

## Wild mountains & rivers



**Athens-Lake Plastira-Aspropotamos-Tzoumerka-Zagoria-Metsovo-Meteora-Athens**

**Duration:** 9 days

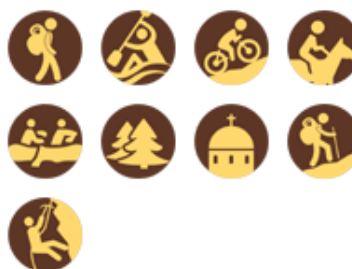
**Level:** Moderate to Challenging

**Tour Pace:** Active/Vigorous

**Tour comfort:** Standard

**Suitable for:** Singles, Couples, Young travelers

**Available:** May – November (This tour can be performed all year round, with a slightly modified itinerary)



## Description

Have you even been to a place, unknown to most of the world, but so beautiful and magical, that you want to keep it secret for yourself, yet, at the same time, scream it out to the world? Have you ever thought of Greece as a place with wild and steep mountains, deep forests, alpine lakes and rivers with crystal clear waters?

Well, you simply have to come with us on our “**Wild Mountains & rivers**” adventure and **discover the secret beauty of the Greek mainland!** Traditional stone-made villages untouched by time, lush fir forests, alpine landscapes, magical lakes and rivers, arch stone bridges, delicious local food and the hospitality of the local people are waiting for you to explore them!

## Tour Highlights

- Explore **Athens**, the city where democracy was born
- Visit some of the most beautiful and unspoiled **traditional Greek villages**
- Explore the magical **lake Plastira** on a kayak or hydro-bike
- **Hike through Vikos Gorge**, one of the deepest gorges in the world
- Go **rafting** into 2 different rivers
- **Hike** to the mythical **alpine Dragon lake**
- Taste the delicious **local food** and
- Hike at the cliff – top monasteries in **Meteora** and explore the centre of the Greek orthodox spirituality

# TRAILS BEYOND

## Trip Itinerary

day  
1

### 1st day: Athens



Upon arrival in Athens International Airport, you are met and welcomed by our team. You transfer to your hotel and, since your fellow travel companions arrive in different times of the day, you have the day free to explore the city of **Athens** and its numerous **cultural and historical places of interest**.

Depending on your arrival time, there is an optional **Athens bike tour**, 90% car – free. Alternatively, you can opt for the **Athens guided walking tour** and explore the centre of Athens and the principal sites of historical interest on foot under the guidance of our professional guide.



In the evening, you will meet with the group to get to know each other and we will discuss the trip details, while enjoying a traditional dinner at a Greek tavern in **Plaka**, one of the most beautiful, picturesque and traditional neighborhoods in Athens!



Dinner



3\* or 4\* Hotel in Athens

day  
2

### Day 2: Athens - Lake Plastira - Elati



Early in the morning, we depart with direction the dreamy **Lake Plastira**, a destination that combines harmonically serenity with adventure. We will first visit the Dam of the artificial lake and enjoy the stunning views it offers!



After lunch in one of the traditional taverns around the lake, we will **explore** the endless natural beauty of the area on a **hydro-bike** or **canoe/kayak**! For those of you that prefer **mountain biking**, there are numerous trails around the lake.

Later in the afternoon, we depart for dinner and overnight at the beautiful **mountainous traditional village of Elati**.



Breakfast, Lunch, Dinner



Traditional Hotel in Elati



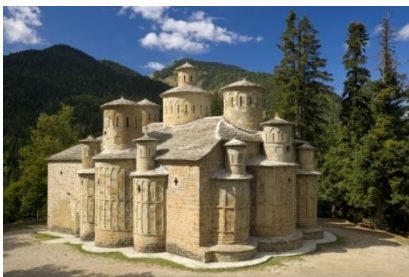
# TRAILS BEYOND

day  
3

## Day 3: Elati - Pertouli - Kalirroï



Today, we will drive along **Acheloos river** (also called Aspropotamos= white river) and pass by most of the villages that are scattered alongside the river banks. Our first stop is at **Pertouli meadows**, a beautiful plateau, surrounded by mountains with dense forests, rivers and enormous fir trees, which we will explore while **riding** our **horses** or **mountain bikes**, depending on your preferences!



