

3rd OLYMPUS ADRENALINE & NATURE FESTIVAL

3-4
OCTOBER 2026

Litochoro
& across Pieria



FESTIVAL SCHEDULE

3^o Olympus Adrenaline & Nature Festival



3 & 4 October 2026

Litochoro Park & across Pieria

All activities are offered for free

from the companies and associations involved

INFORMATION

Project Team — Olympus Adrenaline & Nature Festival

+30 2310 525 500 · +30 6942 226 210

adrenalinenaturefestival@gmail.com · openways.gr/oanf

Opening Ceremony

Saturday, October 3rd at 19:00 · Litochoro Municipal Park



OPENING CEREMONY

3^o OLYMPUS ADRENALINE & NATURE FESTIVAL

We invite you
to the Opening Ceremony
of the
3rd Olympus Adrenaline & Nature Festival
on Saturday, October 3, 2026
at 19:00
at the Litochoro Municipal Park

The festival opens with
a concert by the electric string quartet
Fortissimo

Presented by
journalist Christos Nezos



SATURDAY
03.10.26

Litochoro Park
Start Time 19:00

forTissiMø



Free
Entrance



The Activities

Free participation for everyone in activities by local organizations, businesses, and clubs.



PIERIA AERoclub

Information & Aeromodelling Exhibition

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Visit the Pieria Aeroclub kiosk to discover the fascinating world of air sports. Get detailed info about the club's activities and the operation of the Pieria Air Sports Center in Kontariotissa, while also having the opportunity to admire an impressive aeromodelling exhibition up close.

info@harisis.com · Tel. 6977258225



GAS ENIPEAS LITochoro - ARCHERY DEPT.

Information & Sports Bows Exhibition

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Visit the archery department's kiosk of GAS Enipeas Litochoro to get up close to this fascinating sport. Learn in detail about the department's activities, training schedules and venues, as well as the athletes' participations in national and international competitions. Meanwhile, visitors will have the chance to see the equipment up close through an interesting showcase of modern sports bows.

apostx01@gmail.com · Tel. 6932769741



GEA OLYMPOU

Information & Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Visit 'Gea Olympou' kiosk to learn about the magical world of bees and get to know the unique, experiential activities offered at the company's visitable apiary.

d.kotikas@gmail.com · Tel. 6976560076

FREE CYCLISTS OF PIERIA

BMX Balance Skill Challenge

ACTIVITY TIME: Saturday & Sunday, Afternoon

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Test your balance skills on the historic BMX racing bike that conquered Mytikas in 2004! The bike will be mounted on a special, completely safe base (manual machine), giving kids and adults the chance to test their technique.

Location: Free Cyclists of Pieria Kiosk (Litochoro Park).

Saturday Schedule (03/10, Afternoon): Presentation of the historic bike and the special balance base.

Sunday Schedule (04/10, Afternoon): Showcase and free trial by the public. Participants with the best performance will be awarded a symbolic, commemorative medal on the occasion of the team's 30th anniversary.

extremedimitris@gmail.com · Tel. 6992325747

PIERIA THERAPEUTIC RIDING

Information & Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the Pieria Therapeutic Riding kiosk to learn about the facility's important work. Get detailed info on the educational programs offered, as well as the multiple benefits of the therapeutic riding program, through direct communication with their team.

therapeutikiippasiapierias16@yahoo.com · Tel. 6981280829

K.E.K. LYDIA

Information & Educational Activities

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the educational organization LYDIA to experience activities that harmoniously connect education, culture, and local history. Through their participation in the festival, students and the wider educational community have the opportunity to discover and highlight the great cultural heritage of Mount Olympus.

info@keklidia.gr · Tel. 2351303876

MELITINI HONEY

Presentation & Tasting of Hive Products

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the 'Melitini Honey' kiosk for a special, sweet experience discovering the world of bees. You will have the chance to taste excellent hive products, local honey, as well as a unique honey-based beverage. Furthermore, through video projections and direct communication, you will learn about the company's beekeeping activities, while commemorative stickers will be given out to visitors!

