

# Walking in Wonderful Epirus





# Travel

## Passports

Please ensure your 10-year British Passport is not out of date and is valid for a full six months beyond the duration of your visit.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 additional cost.

Online check-in is available 30 days prior to travel using the reference number provided. Please see the enclosed e-ticket for more information or visit; [www.easyjet.com](http://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 that you stick to the baggage allowances advised. If your luggage is found to be heavier than the airlines specified baggage allowance the charges at the airport will be hefty.

With Easyjet your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45 x 25cm including handles, pockets and wheels.

For more information please visit  
[www.easyjet.com](http://www.easyjet.com)

## Labels

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

## Transfers

On arrival at Corfu Airport please collect your luggage and exit the luggage area and proceed until you are in the arrival's hall. You will find your Guide 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

### Philoxenia Hotel, Monodendri Zagoria

The family-run Philoxenia Hotel, designed across two buildings, 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 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](http://www.zagoriaphiloxenia.gr)

### The Arion Hotel, Corfu

The Arion Hotel is situated just 100m from the sea front, 1200m from the centre of historic Corfu town and just a short walk from the beautiful gardens of Mon-Repos. All rooms have their own private bathroom, TV, Air-conditioning, balcony and free wi-fi. The lounge area, indoor bar and restaurant with their elegant furniture and high windows create a comfortable and friendly atmosphere. A buffet style breakfast is served daily. Tavernas are easily accessed from the hotel on foot in just a few minutes.

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



## Food

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.

### Meals included in your holiday

Breakfast daily

Two dinners and three lunches



## Destination

### Zagoria region Vikos Gorge

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.

### The Zagorohoria

Zagorohoria translated means 'the villages of Zagoria', which are 46 stone-built villages situated north and northwest of Ioannina and built in a very particular style using local stone.

During the last decade, the Zagorohoria region has become an incredibly popular destination among Greeks, both summer and winter, but it's a place that only foreigners 'in the know' visit. Its cultured people, stunning landscapes, cosy 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 the 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 base for the tour at two of these traditional villages, Monodendei and Papigo, really provides the opportunity to truly experience the atmosphere of this remarkable region.

### Vikos Gorge The Vikos-Aoos National Park

The Vikos Gorge is such a striking feature of the region that it has to be mentioned. 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 very important to scientists as it has some unique eco-systems and endangered wildlife and plants. 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.

### The Vikos-Aoos National Park

The Vikos-Aoos National park is named after the two Gorges within its boundaries; the Vikos gorge and the lesser known Aoos gorge, which is about 10 km long. The Aoos gorge, like the Vikos is popular with hikers and has a number of historic stone-built arch bridges, which cross the Aoos river that flows through the gorge.

The Vikos-Aoos National park has much more than just the two canyons, the amazing mountainous landscape has many rivers, mountain lakes, ancient coniferous and deciduous forests, caves and a unique ecosystem. It is one of the last places in Europe to have wild Brown Bears, the park also has wild Cats, Eagles, Egyptian Vultures, and all kinds of rare plants.

## Corfu

Magnificent verdant Corfu, (Kerkyra in Greek), was Homer's 'beautiful and rich land'. Mountains dominate the northern half where the coastlines can be steep and dramatic and where the island's interior is a rolling expanse of peaceful countryside where stately cypresses, used for masts by the Venetians, rise from shimmering olive groves. South of Corfu Town the island narrows and flattens.

Corfu was a seat of European learning in the early days of modern Greece. While the rest of the nation struggled simply to get by, the Corfiots established cultural institutions such as libraries and centres of learning, and many major Greek figures like Ioannis Kapodistrias, the first head of an independent Greece, hailed from Corfu. To this day, Corfiots remain proud of their intellectual and artistic roots. This legacy is visible in its fine museums and cultural life to its high-calibre, Italian-influenced cuisine.

