



# Fall 2023 Field trips

*organized by the Office of Athletic & Student Activities*

## Halkidiki Beach Day

September 17

*Cost €30 includes:  
Bus transportation, beach chair &  
umbrella, 1 soda or iced tea or  
coffee.*

A day to spend at a beach in Halkidiki, set with beach chairs, café and a restaurant. The area has been awarded a “blue flag” of excellence for the clear water and nice beaches. Bring your swimsuit, change of clothes, towel & money for snacks, drinks.



## Vergina-King Philip Royal Tomb

September 18

*\* Cost €50 includes:  
Includes Bus transportation, entrance  
fee, guided tour and lunch.*

A day trip to the area of Ancient Aegai and a visit to the museum of Vergina which houses the tombs and treasures of members of the Macedonian Royal Dynasty, including the tomb of King Philip II, father of Alexander the Great.



## 3-day Sailing Trip

September 29 - October 1

(limit to 8 people/sailboat)

*Cost €350 includes: 3 sailing days,  
2 nights on the boat, food, skipper, group transportation to/from port  
—if departure is not from Thessaloniki*

This is a 3-day trip in the area of Halkidiki, Greece. No sailing experience is required. In each boat we will have a professional skipper on-board. You can relax, enjoy living on the sailboat and explore beaches and harbors or you can take an active role in handling the sailboat under the watchful eye and direction of a professional skipper.



*\*The trip is included and registration is not required for  
Study Abroad and NUin students.*

## Mt Olympus Day-Hike

September 23, 24, 30, October 1

*Cost €50 includes: Transportation, mountain guide.*

A day hike on the picturesque northeast slopes of Mt. Olympus. Four hours of moderate walking through “Enipeas” canyon. Sturdy shoes required. Bring snacks, water and money for lunch.

*Registration and payment deadline for September 23 & 24 trips is Thursday September 21.*

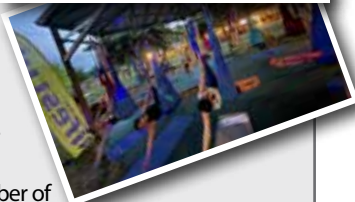


## “Armenistis” Beach Fun Activities

September 23 & 24

*Cost: €40 includes: Transportation, fitness activities, snack with refreshment*

A day trip to one of the most famous Greek summer destinations with golden beaches and clear blue waters. We will participate in a number of activities such as Aerial Yoga, TRX circuits and Aqua Fitness, led by North Fitness Academy instructors. We will also have free time to enjoy the unique blue waters of the nearby beach.



## Mt. Olympus Overnight Hike

October 7-8 & 14-15

*Cost €80 includes: transportation, lodge accommodation, mountain guides.*

We will spend 15+ hours over two days hiking legendary Mount Olympus, the highest Greek mountain (2918m/9577ft), with experienced mountain guides. On the first day, and within just 3 hrs. we will ascend from 1100m to 2100m by walking 4,5 km and carrying our backpacks (4 to 6 kg). After spending the night at the refuge, we will hike for approximately 2 hrs. to reach the “Muses Plateau” (2 km away and 600m higher), passing just under the peak of the mountain. The return hike to the bus involves a descent of 10 km in about 6 hrs. Please note that the hike is designed for experienced hikers, is demanding and involves heights. We will return to Thessaloniki in late afternoon hours.



## Canyoning

September 30, October 1, 7, 8, 14, 15, 21, 22

*Cost €70 includes: transportation, equipment, snack.*

A day trip where we will travel down a river flowing through a canyon on Mt. Olympus by abseiling, scrambling, floating, swimming and jumping off small waterfalls. The trip is guided by the "Baseline Outdoor Activities" team.



## Meteora Monasteries Day Trips

October 7 & 8

*Cost €60 includes: transportation, 2 monasteries visit, lunch, guide.*

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 (incl.).



## Meteora & City of Ioannina Overnight Trips

October 14-15, November 11-12 & 18-19

*Cost €100 includes: transportation, accommodation in 5\* hotel in Ioannina (breakfast incl.), Perama cave visit, 2 monasteries visit, and 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.



*All the field trips and museum visits can be attended by all ACT students, staff and faculty.*

## Pozar Hot Springs

October 21, November 18 & 19

*Cost €30 includes: visit of the Edessa Waterfall, transportation to Pozar – “Loutra Arideas”; entrance ticket to the outdoor pools and to the hot waterfall.*

A day trip to the Thermal (Medicinal) Baths of Pozar, near the city of Edessa. Pozar has natural hot spring with hot water at a constant temperature of 37C. Visitors arrive from all over Greece to delve in the beneficial properties of the mineral filled waters. You can choose to swim in the large outdoor hot pool, the hot waterfall along the river or take a walk along the wooded paths. Bathing suit required. Bring money for snacks and lunch.



## Scuba Diving

October 21 & 22

*Cost: €80 includes: Transportation to Triton Diving Center in Paliouri, Halkidiki, diving equipment, 30' lesson, 40' dive (beginners to 15ft, certified to 60ft), diving instructors, and light meal.*

Few things can leave you spellbound. Scuba diving is one of those. Live the magic world of underwater, take courses leading to PADI certificate and more. The dive will be guided by TRITON Scuba Diving Center.



## Rafting

November 12

*Cost €70 includes: transportation, equipment, light lunch.*

A relaxing rafting descent 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 visitors can enjoy a refreshing swim in the cold river waters with an average temperature of 9°C year around.



Registrations are available in September at [www.act.edu/fieldtripreg](http://www.act.edu/fieldtripreg)

**FREE!**

**CULTURAL EXPLORATIONS  
OF THESSALONIKI**



**SEPTEMBER 30**  
**Archaeological Museum**

**OCTOBER 21**  
**Byzantine Museum**

**NOVEMBER 25**  
**Museum of Contemporary Art**

*Cost free.  
Includes entrance and guided tour.  
Registration recommended.*

## SAVE THE DATE

September 21 & 22	Activities Fair
October 2-6	ACT Spirit Week
October 14	A21 Walk for Freedom
October 21	Thessaloniki Night Half Marathon
October 23-25	Wellness week
October 31	Halloween
November 6-10	International Education week
November 23	Thanksgiving Day

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Anatolia College

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