

Mythical Peloponnese

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

The Peloponnese is a land of legends. This stunning yet little-explored peninsula in southwestern Greece was once the playground of ancient gods and the inspiration for Homer's epic Iliad. It is here that the Olympic Games were born, and the legendary battles of Sparta were fought. Dotted with ancient ruins and clifftop castles, the region also boasts charming guesthouses along some of the Mediterranean's most beautiful beaches.

Our journey unveils the hidden treasures of the Peloponnese. We begin in Athens and drive toward the prefecture of Arkadia – a landscape of medieval villages, remote monasteries, dramatic ravines, and winding roads that thread through the valleys of the Menalon Mountains. Here, we will hike the historic trail along the scenic Lousios River.

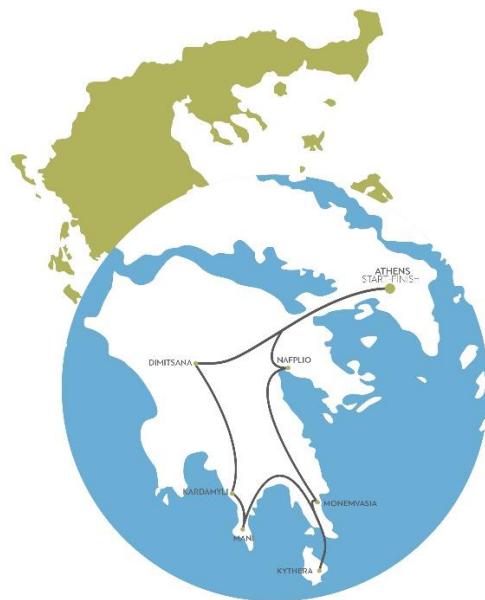
Next, we explore the rugged and barren landscape of Mani, which forms the southernmost tip of mainland Greece and truly feels like the end of the road. We will spend two nights in Kardamyli, where British author Patrick Leigh Fermor chose to make his home, and on our way to Kythera, one night in Monemvasia, often compared to France's Mont Saint-Michel for its enchanting medieval charm. From there, we will drive to Neapoli and board a ferry to the island of Kythera. Secluded at the southern tip of the Peloponnese, this island has preserved its cultural identity and boasts breathtaking landscapes of fertile valleys, waterfalls, and pristine beaches. Returning to the mainland, we will head

to Nafplio, a picturesque town graced with narrow streets and elegant Venetian architecture. A perfect ending to our exploration of this legendary region.

Trip Highlights

- Discover the delights of charming mountain-top villages in the Arcadia region
- Walk in the remote and rugged Mani and marvel at the Maniot tower houses
- Meander through the magical Mycenae, a World Heritage listed site
- 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

Days/Nights: 8 days / 7 nights

Theme: Family adventures/ Hiking & Trekking/ Cultural

Condition grading: Easy Active

Itinerary

Day 1

Drive to Arcadia and hike in Lousios gorge

In the morning we depart from Athens, and we will head towards Arcadia prefecture, where we are going to hike part of the Lousios gorge. The hike starts from the isolated monastery of Prodromos, which is built into the side of a rock and looks stunning, the path unfolds in parallel with Lousios, a river with crystal clear waters that runs through an incredibly steep gorge towering up above you. The path finishes back to Dimitsana, and just before entering the village we will make a stop to visit the Open-Air Water Power Museum, a thematic museum which highlights the importance of water-power in traditional society. Focusing on the main pre-industrial techniques that take advantage of water to produce a variety of goods, it links them to the history and daily life of the local society over the ages.

Overnight in Dimitsana in a boutique hotel

Lunch and dinner included

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

Elevation gain & loss: 600 m & 90 m

Driving distance:

Athens to Dimitsana 210 km / 2 hr 30 min

Dimitsana to the Monastery of Prodromos 15 km / 30 min

Day 2

Drive to Kardamyli and hike

Today we will drive towards Kardamyli. This tiny village is located in one of the prettiest settings in the Peloponnese, nestled between the blue waters of the Messinian Gulf and the Taygetos Mountains. Hiking has become Kardamyli's greatest drawcard, as the hills behind the village are crisscrossed with an extensive network of cobblestone paths, hidden among the coastal flora. Today's walk begins at the charming hillside village of Agia Sophia, with its beautiful stone church and sweeping views down toward the coastline of Kardamyli. From here, our cobblestone trail winds gently upward through ancient olive groves and terraced fields, following centuries-old footpaths once used by locals and shepherds.

After a steady climb, we reach the village of Chora, where breathtaking panoramas open over the Taygetos Mountains and the sparkling Messenian Gulf. From here, the trail continues to Exochori, a quiet but atmospheric mountain settlement where time seems to stand still. We wander through its narrow lanes before following the path back down to Agia Sophia.

Overnight in Kardamyli in a boutique hotel

Breakfast and dinner included

Hiking distance: 9 km / Hiking Duration: 3 hr

Elevation gain & loss: 350 m & 350 m

Driving distance:

Dimitiana to Kardamyli 131 km / 2 hr 30 min

Day 3

Sea kayak in Kardamyli

Sea kayak Kardamyli is about exploring the coast of the Messinian Gulf at a relaxed pace. You paddle in warm crystal-clear waters, exploring hidden coves with impressive rock formations and visiting idyllic beaches scattered along the coast. One of the top attractions of this trip is a visit to the Blue Cave. A spectacular natural phenomenon where sunlight passing through a crack in the cave reflects on the seafloor an

aquamarine color

Overnight in Kardamyli in a boutique hotel

Breakfast and lunch included

Sea kayak duration: 4 hr including breaks

Day 4

Explore Mani, hike to Cape Tainaron and drive to Monemvasia

Mani is as it ever was: stunning and desolate. The road down the eastern side of Mani's rugged spine is dotted with small villages notable for their Byzantine churches and clusters of stone towers – ancient mini-Manhattans built to defend against invaders and to protect citizens when local blood feuds emerged.

