

Timeless Food Trails Peloponnese

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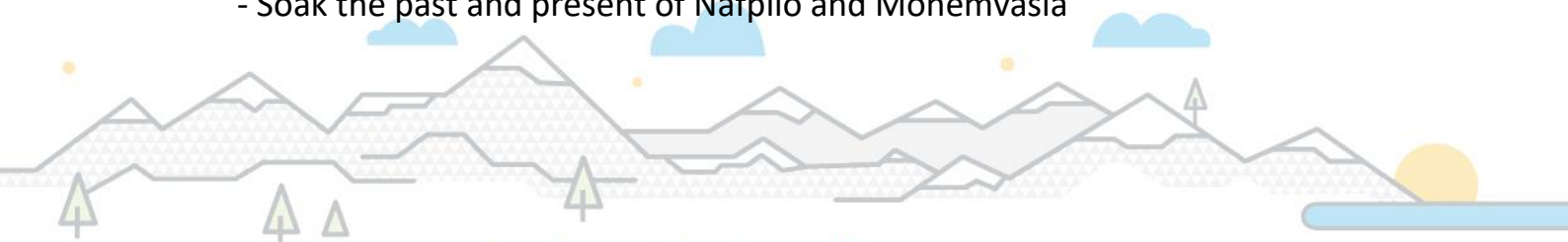
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The Peloponnese has some of the most important archaeological sites in the world and is the stuff of which legends are made. In addition to its rich historical and architectural wonders, the Peloponnese region offers a tantalizing journey for food enthusiasts. Immerse yourself in the delectable flavors of traditional Greek cuisine, where each dish tells a story of centuries-old culinary heritage.

The trip starts in Arcadia, where you will visit Vytina and Dimitsana, two of the most fascinating mountain villages in Greece. Heading towards Olympia, where, like the racers who started at the first Olympic Games in 776 BC and every fifth year thereafter, you can still put your toe on the starting stone. Later, you'll proceed to Kalamata, the land of olive trees, and Monemvasia, the charming medieval castle. Finally, you'll end your journey at two of the most interesting archaeological sites in Greece: Mycenae and Epidaurus. You will spend two nights in Nafplio, once a capital of newly-liberated Greece, graced with attractive narrow streets and elegant Venetian architecture.

Trip Highlights

- Hike on cobblestone paths connecting the centuries old monasteries of the Lousios gorge
- Marvel at the sanctuary of Ancient Olympia, the birthplace of the Olympic Games
- Savor fresh fish from the daily catch, at a local tavern by the sea
- Soak the past and present of Nafplio and Monemvasia



Map



Tour Details

Days/Nights: 8 days / 7 nights

Single supplement: Cost based on request. Availability limited.

Condition grading: Easy Active

Itinerary

Day 1

Hike in Lousios gorge

We depart Athens, heading towards Arcadia, a land steeped in myth—home to gods, nymphs, heroes, and the legendary god Pan. With its dense fir forests, rugged ridges, deep river valleys, plateaus, and barren summits touched by human activity, Arcadia stands as an outdoor paradise. Our initial stop is at the Open-Air Water Power Museum showcasing the importance of water-powered techniques in local society across the ages.

Our accommodation rests in the medieval village of Dimitsana. After check-in and a satisfying lunch, we journey to the secluded Prodromos Monastery, an awe-inspiring sight carved into the rock. Alongside the Lousios River, a trail winds through a steep gorge, leading to Ancient Gortyna, once a healing sanctuary of Asclepius.

Overnight in Dimitsana in a boutique hotel

Breakfast, lunch and dinner included

Hiking distance: 4 km / **Hiking Duration:** 1 hr 30 min

Driving distance:

Athens to Dimitsana 230 km / 2 hr 45 min

Dimitsana to Monastery of Prodromos 15 km / 30 min

Day 2

Visit Ancient Olympia and bee farming

Today, our journey takes us towards Olympia, where we'll immerse



ourselves in the world of a honey farm. This establishment, once the livelihood of Klio's grandparents and now the foundation of her own agricultural pursuits, epitomizes the essence of Greek hospitality. She will reveal the secrets of honey production and later on we will taste traditional sweets infused with honey from her bees, prepared right before your eyes with the assistance of her mother.

In the afternoon we will continue onwards Ancient Olympia, where alongside with your guide, you will walk through the impressive ruins where Olympic Games were held every four years beginning in 776BC. The Olympia Museum is also a must visit, as it includes some of the most important works of Classical art such as the sculpted decoration of the temple of Zeus, one of the Seven Wonders of the Ancient World, and the famous Hermes of Praxiteles.

