



AMORGOS ACTIVITIES



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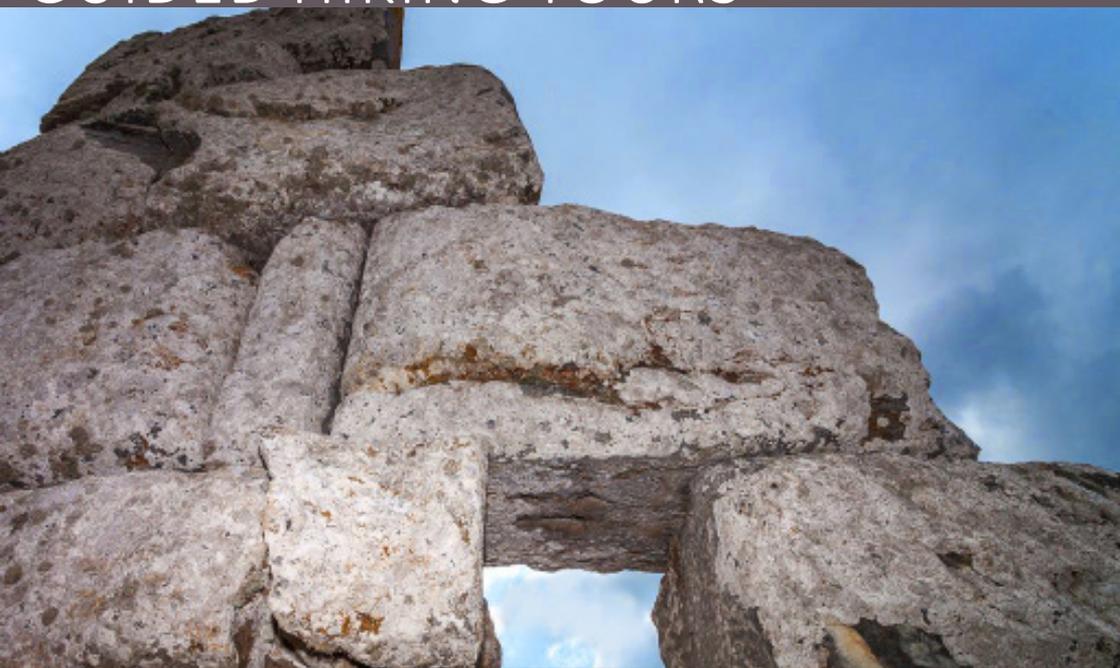


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GUIDED HIKING TOURS



AMORGOS HAS AN EXTENT HIKING NETWORK, WITH MORE THAN 30 DIFFERENT CIRCUITS THAT ALLOW VISITORS TO EXPLORE ITS UNSPOILED NATURE, REACH ITS IMPORTANT HISTORICAL AND RELIGIOUS MONUMENTS AND ENCOUNTER LOCALS IN THEIR EVERYDAY ACTIVITIES. BELOW WE PRESENT SOME SUGGESTIONS FOR A GUIDED HIKING TOUR:

1) In the area of Aegiali Bay: Tholaria - Stroumbos - Langada

This hiking path connects two traditional villages with different atmosphere, Tholaria and Langada, and passes through a small village, Stroumbos, amid the seducing Amorgian nature. It is an excellent way to discover the lifestyle of the inhabitants, their traditions and the typical ambiance of the Kafeníon (traditional café). This hiking route is located in the most beautiful part of the island and offers fascinating views combining sea, mountain and local vegetation. Along the way, one can see whitewashed chapels from all periods, sometimes built on ancient sites; the remains of a tower of the Hellenistic period; terraced fields, lined with magnificent dry stone walls and an overview of a small canyon, Araklos. The paths have been made using a variety of paved stones, ranging from deep black to bright white. This trail offers the opportunity to reap a nice sample of the famous aromatic and medicinal plants of the island.

Minimum number of participants: 10

Duration: 2 hours continuously - 3 hours with stops and visits

Price per person: **30€ (including snack)**

2) Extension of Hike (1) to the Monastery of St. John Theologos.

Hidden at 500m altitude on the slopes of mount Krikelos, the Monastery is located at an hour's walk from the Church of Panagia Panochoriani, outside the village of Langada. This is one of the most important Byzantine monuments of the Cyclades, built in the time of Iconomachy, between the 7th and 9th century AD. The complex of various buildings and interior courtyards, along with the three-aisle domed basilica, forms a harmonious architectural ensemble. The location of the Monastery is worth visiting.