From Kardamyli we will drive to Cape Tainaron, and hike towards the southernmost point of mainland Greece, where a sea cave is said to be the mouth of Hades, the ancient god of the underworld.

After that, we will continue 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

Hiking distance: 4 km / Hiking Duration: 2 hr

Elevation gain & loss: 172 m & 172 m

Driving distance:

Kardamyli to Kokkinogeia 84 km / 2 hr

Kokkinogeia to Monemvasia 137 km / 3 hr

Day 5

Ferry to Kythera and hike from Kapsali to Chora

Located in the crossroad of the Aegean and Ionian seas, the island of

Kythera lies just off the southern tip of the Peloponnese's Lakonian Peninsula. With its population of fewer than 4000 spread between 40 villages, Kythera it's an unspoilt island of lush valleys, deep gorges, crystal clear waters and medieval settlements.

In the afternoon, we will hike from the village of Kapsali to Chora, the capital of the island which is set on a hill above it. It is one of the most beautiful villages of the Aegean that stands out for its architectural blend of Cycladic, Venetian and Cretan architecture. Before completing the loop walk to Kapsali, we will explore its white-washed lanes up to the Venetian castle with stunning views over to Hytra, a sea-girt rock that lays claim to being the birth place of Aphrodite.

Overnight in Kythera in a boutique hotel

Breakfast, lunch and dinner included

Hiking distance: 5,5 km / ***Hiking Duration:*** 2 hr

Elevation gain & loss: 324 m & 349 m

Driving distance:

Monemvasia to Neapoli 27 km / 30 min

Diakofti to Kapsali 32 km / 46 min

Ferry:

Neapoli to Kythera 12:00-13:15

Day 6

Hike to Paliochora

Our walk begins in the lively square of Potamos, before following an ancient path through fertile meadows, abandoned olive terraces, and shaded ravines connecting Trifyllianika to Paliochora. Along the way we pass Vrochantarika, a verdant ravine with its ever-flowing stream, and the small church of Agia Varvara, an elegant monument of Monemvasian architecture.

Eventually we reach the dramatic rock of Paliochora, hidden among steep gorges. Once the thriving capital of Kythera, it was destroyed in 1537 by the Ottoman corsair Barbarossa and has remained abandoned

ever since. Exploring the ruins of this haunting citadel, its houses, chapels, and walls still clinging to the cliffs offers a powerful glimpse into the island's turbulent history.

Breakfast, lunch and dinner included

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

Elevation gain & loss: 227 m & 74 m

Driving distance:

Kapsali to Diakofti 32 km / 46 min

Paliochora to Kapsali 22 km / 40 min

Day 7

Ferry to Neapoli and drive to Nafplio

In the morning, we will take the ferry back to Peloponnese and then we will drive towards 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 and dinner included

Driving distance:

Kapsali to Diakofti 32 km / 46 min

Neapoli to Nafplio 250 km / 3 hr 30 min

Ferry:

Kythera to Neapoli 12:00-13:15

Day 8

Visit Epidaurus and Mycenaean and drive back to Athens

Epidaurus, is the best-preserved theater of Ancient Greece, and the place where Aeschylus, Euripides and Sophocles presented their tragic poets. 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.

Breakfast and lunch included

Driving distance:

Nafplio to Epidaurus 23 km / 40 min

Epidaurus to Mycenae 40 km / 1 hr

Mycenae to Athens center to 120 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

Ferry tickets

Entrance fees to the Mycenae, Epidaurus archaeological sites and the Open-Air Water Power Museum

Tourist guide for the archaeological sites Mycenae and Epidaurus

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

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 good physical condition. The itinerary includes walking tours in cities and villages, and five days with hikes of 2-4 hours and a day of Sea Kayaking with about one and half hours of paddling.

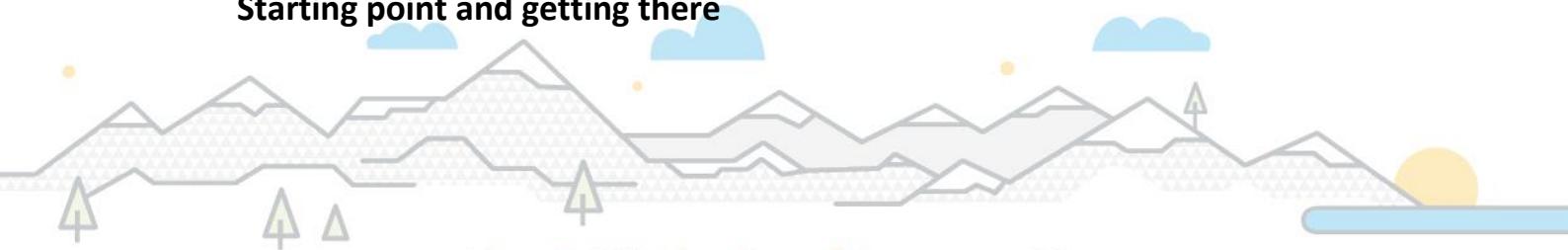
Although the paths are quite well-kept the terrain often tends to be very stony and rocky. You will mostly be walking on footpaths, mountain trails and on some tarmac roads and be prepared for few steeper passages.

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 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
- ✓ 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>

