

# Advance information for your individual active holiday

**Self-guided cycling or hiking tours:** If you are travelling individually, i.e. hiking or cycling without a guide, you should be able to overcome any obstacles on your own, be flexible and have a keen eye. You should be experienced in using maps and route descriptions and have a good sense of direction. After all, part of the adventure is finding your way, sometimes losing your way and asking locals for help. Good maps with marked hiking routes are very helpful. If this is your first self-guided tour, you will soon get the hang of it, as the majority of our guests who have travelled alone for the first time can confirm.

All our staff speak fluent English and we are always there for you if you have any questions or problems during your trip.

**We wish you a great holiday!**

**Team S-Cape Partners Greece**

## Contact and emergency numbers

**General emergency call:** [112](#)

### Local representation:

- **S-Cape Partners Greece**  
Monday-Friday 08.30-17.00 Uhr +302112345888
- **Emergency number** (outside office hours) +306973535692

## Important information

We assure you that our route descriptions are updated regularly. When travelling alone, you can never rule out the unexpected 100%. But any risks can be reduced to a minimum with good planning and organisation. You will learn to appreciate your own rhythm on self-guided hikes.

## Address and contact details

### **S-Cape Partners Greece**

Misaraliotou 2  
11742 ATHENS  
Greece

**Office Tel.:** +30 21 12345 888  
**Emergency Mobile:** +30 697 3535692

**Office hours:**  
**Monday-Friday: 08.30-17.30 hrs.**

## Problems/complaints during the trip

At S-Cape, we take customer satisfaction very seriously. Complaints about accommodation or any other service booked should be dealt with on the spot, immediately and WHILE you are travelling. We cannot solve such problems once your trip is over, so complaints submitted after the fact will be of little help to you.

Please discuss the problem directly with the service supplier first, in order to give them a chance to solve the problem. If this does not produce the desired result and you feel you have a legitimate complaint which is not being dealt with in the proper manner, kindly contact our office so that we can assist you in the matter. Though we can usually only mediate by phone, we will be happy to help sort out any difficulties to ensure that your stay is a pleasant one.

## If you cannot continue your trip

In the unfortunate event you cannot continue the programme due to illness, injury or extreme weather conditions, you should always inform the (next) accommodation as well as your local agent. They will assist you in changing the accommodation scheme if necessary, discussing first the possible extra costs of this change. You will always have to pay for extra costs on the spot and then claim compensation from your travel insurance if possible.

## Loss of personal Items

If you lose something or have it stolen and wish to make a claim to your insurance company when you return home, you must report it to the police (Greek word for police is Astinomia) when it occurs. The Police will ask you to fill out a form and give you a copy. The vast majority of insurance companies will request a copy of this form when processing your claim. Bureaucracy and lack of modern computer techniques cause big delays and you better prepare for a time consuming process. If you lose your passport, this document may be valid for international travel, but you should contact your embassy / consulat.

## Practical information

## Accommodation and catering

The accommodation we have selected is an optimal choice, taking into account the atmosphere, comfort and hospitality. All rooms have their own bathroom/WC and almost always a balcony or terrace. The overnight stays include breakfast. Food for your provisions is available in the local shops. In the evening you have a large selection of taverns in almost all places.

Please check in your travel documents which hotels have been confirmed for your trip. Be sure to take these documents with you.

## Alternative accommodation

During the high season, it is possible that you will be accommodated in alternative accommodation that is not listed in your road book. The start or end of the trails may change slightly, so remember to check that your accommodation is the same as that mentioned in this programme. In some cases we have

provided additional descriptions if the start and end points change in the case of alternative accommodation.

When selecting alternative accommodation, we always try to maintain an equivalent standard and, where possible, location (in the same town or village) to minimise changes to routes.</p>

## Check-in

Please note that in most hotels you cannot check in before 14:00/15:00. Check-out on the day of departure is usually at 10:00/11:00. Please ask at reception for the exact times.

## Booked services

In your travel documents you will find a list of the services we have booked for your trip. You may be asked for this list when you check in at the hotel as confirmation of your booking. Show your passport or ID card to reception so that the registration form can be filled out.

**DON'T FORGET to collect your passport or ID card from reception on the same day!**

## Overnight stay tax

Since 2024, the overnight stay tax for hotel guests has been replaced by the new environmental tax to rebuild the infrastructure after devastating forest fires and floods.

1-2\* HOTELS: 2.00 EURO

3\* HOTELS: 5.00 EURO

4\* HOTELS: 10.00 EURO

5\* HOTELS: 15.00 EURO

THIS TAX MUST BE PAID BY THE HOTEL GUEST ON SITE WHEN ARRIVING AT THE HOTEL

## Luggage transfer

Luggage transfers are included in the price and are organised by the hoteliers. Please always mark your luggage clearly with the name of the main traveller and ask at the hotel reception when and where you can leave your luggage for the transfer to your next accommodation. Please note that luggage is not always handled delicately. Pack your belongings accordingly. If you are travelling by public transport or boat, take your own luggage with you.

***Please note that your luggage should not weigh more than 20kg per item, otherwise there may be difficulties with baggage transfer due to the weight. Additional costs may be the result!***

If you are unable/unwilling to cycle or walk on a particular day, you can ask the person responsible for luggage transport whether you can travel with the luggage. However, this is not always possible and sometimes you have to pay a small fee on the spot. Sometimes the vehicle is not suitable for transporting people, or the transport company does not have the necessary insurance or authorisation for transporting people. If it is a bike tour, your bike must also be transported!

## Transfer

If you are travelling by train, boat or plane, you will find the departure times on your tickets. In this travel pack you will find information on public transport and transfers to and from the accommodation. We do our best to provide you with the latest information, but timetables can change at any time. Therefore, please check the timetables again on site. You can also ask at reception. Public transport works well and is punctual, but there are less frequented routes in the countryside.

### Late arrival or delay

In the event of a significant flight delay, please contact us as soon as possible. We can then contact the transport company or the local representative, who in turn will inform the taxi driver. You will find the telephone number on your travel programme.

If you are travelling by car, make sure you have the address or coordinates of your first accommodation to enter into the travel app (e.g. Google Maps, Ways) that you use for navigation.

If you are arriving after 18:00, please inform your accommodation of your estimated time of arrival. Smaller accommodation such as B&Bs may not open until later in the afternoon. It is best to call a day in advance to let them know your expected arrival time.

