

Zagori (Villages - bridges - paved paths):

1. Aspragueli - Holy Monastery of Aspragueli

Starting point: Aspragueli. End: Holy Monastery of Aspragueli. Trail distance: 3km. Duration: 1 hour. Altitude scale: 980m - 1050m. Route type: path. Special signage: 217. Signage: rough. Degree of difficulty: low. Recommended visit time: throughout the year. Potable water: not found. Vegetation: oak, oriental hornbeam, kermes oak. Fauna: bear, wild boar, common buzzard, common kestrel. Points of interest: the Aspragueli Information Center of the Northern Pindos National Park, the Monastery dedicated to Virgin's Birth in Aspragueli (1470), which in 1943 was completely destroyed by the German army and was soon rebuilt after the actions of the last abbot and the villagers. The view to the Ioannina basin.

2. Dilorfo-Kipi

Starting point: Dilorfo. End: Kipi. Trail distance: 12km. Duration: 4 hours. Altitude scale: 1000m-800m. Route type: path, paved road, forest road. Special signage: 03. Signage: rough. Degree of difficulty: low. Recommended visit time: throughout the year. Potable water: rarely found. Vegetation: deciduous oak, kermes oak and oriental hornbeam. Fauna: brown bear, wild boar, roe deer. Points of interest: the stone bridges and the traditional churches, the villages of Dilorfo and Kipi. Remarks: during periods of heavy rainfall the Bagiotiko stream may be impassable and one should deviate from the route looking for the bridge located in the east first and then the main road on the north of the river in order to reach Kipi village. It can be combined with trails 5 and 6.

3. Dilorfo - Vitsa

Starting point: Dilorfo. End: Vitsa. Trail distance: 3km. Duration: 1.5 hours. Altitude scale: 880m-960m. Route type: path. Special signage: 215. Signage: good. Degree of difficulty: low. Recommended visit time: throughout the year. Potable water: rarely found. Vegetation: oak, juniper and hornbeams. Fauna: bear, wild boar, roe deer, woodpeckers. Points of interest: the Vitsa and Dilorfo villages, the paved path of Vitsa, the traditional churches. Remarks: it can be combined with trail 4.

4. Vitsa - Skala (Paved steps) of Vitsa - Kokkoris Bridge

Starting point: Vitsa. End: Kokkoris Bridge. Trail distance: 3km. Duration: 1.5 hours. Altitude scale: 950m - 700m. Route type: path. Special signage: 25. 03 (the second half). Signage: medium. Degree of difficulty: low. Recommended visit time: throughout the year. Potable water: not found. Vegetation: oak, juniper and hornbeams. Fauna: bear, nocturnal and diurnal raptors (short-toed eagle, common kestrel, etc.), wall creeper. Points of interest: churches and mansions in Vitsa, the paved steps of Vitsa, the bridge of Missios (1748), Kokkoris bridge (1750), the entrance of the Vikos Gorge.

5. Dilorfo-Kipi

Starting point: Dilorfo. End: Kipi (Three arches Plakida's or Kalogetri bridge). Trail distance: 4km. Duration: 1.5 hours. Altitude scale: 880m - 800m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: low. Recommended visit time: throughout the year. Potable water: not recommended. Vegetation: oak, cedar and anchovy. Fauna: brown bear, wild boar and roe deer. Points of interest: the Captain Arkouda's bridge, the three arches Plakida's or Kalogetri bridge (1814), Lazaridis or Kontodimos bridge (1753), the churches and mansions in Dilorfo and Kipi. Remarks: it can be combined with trail 6.

6. Kipi-Koukoul

Starting point: Kipi. End: Koukoul. Trail distance: 2.5 km. Duration: 45 minutes. Altitude scale: 800m - 900m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: low. Recommended visit time: throughout the year. Potable water: not found. Vegetation: oaks, junipers and hornbeams. Fauna: bear, wild boar, roe deer, various species of birds. Points of interest: Lazaridis or Kontodimos bridge (1753) and the ruins of Lazaridis mill, the Botanical museum of Koukoul, the churches and the so called mansions of both villages, Kipi and Koukoul.