nikolameli@gmail.com · Tel. 6949936868

PIERIA BEEKEEPERS ASSOCIATION

Showcase of Local Honey & Bee Products

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Discover the wealth of Pierian land through excellent quality local honeys and bee products. At the association's kiosk, there will be tasty treats for visitors, aiming to promote, introduce, and market the local traditional products of Pieria.

melissokomoi.pierias@gmail.com · Tel. 6944531936

OLYMPUS GEOLOGICAL HISTORY MUSEUM

Geological Evolution & Mythology of Olympus

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the Olympus Geological History Museum kiosk to discover the secrets of the mythical mountain's creation. Learn about the fascinating geological evolution of Olympus throughout the centuries and discover how its unique geological features are inextricably linked to the rich mythology of the land.

olympusmuseum@gmail.com · Tel. 6958356689

LITOCHORO MARITIME MUSEUM

Visit the Maritime Museum

ACTIVITY TIME: Sunday 04/10, 10:00 – 19:00



Despite being built at the foot of Mount Olympus, Litochoro has a great maritime tradition, as in the past its residents developed significant maritime activity.

We invite you to see the maritime history and heritage of Litochoro up close, through the exhibits and paintings of the Litochoro Maritime Museum.

Location: 17 Agiou Nikolaou Str., Litochoro (1st floor).



PANTOULIS WINERY

Wine Tasting & Information

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Like every year, Pantoulis Winery welcomes you to its kiosk for a unique wine experience. Visitors will have the opportunity to enjoy tasting fine wines, sample various treats, and be informed by experts about the production and the rich range of the winery's products.

info@pantouliswinery.gr · Tel. 6947819761



MASTODONTAS - NEOKAISAREIA

Virtual Excavations & Paleontological Exhibition

ACTIVITY TIME: Sunday 10:30–13:30 & 16:00–19:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Meet the Club and learn about its work. For our little friends, there will be a special virtual excavation activity, while on Sunday the public will have the opportunity to visit the club's Permanent Paleontological Exhibition.

Kiosk & Kids Activity: Club's Kiosk (Litochoro Park). Throughout the festival, alongside public information, a special sandbox will operate where young children can participate in the virtual excavation activity.

Permanent Paleontological Exhibition: Open to the public on Sunday 04/10. Opening hours: 10:30 – 13:30 & 16:00 – 19:00.

mastodontas2014@gmail.com · Tel. 6948801975



OLYMPUS FESTIVAL ORGANIZATION

Information & Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Visit the Olympus Festival Organization kiosk to learn about their cultural work, diverse activities, as well as the leading cultural institution of Pieria, the Olympus Festival.

info@festivalolypou.gr · Tel. 2351076041

Hiking Activity, Info & Tea Tasting

ACTIVITY TIME: Saturday 03/10, 09:30 (Hiking)

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



On Saturday morning, the Elatochori Professionals Association, in collaboration with the cultural organization Art & Dance, organizes the experiential hiking activity "Walking on the paths of the Muses". This is an open route in the Pierian Mountains that harmoniously connects gentle exercise, nature, myth, and cultural heritage, highlighting Elatochori as an ideal four-season destination. The path passes through dense beech and oak forests, ending at the Park of the Muses for a special narration about the mythological connection of the place with the nine Muses.

Additionally, throughout the festival, we invite you to visit the Association's kiosk at Litochoro Park. Get informed about the area, enjoy traditional treats, and participate in a unique tasting of authentic mountain tea, produced in Elatochori at an altitude of over 850 meters.

Hiking Activity (Saturday 03/10):

09:30: Start from the Old Elatochori Square.

11:30: Arrival at the Park of the Muses – Keramida Spring.

Duration: Approximately 2 hours.

