



## Crete from above

Meet **Mount Psiloritis**, or Mount Ida, the mountain that rises to 2456m, the highest peak of Crete, the place where Zeus was raised, refuge for rebels throughout numerous battles and wars, and the natural home of shepherds and wildlife. A walking route right at the heart of the Cretan countryside which is very interesting in terms of flora and geological features. Included in the European Network of Geoparks, Psiloritis offers an amazing experience to those who try to know it better by walking its many paths, peaks and wild landscapes - large caves, deep gorges, small plateaus, pine and oak woods and bare alpine zones.

Walking distance: **10 km**  
Ascent/ Descent: **1000m**  
Walk duration: **5 - 6 hours**

Difficulty



## Gorgeous Gorges

Hiking in the **Kollita gorges** is ideal for all kinds of walkers, through a magical circular route, traversing two beautiful gorges close to the village of Moundros. The walk, protected by the shadow of huge plane trees, passes through the abandoned settlement of Nisi to end at its starting point. The **gorge of Platania** and **Patsos** offer unique experiences for the excursionist as they combine the wilderness of the Cretan mountains with the rich flora and fauna of the island. Among the numerous gorges shaping the Cretan landscape, there is always a gorgeous destination for you!

Walking distance: **10 km**  
Ascent/ Descent: **270m**  
Walk duration: **5 hours**

Difficulty



## The White Mountains

**Mount Gigilos** is our objective on this day's walk. It is an awe-inspiring mountain that rises to over 2000m in the fabled White Mountains of Crete and offers a great view of the Samaria gorge. When you approach on the only precarious steep winding road up to the higher reaches of this mountain range, this magnificent massif stands out as a darker mass than its surrounding meeker neighbours. This bare mountain offers the most famous route for climbers and hosts some of the diamonds of the Cretan flora. Care does need to be taken on the last stages of the walk as it is necessary to do a little simple rock climbing, and is not for those who suffer from vertigo.

Walking distance: **10 km**  
Ascent/ Descent: **1800m**  
Walk duration: **7 hours**

Difficulty



## The mythical caves

This excursion combines a visit to two important caves. The **Ideon Andron Cave** is located on the eastern slopes of Mount Psiloritis, on the Nida plateau. The cave hasn't got special geological value, but has enormous mythological and cultural value, as this is the cave in which, according to the legend, the greatest Greek god, Zeus, was raised. The Ideon Cave is one of the greatest cave sanctuaries in Crete, as important as the major Greek temples. The **Kamares cave** is found on the slopes of Mount Mavri, known as one of the major mountain sanctuaries of Minoan Crete. Some of the best examples of Middle Minoan pottery have been recovered there.

Walking distance: **10 km**  
Ascent/ Descent: **400m**  
Walk duration: **5 hours**

Difficulty



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Responsible travel is not only better for our world, it's also more interesting and memorable.

### WHAT IS GREENTOUR

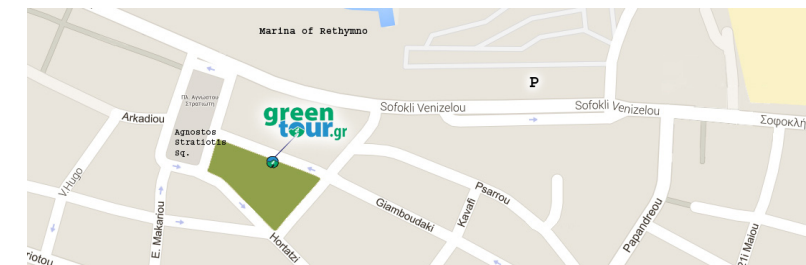
Green tour is a local tour operator, specializing in ecotourism. The team at greentour organize special interest holiday, cultural tours and walking tours for small groups, with identification of endemic flowers, birds and all the wild life.

We emphasize on personal service and local knowledge.

- We support and involve local people in our tour programs wherever possible.
- We aim to work and treat the traveller, local communities and businesses in a fair and just manner.
- We aim to work with partners who operate their own local initiatives.
- Small, family-run establishments make up a high percentage of the accommodation we use.

### INFORMATION ABOUT THE GREENTOUR WALKS

- Our walks are led by an experienced English-speaking guide (translation can be arranged for groups)
- For our more difficult walks you need to have some walking experience and be fit. The degree of difficulty is shown by the number of boots.
- The program is liable to change without notice due to adverse weather conditions
- **Minimum participation: 4 persons**



### Apoplous Travel Agency

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## The cultural trail

Experience the cultural trail of **Amari valley** through:

- Gorgeous Byzantine monasteries and churches with their stunning wall frescoes
- Archaeological sites
- Traditional villages
- Patsos gorge and the cave-church of St. Anthony

The Amari valley, or Lotus Land, is bordered by wild mountains and has remained largely untouched by modern development. It was given the name Lotus Land by English soldiers during WWII because they found the valley so beautiful and enchanting after spending a long time in the mountains, that they thought of it as paradise.



## Wild Flowers

Flower enthusiasts have the opportunity to see some of the remarkable 1700 wild plants found on the island (larger than the UK which has around 1500). Even more exciting is that one tenth of these are found nowhere else in the world!

Among the many bulbs, herbs, shrubs and trees we expect to see during our tour, are asphodel, anemones, cyclamen, tulips, poppies, mullein, chrysanthemum, sage, Cretan ebony and the slightly disturbing and profoundly smelly Dragon Arum. One of the highlights of this unique flora is the **60 or so different orchids** found on the island, the majority of which flower March through April.



## Cultivating life

These tours will introduce you to the lifestyle, the customs and seasonal activities of local people. Within a journey through time and traditions, you can experience and take part in seasonal activities, such as:

- Olive and grape harvests
- Sheep shearing
- Raki distillation
- Collection of wild greens and seasonal fruit
- Preparation of local delicacies
- Cheese making



## Bird refuges

Crete has 103 species of birds that include not only its residents which are numerous, but also the migrants. It is the southern most ecosystem of Europe and an important bridge between Europe and Africa for migratory species. The range of habitats, including mountains and gorges, scrubland, the marine environment, coastal strip and cliffs, estuaries, freshwater lakes both natural and artificial, streams and seasonal rivers, result in an impressive diversity of wildlife.

The inaccessible mountains of Crete create a **paradise for birds of prey**, including healthy populations of Griffon and Bearded vulture, Golden eagle, Bonelli's eagle, Booted eagle and Eleonora's falcon, as well as a variety of many other birds.

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Rethymno - Crete - Hellas



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RESPONSIBLE TOURISM

Supporting & involving local people