7. Kapesovo - Vradeto's Skala (paved steps) - Vradeto

Starting point: Kapesovo. End: Vradeto. Trail distance: 3km. Duration: 1 hour and 45 minutes. Altitude scale: 1100m - 1340m. Route type: path. Special signage: none existent. Signage: medium. Degree of difficulty: low. Recommended visit time: throughout the year. Potable water: not found. Vegetation: hornbeams and juniper. Fauna: bear, wild boar, several species of birds. Points of interest: the paved path of "Skala" Vradeto, the Mezaria bridge, the shrines, the Mezaria gorge, the Paschalios School of Kapesovo. Remarks: it can be combined with trail 15.

8. Negades - Tsepevovo

Starting point: Negades. End: Tsepevovo. Trail distance: 7km. Duration: 3 hours and 15 minutes. Altitude scale: 1060m-1080m. Type of route: trail (forest road in some places). Special signage: 213. Signage: rough. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: not found. Vegetation: black pine and oak. Fauna: brown bear, roe deer, wild boar, common buzzard etc. Points of interest: the true church of Agia Triada - Agios Dimitrios - Agios Georgios (1753) in Negades village, the church of Agios Nikolaos (1753) in Negades, stone bridges and the mansions of both villages.

9. Iliohori - Waterfalls of Iliohori

Starting point: Iliohori. End: Waterfalls of Iliohori. Trail distance: 1km. Duration: 1 hour. Altitude scale: 950m - 790m. Route type: path. Special signage: no. Signage: good. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: not found. Vegetation: black pine, beech and oak. Fauna: brown bear, roe deer, wild boar, various species of birds. Points of interest: the waterfalls, the view of Timfi, the plane tree of Iliohori which is the largest in Zagori, the swimming at the end of the route.

10. Tristeno - Militades (Kamber Acha Bridge)

Starting point: Tristeno. End: Militades (Kamber Acha bridge). Trail distance: 9km. Duration: 4 hours. Altitude scale: 600m - 500m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: no. Vegetation: oak forests. Fauna: brown bear, wild boar, common buzzard etc. Points of interest: the water mill and the fulling mill in Tristeno, the bridges of Paspalari and Tsipani (1875) on the Vardas river, the Kamber Acha bridge and inn near the Militades village.

11. Doliani - Holy Monastery of Votsas - Greveniti

Starting point: Doliani. End: Greveniti. Trail distance: 7 km. Duration: 3 hours and 15 minutes. Altitude scale: 920m - 650m - 1000m. Route type: rough forest opening, forest road, trail. Special signage: OPE (Operational programme Environment). Signage: rough. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: rarely found. Vegetation: oak forests. Fauna: brown bear, wild boar, roe deer, common buzzard etc. Points of interest: the Holy Monastery of Votsas built in the 10th century at Vardas river, the Kurtias bridge (1828), the Doliana and Greveniti villages and their churches.

12. Vradeto - Drakolimni of Timfi (Dragon Lake)

Starting point: Vradeto. End: Drakolimni of Timfi. Trail distance: 16 km. Duration: 6 hours and 45 minutes. Altitude scale: 1340m - 2100m. Route type: path. Special signage: 23, 21, 03. Signage: rough. Degree of difficulty: high. Recommended visit time: end of May until the end of October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: rarely found. Vegetation: subalpine meadows, herbaceous vegetation. Fauna: chamois, alpine newt and raptors. Points of interest: Lousta, Rambou, Xenolouza, Drakolimni of Timfi, the view to Gkamila and Aaos valley. Remarks: risk of lightning at the top when the weather is rainy. Also during the trail one can meet the path that leads to Gkamila peak (2497m).

