

Rules of the Excursion

Instructions and tips for an enjoyable trip

Dear TIMS friends,

The organizers of the Mill Tour of Greece are looking forward to meet you soon. This letter is intended to indicate some practical points and to give detailed instructions so that we can all meet up and get off to a good start. Please read this carefully and let us know by email to gspeis11@otenet.gr if there is anything you do not understand.

Some practical advice:

You should have in mind the following, so you can enjoy the trip:

1. Clothing: be prepared for both hot weather and cool.

Necessary equipment:

- good walking shoes along with socks, no sandals for long walking distances in a rocky landscape
- walking stick (it would be a good idea) because of steep, narrow and rocky paths, some are not in a good condition
- at least a second pair of shoes
- hat, sun protection, sun cream, light clothes (October can still be hot and sunny, on the average between 17 and 25 °C but it could reach 30 °C easily, a little less in the mountains)
- bathing suite (optional, to swim/visit a beach watermill)
- long trousers for thorn bushes, no shorts or skirts.
- rainwear (in the worst possible situation). Footwear: Some sites, as well as requiring a good degree of fitness, are best approached wearing stout footwear. It would be wise to bring both sandals and hiking boots.
- small flashlight or torch to inspect old ruined mills with no electricity.
- cell phones: if you plan to use your phone, do not forget to pack a charger. Have in mind in Greece we have **220 Volts**. The charger should be of the following type:



This type of plug holds for all your appliances. So bring along adaptors! No British or U.S. type ones work in Greece.

2. Some of the most interesting sites require walking up and downhill and in two cases (Dipotamata and Prophet Elias hill) are fairly difficult. So before you come check your health condition or in these visits you will have to either stay on the bus or take the alternative visit. Walking is important for you to really enjoy the trip. In the registration form you must declare if you want the milder visits so you can be in the less demanding group.

May we remind you of the obligation of each participant to be personally insured against physical accidents, including repatriation costs, and to be covered for third party liability. It is essential that each of you should give the organizers **now** the name and number of your insurance policy so that they may be prepared to cope with any unforeseen eventuality.

Precautions

- Most of the mills are in ruins or are empty shells and one should explore them with caution. The buildings are not statically in a good condition and the ravines, the watermill exist, are adventurous. At this time of the year, there are insects (mainly mosquitoes, bees and wasps). So if you are allergic carry medicine in case of a bite.
- The most dangerous animals are snakes and scorpions so don't pick up a stone or stick your hand in a hole in the wall. Most of the snakes are harmless but you don't know them. Most probably you won't see any!
- The walking stick is good support when you walk in a rocky path. It would not be very convenient if you fall to carry you down hill to the clinic.

3. A pack containing the itinerary, with a description of the sites we shall be visiting, will be handed to you on your arrival. It will be possible to buy guide books and postcards at some stops.

An assessment of the access to the visiting places to have in mind:

1. In **Argolid**,

- the Kefalovryso watermills (easy 50 meters access from the parking for the first mill, for the next one a slight difficult another 100 meters downhill approach. For this you need good shoes and a walking stick)
- the Plain windmills (easy access next to the road)
- the oil mill and small industrial mill (easy access next to the road) (easy access next to the road)
- the Prosymna watermills (easy access on a dirt road by walking one hour)
- the Demaina watermill museum (easy access from the parking)
- the Kranidi four windmills (easy access from the road, a few steps, 5 minutes uphill).

2. In **Arcadia** (with the Open Air Water-Power Museum including watermill and gun powder mill and a fulling tub) (easy access from the parking of the site a possible additional half an hour walk in the ravine downhill to see the ruins of more powder mills).

3. In the island of **Andros**,

- the Fabrika early industrial age watermill and the Ploubo watermill (easy access by walking a paved path 10 minutes for each one. Here there are some steps)
- the Prophet Elias windmill group, a horseshoe shaped windmill and the horizontal windmill (20 minutes uphill walk in a dirt and stone path and back. Slightly difficult) For this you need good shoes and a walking stick)
- Bouros watermills (15 minutes uphill walk in a dirt and stone path and back for the first one. Fairly easy. More difficult and possibly slippery to see a second mill).
- Aidonia watermills (10 minutes downhill walk in a dirt and stone path and back. Fairly easy).
- the Kalamonari watermill (a boat trip and a possible swim). Two more mills can be seen further away
- the Foleros horizontal windmill (easy access next to the road)

