WONDERGREECE

Yoga at the historical rugged region of Sfakia

Plan Days 8

Yoga, meditation, wholesome food and nearby excursions around this unique Cretan corner.



By: Wondergreece Traveler

PLAN SUMMARY

WONDERGREECE

Day 1

1. Chania
   About region/Main cities & villages
2. Vryses
   About region/Main cities & villages
3. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

Day 2

1. YogaOnCrete
   Interests & activities/Yoga & Alternative practices
2. Hora Sfakion
   About region/Main cities & villages
3. Vrissi
   Nature/Beaches
4. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

Day 3

1. YogaOnCrete
   Interests & activities/Yoga & Alternative practices
2. Glyka Nera
   Nature/Beaches
3. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

Day 4

1. YogaOnCrete
   Interests & activities/Yoga & Alternative practices
2. Ilingas
   Nature/Beaches
3. Hora Sfakion
   About region/Main cities & villages
4. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

Day 5

1. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

2. Aradena Gorge
   Nature/Gorges
3. Marmara
   Nature/Beaches
4. Hora Sfakion
   About region/Main cities & villages
5. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

Day 6

1. YogaOnCrete
   Interests & activities/Yoga & Alternative practices
2. Frangokastello
   Culture/Castles
3. Orthi Ammos
   Nature/Beaches
4. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

Day 7

1. YogaOnCrete
   Interests & activities/Yoga & Alternative practices
2. Hora Sfakion
   About region/Main cities & villages
3. Vrissi
   Nature/Beaches
4. YogaOnCrete
   Interests & activities/Yoga & Alternative practices

Day 8

1. YogaOnCrete
   Interests & activities/Yoga & Alternative practices
2. Askifou
   About region/Main cities & villages
3. Chania
   About region/Main cities & villages

Day 1



1. Chania

About region / Main cities & villages

Note: From the beautiful city of Chania take the road towards the Cretan South!

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.51606541887963, W24.01803670000004



2. Vryses

About region / Main cities & villages

Note: Take a stop at the village of Vryses and crab a bite at one of the traditional taverns. Cretan delicacies under the shade of the huge plane trees and the sound of water running through the village.

Απόσταση:
by car 36.0km
Χρόνος:
41΄

GPS: N35.3750852, W24.201267599999937



3. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: Welcome to the YogaOnCrete yoga and alternative therapies center! At 18:00 attend the welcoming meeting to get acquainted with the teachers and the other students. From the next day on, enjoy wonderful yoga lessons morning and afternoon!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
on foot 0.5km
Χρόνος:
08΄

GPS: N35.201912007285124, W24.138090208598328

Day 2

WONDERGREECE



1. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 8:00-10:00 Morning class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement technique. After class a hearty breakfast awaits!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109,
6937363890

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.201912007285124,
W24.138090208598328



2. Hora Sfakion

About region / Main cities & villages

Note: 11:00–18:30 Free time. Take a walk around the village and visit the village beach Vrissi. Grab a bite at the tavern overlooking the beach or in one of the other village restaurants lining the marina with the fishing boats.

Απόσταση:
on foot 0.5km
Χρόνος:
07′

GPS: N35.20158763476853,
W24.13931866032715



3. Vrissi

Nature / Beaches

Απόσταση:
on foot 0.8km
Χρόνος:
13′

GPS: N35.202158184609374,
W24.13440165590214



4. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 18:30-20:00 Evening class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement or dancing technique. After class, time for dinner! Enjoy delicious vegetarian meals under the starlit sky!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109,
6937363890

Απόσταση:
on foot 0.4km
Χρόνος:
06′

GPS: N35.201912007285124,
W24.138090208598328

Day 3



1. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 8:00-10:00 Morning class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement technique. After class a hearty breakfast awaits!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.201912007285124, W24.138090208598328



2. Glyka Nera

Nature / Beaches

Note: 12:00 Departure by boat for Glyka Nera beach. The name of the beach is a reference to the springs of fresh water that flow just a step away from the sea shore. Lunch at Sweet Water canteen – try excellent Dakos! 16:00 Return to Hora Sfakion by boat.

Απόσταση:
by car 8.4km
Χρόνος:
13′

GPS: N35.2018574, W24.107618600000023



3. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 18:30- 20:00 Evening class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement or dancing technique. After class, time for dinner! Enjoy delicious vegetarian meals under the starlit sky!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
by car 8.4km
Χρόνος:
13′

GPS: N35.201912007285124, W24.138090208598328

Day 4

WONDERGREECE



1. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 8:00-10:00 Morning class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement technique. After class a hearty breakfast awaits!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.201912007285124, W24.138090208598328



2. Ilingas

Nature / Beaches

Note: 11:00-18:30 Free time. Walk to Ilingas beach. Enjoy the sea and grab a bite of some homemade stuffed tomatoes by sweet Aristea, the wife of the owner of the beach tavern. On your way back, have some coffee and a desert of massive proportions and exquisite flavor at Despina's.

