

Athens and Saronic Islands on foot
9-days light self-guided island-hopping tour
Hydra, Poros and Aegina 2023 (SIWH113I)



Our 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



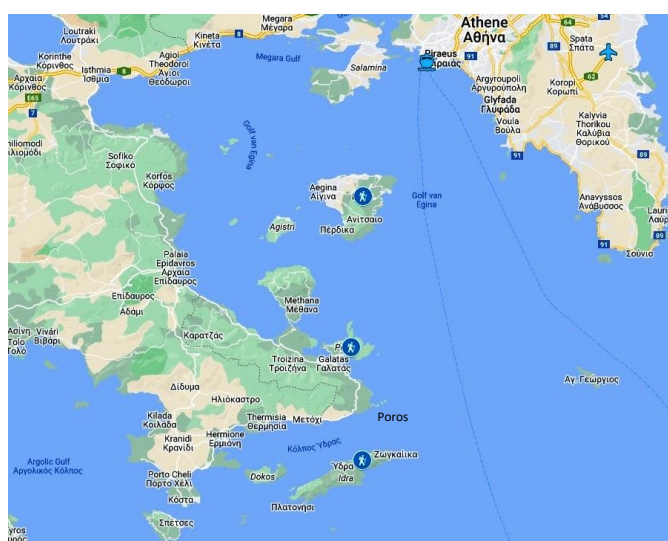
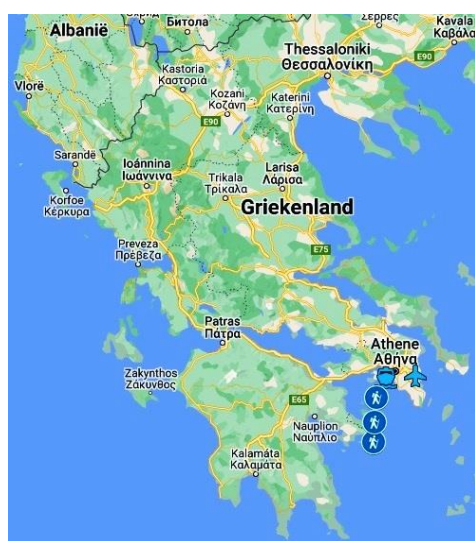
About AnnaHiking and S-Cape

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, ideal to explore by bike. Poros and Aegina are islands with much more on offer than beaches alone, and we’d love to introduce them to you.

Our agent S-Cape explored a couple of routes for you. As an individual traveller we offer you a roadbook with tour descriptions, GPS-tracks and marked detailed maps, so you can find your way easily. The roadbook also offers several useful trivia and background information. Furthermore you may use the ActiveNav navigation app.

The tour location



General tour information

You’ll start with two overnight stays in Athens, in the lively neighbourhood Psirri. On day 2 an English speaking guide will show you the most beautiful spots by bicycle. In the afternoon you may explore Athens by yourself; we’ll give you instructions for a self-guided city walk. The next day you’ll board the excursion boat for an island tour over the blue Saronic Gulf. The first stop is in Hydra, where you may make a short circular walk through the picturesque harbour town.



Then you’ll sail on to Poros, where you’ll stay 3 nights and enjoy some walks in the lovely green landscape, with breath-taking views over Poros town and the most beautiful bays. On day 5 you may opt for the ferry to Hydra to make one or two hikes on the island.

We offer this as an option, because it’s cheaper to book the tickets yourself on the spot, the boats don’t sail every day in the lower season, and your program is more flexible this way. You may also take the whole day to do the Sferia walk or just relax at the pool or on the beach.

A ferry boat will then take you to the island of Aegina. The temple of Aphaia is definitely the jewel in the crown of this island. Aegina is also famous for pistachio nuts and you can see



pistachio nut trees everywhere. There are two hikes on the island. You may also go on a fishing boat to nearby Moni or Agistri or make a bike tour in the inner land. Aegina town is lively and cosy, your hotel is a 15 minute walk from the harbour. As a matter of fact you may need more than 2 nights on Aegina! From Aegina you travel back to Piraeus by boat for a last overnight stay in Athens.

The hikes take 2 to 4¼ net walking time (i.e. without breaks). Most walks may be shortened or have a shorter alternative.

