

## Delphi to Meteora

### Table of Contents

**Trip Highlights, Map, Tour Details, Itinerary, What's included, Itinerary Changes, Terrain, Condition Grading, Starting point and getting there, Food, Weather, Gear checklist, Currency & Banking, Passports, Visas**

If all you have is just three days and you are trying to decide where to go before you head to the islands, this tour combines two of the most famous landmarks of Greece, Delphi and Meteora.

Our trip starts 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.

Our next stop is Meteora, one of the most extraordinary places in the world. A series of sandstone pinnacles, rising above the plain of Thessaly. It is not surprising that they have been seen as places of religious retreat and the monasteries built by monks six hundred years ago on the top of these rocks, create a unique synthesis of nature and man.



## Trip Highlights

- Be amazed by the UNESCO World Heritage listed site of Delphi, one of the best preserved ancient monuments
- Hike on cobblestone paths, following the footsteps of pilgrims who have walked on them for centuries
- Discover the delights of Galaxidi village, a charming coastal gem with rich history and scenic beauty
- Experience Meteora, world renown, monastery-topped rock pinnacles, listed as one of UNESCO World Heritage sites

## Map



## Tour Details

**Dates:** From May to October

**Days/Nights:** 3 days / 2 nights

**Price:** Contact us for price

**Theme:** Hiking & Trekking/ Cultural

**Single supplement:** Cost based on request. Availability limited.

**Condition grading:** Moderate

## Itinerary

### Day 1

**Drive to Mt Parnassos, hike the ancient path that was connecting Corycian Cave and explore Galaxidi**

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.

Later in the afternoon, we will drive to Galaxidi, a charming seaside village on the Gulf of Corinth. Once a prosperous naval town, Galaxidi retains its neoclassical elegance and maritime character. Strolling along the picturesque harbor, you'll discover traditional mansions, quiet cobbled streets, and local craft shops. We end our day here with a relaxing dinner by the sea, enjoying fresh seafood and local specialties in one of the village's welcoming tavernas.

***Overnight in Delphi, Kastalia Boutique Hotel***



***Lunch and dinner included***

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

***Elevation gain & loss:*** 121 m & 670 m

***Driving distance:***

Athens to Delphi 180 km / 3 hr

## **Day 2**

### **Visit the archaeological site, drive to Meteora and hike there**

Early in the morning, you will visit the archaeological site of Delphi, symbol of unity in the ancient Greek world and its most prestigious religious center—before the crowds arrive. Afterward, we leave the mountainous village of Delphi and transfer to the magnificent landscape of Meteora. It's a moment you won't easily forget: one minute you're driving through the fertile plains of Thessaly, and the next, towering rock pinnacles rise before you like a gigantic “stone forest.”

These dramatic formations are not only geological wonders, they represent a unique artistic and spiritual achievement, transforming nature into a place of retreat, meditation, and prayer. By far, the best way to appreciate the raw power of the forces that shaped Meteora is to walk right into it. Along the trails, you'll encounter breathtaking examples of geological history and the ever-changing processes of nature, revealed with every bend and rise.

### ***Overnight in Kastraki, Doupiani House***

***Breakfast, lunch and dinner included***

## **Day 3**

### **Hike in Meteora, visit one of the monasteries and drive back to Athens**

The world Heritage listed Meteora is an extraordinary place, a testament to the harmonious coexistence of man and nature. After admiring the iconic architecture of the monasteries from outside, we get in to find out the secrets of the monastic life. The monasteries are like museums as they host a wide selection of precious icons, wall- frescoes, relics and



other treasures from the Byzantine times.

In the morning we will hike towards one of the monasteries and after having lunch in the village of Kastraki, we will drive back to Athens, where your trip with Tripin Adventures in Greece concludes.

