

# Ionian Explorers, a Corfu Family Adventure

Trip Code: FCF

Version: FCF Ionian Explorers, a Corfu Family Adventure



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- Explore the desert like dunes of Issos, and discover the incredible wealth of creatures that call this landscape home.
- Swim in the azure blue waters that line the back to back beaches at Porto Timoni.

- Climb to dizzying heights on the walls of Dafnata before descending into the view and down to the beach at Benitses.
- Maraud like invading pirates through the streets of Corfu town on a discovery trail that sees the kids leading the way!

#### AT A GLANCE

- 6 days walking & activities
- Join at Casa Lucia (accommodation)

#### ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 Dinners
- 7 nights Villa with Swimming Pool

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

Corfu is the largest and greenest of the Ionian Islands, the westernmost island chain in Greece. It is one of the most popular tourist destinations in Europe, attracting thousands of holiday makers a year, but just beyond the pristine beaches and all-inclusive resorts that dot the coastline, there is a whole other world to discover. We'll be enveloped by the warm hospitality of our hosts Zoe and her mother Val, and a whole host of Corfiot guides and experts, their knowledge and friendliness providing the warm hug of a home from home. During our trip we'll be transported through time from the ancient Greek myths and legends that shape the founding of these islands thousands of years ago, through to the many occupations of this strategically important island saddled between Greece, Italy and Albania. We'll have plenty of time to enjoy some of the beautiful beaches that line the coast here too, using the cool turquoise waters to swim in during our explorations.

### Is this holiday for you?

#### Suitable for children from 8 years old

This is a centre based family adventure holiday filled with walking and exploring. The walks are mostly on rocky limestone paths with limited gradient throughout. Occasionally we will be on roads or wide tracks where the main concern will be for adequate sun protection with several stretches of path offering limited opportunity for shelter. We will however make regular stops for snack or drink breaks, and even better, swimming opportunities are plentiful!

Greece is a place full of ancient myths and legends, and Corfu particularly is steeped in borrowed culture from civilisations that have landed here over thousands of years. From Corinthians to Venetians, Byzantines and the British, this island has seen it all, and we'll learn all about the impressions these cultures have had on the island as we travel. We have a climbing morning in the itinerary which doesn't require any prior experience, as we will go through all the basics, and supply all of the equipment. We will spend some time on a boat, and plenty of time dipping in and out of the sea (particularly in the warmer summer months) as we walk, but swimming experience isn't a necessity. If you like great walks, peppered with historic facts, myths and legends, and plenty of time in the water, then this is the holiday for you.

# Itinerary

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## DAY 1

### Arrival day in Corfu, make your way to Casa Lucia.

We arrive on the island and begin our adventure travelling independently to our accommodation at Casa Lucia, our base for the week. Here we'll meet our guide and the rest of the group for a welcome briefing outlining our plan for the adventures that lie ahead.

Settle down in one of the many cottages that make up this beautiful independent property, surrounded by patchwork gardens filled with butterfly kissed flowers and the evening hum of grasshoppers. This evening you are free make your own arrangements for dinner. You might like to venture by taxi to the nearest town, Gouvia, or perhaps take a short stroll around the corner to Casa Lucia's sister restaurant, Lucciola, a beautiful homely nonna's kitchen with an incredible menu of freshly prepared Greek delicacies mixed with plenty of western favourites.



#### Accommodation

Villa with Swimming Pool

## DAY 2

### Avlaki to Chouchoulio cutting through the forests to storm the beaches.






This morning we will prepare our own breakfast, basic supplies will be found in the kitchen areas of each property. After breakfast, we'll meet our transfer and head out on our first adventure.

A meandering coastal journey lies in store for our first leg of this epic odyssey. We'll walk first along the sweeping bay of Avlaki and then into the cool of the trees emerging at the next beach a few hundred metres later. We'll then delve further into the woods creeping silently along the track listening out for bird and reptile life in the nationally important Eremitis Nature Reserve. There are many small bays along this stretch of coastline with beautifully calm and bright blue waters with metronome waves lapping the shore. We will have time to stop and jump in at many points along this walk, particularly as the mercury climbs. You'll be awestruck by the incredible views here, across the Ionian Sea to the sub alpine ranges of Albania and far northern Greece. But don't be drawn in by the siren like charms of these jaw dropping views, we've a port to storm, our lunch stop in the beautiful bay of Agios Stefanos. There are a few bars and restaurants here, or you can rent a sun lounger for a few euros and make camp here. This afternoon we'll continue on around the coast, initially on a short stretch of quiet road and then back to coastal footpaths to reach our final destination at Chouchoulio. One mission complete, now back to Casa Lucia with some time in their lovely pool and gardens before making plans for dinner.

