

# HIKING THE GREEK ISLES

## Cretan Gorges & Cycladic Paths

**14 days**

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### Day 1 Arrival in Chania, Crete

Today we arrive in Chania, widely considered one of Greece's most beautiful towns.\* Our first glimpse of the stunning Venetian harbour confirms this reputation—a historic lighthouse stands sentinel at the harbour entrance while a maze of narrow cobblestone streets radiates from the waterfront. The old town perfectly blends Venetian, Turkish, and Greek architectural influences, creating a unique atmosphere that reflects Crete's complex and fascinating history.

\* PLEASE NOTE: Due to changeable ferry schedules that can vary seasonally, it is possible that this program could operate in an order different from what is outlined in this version. For example, we may begin the tour in Athens and work our way through the island and finish the tour in Chania. All locations and sightseeing elements will remain intact, but just in a different order. Once this situation becomes clearer, this itinerary will be updated prior to the confirmation of your chosen date.

Overnight in Chania.

Included Meal(s): Dinner, if required.

### Day 2 Western Crete - Imbros Gorge & Traditional Villages

Today we explore the spectacular Imbros Gorge, a hidden gem offering dramatic beauty without overwhelming crowds. This 8km/5 mi gorge walk ranks among Crete's most beautiful hiking experiences, showcasing the island's remarkable geological diversity.

We drive through scenic mountain landscapes to the village of Imbros, where our descent begins through a narrow limestone canyon. The gorge walls tower up to 300 metres/985 ft high, creating a cathedral-like atmosphere as we follow the ancient path connecting mountain and coast for millennia. The well-maintained trail winds past stone bridges, seasonal waterfalls, wild herbs, and spectacular wildflowers. The geological formations are stunning—dramatic rock walls carved by millennia of water flow, natural archways, and towering cliffs that change colour throughout the day. The gorge emerges near the coastal village of Komitades, where we enjoy traditional lunch at a family taverna featuring authentic Cretan specialties like lamb with wild greens, local cheeses, and village wine.

After lunch, we visit the picturesque mountain village of Askifou, set in a high plateau surrounded by dramatic peaks. This traditional village offers stunning panoramic views across the White Mountains and provides insight into authentic Cretan mountain life that has changed little over centuries. We stop for traditional Greek coffee and local sweets like kalitsounia (cheese pastries) before returning to Chania. Due to our sizeable lunch and length of day, dinner on your own this evening.

**DAY SUMMARY:** One-way descent, 8km/5 mi moderate descent (3-4 hours) through well-marked paths with some rocky sections. Elevation loss: approximately 300m (984 ft). Our transport picks us up and takes us back up to Askifou village before returning to Chania.

Overnight in Chania (dinner on your own this evening).

Included Meal(s): Breakfast and Lunch

### Day 3 Western Crete: Balos Lagoon & Gramvousa Island

Today we embark on one of Crete's most spectacular coastal adventures, visiting locations regularly appearing on "world's most beautiful beaches" lists. We drive to Kissamos port and board our boat for legendary Balos Lagoon, a natural wonder that has captured imaginations for generations.

Our boat first stops at Gramvousa Island, a dramatic rocky outcrop dominated by a 16th-century Venetian fortress perched 137 metres above crystalline sea. We hike up through Mediterranean scrubland—fragrant with wild thyme, sage, and oregano—to explore the fortress ruins. The 20-minute climb rewards us with breathtaking panoramic views over the Cretan Sea, nearby islands, and our approach to Balos Lagoon. The fortress offers insights into Crete's turbulent history of piracy, rebellion, and strategic maritime importance.

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Continuing by boat, we arrive at Balos Lagoon, often described as one of the world's most beautiful beaches. This pristine lagoon features an extraordinary palette of blues and turquoises, with pink-hued shallow waters created by crushed shells mixing with white sand. The lagoon sits surrounded by dramatic white limestone cliffs and connects to the sea through a narrow channel, creating an almost tropical paradise in the Mediterranean.

We have ample time to swim in the incredibly clear, shallow waters, relax on the unique multi-coloured sand beach, and for the adventurous, explore hiking trails around the lagoon's perimeter offering elevated viewpoints perfect for photography and quiet contemplation.

We return to Kissamos by boat, enjoying coastal scenery from a different perspective, then drive back to Chania.

