

Hike to Delphi

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We start from Athens, and on the way to Delphi the road cuts through some of the most beautiful mountain scenery in Greece, passing traditional villages that are among the country's loveliest. Delphi is perched in a cliffside on the slopes of Mount Parnassos and overlooks the fertile valley of Phocis, dominated by the silvery-green Olive Grove of Amfissa and the sea. It was considered from the Ancient Greeks as the navel of the world and to honor it, they built here the sanctuary of Apollo. Pilgrims came to Delphi for throughout the Greek world, to seek wisdom from the oracle of Pythia.

Today we will follow the footsteps of them, as our hike starts just below Corycian Cave, which is located in the heart of Parnassos Mountain. Declared as a national park in 1938, is the mythical birthplace of the muses and with elevation reaching an altitude of 2457 meters it is one of the highest mountains in Greece. We will hike an old pathway, passing through fir forests and lush valleys filled with wildflowers until we reach Delphi itself.

Trip Highlights

- Hike at Mt Parnassos, one of Greece's highest mountains declared as a national park in 1938
- Be amazed at the UNESCO World Heritage Site of Delphi, where the oracle of Apollo spoke



- Discover the delights of charming mountain-top villages
- Sample local dishes that pay tribute to the rich gastronomic tradition of the region

Map



Tour Details

Dates: All year around

Days/Nights: Day tour

Theme: Hiking



Itinerary

We depart early from Athens and drive towards mount Parnassos. Covered by thick forests, with habitats of high biodiversity value, Parnassos was the first Greek mountain to be proclaimed a National Park. Our hike starts just below Corycian Cave, which was dedicated to the God Pan and it was a place for pagan rituals since Neolithic times. We follow the same path that ancient pilgrims used to take in order to approach the cave from Delphi oracle. It descends the southwest part of Parnassos mountain, within a dense fir forest and great views of the sanctuary of Delphi and the olive grove of Amfissa, the biggest in Greece, with more than one million trees. We finish at the village of Delphi where we lunch, as Greeks, tasting the traditional “meze” dishes. After lunch you will have free time to visit the archaeological site, one of the most important in Greece, second only to the Acropolis of Athens, without the morning crowds.

From Delphi we will drive back to Athens and on the way we will stop at the mountain top village of Arachova, famous for its authentic local crafts, including woodcarvings and weavings.

Hiking distance: 8,5 km / **Hiking Duration:** 3 hr

Elevation gain & loss: 121 m & 670 m

Driving distance:

Athens center to start of the hike 180 km / 3 hr

Delphi to Athens center 180 km / 3 hr

What's included

Price includes:

All transportation during the trip

Services of a guide throughout the tour

Tickets for the archaeological site and museum of Delphi

Included meals:



Snacks during activity

Lunch

Not Included:

Gratuities for leader/guide or driver

Guided tour of the archaeological site and museum of Delphi. The reason for this is that our hiking guide is not allowed to guide in archaeological sites. Have in mind though, that a tour with a licensed guide could be arranged upon request and the cost is 150€

Other items of a personal nature

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.

Condition Grading

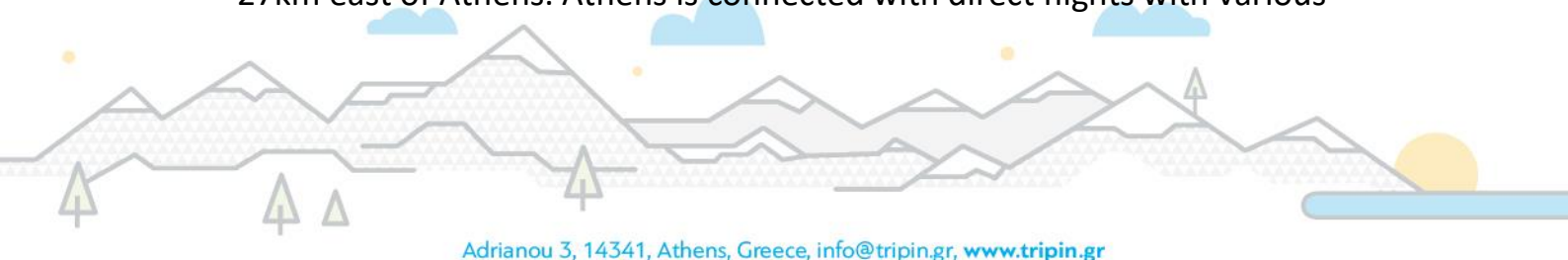
Moderate

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: Athens.

Getting There & Away: Athens airport Eleftherios Venizelos, is about 27km east of Athens. Athens is connected with direct flights with various



cities in Europe, North America and Asia.

Getting around: We can arrange for a transfer from the airport to your hotel. If you want to come by yourself, the metro and the suburban rail provide quick connections to central Athens (1 hour / 10 euro' ticket). The bus option is cheaper though it takes longer (1h 30 min / 5 euro' ticket). You can also take a taxi (1 hour / 35-50 euro').

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 in 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.

Please consider taking along the following items on your tour.

Luggage

- ✓ Daypack to carry camera, water bottle and snacks etc.

Clothing

- ✓ Hiking shorts
- ✓ T-shirts

Clothing Accessories

- ✓ Sun hat or baseball cap



Footwear

- ✓ Casual, comfortable shoes. For better protection, lightweight and supportive hiking boots, broken-in with good ankle support

Accessories

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

Optional Accessories

- ✓ Camera, memory and batteries
- ✓ Trekking poles or walking staff
- ✓ Personal first-aid kit

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