This evening we can again eat as we wish, perhaps take a taxi into the local village of Gouvia to dine at one of their many great restaurants.

Meals: **B**

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	<b>Accommodation</b> Villa with Swimming Pool		<b>Ascent</b> 200M		<b>Descent</b> 200M		<b>Time</b> 4-5 hrs walking
	<b>Distance</b> 10KM						

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### DAY 3

## Climbing the limestone heights of Dafnata and on to Benitses Beach.




Today we meet a pair of demi-gods of the Corfiot climbing scene, Pavlos and his wife Athina. They will lead us through olive groves and along a quiet singletrack path to a glade among the trees with an incredible slab of limestone protruding between us and the view. Here they will show us their craft, instructing us on various grades of climb on this, the first and one of the only bolted climbing rocks on Corfu. Their experienced hands will show us the ropes, and we will all have an opportunity to join in one or two climbs whilst we're here. Whilst not climbing there is plenty of space to relax away from the rock faces, and cheer on your fellow adventurers in the dappled shade of the glade.

Pavlos and Athina are fully qualified climbing guides who will belay each climber in turn, offering calming and steady words of encouragement as we climb. From the gentler graded scrambles around the side of the slab, there are incredible views down to the coast we'll be walking into this afternoon. We'll finish with a picnic here, before leaving our climbing guides and descending down into the olive groves and the beautiful view beyond. Benitses is our final destination for the day, an hour or so further down the trail, emerging through the backstreets to a laid back courtyard set-back from the main street, with plenty of coffee shops and shopping opportunities, and the beach and marina beyond. We'll have some time to relax here, or maybe a dip in the sea before our return transfer to the cottages.

This evening we have dinner included at Lucciola, a short walk around the corner from the Casa Lucia cottages.

Meals: **B D**

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	<b>Accommodation</b> Villa with Swimming Pool		<b>Descent</b> 340M		<b>Time</b> 1-2 hrs walking		<b>Distance</b> 4KM
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### DAY 4

## The pirates maraud and then we feast like kings on the Kerkyra Town explorer trail.






We'll make a later start today, so if parents, you're desperate for a lie in and a lazy breakfast, today's the

day for that. Later in the morning we'll set off bound for the principal town of the island, Kerkyra, for a treasure trail with a difference. Borne out of our guide's love for their home town, this will be a voyage of discovery through the eyes of the children. We'll imagine ourselves as Ottoman pirates racing through the labyrinthine streets of the old town, or perhaps as Venetian nobility, establishing our presence by constructing grand buildings and marble floored squares.

We'll spend the majority of the afternoon piecing together this complicated but fascinating historical puzzle and learn about the various empires that have had an interest in this strategic stronghold and the marks they've left on the architecture, culture and food of the island. Being a coastal stronghold there is also access to the water, so we may have chance to cool off in the sea between knowledge raids, particularly in the height of summer.

This evening we'll be taken to one of our guide's favourite restaurants in Corfu Town to sample some local delicacies and unwind after a busy day exploring, before a later than normal return to the accommodation.

Meals: **B**

	<b>Accommodation</b> Villa with Swimming Pool		<b>Ascent</b> 50M		<b>Descent</b> 50M		<b>Time</b> 5-6 hrs walking
	<b>Distance</b> 6KM						


## DAY 5

### Learn some new moves with Greek dancer Fenia, followed by an optional body movement yoga session with Zoe.

After learning about the history of the town and therefore the island on yesterday's discovery trail, today we'll have a more low-key morning with a Greek dancing lesson. This will be another discovery tour of the important influences on Corfu and wider Greece through history, via movement and tradition. Our engaging tutor Fenia will envelop us in her passion for Greek dance and how it has evolved over the centuries, inviting us to take part and form our own routine. A relaxed morning at Casa Lucia either in the studio space or perhaps among the gardens.

This afternoon we have at leisure. You may choose to stay at Casa Lucia and join in with the owner Zoe's body movement yoga class (book on at the start of the week), or perhaps catch a taxi down to the local shoreline at Gouvia for an afternoon relaxing or playing in the sea. This evening is free to enjoy the local restaurants either in Gouvia, or perhaps at Lucciola adjacent to the accommodation.