- the Cyclades Olive Museum - olive mill (easy access next to the road)
- The Piskopio watermills (For the first watermill 10 minutes walk in a dirt and stone path and back. Some steps. Easy. We lunch there. Difficult 15 minutes uphill for the second one).
- the Dipotamata watermills (3 hours walk down the gorge thru a dirt and stone path. Difficult. The alternative 20 minutes walk downhill to a watermill and a bridge in the gorge. Fairly easy for the “older group”). For this you need good shoes and a walking stick)
- 4. In **Pikermi**, Attica, the Watermill in the Valanaris valley. (Easy 200 meters, 10 minutes, walk on a dirt road to see it and a difficult another 50 meters over a creek and uphill to visit the water tower).
- 5. In **Athens** the ruins of the Agora watermill. (easy walk from the parking on a city street)
- 6. In **Livadia**, Boeotia, the water driven early industrial age sites (2 hours easy walk on a city street down river)

(Note that the visit will not necessarily follow this sequence!)

Summing up the trip will be in the Argolid, Arcadia, the island of Andros, Boeotia and Athens. Actually 2 nights staying in Nauplion, 3 in Andros and 3 in Athens with excursions in the above mentioned places including **some extra photo stops** (to be announced in the booklet).

The trip will start and end in Athens.

4. The traveling will be by **bus** and **boat**. So just in case it needs stating: there is no smoking on the coach and pets cannot accompany you on this excursion! Two busses will be available depending on the participants, a 40 seat and a 15 seat bus (50 seats available for booking).

5. The hotels in Andros are small hotels, renovated old houses, so that no room is the same like any other. Participants will be placed in the rooms according to room type availability (double, twin or single) and first come first serve basis. So please don't compare and complain there was no big hotel available! This problem won't exist in Athens and Nauplion.

A participant wishing to share a room is requested to nominate the person in question.

6. Lunch and dinner will be served in Greek lunch and dinner time, that is around 14:00 and 21:00 depending on the specific day's itinerary. The food will be **Greek cuisine** mainly, that is cooking with **olive oil**. Vegetarians should fill up their request in the registration form. The final occasion, our traditional TIMS *dîner d'adieu*, will take place in the centre of Athens, underneath the Acropolis. Very smart clothes will not be necessary. Drinks are not included except at the welcoming reception at the hotel.

7. Bank transfer charges are the responsibility of the participants. If any charges are incurred, they will be paid upon arrival at the reception.

8. Every participant is responsible for his/her entry into Greece (possible visas or any other administrative requirements).

9. The details will be renewed on the TIMS web site as they will be finalized. So keep inspecting the TIMS web site for any new details. The final detailed arrangements will be posted to the participants two or three weeks before the trip.

10. In case of cancellation made prior to June 15th, 90% of the payment made will be refunded if a replacement can be found and if not any costs already made will be subtracted. The persons on the waiting list will have priority, in the order on the list for any replacements.

11. No partial refund of excursion fees can be made, particularly when a participant withdraws from a programmed activity: hotel accommodation, restaurant meals, visits, etc. The excursion fees cover a package that includes travel by coach and boat, entrance fees to organized sites, welcoming drink, meals, tips and accommodation. The period covered is from Saturday October 5th 17:00 to Sunday October 13th after breakfast. Drinks are not included.

12. In case of any misunderstandings over the interpretation of the instructions or any of the excursion arrangements the excursion organizer will have the final word.

13. For those with different currency than Euro, please change your money at the airport. Currency can be changed at the hotels but it costs more. There are many exchange offices in Athens but only banks in Andros. So be ready and not waste time. We try to visit as many places as possible in a short time!

14. If not sufficient participants register by May 15th the trip will be cancelled and the money will be refunded.



Procedure on arrival in Athens



The arrival in Athens will be by airplane. In any other case you should inform us by e-mail to give you specific instructions.

Registration with the organizers will be made at the Athens President hotel. There will be a TIMS desk after 14:00 in the hotel lobby.