## Your Guide

The walks are organised and led by Jonathan Peat. Jonathan has been leading walks in Greece and France for many years and, as you will no doubt witness during the tour, can rightly be likened to a mountain goat (not his looks but his agility)! He is half English and half Greek (with a touch of French thrown in as he married a French girl!) and speaks both (all three) languages fluently.

The starting time each day will be advised by Jonathan and will depend on the length of the route and weather conditions etc. The walks will be between 6 and 12 kms. The pace will be relaxed with plenty of time to stop and admire the views, take a photo or to enjoy refreshments along the way. The rest of the time is your own to enjoy as you wish.

Jonathan will do his best to make you feel at home during your stay and also do his utmost to ensure you get the most from your stay. Being passionate about Greece he will gladly impart information along the way about the traditions and local way of life of the fiercely proud people of this region.

**Please note as this tour is very much dictated by the hands of nature, it is possible some of the walks mentioned may change if conditions are not suitable for the walks advertised. If appropriate, these decisions will be taken by the guide during the tour.**

## Practical Information

We recommend you bring the following items:

- 1 light waterproof jacket
- 1 good size day sack
- 1 pair of light trousers (for prickly undergrowth)
- 1 water bottle (which can be filled with the wonderful fresh Zagorian water)
- Personal first aid kit
- Sun hat, sun cream, insect repellent
- 1 fleece or warm layer for cold in altitude or chilly evenings
- T-shirts/layers so you can adjust to changing early/late season weather conditions
- A walking stick or ski sticks are highly recommended as the paths followed are not always even and can be strewn with loose shingle/stones so sticks can be extremely helpful on such paths

Although none of the walking paths are particularly difficult you will encounter uneven and sometimes rocky terrain, so it is essential to have comfortable, well-fitting and protective footwear. It is advisable that boots are ankle high to provide good ankle support. Vibram soles tend to have better grip. It is always advisable to break in your boots before your holiday. Try two pairs of socks, one thin pair close to the skin, and a thicker outer sock.

Bring a foot care kit, especially useful is moleskin and second skin, compeed is also very good for blisters.



## 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 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). 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.

**Please Note:** As the Zagoria region, where the tour is mainly located, is quite a remote area so we cannot guarantee that cash machines will be readily available so we do advise that you bring enough cash to cover your time in this area.

**Credit cards**– Greece still remains very much a cash society so credit cards are not always widely accepted, however, more and 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 perfectly safe to drink in Epirus but in Corfu we advise that you don't drink the water in the hotel and buy bottle water, which you will find is readily available to buy in all of the local shops and very reasonably 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.



## 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 rehydration 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](http://www.fitfortravel.nhs.uk)

### Doctor/Dentist/Chemist

Please talk to your guide 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 guide/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 advise 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.



## Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045 (Mon-Fri 0900-1700)

Outside the above hours please telephone our emergency staff on:

0030 697465892 (Greek resort 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 need consular assistance during your holiday:

British Vice-Consulate, Corfu 1st floor

18 Mantzarou Street

49 100 Corfu

Email: [Corfu@fco.gov.uk](mailto:Corfu@fco.gov.uk)

Tel 0030 26610 23457

Tel 0030 26610 30055

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](mailto:information.athens@fco.gov.uk)

Open to the public - by appointment only

[Appointments.Athens@fco.gov.uk](mailto: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](mailto:consular.athens@fco.gov.uk)

Travel Editions

3 Youngs Buildings, London, EC1V 9BD

Tel: 0207 251 0045

Email: [tours@traveleditions.co.uk](mailto:tours@traveleditions.co.uk) [www.traveleditions.co.uk](http://www.traveleditions.co.uk)

PLEASE NOTE: THIS INFORMATION IS CORRECT AT THE TIME OF PRINTING. IT IS MEANT AS A GUIDE ONLY  
AND WE CANNOT ACCEPT RESPONSIBILITY FOR ERRORS OR SUBSEQUENT CHANGES.