It's a hiking tour for those who like lots of variation and need spare time to enjoy the surroundings.



Highlights

- ❖ Explore the city centre of Athens by bike and on foot.
- ❖ Island hopping in the splendidly blue Saronic Gulf.
- ❖ Varied hikes on donkey-island Hydra, the lively and green Poros and pistachio island Aegina.
- ❖ Ancient Greek temples in Athens and on the islands.
- ❖ Flexible program.

Modular set-up: extensions/alterations

The arrangement can be extended with extra days in every accommodation. Especially on Aegina more excursions are possible, f.i. a visit to the Agios Nektarios monastery, a hiking tour to Perdika or in the north of the island, a boat trip to Moni or a relaxed stroll in the harbour town and enjoy real hand-made pistachio icecream or sweets.

You may extend your stay with one of our walking tours on the [Cyclades islands](#) Kea, Andros, Tinos, Naxos and Santorini. Tinos, Naxos and Santorini are reached through Piraeus, for Andros you'll take the public bus to Rafina and the Kea tour starts in Athens.

You can also combine the arrangement with (parts of) other [tours we offer in Greece](#). We'll gladly help you with the logistics.

For all your wishes: ask for an estimate!

The accommodations

You'll stay in good 3* and 4* hotels. In Athens the hotel is situated in the lively neighbourhood Psirri with lots of taverna closeby. Also the Plaka is at walking walking time/distance.

The hotels on the islands Poros and Aegina have a swimming pool and the sea is right at your feet. The sea-side promenade with cafes and tavernas is always at walking walking time/distance.

Should the standard accommodation be fully booked, we'll try to book in mutual consent an alternative with similar standards regarding atmosphere and price. The daily trips will not be affected.



Day	Location	Hotel	Website
1-2	Athens	Arion, 3*	www.arionhotel.gr
3-5	Poros	New Aegli, 4*	www.newaegli.gr
6-7	Aegina	Danae, 3*	www.danaehotel.gr
8	Athens	Arion, 3*	www.arionhotel.gr

On Poros you may upgrade to hotel [Saga](#) of [Niki's Village](#) in Perlia, closer to Poros Town. On Aegina you may upgrade to hotel [Rastoni](#), closer to the port, with beautiful garden but without swimming pool. Ask for an estimate for your tour dates if you want to opt for an upgrade.

Booking

The arrangement may be booked from 1 April up until 24 October (starting date). In summer it's usually quite hot!

Prices per person 2023

#travellers	room type	1-4 / 23-4	24-4 / 28-5 28-9 / 24-10	29-5 / 22-6 4-9 / 27-9	23-6 / 14-7	15-7 / 3-9
solo	single	€ 1310	€ 1360	€ 1445	€ 1650	€ 1600
2 persons	double/twin	€ 845	€ 870	€ 915	€ 1025	€ 990
2 persons	2 single	€ 1145	€ 1190	€ 1275	€ 1475	€ 1435
3 persons	triple	€ 725	€ 745	€ 775	€ 850	€ 830
3 persons	double/twin + single	€ 885	€ 925	€ 980	€ 1120	€ 1085
3 persons	3 single	€ 1085	€ 1135	€ 1220	€ 1425	€ 1375
4 persons	2 double/twin	€ 760	€ 785	€ 830	€ 935	€ 910

Note:

- Price is per person, flight excluded.
- The dates apply to the departure day.
- 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: € 1,50 for 3*-hotels (Poros and Aegina) and € 3,00 for 4*-hotels (Athens).

Start and finish: Athens

Included

- 8 nights incl. breakfast in the above mentioned hotels.
- Guided bicycle tour in Athens including city bike.
- Buffet lunch on board of the excursion boat on day 3.
- Detailed roadbook with drawn-in maps; digital, sent by WeTransfer, to be printed by you at your own wishes.
- GPS tracks.
- Use of the Active Nav app for navigation with your smartphone.
- Ferry tickets Piraeus-Poros, Poros-Aegina and Aegina-Piraeus by excursion boat.
- Transfers Athens airport-hotel, hotel-Piraeus (Flisvos harbour), Poros harbour -hotel, Poros hotel- harbour, Piraeus harbour (Flisvos)-Athens hotel, Athens hotel-airport.
- Luggage transport on the islands from the port to the hotel and back.
- Booking fee and telephone assistance.



