

Daily Guided Walks Dossier
Rhodes Greece

Guided Walks

£45.00/person/day
Including Transport

£35.00/person/day
Excluding Transport

For

2009

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Introduction

Rhodes Greece is closer to Asia Minor than it is to mainland Greece, The interior of the island is mountainous, sparsely inhabited and covered with forest pine, Attavirous being the highest at 1215mtrs (3986ft) stands out as the only mountain on Rhodes not to be covered whole or in part by trees, and can be easily identified as the only white mountain on the island.

Rhodes is the fourth largest of the Greek islands and the largest of the Dodecanese group of islands. It has unrivalled history. An invader knew Rhodes to be a strategically positioned island close to Egypt and Asia Minor and has been occupied by Minoans from Crete .The Minoans are thought to have established the first shrines at Lalyssos, Kamiros and Lindos. Persians, Romans, Arabs, Knights of St John, Ottoman Turks and Italians have all left their mark on Rhodes in one way or another.

The history of Greece and Rhodes is well documented so will concentrate in informing you about what you can see when walking on Rhodes. Our aim is to give you the opportunity to enjoy the variable walks but also give you the opportunity to experience the Greek way of life if you desire. Depending on the time of year we can arrange for you to spend some time with the locals picking your own olives and see how they are prepared for eating or for making olive oil, a really enjoyable experience I can ensure you. Or what could be better than picking your own fresh oranges from the trees around the villages of Malona and Massari; the best oranges in the World. I would argue my case with Mr Delmonte himself!

As you walk from the villages and into the countryside you will find yourself surrounded by fenced off gardens and small farms with fruit trees, vines and vegetables. These are owned and tended by individual families, the surplus from these farms are sold. Every Saturday in Rhodes Town there is a market where all of these products are sold by the local farmers, well worth a visit to see the extensive range of fruit and vegetables for sale. In the fertile areas of Rhodes there are very large farms and greenhouses, open fields of tomatoes, melons, runner beans etc. The climate of Rhodes allows for the possibility to have two harvests a year. Some of our walking routes ramble through these farms and you can smell the aroma of fresh produce.

Leaving the farms and gardens we venture into the open, variable countryside, that Rhodes offers. You could be walking in pine forests, olive groves, meadows, stony areas covered with herbs. Some of the mountainous areas on first appearance seem to be barren solid rock but even these have plants, small animals and of course goats. The goats are in abundance, some domestic and some wild.

There are wild deer on Rhodes but are difficult to encounter.

Lizards are quite common; they come in various sizes and colors as well as the snakes.

The snakes are rarely seen on our routes but you could be fortunate as some are very colorful. Some are venomous but are not deadly to humans. {For your peace of mind, all of our walking guides are trained to deal if an incident should occur.} There are plenty of interesting spiders and insects on the Island and different species can be seen at different times of the year.

A variety of birds live on the Island, the larger birds can be seen in the mountains.

Language

Greek is the main language on the island; some Greek people also speak English, German, and Italian. The more we leave the coast line and walk in the interior of the island only Greek is spoken, but the Greeks are so friendly and will talk to you in Greek regardless if you understand or not, learning a few phrases in Greek is always good.





The Walking Routes

The type of route you choose will be dependant on your interests and capabilities, all routes are pre-walked by our guides before we take any persons on them, they are then discussed to evaluate there grade, within one category say Forest Walks we might have up to 5 different walks to choose from, this allows us to pick the best route for you depending on the season, weather your requirements and ability. We are developing new walking routes all the time on Rhodes being the interior of the island is so sparsely inhabited some areas can only be found on foot and have been forgotten about by the locals due to infertile ground, but for us might provide a walking wonderland.

A Typical Day Walking (45 euro)

The arranged transport will pick you up from your hotel and take you to the start of the walking route, We take a leisurely pace on 1-3 boot graded routes that is controlled by you, you will be asked if you are happy with the walking pace, its your holiday we want you to enjoy your time with us.. (If you have picked a high grade walk you will be expected to have walking experience, as some of the 4 boot graded routes will take over 6hrs constant walking not including breaks or taking photographs, so a level of fitness will be required.) We like to get a reasonably early start as the morning is the best time of the day for walking. On the end of our walking route the arranged transport will pick you up and take you back to the hotel. Exact times of transport will be given on receiving your booking and pre-booked persons will be given times on confirmation when you arrive in Rhodes.

Walking Conditions

Easy: Tarmac paths, roads.	
Moderate: Prepared walking areas, dirt tracks, forestry tracks.	
Difficult: Rough, uneven ground with some hill walking, some parts off the beaten track	
Very Difficult: Rough terrain, walking experienced required	

Dependant on your choice walking grade above they all will be from September to June, (we are in Rhodes doing winter walking holiday packages, day walkers are welcome to join), we avoid the months of July and August as they are to hot for walking, underfoot is generally dry all year,

winter walking is in temperatures of 10 – 15c can become very warm midday, but it soon cools after 3.00pm January – February, night temperatures are about 5 – 10 c a jumper or a light coat is required when frequenting the local restaurant and taverners during the winter walking months.

