



Hiking is a very good way to see Crete. It's the best way to see what this island really is. Crete is not just resorts and bars or a sunny place with pretty beaches. Crete is a mountainous island and the island's history, as well as the personality of its inhabitants was greatly affected by these mountains.

In the west there are Lefka Ori (White Mountains): 2453m, in the center there is Mt Idi (Psiloritis): 2456m and in the east there is Mt Dikti: 2148m. Cretan mountains form a continuous chain from one end of the island to the other and they make Crete look much larger than it really is.

The final part of E4 ( 4th European) path is ending here. It is a path starting from Portugal, going through Spain, France, Switzerland, Austria, Hungary, Serbia, Bulgaria and Greece, ending in Crete; it is crossing Crete along its entire length from Elafonisi to Kato Zakros (\*\* there are 2 different routes from Sougia to Asites). It is marked with black-and-yellow posts and signs.

In Crete there are many paths, not so well signed though; they usually are marked in red or (rarely) blue. The lack of detailed maps makes trekking in Crete a bit adventurous; in fact it is very easy to get lost. Another problem is summer's high temperatures; a hat, sun-screen and lots of water are essential in any trekking attempt, as well as a pair of good trekking boots with adequate ankle support, as the ground is usually rocky with sharp stones.

In winter the conditions are much different and there are areas where mountaineering experience is necessary.

In the area of KIONIA apartments you can walk through the coasts discovering the sea beauty or through the mountain area finding places that you will not find anywhere.