



Fiche d'inscription
Golden Age 2020 reporté en 2021
Rethymno (Crète) – 3 au 8 octobre 2021
A retourner jusqu'au 24 janvier 2021
à la FFG



Cette fiche d'inscription marque le début officiel de la procédure d'engagement de votre groupe pour participer au Golden Age 2020 reporté du 3 au 8 octobre 2021 à Rethymno (Crète).

Elle précise les différentes étapes de la procédure fédérale d'inscriptions et règlements financiers que la structure s'engage à respecter.

*Cette fiche est à retourner jusqu'au **24 janvier 2021** à l'adresse suivante : anne-louisa.soumah@ffgym.fr*

Je soussigné M. ou Mmeagissant en qualité de président(e) de la
 structure (préciser le nom du club ou comité porteur de l'engagement)

- *Au réengagement de mon groupe de.....(nombre) de participer au Golden Age 2021 à Rethymno en Crète dont :**
 (*Si vous étiez engagé au Golden Age 2020)

..... Femmes

..... Hommes

Le nom du groupe engagé est

| | |
|--|-------|
| Nombre de participants porteurs de handicap : | |
| Nombre de participants utilisant un fauteuil roulant : | |
| Information à propos de participants ayant des besoins spécifiques : | |
| | |

Nom du responsable du groupe :

Adresse mail du responsable du groupe :

Coordonnées téléphoniques du responsable du groupe :

| | Coût total par participant |
|--|--|
| Carte de participant (incluant la participation aux activités officielles du Golden Age) | 140 € (dont 14 € versé à titre d'acompte, non remboursable) |
| Frais administratifs de la FFG | 35 € |
| Pack tenues France* valable pour le Golden Age 2020 reporté en 2021 ou réassort | 125 € ou montant du réassort |
| Frais d'hébergement, de repas, de boissons, de la taxe de séjour, d'excursions, des transferts de l'aéroport d'Heraklion ou de Chania | Montant à régler en fonction des réservations |

**Les participants possédant déjà la tenue du Golden Age 2018, de l'Eurogym 2018 et 2020 ou de la Gymnaestrada 2019 peuvent ne pas souscrire cette prestation.*

Attention : Le COL indique qu'avec la COVID-19, l'hébergement et les repas doivent obligatoirement être réservés via le COL.

Cette inscription ne comprend pas :

- Les transports pour se rendre en Crète ;
- Les transferts de l'aéroport de Hérahklion ou de Chania à la ville de Rethymno ;
- Les frais d'hébergement et de restauration ;
- La taxe de séjour et les boissons consommées (à régler sur place) ;
- Les excursions touristiques

❖ Je soussigné(e) président(e) de la structure, m'engage à :

- Accompagner cette fiche d'inscription du règlement d'un acompte de 14€ **par participant supplémentaire** (non remboursable) ;
- Participer dans la délégation française aux différents temps de la manifestation ;
- Equiper chaque participant de mon groupe, de la tenue fédérale officielle (pack complet) ;
- Respecter la réglementation sportive de l'European Gymnastics relative au Golden Age ;
- Respecter les étapes d'inscriptions et règlements financiers mis en place par la FFG pour cet évènement ;
- Régler à la FFG l'ensemble des services et prestations demandés dans le cadre de la participation du groupe à l'évènement.

Cachet de la structure

Date et
Signature du (de la) président(e)

Etape 1 : Inscription provisoire du groupe : jusqu'au 24 janvier 2021 (délai de rigueur)

1 - Cette période doit permettre aux structures de :

- S'engager officiellement ;
- Transmettre à la FFG le nom de son groupe, le nombre provisoire de participants, le nombre de femmes et d'hommes participants, le nom du responsable du groupe, son adresse mail et ses coordonnées téléphoniques.
- Régler l'acompte d'un montant de 14 € par participant (**non remboursable**)

| | Nombre de participants | Coût total (€) |
|--|------------------------|----------------|
| Acompte 10% carte de participant déjà réglé lors de l'inscription provisoire de l'édition 2020 | X 14 € | |
| Acompte 10% carte de participant supplémentaire | X 14 € | |
| Inscription (carte de participant) totale | X 140 € | |

Etape 2 : Inscription nominative du groupe : du 25 janvier au 28 février 2021 (délai de rigueur)

