

**JUNE**

FRI 2 Gerakas

▲ Tea Time ☀

SAT 3 Marathia1 ●

TUE 6 Giri PicNic ☀

WED 7 Marathia 1 ☀

≈ Hike &amp; Sea

THU 8 Keri village ●

FRI 9 Skopos Fullmoon ☺

SAT 10 Marathia2 ●

WED 14 Marathia 1 ☀

≈ Hike &amp; Sea

FRI 16 Louha ●

SAT 17 Keri village ☀

TUE 20 Ano Gerakari ☀

WED 21 Giri Solstice ●

THU 22 Marathia1 ☀

≈ Hike &amp; Sea

FRI 23 Marathia2

▲ Wild Cooking ●

SUN 25 Gerakas ☀

TUE 27 Louha

▲ Melissiotises ☀

THU 29 Skopos

Silence Sunrise ◇

FRI 30 Keri Village ●

**JULY**

SAT 1 Louha ●

TUE 4 Ano Gerakari ☀

WED 5 Marathia 1 ☀

≈ Hike &amp; Sea

THU 6 Marathia2 ☀

FRI 7 Gerakas

▲ Animal Senses ●

SAT 8 Keri village ●

SUN 9 Giri Fullmoon ☺

TUE 11 Louha PicNic ☀

WED 12 Marathia 1 ☀

≈ Hike &amp; Sea

THU 13 Gerakas ☀

FRI 14 Skopos ●

SAT-SUN 15-16 Giri

Overnight ●☀

WED 19 Marathia 1 ☀

≈ Hike &amp; Sea

THU 20 Skopos

Silence Sunrise ◇

FRI 21 Kiliomenos ▲ Trees ●

SAT 22 Ano Gerakari ●

TUE 25 Gerakas ●

WED 26 Marathia 1 ☀

≈ Hike &amp; Sea

THU 27 Keri Village

FRI 28 Louha

▲ Melissiotises ☀

SAT 29 Marathia2 ●

**AUGUST**

TUE 1 Gerakas

▲ Hazardous! ☀

WED 2 Marathia 1 ☀

≈ Hike &amp; Sea

THU 3 Gerakas ☀

FRI 4 Giri ●

SAT 5 Keri village ●

MON 7 Skopos Fullmoon ☺

TUE 8 Marathia2 ●

WED 9 Marathia 1 ☀

≈ Hike &amp; Sea

THU 10 Ano Gerakari ☀

FRI 11 Louha ●

SAT 12 Keri village ●

TUE 15 Skopos Holy Mary ☀

WED 16 Marathia 1 ☀

≈ Hike &amp; Sea

THU 17 Gerakas ☀

FRI 18 Marathia1 ●

SAT-SUN 19-20 Giri

Overnight ●☀

TUE 22 Louha▲Melissiotises ☀

WED 23 Marathia 1 ☀

≈ Hike &amp; Sea

THU 24 Ano Gerakari ☀

FRI 25 Marathia2 ●

SAT 26 Giri ●

TUE 29 Keri village ☀

WED 30 Marathia 1 ☀

≈ Hike &amp; Sea

THU31 Skopos Silence Sunrise ◇

**SEPTEMBER**

SAT 1 Louha ●

WED 6 Marathia 1 ☀

≈ Hike &amp; Sea

FRI 8 Gerakas ●

SAT 9 Giri Fullmoon ☺

TUE 12 Marathia2

▲ Bird Language ☀

WED 13 Marathia 1 ☀

≈ Hike &amp; Sea

THU 14 Ano Gerakari ☀

FRI 15 Louha ●

SAT 16 Gerakas ●

TUE 19 Marathia2 ☀

WED 20 Marathia 1 ☀

≈ Hike &amp; Sea

FRI 22 Giri ●

SAT 23 Keri village ●

TUE 26 Ano Gerakari ☀

WED 27 Marathia 1 ☀

≈ Hike &amp; Sea

THU 28 Skopos

Silence Sunrise ◇

FRI 29 Louha ●

- ☀ Morning hike
- Sunset hike
- ☺ Fullmoon hike
- ▲ Special hike
- ≈ Hike & boat trip
- ◇ Silent hike

**OCTOBER**

WED 4 Marathia 1 ☀

≈ Hike &amp; Sea

FRI 6 Skopos fullmoon +1 ☺

TUE 10 Marathia2 ☀

WED 11 Marathia 1 ☀

≈ Hike &amp; Sea

FRI 13 Skinari ☀

SAT 14 Giri ●

**About the specials**

**Hike and Sea:** Up to the mountain, down to the sea and a boat trip on the way back!

**Skopos Silence Sunrise:** Walking **meditation** with greeting to the sun on top of Skopos.

**Overnight:** The magic of sleeping outside in nature.

**Melissiotises** – Members of the Island's Womens Organisation show how to make **traditional delicacies**:

27/06 – Fig Marmelade

28/07 – Tabouleh

22/08 – Herbs

**Pic Nic:** We buy traditional products from the mountain area and enjoy them during our hike.

**TRIGOS Traditional harvest,** winepressing and village life. Including: pick up, food and of course wine! ☺  
Time: Beginning of September

**Specials that include learning material and nature games. For big and small children!**

***02/06, Tea Time: Foraging Delicious Teas***

Meet the plants, learn what and how to use them and come home with your own freshly collected herbal tea!

