

## Greece: Athens, Delphi & Meteora

### Tour-Only Itinerary

On this unique Greek walking adventure, we've paired the sandy beaches and archeological treasures of the Peloponnesian Peninsula with the lofty monasteries of Meteora. Explore stunning seaside mountains at the 7th-century Acropolis of Corinth and enjoy lunch at Sykia Beach. Ride the cog rail through the dramatic canyons of Vouraikos Gorge to the seaside village of Diakopto—then travel to the mainland for an adventure along the slopes of Mount Parnassus. In the company of our knowledgeable guides, explore the Temple of Apollo at Delphi and meet a local friend for a wine tasting at her nearby estate. Journey to Kastraki and climb the stone steps to the Holy Trinity Monastery—erected on an imposing rocky pinnacle in the 14th-century. For a delicious taste of the Greek islands, add a Post-Trip Extension to the magical island of Santorini. Simply unforgettable!



### Highlights

- Hike among the medieval monasteries of Meteora, the astonishing UNESCO World Heritage site of sacred sanctuaries perched on towering sandstone pillars.
- Explore the archaeological site of Delphi, taking in its ancient ruins and magnificent mountain setting.
- Enjoy a refreshing Mythos beer in Galaxidi, once a thriving maritime community, then stroll cobbled streets past pretty 19th-century sea captains' stone houses.
- Follow footpaths in and around Acrocorinth, one of the finest surviving fortifications in Greece, and



gaze upon panoramas of the Isthmus of Corinth.

- Take a historic cog railway journey through the Vouraikos Gorge—into the deep-cut canyon past roaring waterfalls and through tunnels burrowed into mountainsides, with spectacular views of dramatic landscapes all around.

## On all Guided Adventures you can count on ...



Expert local guides to introduce you to the best of your destination.



Gracious accommodations that are a clean, comfortable home away from home.



Off-the-beaten-path places you'd never find on your own.



Experts to handle all the details.



A maximum of 18 fun-loving fellow travelers to share the journey.



Flight + Tour Combos include plane tickets, airport car service, and pre- and post-tour accommodations.



Delicious, authentic multi-course meals—virtually all are included.

## Activity Level



This tour is one of our Guided Walking Adventures, rated moderate (with challenging sections), and an average of 3 to 5 miles per day, with limited options. There are some ascents and descents, with maximum elevation gains (and losses) of 600-1,600 feet. Some slopes are short and steep (5-15 minutes), while others are sustained (30-90 minutes). The terrain includes cobblestone and paved streets, gravel roads, packed dirt trails, and hiking trails, with rocks and loose gravel stretches. The days on this tour are pretty full to allow for the inclusion of diverse regions of cultural and historical importance.

## **DAY 1**

### **Join your *Greece: Athens, Delphi & Meteora* tour. Corinth Canal and Acrocorinth. Travel to Kalavrita**

*1-2 miles, easy to moderate*

Your guides will meet you at 8:00 a.m. in the lobby of the Electra Palace Hotel. They'll be wearing Country Walkers shirts.

Your destination this morning is the Acropolis of Corinth, but first, you stop after about an hour to admire the Corinth Canal, linking the Gulf of Corinth to the Aegean Sea. This engineering marvel was completed in 1893, though it was first proposed by the mighty ruler Periander in the 7th century BCE. As you gaze down into its deep canyon, consider that a swim race is held each year here across its entire length. There is no tide, but the alternating currents pose quite a challenge to the swimmers!

After, continue onto the legendary Peloponnese Peninsula and the nearby Acropolis of Corinth, also known as Acrocorinth, or "Upper Corinth." By some accounts, this 7th century BCE fort built upon a spectacular hulking monolithic hill is mainland Greece's most impressive fortress-like structure. It served as the last line of defense for invaders approaching the Peloponnese Peninsula during ancient and medieval times. Your walk highlights the low-shrub terrain; a rich medley of Roman, Byzantine, Frankish, Venetian, and Ottoman ramparts; the preserved remains of Byzantine chapels, Ottoman houses, and mosques; remarkably preserved walled gates; and stunning seaside mountains. If you wish, you can climb to the castle or fortress ruins crowning the summit. Then follow the packed-dirt pathway, taking in sweeping coastal views and stopping to visit the Church of St. Dimitrios.