13. Mikros Papiglo - Drakolimni of Timfi (Dragon Lake)

Starting point: Mikros Papiglo. End: Drakolimni of Timfi. Trail distance: 8 km. Duration: 4 hours and 30 minutes. Altitude scale: 1000m - 2100m. Route type: path. Special signage: 03 until the Ymfi Mountain Shelter and good in the remaining part. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: often found (there are 5 sources). Vegetation: hornbeams, juniper, maple, subalpine meadows. Fauna: chamois, raptors and other bird species, alpine newt. Points of interest: the Papiglo Information Center of the Northern Pindos National Park, the subalpine lakes, plateau, the slopes. Remarks: danger of lightning at the top when the weather is rainy, the Ymfi Mountain Refuge operates from May to October and the rest of the year upon request (email: info@astakarefuge.com, astref1950@yahoo.gr, http://www.astakarefuge.com).

14. Kapesovo - Graditsa - Kapesovo

Starting point: Kapesovo. End: Kapesovo. Trail distance: 3km. Duration: 2 hours and 30 minutes. Altitude scale: 1100m - 1300m - 1100m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: not found. Vegetation: spitan vegetation. Fauna: brown bear, wild boar, vulture, black stork, otters, trout etc. Points of interest: the river Voidsomats and the homonymous canyon, the Monastery of Panagia Spiliotissa near Arsti (1665), the church of Agii (Saints) Anargiri (1658), the rock shelter at the Kildi position, the Voidsomats stone bridge (1853) at Kildonia. Remarks: during periods of heavy rainfall it is likely that in some places by the river, the trail not to be passable and one should deviate from the path.

15. Vradeto - Belot

Starting point: Vradeto. End: view position "Belot". Trail distance: 2km. Duration: 30 minutes. Altitude scale: 1340m - 1450m. Route type: path. Special signage: 22. Signage: rough. Degree of difficulty: low. Recommended visit time: from March to December. Potable water: not found. Vegetation: mountain meadows. Fauna: bear, wild boar, wallcreeper. Points of interest: the panoramic view of the Vikos Gorge. Remarks: little attention is required at the risk of lightning at the top when the weather is rainy. This route can be combined with trail 7 or 16.

16. Vradeto - Drakolimni of Timfi (Dragon Lake)

Starting point: Vradeto. End: Drakolimni of Timfi. Trail distance: 16 km. Duration: 6 hours and 45 minutes. Altitude scale: 1340m - 2100m. Route type: path. Special signage: 23, 21, 03. Signage: rough. Degree of difficulty: high. Recommended visit time: end of May until the end of October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: rarely found. Vegetation: subalpine meadows, herbaceous vegetation. Fauna: chamois, alpine newt and raptors. Points of interest: Lousta, Rambou, Xenolouza, Drakolimni of Timfi, the view to Gkamila and Aaos valley. Remarks: risk of lightning at the top when the weather is rainy. Also during the trail one can meet the path that leads to Gkamila peak (2497m).

17. Mikros Papiglo - Drakolimni of Timfi (Dragon Lake)

Starting point: Mikros Papiglo. End: Drakolimni of Timfi. Trail distance: 8 km. Duration: 4 hours and 30 minutes. Altitude scale: 1000m - 2100m. Route type: path. Special signage: 03 until the Ymfi Mountain Shelter and good in the remaining part. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: often found (there are 5 sources). Vegetation: hornbeams, juniper, maple, subalpine meadows. Fauna: chamois, raptors and other bird species, alpine newt. Points of interest: the Papiglo Information Center of the Northern Pindos National Park, the subalpine lakes, plateau, the slopes. Remarks: danger of lightning at the top when the weather is rainy, the Ymfi Mountain Refuge operates from May to October and the rest of the year upon request (email: info@astakarefuge.com, astref1950@yahoo.gr, http://www.astakarefuge.com).

