

Kythnos, Serifos

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Unspoilt and largely undiscovered by foreign tourists, Kythnos boasts beautiful countryside, is chockful of nature, plentiful sandy beaches, exciting archeological discoveries from the last 10000 years, a Byzantine castle on a spectacular headland, hot springs, traditional villages, music and dancing, good food, and friendly locals. Kythnos is also only two hours by ferry from Lavrio port, which is a half-hour drive from the Athens airport.

Geographically close to Kythnos – about an hour on the ferry – Serifos has more daunting hills but otherwise is similar in much of its history, countryside and also boasts many sandy beaches. Its geology includes metal ores and more exotic minerals. The island's more recent history in the century to the 1960s was be-devilled by rapacious iron ore mining by foreign companies which has left its scars in rusty cranes and machinery in the south-west. The island also saw a bloody strike by mine workers in 1916 over their conditions



Trip Highlights

- Visit the excavation of Kythnos's ancient city, early civilization site
- Discover pristine countryside and remote sandy beaches
- Eat local dishes, visit farms, listen to traditional music, learn dances
- On Serifos, walk to the stunning hill-top main town



Tour Details

Dates: From May to October

Days/Nights: 8 days / 7 nights

Theme: Hiking & Trekking/ Cultural

Single supplement: Cost based on request. Availability limited.

Condition grading: Moderate

Itinerary

Day 1

Arrival in Kythnos, welcome dinner

After your arrival on the afternoon ferry, we transfer you to your hotel in the Hora, the island capital. Time for a shower before a walk in the pedestrianised village of Hora to get a feel for the island, its people, and the shape of the surrounding countryside. After an aperitivo, dinner in one of the traditional taverna in the village. At dinner, we meet our guide for Kythnos, Katerina Filippa. She grew up on the island and spends much of her working and family life on the island. She designed the network of paths and hopes to extend it.

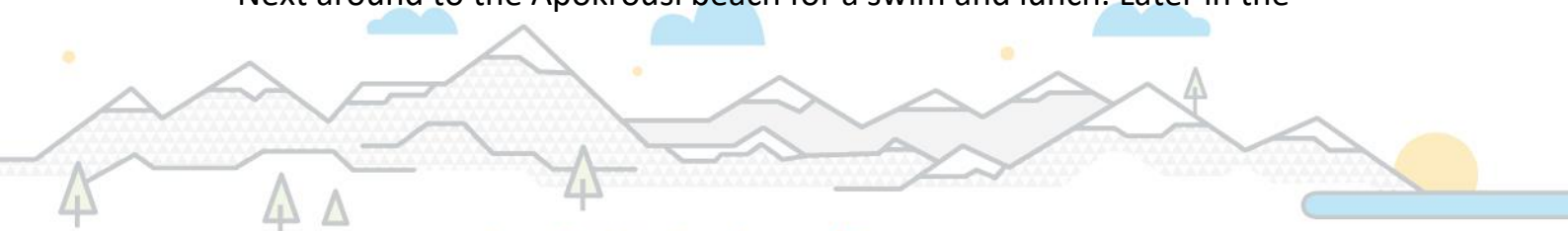
Overnight in Kythnos town in a 2* hotel

Dinner included

Day 2

Hike to Vryokastro ancient city excavation, and back

Our first walk on Kythnos heads from Hora on old mule tracks to the road/track junction of Diassela from where we see the two popular beaches of Episkopi and Apokrousi, sandy and flanked by tamarisk trees for shade. However, our first objective is to walk up to Vryokastro, a 2500-year old ancient city. Excavations have uncovered temples, public buildings, cisterns, a port, and digging makes new findings each summer. Next around to the Apokrousi beach for a swim and lunch. Later in the



afternoon we head up a lush valley back to Hora past flowers, sheep and goats, and watch birds of prey overhead.

Overnight in Kythnos town in a 2* hotel

Breakfast and dinner included

Hiking distance: 11 km / ***Hiking Duration:*** 4 hr 30 min

Day 3

Hike to Orias Castle, a prehistoric settlement and Loutra hot springs

Again, the walk starts in Hora. We head off towards Loutra port before turning up on first a minor road, then a mule track up to Orias Castle where there are the remains of a Byzantine castle on a headland with sharp drops down to secret beaches, and views across to Kea island. The castle was destroyed by the Turks in 1570, though some churches remain. Back down the hill we pass a 10,000 year-old Neolithic prehistoric site before reaching the port of Loutra, which has a hydrotherapy centre and hot springs running into a corner of the beach. These mineral waters are therapeutic for many ailments.