Later, drive to Sykia Beach on the northern coastal border of the Peloponnese. Here, a casual lunch of



typical Greek specialties: classic savory dips like *tzatziki* (yogurt, cucumber, and garlic), *melitzanosalata* (eggplant), and grilled fish refuels you for the afternoon. (You may wish to have your bathing suit and quick dry towel in your backpack to enjoy a pre-lunch swim.) Then you continue to Kalavrita, a charming, off-the-beaten-path alpine town nestled among fir-covered slopes. Famously, its historic rack-and-pinion railway cuts through a vertiginous gorge. You will experience this journey during your stay here. For now, you settle into your hotel and gather later for an orientation meeting and welcome dinner at the restaurant of a local chef. You may even assist in the preparation of the meal by picking mushrooms or gathering local herbs before sitting down for a dinner of delicious local fare, accompanied by a fine regional wine.

**Included Meals:** Lunch, Dinner

## DAY 2

### **Chelmos-Vouraikos National Park. Cave of the Lakes and Planitero. Independent exploration of Kalavrita**

*5 miles, easy to moderate, 1,000-ft. elevation loss*

After a leisurely breakfast, drive about 30 minutes to the nearby Cave of the Lakes, an impressive subterranean system of lakes and unusual rock formations. Enjoy a guided visit, walking through the galleries and chambers along a boardwalk, admiring curiously shaped stalactites and stalagmites shimmering in a surreal light, some resembling ribbon-like curtains. The 13 stepped “lakes” you pass, each a stone basin created by mineral deposits, formed over the bed of an underground river.

Remarkably, fossils reveal that the hippopotamus once passed through, and humans are believed to have inhabited the caves as early as 6000 BCE.

Directly from the Cave of the Lakes, your route takes you on foot along the E4, the European long-distance walking path that begins in Spain and culminates in Greece. You follow a rocky trail that descends steadily through a unique landscape of pine, pear, walnut, and plane trees as the waters rushing toward the Aroanios River provide a soft and gentle soundtrack. Arrive in Planitero around midday, strolling past the area’s springs, and settle in at a family-run restaurant for lunch, sampling specialties like onion pie with mizithra cheese, *saganaki planiteros* (a mix of cheese, peppers, tomatoes, parsley, and potatoes), and local trout for which the region is known. After a satisfying meal, return to Kalavrita and enjoy an independent afternoon and evening. Relax at your hotel or explore the town, perhaps shopping for delicious locally made souvenirs like preserves, honey, olive oil, and teas or popping into the Folklore and historical museum. Enjoy dinner at one of the many casual restaurants that dot the main street offering



traditional fare.

**Included Meals:** Breakfast, Lunch

## **DAY 3**

### **Kato Zachlorou and travel to Galaxidi via Nafpaktos**

*3 miles, easy to moderate*

Rise this morning for an early breakfast. Then travel by minibus to the trailhead for an easy morning walk through beautiful alpine scenery to the train station at Kato Zachlorou to catch the first departure of the unique cog rail that cuts through the stunning Vouraikos Gorge. Your magnificent journey descends through the deep-cut canyon past roaring waterfalls and through tunnels burrowed into mountainsides, with spectacular views of dramatic landscapes all around. Your destination is the seaside town of Diakopto, where you meet your shuttle and driver. Bidding the Peloponnese Peninsula farewell, you continue north to Galaxidi (stopping en route for an independent lunch, and perhaps a swim, in charming Nafpaktos), crossing over the Gulf of Corinth on the beautiful Rion-Antiron Bridge. Stretching 9,450 feet (about a mile and a half), it is one of the world's longest multi-span cable-stayed bridges. You arrive to your seaside hotel, a short distance from the seaside fishing village of Galaxidi, once home to brave mariners, in time to relax or enjoy a late afternoon swim.

Settle into your comfortable room and gather together later for another meal of traditional fare in your hotel's restaurant.