Απόσταση:
on foot 1.8km
Χρόνος:
30΄

GPS: N35.20227144558764, W24.124620154925537



3. Hora Sfakion

About region / Main cities & villages

Απόσταση:
by car 2.2km
Χρόνος:
37΄

GPS: N35.20158763476853, W24.13931866032715



4. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 18:30-20:00 Evening class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement or dancing technique. After class, time for dinner! Enjoy delicious vegetarian meals under the starlit sky!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
on foot 0.5km
Χρόνος:
08΄

GPS: N35.201912007285124, W24.138090208598328

Day 5

WONDERGREECE



1. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: Free Day from classes – Optional hike to Aradena gorge.

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.201912007285124, W24.138090208598328



2. Aradena Gorge

Nature / Gorges

Note: Around 8:00 hop on board for the abandoned village of Aradena. Our local guide the ever smiling Manousos! Enjoy the view from the high bridge above the gorge and wander around the crumbling remnants of the old village. At 9:00 Decent into the Aradena gorge towards the sea (~4.7km hike).

Απόσταση:
by car 15.3km
Χρόνος:
25΄

GPS: N35.221037762089885, W24.060453631738255



3. Marmara

Nature / Beaches

Note: Arrival at Marmara beach around noon. Refresh yourselves with some dives at the crystal waters and enjoy a wholesome lunch at the famed Gialiskari tavern. Make sure to try Chrysostomos' avocado salad, homecooked bread, and stewed lamb or goat “Tsigariasto”! Around 16:30 return to Hora Sfakion by boat.

Απόσταση:
by car 8.0km
Χρόνος:
18΄

GPS: N35.196621773912156, W24.05820009778904



4. Hora Sfakion

About region / Main cities & villages

Note: 20:00 Dinner at one of the village restaurants in Hora Sfakion.

Απόσταση:
by car 22.5km
Χρόνος:
41΄

GPS: N35.20158763476853, W24.13931866032715



5. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109,
6937363890

Απόσταση:
on foot 0.5km
Χρόνος:
08΄

GPS: N35.201912007285124,
W24.138090208598328

Day 6

WONDERGREECE



1. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 8:00-10:00 Morning class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement technique. After class a hearty breakfast awaits!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.201912007285124, W24.138090208598328



2. Frangokastello

Culture / Castles

Note: 12:00 Departure by bus for Frangokastello and Orthi Ammos beach. Wander around the small fortress, indulge in a natural argyle mud bath at the beach and savor some delicious Cretan food at one of the local taverns. Life can be so sweet!

Απόσταση:
by car 15.1km
Χρόνος:
22΄

GPS: N35.18201270111289, W24.234108007409645



3. Orthi Ammos

Nature / Beaches

Απόσταση:
on foot 1.1km
Χρόνος:
12΄

GPS: N35.18329295842287, W24.243849790551735



4. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 18:30-20:00 Evening class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement or dancing technique. After class, time for dinner! Enjoy delicious vegetarian meals under the starlit sky!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
by car 15.9km
Χρόνος:
23΄

GPS: N35.201912007285124, W24.138090208598328

Day 7

WONDERGREECE



1. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 8:00-10:00 Morning class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement technique. After class a hearty breakfast awaits!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.201912007285124, W24.138090208598328



2. Hora Sfakion

About region / Main cities & villages

Note: 11:00-18:30 Free time. Enjoy a massage with YogaOnCrete's gifted and perceptive massage therapist. Catch up on your sunbathing, and savor a Sfakian pie (local cheese pie topped with honey) in the village, if you have not already tried it!

Απόσταση:
on foot 0.5km
Χρόνος:
07΄

GPS: N35.20158763476853, W24.13931866032715



3. Vrissi

Nature / Beaches

Απόσταση:
on foot 0.4km
Χρόνος:
05΄

GPS: N35.202158184609374, W24.13440165590214



4. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Note: 18:30-20:00 Evening class. Depending on the teacher for the week, this includes yoga, meditation, and/or some other movement or dancing technique. After class, time for dinner! Enjoy delicious vegetarian meals under the starlit sky!

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
by car 37.5km
Χρόνος:
50΄

GPS: N35.201912007285124, W24.138090208598328

Day 8

WONDERGREECE



1. YogaOnCrete

Interests & activities / Yoga & Alternative practices

Location:
Hora Sfakion

Contact:
T: (+30) 28250 91109, 6937363890

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.201912007285124, W24.138090208598328

Note: 8:00-10:00 Morning class followed by a rich goodbye breakfast. Check out at 12:00. If you feel like it however, you can leave your luggage at center for a last visit to the village and beach.



2. Askifou

About region / Main cities & villages

Απόσταση:
by car 23.6km
Χρόνος:
46΄

GPS: N35.2000045, W24.07866530000001

Note: On your way back make a small stop at Askifou village. Relax while sipping your coffee or tea along with the locals.



