



Tour Information



Wild Flowers of the Peloponnese





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Please ensure your 10-year British Passport is not out of date and is valid for a full six months beyond the duration of your visit.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 your 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 arrival's hall. You will find your Tour Manager situated in arrivals, holding a Travel Editions sign. The journey time to resort is approximately two hours.

Special Requests

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



Accommodation

Ippoliti Hotel, Nafplio

Set in a 19th-century neoclassical building, this comfortable four-star hotel is centrally located in a quiet street just a 2-minute walk from the town's seafront promenade. Everywhere in the town is accessible on foot from here, which ensures you can enjoy all it has to offer, including a wide range of enticing tavernas. Featuring free Wi-Fi, the elegant individually and tastefully decorated rooms have en-suite bathrooms, flat-screen TVs, minibars, air conditioning and safe box. A breakfast buffet is served in a polished sitting room. Additional amenities include a small outdoor pool and gym.

For more information visit the hotel website: <http://ippoliti.gr/en/>

Infinity Hotel, Gytheio

The Infinity Hotel is situated just 2km from the centre of the pretty town of Gytheio and everything in the town is easily reached on foot from the hotel. Facilities at the hotel include an outdoor swimming pool, bar, restaurant and café. The comfortable rooms all include en-suite bathrooms, with shower, air-conditioning, hairdryer, TV, telephone and mini-bar. Free wifi is available throughout the hotel and a buffet breakfast is offered daily.

For more information visit the hotel website: <http://infinity-hotel-gytheio.gythio.top-hotels-gr.com/en/>

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 your fish and then it will be weighed in front of you, so you know what you will pay. There are some excellent fish tavernas both in Nafplio and in Gytheio.

Nearly all tavernas sell their own 'open' wine, known as village wine. It can be something of an acquired taste, but it goes well with the local food. The white is usually always very drinkable, 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.

Other local drinks are ouzo, tsipoura and metaxa. 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 Nafplio you will find a huge choice of tavernas all within easy walking distance of the hotel. You may like to do a little research before you travel, via trip advisor or similar, as there is such a choice of places to eat. The following website offers some good suggestions of Nafplio restaurants;

<http://www.visitnafplio.com/really-useful-info/eat-and-drink-in-nafplio.html>

Gytheio equally offers a good range of tavernas, fish is prominent here but there is a good variety of other food too.

Meals included in your holiday

Breakfast - daily

One dinner and one lunch



Destination

The Peloponnese

Hanging like a large leaf from the stem of the Isthmus of Corinth, the Peloponnese region has also been called 'Morea', which means mulberry leaf. This slight botanical reference is nothing compared to the extent and variety of imposing ruins, which make up the region, but they are, however, situated amongst an equally varied and beautifully scenic landscape which is diversely composed of massive mountains, which surround coastal valleys and loom above rocky shores and sandy beaches.

The Peloponnese has been a centre of history for thousands of years. Sparta, Mycenae, Corinth, Epidaurus and Nafplio are just a few of the names linked with this long history.

Today, the region is separated into seven administrative provinces Achaia, Ilia, Messenia, Laconia, Arcadia, Argolis and Corinthia. Our tour is based at Nafplio in Argolis and Gythio in Laconia.

Places of interest included in the tour:

Nafplio

Nafplio was the first capital of modern Greece, and beauty, culture, history and tradition characterise this wonderful town. It is one of the prettiest towns in the Peloponnese with a beautiful setting and an understated elegance and charm that are stressed in the attractive narrow streets of the 'old town' that meander timelessly behind the picturesque waterfront. Neoclassic houses, charming streets, wooden balconies with cascading flowers, Turkish fountains and the colourful 'Constitution' or Syntagma Square with its fascinating mosque and outdoor cafes, all contribute to the lovely ambience here. The views from the waterfront include the Bourtzi, a small castle built by the Venetians in 1471 that sits in the middle of the bay and, above the town, the impressive Palamidi Castle, built by the Venetians around 1714 AD overlooks the whole area.

For more information about Nafplio visit, please visit:

www.visitnafplio.com

Gythio

Gythio is situated in the southern part of the Peloponnese and is the gateway to the wild, rugged Mani region that runs up the west coast of the Peloponnese. It is a relatively quiet little seaside town with pretty, pastel-shaded 19th century houses that climb up the hillside behind the harbour front. A small islet is connected to Gythio via a causeway, which is alleged to be ancient Kranae, where Paris of Troy and Helen consummated the affair that sparked the Trojan War. There is a great choice of tavernas here, particularly fish tavernas, but plenty of other choice too.

For more information about Gythio, please visit:

<https://www.greecetravel.com/peloponessos/gythion/>

Your Guide

Dr Alan Harrington has been a professional botanist for more than 40 years. In 1976 he joined the Natural History Museum, specialising in the study of liverworts, before becoming involved in the Museum's adult education programme on his (early) retirement, running botanical courses and leading field study tours.

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 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). This means, summer or winter, Greece is always 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. Nafplio has ATM machines 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 the local shops and very reasonable priced.

Shopping - There are plenty of mini-markets in both Nafplio and Gytheio for any basic supplies you might need. The mini-markets usually open from early in the morning until late in the evening. Olive oil, olives and local honey are all excellent produce if you are interested in taking a little bit of Greece home with you.

Stamps - In most places you can purchase stamps at the same time you purchase postcards. This is much easier than trying to find a post office!

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 dialling 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 terrains and can be a little rocky or uneven underfoot, we recommend that you bring sturdy shoes which have good gripping soles.



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 must travel) and there is also a charge to visit a Doctor.

Keep any receipts for insurance claims.



Hospital

The nearest hospitals are in Nafplio, Argos and Sparta. 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.



Emergencies

Should an emergency arise, please call our offices on:

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

Outside office hours telephone our emergency staff on:

00 30 6977 465 892 (Greek resort manager) or

00 44 7841 023807

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 dialling code 0030.

If you find that you need 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

Out of hours: Call the number above and follow the instructions on the automated answer machine

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

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