We will then visit some of the traditional scenic villages, the old church of **Agia Paraskevi or Holy Transfiguration** and the impressive church of **Timios Stavros**, the only one that features 13 domes, all made of stone. Upon arrival in our beautiful hotel, an interesting cultural evening is waiting for us! We will visit the **Folklore Museum**, inside the hotel,

where we will see traditional gold-embroidered uniforms and weapons of the Greek War for Independence. Then, we will visit the traditional “**Mantani**” and learn how the women used to wash the woolen clothes in the past. In the end, before dinner, we will visit the cellar of the hotel and taste locally produced biological wines and tsipouro.



Breakfast, Lunch, Dinner



Traditional Tower Hotel in Aspropotamos

day  
4

## Day 4: Kalirroï – Tzoumerka (Plaka)



After breakfast, we depart for the charming village of **Chaliki**, built at 1.150m height, in an alpine landscape. Crossing **Mt. Lakmos**, one of the highest in Greece, we leave Thessaly and enter Epirus prefecture and the imposing **Tzoumerka mountains**. It is the place where **wild nature** meets **tradition** and **history**. We'll visit the picturesque village of **Kalarrytes**, renowned for its architecture and unparallel natural beauty of the surrounding landscape.

After lunch, we will visit the **Kipina Monastery**, the most impressive monastery of Epirus, literally hanging from a vertical rock!



# TRAILS BEYOND

Driving through the traditional villages of Tzoumerka, we'll reach the historical arch **stone bridge of Plaka**, where we will have dinner and overnight.



Breakfast, Dinner



3\* Hotel in Tzoumerka

day  
5

## Day 5: Plaka – Vitsa

Have a nutritious breakfast this morning, as we will go on a **rafting adventure** in one of the best rivers for rafting in Greece, **Arachthos river**. While rafting, we will pass under historical arch stone bridges, waterfalls and an underground river! Flying fox over the river comes next!

In the afternoon, we'll head to the Zagori area, where more surprises are waiting for you!



Breakfast, Lunch, Dinner



Traditional Guesthouse in Vitsa

day  
6

## Day 6: Vitsa - Papingo

This morning we will visit the charming villages of **Vitsa** and **Monodendri** and we will go on a **hiking tour** around the villages and down to Vikos Gorge to explore the natural landscape, the numerous arch **stone bridges** over Voidomatis river and learn more about Zagoria and their **history**.



After lunch, we will transfer to **Papingo village**, where in the afternoon our beautiful horses will take us on a **horse riding tour** and our professional guide, Daphne, will show us more of Zagoria!



Breakfast, Lunch, Dinner



Traditional Guesthouse in Papingo

# TRAILS BEYOND

day  
7

## Day 7: Papingo – Dragon lake – Papingo



Today is an exciting, yet demanding day, therefore a good breakfast is highly recommended!

Starting from **Mikro Papigo** village, we will go on a full day **hiking tour** to the impressive **alpine Dragon lake** (Drakolimni), which is located at 2.050m height. It will take us about 4-4.5 hrs to ascend **Mount Tymfi** until we reach the alpine lake, but the striking scenery, the views over the **Pindos** mountain range and the lake itself, rich in myths and traditions will definitely reward us!



At about 3 hrs distance from the beginning, we find **Astraka refuge**, so on our way back, we will stop there to relax and have lunch. On our **hiking path**, we will meet a lot of water springs so there is no need to carry a lot of water with you.

We'll be back late in the afternoon, so you will have your evening free to get some rest and go for dinner at one of Papigo's village traditional tavernas.

\* Depending on the weather conditions and the group, we can overnight at Astraka refuge and return next morning. You can alternatively choose the Vikos Gorge crossing trail (about 6hrs hiking).