**DAY SUMMARY:** Moderate 20-minute uphill hike on Gramvousa (elevation gain: 137m/450 ft), plus optional lagoon perimeter walks.

Overnight in Chania.

Included Meal(s): Breakfast and Dinner

#### **Day 4 Crete - Ferry to Amorgos via Naxos**

This morning features an early start as we drive across Crete to Heraklion for our island-hopping journey into the Cyclades.\* The ferry journey itself offers spectacular views as we navigate between scattered islands, each a white jewel set in the deep blue Aegean.

We connect through Naxos mid-morning before continuing to Amorgos, arriving early afternoon. Amorgos's timeless monastery, scattered churches, and pristine beaches offer both respite from tourists on other islands and a taste of traditional Greece. For many, Amorgos becomes the highlight of the tour, accurately described as "the soul of Greece." The locals are extremely friendly, the mountains surrounding the port majestic, and the sunsets stunning. This remote island—location of several films including "The Big Blue"—remains refreshingly uncommercial.

Upon arrival at Aegiali port, we transfer to our accommodation in this charming northern harbour town. Aegiali sits in a spectacular natural amphitheatre, surrounded by dramatic mountains and overlooking a beautiful sandy bay. The evening is perfect for an exploratory stroll around the port area with its traditional tavernas, fishing boats, and cafes where locals gather to play backgammon. The pace of life here is noticeably slower, and the absence of mass tourism means authentic encounters with island culture.

From our base, we can see the three traditional villages—Tholaria, Langada, and Potamos—perched on the mountainsides above us.

\* Due to frequently changing ferry schedules, the actual order of islands visited may vary from this itinerary. If given ample warning, we will update the version specific to your chosen date of departure.

Overnight on Amorgos.

Included Meal(s): Breakfast and Dinner

#### **Day 5 Amorgos: Tholaria & Langada**

This hike is one of the most beautiful on Amorgos, featuring magnificent ancient trails through the paleis (terraced mountainsides) above Aegiali. The panoramic views and traditional villages make this day an unforgettable experience. Aegiali is an area consisting of three traditional villages: Langada, Tholaria, and Potamos, which sit on the slope of the highest mountain on Amorgos, Krikelllos (821m/2709 ft).

We begin this morning's hike at the mountain village of Tholaria, perched dramatically on the hillside. Our route follows a cobbled donkey path that connected the surrounding villages before there were paved roads. This first stretch is a traverse that affords spectacular views of the steep slopes and wide, well-watered valley of Aegiali, spreading to the sweeping sandy bay beneath Mount Krikelllos.

From here we descend towards the white village of Langada, passing the half-ruined settlement of Stroumbos, where in recent years foreigners have restored several old stone houses. This village has no road and no electricity, offering a glimpse into how life was lived here for centuries.

Descending from Langada towards the coast, we make a brief ascent to the tiny cliff-side church of Agia Triada, once a stronghold to which villagers retreated when pirates threatened. Our morning's hike ends at the water-side settlement of Aegiali, where there are several good

restaurants for lunch and a beautiful sandy beach for an afternoon swim.

This evening we enjoy a Greek cooking class, with emphasis on traditional, family-style island dishes using local ingredients like capers, honey, and fresh herbs.

**DAY SUMMARY:** The hike takes a little over four hours (real walking time - walking distance +/- 6.5 kms/4 miles). Terrain is undulating with loose stones and cobbled surfaces. Elevation gain/loss: approximately 250m (820 ft) cumulative.

Overnight on Amorgos.

Included Meal(s): Breakfast and Dinner

## **Day 6 Amorgos: Chora & Chozoviotissa Monastery**

This morning we travel by scenic road to Chora, the capital of the island. We pause here to stroll about this remarkable village, set high above the sea and originally positioned for protection from pirates. The village is a maze of narrow streets, traditional Cycladic houses, and small churches, with stunning views over the surrounding countryside and distant islands.

From the edge of Chora, we follow a well-marked path descending toward the sea for approximately 30 minutes (1.5km) to reach the Monastery of Chozoviotissa. This spectacular approach offers increasingly dramatic views as we near one of the most remarkable sights in all of Greece. The monastery is truly extraordinary—this dazzling white building, founded in the 9th century and renovated in 1088 AD, clings impossibly to a sheer cliff face 300 metres above the sea. The monastery houses the revered icon of the Virgin Mary and fascinating religious artefacts. Access requires climbing 271 stone steps built into the cliff face, offering breathtaking views from narrow balconies. **DRESS CODE NOTE:** Women must wear a long loose-fitting skirt or sarong over shorts/pants for the monastery visit. Men should wear long pants.