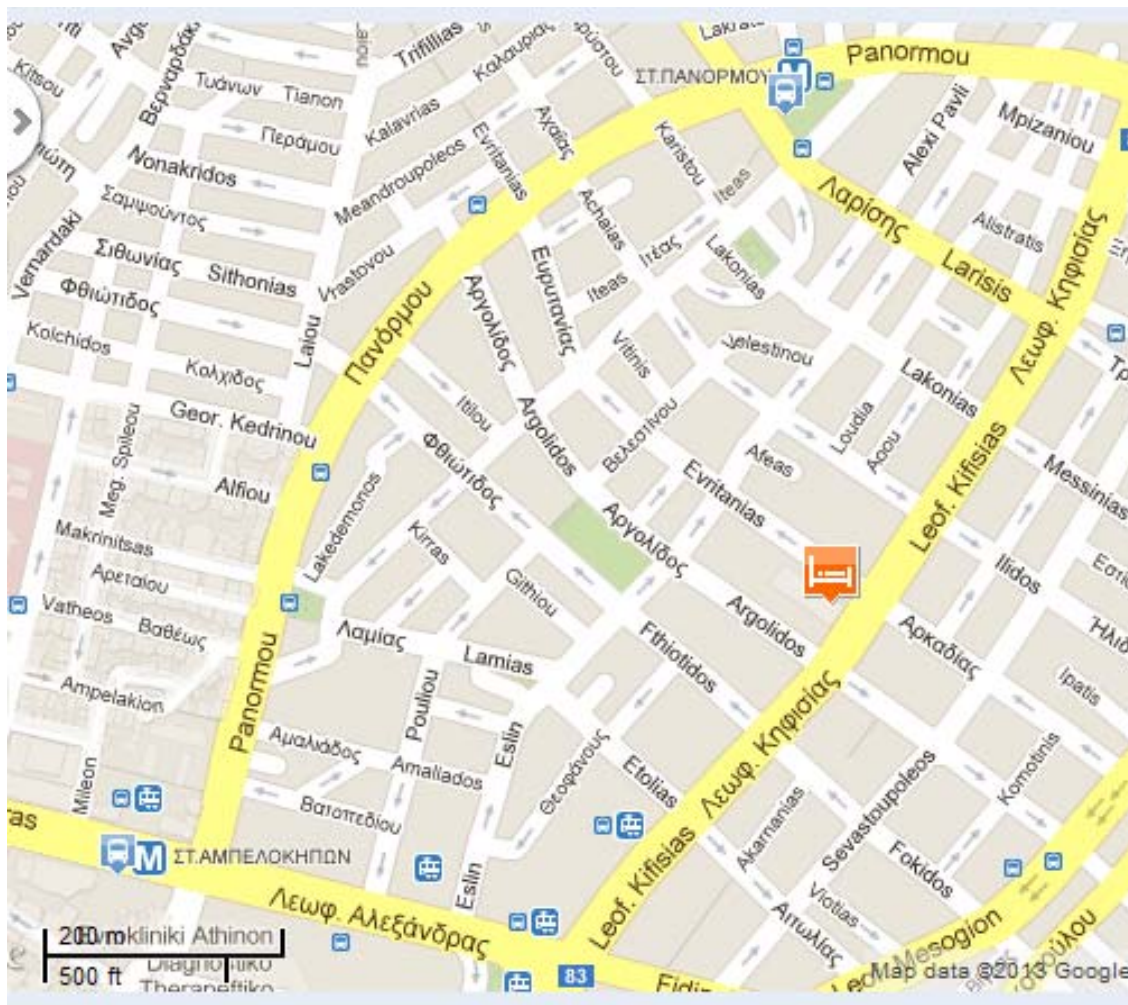
LET US KNOW AS SOON AS POSSIBLE YOUR EXPECTED ARRIVAL TIME

After arriving at the **airport**, either:

- (a) Take the metro (be careful not the “Proastikos” train) and get off Panormou station or at Ampelokhpoi station (on the map you see the **M** indication, ). Then walk a few blocks to President hotel (on the map is the orange sign, ). It will take you just 5'. The cost is 8 €. First train from the airport at 6:33 and last at 23:33. Be careful with your money in the Metro especially in the rush hour!
- (b) Take the Airport Express Bus Lines X95 from the airport and arrive in Syntagma square. The buss is working 24x7 and it costs a ticket 5€. Go

across the street on the square to the Metro station, direction airport (line 3) and get off at Panormou station or at Ampelokhpoi station (on the map you see the **M** indication, ). First train from the airport at 05:30 and last at 23:30 Take the elevator since you have luggage. The ticket costs 1.40€. Then walk a few blocks to President hotel (on the map is the orange sign, ). It will take you just 5'.

(c) Take a taxi to President hotel in Athens. The cost is around 30 €



**IF YOU HAVE A PROBLEM AFTER YOUR ARRIVAL or
IF YOU FIND YOUR ARRIVAL TIME WILL BE DELAYED**

PHONE at the airport: **Katerina 0030-6944256575**
George 0030-6977232775

We wish you a pleasant journey and expect to greet you on Saturday October 5th, between **12:00 hours and 17:00** at **President Hotel in Athens**. Phone if you have a setback. Let us know now your arrival time.

The organizers