

On Foot on the Island of Evia

Trip style: Guided Walking Holidays

Destination: 📍 Greece

Trip code: KAR07-LCL09

Grades: 1, 2 & 4

Carbon Footprint: 🌿 1050kg CO2



HOLIDAY OVERVIEW

It may be Greece's second-largest island after Crete, but Evia's charms are much lesser known. Separated from the mainland by little more than a sliver of Aegean Sea, this island stunner rewards with superb archaeological finds, lovely vineyards, and glittering beaches where you may not see another soul. Walkers will love Dimosari Gorge for its waterfalls, rocky ravines, and mysterious Dragon Houses – a collection of megalithic structures buried deep in the mountains. Equally standout is the south coast town of Karystos – an ideal base for climbing the rocky slopes of the 1,398-metre-high Mount Ochi.

WHAT YOU'LL LOVE

- Exploring the historic coastal town of Karystos
- Following old tracks and cobbled mule paths
- Climbing Mount Ochi for dramatic views
- Discovering the island's unique Dragon Houses
- Admiring the waterfalls of Dimosari Gorge
- Sampling local wine

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- 7 nights' 4-star accommodation in Karystos
- 7 breakfasts & 7 dinners
- All in-destination transport

TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 4 to 5 miles (6½ to 8km) sometimes on rugged paths with some rocky sections. Up to 1,300 feet (390m) of ascent in a day. Harder walks: 5 to 7 miles (8 to 11km) on rugged paths with some rocky sections. Up to 2,200 feet (660m) of ascent in a day. Our walk in the Dimosari Gorge will also have notable descents of up to 2,700 feet / 810 m (easier option) and 3,800 feet / 1,140 m (harder option).

ITINERARY

Day 1: Arrival Day

Welcome to Hotel Anastasia. Unpack and settle in.

Day 2: Walking through time

Today's walks introduce the rich history of the island. Both options are in the vicinity of Castello Rosso. The 'Red Castle' is perched on top of Montofoli Hill overlooking the Bay of Karystos. This 13th century castle was built on top of Byzantine foundations and was then developed further by the Franks, Venetians and Turks. After our walks are complete we will visit a beekeeper to learn about honey production on the island and have a chance to sample some sweet local produce and perhaps purchase a souvenir from your trip.

Day 3: Mt Ochi and it's Environs

Mount Ochi (1,398m) is the highest peak in southern Evia. On its slopes is an excellent specimen of a Dragon House. Built with large slabs of inter-locking stone, these buildings are something of a mystery. It is not certain how old they are or why they were built. The other building of note here is the church of the Prophet Elias, a pretty chapel built in traditional style.

Day 4: Dragon Houses of Styra

Styra is 25km northwest of the hotel, but soon reached via the newly constructed highway. Ships left from this city-state to aid the rescue of Helen of Troy. This region contains a number of 'Dragon' Houses; the walks explore three of these and nearby quarries before descending to Styra and its main square where there are several tavernas.

Day 5: Free Day

Your free day offers the chance to explore the waterfront, shops and harbourside cafés in Karystos. Have a lazy day relaxing by the pool or walk to the main beach and have a swim and then take lunch at one of the many restaurants/cafés in Karystos. Later this afternoon, for those wishing to join us, we will meet at the hotel and walk with our guide to the Montofoli winery to enjoy a tour and tasting, returning in time for dinner this evening. You could also join an optional boat trip, which takes in views of Karystos Bay and the nearby Petali Islands towards Marmari. This exhilarating excursion offers a mixture of sightseeing and a short stop on a secluded beach. It may be possible to enjoy a short introduction to snorkelling too. Please ask your leader for further details

Day 6: Petrokanalo Pass to the Sea

The Petrokanalo Pass marks the start point of a walk through the beautiful and diverse Dimosari Gorge. This richly vegetated opening in the rocks leads downhill to the small village of Lenosei and then on to the beach. It is thought that people have been walking here since before the Middle Ages; the remains of an old cobbled surface can be seen in places.

Day 7: Bridges, Poseidon's Temple and Riverside Paths to Potami Beach

Today we will explore the eastern shores with the chance to enjoy a communal meal at a delightful beachside tavern with stunning views.

Day 8: Departure Day

We hope to see you again soon.

4-star Hotel Anastasia - Evia

The 4-star Hotel Anastasia enjoys a beachfront location in the charming coastal town of Karystos and is a winner of several HF Holidays Hotel Awards for its fantastic staff, abundant breakfast and mouth-watering evening meals. It's conveniently situated just 300m from the town centre, allowing you to explore the local shops and culture, enjoy the harbourside cafés, or hire a bicycle to explore deserted nearby bays.

This hotel has:

- Outdoor pool
- Pool/Lounge bar
- Restaurant with delightful Aegean Sea views

Beauty and massage facilities are also on offer for guests.

Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)
