

**Hiking & Activities of the 1st Andros on Foot Festival - 6-28 October 2018**

**Hikes on Dates 20, 21, 22, 23, 24 & 25 October are PATH MAINTENANCE hikes**

Notes: All hikes take place in the morning except for the hikes on 13 and 14 October 2018.

**To join the Festival, register here**

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<b>a / a day</b>	<b>dates</b>	<b>day</b>	<b>activities</b>	<b>hike</b>	<b>Km</b>	<b>Degree of difficulty</b>	<b>visit / tour</b>	<b>food etc. activity</b>
1	06/10/2018	Saturday	6.4 Km hike from the mountainous Amolochos to the Froussia Mills. Lunch in Makrotantalos prepared by the Cultural Association of Makrotantalos	Amolochos-Frousei	6.4	medium-difficult		Meal of local cuisine in Varidi prepared by the Makrotantalos Association - Bazaar of local products
2	07/10/2018	Sunday	7 km hike along the west coastline near Batsi, passing by the historic well-preserved Agia Monastery , through the picturesque settlement of Ano Agios Petros. Guided tour of the ancient Agios Petros Tower. A feast at the Agios Petros spring provided by the Agios Petros Cultural Association.	Batsi-Monastery of Agia-Ano Agios Petros	7	medium-difficult	Agios Petros Tower	Meal in Agios Petros Village Square prepared by the Agios Petros Association
3	08/10/2018	Monday	12 km hike with spectacular views of the western coastline from the mountains above. Starting at Batsi through the picturesque settlement of Aprovatou through the ancient valley, past the waterfalls and ends at the bay of Paleopolis. Guided tour of the Paleopolis Archaeological Museum and the "Acropolis" of Paleopolis. Sardine Festival at the Paleopolis Theatre provided by the Cultural Association of Paleopolis	Batsi-Ano Apravatou-Paleopolis	12	medium-difficult	The acropolis of Paleopolis	Sardine festival hosted by Paleopolis Association at the Museum Theater
4	09/10/2018	Tuesday	5.7 km hike into the lush interior of Andros. Lunch of local dishes and feast provided by the Katakilos Cultural Association	Remata – Arni – Katakilos	5.7	medium-difficult		Local meal provided by the Katakilos Association
5	10/10/2018	Wednesday	8 km hike starting with a tour of the Pitrofos Olive Museum, then walking from the mountain village of Petrifos to the fertile lowlands in the Menites valley, down to the eastern side of the island. Lunch of local dishes and seasonal sweets demonstration prepared by the Menites Cultural Association.	Pitrofos – Strapouries – Lamyra – Menites	8	medium-difficult	Olive Oil Museum	Meal of local produce prepared by the Menites Association, followed by a demonstration of the preparation of seasonal sweets by the Women of the Menites Association.

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6	11/10/2018	Thursday	6.3 km hike from the lush settlement of Menites, through the historic settlement of Messaria, with its arched bridges, past the Foros cave and through Aladinos, and the quaint village of Kourelio. Guided tour of the Foros cave of Aladinos. Lunch of local cuisine and a chance to play the local game "Chouvia" hosted by the Pera Chorio Association.	Menites-Messaria-Foros-Aladinos-Kourelio	6.3	medium-difficult	Tour of the Foros cave in Aladinos	Meal of local dishes prepared by the Pera Chorio Association & Chouvia game
7	12/10/2018	Friday	6.3 Km hike from Panochrantos Castle Monastery, to the fertile valley of Livadia. Visit the Panochrantos Monastery, the Liokitra and Raptakis estates, with refreshments. A special screening of the film "Mica Anglia" by Andros Cinema Society in the evening.	Monastery of Panochrantos -Livadia-Chora	6.3	medium-difficult	Visit the Panochrantos Monastery	Visit 2 citrus estates. Drinks and snacks of local products from the Livadian Association. Film screening.
8	13/10/2018	Saturday	<b>Morning:</b> Guided tour at the Archaeological Museum of Chora. <b>Afternoon:</b> 6km hike from Nimborio to Gialia, the seaside settlement of Chora. Through the valley of Apikia and Stenies. Guided tour of the Agia Irina Monastery. Lunch with local cuisine at the Apikia village square, hosted by the associations, residents and professionals at Apikia, and Pigi Sariza Hotel	Nimborio-Yialia-Apikia	6	medium-difficult		a guided tour of Agia Irini Monastery, a feast with local flavors from the Apikia Association, Pigi Sariza Hotel and the "Parian"
9	14/10/2018	Sunday	7.1 km hike in the central mountainous area of Andros, through the green interior of Arni, then descending to the mountain village of Vourkoti. Lunch with local produce, a celebration, and tasting of local cheeses from the Vourkoti Association	Arni-Profitis Ilias-Vourkoti	7.1	medium-difficult		Celebration feast with tasting of mountain cheeses by the Vourkoti Association

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10	15/10/2018	Monday	8 km hike through the valley of Dipotamata, the Venetian castle "Epano Kastro" and the quaint settlements of Kochilou and Rogo, finishing in beautiful Korthi bay. Tour of the Epano Kastro. A snack of local products from the Kochylou Association	Dipotamata-Kochylou-Epano Kastro-Ormos Korthiou	6+2	medium-difficult		A feast of local flavors by the Women's Association of Korthi
11	16/10/2018	Tuesday	6.2 km hike from the foothills of Gerakonias to Korthi Bay, crossing the picturesque villages of Exo Vouni and Mesa Vouni. A feast of local flavors from the Women's Association of Korthi	Exo Vouni-Mesa Vouni-Gianiseo-Lardia-Rogos-Ormos Korthi	6.2	medium-difficult		Lunch of local produce provided by the Women's Association of Korthi
12	17/10/2018	Wednesday	7.1 km hike from Aidonia to the Tromarchia Monastery. Monastery tour & lunch of local produce	Aidonia-Piso Meria-Tromarchia Monastery	7.1	medium-difficult	Tromarchia Monastery	A delightful meal - local flavours prepared by local residents
13	18/10/2018	Thursday	4.5 km hike along the lush wooded Kapparia Circular Route. A meal at Kapparia with local dishes and entertainment provided by the Kapparia Association	Kapparia Circular Route	4.5	medium-difficult		A meal at Kapparia with local dishes and entertainment provided by the Kapparia Association
14	19/10/2018	Friday	6.4 km hike from the mountain of Amolochos through the Frousei village. Lunch at Kossis taverna in the village of Myrmigies.	Amolochos-Frousei	6.4	medium-difficult		Lunch off the beaten track at the Kossis family taverna/roisserie farm restaurant
15	20/10/2018	Saturday	5.4 km hike and path maintenance, from the bay in the tower through the village of Agios Petros to the castle monastery of Agia. Guided tour of the Tower of St. Peter and a snack with local products.	Agios Petros beach-tower-Agios Petros-Monastery of Agia	5.4	medium-difficult	Agios Petros Tower	Refreshments of local products provided by Agios Petros Community
16	21/10/2018	Sunday	8.8 km hike with path maintenance, from the west coast and Batsi to the central Andros mountain and the Arni valley. Wine festival with local cuisine by the Arni Association.	Batsi-Katakilos-Arni	8.8	medium-difficult		Wine festival with local cuisine by the Arni Association.

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17	22/10/2018	Monday	5 km hike with path maintenance, in the picturesque settlement of Aprovato. Lunch at the Balcony of the Aegean taverna with panoramic views.	Ano Aprovato - Koutsis Beach - Aprovato Circular	5	medium-difficult		Lunch at local taverna/cheese maker - the Balcony of the Aegean in Ano Aprovato
18	23/10/2018	Tuesday	4.8 km hike with path maintenance through Central area of Andros. Guided tour of Agia Irini Monastery and snack with local produce.	Vourkoti mountain ridge - Vourkoti - Katakalei - Apikia	4.8	medium-difficult	Agia Irini Monastery	Snack of local produce at Agia Irini Monastery
19	24/10/2018	Wednesday	Sasa and Aladou settlements with a small detour to the archaeological site of Zagora, returning to the Agia Triada chapel. A visit to a distillery and lunch in local restaurant.	Panachrontos-Sasa-Aladou-Agia Triada-archaeological site of Zagora-Agia Triada chapel	7.8	medium-difficult	Archaeological site of Zagora	Tour & Taste Test at Androp Distillery Lunch in local restaurants
20	25/10/2018	Thursday	6.4 km hike in South Andros at the base of the Rachi mountain range from Piso Meria to the Tromarchia Monastery. Local cuisine. Afternoon visit to nearby dairies.	Tromarchi Circular	6.4	medium-difficult	Monarch of Tromarches	Refreshment of local produce
21	26/10/2018	Friday	8 km hike in South Andros from Korthi Bay through Kochylou, Epano Kastro (Upper Castle) and the Dipotamata valley. A Guided Tour of the Castle and at the end of the hike a visit to the Syneti Folklore Museum and a snack of local produce in Syneti.	Korthi-Kochylos-Epano Kastro-Dipotamata	8	medium-difficult	Epano Kastro (Castle) & Folklore Museum of Syneti	Refreshments of local produce from the South Eastern Associations.
22	27/10/2018	Saturday	6 km hike from Chora to the scenic settlements of Ypsilos, Lamira, Mesa Vourio and Menites village with neat houses and many springs. A hog roast and mezedes at the Menites Association village hall.	Chora - Ypsilos - Lamira - Mesa Vourio -Menites	6	medium-difficult		Mezedes and hog roast at the Menites village hall.
23	28/10/2018	Sunday	5 km hike along the Livadia Circular. Tour & refreshments in the gardens and orchards of the Raptaki Estate in Livadia.	Livadia Circular	5	medium		Refreshments, local produce.