

## AdventureNEXT BALKANS POST ADVENTURE TRIP

### VISIT METEORA



We invite you to discover the magical atmosphere of Meteora by taking part on this Post Adventure Trip. For four days engage in outdoor activities, soft adventures, and cultural tours, in one of the most breathtaking landscapes of this world. Visit Meteora has organized an awe-inspiring journey that will take you from the origins of mankind's presence in Greece to the highest and most impressive rock pillars of Meteora. In this trip, you will discover the amazing destination of Meteora and its culture. Our local experts, passionate and knowledgeable for a place they grew up, will take you to explore Meteora's rich authentic experiences through a broad range of tours and activities specially prepared by Visit Meteora. Join us on an unforgettable journey through the different ages, to discover the true heart of Greece.

## Destination Meteora, Greece 5 days/4 nights – 13th to 17th May 2016

### 1st Day (13/05)

**08:30** (GMT+1) Pick-up from Ohrid and departure to Meteora

The trip to Meteora involves border crossing between **Macedonia (FYROM)** and **Greece**, and it will last in total approximately 5 hours. **Please note the time zone difference between Macedonia (FYROM) (GMT+1) and Greece (GMT+2)**

### EVENING ACTIVITY: COOKING LESSON AND DINNER



Under the rocks of Meteora, you will learn how to cook traditional Greek dishes with the aid of an experienced Cooking instructor of Meteoron Panorama restaurant. Get to know the wonderful world of Mediterranean cuisine; the herbs, the fresh vegetables, the choice meats that we always use and learn the basics on how to prepare a full Greek dinner. With a glass of wine and the most spectacular views of Meteora rocks enjoy the meal you have helped to prepare.

MORNING ACTIVITY: METEORA HIKING TOUR



Meteora hiking tour is by far the best way to enjoy this unique geological phenomenon and to learn the history of a UNESCO World Heritage Site. We will follow the footsteps of the monks, on trails they used for centuries before the construction of roads. It's a circle route and the distance is roughly 6 miles. The route offers some glorious views of the rock forest with plenty photo opportunities. A visit to the Great Meteoro Monastery is included; discover the hidden cloister of Yppapanti and the ruins of ancient monasteries. (Suitable walking shoes required)

**Guides:** George Kourelis & Vaggelis Tsigaras    **Difficulty level:** 1    **Distance:** 5 miles  
**Duration** ~ 5 hours



This tour will take you on a late afternoon visit with a comfort mini bus to explore the hidden gems of this place. We will guide you through the winding narrow roads of Meteora to places away the beaten tourist paths. Sunset tour begins with a visit to one of the monasteries of Meteora. Then we will bring you to the oldest standing monument of our place, the early Christian church of Virgin Mary located in the town of Kalambaka. Visit the thousand years old hermitages of Badovas, learn the stories and the legends and enjoy great views from the most panoramic spots. And as the sun slowly begins to descent, getting ready to touch the mountain ridges we'll drive you high up on the rocks on a magical spot to enjoy the most captivating sunset views.

**Guide:** Vaggelis Kourelis

**Difficulty level:** easy, Suitable for all ages and fitness levels

**Duration**~4hrs

MORNING ACTIVITY: THE AMAZING METEORA & WINE TASTING TOUR



Visit the monasteries of Meteora with a comfort mini bus and discover the natural beauty and the cultural heritage of this area. Learn which monastery was the first to be established and the true motivations behind monks' decision to climb the steep cliffs of Meteora to build the monasteries. Our local experts will then guide you to Theopetra's prehistoric cave, a 130.000 years old site, one of the most important prehistoric sites in Greece. Later on, we will visit a local winery to uncork some of the most impressive wines of Meteora, and let your palate guide your senses to the unknown flavors of the local grape varieties.