Overnight in Olympia in a 4* hotel

Breakfast included

Driving distance:

Dimitsana to Olympia 77 km / 1 hr 35 min

Day 3

Kalamata's olive oil tour

In the morning, on our way to Kalamata we'll make a delightful pitstop to kick off our olive oil tour within the walls of a city wall. Here, we'll not only explore the fascinating world of olive oil production but also partake in a mini cooking lesson. Get ready to roll up your sleeves as we craft a mouthwatering pie and perfect tzatziki, introducing ourselves to the art of the Greek culinary traditions.

Subsequently, we'll make our way to the captivating city of Kalamata. Renowned for its exquisite Kalamata olives, our goal is to procure a bottle of exceptionally high-quality extra virgin olive oil following our delicious tasting experience. Later in the afternoon we'll leisurely wander through the bustling main square and delve into the historical charm of the city's quarter.



Overnight in Kalamata in a 4* hotel

Breakfast and lunch included

Driving distance:

Olympia to Kalamata 115 km / 1 hr 35 min

Day 4

Hike in Kardamyli

This morning, we will drive to Kardamyli. Hiking has become it's greatest drawcard, as the hills behind the village are crisscrossed with an extensive network of cobblestone paths, hidden among the coastal flora. Our path starts at the old quarter of Kardamyli and soon passes the so-called Tombs of the Dioscouri, the alleged burial spot of Castor and Pollux. The two rock-cut tombs are probably Mycenaean in origin. A half-hour uphill finds us by the church and the outskirts of the village of Agia Sophia. The views from here back down to Kardamyli are more than worth the effort. Walk through stunning landscapes of villages, olive groves and wildflower fields all the way down to the small village of Proastio.

Overnight in Kalamata in a 4* hotel

Breakfast and lunch included

Hiking distance: 4 km / ***Hiking Duration:*** 2 hr 45m

Elevation gain & loss: 372m & 372 m

Driving distance:

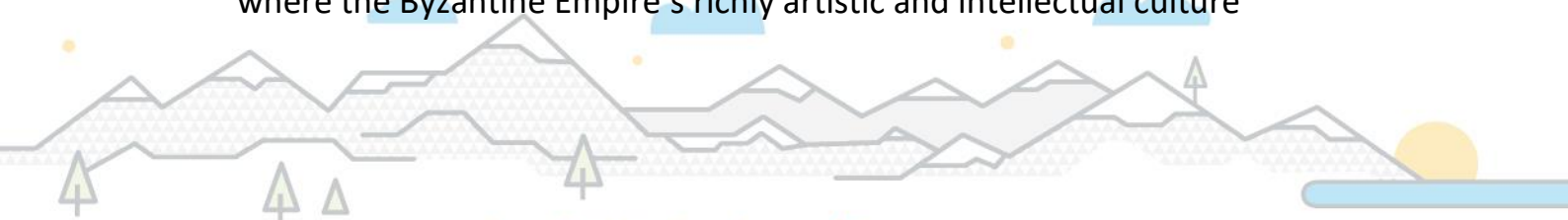
Kalamata to Kardamyli 35 km / 50 min

Kardamyli to Kalamata 35 km / 50 min

Day 5

Mystras visit and Monemvasia

The fortress town of Mystras with the captivating ruins of churches, libraries, strongholds, and palaces is another Peloponnese UNESCO World-Heritage listed site. Lying on a hill as if it was spilled from a spur of the Taygetos Mountain, Mystras is overlooking the city of Sparta. Among the most important historical sites in the Peloponnese, here is where the Byzantine Empire's richly artistic and intellectual culture



made its last stand.

Visit the site, have lunch in the tiny village of Mystras and then drive towards Monemvasia, a Gibraltar-like rock, which forms a small island linked by a bridge, with a medieval village at its base. The village is enclosed within the walls of a castle, with narrow, cobbled streets, flanked by winding stairways that weave between a complex network of stone houses.

Overnight in Monemvasia in a boutique hotel

Breakfast, and lunch included

Driving distance:

Kalamata to Mystras 105 km / 1 hr 15 min

Mystras to Monemvasia 90 km / 2 hr

Day 6

Visit Nemea wine country and drive to Nafplio

As we set out for Nafplion in the morning, we'll take a moment to appreciate the rich winemaking heritage of the region. Our journey includes a wine stop at the hillside vineyards encircling the charming village of Nemea, a place with a winemaking tradition that spans centuries. While they now successfully cultivate various leading grape varieties in Europe, it is the aromatic Agiorgitiko grape that has earned Nemea international acclaim.

After our tasting, we will drive to Nafplio, the town where Greece meets Italy. Built with stepped streets overhung with balconies dripping bougainvillea, handsome neoclassical buildings and enticing shops and restaurants, it is the most charming town in the Peloponnese.

