Walking on Rhodes and Tilos



Trip style:
European walking holidays

Destination:
Greece

Walking Grade
4 & 5

HOLIDAY OVERVIEW

Rhodes is ripe for exploring on foot. And on this holiday, you'll get to step back in time with a stroll through the medieval Knights Quarter of Rhodes Town, feeling the history amongst the old city walls, saunter down the sparkling seafront, and get a snapshot of traditional local life walking in the rugged hills. You'll also get to cross the Aegean by ferry to discover the tiny island of Tilos. The entire island is recognised as a protected ecological park, and on walks in its pristine landscapes, your expert guide will introduce you to rare biodiversity as well as ancient monasteries, myths and legends.

WHAT YOU'LL LOVE

- Explore the UNESCO heritage monument city of Rhodes Town with a certified guide & entrance to the Grand Masters Palace
- Take in Aegean views from Mount Profitis Ilias & Akramitis
- Staying on the island of Tilos, a protected ecological park and the world's first certified zero-waste island
- Three evenings dining in local Tavernas with a glass of wine
- Learning about Tilos' wildflowers and the endangered Bonelli's Eagles

- A Greek-style picnic, featuring a selection of freshly baked traditional pies made with local ingredients.

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 4 nights' accommodation in Rhodes & 3 in Tilos
- 7 breakfasts, 1 lunch & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY

Day 1 Arrive in Rhodes and Explore the Medieval Old Town

Arrive at Rhodes Airport and transfer to your hotel in Rhodes Town or Ialysos. After settling in, meet your local leader, who will introduce you to the week ahead. Later, join a professional guide for an evening walk through the UNESCO-listed Medieval City of Rhodes. Step inside the fortified old town to discover the imposing Palace of the Grand Master and wander along the atmospheric Street of the Knights.

Day 2 Profitis Ilias

Today's walks explore the forested slopes of Profitis Ilias, the third-highest mountain on Rhodes. Both options follow well-maintained trails shaded by ilex, pine and olive trees, with far-reaching views across the Aegean Sea towards neighbouring islands and the Turkish coastline. Along the way, see the Alpine-style Elafos and Elafina buildings, constructed during the Italian occupation. You can also visit the former governor's summer residence, Villa de Vecchi, and the Byzantine church of Profitis Ilias.

Option 1: Salakos and Profitis Ilias

Distance: 3.5 miles (5.5 km)
Ascent: 1,250 feet (380 m)

Starting in the agricultural village of Salakos, we follow a gradually ascending trail through the trees. The well-maintained path makes this the gentler of today's options, while still offering superb views across the Aegean. We finish near the summit of Profitis Ilias, where several historic buildings await.

Option 2: Fountoukli, Salakos and Profitis Ilias

Distance: 6 miles (9.8 km)
Ascent: 1,250 feet (380 m)

Our longer walk begins at the 14th-century chapel of Agios Nikolaos Fountoukli, known for its impressive frescoes. We descend along broad tracks beside streams and old olive groves to Salakos before climbing the forested slopes of Profitis Ilias. The final section follows the same route as Option 1 to the mountain's historic buildings.

Day 3 Mount Akramitis and Monolithos Castle

Today we explore the foothills of Mount Akramitis, the second-highest mountain on Rhodes. Both walks begin near the traditional village of Sianna and follow fragrant trails through pine forest and Mediterranean herbs. As the landscape opens, enjoy sweeping views across the Aegean towards the Turkish coast and the island of Halki. Both groups come together for a Greek-style picnic of freshly baked traditional pies and seasonal refreshments before continuing towards Monolithos Castle.

Option 1: Akramitis Foothills

Distance: 5 miles (8.2 km)
Ascent: 636 feet (194m)

Beginning at the peaceful chapel of Zoodochos Pigi, we follow woodland paths and open trails along the foothills of Mount Akramitis. Our walk ends at a viewpoint overlooking Monolithos Castle, dramatically positioned on a rocky outcrop above the sea. You can then travel by coach to visit the castle on foot.

Option 2: Kymisala and Monolithos Castle

Distance: 7 miles (11 km)
Ascent: 600 feet (180 m)

Our longer option visits the ancient city of Kymisala, an important archaeological site hidden among olive groves and rolling hills. We continue through the pine forests below Mount Akramitis before joining Option 1 for our picnic. From the viewpoint, we climb to Monolithos Castle to explore the fortress ruins, whitewashed chapel and panoramic coastal views.

