



# CRETAN-OUTDOOR-ADVENTURES

OUTDOOR TOURS - ABSEILING - TREKKING - CLIMBING - ADVENTURE TRIPS



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## Tour description Via Ferrata

*"Mountaineering is more than sport. It's a passion!"  
Hermann Buhl (Austrian mountaineer, 1924 – 1957)*

Via Ferrata literally means "iron path," originating from the metal ladders used by the military in WWI to navigate in the mountains. Today climbing a via ferrata is an exhilarating way to enjoy the magnificence and sheer magnitude of the mountains.

In the awesome environment of the Cretan Asteroussia Mountains, protected on a rock wall high above the valley floor and the sea, you will be stopped in your tracks by amazing views while you learn valuable mountain safety skills. Completely protected, attached to a system of anchored cables while you climb, you'll enjoy vistas typically reserved only for mountaineers!

Just try this fascinating sport and experience all those overwhelming feelings! You will love it!  
Our Via Ferrata is suitable for most abilities and ages (>13) but you do need to be reasonably fit and healthy for the Xtreme.

### **Requirements:**

- older than 13years
- fit and healthy, free from giddiness

### **Price per Person:**

- Via Ferrata: 75€ 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), all special gear for the activity (ropes, helmets, harnesses, secure karabiners), picnic lunch

### **Group Size:**

- min. 3 / max. 8

### **Itinerary / Timetable:**

- 09:30 Meeting at Lentas / Dyskos or agreed meeting point
- 09:30 – 17:30 Ride to the via ferrata, including:  
- introduction, via ferrata, climbing mount Kofinas, picknick-lunch
- 17:30 Ride back to meeting point

The timetable is subject to change.

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

Hiking boots or sport shoes, sun milk, hat, wind jacket, etc.

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