Participation: Free.

Information Kiosk & Tasting:

Saturday 03/10 & Sunday 04/10, at Litochoro Park.

drougapa@gmail.com · Tel. 6948128104

LITOCHORO NATURE CLUB "OLYMPUS"

Information & Activity Presentation

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the club's kiosk to learn about all their activities, as well as the Olympus National Trail Register (14 routes). Special emphasis will be placed on presenting the network of 18 trails of Northeastern Olympus (Dion - Karitsa - Litochoro area), which the club cleans, maintains, and signs. Visitors will have the chance to learn about the approved specifications, relevant legislation, and specialized signage materials (reflective films, special signs) used for hikers' safety.

karanikolasanastasios@gmail.com · Tel. 6946957683

Digital Museum Tour

ACTIVITY TIME: Sunday 04/10, 10:00 – 19:00

We invite you to visit the Digital Historical Museum of the Olympus Rebellion (1878) in Litochoro for a tour of an important local history event, the Olympus Rebellion.

The museum presents the historical archive of the Ministry of Foreign Affairs in digital form, covering the period from the pre-revolutionary years to the early 20th century. With modern technologies such as touch screens, interactive applications, 3D animation, documentary screenings, as well as virtual and augmented reality experiences, you will have the chance to explore the critical aspects of local history.



Among the thematic sections are the Olympus Rebellion of 1878, the torpedoing of the Turkish battleship "Feth-i Bülend" in 1912, and rare photographic material by Frédéric Boissonnas from the first ascent to Mytikas in 1913. The premises also host part of Philopoemen Konstantinidis' painting collection.

The museum also highlights the pivotal role of Litochoro, which was one of the main cores of the revolutionary struggle. Information on the chieftains, battles, casualties, and consequences of the uprising is presented, while the narrative is connected to the broader history of the Macedonian Question. The digital approach offers an experiential journey that brings history to life through cutting-edge technologies.

The Digital Historical Museum of the Olympus Rebellion enriches the region's historical identity, providing a significant educational tool for students, researchers, and visitors.

Location: 33 Vas. Konstantinou Str., Litochoro.

ECOGENIA AMKE

Information & Climate Walk

ACTIVITY TIME: Sunday 04/10, 10:00 (Hiking)

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Ecogenia participates in the 3rd Olympus Adrenaline & Nature Festival and awaits you at the Litochoro Municipal Park for an action-packed weekend full of information and contact with nature.

What we will do:

Saturday 03/10: Come meet us, learn about our work, and support our efforts at the Litochoro Municipal Park.

Sunday 04/10 at 10:00: We are organizing a free Climate Walk in the Lakkos area. We put on our hiking shoes, open iNaturalist, and record the local biodiversity live.

If you are in the area, don't miss it! Protecting the mountain starts with the community.

Meeting Point: Ecogenia's Kiosk at Litochoro Municipal Park

Open to everyone / Free hiking activity

Participation: Free

vasilis.diamantopoulos@ecogenia.org · Tel. 6971953136



ENJOY OUTDOOR ADVENTURE

Overnight in Nature & AI Plant Hunt

ACTIVITY TIME: Saturday 19:00 & Sunday 09:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Experience the magic of the natural landscape through two unique outdoor activities: an authentic overnight tent experience and a modern, interactive exploration of the local flora with the help of Artificial Intelligence.

Meeting Point (for both activities): Enjoy Outdoor Adventure e-service Kiosk (Litochoro Park).

Overnight in nature with a tent:

Date: Saturday 03/10, 19:00

Participation: Limited spots (up to 6 people).