*If you are travelling on a Sunday or a bank holiday, you should definitely check the timetables in advance, as there may be fewer connections available.*

### Transfers included

S-Cape Travel is concerned about the safety of its customers. If your programme includes transfers, please remember to always wear your seatbelt. Most of our local service providers and taxi drivers work with S-Cape Travel on an ongoing basis. They are familiar with our programmes and the safety standards that S-Cape Travel strives for. If at any time you feel that these safety standards are not being adhered to, please contact S-Cape Travel and/or your agency.

### Weather forecast

Always consult the weather forecast before you set off. In addition to a windbreaker, rain jacket, gloves and a warm hat, you should always have a fleece/warm clothing with you.

### Climate

Greece experienced the hottest June since 2010 in 2024, with above-average temperatures throughout. We strongly advise you to use your common sense in hot weather and drink 2-3 glasses of water before you start your tour and the same immediately at the end of your tour (wait with the beer!). We also strongly advise you to take plenty of water with you. Even if you read in the description that there is a water point along the way, you must bear in mind that a spring can also run dry. On a hot day, you may need to take 3 litres with you. Take a sip of water every 20 to 30 minutes. Do not wait until you feel thirsty. Only take the last sip when your destination is in sight. It is also important that you always have a fully charged mobile phone and preferably a power bank with you (in case your phone battery runs out).

If the heat is unbearable, you should decide to skip a hike or bike ride and take a rest day. Nobody can predict the weather! Pay attention to the announcements and warnings in the media!

Summarised:

- Make sure you have enough water, headgear and sunscreen with you.
- If possible, do not hike or cycle alone, but be accompanied by at least one other person so that someone can call for help in an emergency.

- Do not overestimate your abilities. Nature is merciless!
- Wear comfortable clothes and shoes that are suitable for hiking and cycling in hot climates.
- Your mobile phone should work and connect to the local telephone network in Greece. Dial 100 for the police, 166 for the ambulance and 199 for the fire brigade. The emergency number 112 is also valid in Greece.
- Take short breaks in the shade whenever you have the opportunity
- .
- Please use your common sense and don't take any risks!

## Holidays 2025

### 1 January: New Year

### 6 January: Epiphany

The religious festival of Epiphania, or „Consecration of Water“ („Holy Trinity“ in German-speaking countries) is celebrated every year on 6 January throughout Greece. This is a special day on which many daring young Greeks brave the cold waters and dive to bring the cross, blessed by the priest and thrown into the water, back to land. According to belief, the person who brings the cross back to land is blessed with good fortune for the whole year. Small boats and ships are also blessed at the all-day festival. The majority of the major Epiphany festivities in Greece take place at the largest harbour in Athens, Pirus, but also in many towns and villages throughout Greece.

### 3rd March: Rose Monday

Traditionally, the day of „Kathara Deftera“ marks the end of carnival for the Greeks and the beginning of Lent, which lasts until Easter. Colourful kite flyers, traditional Greek music and the aroma of specially prepared food fill the air.

### 25 March: Independence Day

Greece became independent from the Turkish occupying power in 1821 after more than 400 years.

### 18 April: Megali Paraskevi (Good Friday)

All shops open in the afternoon, after the taking down of Jesus from the cross. This is the day of the burial of Jesus Christ (epitafios = burial in Greek). The „Perifora tou Epitafiou“ is a procession with lit candles in which a covered bier (a coffin bed) is followed through the streets to the church.

### 20 & 21 April: Easter

The midnight Easter service on Holy Saturday/early Easter Sunday morning is the most important day to celebrate the resurrection of Christ. Everyone rejoices and says „Christos Anesti“ (Christ is risen) to each other. The response is „Alithos Anesti“ (He is truly risen). On this night there are also fireworks and Judas is burned on the gallows. After mass, people walk home with their lighted candles to enjoy dinner. The fortnight of Lent ends that night when people eat „Majiritsa“, the traditional Easter soup with lamb offal and egg-lemon sauce, together with red-coloured eggs and sweet plaited bread, the Easter bread „Tsoureki“. Easter Sunday is celebrated in style and from early in the morning, most Greek families grill a whole lamb on a spit.

### 1 May: Labour Day

This day is the festival of spring and fertility and is also celebrated by the Greeks as „Labour Day“. Greek families have picnics in the countryside where children play and plant wild flowers, the first blooms of spring. The flowers are carefully woven into flower crowns in all shapes and sizes and then brought home to decorate the houses or balconies.

### 8th & 9th June: Whitsun

### 15 August: Assumption of Mary

The day of „Panagia“ (Blessed Virgin Mary) is the second most important religious holiday after Easter according to the Orthodox calendar. This day is celebrated in almost all towns and villages in Greece, especially in those that have a church dedicated to the „Panagia“ (Blessed Virgin Mary).

### **28 October: Ochi Day**

The „Ochi Day“ commemorates the rejection of Mussolini's ultimatum to Greece on 28 October 1940. On this day, military parades are held in the country's major cities.

### **25th & 26th December: Christmas**

### **31 December: New Year's Eve**

### **Festivals and folk festivals**

During the summer, there are numerous festivals and folk festivals, especially in August. The most important festivals are the cultural festivals in Athens and Epidaurus, with theatre performances in the ancient theatres of Athens and Epidaurus. There are also music and dance festivals in small villages. For more information: [www.greekfestival.gr](http://www.greekfestival.gr)

Shops, museums and archaeological sites may be closed on public holidays, but this does not apply to all sites and public holidays. There is almost no public transport on Easter Sunday and only a few ferries run. Check the websites of the respective archaeological sites and museums for the opening times during the public holidays!

## **Useful Information**

### **Travel documents**

Personal identification documents: To travel to Greece you need a passport or a valid identity card. EU citizens do not need a visa, but if you have any doubts, please contact the Greek consulate or embassy in your country to enquire. If you regularly need medication, you should obtain a European Medical Passport (EMP), which will allow you to bring in your medication without any problems in the event of a customs check.