Not included

- Flight and insurances.
- Overnight taxes.
- Ferry ticket day 5 to Hydra (€17-€21,50 one way if you acquire them on the spot), other transfers not mentioned in the program.
- Personal expenses such as lunch (except on day 3), dinner, drinks, admissions and entrance fees of any kind, tips and gratuities.
- Any items that have not been specifically mentioned in the program.

Optional services (have to be booked in advance!)

- Return ticket Poros-Hydra-Poros by catamaran: €57.
- Additional night/s at any of the accommodations: ask for an estimate.

Meals

The overnight stays include breakfast. During the trip by excursion boat from Hydra to Poros a buffet lunch is included.

For your picknick lunch there are shops near the hotel. For dinner or lunch you'll find plenty opportunities at walking walking time/distance from your hotel or in the hotel itself.



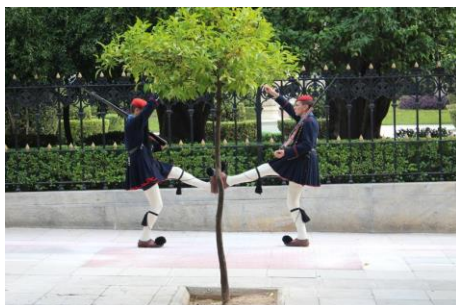
Luggage transport

During the taxi transfers from and to the airport and port your luggage comes with you. Take into account that you'll have to carry your luggage on board and place it at the designated area. Don't bring more than 20 kilo.

On the islands your luggage is transported from the port to the hotel and back.

Flight

You'll fly to Athens Airport.





Day to day program

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

Day 1: Arrival in Athens (SIWH01)



Your holiday starts in Athens. You'll be taken from the airport to your hotel in the centre of Athens. Should you arrive early, you might start exploring Athens and maybe have dinner or a drink with view on the Acropole.

overnight stay: Athens

Day 2: Biking tour Athens and afternoon city walk (SIWH02)



In the morning you'll explore Athens in a unique way - by bicycle! With a local guide you'll cycle in a small group along the city's highlights. Not only the famous ones like the majestic Acropole, the Zeus temple and the Panathenaic Stadium, but you'll also explore the lesser-known areas in the centre, like the lively neighbourhood Psirri and the indoor meat and fish market.

The afternoon is free; you'll find a lovely city walk suggestion in your navigation app.

biking time: 3 hours

overnight stay: Athens



Day 3: Via Hydra to Poros (SIWH03)



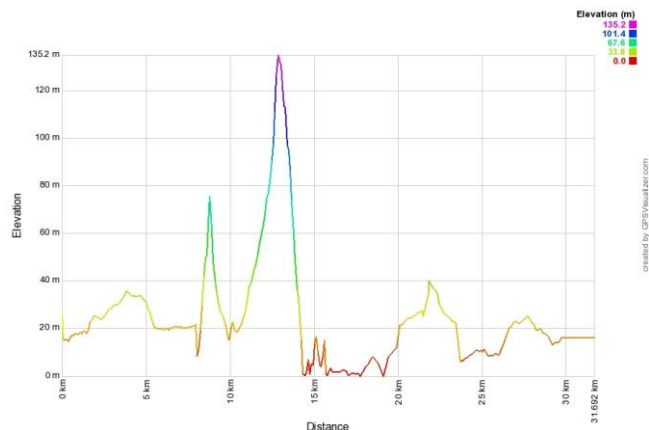
In the early morning you'll be taken to Flisvos port near Athens and board the comfortable excursion boat that will take you in 3 hours to the picturesque island Hydra. You'll have about 1½ hour to explore the charming harbour town. You won't find cars on the island; all transport is by mules. This is the ultimate Greece!

Then you sail on to Poros. On the excursion boat a buffet lunch is served. Upon arrival in Poros harbour you'll be taken to the hotel in Askeli, close to Poros town on a beautiful bay. In the afternoon you may take a refreshing sea bath or take a stroll to the famous bell tower of Poros Town.

overnight stay: Poros



Day 4: Walk Poros Kalavria and Poseidon temple (SIWH04)



Today's walk will take you to the innerland of the bigger part of Poros: Kalavria. You'll ascend past agricultural fields and through dense fir woods until you've reached 300m altitude.