**Included Meals:** Breakfast, Dinner

## **DAY 4**

### **Mount Parnassus. Ancient pilgrimage route of Delphi**

*5 miles, moderate, 1,610-ft. elevation loss*

Rise to the sound of birdsong, stunning views over the sea, and a "sea of olive trees" stretching upward from the Gulf of Corinth. Indulge in a copious buffet of local specialties to fuel up for your morning walk: cured meats, local cheese, yogurt, piping hot coffee, fresh fruit, eggs, and bread, along with sweet cakes and pastries. Towering over this seaside resort is the imposing Mount Parnassus, home to the oldest continuously used footpath in the world—the Archaio Monopati—which was constructed in antiquity to link



the legendary sanctuary at Delphi with the Corycian Cave, sacred to nymphs and the Muses and the winter dwelling place of the god Pan.

A brief drive brings you to the trailhead where your route begins on the lower slopes of the mighty mountain. You follow the E4 path—the cross-continent way you were on two days ago—through one of Greece’s most extensive olive groves towards the ancient port of Kirra, dating to at least 3000 BCE. Spectacular views of the valley and the Gulf of Corinth reward your effort.

Afterward, arrive by minibus in the seaside town of Itea at midday, pausing for lunch on your own at one of the many tavernas. Return to your hotel where you may wish to relax with a book or swim in the outdoor pool before an independent evening of exploring and dining in Galaxidi. This cozy village of red-roofed houses and narrow, cobbled streets boasts plentiful cafés along a lovely waterfront. Choose one for a refreshing drink followed by dinner on your own. Restaurant suggestions will be provided by your guides. Take a little time to walk the century-old pine woods planted by schoolchildren along the harbor, or meander through the inviting neighborhoods dotted with captains’ mansions, each reminders of the time when this was a prosperous maritime port. Retire in comfort after a full day’s exploration.

**Included Meals:** Breakfast

## **DAY 5**

### **Archaeological site of Delphi and travel to Kastraki**

*1-2 miles, easy to moderate*

After another hearty, fresh breakfast, you head to the magnificent archaeological site of ancient Delphi, a UNESCO-preserved World Heritage site. For over a thousand years throughout antiquity, priests, leaders of city-states, and pilgrims wound their way up dangerous mountain passes to seek cryptic messages and guidance from the Delphic Oracle. You walk in their footsteps this morning as you explore the museum and archaeological site with a private guide. You enter via the Sacred Precinct, then pass the remains of memorials, treasures, and the remarkable Polygonal Wall, soon arriving at the impressive remains of the Temple of Apollo. After time to take it all in, travel north, skirting the base of Mount Parnassus to Polydrosos aboard your dedicated minibus. On arrival to the village, savor a light lunch and wine tasting. Enjoy a personal introduction and sample a few wines produced at our friend Despina’s nearby estate. Among the nine varieties, the vintners emphasize the cultivation of forgotten grapes. Afterward, continue about 2.5 hours to Kastraki, dramatically located in the shadow of the spectacular rocks of the Meteora,



one of the largest and most important complexes of Eastern Orthodox monasteries...and certainly the loftiest!

After settling into the hotel, gather in the restaurant for dinner, savoring thoughtfully prepared cuisine and stunning views of the dramatic landscape.

**Included Meals:** Breakfast, Lunch, Dinner

## **DAY 6**

### **Monasteries of the Meteora: Dormition of the Virgin Mary to Holy Trinity and Great Meteoron to Kastraki**

*2 miles, moderate, 600-ft. elevation gain and 3-4 miles, moderate with challenging sections, 850-ft. elevation loss*

Precipitously perched between heaven and earth above the Peneas Valley on the Thessalian plain, the monasteries of the Meteora (meaning “in midair”) are at once astonishing architectural accomplishments and testaments to the will of the faithful. Your walks among these exalted and inspirational monastic dwellings are highlights of your adventure. But you begin at ground level, at the beautiful Kalabaka Byzantine Church of the Dormition of the Virgin Mary, one of the few buildings in the Old Town not destroyed by Germans during World War II. Built in the 4th or 5th century, it boasts 11th- and 16th-century Byzantine frescoes as well as a beautiful mosaic floor. Though its setting may not be as dramatic as its loftier cousins, it is highly revered because it is 1,000 years older.