18. Mikros Papiglo - Gkamila

Starting point: Mikros Papiglo. End: Gkamila peak. Trail distance: 10 km. Duration: 7 hours. Altitude scale: 1050m - 2497m. Route type: path. Special signage: 03 until the Ymfi Mountain Shelter and rough in the remaining part. Degree of difficulty: high. Recommended visit time: from May to October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: often found at the beginning of the route. Vegetation: hornbeams, juniper, maple, subalpine meadows, cliffs. Fauna: chamois, golden eagle, horned raven, snow finch, alpine newt, etc. Points of interest: the Papiglo Information Center of the Northern Pindos National Park, the alpine landscape, subalpine plateau, the slopes. Remarks: danger of lightning at the top when the weather is rainy, the Ymfi Mountain Refuge operates from May to October and the remaining time upon request (email: info@astakarefuge.com, astref1950@yahoo.gr, http://www.astakarefuge.com).

19. Mikros Papiglo - Astraka

Starting point: Mikros Papiglo. End: Astraka peak. Trail distance: 5 km. Duration: 5.5 hours. Altitude scale: 1050m - 2436m. Route type: path. Special signage: 03 at the beginning of the route (for about 2 h) and rough at the remaining part. Signage: good in the beginning of the path and rough at rest. Degree of difficulty: high. Recommended visit time: end of May to October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: there is only at the beginning of the route. Vegetation: subalpine meadows, herbaceous vegetation. Fauna: chamois, golden eagle, yellow bellied chough etc. Points of interest: the Papiglo Information Center of the Northern Pindos National Park, the alpine landscape, subalpine plateau, the slopes, the panoramic view of the area.

Bypassing the main trail, you can visit the precipice of Provatina, which is the second in the world in depth, vertical cave (407m.). The signage to the gulch is rough and the duration of the bypass is about 40 minutes. Remarks: danger of lightning at the top when the weather is rainy, the Ymfi Mountain Refuge operates from May to October and the remaining time upon request (email: info@astakarefuge.com, astref1950@yahoo.gr, http://www.astakarefuge.com).

20. Megalo Papiglo - Ano Kildonia

Starting point: Megalo Papiglo. End: Ano Kildonia. Trail distance: 4.5 km. Duration: 2 hours. Altitude scale: 1050m - 900m. Route type: path. Special signage: nonexistent. Signage: medium. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: not found. Vegetation: oak forests, kermes oak, oriental hornbeam. Fauna: bear, yellow billed chough. Points of interest: the view of the Vikos gorge and Astraka's towers.

21. Vikaki gorge (Selato) - Holy monastery of Ioannis Rogkovos

Starting point: "Manetes" area 3km after the village of Kapesovo to Tsepevovo. End: Holy monastery of Ioannis Rogkovos. Trail distance: 2km. Duration: 2 hours. Altitude scale: 1070m-800m-950m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: medium. Recommended visit time: from the end of May until the end of October. Potable water: rarely found. Vegetation: beech, oak and oriental hornbeam. Fauna: brown bear, roe deer, wild boar, common buzzard etc. Points of interest: the Monastery of Agios Ioannis Rogkovos (1028-1034) which was renovated in 1748, the Vikaki canyon, the excellent view to the surrounding area, the stone bridges.

22. Tsepevovo - Drakolimni (Dragon Lake) of Timfi

Starting point: Tsepevovo. End: Drakolimni of Timfi. Trail distance: 14 km. Duration: 6 hours and 30 minutes. Altitude scale: 1080m - 1950m - 1750m - 2100m. Route type: path. Special signage: 21, 03. Signage: rough. Degree of difficulty: very high. Recommended visit time: end of May to the end of October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: rarely found. Vegetation: subalpine plateau herbaceous vegetation. Fauna: chamois, golden eagle, horned raven, snow finch, alpine newt, etc. Points of interest: the subalpine meadows, small lakes, cliffs, ravines, during the route one can find the trail leading to the peak Gamilia (2497m). Remarks: danger of lightning at the top when the weather is rainy.

