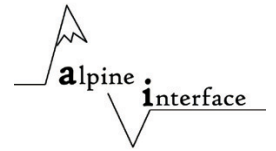


Alpine Interface

- Your connection to any number of hiking and walking adventures in the Alps, Europe, the Himalaya and the Americas – small groups, certified guides.



Coastal Walks in Crete:

Weather/Climate in Crete in Spring/Early Summer, and in Fall:

In regards to climate, May will be a transitional period between the 'rainy season' that commences in November and finishes in May. We may have an occasional shower (rain of course) and therefore the temperatures could become rather chilly.

Otherwise we can expect warm to hot, sunny days. Evenings/nights during the spring months can be cooler.

Transport of luggage during your walking trip in Crete:

Upon your arrival in Crete, you will receive an Alpine Interface duffle bag.

Please put all your equipment you would like to take on the trip into this duffle, and we will transport it for you.

The duffle helps to identify our guests' luggage, and avoids any mix-up with other companies.

You may leave items not required for the trip in your suitcase/duffle in the hotel in Iraklio.

The Alpine Interface duffle is yours to keep after the trip.

Mandatory equipment:

- 1 pair of sturdy trekking shoes, covering the ankles. *(They will endure tremendous hardships on the razor-sharp limestone. To ensure a proper fit, take the inner sole/foot bed out of your shoe and stand on it. You should have a space of 0,5cm – 1cm from the top of your toes to the top of the sole. If there is less space, your shoes are too small, if there is more space, your shoes are too big. Also make sure that your heel is not too loose in order to avoid blisters.)*
- 1 pair of sandals *(Teva brand or similar)* for swimming since the sand can get very hot, and for evenings.
- 35 litre rucksack. *(Big enough to fit up to 2l of water, bathing costume and towel, waterproof/water resistant jacket, lunch, and miscellaneous items. Please make sure that the pack fits comfortably and that you have carried it prior to the trip to get the adjustment right.)*
- 1 pair of light-weight cotton or synthetic trousers
- 1 light-weight cotton long sleeve shirt

- 2 pairs of shorts, one for swimming, one for walking
- 2 t-shirts, cotton or synthetic
- 1 set of 'smart evening wear' (*no black tie please*)
- 1 wind and water-proof/resistant jacket
- 1 warm fleece jacket long sleeve
- Socks / underwear
- Bathing costume
- Sun protection: Sun hat, wide brimmed is the best with a string to keep in place if windy, sunglasses, and sun cream (*maximum possible SPF 50, unless you will be coming from a month in Aruba*)
- Large beach towel

Optional equipment:

- Camera and film, polarizing filter is best if using SLR camera since light is very bright
- Sketch- pad, reading material (*time each day to relax after lunch*)
- Small first aid kit, disinfectant spray and insect repellent (*SOME MOSQUITO POPULATIONS LIKE OUR SKIN*)
- Earplugs for Iraklion (*first and last night*)
- Small torch for finding the keyhole of hotel room and for not getting lost after too much Retsina.
- Swim goggles. They are nice for exploring small caves just under the surface of the water and getting glimpses of some fish that remain, and of course for swimming.