

## Aoos gorge - Smolikas - Timfi:

### 18. 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, bobcat, wild boar, various species of birds. **Points of interest:** the Konitsa bridge (1870), the Stomio Monastery (1774), the view to the Aoos ravine and Timfi.



### 19. Konitsa - Aoos gorge - Drakolimni of Timfi

**Starting Point:** Konitsa bridge. **End:** Drakolimni of Timfi. **Trail distance:** 12km. **Duration:** 7,5 hours. **Altitude scale:** 450m - 2100m. **Route type:** at the beginning forest path and then path. **Special signage:** black square on a yellow background. **Signage:** poor. **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 Timfi, the Konitsa bridge (1870), the Stomio Monastery (1774).

### 20. Konitsa - Pigi

**Starting Point:** Konitsa (Bousi Position). **End:** Pigi settlement. **Trail distance:** 4 km. **Duration:** 2 hours. **Altitude scale:** 480m - 650m. **Route type:** path. **Special signage:** nonexistent. **Signage:** poor. **Degree of difficulty:** low. **Recommended visit time:** all year round. **Vegetation:** subalpine plateaus, black pine, fir and cedar. **Fauna:** wild boar, roe deer, woodpeckers and various species of birds. **Points of interest:** vegetation species, Konitsa and Pigi settlements.

### 21. Konitsa - Trapezitsa

**Starting Point:** Konitsa (Agios Athanasios chapel). **End:** Trapezitsa peak. **Trail distance:** 5 km. **Duration:** 5 hours. **Altitude scale:** 900m - 2.022m. **Route type:** path. **Special signage:** nonexistent. **Signage:** poor. **Degree of difficulty:** very high. **Recommended visit time:** from May to October (the rest of the year 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. **Remarks:** A 3 hour long hiking trail starts from Aiminadia position to the Roidovouni peak.

### 22. Konitsa - Kerasia

**Starting Point:** Konitsa (Konitsa Bridge). **End:** Kerasia peak. **Trail distance:** 4 km. **Duration:** 3,5 hours. **Altitude scale:** 450m - 1.500m. **Route type:** path. **Special signage:** nonexistent. **Signage:** poor. **Degree of difficulty:** medium. **Recommended visit time:** from April until November. **Vegetation:** mixed coniferous and escarole forests (oak, pine, beech). **Fauna:** wild boar, chamois, roe deer, etc. **Points of interest:** view of the Aoos ravine, Mount Timfi and the Konitsa valley.

### 23. Konitsa - Vrisohori

**Starting Point:** Konitsa bridge. **End:** Vrisohori. **Trail distance:** 14km. **Duration:** 12 hours. **Altitude scale:** 450m - 900m. **Route type:** at the beginning forest path and then path. **Special signage:** after halfway the path O3 is found. **Signage:** poor. **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, bobcat, wild boar, birds of prey, woodpecker species, Pindus stone loach etc. **Points of interest:** the Aoos ravine, the Konitsa bridge (1870), the Stomio Monastery (1774), the Konitsa bridge on the Aoos tributary near Vrisohori.

### 24. 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:** poor. **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:** Vrisohori village, Holy Monastery of Agia Triada (1667), the view of Timfi.

### 25. 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).



### 26. 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, bobcat, wild boar, woodpeckers. **Points of interest:** The Aoos ravine, the bridge of Vovoussa (1748), the Museum of Hydro Power in Vovoussa, the Vovoussa Information Center for the National Park of Northern Pindos. **Remarks:** the Mountain Refuge of Valia Kalda in Vovoussa, operates throughout the year (http:www. katafygiovaliacalda.com).

## Metsovo - Valia Kalda



### 27. Aaos Springs Lake - Mavrovouni - Flega - Aftia

**Starting Point:** Aaos Springs Lake. **End:** Peak Aftia. **Trail distance:** 20 km. **Duration:** 7 hours. **Altitude scale:** 1350m - 2157m. **Route type:** path. **Special signage:** P1. **Signage:** medium. **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 Aaos sources, the Metsovo Information Center for the National Park of Northern Pindos.

### 28. Metsovo - Tsouma Barba

**Starting Point:** Metsovo (position Kathrefitsi). **End:** Peak Tsouma Barba. **Trail distance:** 13 km. **Duration:** 4 hours. **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 Mavrovouni Mount, the Metsovo Information Center for the National Park of Northern Pindos. **Remarks:** two (2) Ski Resorts are in operation in the area of Metsovo.

### 29. 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, bobcat, woodpeckers etc. **Points of interest:** the views of the surrounding area of Valia Kalda and Katara, the settlements of Milia and Vovoussa, the Vovoussa Information Center for the National Park of Northern Pindos. **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. katafygiovaliacalda.com).