Meals: **B**

	<b>Accommodation</b> Villa with Swimming Pool
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## DAY 6

### The Dunes of Issos and the beautiful birds of Korission lagoon.

An early start this morning, perhaps with a packed up breakfast for the bus, sees us heading south for the small coastal resort of Chalikounas to meet our wildlife specialist Giannis and the start of today's explorations. The neighbouring Korission lagoon is a hotspot for birdlife. Depending on the season, and how stealthy we can be, we might be able to see flamingos taking a morning dip or egrets gliding across the surface of this vast freshwater lake.

We'll progress along the coast and into the juniper trees, dotted amongst the dunes here creating a rare and important ecosystem. The trees here act as shelter in this desert-like dunescape, providing shade for reptiles to cool their blood and hide from predators. Giannis will be on hand to help us to identify these creatures by tracking the marks left in the sand, including lizards, snakes, foxes and birds. Look out particularly for the mark of an elusive non-poisonous snake, the javelin boa, aptly named by the ancient Greek sailors who collected them to throw onto the decks of enemy ships causing havoc and confusion in the depths of a skirmish, often to great effect!

We should finish the walk before the heat of the day, important particularly in the height of summer, allowing some beach time at Issos before our return transfer.

Tonight we have dinner included again at Lucciola around the corner from our accommodation.

Meals: **B D**



#### Accommodation

Villa with Swimming Pool



#### Ascent

100M



#### Descent

100M



#### Time

4 - 5 hrs walking



#### Distance

9KM

## DAY 7

### Conquering the castle of Aggelokastro and discovering the hidden cape of Porto Timoni.

Our day starts on a windy bus transfer to an outpost of the Byzantine Empire. Perched on the top of a remote monolith overlooking the bay of Paleokastritsa, is a heavily fortified 5th Century castle used as a watch point over the Ionian Sea beyond. Today we'll take the castle by force, climbing its many steps to reach the heavily gated entrance and explore inside. At the highest point is a church and surrounding, several eerie graves hewn out of the solid rock. Creepy.

Leaving our newly conquered castle behind we descend through pencil thin cypress trees into the bay of Agios Giorgios, a popular tourist resort, with a large stretch of part sandy part shingly beach. We'll have some time here to swim before boarding our own chartered boat for a trip across the bay and around the headland in search of our next adventure, the impossibly picturesque and tiny back-to-back coves at Porto Timoni. Here we'll have some more time to swim or perhaps take a short walk over the








headland to discover a tiny church within a cave devoted to the patron saint of children, a mysterious place within a beautiful landscape.

The final part of today's adventure involves a hill climb up to the perched village of Afionas. We'll take a rocky and precipitous path up to the village through cypress bushes and wildflowers, making sure to look back into the increasingly impressive view as we climb. Without doubt a one of the highlights of the whole trip, this day will stay long in the memory. Drink in the panoramic views with a nice cold drink to round off an awesome adventure around this fabulous stretch of coastline.

Return tonight to Casa Lucia and a final night celebration meal at Lucciola.

Meals: **B D**

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	<b>Accommodation</b> Villa with Swimming Pool		<b>Ascent</b> 300M		<b>Descent</b> 480M		<b>Time</b> 5-6 hrs walking
	<b>Distance</b> 10KM						

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## DAY 8

### Depart from Casa Lucia and make your way to the airport.

After breakfast we will depart Casa Lucia bidding a fond farewell to our wonderful hosts Zoe and Val, and make our own way to the airport for our onward journeys.

Meals: **B**

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# Holiday Information

## What's Included

- A professional and qualified tour leader
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned unless specified as 'optional'

## What's not Included

- Travel insurance
- Visas (if applicable)
- Airport transfers
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

### Meal Plan

We'll start each day by making our own breakfasts at the cottages, supplies provided for us including: cereals, milk, bacon, eggs, bread, jam and butter. We'll have the option to visit supermarkets to purchase our own lunches, and on some days we will be stopping for lunch in villages with restaurant options, the guides will detail this in the welcome briefing. In the evening we have included three meals at the sister restaurant, Lucciola but on other evenings we will pay our own way either at Lucciola, one of the many restaurants in Gouvia, accessible by a short taxi ride, or the evening in Corfu Town where we stay out for an early meal before our return transfer at the end of the day.



## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Corfu is known as the greenest of the Ionian islands, and as such is able to grow a high quantity of its own produce. Fruits and vegetables are plentiful and ripe, grown in perfect sunny and breezy conditions across the island. Seafood is also bountiful here, mussels saganaki is common, cooking mussels in a tomato and crumbled feta sauce to give the common seafood dish a great Greek twist. You'll find olives, great bread and olive oil everywhere, also grown all over the island in massive quantities. Likely menu dishes will include souvlaki, and gyros, Greek kebabs of charred skewered meat dishes often served with tzatziki or taramasalata and fries. Alongside the ubiquitous fries you'll also find a whole host of commonly available western favourites to suit most diets and sensitivities.

Vegetarians and other dietary requirements should be widely catered for in most establishments.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

Casa Lucia is our home for the week. Comprising of an old Venetian olive press and several workers cottages, with supplementary cottages built in more recent years, and a swimming pool nestled in the flower filled gardens, this collection of buildings is the perfect base for a week's exploring. Each cottage is complete with its own bathroom and kitchen areas, and depending upon availability all sizes of family should be comfortably catered for. There is no air conditioning, but the traditionally built thick stone walls are well insulated against the heat, plenty of windows and cool tiled floors and ceiling fans help keep the temperatures down in the hotter months.

Children under 12 will be accommodated within the same cottage as their parents. This might be a twin, triple or quad room, a double with an extra bed, or multiple rooms depending on the number of family members.

Children over the age of 12yrs may be in separate rooms or sharing twin/multi-bed rooms.

Interconnecting rooms are not available, however we do everything to ensure rooms are next to each other. An additional charge will be required if one family requires more than one cottage, and we can discuss full details during the booking process.

Within the olive press itself is a public space which one of the owners Zoe, uses to teach students of her yoga and meditation classes. Whilst the space isn't in use, we'll have the opportunity to use this space and her equipment, providing a perfect way to start your day, or perhaps some breakout space after a day's adventuring. Zoe will also put a class on in the middle of the week, and those keen in participating should express their interest on the first evening.

## Spending Money

Approximately €500 per family (based on 2 adults and 2 children) should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these too.

There will be the opportunity to change money on arrival and there are banks and ATMs in the larger resorts in Corfu, and most readily available in Corfu Town. Credit cards are useful and it is a good idea to carry one in case of emergency.

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

## Baggage Allowance

This is a centre based holiday, therefore your only restriction should be based on that of your airline (or other mode of transport)'s allowance. Please also make sure to pack a daypack for essentials on your walks. Luggage with wheels is useful for this holiday, although there is some gravel and steps within the grounds of Casa Lucia.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

## Joining instructions

Join at Casa Lucia, our accommodation for the week. Taxis are available from directly outside the front of the airport. If arriving by ferry, there is also a taxi rank by the port, and numerous ranks throughout Corfu Town, which you may choose to explore before making your way to the accommodation. Full address details will be provided in your booking confirmation.

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# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](https://www.gov.uk).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The currency for part or all of this holiday is the Euro.

## Climate

In May and October we can expect daytime temperatures of around 20 - 25°C, dropping at night to 15°C, but in the height of summer temperatures may be higher than 30°C, only dropping to around 20°C at night. We are unlikely to experience rain in May, July or August, but we may experience the odd heavy shower in October.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Walking shoes or trainers
- Lightweight walking trousers / shorts / skirt
- T-shirts and/or casual shirts

- Loose-fitting, long-sleeved shirt with collar (for sun protection)
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Sunhat
- Sunglasses
- Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent
- Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Swimwear
- Swim towel
- Torch and batteries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

#### THE FOLLOWING ITEMS ARE OPTIONAL:

- Camera
- Walking poles
- Rash vest
- Goggles, snorkel & mask
- Flip-flops
- Reusable cloth bag for shopping (to avoid plastic bags)

#### NOTES:

All specialist equipment required for the activities on this holiday are provided.

#### Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

#### Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at Casa Lucia, our accommodation for the week.

## Why Choose KE

## Why KE

No one else does a Corfu family adventure quite like this. Discover ancient myths, forgotten coves and conquering castles, enjoy a boat ride on the Ionian Sea and climb the cliffs at Dafnata. We've chosen accommodation set in a centuries old olive press, among flower filled gardens, a homely and family-friendly place that you'll want to return to again and again.

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change