# Zagori (Villages - bridges – paved paths):

### 🚺 Aspraggeli – Holy Monastery of Aspraggeli

Starting point: Aspraggeli. End: Holy Monastery of Aspraggeli. Trail distance: 3km. Duration: 1 hour. Altitude scale: 980m - 1.050m - 850m. Route type: path. Special signage: Z17. 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 Aspraggeli Information Centre of the Northern Pindos National Park, the Monastery dedicated to Virgin's Birth in Aspraggeli (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 loannina basin.

#### 2. Dikorfo-Kipi

Starting point: Dikorfo. End: Kipi. Trail distance: 12km. Duration: 4 hours. Altitude scale: 1.000m-800m. Route type: path, paved road, forest road. Special signage: O3. Signage: rough. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: rarely found. Vegetation: deciduous oak, kermes oak and oriental rnbeam. Fauna: brown bear, wild boar, roe deer. Points of interest: the stone bridges and the traditional churches, the villages of Dikorfo 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. Dilofo – Vitsa

Starting point: Dilofo. End: Vitsa. Trail distance: 3km. Duration: 1.5 hours. Altitude scale: 880m-960m. Route type: path. Special signage: Z15. 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 Dilofo 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: 960m - 700m. Route type: path. Special Signage: Z9, O3 (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 payed steps of Vitsa, the bridge of Missios (1748), Kokkoris bridge (1750), the entrance of the Vikos Gorge

#### 5. Dilofo-Kipi

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

#### 6. Kipi-Koukouli

Starting point: Kipi. End: Koukouli. Trail distance: 2,5 km. Duration: 45 minutes. Altitude scale: 800m 900m. Route type: path. Special signage: nonexistent. Signage: good. 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 Koukouli, the churches and the so called mansions of both villages, Kipi and



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

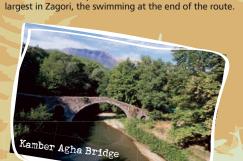
Starting point: Kapesovo. End: Vradeto. Trail distance: 3km. Duration: 1 hour and 45 minutes. Altitude scale: 1100m - 1340m. Route type: path. Special signage non existent. Signage: medium. Degree of difficulty low. Recommended visit time: throughout the year. Potable water: not found. Vegetation: hornbeams 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 Paschaleios School of Kapesovo. Remarks: it can be combined with trail 15.

#### 8. Negades – Tsepelovo

Starting point: Negades. End: Tsepelovo. Trail distance: 7 km Duration: 3 hours and 15 minutes. Altitude scale: 1060m-1080m. Type of route: trail (forest road in some places). Special Signage: Z13. 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 er, wild boar, common buzzard etc. Points of interest: the triune church of Agia Triada - Agios Dimitrios - Agios Georgios (1795) in Negades village, the church of Agios Nikolaos (1753) in Tsepelovo, 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, variou species of birds. Points of interest: the waterfalls, the view of Timfi, the plane tree of Iliohori which is the



#### **10.** Tristeno - Miliotades (Kamber Agha Bridge)

Starting point: Tristeno. End: Miliotades (Kamber Agha 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 Paspaliari and Tsipiani (1875) on the Vardas river, the Kamber Agha bridge and inn near the Miliotades 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.

# Vikos gorge- Voidomatis- Timfi:

#### 12 Monodendri-Vikos Starting point: Monodendri, End: Vikos, Trail distance: 10 km Duration: 6 hours. Altitude scale: 1060m-770m. Route type: path. Special signage: O3. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October. Potable water: there is only one source at "Klima" position in the middle of the trail. Vegetation: oak and anchovy, beige, wildflowers and herbs (most endemic area). Fauna: brown bear, chamois, wolf, vulture, golden eagle, wallcreeper etc. Points of interest: the Rizarios Handicraft Centre and the Rizarios Exhibition Centre in Monodendri (www.rizarios.gr), the Vikos Gorge, the geological formations, the sources of the river Voidomatis. Remarks: avoid crossing the gorge during prolonged rainfall or floods (careful walking is generally recommended). At Voidomati's sources there is a junction with the trail that leads to Mikro and Megalo Papigko after a journey of about two hours 13. Bridge of Papigko - Voidomatis Bridge

# in Klidonia

Starting Point: Bridge of Papigko (after Aristi village). End: Voidomatis Bridge at Klidonia. Trail distance: 5km. Duration: 2 hours and 30 minutes. Altitude scale: 480m - 430m. Route type: path. Special signage: nonexistent. Signage: rough. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: not found. Vegetation: riparian vegetation. Fauna: brown bear, wild boar, vulture, black stork, otters, trout etc. Points of interest: the river Voidomatis and the homonymous canyon, the Monastery of Panagia Spiliotissa near Aristi (1665), the church of Agii (Saints) Anargiri (1658), the rock shelter at the Klidi position, Voidomatis stone bridge (1853) at Klidonia. 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.