Here the ruins of the Poseidon temple are situated, high on a hilltop. The temple was built in the 6th century bC and was dedicated to Poseidon, the sea god. The remnants still are impressive and the views over the surroundings magnificent. By a different route you'll descend again into Poros Town and Askeli.

(Note: you may also take a taxi until the temple and start the hike from there; this will save you the first climb.)

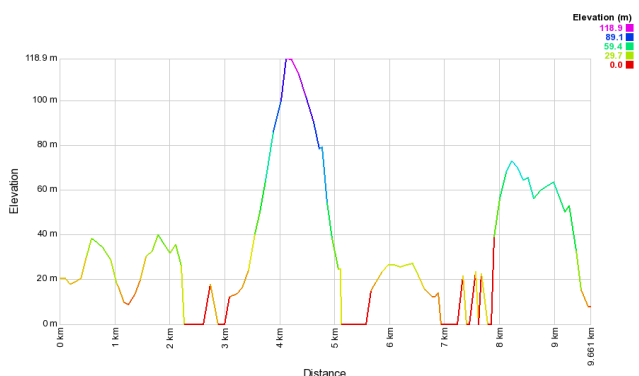


walking time/distance: 4h15' / 10,9km

ascent/descent: 415m

overnight stay: Poros

Day 5: Optional visit Hydra with hike (SIWH05)



For this optional trip you may prebook tickets for the morning catamaran to Hydra and the last boat back. You may also buy the tickets on the spot. Maybe your stop-over on Hydra made you anxious for more and this day is perfect for an exploration of Hydra by foot.

In the route book you'll find 2 great hikes on Hydra. The first hike is a short one along windmill ruins with splendid views over Hydra town. The other option takes you along the coast to the Vlycha arched bridge and then back to Hydra town through the innerland and past the ancient port Palamidas.

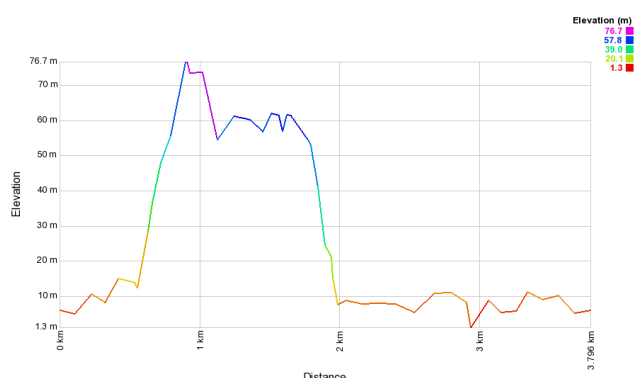
Should you not opt for Hydra, you may undertake another activity on Poros, or make the Sferia walk (see day 6). Sea kayaks and bikes are available for rent. (The boat to Hydra does not sail every day in low season.)

walking time/distance: 4h / 9,6km or 2h / 3,4km

ascent/descent: 250m or 200m

overnight stay: Poros

Day 6: Walk Poros Sferia; to Aegina (SIWH06)



In the morning you'll discover on foot the smaller peninsula Sferia: the southern part of Poros. You start from Askeli to Poros Town, situated on Sferia. By age-old steps in the village you'll climb all the way up to a windmill ruin. From here the views over Poros and the sea channel between Poros and the Peloponnese are breath-taking.

At this altitude a path starts towards the old Agioi Anargyroi chapel, a nice cool spot for a break. By a paved path with steps you'll descend again into the port of Poros. Maybe it's time for a refreshing drink before you head back to Askeli?



You may also stay in Poros town for lunch, because in the afternoon you'll board the excursion boat again to sail in 1 hour to Aegina island. (Your luggage will be taken to the harbour.)

The character of Aegina is completely different than Poros. In Aegina your luggage is taken from the port and you walk in 15-20 minutes to the hotel, maybe after a quick tour of the cosy harbour town. You'll immediately notice the many pistachio stalls: the island is famous for its nuts and as soon as you'll leave the village you'll find lots of pistachio orchards.