### **Medical care**

Please take your health insurance card with you when travelling

Medical care in Greece is good and you can find an English-speaking doctor almost anywhere. There is a health centre even in the smallest village and on the islands. Travellers within the European Union have the right to free medical treatment. Nevertheless, we recommend that you take out additional international health insurance to cover the costs of any private hospitalisation and patient transport (if necessary). You should also take an international health insurance card with you, the so-called EHIC card (European Health Insurance Card). You can apply for this quickly and easily from your health insurance company. The situation in Greek state hospitals can be quite chaotic and disorganised, so we advise you to remain calm and patient. Vaccinations are not necessary for your trip to Greece.

### **Medication**

Medication is only permitted for personal use. A European Medical Passport may be useful in some cases.

## Drivers licence

A European driving licence is valid in Greece. Non-EU citizens must have an international and a national driving licence, which is also required for car rental. If you are travelling to Greece in your own car, don't forget that third party insurance for your car is compulsory and that you will need your green card in case of an accident. The financial risk of an uninsured driver is immense.

## Money

Greek currency: Greece is part of the European Union and uses the euro as its currency.

## Money and credit cards

You can usually find an ATM in all towns and villages. The major credit cards such as MasterCard, Visa, Diners or American Express are accepted almost everywhere, except possibly in small tavernas. It is better to ask in advance whether you can pay by credit or debit card.

## Time zone

Greece is 1 hour ahead of our time (GMT +2). In summer, daylight saving time applies as in the rest of Europe.

## Electricity

In Greece, the electrical voltage is 220V. Depending on what voltage and sockets you have in your home country, you may need to bring a voltage converter. Power cuts are nothing unusual in Greece. Limit the use of electricity as much as possible, especially in the high season, especially when using the air conditioning. It is much healthier and at the same time more pleasant for you to get used to the warm climate than to be exposed to large temperature differences due to excessive use of the air conditioning.

## Opening times

### Businesses

Monday, Wednesday and Saturday from 08:00-15:00 and on Tuesday, Thursday and Friday mornings from 08:00-14:00 and afternoons from 17:00-21:00. Supermarkets remain open continuously until 20:00/21:00. Minimarkets, especially in tourist areas, until 23:00 and later.

### Kiosks

The typical Greek kiosks offer an excellent service: they are open from early in the morning until late at night and sell tobacco products, sweets, drinks, aspirin, plasters and much more.

### Drugstore/pharmacy

If you need medication, you can easily find one of many pharmacies. You can recognise the pharmacy by the green cross. The pharmacies have the same opening hours as the shops. In an emergency, there is always a pharmacy nearby that is on emergency duty. You do not need a prescription for the majority of medicines. For minor accidents or injuries, the pharmacy offers first aid, such as cleaning simple wounds.

### Post and banks



Post offices and banks are open from Monday to Thursday from 08:00 to 14:30 and on Friday until 14:00.

## **Museums and archaeological sites**

Normally open from 08:00 to 15:00, but most major sites (such as the Acropolis, Olympia or Delphi) are open until 20:00, but only in the summer season. On national holidays such as Christmas, Easter and 1 May, the sites may be closed. Most museums are closed on Tuesdays. In winter (1 November to 31 March), admission is free on Sundays for all public attractions and museums. It is always best to enquire locally, as the opening times may differ from those officially announced. You can also check here: [http://odysseus.culture.gr/index\\_en.html](http://odysseus.culture.gr/index_en.html)

## Customs

## **Language**

The majority of people in Greece (apart from the elderly) have a knowledge of English, at least at a basic level of communication. However, it is always appreciated if you speak in Modern Greek. „Kalimera!“ for „good morning!“ and „Yiassas!“ for „hello!“ are the two most common forms of greeting in Greece. The Greek word for „Yes“ is „Nä“ and for „No“ is „Ochi“.

The Greeks use body language to communicate. Wild movements and non-verbal communication are just as important as spoken language. A normal conversation usually gets quite loud and you might think it's an argument. But this is part of a normal conversation, so you shouldn't be bothered by it.

Everyday life in Greece is slower than you might be used to. It's better to be patient than slow, as the Greek 5 minutes can take longer than 15 minutes. The Greeks often shake hands intensively in order to grill themselves. If you know them better, they will give you two kisses on the cheeks - this also applies to the men.

## **The public sector**

As a traveller, you will normally only encounter public transport officials, who are fairly well organised. The buses and trains are punctual. In the countryside, however, they do not run very frequently, only a few times a day. You should buy train tickets at the station ticket office. This also applies to buses departing from a bus stop. For long-distance buses, you can also buy your ticket on the bus.

## **Bureaucracy**

Greek bureaucracy is a well-known and notorious problem. Greeks have become accustomed to living with it and have more patience when they have to wait in line and face lengthy procedures. Therefore, if you find yourself in such a situation, follow our tip: stay calm!

## Communication

## **Prefixes**

To call abroad, you need to dial the country code of the destination country, e.g. Switzerland +41, Germany +49, Österreich +43, Greece +30...

## **Internet**

Nowadays, most hotels offer free WiFi

## **Mobile phone**

Network reception in Greece is generally good, especially in urban and tourist areas. 5G coverage reaches almost 99% of the population, and 4G (including LTE and WiMAX) is available at 99.8%. However, there may be restrictions in remote mountain regions and on smaller islands



## Phone booth

In the past, there were numerous public telephone booths, but these are becoming fewer and fewer due to mobile phones. If you still find one (and it is in use), you will need a phone card to make a call. Phone cards are sold in kiosks („Periptera“ in Greek) and minimarkets.

## Calling

If you need to make a domestic or local call, you should dial the 10-digit phone number; don't forget to always dial the area code!

## Post

You can send postcards and letters by post. However, postal delivery usually takes quite a long time; 2 weeks within Europe is not uncommon!

## Greek cuisine

**Breakfast:** Is available daily and is usually served from 07:30. It is better to ask your accommodation for the exact breakfast time. Breakfast can vary from accommodation to accommodation. The accommodation we book serves a simple continental breakfast (bread, butter, jams, cakes, tea and coffee). Many accommodations serve a rich breakfast (cereals, yoghurt, cheese, sausage and fruit). If the breakfast is not a buffet but is served at the table, you can ask the host what the breakfast contains and whether there are any extras for which you have to pay.

**Lunch:** Lunch is not included, but you can find supermarkets in the surrounding villages or ask at your hotel if they will prepare a packed lunch for you for a fee. Minimarkets, bakeries and supermarkets are normally open every day from 08:00 to 20:00, other shops such as butchers are closed after 14:30. Taverns are normally open from 13:00.