2 - Cette période doit permettre aux structures de :

- Compléter et renvoyer à la FFG le document relatif à la **liste nominative du groupe** ;
- Compléter et renvoyer à la FFG le document relatif aux **réservations d'hébergement et repas (tableau joint)** ; **La taxe de séjour et les boissons consommées ne sont pas comprises et seront à régler sur place.**
- Compléter et renvoyer à la FFG le document relatif aux **tailles des participants ne possédant pas le pack « tenues France »** ou demande de réassort ;
- Régler 50% de la carte de participant (déduction des 14€ d'acompte) ;
- **Régler 50% du montant du séjour (hébergement et repas) en fonction de l'hôtel retenu.**

| | Nombre de participants | Coût total (€) |
|---|---------------------------------------|----------------|
| 50% de la carte de participant (déduction des 14€ d'acompte) | X 63€ | |
| 50% du montant de l'hébergement (nuit + petit-déjeuner) : prix par personne (voir document annexé). La taxe de séjour et les boissons consommées ne sont pas comprises et seront à régler sur place. | Montant en fonction de l'hôtel retenu | |
| 50% du montant des repas : prix par repas (voir document annexé) La taxe de séjour et les boissons consommées ne sont pas comprises et seront à régler sur place. | Montant en fonction de l'hôtel retenu | |

Etape 3 : Inscription finale du groupe : du 1^{er} mars au 30 avril 2021 (délai de rigueur)

3 - Cette période doit permettre aux structures de :

- Confirmer l'inscription finale du groupe
- Procéder aux règlements suivants :

| | Pack Tenues France | Coût total (€) |
|-------------------------------------|------------------------------|----------------|
| 100% Pack tenue France* ou réassort | 125 € ou montant du réassort | |

**Les participants possédant déjà la tenue du Golden Age 2018, de l'Eurogym 2018 et 2020 ou de la Gymnastrada 2019 peuvent ne pas souscrire à cette prestation.*

Etape 4 : Confirmation inscription finale du groupe : du 1^{er} au 30 mai 2021 (délai de rigueur)

4 - Cette période doit permettre aux structures de :

- Confirmer l'inscription finale du groupe
- Compléter et renvoyer à la FFG le document relatif à l'inscription des Workshops fermés (tableau joint) :
 - Workshops fermés : Réservation obligatoire (choix de 3 Workshops dont 2 seront garantis par le COL)
 - Workshops libres : Réservation non obligatoire (chaque participant peut se rendre à 2 Workshops)
- Compléter et renvoyer à la FFG le document relatif à l'inscription des excursions touristiques (tableau joint) ;
- Compléter et renvoyer à la FFG le document relatif aux informations sur le plan de vol (arrivée et départ avec les demandes de transferts aller-retour (aéroport d'Heraklion ou de Chania)
- Procéder aux règlements suivants :

| | Nombre de participants | Coût total (€) |
|---|---|----------------|
| 50% du solde de la carte de participant | X 63 € | |
| 100% du montant des frais administratifs FFG | X 35 € | |
| 50% du solde des réservations d'hébergement et repas. La taxe de séjour et les boissons consommées ne sont pas comprises et seront à régler sur place. | Montant en fonction de l'hôtel retenu | |
| 100% du montant des excursions touristiques sera à régler sur place | Montant en fonction des excursions choisies | |
| 100% du montant des transferts (aéroport d'Heraklion ou de Chania) 30€ par personne pour 20-30 personnes 26€ par personne pour 30-40 personnes 22€ par personne pour 40-50 personnes | Montant en fonction du nombre de personnes | |

Règlements financiers et conditions de remboursement

- **Règlements financiers :**

**Choix du virement* : Les virements bancaires sont à effectuer selon le RIB joint.

Merci d'indiquer pour l'ordre du virement (Golden Age – Nom du groupe)

**Choix du chèque* : Les chèques doivent être envoyés à l'ordre de la Fédération Française de Gymnastique, à l'adresse suivante : Fédération Française de Gymnastique – 7 ter, Cour des Petites Ecuries – 75010 PARIS.

