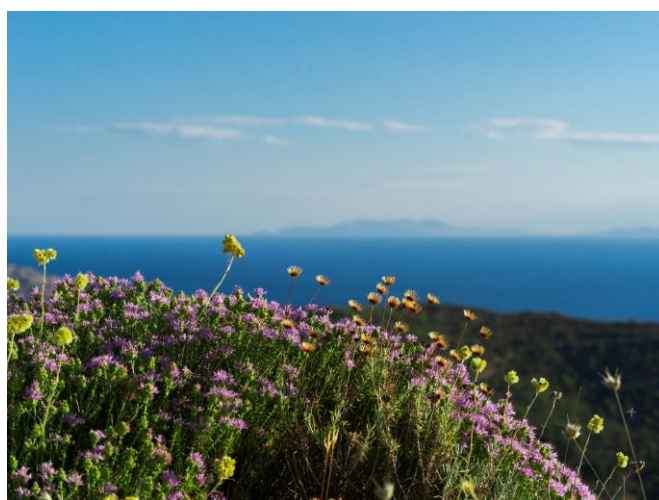
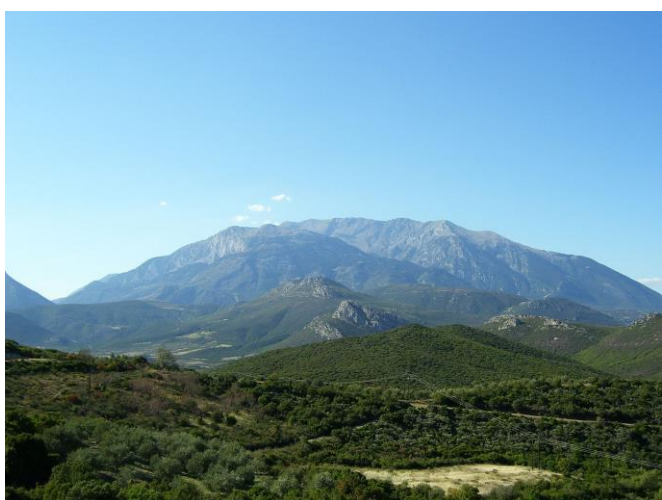


Tour
Information



Wild Flowers of Mount Parnassus





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Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit.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 includes a reference number for your flight. At check-in you will need to quote/show this and you will be issued with your boarding pass. **Online check-in is not available**

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 baggage allowance the charges at the airport will be hefty.

With British Airways 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, and one personal bag, such as a handbag or computer bag.

For more information please visit www.britishairways.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.

Departure Tax

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

Transfers

On arrival at Athens 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. The journey time to your hotel is approximately two hours.

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

Likoria Hotel, Arachova

The family-run Likoria Hotel is an attractive, traditionally designed hotel situated on the edge of Arachova. Comfortably furnished with dark wood and warm colours; the comfortable bedrooms, with private bathrooms, are equipped with TV, fridge, hairdryer air-conditioning/heating. A breakfast buffet is served daily and the hotel has a cosy lounge bar with an open fire, where we are sure our guests will enjoy congregating in the evening. Free Wi-Fi access is available throughout the hotel. The hotel also offers the facilities of a sauna, steam and massage room. Tavernas and other facilities are situated within an easy 5-minute walk from the hotel.

For more information visit the hotel website; www.likoria.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. In Arachova taverna's will often offer two or three 'dishes of the day' as well as offering other dishes such as grilled meat, salads and various starters.

When ordering fish in Greece you will find the price on the menu usually relates to a cost per kilo. Don't be put off by this. You are expected to 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 can be something of an acquired taste but it goes very 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 around 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.

In Arachova there is a good choice of tavernas situated within easy walking distance of the hotel. There is also a small supermarket situated just 2 minutes from the hotel.

Meals included in your holiday

Breakfast daily

One dinner and one lunch



Destination

Arachova

Arachova, built at an altitude of 950m and with a permanent population of approximately 3500 residents, is a very picturesque and traditionally styled town situated high on the slopes of Mount Parnassus. It is large enough to offer plenty of interest in the way of shops, tavernas and quaint streets for wandering, and small enough to make most places easily accessible on foot and retain a village atmosphere. The views from Arachova, overlooking the Delphi Valley, are spectacular. In the winter the resort is a popular ski resort as well as a cosy winter weekend retreat. Its position, just two hours from Athens, makes it very accessible for Greeks but also, its close proximity to the sea, only 25 minutes by car, makes it a popular place in the summer months as a cool retreat from the warmth of the high season months.

