMMODATION:
Hotel Zarkadas (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Walk the Vradheto steps to viewpoints over the Vikos Gorge; discover Zagori's famous stone arch bridges

The Pindus Mountain range has created somewhat of a hikers paradise in this corner of northern Greece. The dramatic scenery of craggy mountains, forested peaks stretching into the distance and tiny villages dropped into the gaps is undoubtedly spectacular. What makes the Zagori area so distinctive, though, is the fact that each of the 48 Zagori villages were remote even from each other until relatively recently. The stone bridges that are typical of the region were the main route to connect the inhabitants, and even today you're more likely to cross paths with a goat than a car.

Today we explore one of the best trails in the region, hiking from Vradheto to Kapesovo via the stone steps of Vradheto, built in the 16th Century. It took craftsmen weeks to carve thousands of pieces of limestone to create this ancient skala, which until 1974 was the only way to reach the town. The high point of the trip will be at the Beloi viewpoint, 1,400m, over the deep Vikos Gorge.

From here, we'll walk down the Vradheto steps to Kapesovo for lunch.

We'll drive back to Monodendri via the village of Kipi, which is particularly renowned for the stone bridges found in the area. We'll walk over several of them, including the Plakidas Bridge, with its three

elegant stone arches, and the Kokkorou Bridge, which dates back to the 1750s.

Today's easy 8 kilometre walk is expected to take around 3 hours with 150 metres ascent and 375 metres descent.



ACCOMMODATION:

Hotel Zarkadas (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Half-day rafting on the Voidomatis river; short walk into the gorge from Vikos village

Driving north this morning we head in the direction of the Albanian border, towards Kleidonia, a small village on the Voidomatis river. Here, we are picked up by our rafting guides and taken to the river, where a morning of rafting awaits. We'll be provided with waterproof 'booties' (shoes), a wetsuit and safety gear, and in early spring long-sleeved and windproof suits are provided. The 6km rafting route is perfect for beginners, and over the next three hours we'll take on some exciting Grade 2 rapids, intermittently passing under stone bridges and flanked by small waterfalls in the lush natural setting.

Ending at another photogenic bridge, we'll get changed (facilities are provided) and visit the cafe for a warming hot drink.

We'll drive to Vikos in the afternoon, and take a beautiful walk that leads us from the top of Vikos gorge actually into the canyon itself, towards the Voidomatis springs where the river comes to life.

This afternoon's easy 3.5 kilometre walk is expected to take around 2 hours with 300 metres ascent and descent.

In the unlikely event that we have fewer than four people on a departure, instead of rafting you will take an exciting 4x4 journey through the pine forest, visiting Zagori's most outlying villages that still do not have tarmac road access. Please see the 'included activities' information for more details.



ACCOMMODATION:

Hotel Zarkadas (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Drive to Kastraki (Meteora) via Ioannina; sunset walk towards the monasteries

We'll leave mountainous Zagori this morning, driving to the town of Ioannina en route to Kastraki. Ioannina is a quiet town on the banks of Lake Pamvotis. With a network of charming lanes, outdoor tables spilling onto narrow walkways and the ruins of a castle dotted around, it has a certain character to it. Its university adds liveliness, with Greek students milling around the cafes and the lakeside promenade during term time. We'll have free time here to explore, and there is the opportunity to take the taxi boat across to Pamvotis Island to discover the picturesque fishing community here.

In the afternoon we continue to unearthly and beautiful Meteora. The name itself means 'suspended in air', and on arrival we can see exactly why. Strange pinnacles of rock shoot up into space, dominating the landscape. Beautiful and odd, these sheer stone needles would be worth a visit in themselves, but it is the audacious set of Byzantine monasteries, balanced on their tips, that is the real draw. Dating back as early as the 1300s, this is one of the largest collections of Greek orthodox monasteries and certainly fitting of the title 'suspended in air'.

We should arrive in time for the chance of a sunset walk with our Tour Leader. In summer this is around 8.30 or 9pm, but could be as early as 5pm in winter.



ACCOMMODATION:

Doupiani House Hotel (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Free day in Meteora; optional scrambling, hiking, biking or rock climbing tours available

After a busy trip so far, we have a full free day here in Meteora to explore. It's an adventure playground, well known for its rock climbing and scrambling, both of which are on offer and run by one of the excellent specialist companies in the area. These three-four hour trips have routes that are accessible for anyone from total beginners to experienced climbers, and are led by experienced guides.

There are also many bike paths and trails which can be undertaken by mountain bike on a 2.5 hour trip, again with experienced guides and all equipment included. Alternatively, you could choose to visit a range of the area's monasteries on e-bike, using the power behind the bike to transport you up the hills, leaving you at leisure to enjoy the views as you climb the pinnacles. These guided tours last 4.5 hours and include entrance to several monasteries.

Alternatively, the group vehicle is on hand to take you up to one of the monasteries, should you wish to visit. Megalo Meteoron or Varlaam are two of the most well-known, dating back to the 1300s and the 1500s respectively.