Aaos gorge - Smolikas - Timfi:

23. Konitsa bridge - Stomio Monastery

Starting point: Konitsa bridge. End: Holy Monastery of Stomio which is dedicated to Panagia. Trail distance: 6km. Duration: 2 hours. Altitude scale: 450m - 800m. Route type: forest path. Special signage: nonexistent. Signage: good. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: a source can be found. Vegetation: riparian vegetation. Fauna: roe deer, wild cat, wild boar, various species of birds. Points of interest: the Konitsa bridge (1870), the Stomio Monastery (1774), the view to the Aaos ravine and Ymfi.

24. Konitsa - Aaos gorge - Drakolimni of Timfi

Starting Point: Konitsa bridge. End: Drakolimni of Timfi. Trail distance: 12km. Duration: 7 hours and 30 minutes. Altitude scale: 450m - 2100m. Route type: path at the beginning forest path and then path. Special signage: black square on a yellow background. Signage: rough. Degree of difficulty: quite high. Recommended visit time: from May to October (the remaining months special winter equipment is required as well as special mountaineering knowledge). Potable water: several sources of drinking water. Vegetation: riparian vegetation, coniferous forests mainly black pine, oak, subalpine plateaus. Fauna: brown bear, chamois, roe deer, wild boar, wildcat, woodpeckers, alpine newt and several birds of prey. Points of interest: the Aaos ravine and the Drakolimni of Timfi, the Konitsa bridge (1870), the Stomio Monastery (1774).

25. Konitsa-Vrshohri

Starting Point: Konitsa bridge. End: Vrshohri. Trail distance: 14km. Duration: 12 hours. Altitude scale: 450m - 900m. Route type: path at the beginning forest path and then path. Special signage: after halfway the path 03 is found. Signage: rough. Degree of difficulty: very high. Recommended visit time: from May to October (the rest of the months special winter equipment is required as well as good mountaineering knowledge). Vegetation: coniferous forests, oak and beech. Fauna: chamois, roe deer, wild cat, wild boar, vulture, woodpecker species, Pinus stone loach etc. Points of interest: the Aaos ravine, the Konitsa bridge (1870), the Stomio Monastery (1774), the Konitsa bridge on the Aaos plateau near Vrshohri.

26. Vrshohri - Holy Monastery of Agia Triada

Starting Point: Vrshohri. End: Holy Monastery of Agia Triada. Trail distance: 6.5 km. Duration: 3 hours. Altitude scale: 990m - 940m. Route type: path (forest path in some parts). Special signage: 03. Signage: rough. Degree of difficulty: medium. Recommended visit time: from May to October. Potable water: very often found. Vegetation: forests of black pine, beech and oak. Fauna: brown bear, chamois, roe deer, wild boar, woodpeckers and many woodland birds. Points of interest: Vrshohri village, Holy Monastery of Agia Triada (1667), the view of Timfi.

27. Konitsa-Trapezitsa

Starting Point: Konitsa (Agios Athanasios chapel). End: Trapezitsa peak. Trail distance: 5 km. Duration: 4 hours. Altitude scale: 900m - 2022m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: very high. Recommended visit time: from May to October (the rest of the months special winter equipment is required as well as good mountaineering knowledge). Vegetation: coniferous forests. Fauna: chamois, eagles, woodpeckers, etc. Points of interest: the view of the Aaos ravine, of Timfi, Smolikas and Grammos.