**Dinner:** Dinner is not included on this trip, but there is a restaurant in all accommodation or in the surrounding area.

## Tipping

It is customary to tip between 5% and 10% of the bill. You can leave a tip on the table or give it directly to the waiter. If you pay with your credit card, the tip is not added to the bill but left on the table.

## Drinking water

Tap water is drinkable almost everywhere in Greece. Please use water wisely during the summer months, take short showers and avoid unnecessary water consumption. At the same time, it is important that you consume enough water during the day (at least 2 litres of water per day).

## Spring water

In the mountains there are many natural springs from which the villagers get their drinking water, although it is not controlled by the health authorities. In general, you can safely drink water from these springs. However, your body may not be used to the high concentration of minerals. In our route descriptions you will be informed of the location of the springs where the locals get their drinking water. Please NOTE: drinking spring water is at your own risk.

## List of illegal souvenirs

### Antiquities and Cultural Artifacts

Ancient coins, pottery, or statues: Greece has strict laws to protect its cultural heritage. It is illegal to export or purchase authentic antiquities without proper authorization. Many sellers might offer replicas or fakes, but trying to purchase real ancient artifacts is a crime.

### Products Made from Endangered Species

Sea turtle shells and products: The loggerhead sea turtle (*Caretta caretta*) is endangered and protected by law. Items like turtle shells, jewelry, or ornaments made from these species are illegal to buy or take out of Greece.

Coral, seashells, and starfish: Collecting certain types of coral or seashells is illegal due to their role in marine ecosystems, particularly in protected marine areas.

### Protected Flora and Fauna

Wildflowers and plants: Many Greek wildflowers and plant species are protected by law, especially if they are collected from national parks or protected areas. This includes endangered species such as orchids or herbs collected from the wild.

Birds and reptiles: Certain species of birds or reptiles are protected under Greek law, and it is illegal to trade or transport them.

### Unlicensed Replicas of Ancient Artifacts

While replicas of ancient artifacts are legal if labeled as such, some unlicensed or unauthorized replicas might be sold as genuine or misleadingly labeled, which can be problematic under heritage protection laws.

## Travel by public transport

## Travelling by public transport in Greece

## BUS STATIONS IN ATHENS

There are two large bus stations that serve destinations outside Attica: Kifissos bus station and Liossion bus station. The KTEL Attikis bus station is located in Pedion Areos, from where buses depart to regions outside Athens but within the borders of Attica. Travellers need to be careful, however, as buses depart from three different points in Athens depending on their destination.

All three stations can be reached by public transport, i.e. the metro and city buses.

**KIFISSOS** bus station. <https://maps.app.goo.gl/RqjDiNFiv8A72xk69>

The Kifissos train station is located on Kifissos Avenue in Egaleo. From there, buses run to most parts of the Peloponnese (e.g. Patra and Kalamata), Igoumenitsa, which is connected to the Ionian Islands and Thessaloniki.

### Travelling to Kifissos bus station:

Visitors travelling from the airport can take the X93 bus, which goes directly to Kifissos bus station.

Visitors travelling from Athens city can take one of the following buses:

420 from Piräus station (green and blue metro line)

051 from Metaxourgeio station (red metro line)

052 from Eleonas station (blue metro line)

All three stop at the bus stop in front of the 'Eleonas' metro station (blue metro line).

For more information about Kifissos bus station, please call +30 210 512 4910, +30 210 512 4911 or +30 210 513 2601.

**LIOSSION** bus station. <https://maps.app.goo.gl/ZWUY3NPWREEnaaND6>

From Liossion station in Athens, buses run to the prefecture of Sterea Ellada = Central Greece (e.g. Städia. (e.g. towns such as Lamia, Agios Konstantinos, Kammena Vourla, Karpenisi, Delphi, Livadia, Arachova etc.), to the northern Greek towns (e.g. Volos, Katerini etc.) and to the island of Evia.

Note: Although Thessaloniki is a northern city, the bus to Thessaloniki departs from Kifissos bus station or KTEL Attikis bus station.

### **Travelling to Liossion bus station:**

Visitors travelling from the airport can take the X93 bus, which goes directly to Liossion bus station.

Visitors coming from Athens city can take one of the following buses:

420 from Piräus station (green and blue metro line)

A10, B10, 719 from Larissa station (red metro line)

A10, A11, B10, B11, B12, Γ12, 719, 720 from Attiki station (green and blue metro line)

For more information about Liossion station, please call +30 210 831 7186.

**KTEL ATTIKIS** Bus station: <https://maps.app.goo.gl/U5rqLJ2hyEy6PXtq9>

The KTEL Attikis bus stop is located at 68 Patission Street and 2 Kotsika Street in Pedion tou Areos. KTEL Attikis goes in all directions to the areas of Attica outside the centre of Athens. Please always pay attention, as the buses depart from three different points in Athens, depending on the destination.

### **How to get to the KTEL Attikis bus stops:**

Buses to a) the port of Rafina and the areas of Nea Makri, Marathon, Grammatikos and Souli or b) the port of Lavrio and the areas of Markopoulo, Kalyvia, Keratea and Porto Rafti depart from the Nomismatokopeio station on the blue metro line.

The buses to Megara, Nea Peramos, Neraki, Loutropyrgos, Elefsina, Alepochori, Kinetta, Vilia, Oinoi, Erythres, Mandra and Porto Germeno depart 180 metres from the metro station 'Thiseio', the green metro line.

The buses to Sounio or to other places not mentioned above depart from Mavromataion Street in Pedion tou Areos. The same applies to the long-distance buses to Thessaloniki. The starting point is a 10-minute walk from the metro station 'Victoria', the main line of the metro, and runs along Heiden Street.

For more information about KTEL Attikis, call +30 210 880 8000 or visit the website:

<http://ktelattikis.gr/en/..>

## **BUS STATION IN THESSALONIKI**

Thessaloniki is easy to reach by bus from Athens and the largest cities in Greece. There are several daily bus connections from Athens to Thessaloniki, the journey takes about 6 hours. The buses depart from Kifissos bus station in Athens. You can get from Omonia Square to the bus station in Kifissos with the bus 051 or from the airport with the airport express bus X93 to the bus station in Kifissos.

**KIFISSOS** bus station: <https://maps.app.goo.gl/RqjDiNFiv8A72xk69>

From other cities in Greece there are either daily or weekly connections to Thessaloniki. If there is no direct connection, you can travel via Athens or another major city nearby.