Merci d'indiquer au dos du chèque (Golden Age – Nom du groupe)

- **Conditions de remboursement :**

Annulation de participation à la demande du groupe ou interdiction déplacement international :

Pas de remboursement des :

- 14 euros d'acompte (par participant) pour la carte de participant
- 125 euros du pack tenues ou montant du réassort

Remboursement : **Veillez prendre toutes les dispositions nécessaires (assurance) en cas d'annulation de votre structure**

- 50% de la carte de participant avant le 30 mai 2021
- 50% des frais d'hébergement et de repas avant le 30 mai 2021
- Excursions : en attente des conditions du COL ultérieurement
- Transferts locaux : en attente des conditions du COL ultérieurement

Annulation de l'évènement décidée par le COL/EG :

Pas de remboursement des :

- 14 euros d'acompte pour la carte de participant
- 125 euros du pack tenues ou montant du réassort

Remboursement en cas de pandémie Covid-19 : Le COL remboursera l'ensemble des frais (90% carte de participant, hébergement, repas, excursions, transferts locaux).

PROGRAMME PREVISIONNEL DE LA SEMAINE

| Sunday 3/10 | Monday 4/10 | Tuesday 5/10 | Wednesday 6/10 | Thursday 7/10 | Friday 8/10 |
|--|---|---|--|---|---|
| | Meeting LOC+HOD (obligatory) 8.30 - 8.45 | Meeting LOC+HOD (obligatory) 8.30 - 8.45 | Meeting LOC+HOD (obligatory) 8.30 - 8.45 | Meeting LOC+HOD (obligatory) 8.30 - 8.45 | Meeting LOC+HOD (obligatory) 8.30 - 8.45 |
| | | Workshop 9.00 - 10.00 | Workshop 9.00 - 10.00 | Workshop 9.00 - 10.00 | Workshop 9.00 - 10.00 |
| | | Workshop 10.15 - 11.15 | Workshop 10.15 - 11.15 | Workshop 10.15 - 11.15 | Workshop 10.15 - 11.15 |
| | | Workshop 11.30 - 12.30 | Workshop 11.30 - 12.30 | Workshop 11.30 - 12.30 | Workshop 11.30 - 12.30 |
| Meeting Group leader +HOD 14.00 - 15.00 | | Educational Forum 12.00 - 13.30 | Meeting Group leader Gala/Closing 12.30 - 13.30 | | Official Reception 12.30 - 13.30 |
| Parade ready 17.30 | | | | | Rehearsal Gala/Closing 14.00 - 16.00 |
| Parade start 18.00 | City Performances 18.00 - 20.00 | City Performances 18.00 - 20.00 | City Performances 18.00 - 20.00 | City Performances 18.00 - 20.00 | Gala / Closing 17.30 - 19.00 |
| Opening 18.30 - 20.00 | | | | | |
| | | Party 20.30 - 00.00 | GAGF 2022 19.30 - 20.30 | Party 20.30 - 00.00 | Farewell Party 20.30 - 00.00 |

HEBERGEMENT – GOLDEN AGE

Important note:

- **Accommodation and meal bookings:** For this GAGF edition and due to the COVID-19 pandemic, it is mandatory to book hotels and meals via the Local Organising Committee. This is the only way the organisers can ensure strict COVID-19 precautions and a secured environment at the hotel and during meals. Participants will receive their accommodation details one month before the event.
- **Refund policy in case of cancellation of the event due to the Covid-19 pandemic:** In that case, all payments will be refunded, except of the non-refundable preliminary registration fee (14€).

The package rates are in Euros, **per person per 8 days (7 nights)** and includes:

- accommodation at 3-star or 4-star or 5-star hotel located in Rethymno - Crete (Greece) inclusive of breakfast and local transport.
- ⚠ local city tax : to be paid directly on-site upon departure (2-5 euros per room per night depending of the stars of the hotel.)
- ⚠ Drinks at meals not included to be paid on spot