Walking Guides and Leaders

Our guides are all English speaking, some have moved to Rhodes and have become Greek Citizens and have come to know the local people and the island very well, others work between Rhodes and North Wales as the walking seasons predict, you can have a preparatory weekend with us in North Wales if you so wish, that will inform you of your requirements, walking grades to choose and give you a chance to meet our guides and leaders before you go over to Rhodes.

Ecological Considerations

We believe that we are one of the most ecological aware walking companies in Rhodes. We ask for your full consideration and co-operation concerning all ecological matters especially in the disposal of rubbish, what ever we take out on our walking routes we must return the rubbish and place in the bin for appropriate disposal. We ask persons to refrain from smoking on our walking routes, Rhodes is venerable to forest fires and Walking Rhodes Ltd is very aware of the ecological effect the destruction of trees has on the planet. It goes without saying no rubbish is to be burnt but brought back for the correct disposal. If you have any suggestions for improvement, please let our walking leaders know and inform us at Walking Rhodes Ltd on your return. It is with yourselves, the tourists, the locals, and tour operators co-operation that we can ensure that our walking routes are as eco-friendly as possible.

Practical Information

Passport and visas

Citizens of EC countries require a valid passport to visit Greece, but do not need a visa.

Accommodation

There are numerous hotels and apartments on Rhodes to suit all budgets.

Food

Greek food is well known, generally the hot dishes are meaty and cooked with lashings of olive oil, all special diets and vegetarian meals can be catered for, Greek salad with feta cheese and more olive oil (and vinegar) are a must and liking for tomatoes does help.

Transport

The arranged transport will be dependant on size of the walking group.

To arrange your own transport, car hire companies on Rhodes are numerous and any can be used, Walking Rhodes Ltd has secured the partnering of M&S Car Hire in Haraki in the our walking business. What this means to you is that you may take your M&S hire car to the start of a walking route and during the course of the day M&S will re-locate your car to the finish of the walking route for your convenience at no extra cost.

Baggage

You are limited to one case 15-20 kilos depending on airline and one hand luggage, a laptop will count as one hand luggage. No liquids or sharp object such as nail files are allowed in your hand luggage, please ensure that your bags are clearly marked with your name, inside as well as outside in case the labels are detached.

Vaccinations and medical precautions

No vaccinations are necessary for Greece and health problems in Rhodes are very rare. The only medical precaution you wish to take is a small first aid kit to cater for blisters, headaches, coughs and colds etc. A high factor sun protection lotion and sunhat is essential, as sunburn can be severe on hot days, on the mountains where it is breezier and cooler, you do not realize you are getting burnt until you get back to your hotel.

Currency

Greece uses Euro, the rate fluxuates and the rate can be found on www.xe.com
There are ATM in most towns and some villages now.

Electricity

220 volts AC, 50 Hz. As the socket outlets require continental plugs it is advisable to carry an adapter if you intend to bring any electrical items with British plugs.

Time

GMT + 2 hours

Mobile Phones

Mobile phones do work very well in Rhodes. If you have not used your mobile phone outside Britain before then we recommend you make the appropriate changes to reduce the cost of using your mobile phone in Rhodes. We ask you not to use your mobile phone while walking on our routes as of courtesy to others, if you require to contact or be contacted during the walk we ask you to do it discretely.

Not included in the price

Tips

Packed lunch, water

Drinks and personal spending, meals.

Flights

During the holiday season which is May to October there will be direct flights to Rhodes. From November to April flights go to Athens and then on another plane to Rhodes. If you so wish you may extend your holiday to have a couple of days in Athens to experience this old city.

Walking Package Holidays

For more information on our Walking Package Holidays please see our website www.walking-rhodes.com for further information.

Clothing and Equipment

If you do happen to forget something we do have walking equipment hire facility. Dependant on the grade of route you choose will reflect the boots you required, we recommend you do not wear sandals for walking, trainers will be fine on lower grades, we will expect you to bring your own walking boots or hire from us for the high graded walking route.

When walking you must not worry about how you look, comfort and protection against the sun are prime importance. It is very rare to have full rainy days in Rhodes but it does happen, have a light rain coat and rain trousers in case. (We have carried ours for 3 weeks and never took them out and that was in January 09), a number of thin layers are better than one thick one. We don't really get any cold conditions in Rhodes but just bear in mind what time of year you are coming over and it gets cool to cold in the evenings over the winter months.

You need to bring with you the following items:

Sun hat; remember about the back of your neck.

Sun cream, always use high factor, you will be exposed to a dry hot wind.

Water 1-2 liters.

Packed lunch (always bring a little extra)

Insect Repellent

We will have first aid equipment at all times but if you bring your own that's fine.

Sun glasses, there is a glare from the rocks and sun glasses are a must have, always buy a pair with UV protection