

Tour
Information



Scenic Epirus





Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. The name on your passport must match the name on your flight ticket/E-ticket otherwise you may be refused boarding at the airport.

Visas

Visas are not required for Greece for citizens of Great Britain and Northern Ireland. For all other passport holders please check the visa requirements with the appropriate embassy.

Greek Consulate: 1A Holland Park, London W11 3TP. Tel: 020 7221 6467



Tickets

Included with this documentation is an e-ticket, which shows the reference number for your flight. EasyJet have now replaced all their airport check-in desks with EasyJet Baggage Drop desks. **Therefore, you must check-in online and print out your boarding passes before travelling.** Checking in online also provides the opportunity for you to pre-book seats, if you wish, at an extra cost.

Online check-in is available any time prior to travel using the reference number provided. Please see the enclosed e-ticket for more information or visit; www.easyjet.com

Please check that the details on your documentation are accurate and that all names are spelt correctly and match the names on your passport. Your flight ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage Allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With Easyjet your ticket includes one hold bag of up to 23kg plus **one** cabin bag no bigger than 56 x 45 x 25 cm. Overhead locker space is limited on board the aircraft and on busy flights your cabin bag may have to go in the hold.

Please contact the airline for further information <http://www.easyjet.com/en/planning/baggage>

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Departure Tax

UK Flight Taxes are included in the price of your holiday.

Transfers

On arrival at Corfu Airport please collect your luggage and exit the luggage area and proceed until you are in the arrivals hall. You will find your Tour Manager situated in arrivals, holding a Travel Editions sign.

Special Requests

If you haven't already done so, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.



Accommodation

Anemolia Hotel, Ioannina

Situated just outside Ioannina, this attractive four-star hotel offers a high standard of accommodation and lovely views over the lake and countryside. Bedrooms are bright and airy, with a homely lobby and bar area. The hotel also has a gym, sauna and spa.

For more information visit the hotel website: <http://www.anemolia-resort.gr/>

Philoxenia Hotel, Monodendri

The family-run Philoxenia Hotel is a very attractive, traditionally designed, stone-built hotel situated in the upper part of the quiet village of Monodendri. Featuring wooden ceilings and floors, warm colours and dark wood furnishings; the comfortable bedrooms, with private bathrooms, are equipped with TV, fridge and hairdryer. A breakfast buffet is served daily in a traditionally furnished dining area. The hotel has a small bar and a small library, with books on the local area. Free Wi-Fi access is available in all public spaces; magazines and board games are also available. Tavernas are within a 2-minute walk.

For more information visit the hotel website; www.zagoriaphiloxenia.gr

Arion Hotel, Corfu

The Arion Hotel recently renovated, is situated just 1km from Corfu Town and 100 m from the sea front. The hotel has a lounge area, indoor bar and a restaurant. All rooms have a private bathroom, telephone, TV, air-conditioning and WiFi.

For more information visit the hotel website; <http://www.arioncorfu.gr/>

Dining

The standard of food in Greece is excellent and offers a remarkable variety of freshly prepared

and very tasty dishes, many of which use locally grown products and locally produced olive oil.

When eating out the Greeks nearly always eat 'Mezedes' style. This means ordering several dishes, starters and/or main plates, whatever takes your fancy, to put in the middle of the table for all to share. It's a very sociable way to eat and a great way of tasting lots of different dishes! Don't be shy in the amount you order, or if you only find yourselves ordering starters – any combination is acceptable.

When ordering fish in Greece you will find the price on the menu relates to a cost per kilo. Don't be put off by this. You are expected to go into the kitchen, choose the fish you want and then it will be weighed in front of you so you know what you will pay.

Nearly all tavernas sell their own 'open' wine, known as village wine. It is something of an acquired taste but it goes well with the local food. The white is usually always very drinkable but the red varies quite a lot. If you are unsure you can always ask if you can try the wine before you agree to it. Prices of local 'village' wine are usually between 3 and 5 euros per half litre.

Local drinks are ouzo, tsipoura, metaxa and, of course, Greek wine. Tsipoura is the local firewater! This is distilled from the residue of the grapes after making wine. You will probably find you come across this whether you want to or not, as it is very often served, complimentary, at the end of a meal.