The buses in Thessaloniki arrive at the Macedonia KTEL bus station, which is located about 5 km west of the city centre and is well connected to the centre by city buses and taxis.

**Macedonia Intercity Bus Station** in Thessaloniki: <https://maps.app.goo.gl/e2NtBxvtzEy3aWiN6>

## BY BUS FROM ATHENS TO DELPHI

For the bus from Athens to Delphi, you need to take the KTEL bus towards Delphi from Liossion bus station. The bus journey from Athens to Delphi takes about 3 hours.</p>
</div>
<div data-bbox="28 240 624 259" data-label="Text">
<p>Further information can be found here: <a href="https://www.ktel-fokidas.gr/">https://www.ktel-fokidas.gr/</a></p>
</div>
<div data-bbox="28 270 690 288" data-label="Text">
<p><b>Liossion bus station:</b> <a href="https://maps.app.goo.gl/ZWUY3NPWREEnaaND6">https://maps.app.goo.gl/ZWUY3NPWREEnaaND6</a></p>
</div>
<div data-bbox="35 335 603 354" data-label="Section-Header">
<h2>FROM DELPHI BY BUS TO KALAMBAKA (METEORA)</h2>
</div>
<div data-bbox="28 402 937 436" data-label="Text">
<p>There is no direct bus connection from Delphi to Kalambaka (Meteora). You have to change buses in Trikala.</p>
</div>
<div data-bbox="28 448 847 467" data-label="Text">
<p>There is only one bus that runs from Delphi to Trikala on weekdays at 06:30 in the morning.</p>
</div>
<div data-bbox="28 478 550 496" data-label="Text">
<p>There are several connections from Trikala to Kalambaka:</p>
</div>
<div data-bbox="28 509 948 542" data-label="Text">
<p>Weekday: 5:00, 6:00, 7:00, 8:00, 10:00, 11:15, 12:30, 14:10, 15:00, 16:00, 17:00, 18:15, 20:15, 21:15, 23:00</p>
</div>
<div data-bbox="28 556 967 588" data-label="Text">
<p>Weekend :5:00 (Sat), 7:30 (Sat), 7:00 (Sun), 8:00 (Sun), 11:15,13:45, 15:00, 16:00, 17:00, 18:15, 20:15, 23:00</p>
</div>
<div data-bbox="28 601 972 667" data-label="Text">
<p>We usually book a hotel for you in Kastraki, which is very nicely located just outside Kalambaka. You will then have to take a taxi from the bus station in Kalambaka to your hotel in Kastraki. The price for the taxi is around EUR 12.00. Sometimes the bus from Kalambaka also goes further to Kastraki, so you can stay seated if you ask the bus driver.</p>
</div>
<div data-bbox="28 679 604 697" data-label="Text">
<p><b>Delphi bus stop:</b> <a href="https://maps.app.goo.gl/6xniLQ5Xt13S3npCA">https://maps.app.goo.gl/6xniLQ5Xt13S3npCA</a></p>
</div>
<div data-bbox="35 745 546 763" data-label="Section-Header">
<h2>FROM KALAMBAKA BY BUS TO THESSALONIKI</h2>
</div>
<div data-bbox="28 811 967 845" data-label="Text">
<p>There is no direct bus connection from Kalambaka to Thessaloniki. You always have to change buses in Trikala.</p>
</div>
<div data-bbox="28 857 550 875" data-label="Text">
<p>There are several connections from Kalambaka to Trikala:</p>
</div>
<div data-bbox="28 888 958 922" data-label="Text">
<p>Weekdays: 5:40, 6:45, 8:00, 8:45, 10:00, 11:00, 12:30, 14:00, 15:15, 16:00, 17:00, 17:45, 19:15, 21:15, 22:15, 23:45</p>
</div>
<div data-bbox="28 934 976 968" data-label="Text">
<p>At the weekend: 5:40 (Sat), 8:00 (Sun), 8:45, 12:00 (Sun), 12:30 (Sat), 14:00, 16:00, 17:00, 17:45, 19:15, 21:15, 23:45</p>
</div>
</html>

The following connections are available from Trikala to Thessaloniki:

Mo to Thu : 6:30, 10:15, 13:30, 16:00, 20:00

Friday: 6:30, 10:15, 13:30, 15:15, 16:00, 20:00

Saturday: 6:30, 10:15, 13:30, 15:15:00

Sunday: 10:15, 13:30, 15:15, 17:15, 20:00

Your hotel is usually booked in Kastraki, just outside Kalambaka. You will therefore need to organise a taxi from your hotel to the bus station in Kalambaka. The reception staff can help you with this. The price for a taxi is around EUR 12.00.

If you can't find your way, please ask reception for help. They know the bus timetables.

**Kalambaka bus station:** <https://maps.app.goo.gl/jK9d6UE8jRxpB7Fd9>

## Travelling by train

More information on timetables and destinations can be found here: <https://www.hellenictrain.gr/en>

## Gearlist

## CLOTHING AND EQUIPMENT

While your main luggage is being transported by us, you only need to carry your essentials in your rucksack. Take enough water with you (at least 1.5 - 2 litres per person), headgear, sunglasses, sun cream, rain or wind jacket, warm jacket/fleece, camera, small first aid kit, lunch & snacks.

## Equipment checklist

In the following sections, we give you tips on the clothing and equipment you should take with you on your tours. Outdoor trousers and shorts as well as T-shirts with moisture regulation that can be washed in the evening and dried quickly are advantageous. It is advisable to take as little as possible with you, as you may have to carry your heavy suitcase up the stairs to your room yourself.

## First aid kit

You are responsible for ensuring that you take enough of any medication that you personally need and that you carry it with you in your hand luggage during your flight.