ACCOMMODATION:
Doupiani House Hotel (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Hike to Agia Triada monastery

Originally settled by cave-dwelling monks in the 1100s, Meteora has a long religious history. Until the early 1900s, access to the monasteries was by rope basket - you would be hauled up the mountainside along with food and other goods, in a precarious basket supported only by long ropes that, would, of course, occasionally break. Nowadays there are paths, roads and steps to the top, which we will be exploring today. We aim to walk from Kastraki to the monastery at Agia Triada. Although the monasteries look pretty vertical, the last push to the top is the only real steep part of the walk, with a final ascent of about 150 metres.

If the monastery is open, we will visit it on arrival. Alternatively, we have planned to visit at least one of the monasteries while we're here (any other visits will be at your own discretion - it does cost to enter them but it's only a small sum of a couple of euros). After admiring the views, we will set off back the way we came and have the afternoon free to relax, or perhaps do another walk in the area.

The moderate 9 kilometre walk will take approximately 3.5 hours, with 500 metres of ascent and descent.



ACCOMMODATION:
Doupiani House Hotel (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Drive to Athens via Thermopylae; enjoy a traditional evening meal

We'll take the bus back to the capital today, via Thermopylae, site of the epic battle where the Spartans, lead by King Leonidas, valiantly tried to fight off the invading Persian army. Found referenced in popular culture, such as in the Hollywood film 300, Thermopylae is well known in Greek history and mythology, and is a fascinating end to our journey throughout northern Greece.

On arrival into Athens, we will head out into the city for a final meal, at one of the traditional rustic tavernas in the well-known Plaka area at the foot of the Acropolis. Dining on some more delicious Greek food, we'll reflect on the past ten days.



ACCOMMODATION:
Arion Athens Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Trip ends in Athens

The trip ends after breakfast at our hotel in Athens.

There are no activities planned today, so you are free to depart from Athens at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Athens International Airport (ATH), which is about one hours' drive, depending on traffic.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

Greece

Climate

Greece has predominantly hot, dry summers, May - October with temperatures reaching into the mid thirties in July and August. May and October themselves can be less predictable and may have some rain and cooler evenings. Wild flowers bloom in April and May adding much colour to the trails. At the beginning and end of the season the villages tend to be very quiet. Seasonal weather patterns can be unpredictable. Up to date information on the weather worldwide can be found by following the BBC weather link on this page.

Time difference to GMT	Plugs	Religion	Language
+2	2 Pin Round	Orthodox	Greek

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your holiday. Whilst the trip price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. On day eight, there are several options to choose from and it is not possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for you.

Delphi:

Delphi archaeological site - 12 Euros per person

Ioannina:

Pamvotis Island boat taxi - 1 Euro per person

Meteora:

Entrances to the monasteries - 2 Euros per person

Scrambling - 65 Euros per person (3hrs)

Rock climbing - Beginners 60 Euros, Intermediate 75 Euros, Advanced 125 Euros per person (3hrs)

E-bike tour - 40 Euros per person (4.5hrs)

Mountain bike tour - Beginners 48 Euros, Intermediate 58 Euros, Advanced 82 Euros per person (2.5hrs)

Clothing

The long Greek summer is hot, so pack light layers. In the spring and autumn warm clothes are recommended - hat, gloves and a warm fleece. Remember you'll be going into the mountains to about 1,400m so it will be very cold in winter. Even in summer, temperatures can drop at night so light layers are necessary.

Rainwear is recommended at all times of year.

At the monasteries in Meteora, there is a strict dress code. Women must wear skirts below the knees. At most monasteries, these are provided for women who are wearing shorts or trousers. However, with new Covid protocols the monasteries are not currently providing shared garments, so we recommend popping a long skirt or sarong into your bag, so that you can wrap it around your trousers/shorts on arrival to the monasteries. Men's arms must be covered, and you must be wearing trousers, not shorts.

Footwear

Hiking boots or shoes, and trainers or some other comfortable footwear to relax in. If you wish to go biking or climbing, trainers are essential.

Luggage

20Kg

Luggage: On tour

One main piece of baggage and a daysack. Remember, porters are not available, so don't overload yourself. You'll also need to carry your luggage on/off buses.

Equipment

Bring a water bottle, torch, strong sunscreen, sunhat, sunglasses and insect repellent.

Rafting

For the rafting, bring along appropriate swimwear as well as a towel. A wetsuit, waterproof 'booties', life jacket and helmet will be provided. If you'd like to wear glasses during the rafting, it's recommended to have a tie attached so that you can slip them around your neck.

Hiking:

Comfortable walking shoes will be required. Bring a small backpack to carry any essentials including a water bottle and snacks. A walking pole may also be handy as terrain can be rocky and uneven underfoot.

Cycling (optional):

A helmet and a water bottle will be provided. You may wish to bring cycling shorts if mountain biking.

For the e-bike tour, comfortable trousers will be fine.

Climbing (optional):

Trainers will be required, no open toes or flip flops. Wear a lightweight windproof jacket, sunglasses and bring a water bottle and small backpack with you.

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

Local crew

Although voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approximately £20 of local currency for tipping.