Overnight in Kythnos town in a 2* hotel

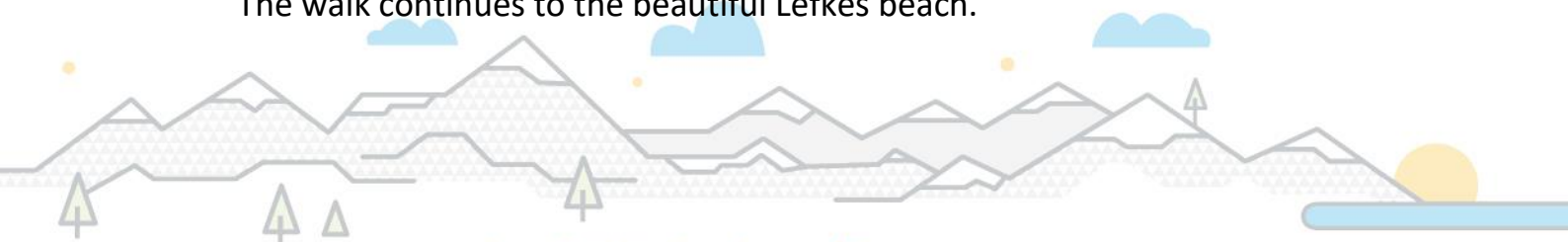
Breakfast and dinner included

Hiking distance: 14 km / ***Hiking Duration:*** 5 hr

Day 4

Hike from Dryopida's Katafiki cave, via washhouses to Lefkes beach

You transfer to the second main village of the island, Dryopida. The walk starts at the Katafiki cave, one of Greece's largest, which contains stalgmities and stalactites as well as the remains of iron ore mining activities in the last century. After a walk through the pedestrianised village, you head to Panaghia Stou Mathia where there are washhouses used up until the 1970s. You stop at a honey farm and make friends with the bees and their keepers. Honey is an important product of Kythnos. The walk continues to the beautiful Lefkes beach.



Overnight in Kythnos town in a 2* hotel

Breakfast and dinner included

Hiking distance: 7,5 km / Hiking Duration: 2 hr 30 min

Day 5

Walk via Flambouria beach to Kythnos port and ferry to Serifos

After checking out the Filoxenia, you transfer to Aghios Konstantinos towards the south of the island for a shorter walk down to Flambouria beach on well-crafted stone steps built in the 1960s for mules. The church on the beach is used for weddings, baptisms, and an important religious festival with music in August. From the end of the beach we walk up the hill and over into the valley for Merichas port to catch the ferry to Serifos.

Overnight in Livadi in a 2* hotel

Breakfast and dinner included

Hiking distance: 5.9 km / Hiking Duration: 2 hr

Ferry:

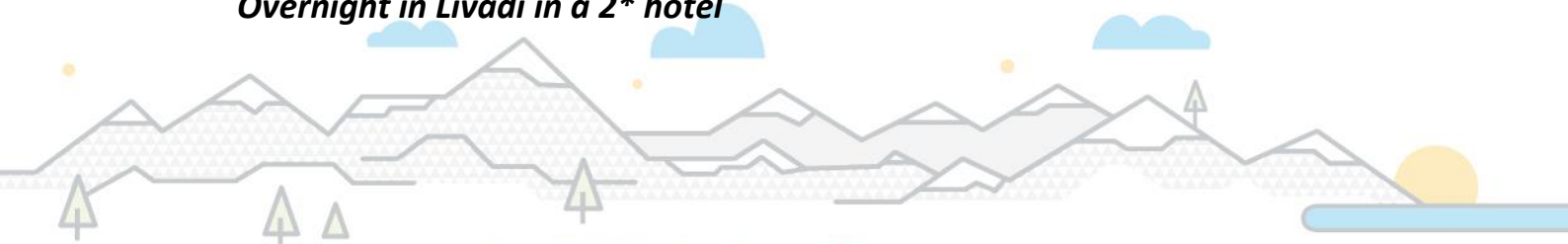
Kythnos to Serifos 18:05-19:25

Day 6

Walk to Hora, across farmland to churches and monastery

Our first walk on Serifos takes us up to the Hora on a well-tended stone pathway that soon reaches the capital's school, theatre and folk museum before going through narrow streets to the centre of the village with its many craft shops and bars. At the top there are churches with views across the island. Our route continues north on a well-marked trail, past traditional pigeon houses, toward the one-man monastery for a visit and chat with the monk. We transfer back to Hora for an evening out.