Following our monastery visit, where the monks traditionally offer visitors raki and loukoumi, we face the more challenging return journey—a steep 45-minute uphill walk back to Chora via the same path. This ascent rewards us with spectacular views of the monastery from above, perfectly framed against the dramatic coastline.

Back in Chora, we have time to explore this beautiful Cycladic village more thoroughly, wandering through its narrow streets, visiting traditional cafes, and perhaps exploring the ancient windmills and ruined Venetian castle that crown the hill above the village.

Depending on our day's timing, we may be able to pay a visit to Katapola, Amorgos's other port, before heading back to Aegiali.

**DAY SUMMARY:** Approximately 3 hours moderate walking. Descent to monastery (30 min, 300m/984 ft loss), monastery visit with 271-step climb, steep return ascent (45 min, 300m/984 ft gain), plus village exploration.

Overnight on Amorgos.

Included Meal(s): Breakfast and Dinner

## **Day 7 Amorgos - Ferry to Naxos**

This morning we travel by ferry to the island of Naxos, the largest of the Cyclades Islands. Green, fertile, and largely self-sufficient, Naxos has not needed to go all out to attract tourists. This wealthy agricultural island exports an abundant harvest of olives, grapes, and potatoes throughout the Aegean, and only recently has begun to cater to tourists. The island's prosperity shows in its well-maintained villages and exceptional local cuisine.

On arrival mid-afternoon we transfer to our hotel.

Time permitting, we may have a brief orientation walk through Naxos Chora discovering an architectural character utterly unlike the pure Cycladic aesthetic found elsewhere. Venetian fortified towers rise above whitewashed houses, their medieval stone speaking of the aristocratic families who ruled this island for over three centuries. The Kastro quarter—still enclosed within Venetian walls—preserves an almost Italian elegance.

Yet Naxos's identity runs far deeper than its Venetian overlay. As we wander the old town, we encounter something remarkable: an extraordinary abundance of small Byzantine chapels, many containing exceptional frescoes dating from the 9th to 13th centuries.

If time allows, we walk to the Portara, the monumental marble gateway standing alone on a small islet connected to the harbour by a causeway. This massive doorframe is all that remains of an ambitious 6th-century BC temple to Apollo, abandoned unfinished when Naxos's tyrant was overthrown. According to legend, this is where Theseus abandoned princess Ariadne after she helped him slay the Cretan minotaur. The Portara frames the sunset perfectly, making it one of the most photographed monuments in Greece.

Overnight on Naxos.

Included Meal(s): Breakfast and Dinner

### **Day 8 Naxos: The Kouros & Villages Hike**

Today's hike combines ancient marble paths, traditional villages, and fascinating archaeological treasures showcasing Naxos's remarkable sculptural heritage dating back over 2,500 years.

We begin with a taxi ride to the historic village of Melanes, where ancient aqueducts once transported spring water to Chora. From the village's lower section, we follow a well-preserved cobbled donkey path through fertile terraced fields dotted with wildflowers and traditional stone houses.

Our route leads to the charming hamlet of Mili, where we visit its lovely waterfall and small chapel—a perfect spot for photos and brief rest. Continuing along the marked trail, we encounter the first of two remarkable treasures: the Kouros of Flerio, a massive 6th-century BC statue abandoned due to a crack discovered in the marble. This 5-metre (16 ft) giant lies peacefully in a beautiful garden setting maintained by the local Kondili family.

A scenic walk through olive groves brings us to the Kouros of Faragi, situated dramatically within the remnants of an ancient quarry. These unfinished colossal statues provide fascinating insights into ancient Greek sculptural techniques and the island's marble-working heritage that made Naxos famous throughout the ancient world.

Our path continues on ancient marble walkways to the triple village of Ano Potamia, perched on mountainside terraces with stunning valley views. Here we enjoy fresh lemonade and explore the village's traditional Cycladic architecture before completing our loop back to Melanes.

