

**Athens and Cyclades – Kea – self-guided:
Light 8-day cultural highlights tour
in Athens and on Kea 2023 (CKWS113I)**



Our hiking philosophy: active during the day, and in the afternoon a warm shower, a good meal and a comfortable bed in a small-scale accommodation.

We invite you to join us!

more information: www.annahiking.nl



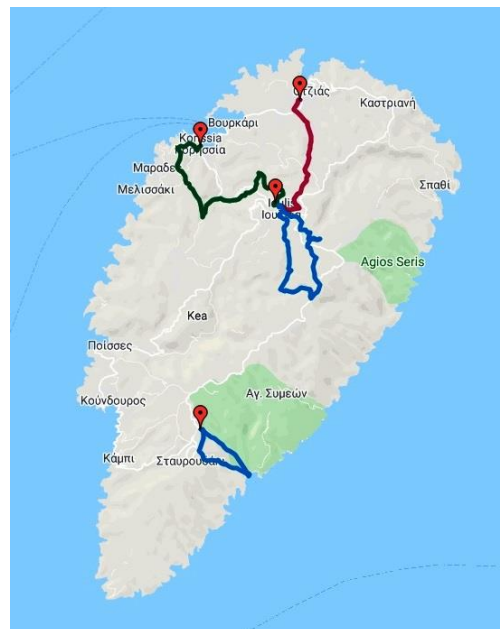
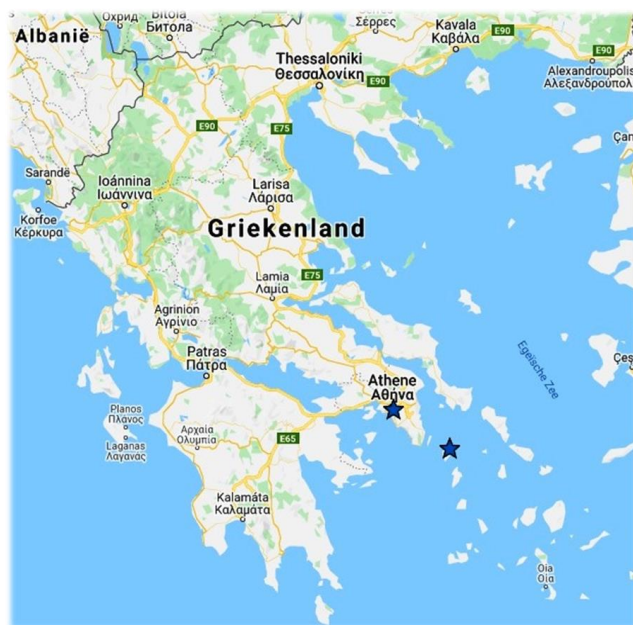
About AnnaHiking and S-Cape

In 1991 we visited Greece for the first time. Our love for the country, the culture, the climate, the food, the language and the Greek has grown ever since. We feel at home here and want to communicate this feeling to others.

Many people are familiar with the Greek “islands with beautiful beaches”. Many islands also boast a splendid inland with historical paths and archeological sites, ideal for hiking. Kea is such an island with much more on offer than beaches alone, and we’d love to introduce it to you.

Our agent S-Cape from Athens explored several hiking routes in Athens and on Kea and described them in detail. As an individual traveller you’ll have these descriptions together with GPS-tracks and marked detailed maps, so you can find your way easily. The tour documentation also contains background information, tips for the best meals and several other useful trivia. You’ll receive the information both as document as well as the ActiveNav app for your smartphone.

The tour location



General tour information

Kéa or Tziá belongs to the Cyclades and is situated in the Aegean Sea. It’s accessible through Lavrio (Athens) by ferryboat in about 1 hour.

You’ll start in Athens with the unique self-guided walk ‘hike & bite’ which takes you through the greenest parts of the city along the ancient highlights. Athens is the oldest city of Europe and the city with the longest history. Strolling through Athens, you will be thrilled to discover this rich history as Ancient, Roman, Byzantine and modern monuments around. Pedestrian walkways lead you through green parks connecting major sites like the Acropolis, the Acropolis Museum and the Pnyx Theater, which is considered the birthplace of democracy. During the walk you will also discover the Greek cuisine as we have arranged 4 different courses for you in 4 different eateries.