In Monodendri and Corfu you will find a reasonable choice of tavernas within walking distance of the hotel.

Meals included in your holiday

Breakfast daily

One dinner and three lunches



Destination

Epirus

Epirus is located in the north-west part of Greece, between the mountain range of Pindos and the Ionian Sea and combines impressive mountainous and charming seaside scenery. Mountains and rivers are traversed by wonderfully picturesque and historic stone built arched bridges. Fertile plains and valleys interrupt the mountain ranges from north to south. The climate of the coastline is moderate, while in the interior it is harsh, with heavy winters, frequent frost and abounding rain and storms. The villages and cities have always been connected via a number of trails carved through the many mountains. Later, this contributed to the flourishing of trade and the development of the region.

Epirus, borders the regions of West Macedonia and Thessaly to the east, West Greece to the south, the Ionian Sea and Ionian Islands to the west and Albania to the north. The region has an area of about 9,200 km². It is part of the wider historical region of Epirus, which overlaps modern Albania and Greece but lies mostly within Greek territory.

Epirus is largely made up of great limestone ridges orientated northwest-southeast and north-south; they reach up to 8,600 feet (2,600 m) in height and fall off more steeply to the west. These ridges generally parallel the coast and are so steep that the valley land between them is mostly suitable only for pasture, though northern Epirus has more plains and cereal production. Much of Epirus lies on the windward side of the Pindus Mountains and hence receives the prevailing winds off the Ionian Sea with the result that it receives more rainfall than any other region of mainland Greece.

Epirus is an incredibly scenic region due to its spectacular mountains, the impressive Vikos gorge and the wonderful stone villages of Zagoria.

Zagoria

The word Zagoria comes from the Slavic language and means "behind the mountains", Za meaning "behind" and gora "mountain". Visiting the region and experiencing its undulating and

dramatic landscape that includes the second highest mountain in Greece, Mount Smolikas, and the imposing Mount Tymfi range, it is easy to understand why the region was given this name. The northern area of Zagoria has been designated a National Park, covering a distance of 2500 sq. km with the dramatic Vikos Gorge slicing through the middle. This status has ensured the rich flora and fauna of Epirus has been vitally protected. More than 1800 species can be found here, many of which are endemic and considered endangered. Five species of wild lily flourish in the area; other impressive species that can be found are the Poet's Daffodil, the Australia tulip, the spring gentian and the saxifraga spruneri. Various medicinal herbs and plants can also be found; mint, sage, thyme, daphne, myrtle spurge and many others. Orchids are also prominent. Wildlife in the park includes 60 species of mammals, the most famous being the European Brown Bear with others of note including wolves, wild cats, otters, boar and badgers. 187 bird species, 30 species of reptiles, 14 kinds of amphibians and 17 species of fish are also known to inhabit the park.

Ioannina

Ioannina, the capital of Epirus, spreads out around beautiful Lake Pamvotida. The natural environment, the climate and character of the town are defined by this stretch of water – the area's trademark. The lake, with its still waters and its small island, is a natural monument, around which the entire area lives and breathes. The strong cultural traditions of the town, give visitors the opportunity to get to know the roots of the intellectual life of Epirus.

A walk through the city has the feel of a bygone era, full of secret places and legends still living. Wonderful buildings like the House Matei Hussein, the Ottoman mosque of Veli Pasha and the entire historic centre of the town are unique attractions. Ioannina was always multicultural, dominated mainly by Christian, Islamic and Jewish influences. This coexistence of cultural influences is clearly evident in the historic city centre. The Stoa Louli arcade is one of the locations where the three communities worked together and prospered. The arcade was originally an inn and then became a

mercantile exchange of great importance throughout the whole of Epirus.

The imposing castle of Ioannina was built in 528 AD by the Emperor Justinian, and was an ambitious expression of the might of the Byzantine Empire. It is the oldest Byzantine fortress in Greece with significant influence over the history of the town which grew around it. Over the years it evolved into a thriving centre with a highly developed intellectual life. Ali Pasha, that enigmatic symbol of Ottoman rule, lived here. His great love for the lady Kyra – Frosini resonates still as an integral part of the history of the town.

The castle is divided into four sections: the outer wall, the northwestern citadel, which is dominated by the Aslan Mosque, the southeast citadel of Itch-Kale and finally the actual castle town - the old, walled town of Ioannina.

