

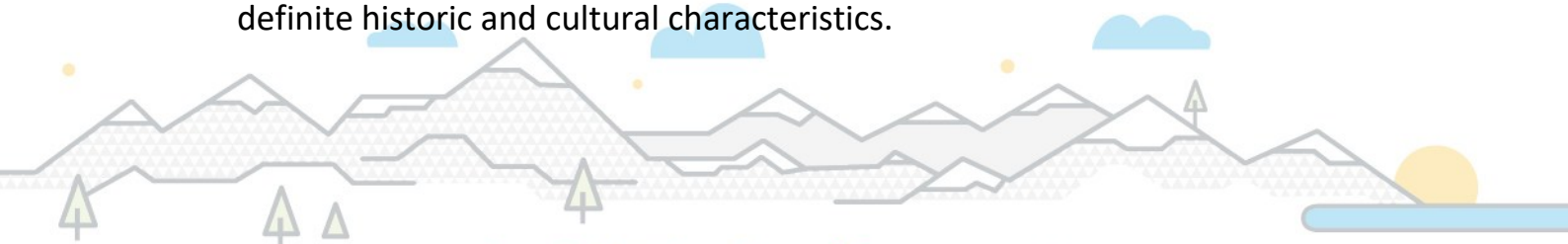
## Foodie voyage in Northern Greece

### 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**

With a multicultural history, the country's proud second city and majestic scenery, northern Greece is famed for its exceptional food and wine. Various culinary traditions, thrive across the region, contributing to a rich cuisine that incorporates diverse elements. In fact, the food culture in this region has been shaped by the influence of various groups such as the Vlachs, Sarakatsani, Bulgarians, Turks, Thracians, Pontians (Black Sea Greeks), and other individuals from Asia Minor.

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 has it all: a long and glorious history, spectacular ancient remains, a superb museum, and a beautiful location on the slopes of Mount Parnassos. Next stop is Meteora, literally meaning "suspended in the air". Meteora are the world-famous stunning rock pillars that rise impressively above the plain of Thessaly. The monasteries built by monks six hundred years ago on the top of these rocks, create a unique synthesis of nature and man. Moving further North, entering the "Epirus" region, you'll discover the magnificent 12-km-long Vikos Gorge, one of the world's deepest. A national park filled with forests, waterfalls and ice-cold mountain lakes, surrounded by the Zagorohoria, immaculate stone villages. They constitute an entity of 46 villages with clear geographic boundaries and definite historic and cultural characteristics.



Last destination, is the town of Thessaloniki. Immensely likeable, it is a vibrant metropolis of contrasts, cheerfully blending the trappings of a modern city with 23 centuries of continuous history.

### **Trip Highlights**

- Be amazed by the Unesco World Heritage listed site of Delphi and Meteora
- Hike on cobblestone paths following the footsteps of locals who have walked on them for centuries in Zagori
- Explore Thessaloniki, Greece's second city
- Sample local dishes that pay tribute to the rich gastronomic tradition of the region, and gain insight to the philosophy of the fresh local products

### **Map**



## Tour Details

**Dates:** May to October

**Days/Nights:** 9 days / 8 nights

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

**Condition grading:** Easy Active

## Itinerary

### Day 1

#### **Arrival in Athens and welcome dinner**

Often referred to as the cradle of Western civilization, Athens has been continually occupied by people for the last 7,000 years. You can't move without bumping into an ancient ruin or building, which evokes imagery of the Greek gods or the thoughts of their philosophers.

In the afternoon we meet at our hotel for an introductory talk and afterwards we have our first dinner together. Of course, Greek cuisine plays a starring role and we have spent many hours digesting countless delicacies during the research of this important aspect.

#### **Overnight in Athens in a 4\* hotel**

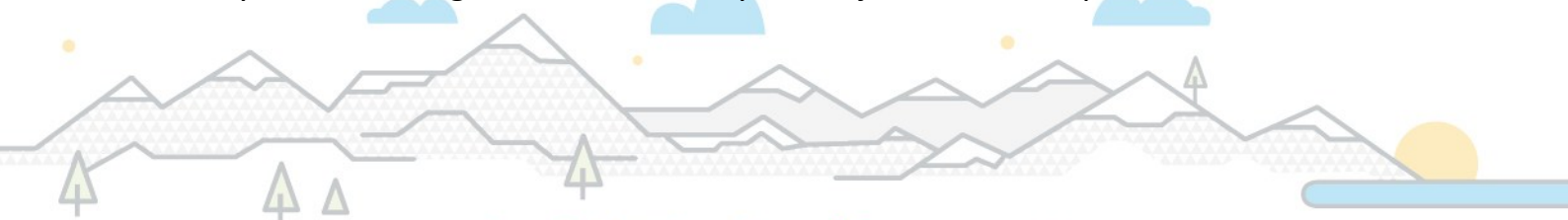
**Dinner included**

### Day 2

#### **Drive to Delphi, olive oil tasting and visit the archaeological site**

Today we will start early from Athens and drive towards the olive grove of Amfissa, the biggest in Greece with more than one million trees.