Many of the shops in Arachova sell local products that are known for their quality and variety and the fact they are still produced using traditional techniques that have been passed down through the generations. Traditional products include the popular feta cheese, olives, olive oil, legumes, pastas, traditional sausages and wine. Arachova also has a characteristic cheese called formaella, which is served fried. In addition, the locals produce other types of cheese, such as myzithra, graviera and opsimotyri, a sort of strained cheese. The yoghurts and the jams are also remarkable, while the area also produces high quality wild-flower honey. A very traditional drink is tsipouro, a strong grapelike spirit that is popular throughout mainland Greece. Arachova also stands out in its making of elaborate carpets and woven materials. This is a tradition kept by the women of the town from antique times. The carpets have beautiful patterns and the woven textiles have great colours.

Settlements in the Parnassus region

Settlements in the region expand from the foot of the mountain up to an altitude of 1200m.

Starting on the southeast side of Parnassus, Davlia is the first settlement met, built at an altitude of 350m with a population of approximately 1,800 residents. Davlia is located where the ancient city

of Davlis used to be. The fortification of the ancient city, along with some more buildings, still stand in good condition. The "Jerusalem nunnery" is a local attraction, located at the north of Davlia.

Heading towards the seaport of Itea, one passes through the settlement of Chryso, built on the western slopes of Parnassos at an altitude of 400m, with some of the best views to the Corinthian Gulf.

Continuing north, we find Vargiani, a small traditional, stone village of about 80 inhabitants, and known for a great battle that led to the Greek victory over the Turks in 1824. Vargiani is also known for a cave with stalactites and stalagmites called Neraidospilia (cave of fairies).

Heading southeast, at an altitude of 350m, Mariolata is found, with about 600 residents. This settlement is divided into an old and the new district. Its name derives from the ancient "Marioles" meaning "common" but holy women, where passengers to the Oracle at Delphi would overnight.

Neighbouring Mariolata is Lilea. The name derives from the ancient city of Lilea, one of the strongest cities of ancient Phocis and one of the nine that had participated in the Trojan War. The ancient city walls are still in good condition.

Polydrosos is another attractive settlement east of Lilea. Built at an altitude of 380m with a population of 1,465 residents, it is both a popular summer and winter destination with easy access to the ski resorts of Parnassos.

According to Herodotus, the ancient town of Erochos once flourished where Polydrosos is today.

Amfiklia is a relatively large village with about 3,800 residents. It is a preserved settlement with some interesting architecture, picturesque cobbled streets and churches, fountains and squares. Its first name was Ofitia, but during the

Turkish occupation was named Dadi. It has a great view of the valley of the Kifisos River.

Its easy access to the ski resorts of Parnassos make it another popular place for visitors to stay. It is known for several interesting traditional events, organised by the residents during celebrations such as Easter and Christmas, the feast of the Ascension, etc. It is also known for its huge Halloween bonfires, the masquerades' parade and more. There is also a unique celebration of bread, (there is a 'Bread museum' in the town), which takes place every two years.

Leaving Amfiklia behind we reach Tithorea with 900 residents. It is a beautiful village built over ancient walls that surrounded a past Tithorea, one of the finest surviving examples of Hellenistic fortification.

Tithorea is also known for the Aesthetic Forest of Tithorea (half an acre of fir, oak, juniper, arbutus and other native trees and shrubs); the cave of Odysseus Androutsos and the popular mountain path, which leads to the Liakoura summit.

Parorio is situated at the foot of the eastern Parnassus. Traditional architecture with stone houses, narrow cobbled streets, beautiful tiled roofs and traditional decorative elements, are some of the characteristics of Parorio. Also worth seeing are the traditional threshing floors, the medieval tower and notable wall paintings in St. Theodore Church.

And of course, Arachova, along with Delphi, are the most famous settlements of the region.