Overnight in Livadi in a 2* hotel



Breakfast and dinner included

Hiking distance: 11.2 km / ***Hiking Duration:*** 5 hr

Day 7

Uncovering century-old iron ore mining activities

After a bus to Hora, you walk the stone path that miners took on their way to an array of mines across the south west of the island. At an intermediate point we also visit the impressive ancient White Tower, which has recently been renovated, before getting onto the mining route to Koutalas bay where ore was loaded on vessels. Then you head to Megalo Livadi where ore was also loaded on ships, there are disused mining offices, and a small museum. This sweet bay also boasts fine fish restaurants.

Overnight in Livadi in a 2* hotel

Breakfast and dinner included

Hiking distance: 11 km / ***Hiking Duration:*** 5 hr 30 min

Day 8

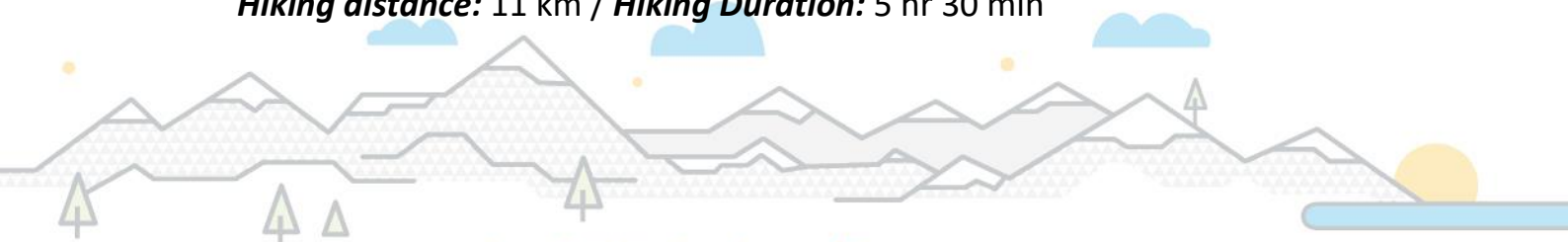
Circular Sykamia beach walk past farming, fruit, lush valley

After a transfer, this walk starts on the northern beach of Sykamia and also ends there. You first go up from the east end of the beach on a mostly well-laid path to the traditional villages of Galani and Pyrgos. The path links via a route through small gardens, and a pretty creek, to Panagia village from where another path descends a lush valley containing a laundry, pigeon houses, watermills, fruit trees and vines. After a swim on Sykamia eat at the restaurant at the western end of the beach.

Later in the afternoon we will hop again on a ferry towards Athens, where our trip ends.

Breakfast included

Hiking distance: 11 km / ***Hiking Duration:*** 5 hr 30 min



Ferry:

Serifos to Piraeus port 18:20-21:00

What's included

Price includes:

All accommodations based on double occupancy
Hotel taxes and service charges
All transportation during the trip
All activities mentioned in the program
Ferry tickets
Services of a guide throughout the tour
Transport and handling of one reasonably sized suitcase and one carry-on per person

Included meals:

Breakfast and dinners as indicated in the itinerary

Not Included:

Domestic and/or international air fare
Medical expenses
Travel or emergency evacuation insurance
Gratuities for leader/guide or driver
Alcoholic beverages and meals other than those outlined in itinerary
Visas if needed
Transfer to and from the airport/port
Anything not mentioned in above program

Itinerary Changes

We are constantly updating our unique itineraries based on new information and experiences available. The walks, accommodations, and visits listed may be adjusted. The itineraries presented are subject to modification and change by Tripin Adventures. We reserve the right, without penalty, to make changes in the published itinerary whenever, in our judgment, conditions warrant, or if we deem it necessary for the



comfort, convenience, or safety of participants.

Terrain

The countryside on Kythnos does not go above 350 metres altitude, though the terrain on mule tracks can be rough and stoney. Not all the trails are well kept and free from vegetation and where this is the case we take alternative routes. We advise long trousers for most trails. Serifos is a slightly smaller island than Kythnos but goes higher reaching nearly 600 metres with some more rugged terrain. The trails are slightly more organised on Serifos and include some beautiful paved routes used by miners in their day.

The trails on both islands can exceed 10 kilometres, or four hours duration, so require a good level of fitness.

Condition Grading

Moderate

Trips designated “Moderate” are more active and require a bit more endurance. Hikes and treks include occasional steep ascents. Trip members should be experienced hikers in good physical condition, capable of walking 3-5 hours

Starting point and getting there

Starting point is: Kythnos

Getting There & Away: Kythnos has reasonable connections with daily ferries from Piraeus and several ferries a week from Lavrio.