We suggest a few more useful things that you should have with you:

- Sun cream, lip balm and after-sun cream
- Protection against skin blisters, e.g. wound plasters in strips and bands, such as Leukoplast strips (have a small selection with you to better protect yourself from burns and sores or blisters caused by your hiking boots and sweaty socks)
- Throat lozenges, mints
- Allergies – antihistamines and anti-allergic drugs are required
- Disinfectant such as Betadine in swabs or as a solution with cotton wool

- A pack of wet wipes or gel for the hands - very practical for cleaning the hands when there is little or no water
- Something for headaches and other pains (paracetamol or aspirin)
- Anti-inflammatory agents such as Nurofen or ibuprofen Remedies containing arnica for bruises and sprains
- Insect repellent
- Nail scissors, needle and thread
- 4 bandages and an elastic bandage or an ankle and knee joint bandage
- Vaseline

**PLEASE NOTE:** Airlines do not allow bottled liquids containing more than 100ml in hand luggage (for exceptions, please contact your airline). All liquids that you wish to take with you in your hand luggage should be stowed in a transparent plastic bag. Pocket knives, scissors, nail clippers and similar items must not be taken on board in your hand luggage.

Trekking poles (adjustable)

We recommend taking trekking boots with you, especially if you suffer from knee or back problems.

### Compass/ pedometer (step counter)

Distances are measured in kilometres, so don't forget to set your device correctly.

### Food, drink powder, snacks

Light, energy-rich foods such as nuts, dried fruit and chocolate are good sources of energy. If you follow a special diet, it is better to take your own food supplements with you, as special requirements cannot always be met.

### Hiking boots

It is very important that you wear high hiking boots with good tread soles that offer good grip. They must be sturdy and of good quality so that you can walk on all types of terrain. Hiking boots made of Cordura or leather in combination with GoreTex or Sympatex (ensure waterproofness) are best suited for this trip. The hiking boots should be well broken in and have a good fit. Try on your shoes before you set off and look after them regularly to prolong their lifespan.

### Gym shoes

They are ideal for running through the cities and villages and can also be taken as a spare pair for hiking or cycling.

### Socks and underwear

Only take good quality socks with you. Preferably with moisture regulation. Try them on while walking before your trip to make sure they are comfortable to wear. Also take plenty of underwear with you, as the washing service is limited.

### T-shirts and trousers

Take at least one long-sleeved shirt with you as sun protection. If you perspire a lot, we recommend buying 1-2 T-shirts with moisture management, as such T-shirts dry quickly and protect your skin against moisture. You can buy this functional clothing in outdoor shops. The wide, comfortable trousers, which

also dry quickly, are also very popular. Ideally with detachable trouser legs so that long trousers become shorts.

### Warm jackets

Fleece jackets or warm shirts are ideal for the evening. You may need this clothing for autumn or spring tours. Fleece jackets that keep the wind out (wind stoppers) are preferred. In the summer months, a lightweight softshell jacket is suitable for the evening.

### Daily clothing

It is important to take your equipment with you every day. A rucksack of at least 25 litres with a good hip belt is suitable for this. In your rucksack you should have: \* a warm hat and a sun hat \* light gloves (for spring and autumn) \* a small towel \* plenty of water \* a lunch box (or Tupperware), knife, cubes and cup (or something you can drink from) \* a camera and an empty memory stick \* spare batteries for the camera

On a cold day you need at least 1 litre of water. On warm and hot days, you will need at least 2-3 litres of water during your hike or bike ride.

### Waterproof jackets and trousers

In heavy thunderstorms, you should wear high-quality, waterproof clothing to stay dry. Unfortunately, many people don't realise that waterproof jackets and trousers also wear out over time. Very few garments remain waterproof for more than five years and many leak within three years or less. For your hikes, we recommend jackets with a good hood and protective collar, and trousers with a zip on the side of the trouser leg so that you can pull them on quickly and easily over your hiking boots.

## Dress code

Greek women are mainly well dressed and men are usually casually dressed. Greeks would not go to a restaurant in shorts, but this does not apply to tourists. There is a stricter dress code in churches and especially in cloisters. In churches, your shoulders and legs should be covered. Men should wear long trousers and women should wear skirts (no miniskirts!) or trousers. A sarong would be very practical! Topless/"Topless" on the beach is not appreciated in Greece. Nudism is forbidden.

## Luggage

If you have booked a luggage transfer, this service will be organised by the accommodation itself or a local taxi driver.

Please label ALL of your luggage clearly with the name of the main person leaving it on a luggage tag. Without such a tag, the luggage will not be transported to the next hotel. Labelling your luggage prevents mix-ups, delays and loss. If you have not received luggage tags from your agency, you must bring your own. Ask the hotel staff where your luggage should be deposited in the morning, it should be ready by 9.00 am. In the afternoon, your luggage should normally be at your accommodation by 5.00 pm.

Your luggage - one suitcase per person, must not exceed 20 kilos for labour law reasons. A considerable surcharge will be made for heavier luggage.

If you are travelling by public transport, always take your luggage with you.

## Cycling responsibly



Bike tours are associated with certain risks. It is a sport where safety depends on your own judgement and vigilance as a cyclist.

Neither we, nor the local agency, can be held responsible for any damage (physical or otherwise) to participants due to the following causes: physical fitness during the tour, non-observance of road traffic regulations, alcohol consumption, breakage of means or materials, lack of medical assistance in remote areas or other unforeseen circumstances.

As a cyclist, you are responsible for the way you ride and the condition of your bike. Sometimes this can mean that you are travelling on different types of terrain (uneven ground, wet/muddy/slippery sections, grit, poor visibility, etc.), which presents certain difficulties and challenges that should not be underestimated. In these situations, the cyclist must proceed very carefully and with common sense, as some routes can become dangerous and unsafe if the cyclist is not sufficiently careful or does not have the right equipment or sufficient physical/technical ability.

If you are travelling on quiet country roads, you should still always expect traffic and always ride in a safe position on the road.

If you are riding your own bike, we recommend that you carry out a general overhaul before setting off and fit your bike with puncture-proof tyres with reflective strips to stay safe.

***For your own safety, it is advisable that you know how to send your current location via SMS or another messaging system, such as WhatsApp or Viber. (To do this, open a new message, select the "Attachment" function and select "Share location". Then click on "Accept" so that your device can access your location.)***

## Equipment

If you have any questions about the equipment you need for this trip, please give us a call. We recommend that you buy your equipment from a reputable bike or outdoor sports shop, where you will also receive professional advice.

For all S-Cape Travel cycling holidays, we recommend that you bring the following:

- Biking goggles (to protect against dust, insects, pollen, sun, etc.)
- Biking gloves (padded for extra comfort)
- Water bottle or hydration pack/bladder

For added comfort, you can bring your own gel saddle cover.