28. Paleoseli - mountain Refuge - Drakolimni of Smolikas - Agia Paraskevi

Starting Point: Paleoseli. End: Agia Paraskevi. Trail distance: 17 km. Duration: 8 hours. Altitude scale: 1000m - 2200m - 1050m. Route type: path. Special signage: 03. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October (for the rest of the month special winter equipment is required as well as good mountaineering knowledge). Potable water: rarely found. Vegetation: forests of black pine, beech, Bosnian pine and subalpine plateaus. Fauna: brown bear, roe deer, eagles and Alpine newt. Points of interest: the Drakolimni of Smolikas, the view of Timfi, the subalpine plateaus. Remarks: danger of lightning at the top when the weather is rainy. The Smolikas Mountain Refuge operates from May to October and the remaining time upon request. (email: katalygiomolika@hotmail.com, http://www.katalygiomolika.gr).

29. Vovoussa-Distrato

Starting Point: Vovoussa. End: Distrato. Trail distance: 15 km. Duration: 6 hours. Altitude scale: 1000m - 1400m - 2150m. Route type: path. Special signage: OPE (Operational programme Environment). Signage: medium. Degree of difficulty: high. Recommended visit time: from May to October. Potable water: rarely found. Vegetation: dense forests of black pine. Fauna: brown bear, roe deer, wild cat, wild boar, woodpeckers. Points of interest: the Aaos ravine, the bridge of Vovoussa (1748), the Museum of Hydro Power in Vovoussa, the Vovoussa Information Center of the Northern Pindos National Park. Remarks: the Mountain Refuge of Vailia Kalda in Vovoussa, operates throughout the year. (http://www.katalygiovalialcalda.com).

Metsovo-Vailia Kalda

30. Metsovo-Marvouni-Flega-Altia

Starting Point: Metsovo (Profiti Ilias chapel). End: Peak Altia. Trail distance: 15 km. Duration: 5.5 hours. Altitude scale: 1350m - 2157m. Route type: path. Special signage: P1. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October. Potable water: rarely found. Vegetation: black pine, Bosnian pine and subalpine meadows. Fauna: brown bear, chamois, wolf, golden eagle. Points of interest: the view to the Vailia Kalda Park and the artificial lake at the Aaos sources, the Metsovo Information Center of the Northern Pindos National Park. Remarks: risk of lightning at the top when the weather is rainy. On Marvouni mountain operates upon request the homonymous Mountain Refuge of the Metsovo Municipality (http://www.metsovo.gr). In addition, two (2) Ski Resorts are in operation in the area around Metsovo.

31. Metsovo-Tsouma Barba

Starting Point: Metsovo (position Kathrefthi). End: Peak Tsouma Barba. Trail distance: 13 km. Duration: 3 hours and 45 minutes. Altitude scale: 1200m - 1502m. Route type: path. Special signage: P1. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October. Potable water: rarely found. Vegetation: dense black pine woods and Bosnian pine. Fauna: brown bear, roe deer, wolf, wild boar, woodpeckers. Points of interest: the view of the artificial lake at the Aaos sources and Marvouni Mount, the Metsovo Information Center of the Northern Pindos National Park. Remarks: two (2) Ski Resorts are in operation in the area of Metsovo.

32. Metsovo-Milia

Starting Point: Metsovo. End: Milia. Trail distance: 18 km. Duration: 5.5 hours. Altitude scale: 1200m - 1600m-1100m. Route type: path, forest path. Special signage: E6. Signage: good. Degree of difficulty: medium. Recommended visit time: from May till November (the rest of the year special winter equipment is required). Potable water: rarely found. Vegetation: meadows, dense forests of beech, black pine and Bosnian pine. Fauna: brown bears, golden eagle, woodpeckers. Points of interest: the two settlements of Metsovo and Milia, the Metsovo Information Center of the Northern Pindos National Park. Remarks: two (2) Ski Resorts are in operation in the area of Metsovo.

