



excursions

Saturday

21 May 2016

OPTION 2

DESTINATION

Outer Mani
Mount Taygetos
Southeastern corner of Messinia
Departure: 9.00 am Arrival: 5.00 pm



MAIN FEATURES

Proud and magisterial land decorated with fortified tower houses.

Natural environment

- ✓ Mount Taygetos overlooking the Mediterranean Sea
- ✓ dramatic variations within the landscape
- ✓ land of stone and olive trees
- ✓ cool streams with crystal clear waters
- ✓ galore sunshine
- ✓ view to the wide blue sea
- ✓ air that smells of Mediterranean wildflowers and herbs

Cultural environment

- ✓ Fortified stone tower houses, unique in Greece
- ✓ Beautiful stone made villages
- ✓ Byzantine churches and chapels
- ✓ Stone paved footpaths

Activities

- 1) Meeting in Kalamata and transfer to **Kardamili** by bus
- 2) walk ascending from Kardamili: **fortified tower houses** of the old town, **stone paths**
- 3) Visit to the neighbouring villages of **St. Sophia** and **Petrovouni** and their **Byzantine churches**.
- 4) Walking into a pleasant route rich in diversity; plumed smell of nature, **picturesque images**
- 5) Arrival at the village of **Proastio**
- 6) Walk on the old **pathways** and through fertile **olive groves** that offer the most important goods of the region, olives and the well known for its quality extra virgin olive oil
- 7) Lunch break to enjoy a healthy **picnic** with flavours of traditional **local food** prepared by ladies of the villages of the area.
- 8) Walking towards the highest peak of **mount Taygetos** which is so close to the **Mediterranean Sea**
- 9) Visiting hidden **old chapels** and **cool streams** with crystal clear water