Accommodation packages 8days | 7nights

| Arrangement ★ ★ ★ | 3-STAR HOTEL RETHYMNO (Crete, Greece) | | |
|---------------------------|---------------------------------------|---------------------|---------------------|
| | Triple room | Double Room | Single Room |
| Bed and Breakfast | 315,00 € | 385,00 € | 560,00 € |
| Additional Night | 45,00 € | 55,00 € | 80,00 € |
| Meals (lunch / dinner) | 16,00 € Per meal | 16,00 € Per meal | 16,00 € Per meal |

| Arrangement ★ ★ ★ ★ | 4-STAR HOTEL RETHYMNO (Crete, Greece) | | |
|---------------------------|---------------------------------------|---------------------|---------------------|
| | Triple room | Double Room | Single Room |
| Bed and Breakfast | 385,00 € | 455,00 € | 665,00 € |
| Additional Night | 55,00 € | 65,00 € | 95,00 € |
| Meals (lunch / dinner) | 17,00 € Per meal | 17,00 € Per meal | 17,00 € Per meal |

| Arrangement ★★★★★ | 5-STAR HOTEL RETHYMNO (Crete, Greece) | |
|---------------------------|---------------------------------------|---------------------|
| | Triple room | Double Room |
| Bed and Breakfast | 525,00 € | 665,00 € |
| Additional Night | 75,00 € | 95,00 € |
| Meals (lunch / dinner) | 22,00 € Per meal | 22,00 € Per meal |

WORKSHOPS

Workshops

There are two different categories of workshops:

Closed Workshops

- Registration is necessary
- Every group can choose 3 closed workshops. The LOC will guarantee at least two of them.
- Groups must indicate their choice for the closed workshops with the definitive registration.

Open Workshops

- Registration is NOT necessary
- Every participant can go to 2 open WS.
- Everyone can choose the time and the day that suits them for the open WS
- At the workshop area, English speaking volunteers will be present to help participants find their way to the workshop. At least one volunteer will be present at each workshop to support the instructor, to guide the participants and to help in case of emergencies. The duration of the workshops will be 60 minutes depending on the characteristics and needs of the workshop from 9.00 to 12.30.
- You can find a short description of each WS below, and a demo video online (European Gymnastics website, Youtube page: Golden Age Gymnastics Festival 2020.
- All groups will register for the closed Workshops using a registration form provided by the LOC. Deadline for the WS registrations: 30th June 2021.

PLEASE NOTE:

- Participants that do not register on time will only have the right to attend open Workshops.



Special Choreography



A workshop that is recurrent in each edition of GAGF. In this workshop groups will have the opportunity to practice their Choreography together with an expert that will give them some feedback with the aim of further development and improvement of the performance. The LOC will contact the groups registered for the Special Choreography Workshop for further instructions.



Aerodance



*Olivier
Vanwambeke*



*Ag. Georgiou
Square*

This is a cardio training session for everybody. We will learn a choreography through cardiovascular training, and we will create a real choreography show! This year it will be "little monsters" style!



Beach Tennis



*Takis
Galeros*



*On the beach
50 Venizelou Av.*

Beach tennis is one of the fastest growing sports, which is because it is simple and what one needs to play is a company, an appetite, a racquet and a ball. We will enjoy it on the beach of our town.



Hatha Yoga



*Vasilis
Ikonomidis*

*On the beach
41 Venizelou Av.*

It includes: breathing techniques, techniques of self-concentration, dynamic dispositions, equilibrium exercises. Purpose: cleansing / detoxification of the internal organs, strength and elasticity in muscles and tendons. The ultimate goal is to achieve physical / mental and emotional health, strength and balance.

Music Pilates with Tennis Ball

 *Nina Dorokhova*

 *Building "Dolphin"*

The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. It is important to think about what you are feeling, how it feels, and why you are doing this exercise. Nice music lets you enhance the experience of the lesson. Enjoy!

Piloxing Gold

 *Katerina Kirianitaki*

 *Marina Harbour*

Pilates-boxing-dance
Feel empowered with boxing, find balance with pilates and let loose with fun and funky dance moves!

Costal Rowing

 *Alexandros Antonovardakis*

 *Marina Harbour*

Rowing and techniques with traditional scooter boats in the city's harbor, seeing the wonderful image of the city from the sea.

Dynamic Walking

 *Theano Gavala*

 *7 Venizelou Av.*

Dynamic walking is a very good exercise to improve endurance and fitness along with breaks and along the beautiful path along the coast will be an unforgettable experience.

Beach Volley

-  *Manolis Andonakis*
-  *Marina Harbour*



The beach volley leisure is a pleasant sporting activity for all ages. The use of the ball with the hands tones the upper part of the body and at the same time the movement in the sand helps to develop the balancing possibilities of the body.