Places of interest included in the tour:

The National Park of Mount Parnassus

The National Park of Mount Parnassus is located in the south-central mainland of Greece, close to Delphi and Arachova. It was created in 1938 and covers an area of 36,000 acres. It is the second largest Greek national park, the first is Mt Olympus, and constitutes of an unusual ecosystem. Its highest peak, named Liakouras, is 2457m. Its lower slopes are covered with typical limestone maquis. Mediterranean vegetation, such as oregano, water-thyme, cedar, laurel and arbutus, all grow here too. There are also pine forests and the predominant tree species is Abies cephalonica, a type of fir with sharp needles. In autumn, all the forests of the area get full of

bright, colourful leaves and a lot of wildflowers carpet the glades. Spring has similar features, although the new flowers are often mixed with snow patches, remaining from the winter. The foot of the mountain is full of olive groves, especially in the river valley of Pleisto, below Delphi, and in the Plain of Itea. The whole park is very interesting, full of ascents and descents among conifer trees with wonderful aromas, rocky limestone and mountain springs with potable fresh water. The park also has a wide variety of animals, especially birds. Many species vary depending on the time of the year, since some of them, like linnets, thrushes, woodpeckers, large raptors and robins, migrate. Higher up, there are also orioles and birds of prey nesting among the rocks, such as vultures, harriers and golden eagles.

Hosios Loukas

Secluded on Mt. Helicon in Greece, just south of Delphi, is the Monastery of Hosios Loukas (Holy Luke). A triumph of Byzantine art and architecture, it is no surprise that this church is a UNESCO World Heritage site. The monastery's two large churches (the Church of Panagia and the Katholikon), its Crypt, belfry, monk's cells and other buildings, all devoted to the local, miracle-making Hosios, have a unique standing as they are considered paragons among all 11th century monuments in Greece.

For more information about Hosios Loukas visit:

<http://whc.unesco.org/en/list/537>

Delphi

Although we don't include a visit to Delphi in the tour, being so close you may like to visit it on your free day.

At the foot of Mount Parnassos, within the angle formed by the twin rocks of the Phaedriades, lies the Pan-Hellenic sanctuary of Delphi, which had the most famous oracle of ancient Greece and was regarded as the centre of the world.

According to mythology, it is here that the two eagles sent out by Zeus from the ends of the universe to find the navel of the world met. The sanctuary of Delphi, set within a most spectacular landscape, was for many centuries the cultural and religious centre and symbol of unity for the Hellenic world.

For more information about Delphi visit:

http://www.visitgreece.gr/en/culture/world_heritage_sites/delphi

The Archaeological Museum of Delphi

The Archaeological Museum of Delphi shelters the extensive artefacts unearthed during excavations at the Delphi oracle and its vicinity. It is located adjacent to the archaeological site, and it is considered one of the top must-see museums in Greece. Its rich collections are comprised primarily of architectural sculpture, statues and minor objects that were donated to the sanctuary. These reflect its religious, political and artistic activities from its early years in the eight century BC to its decline in Late Antiquity. The permanent exhibition focuses on the history of the Delphic sanctuary and oracle, covering the long time span from prehistory to Late Antiquity. Most of the exhibits were donated to the sanctuary during its period of great prosperity, from Archaic Greek to Roman times.

Your Guide

Graham Kendall

Having studied at the Savill Gardens, Windsor and the Royal Botanic Garden in Edinburgh, Graham Kendall went on to be Head Gardener at three National Trust Properties before starting his own consultancy. In the 1970's he spent a year studying in Greece at a pioneering garden which combined native plants with plants from other Mediterranean-type climates. This kindled Graham's love of Greece's rich native flora. Numerous subsequent visits have only increased his fascination and knowledge.

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operates according to plan. If you have any problems or questions please see him or her immediately and they will do their utmost to resolve any issues.

Please note as this tour is very much dictated by the hands of nature, it is possible some of the sites mentioned may change if the flora is found to be better elsewhere. If appropriate, these decisions will be taken by the guide and tour manager during the tour.



The Basics

Climate – The weather in Greece at this time of year is likely to be pleasant, but evenings at visits at altitude may 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 and very readily available throughout Parnassus because of the good quality spring water that flows throughout the region. 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. If you are calling a Greek number from a UK mobile you should prefix the number with the Greek international dialing code 0030.

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 rocky and uneven underfoot, we recommend that you bring shoes which have good gripping soles that are fairly sturdy and, of course, 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 80 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 Amfissia and Livadia and there is a health centre in Distomo. 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 44 20 7431 8201 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 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: info@traveleditions.co.uk www.traveleditions.co.uk

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