

## Pozar Hot Springs

November 17 & 24

*Cost €30,00 includes: Visit of the Edessa waterfall, transportation to Pozar – “Loutra Arideas”, entrance ticket to the pool and hot waterfall.*



A day trip to the Thermal (Medicinal) Baths of Pozar, near the city of Edessa. Pozar has natural hot springs with hot water at a constant temperature of 37°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 for swimming. Bring towel, flip flops, money for snacks, lunch and souvenirs.

## Rafting

December 1

*Cost €70,00 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.



**Saturday noon in a museum**  
Oct. 5 Archaeological Museum  
Nov. 2 Byzantine Museum  
Nov. 30 Museum of Contemporary Art

Athletic and Student Activities Office  
New building, room 100  
Tel: 2310 398.228 • Fax: 2310 316.740  
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All the field trips and museum visits can be attended by all ACT students, staff and faculty.

**FREE!**  
CULTURAL EXPLORATIONS  
OF THESSALONIKI



## Fall 2019 Field trips

organized by the Office of Athletic & Student Activities

**N.U.in Greece Participants**



**ACT** | a division of  
Anatolia College

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

## Vergina

September 19

*No fee. Includes entrance ticket, tour and lunch. Participation required.*

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. Lunch included.



## Halkidiki Beach Day

Metropolitan: September 21 &

Queen Olga: September 22

*No fee. Includes bus, beach chair & umbrella, 1 soda, iced tea or coffee.*

A day trip to a beach in Halkidiki with an organized area with beach chairs, café and 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.



## Mt Olympus Day Hike

September 28, 29

*Cost €30 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.



## 2-Night Sailing Trip

September 27-29

(limit 8 people/sailboat)

*Cost €350 includes: 3 sailing days, 2 overnights on the boat, food supply, 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.



## Mt Olympus Weekend Hike

October 5-6 & 12-13

*Cost €75 includes: Transportation, lodge accommodation, mountain guides and light breakfast.*

Spend two days hiking the highest Greek mountain (2918m/9577ft). On day 1, we drive to 1100 m elevation and then hike at least 3 hours to the lodge (2100m) where we will spend the night. The next day we hike for at least 8 hours, visiting the "Muses Plateau" just under the peak of the mountain and returning to the bus. We will arrive in Thessaloniki in late afternoon. This hike is physically demanding and includes views from heights. Backpack, rain gear and, sturdy shoes are required. Bring snacks, drinks and money for meals.



## Canyoning

September 28, 29 - October 5, 6, 12, 13, November 2, 3 (daily-limit 14 people/ day)

*Cost €60,00 includes: Transportation, equipment, snack, picture CD.*

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 and Ioannina Cave

October 12-13 &

November 16-17

*Cost €100,00 includes: Transportation, accommodation in 5\* hotel in Ioannina (with breakfast), Perama cave visit, 2 monasteries visit, faculty guide.*

A weekend trip to the Epirus region to 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. The next day we will 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.



## Scuba Diving Day Trip

September 29 & October 12

*Cost: €80 Includes: Transportation to a diving center in Halkidiki, diving equipment, 30' lesson, 40' dive (beginners 15ft, advanced/certified 60ft), diving instructors, pictures in a CD, light meal.*

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



## Athens & Delphi 3-Night Trip

Trip 1: October 31- November 3

Trip 2: November 7-10

*No Fee. Participation is required. Includes Round trip private bus, hotel, guided visits, two meals daily.*

Days 1 & 2, visit Athens and the Acropolis Museum that houses artifacts from the Greek Bronze Age through Roman and Byzantine Greece. Enjoy a guided tour of the Acropolis with its beautiful Parthenon! On Day 3, travel to Delphi via Thermopyles and the ski town, Arachova. Day 4, visit the archaeological site of Delphi, the second-most important archeological site in Greece, after the Acropolis in Athens. In ancient times Delphi was considered the place where heaven and earth met so the gods were close-by. Established around the 7th century BC, Delphi was a sanctuary to the god Apollo. It was here that the Oracle of Delphi was situated, the most trusted oracle in the ancient world from which the spirit of Apollo gave advice on everything from domestic matters to wars. Enjoy lunch in Delphi before returning to Thessaloniki. Bring money for one meal per day, snacks and souvenirs.