Tabata with Bands

-  *Asimena Christoulaki*
-  *Agnostou square*

Intermittent training programme where periods of intense exercise alternate with short rest periods, combining movement with exercise bands.

Cretan Folk Dance

-  *Maria Palasi Lykeio*
-  *Hellinidon hall
79 Venizelou Av.*

The dances of Crete express the rich inner world of their people and have their roots in the ancient Minoan ceremonies. With dance and song the Cretan expresses his feelings, enthusiasm, disappointment, love and love.

Waterball

-  *Cleopatra Panaretaki*
-  *Venetian Harbour*

Waterball is a light and unbreakable medical ball with a variable amount of non-toxic chromatic water. Its weight starts at 1kg. You can roll them, shake them, grab them, throw them away or even tighten them without causing any damage to the equipment as well as to the trainee. Any type of training can be tailored to the trainee's specific characteristics. These propriety spheres are perfectly suited for rehab phases as each move can be strictly controlled to improve strength, balance and coordination skills. The combination is something unique!

Balletoning

 *Vasia Sakelariou*

 *Cathedral square*

This workout system combines elements of ballet, modern dance and jazz. It offers feelings of flexibility, balance and well-being.

Playing with Bodies

 *Ioanna Christoulaki*

 *Venetian Harbour*

Improving health and well-being through movement with partner. Movement with partner can be functional, communicative, emotional, developmental and expressive. Make your body “a prop” for someone else’s body. More fun, more laugh through movement with a partner, easy exercises with music.

Playing like Kids

 *Manolis Philipakis*

 *Nerantze mosque*

Play is an important tool in human development. It contributes to the balance between body and soul. In this workshop “let’s play like kids and have fun”

Zumba Gold

 *Dimitra Tsika*

 *Mikrasiaton square*

Gymnastics and Dance in One. A fitness method with unique benefits, not only in the body but also at your disposal. Give smile, appetite and expression to your body through music.



Greek Traditional Dances



Maria Maraki

Learn the music, the rhythm and the traditional dance of Greece.



**Periigitiki Club
St. Francis str.**



Tango



**Sophia
Galanaki**

Basic principles and technique. Analysis of the main principles of dance and music. We focus on exercises that help communicate and improvise. We learn the basic steps.

Iroon



**Politechniou
square**



Dansyng



Angeliki Tziraki

There is no existence without dancing, there is no voice without singing, there is no exercise without joy.



**Sohora
Stadium**



Golden Age Functional Training



**Eftichia
Stagaki**

Functional training is a programme developed to offer a full-body workout using functional movements (*uses safe, effective and efficient movements similar to those you use every day in life*).



**Municipal
garden
(GAGF Village)**

Combines elements of cardio, weight lifting, gymnastics, core training and more to prepare the body for the unexpected. The workouts are constantly varied, different every day, that are tailored to the individual with "relatively" high intensity levels that are adjusted to challenge the individual and safely improve fitness.



Aerobic by weights



**Despina
Karamitrou**



**Municipal
garden
(GAGF Village)**

Basic steps of aerobics combined with exercises of biceps and thighs of hands, shoulders, back, eyes, with the use of dumbbells of one kilogram give stimulation and wellness to the body.



Creative Pilates - Stretching Movement



**Euaggelia
Gasparaki**



**Open Basketball
Courts
4 Martires church**

Pilates is appropriate for anyone at any age to help them move with strength balance and flexibility.

Stretching increase flexibility in the joints. Helps achieve better coordinated movements and increased speed and power. The combination of both, increases wellness and revitalisation.



Stretching by sticks



**Christiana
Mavromataki**



Cathedral Square

The science of stretching. It helps in the development of balance, works out the back and abdominal muscles, and all the muscles of the body. It's a calm workout that focuses in the center of the body.



Stretching



Justina Bailey



**Municipal garden
(GAGF Village)**

It is a gentle and elegant series of stretches that stimulates all the muscles of the body and prevents atrophy.



Aquafitness



**Kathy
Delimbassi**



**Theartemis
Palace Hotel**

Water training is the easiest way to exercise your muscles evenly. At the same time, it improves breathing and strengthens the cardiovascular system. Combine fun and exercise in water!