The next day you’ll travel by taxi along the Sounion temple of Poseidon to Lavrio and board the ferryboat to Kea, a tranquil oasis and hiking paradise with an intact network of old



kalderimia, paved mule paths. Your residence is in the well-kept town Ioulida in the centre of the island. You'll make 4 beautiful walks around the island and you'll visit the famous Lion of Kea and the unique archeological site of Karthaia.

The walks are mostly unsurfaced tracks; cobbled mule-paths, footpaths and some country roads. The routes are usually well marked. Most walks on Kea are 2-3 hours net walking time (without breaks); there is one longer route of about 5 hours.

It's a tour for active people that desire peace and nature and enjoy both quiet beaches and cozy villages.



Trip highlights

- ❖ Unique Hike & Bite self-guided walk through Ancient Athens, with 4 different eateries down town, most with Acropolis View.
- ❖ The well-preserved and theatrically built village of Ioulida on Kea.
- ❖ Ancient-Karthaia: an archaeological site only accessible on foot or by boat.
- ❖ Walk along the 2500 year old 'Lion of Kea' to the beautiful bay of Otzia.

Modular set-up: extensions/alterations/abbreviations

You may extend your stay in both tour accommodations. In Athens we also offer guided walks and a guided bike tour.

The arrangement may well be combined with one of our hiking tours on the Cyclades islands Andros, Tinos, Naxos and Santorini. The ferries to these islands sail from the harbours of Piraeus and Rafina, easily reached from Athens. See the [possibilities on the Cyclades](#) on our website.

Of course you may also combine the arrangement with (parts of) other tours we offer. We'll gladly help you with the logistics.

For all your wishes: ask for an estimate!

About the Cyclades and Kea (Tzia)

The Cyclades are situated in a circle ('kyklos') around the holy island Delos or Dilos. The legend tells us that Apollo and Artemis were born here, so Delos was the religious centre of Ionia in the 7th century B.C. The current capital is Ermoupoli. Nowadays the Cyclades are famous for their photogenic square white houses with blue doorposts and window frames.

Kea is in Greece usually called Tzia, the name the Turkish rulers gave to Hydrousa, it's ancient name. It's the closest to the mainland from all Cyclades islands: one hour by ferryboat from Lavrio, the port on the south of Attica. The surface is just 131km², there are



about 2500 inhabitants, the highest summit is Profitis Ilias with 568m altitude, the capital (Chora) is Ioulida.

A good website in English is from the Greek Ministry of Tourism:

www.visitgreece.gr/en/greek_islands/kea. This site refers to the islands' websites www.kea.gr and destinationkea.com, both presently only in Greek (also after clicking the English version...).



The history dates back to the Neolithicum; the first city Kefala should be founded in 3300 bC. In the 7th and 6th century bC the most important cities were Loulis or Ioulis (the current neighbourhood Kastro in Ioulida), Karthaia, Korissia and Pisses. Famous is the sculptured Lion of Kea. On your walks you'll visit most of these

highlights.

The island boasts a network of 36km of paths, a real hiking paradise! The waymarking is generally good.

Kea has a mediterranean climate. Mean year temperature is 21°C and the yearly rainfall is 204 mm.



(Source in Dutch:

https://www.bestereistijd.be/griekenland/kea/#Klimaat_Kea)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Day temperature	12°C	14°C	16°C	19°C	23°C	27°C	30°C	30°C	27°C	22°C	18°C	14°C
Night temperature	9°C	9°C	11°C	13°C	17°C	21°C	24°C	24°C	22°C	18°C	14°C	10°C
Rain in mm	39	26	18	10	8	9	1	1	12	23	18	40
Days with rain	10	9	9	6	5	4	2	1	5	6	6	10

The accommodations

The package is available in three star and in four star category. It is possible to combine both packages and use hotels of both categories; ask for an estimate. If the hotel in the chosen category is full, we'll book you a similar accommodation; on Kea this might be in a different village.

The three star hotel range is somewhat more standard. The hotels are:

- **Athens:** Acropolis Hill Hotel (swimming pool and roof top terrace) or similar, see <https://www.acropolishill.gr/>
- **Kea Ioulida:** Serie Hotel (only 7 rooms, no pool), zie <http://www.serie.com.gr/>

The upgrade hotels are bigger, offers more luxury and have more facilities. Ask for an estimate.