In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Greece

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price	Beer price	Water price
£12.00 - 16.00	£3.5	£0.9

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro	GBP Sterling or US Dollars, cash.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports

ATM Availability

Cash can be drawn from ATMs from all types of cards in most areas in Greece, including the islands.

Credit Card Acceptance

In major restaurants.

Travellers Cheques

Banking hours may make exchanging Travellers Cheques more difficult.

Transport, Accommodation & Meals

Transport Information

Bus

Accommodation notes

During this trip you will be staying in some really characterful accommodation full of Greek charm and comfort.

In Galaxidi, we aim to stay at the Ganimede Hotel, a family-run hotel that was once a former sea captain's house, dating from 1890. Ceramic tiles and pots of flowers lead to a shaded inner courtyard and traditional rooms. Alternatively, we use the sister to the Ganimede - the Miramare, with a superb location just steps away from the waterfront, and known for their delicious breakfasts

In Monodendri, the distinctive stone guesthouse has a swimming pool in summer, and is well heated for the winters in the mountains.

In Kastraki, you'll stay in a beautiful hotel with fantastic views out to the pinnacles of Meteora, traditional decor and a cosy bar and restaurant.

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the

circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Greece: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

From 1st July 2020, All visitors are required to provide a completed 'Passenger Locator Form (PLF)' which must be submitted at least 24 hours before departure at:

<https://travel.gov.gr/#/>

You will also receive a QR code (up to 24 hours before you travel, regardless of how early you fill in your form). When you receive your code, make sure you either print it, or can show it on your mobile phone as you will need to show this at check in and on arrival in Greece.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers. If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Included activities

Northern Greece is a paradise for people who love the outdoors, and there are many ways to explore on foot, by bike or by river. As we have the ability to run this trip at any time of year, it's important to bear in mind that we may tweak the timings of activities in summer vs winter departures, avoiding the midday sun or ensuring that we finish before sundown as the nights draw in.

Walking/trekking:

Walking is the best way to experience rural life in this part of Greece. With hikes in the Pindus Mountains, above the archeological site of Delphi, and among the pinnacles at Meteora, the hiking is

beautifully varied. You will pass by pine forest, hike on ancient limestone steps, or 'skalas' dating back hundreds of years, and through small local villages. Getting totally off the beaten track, walks take between one to four hours, occasionally stopping for a picnic lunch depending on the time of day. The highest point of the trip is at 1,400 metres, not high enough to be considered high altitude, but certainly enough to appreciate the incredible views over the Vikos Gorge and the lush, green Vikos-Aoos National Park.

Rafting / 4x4:

Rafting down the Voidomatis River is thoroughly enjoyable, and a perfect experience for beginner rafters. After a safety briefing climb into the six-man rafts and begin the journey downstream to Voidomatis Bridge accompanied by the Explore Leader and a local rafting guide. The river winds gently through a lush natural setting, decorated with springs, small waterfalls and underneath stone bridges. This activity is suitable for beginners, but an ability to swim is nonetheless essential.

In the unlikely event that there are fewer than four people booked onto your trip, we will be unable to go rafting, but instead will take an adventurous off road journey, in 4x4 jeeps, through dense pine forest. You'll have some time for hiking in the Valia Calda National Park, and experience life in the more remote Zagori villages, which still do not have tarmac road access.

Cycling or rock climbing (optional):

On your free day in Meteora, you have the chance to go rock climbing, or discover the pinnacles and monasteries by mountain bike or even on an e-bike. We've put some information for you below, but your Tour Leader will be able to explain all the options in detail for you.

For the rock climbing, there are plenty of options for both beginners and experienced climbers, and all climbing equipment and guiding expertise is provided. However, you should be physically fit. The bizarre formations at Meteora mean that by getting up high you'll be able to see some of the best views around, in a fun-filled morning of single pitch, top-roped climbing.

For the mountain biking, there are different routes to suit all abilities, covering the rolling fields and forests of Meteora. Tougher cycle routes get you up high, for closer views of the monasteries, and across mountain paths. Otherwise there are flatter routes for the first-time mountain biker. These tours don't just include bike and helmet hire, but also are fully guided meaning that you'll see the hidden paths and trails around the awe-inspiring geological phenomena of Meteora.

And if you fancy taking it easy on an e-bike, you can spend a morning or afternoon on a bike that is powerful enough to do the work, so that you can focus on the landscapes without tiring. Again, you'll have a professional guide who will take you to hear stories about tradition, history, and the landmarks that you see along the route, including Meteora's famous monasteries.

Our local supplier reserves the right to adapt any activity to a safe level or length to suit the group dynamics.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Greece

Vaccinations

Nothing compulsory but we recommend protection against tetanus and polio. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Additional Information



Why book this trip

This trip is designed to give a taster of the hidden gems in northern Greece. With plenty of hikes on offer, as well as a cooking class, rafting on Grade 2 rapids, and opportunities to go biking, rock climbing or scrambling, you'll leave having seen a different side to this ancient and fascinating nation.

Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**