If there is no handlebar bag or pannier available at your destination (check the bike details), you can bring a small rucksack to carry while cycling.

A bicycle helmet, a lock, an air pump, a spare inner tube and a puncture repair kit with tyre levers are included with the rental bike.

***We strongly recommend wearing a cycle helmet. In the event of an accident resulting in personal injury, certain insurance policies are invalid if a helmet was not worn at the time of the accident.***

Remember: If you want to visit churches, you should be dressed appropriately. This means that you should cover your shoulders and wear at least knee-length shorts or skirts.

Each of the routes is designed to take in the sights, views and quietest roads possible, with particular attention paid to altitude. Some ascents may be necessary.

Before the start

### **Bike check before the start**

Check before every tour:

- Inflate the tyres if necessary and make sure the tyre pressure is correct.
- Take a short spin and check the brakes and gears.
- Look for loose or damaged parts.
- Pay particular attention during the first few kilometres to ensure that everything is in order on the bike.

## Safety

You should always be clearly visible to other road users. Avoid cycling in the dark.

The tours are mainly on quiet country roads (tarmac) with little traffic. There are some sections on busy side roads. When riding downhill, watch out for grit that sometimes accumulates on the roads. Watch out for pedestrians who have the dangerous habit of crossing the road without looking because they do not hear a motorised vehicle. Please take care at junctions and on bends. When riding on quiet country roads, always expect traffic and always ride in a safe position on the road.

Remember to always drive on the right-hand side of the road. If you are used to driving on the left, remember to look left, then right and then left again when crossing the road. It's easy to forget this if you spend some time driving in remote areas without people and traffic.

### Braking technique

Always use both brakes simultaneously and gently, never brake suddenly. When travelling downhill, brake gently before entering a bend. Do not use the brakes constantly, as they will become hot and then no longer function properly. Be careful in the rain and on wet roads: Water on the rims can impair the brakes and the braking distance will be longer.

## On the road

Always be aware of potentially dangerous situations (traffic, chippings, stone chips, changing weather conditions, etc.)

Inform third parties about your tour, especially if you are travelling alone. Imagine you need help and nobody knows where you are. Inform friends or hotel staff about your route and destination, even if you are travelling as a couple or in a small group. Have you returned from your tour safely and with many wonderful experiences? Don't forget to check in on arrival.

### Traffic signs and signposts

Please always follow the traffic rules and observe warning signs and other information

## Crossroads

Remember that most European countries drive on the right (unlike the UK). Please always cross the roads carefully, especially at busy junctions. Although this tour is mainly on quiet country roads, you will need to take main roads from time to time.

## Provision

Your body needs plenty of fluids, vitamins, minerals and carbohydrates. During the tour, your body needs more of these than it can store. Therefore, eat a low-fat breakfast in the morning, such as muesli, and drink plenty of water and fruit juice.

## Dehydration and energy

It is important that you drink enough fluids while driving. Take regular breaks to drink before you feel thirsty. You should have at least 1.5 to 2 litres per person in your luggage, and more if it is particularly hot or windy. Also eat regularly, including energy bars and fruit, but avoid eating large meals before or during the tour. Replenish your energy resources after the tour.

### Important recommendation

We recommend taking a working, fully charged and switched-on mobile phone with you. Check the duration of the tour and the sunset time. If you arrive after 18:00, please inform your accommodation. The hotels we work with are familiar with our safety measures. If you have not checked in before sunset, the hotel staff will simply take care of you and rescue measures may be initiated. If you are travelling alone in remote areas, please inform the hotel staff where you will be travelling today and when you expect to be back at the hotel.

## Clothing

We recommend colourful and quick-drying cycling clothing, padded shorts and cycling gloves. A waterproof cycling jacket is also recommended and a light, windproof jacket is always useful. The laces should not be too long. You can tuck the ends of the laces into your shoes or socks so that they don't get caught in the chain or spokes.

During the ride, you should wear cycling shorts, shorts and T-shirts made of a moisture-regulating or quick-drying material. Also T-shirts with a collar and at least one long-sleeved shirt to protect you from the sun. Quick-drying, loose-fitting trousers are popular and practical for sightseeing, and shorts or trousers with a zip fastening are practical in warmer weather.

## Shoes

If you are not taking cycling shoes with you, you should choose shoes with stiff soles, as these are better suited to cycling. This is all the more important the more demanding the route is and the longer it is. SPD cycling shoes with protruding cleats are not suitable for tours that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when you are not on the bike.

## Rental bikes

### Rental

The rental usually starts on the morning of day 2 and the bikes are usually delivered to your accommodation on the evening of your arrival (day 1) or the next morning before 9.30 am. The landlord will leave the keys at the reception of your accommodation. You do not need to be present. You can simply enquire at reception whether the bicycles have been delivered. Any changes will be listed in your daily programme. At the end of your journey, please return the bike to the last accommodation and hand in the key at reception. Your bike will be serviced, cleaned and equipped according to your wishes. A bicycle helmet, a lock, a pump, a spare inner tube and a puncture repair kit with tyre levers are included with the rental bike. The frame and saddle height are adjusted to your body size, although you may need to adjust your saddle to find the most comfortable position. We also recommend an initial short test ride of a few hundred metres to familiarise yourself with the gears, brakes etc. If you have a problem with the

bike, you can contact the hire company directly (name of the bike hire company in your booking). And you can call us at any time.

In Greece, wearing a bicycle helmet is not required by law (if the cyclist is over 12 years old), **but we strongly recommend it, especially if you are riding an e-bike!**

**Für children under the age of 12 must wear a bicycle helmet!**

In the event of an accident with personal injury, various insurance companies will not cover the damage if the cyclist was not wearing a helmet.

## General terms and conditions of hire

You must sign an agreement that obliges you to handle the hire bike responsibly. The bike with accessories is only provided to you for hire, it remains the property of the hire company and may not be sold, hired out or otherwise disposed of.