Booking

The arrangement may be booked from 1 January until 24 November.

The best time to travel to Athens and Kea is spring and autumn. In the July and August it may be quite hot to walk. It is very well possible to travel to this area of Greece during the winter



months. It can be cold, so good precautions must be taken. It is a good opportunity though to discover Greece in a more authentic way during the winter, with much less tourists in the places you will be visiting.

Prices per person 2023

# of travellers	room type	1-1 / 30-3	31-3 / 25-4 29-9 / 24-11	26-4 / 26-6 29-8 / 28-9	26-6 / 28-8
alone	single	€ 1130	€ 1190	€ 1380	€ 1595
2 persons	double/ twin	€ 675	€ 730	€ 820	€ 925
2 persons	single	€ 975	€ 1035	€ 1225	€ 1440
3 persons	triple	€ 565	€ 610	€ 670	€ 740
3 persons	double/twin + single	€ 725	€ 780	€ 900	€ 1050
3 persons	single	€ 925	€ 985	€ 1170	€ 1390
4 persons	quadruple	€ 525	€ 580	€ 630	€ 685
4 persons	2 double/twin	€ 600	€ 650	€ 740	€ 850

Note:

- Price is per person, flight excluded, in 3-star hotels. At a surcharge you may upgrade to 4-star hotels. Ask for an estimate.
- The dates apply to the start day of the tour.
- From January 1st 2018 in Greece an 'overnight tax' is applicable. This tax has to be paid at check-in at your accommodation. The rates per room per night are: € 0,50 for 2*-hotels, € 1,50 for 3*-hotels, € 3,00 for 4*-hotels and € 4,00 for 5*-hotels.

Included

- 7 overnight stays including breakfast.
- Detailed destination guide, route book and maps; digital, sent by WeTransfer, to be printed by you at your own wishes. Languages: English, German or Dutch.
- Hiking map of Kea, waiting for you in your hotel in Athens.
- GPS-tracks per walk, sent by WeTransfer.
- ActiveNav app to load all data in your smartphone to use during the walks (English or Dutch).
- 4-course meal during the 'hike & bite' tour in Athens (excluding drinks).
- Taxi from Athens to Lavrio with 1-hour stop to visit the Poseidon temple in Sounion.
- Taxi from Lavrio to the airport of Athens.
- Ferryboat from Lavrio to Kea and back.
- Booking fee and telephone assistance.



Not included

- Flight and insurances.
- Transportation from the airport to the hotel in Athens (may be prebooked for €62 per taxi, max. 4 persons).
- Lunches, diner, drinks and other personal expenses.
- Overnight tax (€0,50-€3 per room per night).
- Transfers to the start and from the end of the walks and all other transfers not mentioned in the program.
- Everything else not mentioned under "included".



Luggage

You carry a day pack with water, lunch, warm and rainproof clothing, possibly swimming gear, items for personal care, binoculars/camera etc.

The remaining luggage stays in the accommodation. You'll travel to the next location by public bus or taxi and take your luggage with you to the next accommodation.

In the tour documentation you'll receive before departure you'll find a list with essential and advised items.





Day to day program

(You can download the elevation profiles separately. Mind: the elevation profiles are not all on the same scale!)

Note: walking times mentioned are net times without breaks.

Day 1: Arrival in Athens (CK-01)



Welcome to Athens: the birthplace of drama, democracy and philosophy. Though Athens is still suffering from the image of a city full of smog and cement, the changes before and after the 2004 Olympics have turned the city into a very enjoyable city. Athens is a city of contrasts: the cheapest souvlaki corner is next to the Roman Emperor Adrian's Library and a Byzantine church next to Marks & Spencers.

Above all this reigns the Acropolis with its Parthenon temple. Time to explore the city during first stroll.

overnight stay: Athens

Day 2: Hike & Bite tour in Athens (CK-02)



In case you would like to visit the Acropolis museum or visit the local food markets on Athinas street, we advise you to do so in the morning. Just take a light 'koulouri' half way the morning like the local Greeks do and start your hike & bite tour around 3 pm on Syntagma square where you see the changing of the guards on the hour.

You walk through the National Gardens to the Olympic Stadium 'Kalimarmaro' where you may follow the audio-tour including a visit to the well-hidden catacombs. Then along the temple of Zeus to the rooftop restaurant of an excellent hotel for a cold starter whilst enjoying views on the Acropolis.