EXCURSIONS

Enjoy an unforgettable golden experience in Crete, discovering its amazing landscapes, history and culture. Every excursion includes an English speaking guide, and various other languages upon request. The participants will pre-register for all excursions they want to book, with a relevant form sent by the LOC before the 30th June. Payments will be settled upon your arrival in Rethymno.

Please note: all of the following excursions can also be organized privately for the GAGF groups, every day of the week, for the same prices per person, with a minimum of 30 participants.



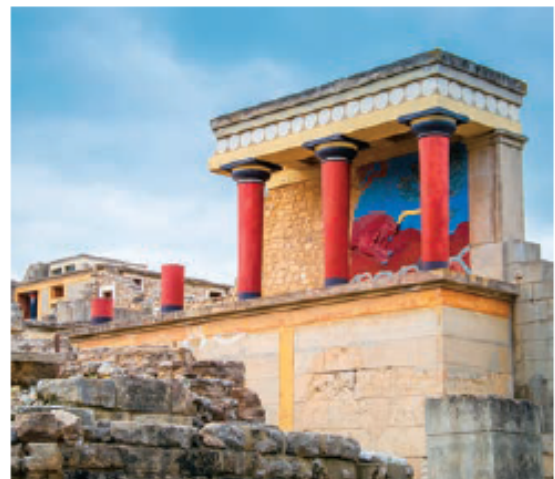
Knossos - Heraklion

Meet the first of all advanced civilizations in Europe! On this excursion you have the opportunity to visit the excavation sites of the Palace of Knossos, built in 2000 BC. Knossos was the prosperous Minoan Capital and the residence of King Minos. Some believe that the intricate Palace with its many rooms was the mythical labyrinth. The tour is followed by a visit to the Museum of Heraklion, where you can see the largest collection of Minoan findings from Crete.

| | | |
|-------------|-------|-----------------------|
| PICK UP | 8:00 | INCLUDED |
| RETURN TIME | 17:30 | transfer & guide |
| PRICE | 32 € | EXTRA CHARGES |
| | | Lunch is not included |

Entrance to Knossos Palace: 15€
Entrance to the Museum: 28€
If you wish to visit both the price is 16€
instead of 25€

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| | | ✓ | | | ✓ | |



KNOSSOS EXPRESS *without visiting the city of Heraklion*

PRICE 30€ - *Includes transfer & guide -*

EXTRA CHARGES: Entrance to Knossos Palace: 15€ - *Lunch is not included -*

FLEXIBLE PICK UP TIME & DURATION

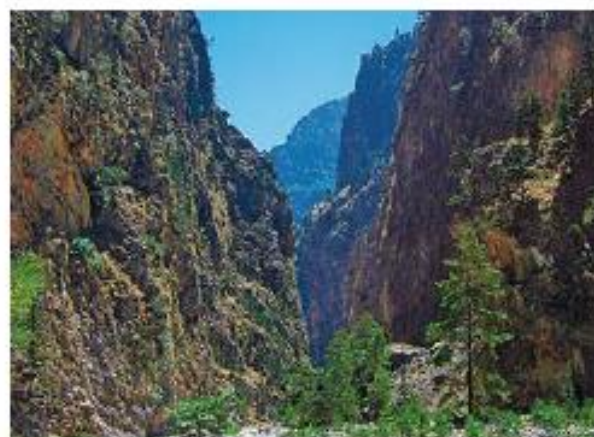
Samaria Gorge

Hike through the longest and richest in biodiversity gorge in Europe! On your Samaria gorge adventure, the bus will take up into the White Mountains to Omalos Plateau and the entrance of the gorge. There, at an altitude of 1.100m, you will begin the hike. After this strenuous but spectacular 16km walk, you will travel by boat for an hour, on an equally glorious trip from Agia Roumeli, the village at the end of the gorge, to Chora Sfakion, where the bus will be waiting to take you back to Rethymno. Good walking shoes are necessary.

| | |
|-------------|-------|
| PICK UP | 7:30 |
| RETURN TIME | 20:00 |
| PRICE | 35 € |

INCLUDED
transfer & guide

EXTRA CHARGES
Lunch is not included
Gorge entrance: 5€
Boat: 11€



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| ✓ | | ✓ | | ✓ | ✓ | |

Gramvoussa - Balos Day Cruise

The bus takes you west through the outskirts of Chania to the port of Kastelli. Here starts our beautiful cruise. First stop, the small uninhabited island Gramvoussa with its imposing Venetian castle and breathtaking views. After 2 hours, the boat will take you to the lagoon of Balos. The fabulous clear water of the lagoon and the white coral sand makes an irresistible paradise for all guests.