AI Plant Hunt:

Date & Time: Sunday 04/10, 09:00

Participation: Limited spots (up to 12 people).

info@enjoytours.gr · Tel. 6977246350

FORELIA

Information & Introduction to Olive Tourism

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the FORELIA kiosk to discover the wealth and tradition of olive oil. Learn about their premium products and get to know up close the unique olive tourism experiences they offer.

info@foreliaolive.com · Tel. 6989990908

GEN BEE

Bee Information & Kids Activities

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the Gen Bee kiosk to learn about the wonderful world of bees and their valuable role in our natural ecosystem. Meanwhile, young visitors will have the opportunity to engage creatively and have fun through drawing and specially designed interactive activities.

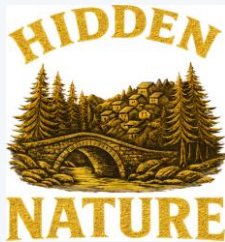
genbee.workshops@gmail.com · Tel. 6987348487

HIDDEN NATURE

Excursion & Meditation in Old Vrontou

ACTIVITY TIME: Sunday 04/10, 09:00 – 11:30

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



The online travel agency Hidden Nature, in collaboration with Reiki and alternative therapies teacher Katerina Tsoupli, invites you to a unique well-being experience at the northern foothills of Olympus, in Old Vrontou. The activity includes free transport, guided meditation in nature, and a visit to historical spots in the area.

Date: Sunday 04/10.

Meeting Point: Hidden Nature Kiosk (Litochoro Park).

Detailed Schedule:

09:00: Meeting at the kiosk and departure with the organization's Van.

09:30: Arrival in Old Vrontou and start of the meditation experience.

10:30: Visit to the Holy Trinity Monastery.

10:45: Time for relaxation and discussion, accompanied by authentic Greek hospitality and treats.

11:30: Departure and return to the Festival area.

info@hiddennature.gr · Tel. 697 557 0939 EIPHNH · 695 598 1857 MAKHZ

HONEY MORNA OLYMPUS

Honey Tasting

ACTIVITY TIME: Sunday 04/10, 12:00 – 12:30

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



A delightful experience for young and old. Come and discover the aromas and flavors of our honeys, through a special tasting where honey pairs wonderfully with honeycomb and nuts.

Date & Schedule: Sunday 04/10, 12:00 – 12:30.

Location: Honey Morna Olympus Kiosk (Litochoro Park).

mornahoney@gmail.com · Tel. 6984251955

SomaGaia - 9 Muses, 9 qualities, one collective body

ACTIVITY TIME: Sunday 04/10, 11:00



An experiential and participatory activity connecting the human body, movement, and Olympus mythology. Starting from the myths of Pieria, participants are invited through guided movement, body awareness, and creative improvisation to interact with the natural environment. Nature becomes an active part of the experience, in an accessible, collective action of connection with the place.

Date & Time: Sunday 04/10, 11:00 AM.

Location: Katerini Municipal Park (At the central fountain).

Participation: Open to the general public. Absolutely no prior dance experience is required.

evgeniagratsouna@gmail.com · Tel. +306977612769

LOGIC MUSEUM

Astronomical & Scientific Observation

ACTIVITY TIME: Saturday 19:00–22:00 · Sunday 11:00–14:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



A unique experience discovering the universe and the microcosm through the museum's scientific equipment.

Location: LOGIC Museum Kiosk, Litochoro Park.

Participation: Free attendance for all ages.

Saturday Schedule (03/10, 19:00 – 22:00):

Night sky observation with telescopes (weather permitting).

Microcosm observation with a microscope and stereoscope.

Observation of elementary particles of matter with a muon detector.

Sunday Schedule (04/10, 11:00 – 14:00):

Sunspot observation with telescopes (weather permitting).

Microcosm observation with a microscope and stereoscope.

tridim31@gmail.com · Tel. 6937309601

MELLIFORA

Natural Cosmetics Expo & Soap Making Workshop

ACTIVITY TIME: Sunday 04/10, 12:00 – 14:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Meet Mellifora, an authentic 'nature's workshop' based in Litochoro, creating pure natural cosmetics and balms inspired by the slopes of Olympus. At their kiosk, you will have the chance to see their products up close, while on Sunday a special interactive workshop will take place where visitors will learn the secrets of making natural soap.