Continue along the Dionysos theater and the Acropolis museum and ascend the sacred rock of the Acropolis. Descend into bustling Plaka for your hot starter in a typical traditional Greek tavern where you might try the Ouzo as well. A short stretch along the Roman and Greek Agora will lead you through the oldest parts of the city to the next eatery in Thission for your main dish in an excellent restaurant. For your desert you have to walk a little bit more to Thisseio and will enjoy the roof garden up there. In this area you will find lots of trendy bars and cafes in case you still have energy to continue the day.

walking time/distance: 1h30' / 5km (6h together with the meals)

overnight stay: Athens

Day 3: To Sounion and Kea (CK-03)



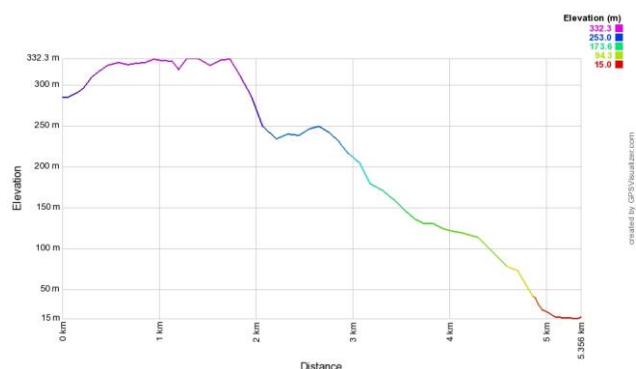
Your taxi driver will pick you up from your hotel in Athens and drive you along the most scenic route via the coast through the cosmopolitan suburbs of Glyfada and Voula to Cape Sounion. Here you will have an hour time to visit to the ancient temple of Poseidon or just have a coffee admiring the views of the mountain that juts out into the sea. The Doric temple dates back to the 5th century BC and is dedicated to the god of the sea, Poseidon. It is the last tip of the Attika peninsula one sees when setting sail to the islands.

A bit further you come to the port of Lavrio, a somehow forgotten town with a rich silver mining history that is now recovering really fast from a very difficult period. Nice taverns in the renewed marina with fresh fish: you get already the 'island-feeling'.

Your stay on Kea is most likely in the town Ioulida: the capital of the island. It is a very pretty village, built on the slopes of several mountains. At the entrance, people must leave their cars and inside the town life is pretty much the way it always has been.

overnight stay: Kea

Day 4: Walk from Ioulida to Otzia (CK-04/GR00067)





Today's delightful classical walk takes you from the island's capital Ioulida to the lovely bay of Otzia. Shortly after leaving Ioulida behind, you come past the fascinating Lion, a 'smiling' lion carved out of a granite cliff about 600 BC.

On many sections of this walk, you walk on old paved paths, *kalderimi*, in the old days the only road network on the islands, used by the people and their donkeys. Through a wide valley and along terraced hills you come to the deep bay of Otzia with its sandy beach and a couple of taverns (open summer season only).

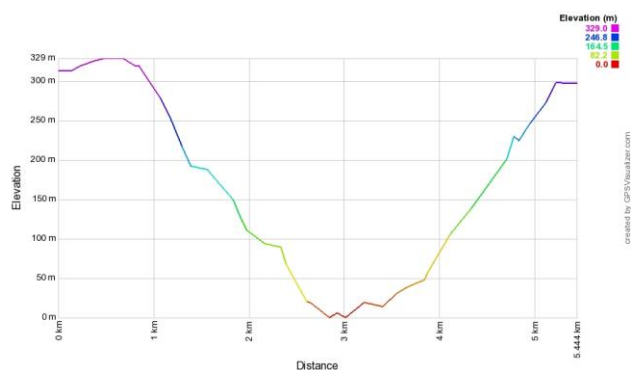
Travel back to Korissia or Ioulida by public bus (not in low season) or taxi.

walking time/distance: 2h / 6,6km

ascent/descent: 120m / 380m

overnight stay: Kea

Day 5: Circular walk from Stavroudaki to Ancient Karthaia (CK-05/GR00068)



You take a taxi to the south east of the island to the small hamlet of Stavroudaki from where you start your circular walk to the Ancient site of Karthaia. Especially in spring, from mid-March to end of April, beautiful spring flowers are stealing the show. You may also rent a car or moped for a day and drive yourself to the starting point.