There, you will experience the art of smelling, tasting and appreciating the Greek Extra Virgin Olive Oil. After all, the olive tree has been central to Greek culture, and olives central to the Greek diet for over 5,000 years. A tasting session educates you not just in the end product, but the



traditions and cultures forged over centuries which has brought it here. In the afternoon, we will visit the pan-Hellenic sanctuary of Delphi, where the oracle of Apollo spoke, and was the site of the omphalos, the “navel of the earth. Blending harmoniously with the superb landscape and charged with sacred meaning, Delphi in the 6th century B.C. was indeed the religious center and symbol of unity of the ancient Greek world. Alongside with your guide you will explore the archeological site and the archeological museum, which is one of the most important in Greece, without the morning crowds.

***Overnight in Delphi in a boutique hotel***

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

***Driving distance:***

Athens to Delphi 182 km / 3 hr

**Day 3**

**Drive to Meteora and wine tasting**

In the morning we will depart from Delphi in the direction of Meteora and you are not likely to forget the first moment the rock pinnacles come into view. The monasteries atop these rocks stand as a unique artistic achievement, illustrating a profound example of transforming a site into a place for retreat, meditation, and prayer—a testament to the harmonious coexistence of man and nature.

Our first destination here, is a local winery which is a fine representative of Meteora's rich winemaking heritage. The wine tasting includes five different labels, each showcasing the unique flavors and aromas of the region. Tonight, we will be staying in Kastraki, a charming village founded in the 16th century by the Ottomans. Nestled at the base of the colossal rocks of Meteora, it is the ideal spot to relish the breathtaking views of this unique landscape.

***Overnight in Kastraki in a boutique hotel***

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



***Driving distance:***

Delphi to Meteora 231 km / 3 hr

**Day 4**

**Hike in Meteora, drive towards Zagori and visit Ioannina on the way**

The best way to experience Meteora is simply to walk! Fantastic manifestations of geological history and current natural processes await us around every bend in the trail. We start hiking from Kastraki and make our way up towards the monasteries.

Post-hike, we bid farewell to Meteora, transitioning to Zagori—a region adorned with pristine rivers, wild mountains, and secluded stone villages. En route, we pause in the picturesque town of Ioannina, situated on the shores of Lake Pamvotis, showcasing an intriguing mix of Ottoman and Greek Enlightenment architecture. Continuing our journey, we drive to the mountainous village of Dilofo in Zagori, one of the 46 traditional villages featuring stone-built mansions constructed by wealthy merchants in the 18th and 19th centuries. This will be our home for the following three nights.

***Overnight in Dilofo in a boutique hotel***

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

***Hiking distance:*** 2,2 km / ***Hiking Duration:*** 3 hr

***Elevation gain & loss:*** 263 m & 86 m

***Driving distance:***

Meteora to Ioannina 105 km / 1 hr 45 min

Ioannina to Dilofo 34 km / 45 min

**Day 5**

**Admire local bridges, hike to Beloi viewpoint and cooking lesson**

Zagori boasts over 160 well-preserved stone bridges strategically placed to connect its villages. These centuries-old structures, crafted by skilled artisans, stand as enduring reminders of the creativity and capabilities of their builders. During a driving tour, you'll have the opportunity to



admire some of them before heading to the village of Vradeto. From there, we'll embark on a hike towards Beloi, a viewpoint offering breathtaking views of the gorge of Vikos.

In the afternoon, we'll engage in a hands-on cooking lesson to learn about the local cuisine. The Zagorian cuisine mirrors the agricultural production of our small yet blessed country, providing indirect insights into the land's economy, history, social life, and customs.

***Overnight in Dilofo in a boutique hotel***

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

***Hiking distance: 4,6 km / Hiking Duration: 2 hr***

***Driving distance:***

Dilofo to Vradeto 19 km / 25 min

Vradeto to Dilofo 19 km / 25 min

**Day 6**

**Rafting in Voidomatis and hike from Megalo Papigo to Mikro Papigo**

Today you will raft Voidomatis, which is characterized as one of Europe's cleanest rivers. We float through an impressive waterway surrounded by age-long plane trees and encounter few easy rapids, which have just enough white-water to give a little thrill without any danger, before ending at the arched stone bridge of Kleidonia.

