

## **Summer 2024 Field trips**

organized by the office of Athletic & Student Activities

Registrations are available online at www.act.edu/fieldtripreg

#### Mt Olympus Day-Hike

July 5 & 12

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.





#### **Meteora Monasteries**

July 6

Cost €60 includes: Transportation, 2 Monasteries visit, lunch, faculty quide.



A trip to Thessaly to visit the medieval monasteries of Meteora in Thessaly. Built by monks and religious orders during the middle ages, these impressive structures sit precariously at the peak of very high, finger-like rocks which rise up abruptly from the valley floor protected as a UNESCO World Heritage site. After the visit, we'll have lunch in Kalambaka.

#### 3 Day Sailing Trip

July 12-14

(limit to 8 people/sailboat

Cost €350 includes: 3 sailing days,

2 nights on the boat, on-board self-cooked meals, boat skipper.

This is a 3-day sailing trip in the area of Halkidiki, Greece. No previous sailing experience is required - each boat has a professional skipper. Relax, explore the beaches and harbors, and enjoy living on the sailboat. You can also take an active role in handling the boat under the skipper's watchful eye and direction. The excursion will start and end in Thessaloniki.



# "Armenistis" Beach Fun Activities July 13

Cost: €50 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 a

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.



### **SAVE THE DATE!**

June 19 "Class of 2024 Graduation"



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All the Field trips and Museum visits are open to all all ACT students, staff and faculty.