33. Milia-Vailia Kalda-Arkoudrema-Vovoussa

Starting Point: Milia. End: Vovoussa. Trail distance: 23 km. Duration: 12 hours. Altitude scale: 1140m - 1700m - 1000m. Route type: path, forest path. Special signage: E6. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October. Potable water: often found. Vegetation: black pine, beech and Bosnian pine. Fauna: brown bear, chamois, roe deer, wild cat, woodpeckers etc. Points of interest: the view of the surrounding area of Vailia Kalda and Katara, the settlements of Milia and Vovoussa, the Vovoussa Information Center of the Northern Pindos National Park. Remarks: during periods of heavy rainfall it is likely the trail, in some places, not to be passable, risk of lightning when the weather is rainy, the Mountain Refuge of Vailia Kalda in Vovoussa operates throughout the year (http://www.katalygiovalialcalda.com).

Vailia Kalda:

34. Vovoussa-Avgo

Starting point: Vovoussa. End: peak Avgo. Trail distance: 6 km. Duration: 3.5 hours. Altitude scale: 1000m - 217m. Route type: path. Special signage: nonexistent. Signage: medium. Degree of difficulty: high. Recommended visit time: from June to October. Potable water: rarely found. Vegetation: black pine, beech and Bosnian pine, subalpine meadows. Fauna: brown bear, chamois, etc. Points of interest: the view from the peak Avgo to Arkoudrema ravine and the wider area of Mount Likios, the Vovoussa Information Center of the Northern Pindos National Park and the Hydro power museum of Vovoussa. Remarks: high risk of lightning at the top when the weather is rainy, in Vovoussa operates throughout the year, the Mountain Refuge of Vailia Kalda (http://www.katalygiovalialcalda.com).

35. Perivoli-Position Stavros (cross)-Vailia Kalda

Starting point: Perivoli. End: Vailia Kalda. Trail distance: 18 km. Duration: 4 hours. Altitude scale: 1300m - 1600m - 1350m. Route type: forest path. Special signage: E6. Signage: good. Degree of difficulty: medium. Recommended visit time: from May to October. Potable water: often found. Vegetation: dense forests of black pine, beech and Bosnian pine. Fauna: brown bear, roe deer, wild boar, common buzzard etc. Points of interest: the Mavraneli Information Center of the Northern Pindos National Park, the rare rocks (serpentine, peridotite), the particular topography etc. Remarks: The trail can be combined with routes 36 or 37.



36. Position Stavros (cross)-Arkoudrema-Kataraktas

Starting point: Position Stavros. End: Kataraktas of Arkoudrema. Trail distance: 3.5 km. Duration: 1 hour. Altitude scale: 1600m - 1350m - 1250m. Route type: path. Special signage: E6. Signage: good. Degree of difficulty: medium. Recommended visit time: from May to October. Potable water: exists. Vegetation: dense forests of black pine, beech and Bosnian pine. Fauna: brown bear, wild boar, woodpeckers, etc. Points of interest: Vassilitsa Ski Centre, Lake Vassilitsa, the panoramic view to Ymfi, Grammos, Olympus, the Mavraneli Information Center of the Northern Pindos National Park. Remarks: in the area of the Ski Centre in Vassilitsa (www.vassilitsa.com) are in operation: the Mountain Refuge - Chalet Distrato, the Mountain Refuge "Vassilitsa 1850" and the Mountain Refuge - Chalet Vassilitsa.

37. Arkoudrema (Vailia Kalda) - Flega Lakes - peak Flega

Starting point: Arkoudrema. End: peak Flega. Trail distance: 5 km. Duration: 4 hours. Altitude scale: 1350m - 1960m - 2160m. Route type: path. Special signage: E6. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October. Potable water: exists. Vegetation: dense forests of black pine, beech and Bosnian pine. Fauna: brown bear, roe deer, etc. Points of interest: the Mavraneli Information Center of the Northern Pindos National Park, the rare rocks (serpentine, peridotite), the particular topography, the Flega lakes. Remarks: danger of lightning at the top when the weather is rainy or cloudy.