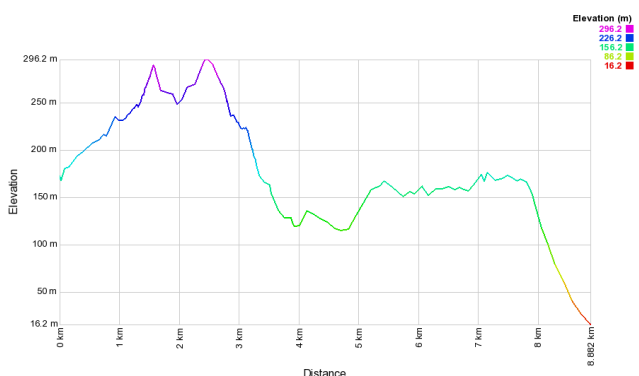
Aegina has a long history dating back into ancient times and it's worth the while to explore the archeological finds in and around the town.

walking time/distance: 2h / 6km (Poros)

ascent/descent: 115m

overnight stay: Aegina

Day 7: Walk Aegina Agios Nektarios-Mesagros-Agia Marina (SIWH07)



By public bus you'll travel to the famous monastery Agios Nektarios, nowadays run by nuns. The enormous church is built for Nektarios, patron saint of the island and of the sick. From there you walk to Paleochora, a Byzantine ghost town, once the heart of the island. There are still 38 ruins of Byzantine chapels, some in good condition. Past the chapels you'll reach the high castle offering 360° view over Aegina. From there you descend along windmill ruins to the graveyard near the village Mesagros. You may stay on the bus and leave at the bus stop Mesagros, if you want to shorten the walk.



You proceed on gravel roads and paths to the east coast. Suddenly the temple of Aphaia comes into view, proudly presenting itself above the tree tops. The temple is built in 500 bC in honour of Aphaia, goddess of fertility, and is an important archeological site.

After your visit you continue on a hiking path and descend to the harbour village Agia Marina. You travel back to Aegina town by public bus or taxi.

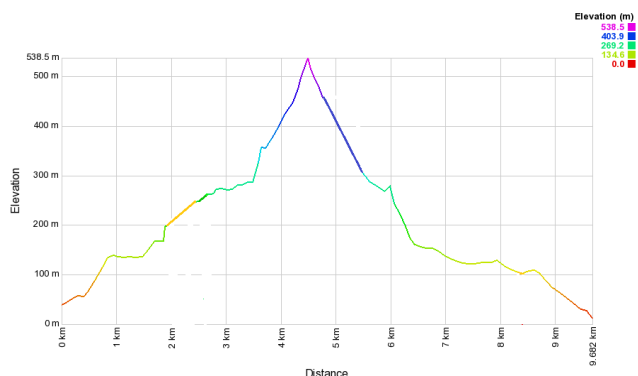
walking time/distance: 4h / 9,1km or from Mesagros 2h10' / 5,2km

ascent/descent: 230m / 390m or from Mesagros 85m / 190m

overnight stay: Aegina



Day 8: Walk Aegina Perdika-Marathonas beach; to Athens (SIWH08)



For your last day on Aegina you'll have several options. In the route book you'll find a lovely walk from Perdika past the Ellanion summit to Marathonas beach; you may shorten the walk by skipping the summit. For this hike a taxi is necessary, not included.

The route takes you through the innerland past old agricultural fields, idyllic chapels and unique views over the Peloponnese and Methana peninsula. You'll pass prehistoric 'dragon houses'. You may go all the way to the summit of mount Ellanion (520m!). You descend to Marathonas beach through the Elaionas, an olive grove with trees more than thousand years old. On the beach you'll take a taxi back to the port.

You may also rent a bicycle and cycle to the picturesque fisherman's village Perdika, with many small fish tavernas on the shore viewing Moni islet. There are fisherman's boats going to Moni from Perdika and Poros town. In summer season you can sunbath on the organised beach with sunbeds and umbrellas.

At the end of the afternoon you'll take the excursion boat back to Flisvos port. During the crossing of about 1½ hour there'll be a folklore dance group on board and maybe you'll join them in the sirtaki. You'll be met at the port and taken to your hotel in Athens.



walking time/distance: 4h15' / 11,3km or without Ellanion summit 2h45' / 7,1km

ascent/descent: 500m / 525m or without Ellanion summit 265m / 290m

overnight stay: Aegina

Day 9: Departure (SIWH09)



End of the arrangement. Transfer to the airport and departure.