

# HIKING in Crete 2011

---

## Day by day program

**DAY 1:** Meet at the airport of Heraklion and transfer from Heraklion to Sfakia (3 hours by bus) - we depart for the village of Hora Sfakion (or Sfakia) at the south area of Chania, from where we start our hike to the small picturesque village of Loutro. We shall follow the E4 coastal path that crosses "Sweet water" beach (there are many fresh water springs, coming out of the pebble beach), where we have the opportunity to enjoy a swim in the crystal waters of Mediterranean Sea and enjoy our picnic lunch. (*Dinner and Overnight in Loutro*) **(4 hours walking)**

**DAY 2:** Starting early in the morning we shall ascend the ancient path until Anopolis village, a historic area from where the revolution against the Turks began in 1866. Here we see "authentic" Cretans with their traditional costumes that "take us back in time, to other centuries". From Anopolis we will cross Aradena gorge (very beautiful and slightly more "adventurous" than other gorges). After a needed-refreshing break at the "Marmara" beach, we return back to the small port of Loutro. (*Dinner and Overnight in Loutro*) **(8 hours walking)**

**DAY 3:** This adventurous day involves:

- a) **Rock climbing**                      b) **Rappelling**                      c) **Archery**

From Loutro we shall go to the small Marmara beach. We swim in the crystal clear waters and we shall continue to "hit the target" like the Robin Hood in the archery activity and will participate in our most exhilarating activity - rock climbing that will take place on the half pitch rock at the exit of Aradena gorge. Using helmets, harnesses and ropes we will learn the safety techniques of this fun activity, which builds group spirit and self-confidence.

(*Dinner and Overnight in Loutro*) **(4 hours walking)**

**DAY 4.** Coastal walk Loutro to Agia Roumeli village, following the European path E4 that passes from the picturesque St Paul's chapel, which was built on the sand next to the sea. Agia Roumeli is the Exit of "Samaria Gorge".

Samaria gorge is the largest gorge in Europe and one of the most beautiful that nature can provide. This is where the wild goats of Crete (Kri-kri) live as well as some of the most rare and highly threatened with extinction wild birds of Europe, such as the griffon vulture and the lammergeier (*Gypaetus barbatus*).

From Agia Roumeli we take the boat and we will arrive at Sougia. (*Dinner and overnight in Sougia*) **(5-6 hours walking)**

**DAY 5:** Mini Olympics at Sougia's beach. Teambuilding Games.

(*Dinner and overnight in Sougia*)

**DAY 6:** Starting from the small port of Sougia, we will cross the beautiful gorge of Selinou and following the European path E4 we reach the ancient city of Lissos, an important center of hydrotherapy in ancient years which flourished in the Hellenistic, Roman and Byzantine era. Here we visit a well-preserved temple with mosaic floor dedicated to the God of medicine Asklepios and we will have much to admire by making a small loop around the city. Continuing further west we shall reach the village of Paleohora, where we can swim and relax. (*Dinner and overnight in Paleohora*) **(6-7 hours walking)**

**DAY 7:** After breakfast we shall embark in our bus to return back to Heraklion with a short stop in Chania (lunch). We shall have time to visit the old -Venetian style - city, the market, Knossos and the museum. (*Dinner and Overnight in Heraklion*)

**DAY 8:** This is the end of the trip, we transfer you to Heraklion airport at convenient time.

outdoor activities