Tzoumeka

A total of 47 unique and picturesque villages are among the treasures to be found in the rich, beautiful eastern Epirus region of Tzoumerka. The most famous are the villages of Kalarrites and Syrrako, two stone-built villages whose distinct character is protected by law.

Metzovo

This authentic Vlach, tree-shaded village, retaining its traditional character, dots the mountain side below Katara Col in the Mountain Range of Pindos. Even though the year's average temperature does not exceed 10°C, this charming destination remains lively all year round thanks to the devotion of its people and the generosity of benefactors, who have helped maintain the local culture and capitalize on the natural beauty. The village is famous for its local cheeses (*Metsovone* and *Metsovela*) and for its winemaking industries, including the Katogi vineyard of the Averoff family.

Zagorohoria

Zagorohoria means the villages of Zagoria, which comprise 46 stone-built villages situated to the north and northwest of Ioannina.

During the last decade, the Zagorohoria region has become incredibly popular among Greeks, but it's a place that only foreigners 'in the know' visit. Its cultured people, stunning landscapes, cozy guesthouses, World Heritage-protected architecture, and wonderful rivers make it a unique destination.

Most of the villages consist of the same 'arhontika' style houses - stone mansions with walls and roofs made of grey slate, taken from surrounding mountains, and winding cobbled streets. Dotted between the villages are graceful arched Turkish bridges, churches with painted interiors, kalderimi (old mule trails), and forests of beech, chestnut, and pine.

Having our main base for the tour at Monodendri, one of the larger of the Zagoria villages, really provides the opportunity to truly soak up the local atmosphere of this remarkable region.

Vikos Gorge

The gorge is about 20km long and spreads between the villages of Monodendri and Vikos, and is in the Guinness book of records as the deepest gorge in the world. The average depth of the gorge is 700 metres, but its highest point is 1,600 metres, the width varies from 450 to just a few metres.

The Vikos Gorge makes up the majority of the Vikos-Aoos National Park and has the Voidomatis River running through it, which is also the cleanest river in Europe. The gorge is popular during the summer months for hiking, although the full distance of the gorge doesn't have to be completed in one go as you can enter and leave the gorge at different points along the way.

Agios Paraskevi Monastery

The Agios Paraskevi Monastery is an abandoned monastery situated on the edge of Vikos Gorge, in the region of Zagori. The monastery founded at 1413–1414, consists of a small stone-built chapel, the oldest preserved in Zagori, and offers panoramic views to the gorge.

Stone Forest

The mountain route of Monodendri goes through the Vikos Creek and holds an unexpected geological surprise to its visitors besides the breathtaking natural beauty. At a certain point of the route the landscape starts changing dramatically and the visitor comes face to face with huge rocks rising up to the sky, created by multiple layers of stone. This phenomenon looks so much like trees created of stone that it is known as the Stone Forest.

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



The Basics

Climate – The weather in Greece at this time of year is likely to be pleasant, but evenings at visits at altitude can be quite cool and there is the chance of the odd shower. Our best advice is to come prepared. Layers are useful as is a rain jacket and small umbrella.

Time – GMT +3 hours (Summer time Apr-Oct); GMT + 2 (Standard time Nov-Mar). In reality this means, summer or winter, Greece is 2 hours ahead of the UK

Language – Greek

Religion – Greek Orthodox

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports and other spots. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros other than bringing euros with you from the UK.

Banks are open Monday to Friday 8am – 2pm. ATM machines can be easily accessed in the town and you can use a UK debit card, using the same pin number you use in the UK, to withdraw cash. The instructions are in English. Just look for signs on ATM's for Delta or Cirrus.

Credit cards– Greece remains very much a cash society so credit cards are not always widely accepted, however, more places are accepting these nowadays but it is best to check first in restaurants and shops that they accept credit cards, if you wish to pay by card. Varying amounts of commission can be charged for credit card payments and you may like to check these with your credit card supplier before travel.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink although you should check at the hotel if the bathroom water is safe to drink as it could be tank water rather than mains water. Bottled water is

readily available to buy in all of the local shops and very reasonable priced.

