

Sifnos, Milos and Kimolos: wonders of the Cyclades

Sifnos

Trip code: CYCGP0017

Guided hike

• Hiking • 8 days



To the west of the archipelago, these three islands, clearly visible from each other, nevertheless display such contrasting faces that we never stop going from discovery to discovery during our trip. Take Sifnos, the greenest of the three. Between imposing peaks and beaches where the hours languish, we go up beautiful valleys often shaded by following extraordinary traditional paths, superbly maintained. Sifnos is in the pantheon of islands dedicated to hiking. Hiking - yes - but in landscape...

Highlights

1. The striking contrast between 3 islands: Sifnos, El Dorado for hiking, Milos and Kimolos, volcanic islands with dazzling landscapes!
2. The alliance between sea, mountains, and the charm of the Greek way of life.
3. Less frequented and more authentic islands than other famous destinations in the Cyclades archipelago

PROGRAMME



D1 Piraeus

After the flight Paris - Athens, transfer (included) to the hotel in Piraeus. You meet your guide. Free dinner. Overnight in Piraeus.

Accommodation : Hotel

D2 Piraeus - Sifnos

In the morning, ferry to **Sifnos** (2h30 to 3h). Certainly one of the most interesting islands for hiking: the routes are superb linking traditional villages to dream beaches, passing through hilltop churches (Sifnos has 370 churches and chapels!). Installation in **Kamarea**, in front of a beautiful beach for 3 days. After the picnic, transfer to the village of **Apollonia** (15min); direction **Artemónas** and its cobbled streets lined with bougainvillea then traditional paths lead us down to the chapel of Panaghia Poulati, above the sea. We follow the coast to the village of Kastro, the former capital of the island overlooking the sea. The stroll along typical alleys prolongs the pleasure of discovery. Then we go up to **Kato Petali and Apollonia**. Return to Kamarea by the regular bus (15min). Dinner and overnight in Sifnos.

Accommodation : Hotel

Main Itinerary :

D3 Sifnos: Kastro - Platys Gialos

From **Kastro**, a traditional path leads us between cultivated terraces, to the village of **Faros** and its small port. Then we discover the monastery of **Panagia Chryssopigi** which juts out beautifully into the sea on a rocky tongue. End of the hike at Platys Gialos beach for a well-deserved relaxation. It is possible to extend the hike to Apollonia through the interior of the island, following irrigation canals passing through **the monastery of Vryssi** and the village of **Exampela** where the chef Nikolaos Tselementes was born (1st half of 20th century), very famous in Greece. Return to Kamarea by the regular bus (15min). Dinner and overnight in Sifnos.

Accommodation : Hotel

Main Itinerary :

D4 Sifnos: Apollonia - Profitis Ilias Monastery - Vathy

Transfer to Apollonia (15mn). We head south, from one chapel to another until **Katavati** before climbing to the top of **Mount Profitis Ilias**, the highest point of Sifnos (682m) capped by an imposing **12th-century monastery**. Descent through the Vougnous cave then, following a beautiful path, we arrive at the sources of **Kalamitsi** before arriving in the bay of **Vathy** and its beach. Return by regular bus to Kamares (30min).

Free dinner.

Overnight in Sifnos.

Accommodation : Hotel

Main Itinerary :

D5 Sifnos / Milos: Fylakopi - Sarakiniko - Mandrakia

From **Kamares**, we go up the slopes of Mount Profitis Ilias, passing through old mines, to still enjoy the magnificent Sifnos. From **Apollonia**, transfer by regular bus to Kamares (15min) and boarding for **Milos**. Ferry crossing (1h to 1h30) to Milos. Check-in at the hotel in **Adamas** for two nights. Transfer to **Fylakopi** (15min), the starting point of the hike, and a **major archaeological site** that has revealed important vestiges of the Cycladic civilization. Then we follow the coast in sumptuous landscapes combining volcanic rocks and sedimentary rocks until **Sarakiniko**, passing by the pit of **Papafranga** with transparent water, and the small natural ports of **Pachena and Mytakas** before the picturesque port of **Mandrakia**. Depending on the season and the weather, boat times between the two islands are subject to change. If the ferry leaves from Sifnos earlier in the morning, the planned hike to this island could not take place. On the other hand, on Milos, a longer route would be organized by keeping the part between Fylakopi and Mandrakia, undoubtedly the most spectacular hike of our week.

Dinner and overnight in Milos.

Accommodation : Hotel

Main Itinerary :

D6 Kimolos

Crossing (20 to 30 minutes) from **Apollonia to Psathi**, port of the island of Kimolos, a superb volcanic island, near Milos. We leave for Chorio, the main town and its mills aligned on the Ksaplovouni ridge. Then via a beautiful path we reach the rock of **Skiadi**, an astonishing **rocky mushroom** sculpted by erosion, before reaching the seaside for a stroll from beach to beach where your desire for swimming can be satisfied. The return to Chorio is made by stony paths in a beautiful shaded valley, passing through several ruined hamlets.