Day 4 Ferry to Tilos

After breakfast, we check out of our hotel and board a ferry for the journey across the Aegean to Tilos. We arrive at the small port of Livadia, our base for the next few days. Far removed from the busier Greek islands, Tilos has a peaceful, unspoilt character thanks to a population of just 500 people. Its rugged mountains and fertile plains support more than 400 species of wildflower and herb, while winding paths lead to whitewashed villages, ancient ruins and secluded beaches. The island was once home to Europe's last dwarf elephants, which survived here until around 4,000 years ago. Now protected as an ecological park, Tilos is known for its rich biodiversity and has also been recognised for its pioneering approach to reducing waste. The remainder of the day is free to settle in and begin exploring Livadia at your own pace.

Day 5 Monasteries, Villages and Coastal Views

Choose between two contrasting walks today. One follows the coast from Livadia to the abandoned settlement of Gera, while the other begins at the historic monastery of Agios Panteleimonas and crosses the island to Megalo Chorio. Both routes reveal Tilos' quiet landscapes and offer wonderful views towards the neighbouring Dodecanese islands.

Option 1: Agios Panteleimonas and Megalo Chorio

Distance: 4.5 miles (6.9 km)
Ascent: 1000 feet (305m)

Our walk begins at Agios Panteleimonas, a 16th-century monastery surrounded by maple trees on a remote mountainside. According to local legend, it was founded by a sailor who survived a shipwreck after dreaming of the saint.

We descend towards Agios Antonios, Tilos' second harbour, enjoying views towards the island of Nisyros. From here, we climb to Megalo Chorio, the island's capital, situated beneath a medieval castle and overlooking Eristos Bay.

Option 2: Livadia and Gera

Distance: 6 miles (10 km)
Ascent: 688 feet (210m)

Starting in Livadia, we follow the beach away from the island's main port before joining an old trail built along the mountainside. This once connected the port with Gera, an abandoned village where a handful of houses and threshing floors overlook the Aegean. We then climb through a tree-filled riverbed enjoying views of the Aegean, before walking back to Livadia.

Day 6 Mikro Chorio and the Coast

Today's walks visit Mikro Chorio, an abandoned hillside village where roofless houses, narrow lanes and old stone walls provide a glimpse into the island's past. The gentler option descends to Livadia following a coastal trail, while the longer route begins and ends on the coast, visiting secluded beaches before climbing to the village.

Option 1: Mikro Chorio to Livadia

Distance: 3 miles (5 km)

Ascent: 1220 feet (372 m)
Descent: 800 feet (246 m)

Starting among the quiet ruins of Mikro Chorio, we descend through terraces, scrubland and old stone walls. The route passes through a narrow valley and crosses a small ravine before views open across the natural amphitheatre towards the sea. We finish at the waterfront in Livadia.

Option 2: Livadia, Lethra and Mikro Chorio

Distance: 5.5 miles (9 km)
Ascent: 1380 feet (421 m)

From Livadia, we follow the coastline past a series of secluded beaches, including one known for its distinctive red sand. After reaching tree-lined Lethra Beach, we climb inland towards Mikro Chorio.

Once the island's largest settlement, the village now stands deserted, its abandoned houses, courtyards and narrow lanes occupied mainly by wandering goats. After exploring, we descend through the hills to Livadia.

Day 7 Return to Rhodes

Enjoy a free morning on Tilos before boarding the ferry back to Rhodes. Relax before our final evening together. We'll gather at a local restaurant for a farewell dinner, sharing good food and wine as we reflect on the week's walks and experiences.

Day 8 Departure

After breakfast, transfer to Rhodes Diagoras International Airport for your journey home.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

ACCOMMODATION

Matoula Beach, Ialysos, Rhodes island

Just 300m from the beach, this 4-star family-run establishment is located in Ialysos, one of the most ancient towns on Rhodes. All rooms have a wonderful view over the gardens, the swimming pool or the Aegean Sea, and offer all the amenities necessary for a pleasant stay. The relaxing poolside restaurant offers a wide variety of Mediterranean dishes to satisfy after a long day of walking or fuel you up for the day ahead.

Irini Hotel Lavadia, Tilos

This small, family-run hotel enjoys a peaceful setting just a few minutes' walk from Livadia's beach and village centre. Its 23 bright, simply furnished rooms overlook the pool, mountains or semi-tropical gardens, with a small number offering sea views on request. Facilities include air-conditioning, complimentary Wi-Fi, a fridge, kettle, safe and private balcony or terrace. There's also a large outdoor swimming pool, open seasonally. Breakfast and dinner are served indoors or on the garden terrace, with local tavernas just a short stroll away.

Acandia Hotel, Rhodes Town (April 2027)

Located in the heart of Rhodes Town, this modern 4-star hotel offers a comfortable and relaxing base after a day of exploring the island's scenic walking trails. Just a short stroll from Elli Beach, the UNESCO-listed Medieval Old Town, cafés and the harbour, it combines stylish accommodation, excellent hospitality and easy access to Rhodes' cultural highlight. It's an ideal choice for those seeking both comfort and convenience.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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