| | |
|-------------|-------|
| PICK UP | 8:00 |
| RETURN TIME | 20:00 |
| PRICE | 18 € |

INCLUDED
transfer & guide

EXTRA CHARGES
Lunch is not included
Entrance: 1€
Boat: 28€



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| | ✓ | | ✓ | | | ✓ |

Chania City - Akrotiri / Monastery Tsagarolon

In this excursion we will visit the Monastery of Tsagarolon. One more beautiful photo-stop follows in Akrotiri, at the tomb of famous Elefterios Venizelos. The last stop is at the city of Chania. Here, Turkish and Venetian architectural styles meet and form a very impressive townscape. Especially in the old town, narrow streets and alleys, old mansion and arcades, mosques and minarets bear witness to the long presence of Venetians and Turks. All this creates an exceptional atmosphere, and it is no wonder that Chania is considered to be one of the most beautiful towns in Crete.

| | | |
|--------------------|--------------|---|
| PICK UP | 8:00 | INCLUDED transfer & guide |
| RETURN TIME | 19:00 | EXTRA CHARGES Lunch is not included |
| PRICE | 30 € | Monastery of Tsagarolon: 5€ |

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

 minimum number of participation 30 pax



Chania City *half day*

The city of Chania constitutes a crossroad of civilizations and continents with a long history, natural beauty, unique architecture and rich tradition. The main characteristic of the city is the Venetian port of the old city with the Egyptian lighthouse that has survived for many centuries and attracts the eye of residents and visitors.

| | | |
|--------------------|-------------|--|
| PICK UP | * | INCLUDED transfer & guide |
| RETURN TIME | * | NO EXTRA CHARGES Lunch is not included |
| PRICE | 20 € | |

* Flexible
Pick Up Time & Duration

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

 minimum number of participation 30 pax



Spinaloga - Agios Nikolaos

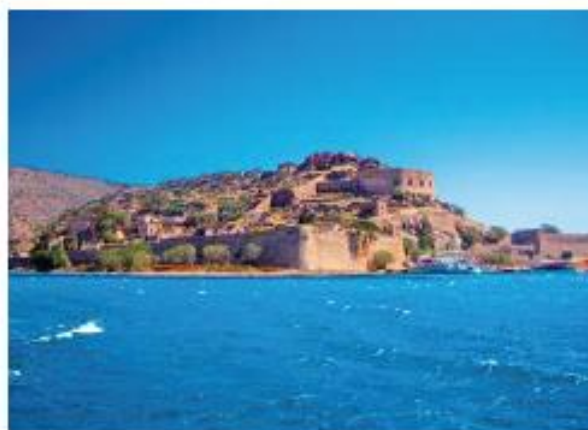
Visit "The island" of the famous book of Victoria Hislop, an unforgettable travel to time. This excursion takes you to the east side of Crete and Agios Nikolaos, a small town with a picturesque harbour where you find one of the two sweet water lakes of Crete. North of Agios Nikolaos is the well known port of Elouda from where you will take the boat to visit and explore the island of Spinaloga. This island was a Venetian fortress and was used as a Leper Colony until 1957. You can also swim in the crystal clear water.

| | |
|-------------|-------|
| PICK UP | 8:00 |
| RETURN TIME | 20:00 |
| PRICE | 27 € |

INCLUDED
transfer & guide

EXTRA CHARGES
Lunch is included
Entrance to Spinaloga archeological site: 8€
Boat: 10€

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| ✓ | | | | | | |



Elafonissi

After a two hours bus ride along the north coast, we turn towards south into the heart of Crete. In Elafonisi, the south westerly point of Crete, you have 3 hours time to swim in the crystal clear waters and enjoy the beautiful sandy beach and its surrounding nature.