***20/06, Wild Cooking: Parsley, Sage, Rosemary and Thyme***

Do they all grow here? What else can we find? And what can we eat? Let's forage, taste and get inspired!

***07/07, Animal Senses: FoxWalk and OwlEyes***

Ever wanted to meet wild animals? We will experience what it needs and what we can learn from them.

***21/07, Trees: Wood, Food and More***

A chance to look at these companions a little bit closer. What they can do for us and how to approach them. Talking to trees is allowed ;)

***01/08, Hazardous!: Attention Attention!***

Furry animals are cute, shiny berries tasty and sunshine is making us happy – true? Or is there something to be aware of? See what comes up while being in the wilderness and how to deal with it.

***12/09, Bird Language: Tschiiip Tschiiip Tschiiip!***

What our feathered friends can tell us about wildlife surrounding us. It's easier than Greek! ;)

## New walks / Neue Wanderungen

### Keri village (easy to medium difficulty / 7km / 2 hours)

A circular walk passing by olive groves, view to Mizithres, a gaze from the lighthouse, a visit in a small cave and through the forest back to the village again.

*Rundwanderung vorbei an Olivenhainen, Ausblick auf Inselchen Mizithres, Fernblick vom Leuchtturm, eine kleine Höhle und durch den Wald zurück in das Dorf.*

### Marathia #2 (valley) (medium difficulty / 8km / 2,5 hours)

A combination of the most beautiful parts of Keri and Marathia walking trails. Deep forest, stunning views and village life.

*Eine Kombination der schönsten Teile unserer Wanderungen rund um Keri und Marathia. Mit kühlem Wald, wunderschönen Ausblicken und entspanntem Dorfleben.*

### Giri (easy to medium difficulty / 5km / 1,5 hours)

Visit to traditional Giri village, dry stone walls and low bushes, pine and oak trees and amazing 360 view of plain area.

*Das traditionelle Bergdorf Giri mit alten Steinmauern, typischer Vegetation mit niedrigen Sträuchern, knorrigen Eichen und ein einzigartiger Fast-Rundum-Blick auf die Hochebene.*

### Ano Gerakari (medium difficulty / 8km / 2,5 hours)

A lovely walk through olive groves, with an old path and an amazing view over the flat area of the island. A swim in the end is possible!

*Eine bezaubernde Wanderung durch Olivenhaine, mit einem alten Pfad und atemberaubendem Blick über das Flachland der Insel. Zum Abschluss können wir an den Strand gehen!*

## BIKE TOURS

This year we have cycled and chosen **5 beautiful biking routes** - both off and on road - with different levels of difficulty. These routes are:

**1. Keri area:** Wonderful view over breathtaking cliffs, picturesque village of Keri and Light house.

*Off road / Distance: 16 km / Time: 4 hours / Grade: Difficult*

**2. Vrahionas:** Around Zakynthos's highest peak (756m) and amazing view from the Antennas

*Off road / Distance: 10 km / Time: 2.5 hours / Grade: Medium*

**3. Koiliomenos - Louha:** Connecting two beautiful mountain villages, pine forests and vineyards

*Off road / Distance: 10 km / Time: 2.5 hours / Grade: Medium - Difficult*

**4. East Side:** A long ride along the coast line, with view to the mainland of Greece and Kefalonia

*Tarmac road / Distance: 35 km / Time: 3 hours / Grade: Medium - Difficult*

**5. Marine Park:** Unspoiled – because of the sea turtle - beach of Kalamaki, busy Laganas and quiet Agios Sostis area.

*Tarmac road / Distance: 30 km / Time: 2.5 hours / Grade: Medium*

## IMPORTANT INFORMATION ABOUT OUR ACTIVITIES

Please bring with you: **good walking shoes**, something to **eat** (snacks, sandwiches,...) and **drink** (WATER, juice, tea,...), **protection against the sun** (hat, sunscreen)

Guiding is provided in: **English, Greek & Deutsch**

The listed time is only about the walk. Please note that transport, visits to places of interest and stops in tavernas, etc. **extend** the duration in total.

The matter of **safety** is something very important for us. That's why we carry all the time a **first aid kit** with us. But please have in mind that participation to the activities of FÓRα is always **at your own risk**.

Offering an activity **on demand** for the dates that are not in the program, is also possible.

We reserve the right to **change** our program.

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