Getting around: We will arrange for a transfer from the port of Kythnos to your hotel. If you want assistance though, in getting to Piraeus or Lavrio let us know and we can arrange a transfer from your hotel in Athens.



Food

Greek cuisine is simple, healthy and tasty. The basic offering is meat, fish and salads. However individual islands offer their own delicacies. The Cycladic islands often have their own distinctive cuisine. Kythnos benefits from locally-raised lamb and goat meat as well as locally-caught fish. One delicacy is sfougata, small fried cheese balls, as well as a local cheese pie. Local wine is often artisanal and varies in taste and quality. One professional wine producer, Dryopis, has recently started production. Honey is another food product from Kythnos, benefiting from thyme herbs which bees consume.

Eating out is frequent in Kythnos villages and very relaxed. In the summer, tables are burdened with plates of different foods, wine and beer. Groups of walkers can eat together to enjoy each others' company and a bigger selection of dishes. This is not an obligation obviously. Vegetarian and vegan dishes, such as bean, chickpeas, and hummus are widely available.

The eating situation on Serifos is similar to Kythnos, though on Serifos there is more choice in both Livadi and Hora. Marathoriza restaurant in Hora is recommended for its local cuisine. Island delicacies include a soft cheese called Xinomizithra. There is also a mature hard cheese. Another delicacy is marathotiganites, croquettes made with onion and fennel leaves. The Chrysoularas brand produces a professional wine.

Weather

Spring, summer and fall in Greece are sunny and warm. The daytime temperatures average 25-30 ° C, though temperatures in the 35s are possible in the summer months. Nighttime temperatures cool off slightly to 20° C. Rain showers are rare on the islands, but it's often breezy and rainy on the coast.

Gear Checklist



Greece has a temperate climate. Base your clothing on the “layering system”, if it is hot you can “peel off” layers quickly, if it is cooler and windy you can quickly “dress up”. The lighter you travel, the easier you travel. Use your best judgement and pack as lightly as possible. You will appreciate light luggage towards the end of your trip
Please consider taking along the following items on your trip.

Official Papers

- ✓ Valid passport
- ✓ Airline tickets

Luggage

- ✓ Duffel bag or rolling luggage
- ✓ Daypack to carry camera, water bottle and snacks etc.
- ✓ Luggage locks and tags

Outerwear

- ✓ Midweight polar fleece sweater
- ✓ Rain jacket and rain pants, or poncho

Clothing

- ✓ Hiking shorts
- ✓ Casual clothing made of light-weight fabrics
- ✓ T-shirts
- ✓ Long-sleeve shirt
- ✓ Hiking pants, loose and easy to move in
- ✓ Underwear
- ✓ Swimsuit

Clothing Accessories

- ✓ Sun hat or baseball cap

Footwear

- ✓ Lightweight and supportive hiking boots, broken-in with good



- ankle support
- ✓ Beach sandals
- ✓ Casual, comfortable shoes for evening

Accessories

- ✓ Sunscreen and lip protection
- ✓ Sunglasses and retainer strap
- ✓ Beach towel

Optional Accessories

- ✓ Security pouch or money belt
- ✓ Trekking poles or walking staff
- ✓ Camera, memory and batteries
- ✓ Reading and writing materials
- ✓ Watch with alarm or travel alarm
- ✓ Travel pillow
- ✓ Motion sickness remedies
- ✓ Personal first-aid kit
- ✓ Insect repellent (lowrisk)
- ✓ Electric adapter plug/converter

This is not a fixed list, but more of a guideline, so feel free to add and remove items as you see fit.

Currency & Banking

Greece has adopted the Euro as its currency. The easiest way to obtain local cash is from an ATM. Greek ATMs accept cards bearing the Cirrus, EC, Euro card, Visa and Plus symbols. If you take cash, US or Canadian Dollars can be easily exchanged at banks. Most major credit cards, Visa, MasterCard and American Express are accepted.

It is advisable to have some Euro with you upon arrival to be used for a taxi if necessary.

You may want to check the website www.xe.com for current exchange rates.

Passports





You must have a passport valid for at least 6 months beyond the conclusion of your trip. Please make sure that you have blank pages in your passport for your visa (if required), entry and exit stamps (one for each). Please make a copy to take with you in the event yours is lost or stolen and keep it separate from your actual passport.

Visas

Currently a Greek Tourist Visa is not required for citizens of Canada, United States, Britain and Australia. If you hold another passport, please check online <http://visacentral.com/visas.php>