Plumbing - Unless there is information to the contrary please do not put toilet paper down the toilet. As you may know this is common practice in Greece due to the narrowness of the waste pipes. Please dispose of the paper in the bins provided, which will be regularly emptied by the hotel.

Telephones/mobiles – You should be able to use your mobile phone in Greece, depending on your operator and contract. If you are calling the UK from a mobile in Greece, you will need to prefix the number with the international dialing code 0044.

Tipping –To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that, when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services.

Walking shoes – as our days are spent in various sites botanizing with a variety of terrains, which can be a little rocky and uneven underfoot, we recommend that you bring shoes which have good gripping soles that are fairly sturdy and definitely comfortable.



Health

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit for Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a Doctor if necessary. There is normally a charge of about 60 Euros for calling out a doctor (or more, depending on the distance the doctor has to travel) and there is also a charge to visit a Doctor.

Keep any receipts for insurance claims.



Hospital

The nearest hospitals are in Ioannina and Corfu. Your tour manager/hotel reception will assist if you need to visit a hospital during your stay.

Keep any receipts for insurance claims.

Inoculations

No compulsory vaccinations are required for travel in Greece.

Pharmacies

Pharmacies throughout Greece are generally well-stocked and have knowledgeable staff who, more often than not, will speak good English. Pharmacists will often be able to give advice and medicine for minor ailments. Pharmacies are open Monday to Friday but not on Saturdays.



Insurance

European Health Insurance Card (EHIC)

It is essential to carry an EHIC card with you as this will assist you if you are admitted to a hospital in Greece.

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>

Travel Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad. If you require medical assistance whilst abroad it is essential that you contact the emergency number of your insurance company to advise them of the situation. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of action whilst in resort.

Language

The following are just a few basic words and phrases that you may enjoy trying out during your stay. Don't worry, it is not essential, as most Greeks speak some English!

Hello – Yasoo

Hello - if there is more than one person present or if you don't know the person - Yassas

Thank you – Efharisto

Please – Parakalo

Do you speak English? – Milate anglika?

I don't understand – then Katalaveno

How are you? – Ti Kanis?

Well/good – Poli Kala

Very nice – Poli Orea

Yes – Ne

No - Ohi

Good morning – Kalimera

Good afternoon – Kalispera

Good night – Kalinikta

Cheers – Yamas!

Hot – Zesty

Cold – Krio

I want – Thelo

Closed – Klisto

Open – Anikto

Restaurant – Taverna

Pharmacy – Pharmakeio

Hospital – Nosokomeio

Police - Astomomio

Where is – Pou ine?

When – Pote?

How much – Poso Kani?

Telephone – Telefono

Postage Stamp - Grammatosimo

Sorry/Excuse me - Signome

Little – Ligo

I – Ego

We – Emis

You – Esi

They – Afti

So So – Etsi-k-etsi

Where is the toilet - Poo ine e tualeta

How much does this cost - Po'so ka'ni afto

Please bring the bill - Logariasmo' parakalo'

Coffee - Kafe

Tea - Chi

Water - Nero

Wine - Krasi

Beer - Bira

Ice Cream - Pagato



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 30 6977 465 892 (**Tour Manager**) or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you are calling a Greek number from a UK mobile you should prefix the number with the Greek international dialing code 0030.

If you find that you are in need of consular assistance during your holiday:

British Vice-Consulate, Corfu 1st floor

18 Mantzarou Street

49 100 Corfu

Email: Corfu@fco.gov.uk

Tel 0030 26610 23457

Tel 0030 26610 30055

Fax 0030 26610 37995

Open to the public, by appointment only, Tuesday to Thursday, 9am to 1pm

Please note that an appointment is not necessary for emergency cases requiring consular assistance

Telephone enquiries: Monday to Friday, 8am to 3pm

British Embassy Athens

1, Ploutarchou str

106 75 Athens

Greece

Tel: +30 210 7272 600

Email: information.athens@fco.gov.uk

Open to the public - by appointment only

Appointments.Athens@fco.gov.uk. Monday, Wednesday and Friday, 9am to 1pm.

Telephone enquiries: Monday to Friday, 8am to 3pm

Email: consular.athens@fco.gov.uk

Travel Editions

3 Youngs Buildings, London, EC1V 9DB

Tel: 0207 251 0045

Email: tours@traveleditions.co.uk www.traveleditions.co.uk