Return crossing to Milos.

Dinner and overnight in Milos.

Accommodation : Hotel

Main Itinerary :

D7 Milos - Piraeus - Athens

Direction to the village of **Tripiti** for a circuit rich in discoveries with the famous **catacombs of Milos**, among the oldest in the early Christian world, then the site **where the Venus de Milo was discovered** near the ancient **Roman theater**. Small coastal walk offering magnificent views of the shades of blue of the Aegean Sea and the colorful houses of the small port of **Klima**. Return to Adamas. Ferry (2h30 to 3h) to Piraeus.

Private transfer to Athens and overnight in Athens.

Free dinner. Overnight in Athens.

Accommodation : Hotel

Main Itinerary :

D8 End of Stay

End of stay after breakfast, transfer to the airport, and return flight.

Itinerary

On-site, we may sometimes have to modify somewhat the itinerary indicated: either at the level of the organization (a problem of overloaded accommodation, modification of the boat rotations) or directly because of the guide (weather forecast, group-level ...). Trust us, these changes are always in your best interest. Warning! In the Mediterranean, the weather can change and the boats shifted in their passage. We adapt to the circumstances. All indicated boat times are subject to change.

SOME PRECISIONS

Grade

Easy to medium, no portage. You have to love walking and be in good shape. Hike accessible to fit hikers, motivated by walking and group life. 2 to 5 hours of walking per day. The height difference is variable, between 100 and 720m (maximum) per day.

Luggage transport

You only carry a small backpack with your daily things, the picnic, and the groceries. You will have to transfer all of your luggage from the boat to the vehicle that transports the luggage to the islands and then to your room (and vice versa). That's all.

Transfers

The boat

We will travel from island to island on the regular ferries that ply the Aegean Sea from Piraeus.

These large boats are a guarantee of arrival on the islands. You should know that Greek ferries can sail up to force 9/10 depending on their size. It can be very windy at sea without even realizing its effects on the islands. You only need to be in a sheltered cove or bay (or on the right side of the island) to not feel the effects.

Group

From 4 to 15 participants.

Exceptionally, the group may have one more person, for example, if a couple registers when there is only one place left, or in the event of simultaneous registrations.

Duration

8 days / 7 nights.

Duration

From mid-April to the end of October, Sunday to Sunday.

Guide

By an English or English-speaking certified mountain guide.

Conmfort

? Accommodation

You stay in family hotels type 2 *, in rooms of 2 to 3 (generally 2), with private bathroom. We can be assigned to several different accommodations but of course, we will have the evening meal together. Possibility to book a single room (subject to availability).

? Catering

Picnic during the hikes, with local products. Evening meal and breakfast served hot (local cuisine). Every evening we will have dinner in local taverns. Meals included from breakfast on D2 to breakfast on D8 (except dinners in Athens on D1 and D7, and in Sifnos on D4). Please let us know when registering any food allergy or special diet; we will do our best to adapt your meals.

Flights

Paris / Athens flights are included in the ticket price. Regular flights (Air France, Aegean...) or low-cost Transavia. The prices are valid for departures from Paris. Departures from other cities are possible, do not hesitate to ask us. Prices shown are only valid for certain booking classes on airlines that serve this destination. They are therefore subject to change in the event of unavailability of places in these classes at the time of booking.

Start / End

? Appointment

The J1 at Athens airport.

? Dispersion

The J8 at Athens airport.

Travel document

Approximately two weeks before your departure, you will receive a summons specifying the time and place of the meeting, the name and contact details of the guide as well as the address of the first accommodation.

Extend your trip

We can book additional nights for you before or after your stay, consult us.

Swimming

A number of our trips are suitable for swimming, during a stage or at the end of the day. It would be a shame not to enjoy. We stress however that your supervisors are not lifeguards; these swims are therefore under your responsibility and at your own risk.

Photos

You take great photos! Do not hesitate to send us a CD, a USB key, a Dropbox or WeTransfer link of your best photos taken during your trip. The fact that you provide us with photos implies that you accept that your photos will be used free of charge on our various media (catalog, website, technical sheet, etc.).

Travel Blog

Do you want to share your best moments of the trip and share your experience with the hiking community? Send us your story and some photos illustrating your comments that we will publish for you on our blog.

DATES AND PRICES

Prices include

- return flights Paris / Athens
- air taxes
- framing
- accommodation for 7 nights
- meals from breakfast on D2 to breakfast on D8 (except dinners on D1, D4 and D7, lunches on D1 and D8)
- boat tickets and transfers during the stay
- transfers from and to the airport
- baggage transport

Prices do not include

- drinks and some meals
- dinners on D1, D4, and D7
- lunches on D1 and D8
- site visits outside those planned in the program
- the drinks during meals
- personal expenses
- the insurance
- registration fees
- anything not indicated in "Prices include"

Options, extras and discounts

single room supplement: between 360 € and 545 € depending on the dates.