#### 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: juniper, hornbeams and oaks. Fauna: brown bear, wild boar, woodpeckers, Points of interest: the sacred woods of Lower Graditsa, the view

# of the Vikos Gorge, the church of Taxiarhes, the

Paschaleios School in Kapesovo, the mansions and churches of Kapesovo. 15. Vradeto – Beloi Starting point: Vradeto. End: view position "Beloi." Trail distance: 2km. Duration: 30 minutes. Altitude scale: 1340m - 1450m. Route type: path. Special signage: Z2. Signage: rough. Degree of difficulty: low. ecommended 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 end, 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: Z3, Z1, O3. 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: Loutsa, Rambozi, Xeroloutsa, Drakolimni of Timfi, the view to Gkamila and Aoos 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. Mikro Papigko- Drakolimni of Timfi (Dragon Lake)

Starting point: Mikro Papigko. End: Drakolimni of Tymfi. Trail distance: 8 km Duration: 4 hours and 30 minutes. Altitude scale: 1050m - 2100m. Route type: path. Special signage: O3 until the Tymfi Mountain Shelter and good in the remaining part. Signage: good. Degree of difficulty: high. Recommended visit time: from the end of May to the end of 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 Papigko Information Center of the Northern Pindos National Park, the subalpine lakes, plateaus, the slopes, Remarks; danger of lightning at the top when the weather is rainy, the Tymfi Mountain Refuge operates from May to October and the rest of the year upon request (email: info@astrakarefuge.com, astref1950@yahoo.gr, http: www.astrakarefuge.com).

#### 18. Mikro Papigko- Gkamila

Starting point: Mikro Papigko. End: Gkamila peak. Trail distance: 10 km. Duration: 7 hours. Altitude scale: 1050m - 2497m. Route type: path. Special signage: O3 until the Tymfi Mountain Shelter and rough in the remaining part. Signage: good until xerolimnes (3.5 hours from the starting point) and rough in the remain-ing part. 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: often found at the beginning of the route. Vegetation: hornbeams, juniper, maple, subalpine meadows, cliffs. Fauna: chamois, golden eagle, horned lark, snow finch, alpine newt, etc. Points of interest: the Papigko Information Center of the Northern Pindos National Park, the alpine landscape, subalpine plateaus, the slopes. Remarks: danger of lightning at the top when the weather is rainy, the Tymfi Mountain Refuge operates from May to October and the remaining time upon request (email: info@astrakarefuge.com, astref1950@vahoo.gr, http://www.asrakarefuge.com)

# 19. Mikro Papigko-Astraka

the beginning of the path and rough at rest. Degree

Vegetation: subalpine plateaus herbaceous vegetation. Fauna: chamois, golden eagle, yellow billed chough etc. Points of interest: the Papigko Information Center of the Northern Pindos National Park, the alpine landscape, subalpine plateaus, 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 Tymfi Mountain Refuge operates from May to October and the remaining time upon request (email: info@astrakarefuge.com. astref1950@yahoo.gr, http://www.asrakarefuge.com).

# **20.** Megalo Papigko- Ano Klidonia

Starting point: Megalo Papigko, End: Ano Klidonia 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, boar, yellow billed chough. Points of interest: the view of the Vikos gorge and Astraka's towers.

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

Starting point: "Manetes" area 3km after the village of Kapesovo to Tsepelovo. End: Holy monastery of Ioannis Rogkovos. Trail distance: 2km. Duration: 2 hours. Altitude scale: 1070m-800m-990m. 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 Rogovos (1028-1034) which was renovated in 1749, the Vikaki canyon, the excellent view to the surrounding area, the stone bridges.



### 22. Tsepelovo- Drakolimni (Dragon Lake) of Timfi

Starting point: Tsepelovo. End: Drakolimni of Tymfi. Trail distance: 14 km. Duration: 6 hours and 30 minutes. Altitude scale: 1080m - 1950m - 1750m -2100m. Route type: path. Special signage: Z1, O3. 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 mountaineer ing knowledge). Potable water: rarely found. Vegetation: subalpine plateaus herbaceous vegetation. Fauna chamois, golden eagle, horned lark, snow finch etc. Points of interest: the subalpine meadows, small lakes, cliffs, ravines, during the route one can find the trail leading to the peak Gamila (2497m). Remarks: danger of lightning at the top when the weather is rainy.