The walk descends via a beautiful *kalderimi* from the hamlet Chavouna. You pass the nice little church of Taxiarches and in about 1 hour you reach the ancient site of Karthaia located on the beach of Poles. This is a true oasis and probably you will be the only one on the beach, that is dominated by the temple of Athena dating back to the 5th century BC. There is also a theatre and you find remains of a temple dedicated to Apollo. It is a peaceful place and you can have your picnic in the shade of the chapel on the beach.

The walk back to Stavroudaki is even better than the way down: a completely intact *kalderimi* that runs uphill via the left slope of a green river bed. You may go to the well of Vathipotamos before ascending further up to Stavroudaki.

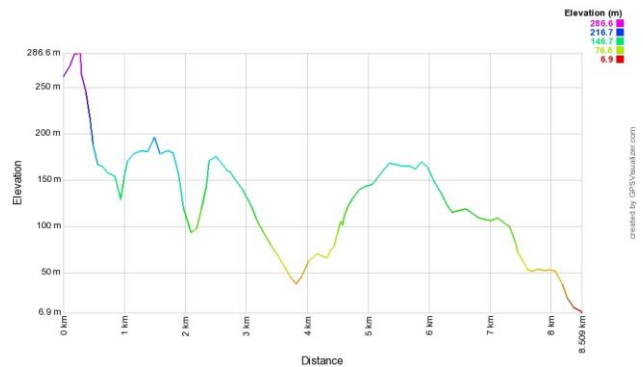
walking time/distance: 2h30' / 7,5km

ascent/descent: 350m

overnight stay: Kea



Day 6: Walk from Ioulida to Korissia (CK-06/GR00085)



Today's walk is mostly downhill as you walk from the capital Ioulida to the port of Kea: Korissia. The first section is via stony trails that run through a wide valley to the chapel of Agios Konstantinos.

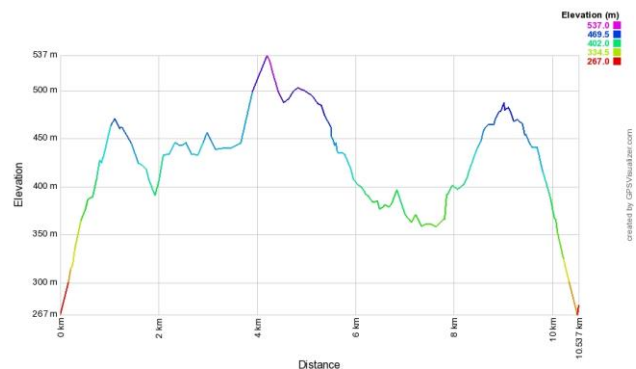
Here you enter the nice green valley of Milopotamos, where there you find remains of 11 water mills that made use of the water of the well of Flea, located upstream. The millstones were driven by a horizontally placed water wheel. Especially in spring time it is a marvelous place with the sound of murmuring water. You follow the valley upstream towards the well. After the well of Flea you walk via dirt roads over the hill all the way to Korissia whilst enjoying great views.

walking time/distance: 3h / 9km

ascent/descent: 350m / 600m

overnight stay: Kea

Day 7: Circular walk from Ioulida over the Profitis Ilias (CK-07/GR00084)



Via a beautiful kalderimi, a real archaeological heritage, you climb up to the summit 'Profitis Ilias' from where you can see most of the island, parts of Attiki, Makronisos island and the islands Evia and Andros.

You have the possibility to make a short detour to the Monastery of Episkopi: a wonderful tranquil place where you can see the remains of an old tower and the impressive (but closed) church of the monastery. You can see that ancient construction elements have been used in the church, indicating that once there was an antique temple on this spot.

The hamlet of Ellinika is the turning point of today and you return via dirt roads and trails back to Ioulida.



walking time/distance: 5h / 14km

ascent/descent: 500m

overnight stay: Kea

Day 8: Departure from Kea (CK-08)



You travel per ferry to Lavrio port where our taxi driver is waiting for you and will take you to the nearby airport of Athens for your flight departure. Depending on your outbound flight, it might be necessary to travel back in the evening of day 7 and stay overnight in a hotel close to the airport, Sounion or Rafina.