38. Perivoli - Avgo

Starting point: Perivoli. End: peak Avgo. Trail distance: 8 km. Duration: 4 hours. Altitude scale: 1300m - 2177m. Route type: path. Special signage: E6 (in the first half). Signage: rough. Degree of difficulty: medium. Recommended visit time: from May to October. Potable water: rarely found. Vegetation: dense forests of black pine, beech and Bosnian pine. Fauna: brown bear, roe deer, golden eagle. Points of interest: the Mavraneli Information Center of the Northern Pindos National Park, the view from the peak Avgo to Arkoudrema ravine and the wider area. Remarks: danger of lightning at the top when the weather is rainy or cloudy.

Vassilitsa-Ortiakas:

39. Samarina - Vailia Kiria - Distrato

Starting point: Samarina. End: Distrato. Trail distance: 15 km. Duration: 5 hours. Altitude scale: 1500m - 1000m. Route type: path. Special signage: rough. Degree of difficulty: medium. Recommended visit time: from May to October. Potable water: can be found. Vegetation: black pine forests, beech and Bosnian pine. Fauna: brown bear, wild boar, woodpeckers, etc. Points of interest: the Mavraneli Information Center of the Northern Pindos National Park, the ravine of Samariniotiko stream, the Holy Monastery of Agios Paraskevi (18th c.) and Metastavros of Sotiros in Samarina, the Folklore - Archaeology Museum of Samarina.

40. Vassilitsa Ski Resort - Vassilitsa peak

Starting point: Vassilitsa Ski Centre. End: Vassilitsa peak. Trail distance: 5 km. Duration: 2 hours. Altitude scale: 1650m - 2149m. Route type: path. Signage: rough. Degree of difficulty: medium. Recommended visit time: from May to October. Potable water: rarely found. Vegetation: black pine forests, beech and Bosnian pine. Fauna: brown bear, wild boar, woodpeckers, etc. Points of interest: Vassilitsa Ski Centre, Lake Vassilitsa, the panoramic view to Ymfi, Grammos, Olympus, the Mavraneli Information Center of the Northern Pindos National Park. Remarks: in the area of the Ski Centre in Vassilitsa (www.vassilitsa.com) are in operation: the Mountain Refuge - Chalet Distrato, the Mountain Refuge "Vassilitsa 1850" and the Mountain Refuge - Chalet Vassilitsa.

41. Karastergios Intersection - Ortiakas peak - Spileo

Starting point: Karastergios intersection. End: Spileo. Trail distance: 7 km. Duration: 2.5 hours. Altitude scale: 1320m - 1446m - 980m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: medium. Recommended visit time: from May to October. Potable water: not found. Vegetation: dense forests of black pine, oak and various deciduous trees. Fauna: brown bear, roe deer, various raptors, rich birdlife etc. Points of interest: the Mavraneli Information Center of the Northern Pindos National Park, the Mount Ortiakas which is designated as a landscape of outstanding natural beauty, panoramic views. Remarks: The trail can be combined with routes 42 or 43.

42. Spileo - Portitsa bridge

Starting point: Spileo. End: Portitsa bridge. Trail distance: 1850m. Duration: 45 minutes. Altitude scale: 980m-700m. Route type: path. Special signage: 03. Signage: good. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: often found. Vegetation: Herbaceous. Fauna: various birds (such as the common buzzard). Points of interest: the double-arched Portitsa bridge (built in 1793), the canyon of Venetikos river near Spileo and finally the Castle of Spileo - the Citadel and the tombs of the early Iron season, the Geometric, Hellenistic, Roman and Byzantine era, the Mavraneli Information Center of the Northern Pindos National Park.

43. Spileo - Trihomo

Starting point: Spileo. End: Portitsa bridge. Trail distance: 3 km. Duration: 2 hours. Altitude scale: 1000m-980m. Route type: path. Special signage: 23. Signage: good. Degree of difficulty: medium. Recommended visit time: from March to November. Potable water: not found. Vegetation: