

Life Goats - The Program

Monday May 27th

Arrivals and transport from [Thessaloniki airport](#) to accommodation for the night

Tuesday May 28th - The Land day

Arrivals and transport to accommodation - easy independent morning for those that arrived the night before

Group meets/introductions at the Land around 12

Feast prepared in the brick oven and weather dependent- we spend time getting acquainted, catching up, wining & dining at the Land

Maybe a fellow coach offers a guided workshop at this time

Transport to hotels relatively early as we have an early wake up the next day and a demanding hike ahead of us.

Wednesday May 29th- Mountain day #1

Wake up calls at 4:30am

Transfer to trailhead by 5:30am

Hike to [Petrostrunga refuge](#)- usually takes 3 hours but we will give ourselves 5 to get there to respect all fitness levels. We will break as often as needed along the trail.

Coffee break at Petrostunga around 10:30am..

Continue towards [Apostolidis Refuge](#) at the [Plateau of the Muses](#) (typically 4 hours – we will again give ourselves 5-6hours) arriving long before nightfall by 5pm

Settle into the refuge

Order food/ hang out inside the refuge

Free to independently hike around the surrounding hills if you have more energy to burn off (preferably in pairs so no one gets lost)

This evening is another time slot opportunity for a presentation from a fellow coach

Thursday May 30th - Mountain day #2

Wake up by 6:30am for those wanting to summit the peak of mount Olympus

Group departs from refuge around 7am

Those choosing not to can look forward to an easy morning around the refuge area (exploring nearby hills or enjoying each others company with a killer view and a cozy cup of coffee from the refuge)

Hiking/Scrambling to the peak will take us about 2 hours

After summiting we rejoin the rest at [Apostolidis refuge](#) and prepare for our descent.

Plan to depart from the refuge by 10am

Descend breaking as necessary till we reach [Spilios Agapitos Zolota](#) – longer break with an option to order food or coffee (approx. 3-4hours)

Possible stop at waterfalls for a cold blunge guided by our Wim Hoff method trained colleague Matt

Continue descending to [Proionia](#) where we will be received by our vehicles (another 3 hours approx.)

Transport to sea level for a sunset dip in the sea 7pm

And a sea side tavern restaurant reservation directly after at [Psarokokalos](#)

Transport to accommodation for a well deserved shower and a good nights sleep

Friday May 31st - Beach Day

Easy morning at hotels

Transport to [Plaka Litochorou](#) around 11am – our venue for the day is the [Discotech](#)

Coffee and bakery/ Drinks and a sea food fiesta prepared with love

Swimming, Sunning and Socializing

Another good opportunity for brainstorming and workshop time

Transfer to hotel accommodation for the night when you are good and sick of everything 😊

Transport to [Thessaloniki airport](#) for those departing that night

Saturday June 1st

More departures – transport to [Thessaloniki airport](#)