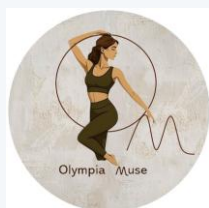
Soap Making Workshop: Sunday 04/10, 12:00 – 14:00, at Litochoro Park Mini Theater.

info@mellifora.gr · Tel. 6944249604

OLYMPIA MUSE

Information & Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



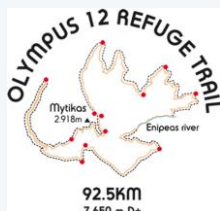
Meet Olympia Muse, a small local sports brand inspired by history, natural harmony, and the Olympus myth. Visit the kiosk to discover a modern approach to activewear and wellbeing, supporting and highlighting local creativity and entrepreneurship.

olympiamuse25@gmail.com · Tel. 6974615353

OLYMPUS 12 REFUGE TRAIL

Information & Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the Olympus 12 Refuge Trail kiosk to get detailed info about the trail, the organization, the mountain race, and their activities. Meet the institution up close and discover more information about the routes.

loryado@yahoo.gr · Tel. 6973400840



OLYMPUS GEO SCE

Information & Activity Presentation

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Visit the Olympus Geo SCE kiosk to learn about their work and get to know the activities and initiatives the team develops in the wider Olympus region.

olymposgeo@gmail.com · Tel. 6944506348



OLYMPUS GRAVITY OUTDOOR ACTIVITIES

Information & Activities Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Visit the Olympus Gravity Outdoor Activities kiosk to get to know their activities. Through photographic material, you will have the chance to get a glimpse of the outdoor activities and experiences they offer on Mount Olympus.

olympusgravity@gmail.com · Tel. 6948066798

OLYMPUS HORSE RIDING CLUB

A special experience with a horse

ACTIVITY TIME: Sunday 04/10, 10:00 – 12:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



We wait for you for a special horse familiarization experience. A beautiful horse will be with us, giving the opportunity to kids and adults to get close to it, meet it, pet it, and feel firsthand the unique connection between human and horse.

And for those who wish, there will be the possibility for a beautiful first introduction to horse riding, through a short and special experience on horseback. An activity full of nature, contact, smiles and... lots of adrenaline! We wait for you to discover the wonderful world of horses together!

Date & Time: Sunday 04/10, 10:00 – 12:00.

Location: Olympus Horse Riding Club Kiosk (Litochoro Park).

anniekapetanaki1@gmail.com · Tel. 6940532474

OLYMPUS MARATHON

Information & Action Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the Olympus Marathon organization's kiosk to learn about the rich program of internationally renowned races and activities taking place on the mountain of the gods throughout the year. Discover the major summer events (Olympus Marathon, Olympus Ultra, Eagles' Edge, Vertical, Kids Race, Special Needs Race), as well as the winter actions (Winter Enipeas, Olympus Trails) that highlight Litochoro, promote contact with nature, and attract athletes from Greece and abroad.

info@olympus-marathon.com · Tel. 6978283813

OLYMPUS WINES

Information & Wine Tasting

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Visit the Olympus Wines kiosk, a dynamic partnership of three excellent local wineries (Kourtis Winery, Grammatosis - Mythic Mountain, and Papagiannoulis Winery), to get to know their rich range of wine products up close. Visitors will have the opportunity to learn about the estates' production, enjoy fine treats, and participate in a unique wine tasting experience.

j.p.grammatosis@hotmail.com · Tel. 6974046114

PANIK DISCOVER MORE

Quad Bikes Tour (ATVs)

ACTIVITY TIME: Sunday 04/10, 10:00 – 15:30

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



A 25-minute exploration experience of the area with 2-seater ATVs. The necessary safety equipment (helmet) is provided by the company.