## Valia Kalda

### 30. Vovoussa - Avgo

**Starting point:** Vovoussa. **End:** peak Avgo. **Trail distance:** 6 km. **Duration:** 4 hours. **Altitude scale:** 1000m - 2157m. **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 Arkoudorema ravine and the wider area of Mount Ligkos, the Vovoussa Information Center for the National Park of Northern Pindos 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. katafygiovaliacalda.com).



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

**Starting point:** Perivoli. **End:** Valia Kalda. **Trail distance:** 20 km. **Duration:** 7 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, etc. **Points of interest:** the Mavranaioli Information Center of the National Park of Northern Pindos, the rare rocks (serpentine, peridotites), the particular topography etc. **Remarks:** The trail can be combined with routes 32 or 33.

### 32. Stavros (cross) Position Arkoudorema - Katarraktes (Waterfalls)

**Starting point:** Stavros Position. **End:** Katarraktes of Arkoudorema. **Trail distance:** 7 km. **Duration:** 2 hours. **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 Mavranaioli Information Center of the National Park of Northern Pindos, the rare mantle rocks (serpentine, peridotites), the particular topography, the waterfalls, the crossing of Arkoudorema etc.

### 33. 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 Mavranaioli Information Center of the National Park of Northern Pindos, the rare rocks (serpentine, peridotites), the particular topography, the rich flora, the Flega lakes. **Remarks:** danger of lightning at the top when the weather is rainy or cloudy.

### 34. 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:** poor. **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 Mavranaioli Information Center of the National Park of Northern Pindos, 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 - Ortiakas:

### 35. Samarina - Valia Kirra - Distrato

**Starting point:** Samarina. **End:** Distrato. **Trail distance:** 15 km. **Duration:** 5 hours. **Altitude scale:** 1500m - 1000m. **Route type:** gravel. **Signage:** poor. **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 Mavranaioli Information Center of the National Park of Northern Pindos, the ravine of Samariniotiko stream, the Holy Monastery of Agia Paraskevi (18th c) and Transfiguration of the Saviour in Samarina, the Folklore Museum of Samarina.

### 36. 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:** poor. **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 Timfi, Grammos, Olympus, the Mavranaioli Information Center of the National Park of Northern Pindos. **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. 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:** poor. **Degree of difficulty:** medium. **Recommended visit time:** from May to October. **Potable water:** not found. **Vegetation:** dense forests of black pine, oak and various broadleaf. **Fauna:** brown bear, roe deer, various raptors, rich birdlife etc. **Points of interest:** the Mavranaioli Information Center of the National Park of Northern Pindos, the Mount Ortiakas which is designated as a landscape of outstanding natural beauty, panoramic views. **Remarks:** The trail can be combined with route 38.

### 38. 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 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 Mavranaioli Information Center of the National Park of Northern Pindos.



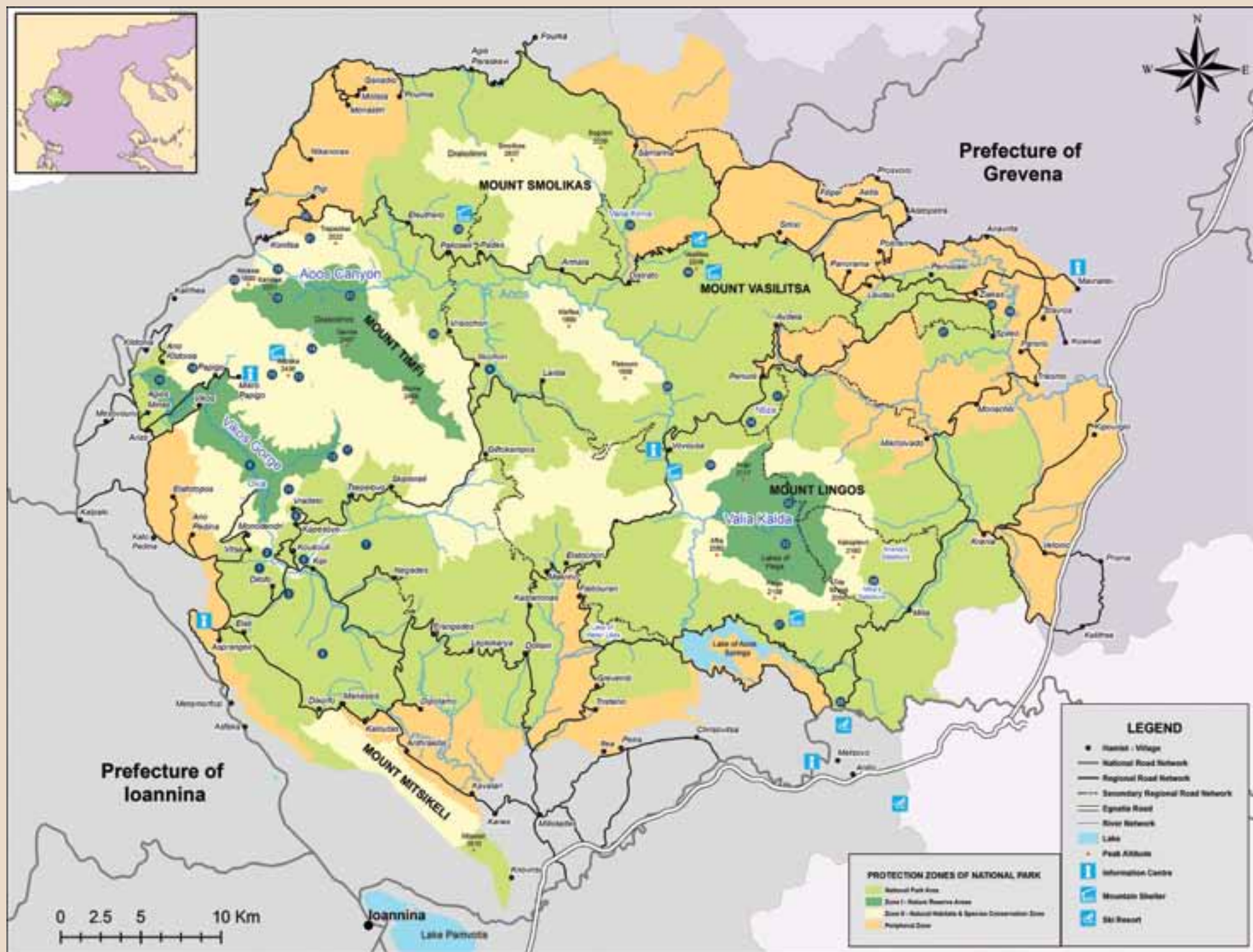
### 39. Ziakas - Spileo

**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 hybrid fir. **Fauna:** several bird species such as the wild pigeon, the 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 Mavranaioli Information Center of the National Park of Northern Pindos. **Remarks:** The trail can be combined with route 38.



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The incomparable beauty of The Northern Pindos National Park makes it ideal for touring and hiking activities, both for experienced and novice hikers. This brochure presents 39 hiking trails, where visitors can admire the splendor of nature and the wonderful creations of man, preserved through the years.

For each trail some information is given that can help visitors gain an overview of the route before opting to walk. 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 observations 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.

In preparing the text of the form relating to the trails of the Regional Unity 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.

## Zagori (Villages - bridges - paved paths):

### 1. 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:** poor. **Degree of difficulty:** low. **Recommended visit time:** throughout the year. **Potable water:** rarely found. **Vegetation:** oak, cedar and anchovies. **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 2.

### 2. 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:** good. **Degree of difficulty:** low. **Recommended visit time:** throughout the year. **Potable water:** not found. **Vegetation:** oak, cedar and anchovies. **Fauna:** bear, nocturnal and diurnal raptors (short-toed eagle, kestrel, etc.), wallcreeper. **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.



### 3. Dilofo - Kipi

**Starting point:** Dilofo. **End:** Kipi (Three arched Plakida's or Kaloerikobridge). **Trail distance:** 4km. **Duration:** 1.5 hours. **Altitude scale:** 880m - 800m. **Route type:** path. **Special Signage:** nonexistent. **Signage:** good. **Degree of difficulty:** low. **Recommended 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 Kaloerikobridge (1814), Lazaridis or Kontodimos bridge (1753), the churches and mansions in Dilofo and Kipi. **Remarks:** it can be combined with trail 4.

### 4. Kipi - Koukoulis

**Starting point:** Kipi. **End:** Koukoulis. **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 anchovies. **Fauna:** bear, wild boar, roe deer, and various species of birds. **Points of interest:** Lazaridis or Kontodimos bridge (1753) and the ruins of Lazaridis mill, the Botanical museum of Koukoulis, the churches and the so called mansions of both villages, Kipi and Koukoulis.

### 5. Dikorfo - Kipi

**Starting point:** Dikorfo. **End:** Kipi. **Trail distance:** 12km. **Duration:** 4 hours. **Altitude scale:** 1.000m-800m. **Route type:** path, provincial road, forest road. **Special signage:** O3. **Signage:** poor. **Degree of difficulty:** medium. **Recommended visit time:** throughout the year. **Potable water:** rarely found. **Vegetation:** oak, kermes oak and anchovies. **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. **Remarks:** it can be combined with trails 3 and 4.



Skala (paved steps) of Vradeto

### 6. 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:** nonexistent. **Signage:** good. **Degree of difficulty:** low. **Recommended visit time:** throughout the year. **Potable water:** not found. **Vegetation:** anchovies and cedar. **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 12.

