

Kythera, the island of Aphrodite

Treks in Kythera

Trip code: IONLP0011

Self-guided hike

• Hiking • 10 days



Between Crete and Peloponnese, Kythera is an unclassifiable island as it borrows from multiple sources. It is near Kythera, according to the mythology, the goddess Aphrodite was born. It seems that the whole island has remained under the spell of his illustrious godmother. Located at the latitude of the Cyclades, it is a surprisingly green island, jealously guarding the integrity of its large pine forests located north of the island. But it does not deny a certain kinship with the Cyclades on...

Highlights

1. An island sheltered from mass tourism
2. The pleasure of discovery by car on pleasant roads
3. Magnificent walks and dream beaches
4. The kindness of the reception of the inhabitants

PROGRAMME



D1 Athens

Arrival in **Athens**. You go to your hotel by bus or metro (at your expense - easy and cheap).

Night in hotel in Athens.

Accommodation : Hotel

D2 Athens - Kythera - Mylopotamos

You leave for Athens airport (at your expense). Flight Athens - Kythera (not included). At Kythera Airport, you meet the car rental company. Your next step: **Mylopotamos**, for a first hike (easy) in fresh gorges to discover cascades and old mills built on the torrent crossing the locality. You end with a visit of a surprising **Venetian Kastro (Kato Chora)**, with its chapels and vestiges in number. Panoramic views of the western coast of Kythera and the "2nd finger" of the Peloponnese.

Overnight in Mylopotamos.

Accommodation : Hotel / Studio

Main Itinerary :

D3 Avlemonas

Direction **Avlemonas**, a small oasis in the middle of typical Cycladic vegetation. This seaside village with white houses enhanced by blue invites you to swim in a cove with translucent waters ... unless the desire to enjoy an "Espresso Freddo" on the terrace of a café overlooking the creek is stronger...

Possible hikes around Avlemonas:

1. Round trip between Avlemonas and **Agios Georgios**, a former Minoan site dedicated to the moon, the highest in Greece, today topped by a Byzantine chapel, "Agios Georgios sto vouno" (Saint George of the mountain). The view is magnificent on the bays of Diakofti and Palaioipoli.

Approx. 3 hours of walking, +400 m, - 400 m

2. A longer loop (level 2), from Avlemonas to Avlemonas. From Saint George of the mountain, (see 1. above) descent to the north and then back to the monastery of Agia Moni (visit) which houses a Byzantine church with beautiful icons. Far from everything, the site is rather amazing! Descent to Diakofti, the only port connecting the Peloponnese to Kythera. Return to Avlemonas along the beautiful east coast.

Approx. 5 hrs walk, +800 m, -800 m

Overnight in Avlemonas.

Accommodation : Hotel / Studio

1 :

2 :

D4 Avlemonas

Walk west beyond the rocks or harvest the sea salt (Alykes), following the beach towards **Palaiopoli** to a **Minoan site** where the site of graves in caves called "Baths of Beautiful Helene"... You can continue by car to one of the most beautiful beaches of the island (Kaladi), 5 km southwest of Avlemonas. From a small car park, a wooden staircase allows easy descent.

About 2 hours of walking, no difference in altitude.

Overnight in Avlemonas.

Accommodation : Hotel / Studio

Main Itinerary :

D5 Agia Pelagia

You leave the seaside village of **Agia Pelagia**. En route, break to the most lively village of the island - **Potamos** - with its beautiful square, its many shops, cafes, and daily entertainment making the center of this village very pleasant.

Possible hikes around Agia Pelagia:

1. From Potamos, return trip to the extraordinary site of **Paleochora**, the ancient Byzantine capital of Kythera, built in the **12th century**, overlooking the **Kakia Lagada** gorge on the east coast of the island 200 m from the sea altitude. Descent to the village of Agia Pelagia and installation at the hotel.

Approximately 1 hour and 30 minutes walk, +150 m, -150 m.

2. Beautiful **seafont promenade** southeast of Agia Pelagia to a small freshwater lake beautifully set at the foot of the cliffs of the Paleochora gorge and separated from the sea by a string of pebbles.

Approximately 1 hour 45 minutes, +50 meters, -50 meters.

Overnight in Agia Pelagia.

Accommodation : Hotel / Studio

1 :

2 :

D6 Agia Pelagia

Two possible hikes today:

1. From the small lost port of **Plateia Ammos**, you reach the northernmost point of the island, **Cape Spathi** before - why not? - A refreshing break at the beach of Agios Nikolaos near the coast of Peloponnese. On the way back, make a stop in **Karavas** near the fresh sources of **Amir Ali**.

About 2 hours 30 minutes, +150 meters, -150 meters.

2. You can extend the pleasure of discovery by strolling through the amazing pine forest of **Gerakari** which is constantly watched by forest firefighters.

About 1 hour and 30 minutes walk, +100 m, -100 m.

Overnight in Agia Pelagia.

Accommodation : Hotel / Studio

1 :

2 :

D7 Chora - Kapsali

From Agia Pelagia, you reach the south of the island, with a small hook to the most famous monastery of the island: Myrtidiotissa. You go south again. Soon, Chora appears with its Kastro beaten by the winds, perched on a rocky outcrop. Descent by car to Kapsali superb bay at the foot of Chora. Installation at the hotel.

Two possible hikes around Kapsali:

1. Kapsali tour - Chora - Kapsali

A beautiful loop that allows visiting the old town with winding streets, white houses, under the light so original Greek islands. Possible visit of the archaeological museum of Chora, and Kastro, facing the rocky island of Chytra.

About 3 hours of walking and sightseeing, +200 m, - 200 m.

2. Kapsali - Agia Sophia-Kapsali

This hike begins with a superb climb at the foot of the rocky escarpments overlooking Kapsali. The trail leads you to the scattered village of Senies in a beautiful environment of ancient olive trees. Then you go down to discover, in a beautiful gorge, the cave of Agia Sophia, which houses a Byzantine troglodyte chapel.

Around 2 hours 30 minutes, +200 meters, - 200 meters.

Overnight in Kapsali.

Accommodation : Hotel / Studio

1 :

2 :

D8 Around Agia Elessa

North of Chora, a wide path climbs up to a plateau and the isolated church Agios Dimitrios, before switching to the west coast, the wildest of Kythera, which offers a fabulous impression of freedom as the view is wide. Descent to **Feloti Creek** and discovery of a **small troglodyte chapel** dedicated to sailors in **Agia Pelagia Cave**. Stop in a quiet cove where are moored some boats. After the break, climb under the impressive cliffs of **Agia Elessa** to

Chora.

About 4 hours of walking, +350 m, -350 m.

Overnight in Kapsali.

Accommodation : Hotel / Studio

Main Itinerary :

D9 Kythera - Athens

Afternoon flight to Athens (flight not included), which leaves time if you want to enjoy the beautiful beach of Kapsali or take a short hike to an old mill at the end of **Cape Grosso**, or visit the surprising **Monastery of Agios Ioannis** stuck in the cliff overlooking Kapsali. Then you go to the airport where you will return your rental car. Flight to Athens. Transfer to the hotel by metro or bus (at your expense).

Overnight in Athens.

Accommodation : Hotel

D10 End of stay

End of the stay in Athens after breakfast. Transfer to the airport at your expense.

Accommodation : Hotel

Itinerary

We may sometimes have to change the itinerary, especially because of availability in the hotels. Trust us, these changes are always made in your interest, for your safety and comfort! The order of the accommodations can be changed without affecting the contents of the program.

SOME PRECISIONS

Grade

Easy to medium, no portage. 2 to 5 hours of walking and/or 150 to 800 m of positive elevation and 150 to 800 m of negative elevation during the day, no technical difficulty, easy to medium paths and trails.

Luggage transport

For your walks, all you need is a small backpack with water, a picnic, a windbreaker ... You carry the luggage yourself in your rental vehicle.

Group

From 2 people

Duration

10 days / 9 nights

Travel documents

Self-guided tour, without a guide; You will be given a complete travel file, including, among other things, detailed maps, a topo guide, a list of accommodations, and vouchers (roadmap). Depending on the case, you will receive your file before departure, or you will find it at the first accommodation. A travel file for 2 to 3 people.

Accommodation / Catering

? Accommodation

In a comfortable hotel or in studios of 2 with bathroom, air-conditioned rooms (comfort type 3 *). Most accommodations have a swimming pool or are close to the sea. You do not change your base every day. The accommodation order can change at your request or when one is full on the originally scheduled date. Possibility to book a single room (attention, limited availability).

Government tax

A new government tax was put in place in 2018 by the government. This tax must be paid on-site, at the hotels. Its amount depends on the hotel category.

1 * and 2 * hotel: € 0.50 / room / night

3 * hotel: 1.50 € / room / night

4 * hotel: 3 € / room / night

5 * hotel: 4 € / room / night

? Catering

Breakfast included except in Avlemonas (breakfasts in the village at your expense). Lunches and dinners are not included. Please let us know when registering any food allergy or special diet; we will do our best to adapt your breakfasts.

Start / End

? Start

Day 1 at the hotel in Athens.

? End

Day 10, after breakfast at the hotel in Athens.

Car rental

It is included in the price on the basis of a Chevrolet Spark, Suzuki Celerio, or Seat Ibiza 5-door model, manual transmission, well suited to exploring this island. Any rental request for a higher model entails an additional price. Pick up of the vehicle at Kythera airport on D2 and return at Kythera airport on D9, i.e. 7 days rental. All other transfers are your responsibility. Fuel costs and zero-deductible insurance are your responsibility

Access

By plane.

Internal flight Athens / Kythira

Be careful in spring and autumn, there are no flights between Athens and Kythira on Tuesdays, Wednesdays, and Saturdays.

This necessarily conditions your departure dates, which may be shifted by one day. In addition, flights to Kythera usually take off around 2 p.m. from Athens, which can make an early flight from France to Athens possible and reduce the stay to 9 days.