IN YOUR LUGGAGE

Equipment

To hike

- Mountain boots holding the ankle with a good notched sole, with a heel counter and good waterproofness
- Comfortable "special hiking" socks (3 pairs minimum)
- A polar fur
- Comfortable pants for walking (technical material that dries quickly)
- Shorts, t-shirts and technical underwear (quickly drying material)
- A long-sleeved shirt (technical material that dries quickly)
- Walking poles (telescopic), very important to facilitate walking

Note: synthetic technical clothing is very efficient. New merino wool clothes have also appeared; they are very efficient and comfortable to wear, and have the advantage of not developing perspiration odors! (Icebreaker brand, Ruka, etc...).

Generally speaking, do not use cotton, which cools when wet.

For the midday picnic

- Plastic bowl, box, or plate
- Cutlery (spoon, fork, knife)
- Bottle of one and a half liters minimum (compulsory)

Against the sun and the rain

- Sunscreen (high protection) and sunglasses
- Hat, cap, or bob
- A rain cape or a "Goretex" and possibly Goretex pants

After the effort

- A pair of jogging-style sneakers for the evening
- Change of clothes and personal linen
- Kit and towel (mini)
- A mini-pharmacy: personal medicines, Elastoplast, biogaze or "2nd skin", gauze, disinfectant, medicine against seasickness, arnica in granules and aspirin in case of small injuries ... (quite a program! But reassure yourself) you, the pharmacy often returns intact from your week of hiking)
- Swimsuit not to be forgotten, it is possible to bathe every day.

This list must be adapted according to the season.

Luggage

To transport your belongings

- A small, comfortable 35 to 45 L backpack with a lap belt to carry your personal belongings and the picnic during the day.
- A following baggage: a backpack, a travel bag in good condition, or a suitcase that is not too bulky. One piece of luggage per person; limited to 15 kg.

DETAILS

The country

Country: Greece

Capital: Athens

Archipelago: Cyclades

Population: 10,757,292 inhabitants

Formalities

Papers

Travelers to Greece, including minors, must be in possession of a national identity card or passport (EU nationals).

Health

Bring the European health insurance card, to ask your health insurance fund at least 15 days before departure. Sanitary conditions are similar to those in France.

Phone

Calling code: + 30

Jet lag

It's two hours more than in England. When it is 3:00 p.m. in England it is 5:00 p.m. in Greece.

Weather

The climate of the islands is Mediterranean, which is to say hot and dry in summer and mild and rainy in winter, but with significant differences depending on the regions and archipelagos. The Cyclades regularly suffer from lack of rain and during the beautiful season, which lasts here almost 6 months, precipitation is scarce or even completely absent from the end of May to the beginning of October. The Cyclades also benefit from relatively cool summers (for Greece) thanks to the famous "Meltemi", a seasonal wind which during the beautiful season refreshes the atmosphere pleasantly, but which sometimes gets carried away to the point of immobilizing the boats in the port. for a few hours.

Language

Greek, English, and sometimes a little French and German.

Currencies

Euro

Various

Land of myths and sailors

There is not a place, not a Cycladic rock that legends have not clung to.

Mythology steadfastly affirms the Ancients' attachment to the sea and its islands - and, at the same time, the awe of this world on the fringes of the world. Poseidon, accompanied by his retinue of monsters and marine deities, tritons, and nereids, himself embodies this power, this fascination mixed with fear. It was he who, with a blow of his trident, would have made the Cyclades emerge from the foam.

It is a mortal, however, who gave his name to the sea which bathes them: Aegeus, father of Theseus, who rushed into the waters believing his son had been devoured by the Minotaur. Ulysses comes again, with his mythical Odyssey, to exhale the links of Greece to this coming and going of the wave that embraces and invades him like a lover.

The current of history has long sought to wrest the Cyclades from Greece. Conquerors came from all over: Barbarians, Venetians, Franks, Turks. The country's center of gravity has shifted towards the mainland. But the link to the sea has never been erased. In fact, the numbers say it, all of Greece lives on or against the waves. A fifth of its territory is scattered over the blue of the Aegean, Ionian and Cretan seas.

A capricious God has sown more than 2,000 islands there - nearly 10,000, if you count all the rocks, flush with the surface. They are also so numerous, the coastline so jagged, that the country alone has as many coasts as the United States! The Cyclades, on the other hand, group together 39 islands, organized into four constellations (north, center, south, and west), 24 of which are inhabited. So many miniature worlds, with their own history and traditions.

Source: <https://www.routard.com/>