Continue upward as you get your first up-close glimpse of the famed monasteries of Meteora, a UNESCO World Heritage site. It is believed that Greek Orthodox monks built a small church at the base of these pillars in the 12th century. The political strife of the 14th century prompted them to build on top of the inaccessible rock columns that were such a prominent part of the landscape. Soon, 24 of them soared above the unstable fray below. Today, six remain. You follow a well-established trail and 140 steps for about an hour to the Holy Trinity (Agia Triada) monastery, featured in the James Bond film, *For Your Eyes Only*. Enjoy the views from this unique perch, visiting its small, fresco-filled circular church and the 15th-century main cathedral.

After, drive the short distance just past the Great Meteoron Monastery, also known as the Holy Monastery of the Metamorphosis or Transfiguration of Christ, the largest and oldest monastery, built on the greatest



rock of the complex. Its founder, the monk Saint Athanasios, is credited with establishing the monastic movement here. Your walk continues along a lesser-known hiking trail just beyond the monastery. As you descend back down to Kastraki, take in more breathtaking vistas of the remarkable rock formations, and pause to savor a picnic lunch in the shade of the Ypapanti Monastery.

After lunch, continue on foot towards Kastraki and then shuttle back to your hotel, where you may relax poolside with a well-deserved refreshment. (Guests who prefer to skip this more challenging trail may opt to picnic in front of the Great Meteoron Monastery and pop in on their own to explore its religious icons, stunning frescoes, and splendid views and catch a ride back to the hotel with the driver afterward). This evening, head to a local restaurant for a festive farewell dinner accompanied by Greek wine and some traditional music featuring the long-necked mandolin known as the bouzouki.

**Please note:** Exposed shoulders and knees are not permitted when visiting most churches and the monasteries at Meteora. Convertible zip-off pants are a good option for both men and women on days that combine walking and church/monastery visits. Sleeveless t-shirts or sleeveless shirts are strictly forbidden (for both men and women), but short-sleeved collared shirts are allowed. Women should carry a long scarf, sari, or shawl in lieu of a skirt for entry to the monasteries. (Due to Covid restrictions, monasteries are no longer lending skirts but instead charging a few euros to provide skirts with which women may cover themselves. However, they do not provide any coverage for men.) Anyone who does not adhere to the dress guidelines will be denied entry. A good option for women is to wear capri length (or full length) pants and to bring a sari or long scarf in your daypack for use as a long skirt to put over them.

**Included Meals:** Breakfast, Lunch, Dinner

## **DAY 7**

### **Varlaam Monastery to Kastraki. Your *Greece: Athens, Delphi & Meteora* tour concludes**

*1.5 miles, easy to moderate, 725-ft. elevation loss*

After breakfast, you travel by minibus to the Holy Monastery of Varlaam, the second largest of the monasteries of Meteora, named after the monk who first built a tiny chapel on this promontory in the 14th century. Take time to peruse the museum of monastic history and to check out an original rope basket used until the mid-19th century to haul monks and provisions, and admire the late-Byzantine frescoes, as well as sweeping panoramic views. Depart the monastery on foot (or opt for a ride down to town with our



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dedicated driver and minibus), arriving at Kastraki mid-morning. Bid farewell to Meteora and drive south (2.5 hours) to Kamena Vourla on the scenic south coast of the Malian Gulf. Enjoy a final meal of fresh seafood and raise a glass of ouzo, the local anise-flavored aperitif, to toast the week's adventures before you continue to Athens (arriving by 5:30 p.m.), to make connections for onward travels.

**Included Meals:** Breakfast, Lunch

## What's Included

### Tour Only

Exceptional boutique accommodations	✓
15 on-tour meals: 6 breakfasts, 5 lunches and 4 dinners	✓
Local guides with you throughout tour	✓
Local wine and/or beer with dinner	✓
Entrance fees and special events as noted in the itinerary	✓
Telescopic walking sticks provided on tour	✓