***Breakfast and lunch included***

***Hiking distance:*** 7,5 km / ***Hiking Duration:*** 3 hr

***Elevation gain & loss:*** 350 m & 300 m

***Driving distance:***

Meteora to Athens 350 km / 4 hr

**What's included**

***Price includes:***

All accommodation based on double occupancy

Hotel taxes and service charges

All transportation during the trip

All activities mentioned in the program

Entrance fees to the archaeological site of Delphi and one Meteora monastery

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:***

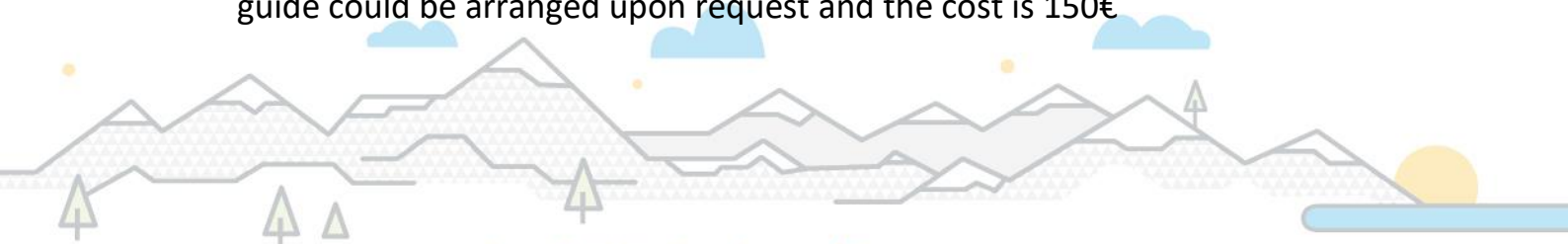
Domestic and/or international air fare

Medical expenses

Travel or emergency evacuation insurance

Gratuities for leader/guide or driver

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€



Alcoholic beverages and meals other than those outlined in itinerary  
Visas if needed  
Other items of a personal nature  
Anything not mentioned in above program

## **Terrain**

This trip level is Moderate and is suitable for most people that are in fairly good physical condition. The itinerary includes walking tours in villages, the archaeological sites of Delphi and three moderate hike of about three hours where you will mostly be walking on footpaths, mountain trails and on some tarmac roads.

## **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’).



## 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 on 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 dining 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 be in a rush either way.

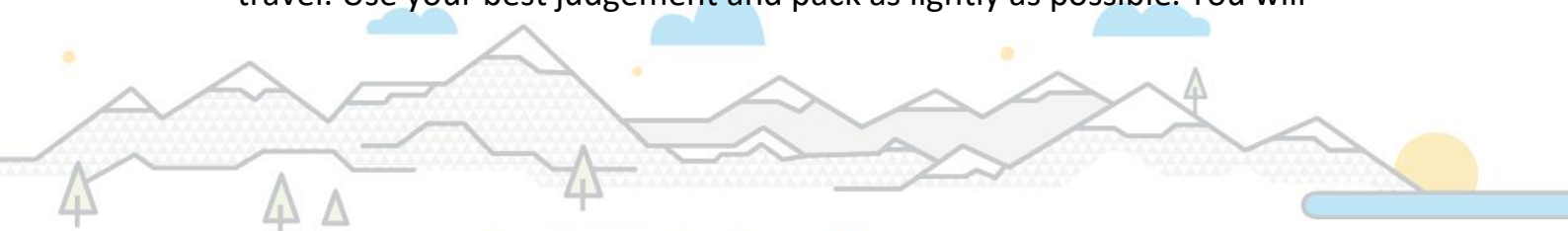
As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though. Wherever possible we will cater for dietary needs for any included meals, but there may be times when those with special requirements may need to provide their own. Note that alcohol and soft drinks 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

#### Luggage

- ✓ Duffel bag or rolling luggage
- ✓ Backpack 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

#### Clothing Accessories

- ✓ Sun hat or baseball cap

#### Footwear

- ✓ Lightweight and supportive hiking boots, broken-in with good ankle support
- ✓ Casual, comfortable shoes for evening

#### Accessories

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





### 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](http://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>