Breakfast, Lunch



Traditional Guesthouse in Papigo

day  
8

## Day 8: Papingo – Meteora



Prepare yourselves for **rafting in one of the clearest rivers in Europe!**

Starting from the beautiful stone bridge of Aristi, we will cross the **National Park of Vikos – Aoos**, while rafting across **Voidomatis river**.

This is an easy route, ideal for everyone, yet very impressive because of the river's crystal clear waters and the surrounding natural landscape.

In the afternoon, we will drive to the picturesque small town of **Metsovo** for a coffee/tea break and afterwards, we'll head to the imposing **Meteora**, a marvel of nature and UNESCO World Heritage Site, where we will overnight.



Breakfast, Lunch, Dinner



3\* Hotel in Meteora

This morning we will visit the worldwide renowned impressive top-cliff monasteries of **Meteora** beyond the ordinary way!

We will follow the paths that the ancient monks used to follow to explore the area and the monasteries and admire the breathtaking views. For the more **adventurous** of you, you can enjoy **rock climbing** on the sandstone steep rocks of Meteora and admire this unique natural setting from a different angle.



After lunch, we take our way back to the city of Athens, which we will reach in the evening.

For those of you having a late evening flight from Athens International Airport, you can be transferred straight to the airport or you can enjoy your last night in beautiful Athens, before leaving next day.



Breakfast, Lunch



### **What is included:**

- Trails Beyond tour leader for the whole trip and local guides & activity instructors
- 8 days of accommodation in 3-4\* hotels and traditional guesthouses, based on double occupancy (the 9<sup>th</sup> overnight depends on guests' flight schedule)
- All meals as indicated on the trip notes
- Mini bus rental for the whole trip, driver, fuel consumption and tolls
- Entrance fees to sites listed in the tour itinerary
- Cost for all activities included in the tour program and all the necessary equipment
- All taxes

### **What is not included:**

- International airfares
- Travel insurance, mandatory
- Hotel transfers to/from airports other than Athens airport
- Any meals not specified in the itinerary
- Any beverages or alcoholic drinks during meals
- Additional hotel nights that may be necessary due to airline schedule changes or other factors
- Optional activities that are not included in the day-to-day itinerary
- Other expenses of a personal nature (alcoholic beverages, laundry, and so on) and tips





**Prices 2015 for private groups:**

Number of guests	Low Season	High Season
For 2-3 guests	1.880,0 €	1.950,0 €
For 4-5 guests	1.480,0 €	1.520,0 €
For 6 & more guests	1.350,0 €	1.350,0 €

**Excluding the 1st day in Athens (8 days)**

Number of guests	Low Season	High Season
For 2-3 guests	1.780,0 €	1.820,0 €
For 4-5 guests	1.350,0 €	1.380,0 €
For 6 & more guests	1.250,0 €	1.250,0 €

<b>*Single Supplement</b>	<b>130,0 €</b>	<b>150,0 €</b>
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**Low Season: 01/01-15/06 & 01/09-31/12**

**High Season: 16/06-31/08**

**\*Please read carefully our General Terms & Conditions**

**Optional activities (net prices):**

- Athens Bike Tour (Duration 3hrs, Cost 60€/person)
- Athens guided walking Tour (Duration 4-5 hrs, Cost: please contact us)
- Kayak in Lake Plastira, visit the Botanical Garden, taste locally made tsipouro, return on bikes (Duration 2,5 hrs, Cost: 28€/person)
- Hiking from Kalyvia to the beautiful Anthochori waterfalls (Duration 2,5 hrs, Cost: 30€/person for 2 guests, 15€/person for 4+ more guests)
- Rafting in Acheloos river (Duration 1,5-2hrs in the water, 3,5-4 hrs in total, Cost: extra 30€/person on top of price, or 45€/person)
- Hike to "Mantani of the Daemon" waterfall (Duration 3,5-4 hrs, Cost: 15€/person for min. 6 participants, if the number of participants is less, we still perform the activity at the total cost 6 x 15€ = 90€ in total)