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|-------------|-------|
| PICK UP | 8:00 |
| RETURN TIME | 19:00 |
| PRICE | 30 € |

INCLUDED
transfer & guide

NO EXTRA CHARGES
Lunch is not included

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
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Preveli

Visit the amazing palm forest of Preveli and Damnoni beach, located on the South Coast. The first stop is at Kourtaliotiko gorge which is one of the most impressive gorges of Rethymno for some beautiful photos. The bus then takes you to Damnoni beach with its beautiful turquoise waters and white sand. Upon arrival, you will take the boat to visit Preveli Palm Beach, one of the most spectacular beaches in Crete, an ideal place for swimming and relaxation. You may visit the palm tree forest and then the boat takes you back to Damnoni. This excursion will offer you an unforgettable experience!

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|--------------------|--------------|--|
| PICK UP | 8:30 | INCLUDED transfer & guide |
| RETURN TIME | 16:30 | |
| PRICE | 20 € | |
| | | EXTRA CHARGES Lunch is not included Boat: 12€ |



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Samaria Koyrnas - Argyroypoli - Plakias *South Trip*

Enjoy this magnificent tour of South Crete! The first stop is at Kournas Lake, the largest and most beautiful natural lake of Crete, surrounded by mountains. Then we visit the village of Argyroupoli which combines natural beauty and history. The area is famous for its springs with waterfalls, its old mills and the lush green landscape. Then we reach the wonderful village of Plakias by the sea where you can enjoy a swim or have lunch. Afterwards we will visit the well known monastery of Preveli. On our way back you will have the chance to admire the breathtaking Kourtaliotiko gorge.

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|--------------------|--------------|---|
| PICK UP | 8:30 | INCLUDED transfer & guide |
| RETURN TIME | 17:30 | |
| PRICE | 25 € | EXTRA CHARGES Lunch is not included Monastery of Preveli: 3€ |



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Myli - Agios Antonios

You don't need to travel far to explore some of the beautiful gorges of Crete. On this trip we visit two impressive nature treasures - Myli Gorge and The Gorge of Patsos. We walk through Myli Gorge – a beautiful and easy hike of approximately 1 1/2 hour. By bus we continue into the Vally of Amari where we get astonishing views over the valley and surrounding mountains, among others, Psiloritis, the highest mountain on Crete. We visit the breathtaking Gorge of Patsos, the cave church of Agios Antonios. Lunch is served in the gorge at the tavern which is famous for local dishes. After lunch we return to Rethymno.

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|--------------------|--------------|--|
| PICK UP | 9:00 | INCLUDED transfer & guide |
| RETURN TIME | 16:00 | |
| PRICE | 15 € | NO EXTRA CHARGES Lunch is not included |



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

 minimum number of participation 30 pax

Arkadi - Eleftherna - Margarites

Archeology and culture are the highlights on this half day trip. The Monastery of Arkadi has played a big part in the Cretan Resistance and has also been an important place for science and art since the 16th century. We visit the monastery and continue to the museum of Eleftherna where we get a stunning view over the excavated ancient city-state. The museum - Homer in Crete - exhibits a span of a period over three and a half millennia. Our last stop is in Margarites located in the picturesque green rolling hills of Rethymno. The village is well known for its pottery makers whose century - old ceramic tradition has made Margarites the undoubtedly most important pottery center of Crete.

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|--------------------|--------------|--|
| PICK UP | 9:00 | INCLUDED transfer & guide |
| RETURN TIME | 16:00 | |
| PRICE | 15 € | EXTRA CHARGES Lunch is not included Arkadi: 3€ / Eleftherna: 4€ |



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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Extra days any day of the week except Tuesday
the museum of Eleftherna is closed.

Safari 4U - Limited Edition!

Safari4U invites you to experience a safari style excursion exploring the unique elements of rural Crete. You have the choice to drive a 4x4 jeep vehicle through unknown, beautiful off road tracks, or participate as a passenger. Visit with us the tiny village called Kato Malaki and have a coffee and local pastry at Ms Soula's home. Meet the locals and the authentic Cretan culture, before heading to the beautiful beach of the South Coast called Polirizos, for a refreshing swim and a traditional Cretan lunch. Last stop the coastal village of Plakias, perfect place for a coffee or souvenir shopping.

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|-------------|-------|
| PICK UP | 8:30 |
| RETURN TIME | 18:00 |
| PRICE | 70 € |

INCLUDED

Transfer from G to Hotel
Vehicle & Fuel, Guide,
Coffee With Locals,
Full Meal, Photos of
your day

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

 Private GAGF tours for 15pax or more