After lunch we will transfer to the village of Megalo Papigo, which due to its preserved original state is declared as traditional settlement. The village is densely built, with numerous stone houses and enclosed courtyards typical for Zagori villages and has with great views towards the Astraka towers. In the afternoon, we leave on foot from Megalo Papigo along ancient, cobbled lanes that take us to the "sister village" of Mikro Papigo. The path leads us along the flank of the mountain to several breathtaking look-out points over the Vikos gorge and the whole of eastern Zagori.

***Overnight in Dilofo in a boutique hotel***



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

***Rafting duration:*** 1 hr 30 min

***Hiking distance:*** 4,7 km / ***Hiking Duration:*** 2 hr

***Elevation gain & loss:*** 164 m & 332 m

***Driving distance:***

Dilofo to Aristi bridge 27 km / 40 min

Kleidonia to Megalo Papigo 16 km / 30 min

Megalo Papigo to Dilofo 35 km / 1 hr

## **Day 7**

### **Drive to Thessaloniki and visit Vergina on the way**

On our way to Thessaloniki we stop at the awe-inspiring Macedonian tombs of Vergina. We visit the monumental palace, lavishly decorated with mosaics and painted stuccoes, and the burial ground with more than 300 tumuli, some of which date from the 11th century B.C.

After lunch we will continue onwards Thessaloniki, Greece's sophisticated second city. It is a vibrant metropolis located right on the Aegean, full of history yet very much a modern city. Macedonian tombs, rotundas and arches from the imperial Rome, minarets of the Ottomans and domes of Byzantium unveil in the city with thousands of years with historical momentums.

### ***Overnight in Thessaloniki in a 4\* hotel***

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

***Driving distance:***

Dilofo to Vergina 227 km / 3 hr 30 min

Vergina to Thessaloniki 75 km / 1 hr

## **Day 8**

### **Food tour of Thessaloniki**

Today, you will learn the history behind the flavors of Thessaloniki, taste its famous delicacies, walk through the vivid old markets, meet local producers and try some of the best products during a food tour that



brings the forgotten and unknown tastes of the city into light. This tour includes a tasting of Greek delicacies in a cooking lab, along with a cup of Greek coffee or herbal tea from the Greek mountains, an introduction to the culinary history of the area and then a walk to the historical center of the city with six tasting stops. After that, there will be time for some independent sightseeing before tonight's farewell dinner.

***Overnight in Thessaloniki in a 4\* hotel  
Breakfast, lunch and dinner included***

**Day 9**

**Say farewell to Greece or continue on your own**

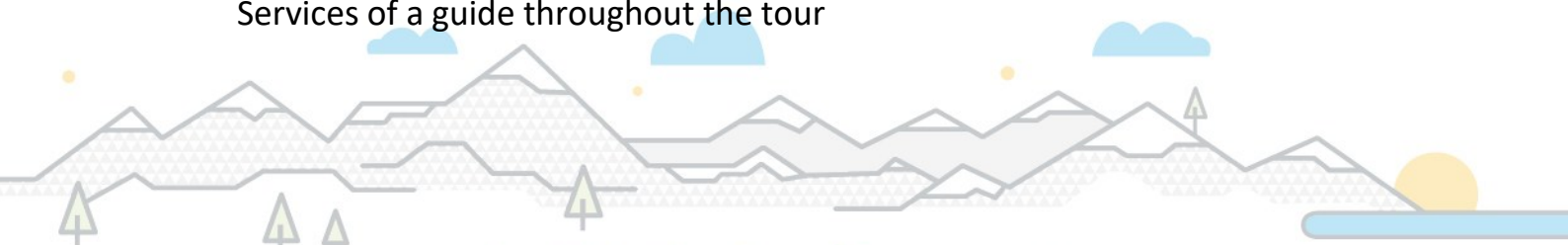
Hopefully with a slight sense of nostalgia which comes when a nice experience has to come to an end, here your trip with Tripin Adventures concludes. Breakfast is at your leisure at the hotel and following that, transfer independently from our accommodation in Thessaloniki to the international airport for return flights home or continue exploring one of Europe's oldest cities.

***Breakfast included***

**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 fee the Archaeological site of Delphi, the Archaeological museum of Delphi and to one monastery in Meteora
- Tourist guide for the Archaeological site of Delphi and the Archaeological museum of Delphi
- 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 those 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 three days with hikes of 2-3 hours. Also, a day of rafting in a Class 1 river, so no previous experience is needed.