**Guides:** Vaggelis Kourelis & Niki Miliou

**Difficulty level:** easy

**Duration** ~4hrs



This Hiking tour will get you into some of the most beautiful natural caves of Meteora that have been used by the hermit monks the past centuries. The rock of Aghio Pnevma (Holy Spirit) is located in the middle of the valley that extends from the village of Kastraki towards the vast rock complex of Meteora. On its top a plateau is formed, where a chapel dedicated to the Holy Spirit was once erected. This tiny monastery was the oldest one in the region of Meteora, dating back to the 10th century. The long-shaped caves on the side of the main road where scaffoldings are still visible, indicate the place that served as a prison for the monks in the previous centuries. The view from the top is absolutely breathtaking. Religious ceremonies are often held on the rock of Aghio Pnevma.

(Suitable walking shoes required)

**Guides:** Kostas Liolios & George Kourelis  
**Duration~4 hrs**

**Difficulty level: 2**

**Distance: 3 miles**



This ultimate scrambling and entry-level rock climbing adventure of Great Saint, an awe-inspiring tour that will boost your adrenaline at great heights! This particular hike will bring you through an ancient winding path up on the highest of Meteora rocks, 400 meters above the town of Kalampaka. The rock of Great Saint it's a massive rock and thousands of years ago it was used as an integral part of the town's ancient fortifications below. During the middle ages, the same pathway served the monks who lived in the currently ruined small cloister of the Twelve Apostles. Enjoy unparalleled breathtaking views that you will remember for a lifetime!

This tour requires a good fitness state!

**Guides:** Kostas Liolios & Lazaros Botelis

**Difficulty level:** 3

**Duration**~3hrs

All the equipment like helmets ropes and harnesses will be provided. (Suitable walking shoes required)



### Few words for the destination

Greece undoubtedly is an all-time classic touristic destination, with an immense cultural heritage and unmatched natural beauty. One of the most ancient places of Greece is the plain of Thessaly at the center of the Greek peninsula. The plain of Thessaly in Greek mythology among other things was believed to be the main battleground in the Great War between the Olympian gods and the Titans. It was also the land of the Centaurs and of great heroes like Jason and the Argonauts.

Olympus the mountain of the twelve gods cast's its shadow over the plain to the northeast. One could say that Thessaly in the prehistory served as the cradle of Greek nation. The mythology of the Athenians spoke of being the descendants of a very ancient tribe called Lapithes. Thousands of years ago this ancient tribe thrived in the northwest Thessaly, on the fertile foothills of Pindos Mountain range. At later periods they colonized Attica land and thus they became the progenitors of the ancient Athenians. The citizens of Athens during the classical period they even depicted on the marbles of the Parthenon the mythological battle between the Lapithes and the Centaurs.

Meteora, a geological marvel of immense rocks hosting on their tops a monastic community, is situated at the heart of this ancient land. Today Meteora has become a world destination offering unsurpassed natural grandeur, a rich history and culture and a wide range of travel services and activities. Meteora is one of those few world sites that neither words nor pictures it's possible to describe or to encapsulate the magic and beauty of this place. Discover the caves of the hermits and follow the footsteps of the first monks to experience the splendor of nature and man. Hanged on the edge of steep cliffs; suspended for centuries between heaven and earth, the 6 active monasteries of Meteora have become today eternal monuments of man's determination, faith and skills.

Join us in an unforgettable journey through the different ages to discover the heart of Greece and elevate your senses to greater heights!



## ESSENTIAL INFORMATION

**This section is designed to provide you with all the information you need to know pre-booking. Once you have made a booking with us we will contact you to send you more detailed information about the trip or to arrange any special preferences that you might have.**

### TRIP PRICING

Hosted AdventureNEXT~Balkans delegates are fully hosted on this Post adventure trip. For non-hosted delegates who wish to attend, the AdventureNEXT special price is **€ 950**. This includes the following services:

- 4 night's accommodation in a 4-star hotel
- Single rooms
- scheduled meals (breakfasts, lunches and dinners) included for the duration of the trip

- Tours and activities as stated in the itinerary
- VIP limo mini-bus with driver for the whole duration of the trip
- Entrance and admission fees for the monasteries, sights or the museums
- Snacks, fruits, beverages and bottles of mineral water
- Free Wi-Fi access on-board the mini-bus and the hotel

### **TRIP QUESTIONS**

If you have any questions or queries regarding this Next Balkans post-adventure trip, please do not hesitate to give us a call on **+30 24320 23820** or **+30 6937169575**, or at **info@visitmeteora.travel**.

