Walking the White Mountains of Crete

Trip Code: CRE

Version:

WALK & TREK	GUIDED GROUP	MODERATE
		6



HIGHLIGHTS

- Descend to the Mediterranean sea through the spectacular Samaria Gorge
- Reach the summit of Pachnes, the highest peak in the White Mountains of Crete
- Discover Crete's hidden coves on a stunning coastal walk from Agia Roumeli
- Stay in charming accommodation, enjoy Cretan cuisine and sip Ouzo in Greek tavernas

AT A GLANCE

- 6 days walking
- Max. Altitude: 2,543m
- Join at Omalos

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This Mediterranean walking holiday on the island of Crete offers a wonderful blend of high mountain scenery, picturesque coastal walking, traditional villages, and legendary Greek food and hospitality. Immerse yourself in the spellbinding beauty of the White Mountains, traverse the rugged terrain of the Samaria Gorge, and discover the hidden beaches along Crete's lesser-explored coast.

Starting from the mountain hamlet of Omalos, our first objective is to hike to the summit of Gingilos (1980m), a rocky peak offering spectacular views across the White Mountains and a bird's-eye perspective of our route for the following day. This route leads us down to the Mediterranean via the world-famous Samaria Gorge, a UNESCO Biosphere Reserve. We then spend two nights in Agia Roumeli, a charming collection of traditional tavernas accessible only by walking or boat. Here, you have the option to relax on the beach or partake in a variety of day walking excursions.

Continuing along the sun-kissed shoreline and a stunning cliff-side pathway, our next day's walk in Crete takes us to Marmara beach and the delightful white-painted seaside village of Loutro. With a hotel base in Loutro, our trekking adventure ascends to Pachnes (2453m), the highest peak in the 'Lefka Ori' mountain range, before a circular hike via the impressive Aradena Gorge and the charming shepherd's village of Anopolis.

Is this holiday for you?

This walking holiday is designed to escape the main tourist hotspots of northern Crete and embrace the magic and tranquility of the quiet southern coastline. While we are sure to enjoy plenty of sun, experience isolated beaches, and sample superb Greek cooking, this holiday is first and foremost tailored for walkers. Our hikes include ascents to the rocky peak of Gingilos, as well as Pachnes, the highest mountain in the area. We anticipate an average of 5 to 7 hours of walking each day, with average ascents and descents of around 700 meters per day. The paths are generally well-maintained, but during the ascents of Gingilos and Pachnes, we will encounter open scree and traverse rocky terrain with no discernible track. This holiday is suitable for weekend hikers seeking tranquility and sun. Be prepared for a unique and authentic Greek experience!

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Two timed group airport transfers on Day 1 and 1 on Day 8
- All land transport required by the itinerary
- All accommodation as described
- Meals as described in the Meal Plan
- Samaria National Park fee
- Baggage transfers between overnight stops - by road or by boat

What's not Included

- Travel insurance
- Some meals as described in the Meal Plan
- Tips for local staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the group accommodation in Omalos.

There will be two timed transfers from Chania Airport to the group accommodation on Day 1 of the Land Only Itinerary. One meeting flights arriving 1330 and earlier and one meeting flights arriving at 1700 and earlier.

In Arrivals Hall A please look out for our KE representative with a KE signboard and/or your name.

On the last day of the Land Only itinerary, there will be a single group transfer back to Chania Airport. This transfer will arrive at the airport at approximately 1100.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

If your arrival flight does not allow you to take advantage of the timed transfers you will need to make your own way to Omalos. A taxi will cost approximately €95.

If you have spare time in Chania on Day 1 or Day 8 you may wish to spend time in Chania. It is possible to leave luggage at the central bus station (from where you can take a bus to/from the airport) while you explore.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfast and evening meals are included in the trip price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfasts are taken at the overnight hotel and consist of tea and coffee, cereals, bread, jam and the Greek speciality of yoghurt and honey. For lunch, the group will carry a few items to make up a picnic. This will usually be bread, cheese, tomatoes, cucumber, olives, ham or other dried meats, fruit and biscuits. It is generally too warm to carry chocolate, but we can make an exception on the high-level hike to Pachnes which is cooler. Dinner is again served at our overnight taverna and this is always local Cretan fare, with all produce sourced locally and usually some choice of meal. Lamb, moussaka, fresh vegetables, wonderful salads etc.. The dinners are a highlight of the trip. All meals are included.

Accommodation

We will spend 7 nights in small local hotels and tavernas. In Omalos we will sleep in simple rooms at small, family-run, accommodations where we will really experience the essence of life in rural Crete.

All accommodation is on a twin share basis. If you are travelling by yourself you will be paired with another single traveller of the same sex. A very limited number of single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately £100 (or the equivalent in dollars or euros) should be allowed for miscellaneous expenses, drinks and souvenir purchases. We recommend that you carry your travel money in the form of euros currency, since there are not many money changing facilities once you leave Chania Airport. If you are intending to buy expensive souvenirs, you should budget accordingly. Also, if you expect to buy considerable quantities of soft drinks, wine or beer, you should make an allowance for this. Credit cards can be used in some places on this trip.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline.

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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

Currency

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

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

The best time of year for hiking on Crete is in May, early June, September and October - when we have planned our trips. Crete enjoys one of the most favourable climates in the Mediterranean and we can expect daytime temperatures to range between 20 and 30 degrees centigrade, dropping at night to 10 degrees centigrade in the mountains and 15 degrees centigrade on the coast. It is too hot to complete this itinerary comfortably during July and August.

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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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.

Books

- Crete - The White Mountains - Cicerone Guide by Lorraine Wilson
- The Rough Guide to Crete
- Lonely Planet. Crete
- Landscapes of Western Crete - Sunflower Guide

Maps

Topografische Bergwanderkarte - Anavasi. Samaria - Sougia. 11-13 Greece. 1:25,000

Great hiking map published by Anavasi. Covers the first part of the walk. 1:25,000 scale.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

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:

- Hiking boots
- Gaiters (may be required on pre-summer trips)
- Socks
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Baselayer shirts
- T-shirts and/or casual shirts
- Midlayer fleece top
- Warm fleece jacket
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat
- Sunhat
- Sunglasses
- Daypack 25 to 30 litres capacity
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)

- Washbag and toiletries
- Antibacterial handwash
- Headtorch - in case of power cuts)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trainers or sandals
- Shorts
- Towel (for swimming)
- Swimwear
- Trekking poles
- Camera
- Spare laces
- Pen-knife (for picnic lunches)
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining at the group accommodation in Omalos. There will be two timed transfers from Chania Airport to the group accommodation on Day 1 of the Land Only Itinerary. The holiday ends in Sfakia. A single timed transfer from the group hotel in Sfakia to Chania Airport is provided.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Chania. Outbound flights will depart from the UK in the morning arriving into Chania in the afternoon of the same day. Return flights will depart in the early afternoon of the last day of the itinerary, arriving in the UK later that same evening.

Why Choose KE

Why KE

Our itinerary is pretty hard to beat, combining all the walking highlights of unspoiled Western Crete, including a guided walk to summit Pachnes. We love how this adventure consistently surprises and delights travellers - the White Mountains are a true hidden gem and walker's paradise.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change