### Aoos 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, 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),

#### 450m - 900m. Route type: at the beginning forest path and then path. Special signage: after halfway the path O3 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, Pindus stone loach etc. Points of interest: the Aoos ravine, the Konitsa bridge (1870). the Stomio Monastery (1774), the Kouitsa bridge on the Aoos tributary near Vrisohori. **26.** Vrisohori- Holy Monastery of Agia Triada

> Starting Point: Vrisohori. 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: O3. Signage: rough. Degree of difficulty: medium. Recom 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: Vrisohori village, Holy Monastery of Agia Triada (1667), the view of Timfi. 27. Konitsa-Trapezitsa

**24.** Konitsa- Aoos 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: 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 Aoos ravine

and the Drakolimni of Tymfi, the Konitsa bridge (1870),

Starting Point: Konitsa bridge. End: Vrisohori. Trail

distance: 14km. Duration: 12 hours. Altitude scale:

the Stomio Monastery (1774).

25. Konitsa-Vrisohori

Starting Point: Konitsa (Agios Athanasios chapel). End: Trapezitsa peak. Trail distance: 5 km. Duration: 4 hours. Altitude scale: 900m - 2.022m. 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 Aoos 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: O3. Signage: good. Degree of difficulty: high. Recommended visit time: from May to October (for the rest of the months 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: katafygiosmolika@hotmail.com, http: www.katafygiosmolika.gr).

#### 29. Vovoussa-Distrato

Starting Point: Vovoussa. End: Distrato. Trail distance: 15 km. Duration: 6 hours. Altitude scale: 1000m - 1400m- 2157m. 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 Aoos ravine, the bridge of Voyoussa (1748), the Museum of Hydro Power in Vovoussa, the Vovoussa Information Center of the Northern Pindos National Park. Remarks: the Mountain Refuge of Valia Kalda in Voyoussa. operates throughout the year (http:www.katafigiovaliacalda.com).

# Metsovo-Valia Kalda

#### **30.** Metsovo-Mavrovouni-Flega-Aftia

Starting Point: Metsovo (Profiti Ilias chapel). End: Peak Aftia. 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 Valia Kalda Park and the artificial lake of the Aoos sources, the Metsovo Information Center of the Northern Pindos National Park. Remarks: risk of lightning at the top when the weather is rainy. On Mavrovouni 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 Kathreftis). 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 Aoos sources and Mavrovouni 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

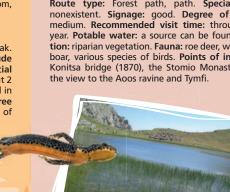
Starting Point: Metsovo. End: Milia. Trail distance: 18 km. Duration: 5,5 hours. Altitude scale: 1200m 1600m-1100m. Route type: path, forest path. Special signage: E6. Signage: good. Degree of difficulty: medium. Recommended visit time: from May till November (the rest of the year, special winter equipment 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-Valia Kalda-Arkoudorema-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 views of the surrounding area of Valia Calda and Katara, the settlements of Milia and /ovoussa, 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 Valia Kalda in Vovoussa operates throughout the year (http:www.katafigiovaliacalda.com).





Drakolimni of Timfi

Starting point: Mikro Papigko. End: Astraka peak. Trail distance: 5 km Duration: 5.5 hours. Altitude scale: 1050m - 2436m. Route type: path. Special signage: O3 at the beginning of the route (for about 2 h) and rough at the remaining part. Signage: good in

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.



# Vovoussa-Avgo

Starting point: Vovoussa. End: peak Avgo. Trail distance: 6 km. Duration: 3,5 hours. Altitude scale: 1000m -2157m. Route type: path. Special signage: nonexistent. Signage: medium. Degree of difficulty: high. Recomled 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 Arkoudorema ravine and the wider area of Mount Ligkos, 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 Valia Kalda (http:www.katafigiovaliacalda.com).

#### Perivoli-Position Stavros (cross)-Valia Kalda

Starting point: Perivoli, End: Valia 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, deer, etc. Points of interest: the Mayranei Information Center of the Northern Pindos National Park, the rare rocks (serpentines, peridotites), the particular topography etc. Remarks: The trail can be combined with routes 36 or 37.



## Position Stavros (cross)-Arkoudorema-Katarraktes

Starting point: Position Stavros. End: Katarraktes of Arkoudorema.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, roe deer, etc. Points of interest: the Mavranei Information Center of the Northern Pindos National Park, the rare rocks (serpentines, peridotites), the particular topography, the waterfalls, the crossing of Arkoudorema etc.

#### 🔏 Arkoudorema (Valia Kalda) - Flega Lakes – peak Flega

Starting point: Arkoudorema. 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: medium to 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 Mavranei Information Center of the Northern Pindos National Park, the rare rocks (serpentines, peridotites), the particular topography, the rich flora, the Flega lakes. Remarks: danger of lightning at the top when the weather is rainy or cloudy.

# 🚪 Perivoli – Avao

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. Recom-mended 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 Mavranei Information Center of the Northern Pindos National Park, the view from the peak Avgo to Arkoudorema ravine and the wider area. Remarks: danger of lightning at the top when the weather is rainy or cloudy.