**We look forward to welcoming you to Meteora!**



**Β Ε Β Α Ι Ω Σ Η**  
**ΑΣΦΑΛΙΣΤΙΚΗΣ ΚΑΛΥΨΗΣ**

Η παρούσα βεβαίωση χορηγείται αποκλειστικά για να επιβεβαιώσει την ύπαρξη ασφαλιστικής κάλυψης. Η βεβαίωση χορηγείται μόνο για διευκόλυνση και δε παρέχει κανένα δικαίωμα στα συμβαλλόμενα μέρη. Η κάλυψη που παρέχεται στον Ασφαλιζόμενο υπόκειται αυστηρά σε όλους τους όρους, τις προϋποθέσεις, τις εξαιρέσεις και τους περιορισμούς του Ασφαλιστηρίου (ο αριθμός του οποίου αναφέρεται πιο κάτω). Κατά συνέπεια, η παρούσα βεβαίωση ασφάλισης με κανένα τρόπο δε βελτιώνει, επεκτείνει ή μεταβάλλει τη κάλυψη που παρέχεται από Ασφαλιστήριο.

<b>Ασφαλισμένος</b>	ΚΟΥΡΕΛΗΣ ΑΛΕΞΑΝΔΡΟΣ ΑΦΜ: 129722413
<b>Ασφαλισμένη Δραστηριότητα</b>	Παροχή Τουριστικών Υπηρεσιών
<b>Διάρκεια Ασφάλισης</b>	28/07/2015 12:00 μ.μ. – 28/07/2016 11:59 π.μ.
<b>Αντικείμενο Ασφάλισης</b>	<b>Αστική Επαγγελματική Ευθύνη Τουριστικών Γραφείων</b>
<b>Όρια Ευθύνης</b>	€ 150.000,- ανά Απαίτηση € 300.000,- Αθροιστικό Όριο Ευθύνης  Υπο-Όρια: > <b>ΠΤΩΧΕΥΣΗ/ ΑΦΕΡΕΓΓΥΟΤΗΤΑ</b> μέχρι € 15.000,00 ανά ζημιογόνο γεγονός και αθροιστικά για όλη τη διάρκεια ασφάλισης > <b>ΕΠΑΝΑΠΑΤΡΙΣΜΟΣ ΤΑΞΙΔΙΩΤΩΝ ΛΟΓΩ ΠΤΩΧΕΥΣΗΣ</b> μέχρι € 1.000,00 κατ' άτομο/ ταξιδιώτη και μέχρι € 100.000,00 για όλη τη διάρκεια ασφάλισης
<b>Απαλλαγές</b>	€ 1.500 για κάθε απαίτηση
<b>Γεωγραφικά Όρια Ασφάλισης</b>	Η παρούσα ασφαλιστική σύμβαση θα ισχύει για οποιαδήποτε χώρα μετάβασης τουριστών Παγκοσμίως, υπό τον όρο ότι η "Απαίτηση" "Καταναλωτή" υποβάλλεται εναντίον «Ασφαλισμένου» στην Ελληνική Επικράτεια
<b>Όροι</b>	Σύμφωνα με το Ασφαλιστήριο «Αστική Επαγγελματική Ευθύνη Τουριστικών Γραφείων» της AIG Greece (κωδικός TAPI/2011)
<b>Ειδοποίηση Ακύρωσης</b>	30 ημέρες

Αθήνα, 29/07/2015

Για την Εταιρία

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