Overnight in Nafplio in a boutique hotel

Breakfast included

Driving distance:

Monemvasia to Nemea 230 km / 3 hr



Nemea to Nafplion 43 km / 45 min

Day 7

Visit Epidaurus and Mycenae

Epidaurus, is the best-preserved theater of Ancient Greece, and the place where Aeschylus, Euripides and Sophocles presented their tragic plays. Every single summer people still return to see the same plays, a genuine testimony of the Greek culture that it is still alive. We will spend the morning visiting the archaeological site, which was also famed and revered as a place for miraculous healing. After that, we will drive to the World heritage-listed Mycenae, one of the most ancient places in Europe, and as you walk through the 13th-century BC Lion Gate, it's easy to sense that the ancient Greek myths have a strong connection with reality.

During your free afternoon, you can choose to explore either the Palamidi Castle or the Bourtzi Water Fortress. For dinner, we will relax in a special place and a chef will cook for us. We will discuss with him about the tastes, raw materials and food and wine pairing. A unique experience with a menu based on our special needs and likes. A perfect dinner is waiting for you.

Overnight in Nafplio in a boutique hotel

Breakfast and dinner included

Driving distance:

Nafplio to Epidaurus 23 km / 40 min

Epidaurus to Mycenae 40 km / 1 hr

Day 8

Drive to Athens

After breakfast we will return to Athens. In case you wish further exploration, you can use the option of extending your trip by three more days and visit the islands of Poros and Hydra.



Breakfast included

Driving distance:

Nafplio to Athens 139 km / 2 hr

What's included

Price includes:

All accommodations as listed (or similar) based on double occupancy

Hotel taxes and service charges

All transportation during the trip

All activities mentioned in the program

Entrance fees for the Archaeological site of Olympia, Mystras, Epidaurus and Mycenae

Tourist guide for the Archaeological site of Olympia, Mystras, Epidaurus and Mycenae

Services of a guide throughout the tour

Transport and handling of one reasonably sized suitcase and one carry-on per person

Included meals: Breakfast, lunches 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 outlined in itinerary

Visas if needed

Transfer to and from the airport/port

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.

Terrain

This trip level is Easy active and is suitable for most people that are in fairly good physical condition. The itinerary includes walking tours in cities and villages, and two days with hikes of 1-3 hours.

Although the paths are quite well-kept the terrain often tends to be very stony and rocky, during the gorge-walking. You will mostly be walking on footpaths, mountain trails and on some tarmac roads.

Condition Grading

Easy active

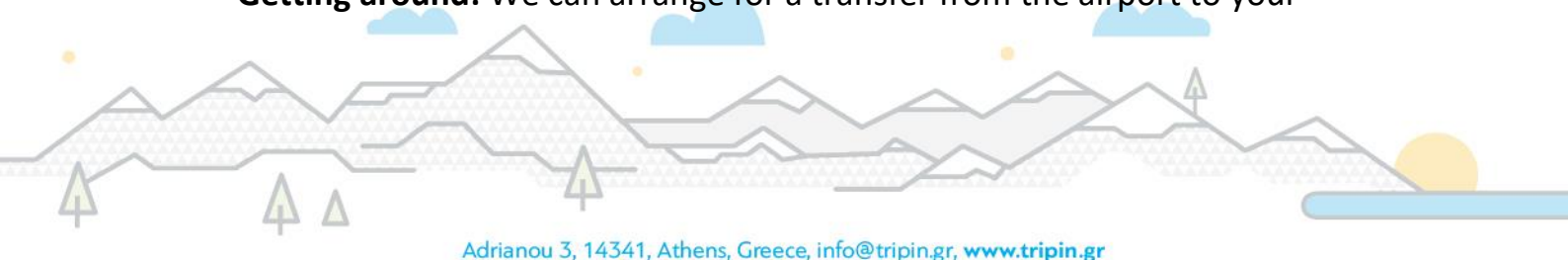
Trips designated “Easy Active” are perfect for first-timers, or travelers looking for a mild physical challenge. A typical day will consist of 1-3 hours of activity.

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').

Food

Simple, nutritious and flavorsome, the food is one of the pleasures of travel through Greece. Rustic Greek Cuisine reflects the history and bounty of its diverse regions and relies in the fresh, seasonal home-grown produce and generally simple, unfussy cooking that brings out the rich flavors of the Mediterranean.

Greece's relaxed and hospitable dinning culture makes it easy to get into the local spirit. Greeks love to eat out and share impossibly big meals family style. Given the long summers and mild winters, alfresco dining is central to the dining experience. Service could be slow by Western standards, but why being in rush either way.

As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though. Wherever possible we will cater for dietary needs for any included meals, but there may be times when those with special requirements may need to provide their own. Note that alcohol and soda are not included.

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. 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 (low risk)
- ✓ 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 Euros 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>