# Vassilitsa- Orliakas:

# **39.** Samarina – Valia Kirna – Distrato

Starting point: Samarina. End: Distrato. Trail distance: 15 km. Duration: 5 hours. Altitude scale: 1500m -1000m. Route type: gravel. 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 Mavranei Information Center of the Northern Pindos National Park, the ravine of Samariniotiko stream, the Holy Monastery of Agia Paraskevi (18th c.) and Metamorfosis 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 Tymfi, Grammos, Olympus, the Mayranei Information Center of the Northern Pindos National Park. Remarks: in the area of the Ski Centre in Vassilitsa (www.vasillitsa.com) are in operation: the Mountain Refuge - Chalet Distrato, the Mountain Refuge "Vassilitsa 1850" and the Mountain Refuge Chalet Vassilitsa.

# 41. Karastergios intersection –

Orliakas 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 Mavranei Information Center of the Northern Pindos National Park, the Mount Orliakas which is designated as a landscape of outstanding natural beauty, panoramic views. Remarks: The trail can be combined with routes 42 or 43.

#### 😰 Spileo – Portitsa bridge

Starting point: Spileo. End: Portitsa bridge. Trail distance: 1850m. Duration: 45 minutes. Altitude scale: 980m-700m. Route type: paved path. Special signage: O3. Signage: good. Degree of difficulty: medium Recommended visit time: throughout the year. Potable water: often found. Vegetation: Herbaceous. Fauna: various birds of prey 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 Mavranei Information Center of the Northern Pindos National Park

#### 43. Spileo - Trikomo

Starting point: Spileo. End: Portitsa bridge, Trail distance: 10km. Duration: 4 hours. Altitude scale: 1000m-780m. Route type: path. Special signage: O3. Signage: good. Degree of difficulty: medium. Recommended visit time: throughout the year. Potable water: not found. Vegetation: grassland with dense herbaceous vegetation forests of black pine and beech. Fauna: brown bears, woodpeckers. Points of interest: the Mavranei Information Center of the Northern Pindos National Park, the canyon of Venetikos river near Spileo, the Castle of Spileo, the double-arched bridges of Portitsa (1793) and Kagkelia, the three-arched bridge of Aziz Agha (1727) with the biggest central arch in Western Macedonia.

# 44. Ziakas – Spileo

Starting point: Ziakas. End: Spileo. Trail distance: 3 km. Duration: 2 hours. Altitude scale: 1000m-980m. Route type: path. Special signage: O3. Signage: good. Degree of difficulty: medium. Recommended visit time: from March to November. Potable water: not found. Vegetation: black pine forests, beech and fir. Fauna: several bird species such as the wild pigeon, the common buzzard etc. Points of interest: The cell of Nun (small but impressive cave with stalactites), the position "Houni of Harvalis" with the imposing 100m gorge, the Mavranei Information Center of the Northern Pindos National Park. Remarks: The trail can be combined



It is the incomparable beauty of the Northern Pindos National Park that makes it unique for touring and hiking both for experienced and novice hikers. In this leaflet 44 hiking trails, where visitors can admire the splendor of nature and the wonderful creations of man, preserved through the years, are presented. Information, that can help potential visitors to gain an overview of the route before opting to walk, is given for each trail. In particular, it refers roughly to: the length of the route, in most of the trails the ground inclinations are not taken into account, also the return time has not been counted in the total *length of the route*, in the cases where the end

does not coincide with the start. In addition, the altitude scale is given, the altitude on departure and finish and if there are significant variations in the intermediate of the trail. The type of trail if it is path or forest road etc. The special signage where the trails or portions of them belong to any of the national or international networks of paths (O3 National path, E6 International trail, Z, P, EPPER, trail networks). The signage concerning the existing status of the special signage or other signage. As rough is considered the signage corresponding to signs of paint which may at times not have been renewed. The degree of *difficulty* as evidenced by the length of the route,

the altitude scale and condition of the trail. The rating scale used is the following: very high, high, medium and low degree of difficulty. The availability of potable water, during the trail drinking water occurs from very often until rarely and not at all. *The vegetation* along the trail and the characteristic species of flora and *fauna*. *The* interesting points of the natural and anthropogenic environment that the hiker meets along the trail. In some trails, there are remarks that highlight mainly the risks likely to be encountered by the hiker, the possibility of a trail to be combined with another trail or some general information.

Peripheral Zone (Zone IV)

Habitat and Species Conservation Zone (Zone II)



Ski Resort

In preparing the text of the form relating to the trails of the Regional Unit of Ioannina, information was taken from the "Protected Area of Northern Pindos, trails and paths" leaflet, which was issued under the Operational Programme Environment, by Arcturos on behalf of Epirus SA

Photos: Management Agency of Vikos - Aoos and the Pindos National Forests, St. Oikonomou, St. Vergos, Cultural Association of Vradeto.

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