**DAY SUMMARY:** 8-10km (5-6 mi) moderate hiking over 3.5-4 hours on ancient marble paths, cobbled surfaces, and dirt trails. Mixed terrain through villages, olive groves, and archaeological sites. Elevation gain/loss: approximately 200m (656 ft) cumulative.

Overnight on Naxos.

Included Meal(s): Breakfast and Dinner

### **Day 9 Naxos: Apiranthos - Fanari - Chalki**

We begin the day by driving up into the mountains where we experience two distinct hikes showcasing Naxos's remarkable interior landscapes. The island's mountainous heart reveals a different character from the coastal areas—ancient villages, terraced hillsides, and panoramic vistas that stretch across the entire Cyclades.

Our first hike starts at the picturesque village of Apiranthos, built entirely of marble and considered one of Greece's most beautiful mountain settlements. Depending on weather and group interest, from the main square at 650 metres (2,133 ft) elevation, we ascend on a narrow mountain footpath for about 30 minutes to reach the peak of Mount Fanari (883m/2,897 ft) and the tiny church of Panagia Fanariou. This rewarding climb offers expansive views towards Mount Zas (1003m/3,290 ft), the island's highest peak, as well as sweeping vistas down into the fertile valley of Tragea, where we'll be hiking later today.

After lunch in Apiranthos, where we can explore the village's marble-paved streets and traditional architecture, our bus takes us to the village of Moni. Here we visit the ancient church of Panagia Drosiani, the "Virgin of Cool Breezes," one of the most important early Christian monuments in Greece with remarkable frescoes dating from the 7th century.

Our second hike begins from this historic church, taking us on an undulating, often shaded path through ancient olive groves. The trees here are remarkable—some with trunks of impressive girth that are hundreds of years old, their gnarled branches creating natural archways over the traditional stone paths. This peaceful walk through the valley's agricultural heart leads us through Byzantine churches and traditional villages to Chalki, once the island's capital and centre of the marble trade.

**DAY SUMMARY:** Two separate hikes totalling 10km (6 mi) over 4 hours 10 minutes walking time. Morning ascent to Mount Fanari (5km/3 mi, 2 hours including summit time, elevation gain: 233m/764 ft), afternoon valley walk through olive groves (5km/3 mi, 2h 10min gentle terrain, mostly flat). Mixed surfaces from mountain paths to traditional stone walkways.

Overnight on Naxos.

Included Meal(s): Breakfast and Dinner

### **Day 10 Naxos - Ferry to Tinos**

Today we travel by ferry to the island of Tinos, the great pilgrimage centre of the Greek Orthodox world.

Our arrival reveals a unique island character immediately—along the main road leading uphill from the waterfront, a carpeted strip extends toward the gleaming white Panagia Church crowning the town. This path serves Orthodox pilgrims who demonstrate their devotion by crawling the entire distance from the harbour square to the church doors, a practice that has continued for two centuries since a nun's vision led to the discovery of a miraculous icon of the Virgin Mary.

While other Cycladic islands succumbed quickly to Ottoman rule, Tinos remained a Venetian stronghold for over five centuries—the longest Venetian occupation in the Aegean. This defiant independence shaped an island culture distinct from its neighbours, visible today in the elaborate marble dovecotes that dot the terraced hillsides and the fortified mountain villages built to withstand pirate raids. When the Turks finally captured Tinos in 1715, the island's character had already been forged in Venetian stone and Orthodox faith.

We have the afternoon to explore Tinos town at leisure, perhaps visiting the Panagia Church with its silver-covered icon, or simply wandering the harbour promenade where fishing boats unload their catch beside cafes serving the island's renowned local cheeses and wild thyme honey.

This evening we gather for an authentic island dinner—a proper taverna meal featuring Tinos's distinctive herb-flavoured sausages and perhaps some of those homemade cheeses, accompanied by local wine and the warm hospitality that defines Greek island life.

Overnight on Tinos.

Included Meal(s): Breakfast and Dinner

### **Day 11 Tinos: Volax & Agapi**

After breakfast we go by taxi to the village of Falatados where our hiking adventure begins.

We head uphill through traditional terraced landscapes to the ruined fortress of Exombourgo to admire a stunning panoramic view of the Aegean Sea and surrounding islands. Mount Exombourgo is a steep-sided granite cone rising 553m (1,814 ft) high that features the atmospheric ruins of a Venetian castle and the remains of three ancient churches and a fountain-house. This was the medieval capital of Tinos until it was abandoned after repeated Ottoman attacks.

