

Athens – Crete

9 days

Athens – 4 days, Crete – 3 days

2 compet/5-8 matches each wr.+training local team

Reach cultural program

! The daily program is flexible and can be changed after discussions with your coaches

1st day Fly to Athens

2nd day – Athens

16.30 – Accommodation in a hotel located in the center of Athens, walking distance to The Acropolis.

17.30 – **Training**

21.00 – Dinner in the heart of Athens

3rd day – Athens

09.00 – Breakfast

10.00 – Sightseeing

13.00 – Lunch

14.00 – Free time –walking in the center of Athens

17.00 – **Competition**

21.00 – Dinner on the Monasteraky street. One of the oldest street in Athens

4th Day - Athens

09.00 – Breakfast

10.00 – Sightseeing in Athens

13.00 – Lunch

14.00 – Free Time

17.00 – training

19.30 – Dinner

21.00 – Leaving for Crete on a **luxurious ferry**

5th Day – Iraklion

05.30 – Arriving in Iraklion

07.00 – Accommodation in a hotel Castello - near the beach

09.00 – Breakfast

10.00 – Training with the best partners from Iraklion

13.00 – Lunch

14.00 – Free time , swimming

17.00 – Training

21.00 – Dinner in Greek traditional style

6th Day– Iraklion

09.00 – Breakfast

10.00 – Training

13.00 – Lunch

14.00 – Sightseeing in Iraklion

17.00 – Competition

21.00 – Dinner in folk style

7th Day – Iraklion

09.00 – Breakfast

10.00 – Sightseeing in Iraklion

13.00 – Lunch

14.00 – Free time on the beach

17.00 – Training / or Competition

20.30 – Leaving for Athens on a luxurious ferry

21.30 – Dinner

22.00 Go for Athens with ferry

8th Day - Athens

06.30 – Arriving in Athens

07.00 – Accommodation in a hotel

08.00 – Breakfast

09.00 – Sightseeing – Olympic stadium

13.00 – Lunch

14.00 – One last walk along the streets of ancient Athens

21.00 – Dinner

9th Day – Athens

09.00 – departure

INFORMATION ABOUT ATHENS AND CRETE





The Acropolis

The Acropolis hill, so called the "Sacred Rock" of Athens, is the most important site of the city. During Perikles' Golden Age, ancient Greek civilization was represented in an ideal way on the hill and some of the architectural masterpieces of the period were erected on its ground. The first habitation remains on the Acropolis date from the Neolithic period. Over the centuries, the rocky hill was continuously used either as a cult place or as a residential area or both. The inscriptions on the numerous and precious offerings to the sanctuary of Athena (marble korai, bronze and clay statuettes and vases) indicate that the cult of the city's patron goddess was established as early as the Archaic period (650-480 B.C.).



The Temple of Zeus

Temple of Olympian Zeus,
"Peisistratid" column drums,
Panathenaic Stadium.



The Arch of Hadrian

The Arch of Hadrian

Crete is the largest island of Greece and the fifth largest island in the Mediterranean. A mountainous island, it lies south of the Aegean Sea, a link between Europe, Africa and Asia. This geographical position, being at the junction of major civilizations and cultural currents, influenced its history throughout the past 5000 years

Crete has an elongated shape, 260 km long from east to west and between 15 and 60 km wide. The coastline is over 1000 km long and consists of both sandy beaches and rocky shores. The high mountains are a characteristic of the Cretan landscape. They form three mountain complexes, each with its own 'personality'. Between the ranges lie semi-mountainous zones which cover the greater part of the island. There are also a few low lying plains as well as a number of high plateaux.

The climate is temperate Mediterranean. Winter is mild, with snow on the mountains and a good deal of rain in the plains but still a good deal of sunshine. The combination of rain and relative warmth make it one of the greenest places in the Mediterranean basin, especially in spring. The summers are hot and dry, particularly on the shores of the Libyan Sea (South coast of Crete). Being a mountainous island the weather changes can be sudden and it is often windy (anything from a light breeze to gale winds).

Crete has about 600.000 inhabitants, of which over a third live in the towns of Heraklion, Chania and Rethymnon. The rest of the island is sparsely populated, with large tracts of mountainous areas frequented only by shepherds.

The geographical diversity and wild beauty of Crete, the friendliness of its inhabitants as well as the climate are gradually making it into a choice destination for walking and hiking. The whole island is crisscrossed by trails, most of them now disused since roads have been built or used only by shepherds. It is possible to walk all day without meeting a soul and still reach a village where you can eat and sleep in relative comfort before setting off for another day in nature. The truly dedicated hikers can go to areas that are completely wild and never visited by anyone but the occasional shepherd or hunter.



History is very much alive in Iraklion just like in most Greek cities. The central square while surrounded by cafes, stores and restaurants, is dominated by the fountain of the Lions, built by Morozini the Venetian governor in 1628.

The Town Hall, is today housed in the Venetian Loggia, a building from the same era.

At the end of the central market is a coffee house, housed at the "Koubes" a fountain built by the Turks when they converted the nearby church of the Saviour to the Valide mosque. All around the old part of the city, a visitor can walk following the old Venetian walls that meet at a bastion, called "Koules", that dominates the old harbour of the city .



The Central Market