Date & Schedule: Sunday 04/10, 10:00 – 15:30 (Departures every 30 minutes).

Departure Point: Panik Discover More Kiosk, Litochoro Park.

Participation: Strict order of priority will be observed (1 vehicle / 2 persons per half hour).

Prerequisites:

Driver: Over 22 years old, must possess a valid car driving license.

Passenger: Over 12 years old (for younger ages, there is only the possibility for a photoshoot on the vehicles and info).

nikpapanikolaous3@hotmail.com · Tel. 6946903029

Wellness Activities, Orienteering & Ancient Greek Game

ACTIVITY TIME: Saturday & Sunday (Game) · Sunday from 10:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Open Ways Events & Travel enriches its program and invites you to a weekend full of wellness, outdoor action, and a journey into tradition!

Throughout the festival, in collaboration with Sistrion (Center for Research and Construction of Ancient Greek & Traditional Games) and the "Giorgos Tsionas" Toy Museum, the tripartite activity is presented: "Games from Homer and Aristotle for today's children." An invitation for children to play, but also to awaken the child inside every adult!

Toys Exhibition: Faithful reconstructions of toys made of natural materials (2000 BC to the 70s) that narrate the journey of man from childhood to adulthood.

Action Game: Young and old participate actively by playing ancient and traditional games guided by museum educators.

Toy Workshop: Creation of toys and objects using recyclable materials.

(Important Note: In the spirit of reuse, we suggest parents and kids bring along for the TOYS LAB: 2-3 plastic bottle caps, 1-2 empty plastic cups/tubs, and a piece of old fabric).



On Sunday, experience the ultimate balance of body and spirit. We move to the unique Archaeological Site of Dion for Yoga and Pilates sessions among the ancient monuments. Participants will have the chance to exercise in an environment with a special energy aura, combining wellness with historical awe.

Meanwhile, for those seeking action and mental challenge, an Orienteering game is organized at Litochoro Park. A special activity, open to the public, ideally combining outdoor sports with navigation using a map and compass.

Detailed Activity Schedule:

Ancient & Traditional Game: Throughout the festival (Saturday 03/10 & Sunday 04/10), at the Open Ways kiosk (Litochoro Park).

Yoga & Pilates: Sunday 04/10, at the Dion Archaeological Site.

Yoga: 10:00 – 10:50

Pilates: 11:00 – 11:50

(Required equipment: Your own exercise mat)

Orienteering: Sunday 04/10, all day. Start & Finish at the Open Ways kiosk.

open@openways.gr · Tel. 6942226210

TREKKING HELLAS MT. OLYMPUS / THESSALONIKI

Information & Activities Showcase

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



Come meet the Trekking Hellas team and learn about the unique outdoor activities, hiking, and nature experiences they offer on Mount Olympus and the surrounding area.

olympus@trekking.gr · Tel. 6974301684



TRIMAN - APS TRIAS

Kids Duathlon (Running & Cycling)

ACTIVITY TIME: Sunday 04/10, 11:30

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

A sports activity specially designed for our little friends, combining running and cycling within the beautiful park environment.

Date & Time: Sunday 04/10, 11:30

Location & Meeting Point: TRIMAN - APS TRIAS Kiosk (Litochoro Park).

info@triman.gr · Tel. 6980241390

YOGA AND WELLNESS METEORA

Yoga & Sound Healing - A 2-hour connection experience

ACTIVITY TIME: Sunday 04/10, 11:00 – 13:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00



A practice dedicated to movement, breath, presence, and sound. We start with a gentle yet dynamic Yoga practice, giving space to the body to move, decompress, and connect with the breath and vibrations. Through asanas, conscious breathing, and moments of pause, we create a space for inner observation and grounding.

Then, we let the practice transform into a journey through sound. The vibrations and harmonics of Sound Healing invite us to let go of tension, relax deeper, and turn inwards. An experience to meet the body, the breath, and ourselves with more awareness. A pause, a breath, a different way to connect.

