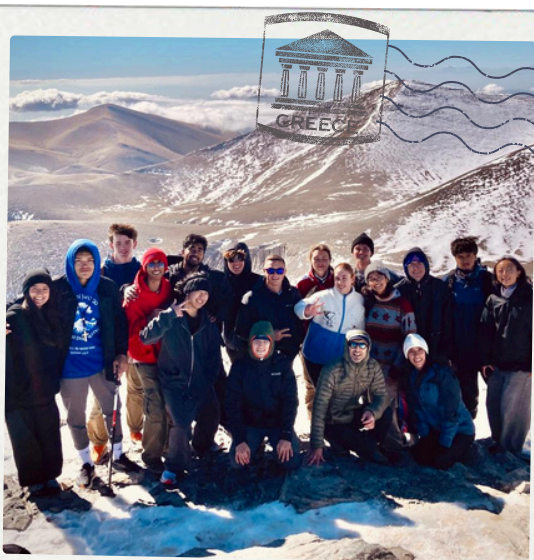


Field Trip Guide

SPRING 1 | 2026



Byzantine Museum Visit

Dates: Jan. 18

Cost: €0

Visit the Thessaloniki Museum of Byzantine Culture to learn about the art, history, and architecture of Byzantium!

Registration is required and attendance is limited; the guided tour starts at 12.

Pozar Hot Springs

Dates: Jan. 24 & March 21

Cost: €30

(includes transportation to Pozar "Loutra Arideas", visit to Edessa Waterfall, entrance to outdoor pools and hot waterfall)

A day trip to the Thermal baths of Pozar. Pozar has natural hot springs with hot water at a constant temperature of 37C. You can swim in the hot waterfalls along the river or take a walk along the wooded paths. Bathing suit is required. Bring money for snack and lunch.



Meteora Monasteries

Day Trip

Dates: Feb. 7

Cost: €60

(includes transportation, visits to 2 monasteries, guide, lunch)

A day trip to visit two of the Meteora monasteries, impressively built during the middle ages on the peak of very high rocks and protected as a UNESCO World Heritage site. Lunch in the town of Kalambaka (included).

Meteora & City of Ioannina Overnight Trip

Dates: Feb. 28 - March 1

Cost: €120

(includes transportation, accommodation in Ioannina (breakfast included), Perama Cave visit, visit to 2 monasteries, guide)

A weekend trip to Thessaly region to visit 2 of the Meteora monasteries impressively built during the middle ages on the peak of very high rocks and protected as a UNESCO World Heritage site. In the Epirus region we will visit the 1200m long "Perama Cave" in Ioannina with impressive stalactites and stalagmites. We will stay overnight in Ioannina, a magnificent historic town with a beautiful castle and a lake in the center of the town.



Mt. Olympus Day Hike

Dates: March 7 & 8

Cost: €50

(includes transportation, mountain guides)

Discover the legendary home of the gods on this demanding day hike to Mt. Olympus. Designed for fit and adventurous travelers, this 8-hour trek leads you through shaded forests, rocky slopes, and alpine meadows.

Expect steep climbs, rugged descents, and uneven terrain that require strength, stamina, and focus.

This is a true mountain adventure—not a leisurely walk—and those prepared for the challenge will be rewarded with sweeping views and an unforgettable sense of achievement.



Rafting

Dates: March 14

Cost: €70



(includes transportation, equipment, snack)

A relaxing rafting adventure in the crystal clear waters of Venetikos river. The descent of Venetikos river is an easy ride, ideal even for beginners. The scenery is very interesting with the deep vegetation and the turquoise waters that are among the clearest in Europe. The boldest of the participants can enjoy a refreshing swim in the cold river waters with an average temperature of 9°C year-round.

Archaeological & Contemporary Art Museums Visit

Dates: March 15

Cost: €0

Visit the Archaeological & Contemporary Art Museums in Thessaloniki with a guided tour.



Registration is required and attendance is limited; the guided tour starts at 10AM.

Important Info

Sign-Ups

Sign-up through your **Student Portal** (more detailed instructions will be emailed to your ACT account).

Contact Us!

Contact us with any questions!
Athletic & Student Activities Office
Stavros Constantinidis Hall
Room 202
2310 398 228
studentactivities @act.edu

Save the Date!

Jan. 14

Activities Fair
1PM - 3PM

Jan. 23 - 25

Lacrosse coaching and playing
Clinic with Pete Ginnegar
(GLA High Performance Trainer)

Feb. 11

Tsiknopempti & Spirit Day