For your return, flights from Kythera to Athens land in Athens making possible an early evening flight to your home town. This can reduce the stay to 8 days.

More information: [Aegean Airlines](#)

Contact us when you register.

How to reach Athens airport from the city center

By Metro

The hotel in Athens is a 350m walk from Omonia metro station M2 line (red). You can take this line towards Elliniko, change at Syntagma, and then take the M3 (blue) line towards the airport. You can also go directly to the Syntagma stop for a direct trip to the airport (15 minutes walk from the hotel). The trip lasts about 1 hour.

By bus

There is a direct bus between Syntagma Square (about 15 minutes walk from then the hotel) and the airport. You have to take the X95 bus. It takes around 1 hour 20 minutes and the ticket costs 6 € / person for a one-way ticket.

By taxi

Around 40/60 €.

We can book the private transfer for you, consult us.

Swimming

A number of our trips are suitable for swimming, during a stage or at the end of the day. It would be a shame not to enjoy. We stress, however, that you are the sole judges of the advisability of a swim; these swims are therefore under your responsibility and at your own risk.

Photos

You take great photos!

Do not hesitate to send us a CD, a USB key, a Dropbox or WeTransfer link of your best photos taken during your trip. The fact that you provide us with photos implies that you accept that your photos will be used free of charge on our various media (catalog, website, technical sheet, etc.).

Travel Blog

Do you want to share your best moments of the trip and share your experience with the hiking community? Send us your story and some photos illustrating your comments that we will publish for you on our blog.

DATES AND PRICES

Specify

Departure at your convenience, from 04/15 to 10/15/2020.

Dates 2 people 3 people * 4 people

04/15/2020 05/31/2020 595 € 575 € 565 €

06/01/2020 06/30/2020 695 € 675 € 665 €

07/01/2020 08/31/2020 960 € 940 € 930 €

09/01/2020 09/15/2020 695 € 675 € 665 €

09/15/2020 10/15/2020 595 € 575 € 565 €

* Price for 3:

- 1 couple + 1 child under 15: price for 3 as indicated above, accommodation in a triple room

- 1 double + 1 single: price for 3 people as indicated above with the single room supplement

Prices include

- accommodation for 9 nights in a double room
- breakfasts except in Avlemonas
- rental car for two people
- the travel file

Prices do not include

- flights (international and internal)
- the drinks
- lunches and dinners
- breakfasts at Avlemonas
- the transfers
- the visits
- personal expenses
- fuel costs and zero deductible insurance
- tourist taxes including government tax to be paid on site to hotels
- the insurance
- registration fees
- anything not indicated in "Prices include"

Options, extras and discounts

- low season single room supplement: 320 €
- supplement for single room mid-season: 365 €
- high season single room supplement: 480 €
- Price for 3:
 - - 1 couple + 1 child under 15: price for 3 as indicated above, accommodation in a triple room
 - - 1 double + 1 single: price for 3 people as indicated above with the single room supplement

IN YOUR LUGGAGE

Equipment

To hike

- Mountain boots holding the ankle with a good notched sole, with a heel counter, and good waterproofness
- Comfortable "special hiking" socks
- A fleece jacket
- Comfortable pants for walking (technical material that dries quickly)
- Shorts, t-shirts, and technical underwear (quickly drying material)
- A long-sleeved shirt (technical material that dries quickly)
- Walking poles (telescopic), very useful to facilitate walking

Note: synthetic technical clothing is very efficient. New merino wool clothes have also appeared; they are very efficient and comfortable to wear, and have the advantage of not developing perspiration odors! (Icebreaker brand, Ruka, etc...).

In general, avoid cotton, which cools when wet.

For the midday picnic

- Plastic bowl, box, or plate
- Cutlery (spoon, fork, knife)
- Water bottle of 1.5 to 2lt minimum (compulsory)

Against the sun and the rain

- Sunscreen (high protection) and sunglasses
- Hat, cap, or bob
- A rain cape or a "Goretex" or a hiking umbrella (showers are rare)

After the effort

- A pair of jogging-style sneakers for the evening
- Change of clothes and personal linen
- Kit and towel (mini)
- A swimsuit (it is often possible to swim)
- Water shoes (for pebbles) and beach towel
- A mini-pharmacy: personal medicines, elastoplast, biogaze or "2nd skin", gauze, disinfectant, medicine for seasickness, granulated arnica and aspirin in case of small injuries ... (quite a program! But reassure yourself) you, the pharmacy often comes back intact from your week of hiking)

Luggage

- A small, comfortable 30lt backpack with a waist belt to carry your personal belongings and the picnic during the day
- A travel baggage: a backpack, a travel bag in good condition, or a suitcase that is not too bulky. One piece of luggage per person; limited to 20kg

This list must be adapted according to the season. *Kelifos* team is at your disposal for the success of your trip, so do not hesitate to contact us: we will do everything to make your stay a success.

DETAILS