Additional Cost per person: **20€**

3) Transfer to the Port of Katapola for a hike discovering the southern part of the island.

Ascent to a typical area of the Port of Katapola. The Cycladic maze of narrow streets leads to a path to the archaeological site of Minoa, where one can visit the site of one of the three important ancient cities of the island. The Cretan King Minos is believed to have established his summer palace at this place. The walk continues to the small pretty villages of Lefkes and Ano Vrissi, isolated amid a magnificent landscape, with the houses and their flowered courtyards offering an enchanting and unusual site. Following, we arrive at the river Varmas, which depending on the season, can be dried or turned into a torrent. A beautiful trail down to the chapel of Agioi Saranta leads to the bay with the same name : a completely secluded beach surrounded by brilliant blue sea. Hiking to the village of Agia Thekla and return to Katapola via Lefkes.

Minimum number of participants: 10

Duration: between 3 hrs 30 mins and 4 hrs

Price per person: **50€ (including bus transfer)**



GUIDED ISLAND TOUR (IN COACH OR MINIBUS)



The full day island tour introduces participants to the most important sites of the island of Amorgos :

- *The Monastery of Panagia Chozoviotissa: The 1000 year old Monastery of Panagia Chozoviotissa, built in the cliffs 300 meters above the sea, is an impressive landmark and a monument of vernacular architecture. Home to the miraculous icon of the same name, it is one of the most remarkable Monasteries in Greece.
- * The picturesque capital of the island, Chora, has 40 churches and 12 windmills, beautiful squares and houses of the 17th century. A labyrinth of typical Cycladic alleys leads to the Kastro (castle) built on the top of an impressive rock. Located in a 16th century mansion house, the Archaeological Museum of Amorgos presents interesting findings from the island.
- * The Monastery of Saint George Valsamitis is built upon the ruins of an ancient water oracle. “Lalon Idor” - in English “water that speaks” - was one of the most important oracles in antiquity, along with the oracles of Delphi and Dodoni. Coming from all parts of Greece, visitors would find in its waters mental clarity and answers to their questions. The sacred spring still runs in the Monastery today.

Duration: between 3 and 4 hrs
Minimum number of participants: 10
Price per person: **45€**
Private Tour (1 to 3 pp): **200€**

TOUR OF AEGIALI VILLAGES

(ACCESS TO THE VILLAGES OF THOLARIA, LAGADA AND POTAMOS IN MINIBUS OR COACH)



This tour takes participants to the picturesque whitewashed villages that dot the area around the bay of Aegiali. It gives the opportunity to experience the quiet happiness of traditional villages and the way of life of their inhabitants. Built on a hillside in a beautiful natural environment, Tholaria, Lagada and Potamos offer their architectural charm and authenticity, together with beautiful views of the island and the bay.

Price per person: **20€**

TOUR OF THE SOUTHERN PART OF THE ISLAND

Upon request, we also organize a tour of the southern part of the island, including the Monastery of Saint George Valsamitis, the Hellenistic Tower of Agia Triada in Arkesini (part of the Unesco list of monuments worthy of interest) and the beaches of Mouros & Kalotaritissa.

Duration: 5 hrs

Minimum number of participants: 10

Price per person: **48€**

Private Tour (1 to 3 pp): **270€**

COOKING CLASSES



The cooking demonstration takes place in “Ambrosia Gallery Restaurant” at Aegialis Hotel & Spa and it will show you step by step how to prepare the most famous Amorgian specialties. The vegetables and herbs used for the recipes come from our organic gardens.

Afterwards, a convivial tasting of the prepared dishes follows: Vegetable croquettes with aromatic herbs; Fava or delicious paste of yellow lentils; Favatokeftedes or Amorgian yellow lentil fritters; Methismena Amorgiana, Amorgian sweet and salty wine cookies; Tiropita, traditional Greek cheese pie, Spanakopita, traditional Greek spinach pie; the real Tzatziki (traditional Greek yogurt sauce), and authentic Loukoumades (a type of honey puffs).

Participants will have their lunch after the class, enjoying the dishes they have prepared.