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



trails and on some tarmac roads and be prepared for few steeper passages.

### **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.

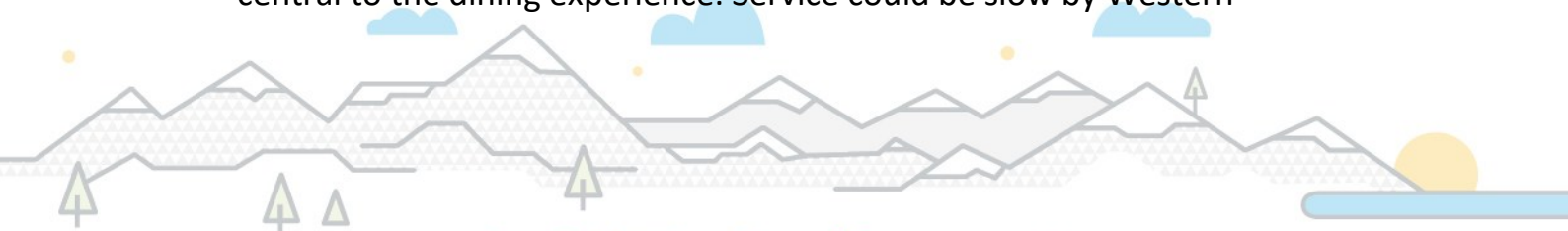
**Getting There & Away:** Athens airport Eleftherios Venizelos, is about 27km east of Athens. Athens is connected with direct flights with various cities in Europe, North America and Asia.

**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**

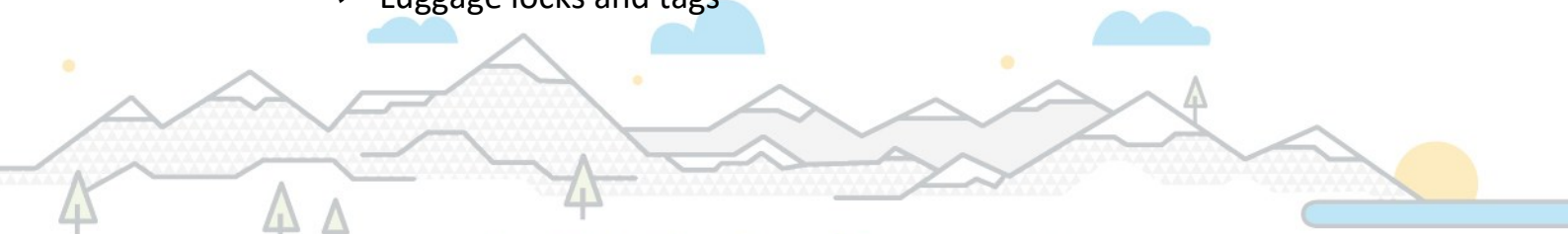
Greece has a temperate climate. Base your clothing on the “layering system”, if it is hot you can “peel off” layers quickly, if it is cooler and windy you can quickly “dress up”. The lighter you travel, the easier you travel. Use your best judgement and pack as lightly as possible. You will appreciate 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

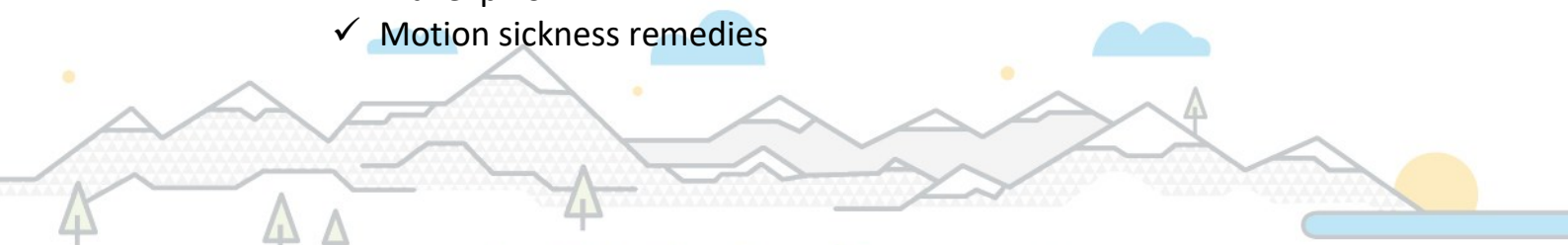
- ✓ Lightweight and supportive hiking boots, broken-in with good ankle support
- ✓ Beach sandals
- ✓ Casual, comfortable shoes for evening

#### 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](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>

