



# CRETAN-OUTDOOR-ADVENTURES

OUTDOOR TOURS - ABSEILING - TREKKING - CLIMBING - ADVENTURE TRIPS



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## **Tour description Coastal & Mountaineering Trip** **"Great Views & Griffon Vultures"**

*"The faster man travels the less man sees."  
Erich Limpach (German lyricist. 1899-1965)*

Take yourself the time to travel slowly – and to see and experience a lot.

This trekking trip is a perfect combination of a boat cruise, an easy and very family friendly coastal walk and mountaineering. It offers whatever the trekker's heart may wish: a boat cruise along the wild coast of Crete, great views, small beautiful cave churches, lonesome beaches, a quiet monastery with very friendly monks, majestic griffon vultures, the ascent of the peak of Mount Kofinas (1231meters), the highest mountain in the south of Crete.

We'll start our day with a boat cruise from Lentas to Ag. Ioannis, exploring the wild coast of Crete, seeing beaches you only can get to by boat! At Ag. Ioannis our walk starts and will take us to the beautiful cave church of Ag. Antonios and the Monastery of Koudoumas. After a refreshing bath at the lonesome beach of Koudoumas, we will visit the monastery. Afterwards a jeep will pick us up and take us up to the car park, only 30 minutes away from the peak. At the top of this mountain you will have an impressive view over the southern coast of Crete and the Messara Plain. Griffon vultures with wings of up to 2.7meters !!! may fly around us.

It's a magical, very impressive moment! And an unforgettable day!

### **Price per Person:**

- 70€ p.P.

### **Price includes:**

- Transfer from meeting point at Lentas to the location of the event and back to your hotel, experienced guide (German and English speaking), picnic lunch

### **Group Size:**

- min. 4 / max. 8

### **Requirements:**

- Easy Hiking: a combination of a coastal walk and mountaineering.  
For anyone who has a good physical fitness; walk of max. 3 hours and 6km.

### **Itinerary / Timetable:**

- 09:30 Meeting at agreed meeting point
- 09:45 – 11:00 Boat cruise to Ag. Ioannis
- 11:00 – 19:00 Coastal walk and mountaineering, including:
  - Coastal walk from Ag. Ioannis to Ag. Antonios and Monastery of Koudoumas
  - Visit of the cave church of Ag. Antonios
  - Visit of the Monastery of Koudoumas
  - Walk up to the peak of Mount Kofinas
  - Swimming at the beach of Koudoumas
  - Picknick-Lunch
  - ascent of Mount Kofinas
- 19:00 Ride back to meeting point

The timetable is subject to change.

### **You've got to take with you:**

Hiking boots or sport shoes, bathing clothes, sun milk, insect repellent, hat, wind jacket, etc.

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