Duration: 2 hrs 30 mins

Price per person: **49€**

WINE TASTING



Come and enjoy a wine tasting journey through the most distinct wines of the Cycladic region and from prestigious old wineries in Greece. A local expert will help you dig into the history and the flavor nuances of 9 different labels, plus traditional aperitifs such as rakki and ouzo. Unique Greek appetizers will accompany your wine tasting experience.

Price per person: **55€**

WINE TASTING & COOKING CLASS

Special Offer

Price per person: **75€**



HERBAL TOUR: INTRODUCTION TO THE AMORGIAN HERBS



The island of Amorgos has over 600 species of herbs and aromatic plants, including 40 endemic! The use of the medicinal plants of Amorgos is part of the healing traditions of the island since ancient times. Due to the island's micro-climate and unique geo-magnetic characteristics, the Amorgian herbs have an essential oil yield significantly higher than the average. Plants such as sage can be smelled on the island all year long, while others such as thyme represent an outstanding food source for the bees that produce high quality honey, awarded in international exhibitions. You will learn to distinguish aroma and appearance of the herbs and how to use them for your well being and as a gastronomic ingredient. Depending on the seasonal activities related to herbs, the walk will bring the participants to the essential oil distillery of the island or to our organic garden.

Price per person: **38€ (including snack)**

DONKEY RIDE



Discover Aegiali on a donkey ride. The exact route is determined in consultation with the participants. The walk begins from the traditional village of Tholaria or Langada and passes through the olive groves, leading to different sites and churches in the area. An authentic experience, respectful to the environment and animals, similar to the actual daily life of the local people in Aegiali.

Price per person: **45€**

GREEK DANCE LESSONS



Dance holds a special place in the traditions of the island. All year long, there are many opportunities for local people -men and women- to wear their traditional costumes and dance until dawn, to the sound of the lute and violin. A convivial dinner is often the occasion of spontaneous dances, such as Kitsos or syrtos... Learn the steps, take part to the festivities and discover the art of living.

Price per person: **20€** for one session of 75 mins

DISCOVER SCUBA DIVING



Presentation of the theory of scuba diving and the equipment supplied. Learning the basic techniques of diving at small depths in the sea or in the hotel pool. Following the theoretical class, participants are taken for their official first dive: a descent into the sea at 12m deep (40 feet). The “baptism” of diving, “Discover Scuba Diving” is automatically credited towards “PADI Open Water Diver” for those wishing to pursue the course. A diving booklet “Diver’s Log” is given to all participants at the end of initiation.

Price per person: **65€** (including theoretical course, practical & diving equipment, instructor, transfer, insurance and certificate)

Apart from conventional and advanced courses for the graduation, we also offer specialized graduate courses: diving with enriched air, wreck, deep, night, retrieving objects, digital photo and more.

SNORKELLING



The easiest and simpler way to discover and admire the underwater landscape of Amorgos! Snorkelling is a marvelous playful activity, accessible to all swimmers, no matter their age.

Thanks to the purity of the Amorgian waters, this relaxing hobby becomes fascinating: extraordinary visibility over the underwater landforms, cliffs, walls, reefs... schools of colored fish, sponges, seahorses, starfish...

We will take you to secret beaches and coves that present the richest marine depths, for a unique and exciting experience...

Extend the pleasure of swimming! Discover the magnificent world of the maritime landscape of Amorgos, this unexpected addition to the famous mountainous landscape...

Duration: about 2 hours.

Minimum number of participants: 8 persons.

Price per person, Aegiali port as starting point: **35€** (including snorkelling equipment, instructor, transfer and insurance)



CERAMIC LESSONS



Create your own memories of Amorgos. You will learn the basic techniques of ceramics by a renowned artist of the island. Each participant will shape his own souvenir-object of the island. Cooking mode Rakou will be used.

Price per person: **50€** for 1hr 30 mins session

ICON PAINTING DEMONSTRATION



From the linden wood board to the final polish, the Byzantine icon painting follows a series of specific steps. The choice of natural materials used is extremely important too: gold leaf, water, egg tempera, pigments... You will assist a demonstration by a qualified iconographer, explaining the spirit and the subtlety of the art.

Minimum number of participants: 4 persons.

Price per person: **70€** for 2 hrs 30 mins session



Aegialis
hotel & spa



Aegialis
Tours



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***Prices refer to group of 10 pax minimum; for less participants, prices may vary.