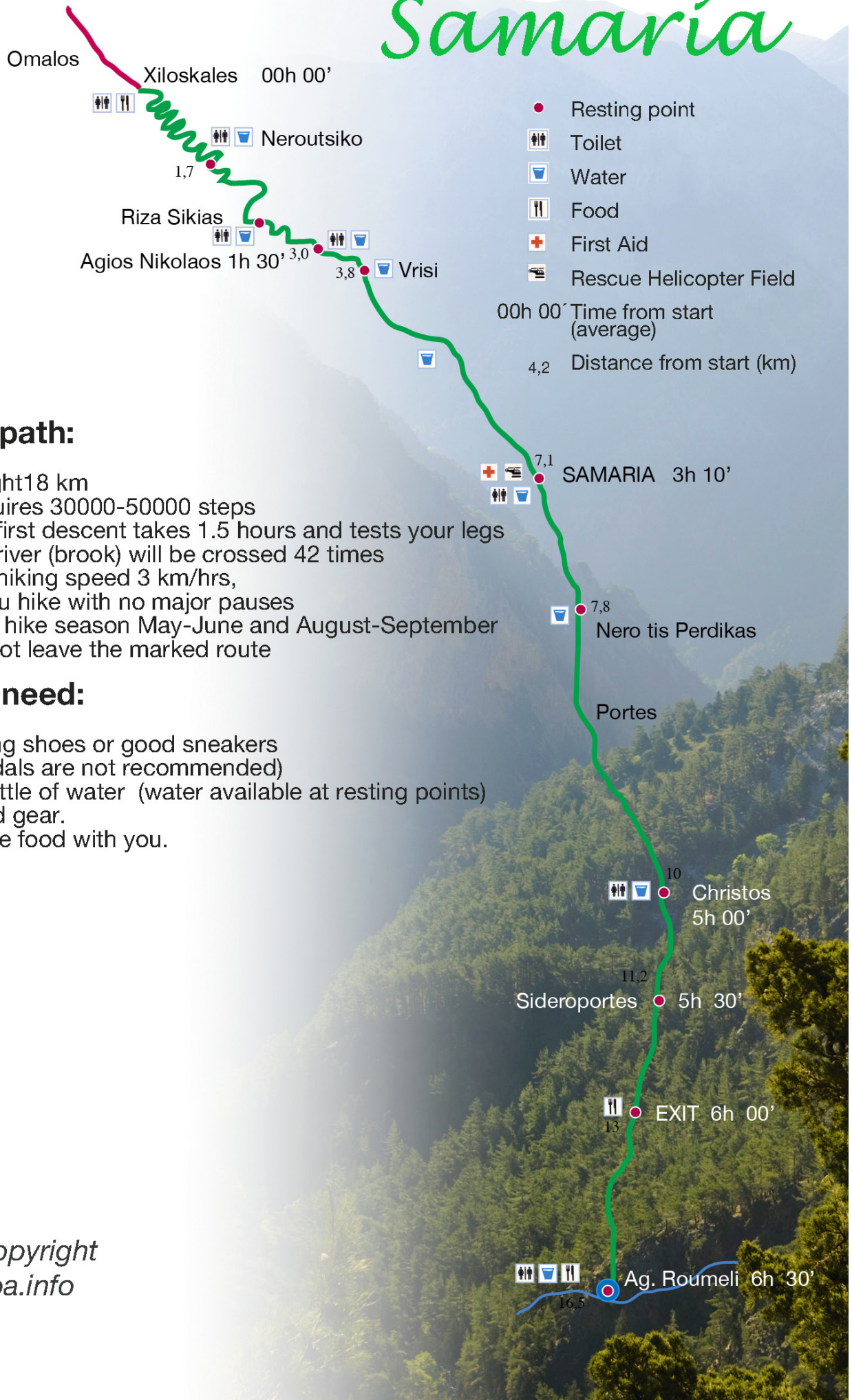


Samaria



The path:

- Length 18 km
- Requires 30000-50000 steps
- The first descent takes 1.5 hours and tests your legs
- The river (brook) will be crossed 42 times
- The hiking speed 3 km/hrs, if you hike with no major pauses
- Best hike season May-June and August-September
- Do not leave the marked route

You need:

- Hiking shoes or good sneakers (sandals are not recommended)
- A bottle of water (water available at resting points)
- Head gear.
- Some food with you.