Date & Schedule: Sunday 04/10, 11:00 – 13:00.

Meeting Point: Yoga and Wellness Meteora Kiosk (Litochoro Park). The activity itself will take place in a selected, quiet spot within the park.

yogaandwellness.meteora@gmail.com · Tel. 6973395657



E-bike Excursion in Litochoro

ACTIVITY TIME: Sunday 04/10, 10:00 & 10:45

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Trouvas Walks & Activities invites you to discover the beauties of Litochoro in an alternative, relaxing, and eco-friendly way! Join a wonderful e-bike ride through the streets and nature of the area. The activity will take place in small groups (up to 3 people per group), offering a personalized and safe experience.

Date & Times: Sunday 04/10.

1st Group: 10:00

2nd Group: 10:45

Participation: Up to 3 people per group.

Meeting Point: Trouvas Walks & Activities Kiosk (Litochoro Park).

trouvas.activities@gmail.com · Tel. 6982064635



Van Excursion: Orlias Waterfalls & Palaios Panteleimonas

ACTIVITY TIME: Sunday 04/10, 11:00 & 15:00

KIOSK HOURS: Saturday 17:00–22:00 · Sunday 09:00–21:00

Enjoy a magical route on the mountain of the gods with a comfortable Van and an experienced local guide. The tour includes a stop at the Orlias waterfalls, with the option for refreshing dips in the cold waters, and free time in the traditional settlement of Palaios Panteleimonas. There you can walk on the picturesque cobbled streets, discover traditional products (like honey and aromatic tsipouro from wild arbutus) and relax in the village's central square.

Departure Schedule: 1st group: 11:00 – 14:30 | 2nd group: 15:00 – 18:30.

Meeting Point: Visit Olympus Travel Kiosk (Litochoro Park).

Participation: Up to 7 people per departure.

Useful Information: Those wishing to swim in the waterfalls must bring a change of dry clothes for the return trip.

evitours.gr@gmail.com · Tel. 6932435655

The Kiosks

Litochoro Municipal Park

KIOSK HOURS

Saturday 17:00–22:00 • Sunday 09:00–21:00



Pieria Aeroclub



GAS Enipeas Litochoro - Archery Dept.



Gea Olympou



Free Cyclists of Pieria



Pieria Therapeutic Riding



K.E.K. LYDIA



Melitini Honey



Pieria Beekeepers Association



Olympus Geological History Museum



Pantoulis Winery



Mastodontas - Neokaisareia



Olympus Festival Organization



Elatochori Professionals Association



Litochoro Nature Club "Olympus"



Ecogenia AMKE



Enjoy Outdoor Adventure e-service



FORELIA



Gen Bee



HIDDEN NATURE



Honey Morna Olympus



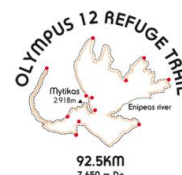
LOGIC Museum



Mellifora



Olympia Muse



Olympus 12 Refuge Trail



Olympus Geo SCE



Olympus Gravity Outdoor Activities



Olympus Horse Riding Club



Olympus Marathon



Olympus Wines



Open Ways Events & Travel



Panik Discover More



Trekking Hellas Mt. Olympus /
Thessaloniki



TRIMAN - APS TRIAS



Trouvas Walks & Activities



Visit Olympus Travel



YOGA AND WELLNESS
— METEORA —
Yoga and Wellness Meteora

The Organization

The festival is realized in collaboration with the following entities.



Regional Unit of Pieria



Pierian Organization of Tourism Development & Promotion



Municipality of Dion – Olympos



ΕΠΙΜΕΛΗΤΗΡΙΟ ΠΙΕΡΙΑΣ

Chamber of Pieria



Greek National Tourism Organization



Open Ways Events & Travel

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