Fall 2022 Field trips
organized by the Office of Athletic & Student Activities
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Registrations are available in September at www.act.edu/fieldtripreg
3-days Sailing Trip
September 30 - October 2
(limit to 8 people/sailboat)
Cost €350
includes: 3 sailing days, 2 overnights on the boat, food supply, skipper, group transportation to/from port.

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 onboard. 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.

Mt. Olympus Day Hikes
September 24, 25
October 1 & 2
Cost: €40
Includes: transportation, mountain guide, school escort.

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.

Mt. Olympus Overnight Trips
October 8-9 & 22-23
Cost €70
includes: transportation, lodge accommodation, mountain guides.

We will spend two days hiking the highest Greek mountain (2918m/9577ft). We will drive to 1100m and take a three hour hike to the refuge (2100m) and spend the night at the refuge. The next day the well-prepared and fit students will hike up to the “Muses Plateau” just passing under the peak of the mountain (the hike is demanding; you must be fit).
We will return to Thessaloniki in late afternoon hours.
**Canyoning**

October 1, 2, 8, 9, 15, 16, 22 & 23

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.

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**Meteora Monasteries Day Trips**

October 8 & 9

Cost €50
includes: transportation, 2 monasteries visit, lunch, guide.

A day trip to 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. Lunch in the town of Kalambaka (incl.).

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**Meteora & City of Ioannina Overnight Trips**

October 15-16

November 12-13 & 19-20

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.
Scuba Diving
October 22 & 23
Cost: €80
Includes: transportation to a diving center in Halkidiki, diving equipment, 30’ lesson, 40’ dive (beginners 15ft, advanced/certified 60ft), diving instructors, 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”.

Pozar Hot Springs
October 22
November 19 & 20
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 370°C. 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.

Rafting
November 14
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.
FREE!
CULTURAL EXPLORATIONS
OF THESSALONIKI

Saturday noon in a museum
Oct. 1 Archaeological Museum
Oct. 22 Byzantine Museum
Nov. 26 Museum of Contemporary Art
Cost free. Includes entrance and guided tour. Registration recommended.

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