We continue to the extraordinary village of Volax, almost hidden in the middle of rounded granite boulders—a unique geological phenomenon that sets it apart from anywhere else in Greece. These massive stones, some as large as houses, create an otherworldly landscape that feels like walking through a giant's playground. Volax is also noted for its traditional handmade woven baskets, crafted using techniques passed down through generations.

We pause for lunch in Volax, where there are a couple of small bar/café/restaurants that serve excellent dishes. Make sure you have some free time to wander around and visit a basket weaver to see these ancient crafts being made.

Our afternoon hike features a scenic footpath winding down the valley to Agapi, the finishing point of today's hike. Along the way, look for examples of the island's famous "dovecotes"—elaborate stone towers built long ago for pigeons but today considered masterpieces of folk architecture and art. The last part of this walk is mostly downhill and very scenic through granite landscapes unique to Tinos.

**DAY SUMMARY:** 3-4 hours leisurely walking over 8-10km/5-6 mi on undulating, mostly unshaded terrain with uneven cobble surfaces and unique granite boulder landscapes. Elevation gain: approximately 350m (1,148 ft); elevation loss: approximately 400m (1,312 ft).

Overnight on Tinos.

Included Meal(s): Breakfast and Dinner

### Day 12 Tinos - Ferry to Athens

Today we bid farewell to the islands and travel by ferry to Athens (Piraeus or Rafina port), off-and-on the capital of Greece in its many incarnations over several thousand years. Athens pulses with the eclectic, restless—and sometimes chaotic—life of a southeastern European capital. The city's diverse neighbourhoods are vibrant places with lively squares, shops, galleries, restaurants and cafes, many new and thriving businesses, artistic and theatrical happenings.

Upon arrival we transfer to our hotel and have the remainder of the day at leisure to begin exploring this historic city. Perhaps stroll through the Plaka district, settle into a traditional taverna, or simply relax after our island adventures.

Overnight in Athens.

Included Meal(s): Breakfast and Dinner

### Day 13 Athens: Walking Tour

The best way to explore a city is on foot, and this is especially true of Athens, which has a number of sites located in close proximity to each other.

From our hotel we enter Plaka, the old town of Athens. Standing on a small square is the Lysicrates Monument, a cyclical tower from the 4th century BC. From here, it is just a brief walk along Dionysiou Areopagitou Street to the southern slope of the Acropolis—the site of the Dionysos Theatre. Constructed in the 6th century BC, it is one of the world's oldest theatres and the place where the great works of Aeschylus, Sophocles, Euripides and Aristophanes were first performed. Walking down the street towards the entrance of the Acropolis, we come across a more recent theatre, the Odeon of Herod Atticus from the second century AD, which is still used for concerts and performances.

The highlight of this tour is the ascent to the Acropolis with its architectural masterpieces dating back to the 5th century BC. We reach the top of this hill by entering through the monumental Propylea in order to admire the magnificent Parthenon and the graceful Caryatid statues at the Erechthion Temple.

Turning right at the exit of the Acropolis, we come to Arios Pagos—a small hill or a large rock, depending on how you look at it—which was used as the seat of court during the 5th century BC. This is the place where the Apostle Paul preached to the citizens of Athens 2,000 years ago. The stairs next to the Arios Pagos take us down to the Ancient Agora marketplace. Among the numerous sights in this archaeological park is the well-preserved Temple of Hephaistos and the reconstructed Stoa Attalou. A short stroll away is the more recent Roman Agora from the first century BC and the landmark Tower of the Winds.

The balance of the day is yours to explore independently. Although it is not included on our morning walking tour of central Athens, we recommend a visit to the Acropolis Museum on your own this afternoon, which is located quite close to where we will end our guided walking tour at lunchtime.

Overnight in Athens.

Included Meal(s): Breakfast and Dinner

### Day 14 Departure from Athens

As we transfer to Athens Airport, we carry with us memories of dramatic gorges, legendary lagoons, ancient island trails, timeless villages, and the warm hospitality that makes Greece unforgettable.

KALO TAXIDI!!

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Included Meal(s): Breakfast

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