- The renter undertakes to secure the bicycle against theft at all times and everywhere.</li>
- You also undertake not to ride under the influence of alcohol or drugs and to comply with the statutory provisions. Inform the hire company immediately in the event of any damage, theft or loss.</li>
- By signing the contract, the hirer undertakes to treat the bicycle and any accessories with care in order to ensure the safety of the rider and other participants. The hire company accepts no liability for any damage to you or third parties resulting from rough handling of the hire item (bicycle and accessories).
- The renter confirms with his signature that he has received the bicycle and accessories in perfect and undamaged condition.
- The Hirer undertakes to return the bicycle and accessories in the same condition in which they were received. The hire company is entitled to charge for any damage caused by the hirer. In the event of technical faults that cannot be attributed to gross negligence, the lessor shall endeavour to repair or replace the equipment as quickly as possible.
- The tenant must pay for any damage, even if it was caused involuntarily.</li>
- In the event of theft or loss, the lessor reserves the right to charge for the damage incurred, the cost of which may range from EUR 650 to EUR 1,500, depending on the type, model and condition of the bicycle at the time of hire
- The bike can only be rented by persons aged 18 and over and on presentation of proof of identity. A bicycle can be rented to minors if written permission has been given by a parent or guardian (prior to arrival). The hire company accepts no liability/responsibility in this case.

**IMPORTANT:** We expect you to have a basic technical knowledge of bicycles and to be able to repair or change a tyre yourself. For major repairs that cannot be carried out on the spot, please call the bike hire company, who will then help you further.</p>

## E-bike instructions

You will receive detailed instructions on how to use the e-bike from your local bike hire company. In the evening or morning before you set off on your bike tour, we strongly recommend that you carry out a quick bike and battery check:

## Charging the battery

The battery should be connected to a mains plug. The LED on the adapter lights up red during charging and green when fully charged. If necessary, the battery can be removed from the bike and charged at a

socket in a dry, closed room, e.g. in your room or in a garage (if available). To activate, remove the battery from the bike and press the button until the indicator LEDs light up. **Please charge the battery every night!** The bike then has a „range“ of 50-80 km, depending on the support level, and **we advise you to take the adapter with you in your bike bag** in case the battery needs to be charged during the day.

***You will receive instructions for use or instructions for the e-bike display from the bike hire shop.***

***If an odometer or bike computer is available: You will receive the user manual or instructions on site at the bike hire shop.***

## Walking responsibly

Customer safety is a top priority for S-Cape Travel and we endeavour to provide accurate, detailed and up-to-date information in our route descriptions. However, self-guided hiking does carry some risks and your safety depends on your awareness and judgement. Follow our route descriptions, but at the same time use your common sense. Careful preparation and the right equipment can protect you from unpleasant surprises.

When you hike, you are responsible for your behaviour and the decisions you make. You hike in different terrain (rough terrain, wet and slippery passages, exposed areas, loose scree, poor visibility, etc.) with certain levels of difficulty and challenges. Do not overestimate your abilities, plan enough time and energy reserves.

The hiking routes in this programme run on paths, unpaved trails and partly on asphalted roads. Sometimes you have to cross rivers (or dry riverbeds). Often there are no bridges and you can walk over stepping stones. Normally not a problem, but in spring and autumn the water levels can increase suddenly. Never cross rivers if the water is above knee height. When crossing gorges, please never do so during or after rainfall.

Sometimes it is also better to walk in the riverbed and not on the stepping stones, as these can be very slippery. Therefore, use your trekking poles to keep your balance when crossing the river.

## Safety

Always proceed with common sense and caution. For your safety, it is necessary before you leave that you know how to send your current location via SMS or another messaging system, such as WhatsApp or Viber. (To do this, open a new message, select the "Attachment" function and select "Share location". Then click on "Accept" so that your device can access your location)

## On the move

Always be aware of potentially dangerous situations (difficult terrain, steep slopes, falling rocks, changing weather conditions, etc.)

Inform third parties about your tour, especially if you are travelling alone. Imagine you need help and nobody knows where you are. Inform friends or hotel staff about your route and destination, even if you are travelling as a couple or in a small group. Have you returned from your tour safely and with many wonderful experiences? Don't forget to check in on arrival.

## Markers and signposts

Follow the signposts and recommendations along the hiking route.

## Crossing roads and junctions

Remember that in many European countries traffic moves on the right (unlike in the UK). Please always cross the roads with caution, especially at busy junctions. Although this tour is mainly on footpaths, with occasional sections on country lanes or quiet country roads, you will need to cross major roads from time to time.

If you are used to driving on the left, remember to look left, then right and then left again when crossing. It's easy to forget this if you spend some time hiking in remote areas without people or traffic.

## Be careful on the beach & sea

Caution is advised on rocky shores and when swimming in the sea with high waves and surf. Follow the warning signs on the beach, listen to the locals and check out the hotel. The coastal paths can be damaged by erosion and if necessary, avoid these paths by walking slightly above the path.

## Dogs

In rural areas you may encounter dogs running loose. Most of them are harmless, but if one of these dogs displays aggressive behaviour, stay calm and don't panic. Walk calmly past the dog and, if necessary, wave your trekking pole. Shouting loudly at the dogs usually also helps them to run away. If none of this helps and the dog remains aggressive, try throwing something at the dog (in an emergency, actually throw a stone or something similar in the dog's direction).

## Hunting

Hunting is widespread throughout the country. The hunting season usually starts in mid-September, but the exact date changes every year. If you hear deer in your neighbourhood, make your presence audibly known to the hunters.

## Dehydration and energy

It is important that you drink enough fluids when hiking. Take regular breaks to drink before you feel thirsty. You should have at least 1.5 to 2 litres per person in your luggage, and more if it is particularly hot or windy. Also eat regularly, including energy bars and fruit, but avoid eating large meals before or during the hike. Replenish your energy resources after the hike.

## Help info for your App

For all our cycling and hiking tours, use the **GUIBO app** or the **ActiveNav app** for iOS and Android smartphones with detailed routes and maps that you can use offline and without roaming. Thanks to the phone's internal GPS, you can check your exact position on the map so that you always know exactly where you are.

Further information on using the **GUIBO app** can be found here:



Further information on using the **ActiveNav app** can be found here:



## Feedback

This travel programme has been compiled with great care and precision. However, it is possible that you may experience small changes during your holiday, or notice errors unforeseen at the time of writing. The information is provided “as is” and we accept no responsibility for any loss, injury or inconvenience experienced as a result of this information.

If you notice any errors, please let us know. We greatly appreciate any suggestions, observations or comments you might have, and you may be certain that they will be used for the benefit of future travellers.

Also, do not hesitate to share your experience with your family & friends!

Thank you in advance for your cooperation.

**Team S-Cape Partners Greece**