3. Chania

About region / Main cities & villages

Απόσταση:
by car 92.9km
Χρόνος:
2h14΄

GPS: N35.51606541887963, W24.01803670000004

Chania Prefecture

Access

By plane: The district of Chania has the airport 'Ioannis Daskalogiannis ', 14km from the city of Chania, which is daily connected with the airport ' El. Venizelos" in Athens and ' Macedonia ' in Thessaloniki. The frequency of the itineraries varies depending on the season, with the duration of the flight ranging around 40-50 minutes from Athens and approximately one hour and 15 minutes from Thessaloniki. The airport accepts many charter flights during the summer from several European countries such as Germany, Luxembourg, Italy, Denmark, Britain, Norway, Sweden, the Czech Republic and Finland. You can go from the airport to the city of Chania by bus or by taxi.

By ferry: The district of Chania, with the port of Souda (7 km from the city of Chania), has a daily ferry link with the harbor of Piraeus. Most conventional ferries approach the port after 8-9 hours of trip while the high-speed ferries only after 6-7 hours. You can go from the port of Souda to the city of Chania by bus or by taxi. The district, from the port of Kissamos, also has a ferry link with Kythira, Antikythira, Gythio, Kalamata, Piraeus and Monemvasia. Moreover, there is a ferry link from the port of Chora Sfakion with Gavdos Island. The frequency of the itineraries varies depending on the season.

By car - domestic transportation: The major cities in Crete as well as the main towns with the villages of the district are connected by interurban buses, which have frequent itineraries. As an indication, the city of Chania is 138km from Heraklion, 60km from Rethymnon and 204km from Agios Nikolaos. In the district, by using the interurban buses it takes about 2 hours from Chania to Sfakia (southeast of the district), 2 hours to Sougia (south of the district), 90 minutes to Paleohora (southwest of the district), 2 hours to the well-known Elafonisi (southwest of the district) and 45 minutes to the Kasteli (northwest of Chania), where the starting point for the bus itineraries to the villages located in the western part of the district is.
Bus station Chania: Square 1866, Chania, Tel: (+30) 28210 93024
Tel: (+30) 28210 93024
e-ktel.gr
Intercity Buses: Kydonias 73-77, Chania, Tel: (+30) 28210 93306, 93052
www.bus-service-crete-ktel.com
Buses for Kissamos: (+30) 28220 22035
Marina of Kissamos: (+30) 28220 22024

Useful telephone numbers

Health Services
Ambulance: 166, (+30) 28210 28667
General Hospital of Chania: (+30) 28210 22000-9
Health Center of Vamos: (+30) 28253 40401
Health Center of Kandanos: (+30) 28233 40000
Health Center of Kissamos: (+30) 28223 40100
Naval Hospital of Souda: (+30) 28210 82000
Regional Medical of Souda: (+30) 28210 23538
Regional Medical Center of the Airport: (+30) 28210 83820
Regional Medical of Armeni: (+30) 28250 41216
Regional Medical of Aroni: (+30) 28210 63336
Regional Medical of Voukolies: (+30) 28240 31204
Regional Medical of Gerani: (+30) 28210 61268
Regional Medical of Kalives: (+30) 28250 31244
Regional Medical of Kolymvari: (+30) 28240 22204
Regional Medical of Kontopouli: (+30) 28210 65211
Regional Medical of Maleme: (+30) 28210 62360
Regional Medical of Meskla: (+30) 28210 67356
Regional Medical of Kydonia: (+30) 28210 38002
Regional Medical of Tauronitis: (+30) 28240 22395

Regional Medical of Sfakia: (+30) 28250 91214

Municipalities

Municipality of Chania: (+30) 28210 92000
Municipal Tourist Office in Chania:(+30) 28210 36155, 36204

Police Authorities

Police: (+30) 28210 25700
Chania Tourist Police: (+30) 28210 28750, 25931

Port Authorities

Port authority of Chania: (+30) 28210 98888
Port authority of Souda: (+30) 28210 89240
Port authority of Kissamos: (+30) 28220 22024
Port authority of Paleochora: (+30) 28230 41214
Port authority of Sfakia: (+30) 28250 91292

Transportation

Chania Airport: (+30) 28210 83800, 83805
Taxi: 'Hermes': (+30) 28210 98700, 98770
'Kydon': (+30) 28210 94300, 87700
Bus station Chania: (+30) 28210 93024
Intercity Buses: (+30) 28210 93306, 93052
Buses for Kissamos: (+30) 28220 22035

Other

Marina of Kissamos: (+30) 28220 22024
Consulate of Germany: 1 Digeni str , Chania Tel: (+30) 28210 68876
Consulate of Denmark, Norway, Sweden: 107A Eleftherios Venizelos str, Chania,
Tel: (+ 30) 28210 57330
Consulate of Italy: 70 Tzanakaki str, Chania, Tel: (+ 30) 28210-27315
Consulate of France: 1866 Square No 14

Useful Information

Free Wi-Fi: In the district of Chania, there are 52 so far public spots with Free Wireless Broadband Internet Access (free Wi-Fi Hotspots) in central locations. You will find 18 spots in the area of Chania, 10 in Souda, 8 in Kydonia, 5 in Therissos, 2 in Akrotiri and 9 in the region of El. Venizelos. For more information, contact: (+30) 28213 41706, 41755