### 7. Negades - Tsepelovo

**Starting point:** Negades. **End:** Tsepelovo. **Trail distance:** 7 km. **Duration:** 3,5 hours. **Altitude scale:** 1060m-1080m. **Type of route:** trail (forest road in some places). **Special Signage:** Z13. **Signage:** poor. **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, 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.

### 8. 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:** no. **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.

## Vikos gorge- Voidomatis- Timfi:



Vikos Gorge

in Monodendri ([www.rizarios.gr](http://www.rizarios.gr)). **Remarks:** avoid crossing the gorge during prolonged rainfall or floods (careful walking is generally recommended). At Voidomat's sources there is a junction with the trail that leads to Mikro and Megalo Papigko after a journey of about two hours.

### 10. Bridge of Papigko - Voidomatis Bridge in Klidonia

**Starting Point:** Bridge of Papigko (after Aristi village). **End:** Klidonia Bridge. **Trail distance:** 5km. **Duration:** 2 hours and 30 minutes. **Altitude scale:** 480m - 430m. **Route type:** path. **Special signage:** nonexistent. **Signage:** good. **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, the Klidonia 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.

### 11. 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:** poor. **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 end, risk of lightning at the top when the weather is rainy. This route can be combined with trail 6.

### 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:** Z3, Z1, O3. **Signage:** poor. **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



Tyrfi Dragon Lake

vegetation. **Fauna:** chamois, alpine newt and raptors. **Points of interest:** Loutsas Rambozi, Xeroloutsas, Drakolimni of Timfi, the view to Gkamila and Aios 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. Mikro Papigko - Drakolimni of Timfi (Dragon Lake)

**Starting point:** Mikro Papigko. **End:** Drakolimni of Timfi. **Trail distance:** 8 km. **Duration:** 4 hours and 30 minutes. **Altitude scale:** 1050m - 2100m. **Route type:** path. **Special signage:** O3 until the Tyrfi 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:** anchovies, juniper, maple, subalpine meadows. **Fauna:** chamois, raptors and other bird species, alpine newt. **Points of interest:** the Information Center in Papigko for the National Park of Northern Pindos, the subalpine lakes, plateaus, the slopes. **Remarks:** danger of lightning at the top when the weather is rainy, the Tyrfi Mountain Refuge operates from May to October and the rest of the year upon request (email: [info@astrakarefuge.com](mailto:info@astrakarefuge.com), [astref1950@yahoo.gr](mailto:astref1950@yahoo.gr), <http://www.astrakarefuge.com>).



Chamois (Rupicapra rupicapra)

### 14. 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 Tyrfi Mountain Shelter and rough in the remaining part. **Signage:** good until xerolimnes (3,5 hours from the starting point) and rough in the remaining 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:** anchovies, juniper, maple, subalpine plateaus, cliffs. **Fauna:** chamois, golden eagle, horned lark, snow finch, alpine newt, etc. **Points of interest:** the Information Center in Papigko for the National Park of Northern Pindos, the alpine landscape, subalpine plateaus, the slopes. **Remarks:** danger of lightning at the top when the weather is rainy, the Tyrfi Mountain Refuge operates from May to October and the remaining time upon request (email: [info@astrakarefuge.com](mailto:info@astrakarefuge.com), [astref1950@yahoo.gr](mailto:astref1950@yahoo.gr), <http://www.astrakarefuge.com>).

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:** anchovies, juniper, maple, subalpine plateaus, cliffs. **Fauna:** chamois, golden eagle, horned lark, snow finch, alpine newt, etc. **Points of interest:** the Information Center in Papigko for the National Park of Northern Pindos, the alpine landscape, subalpine plateaus, the slopes. **Remarks:** danger of lightning at the top when the weather is rainy, the Tyrfi Mountain Refuge operates from May to October and the remaining time upon request (email: [info@astrakarefuge.com](mailto:info@astrakarefuge.com), [astref1950@yahoo.gr](mailto:astref1950@yahoo.gr), <http://www.astrakarefuge.com>).

### 15. Mikro Papigko - Astraka

**Starting point:** Mikro Papigko. **End:** Astraka peak. **Trail distance:** 5 km. **Duration:** 5,5 hours. **Altitude scale:** 1050m - 900m. **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 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 plateaus herbaceous vegetation. **Fauna:** chamois, golden eagle, jackdaws etc. **Points of interest:** the Information Center in Papigko for the National Park of Northern Pindos, the alpine landscape, subalpine plateaus, the slope, 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 Tyrfi Mountain Refuge operates from May to October and the remaining time upon request (email: [info@astrakarefuge.com](mailto:info@astrakarefuge.com), [astref1950@yahoo.gr](mailto:astref1950@yahoo.gr), <http://www.astrakarefuge.com>).

### 16. 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:** poor. **Signage:** medium. **Degree of difficulty:** medium. **Recommended visit time:** throughout the year. **Potable water:** not found. **Vegetation:** oak forests, kermes oak, forests of anchovy. **Fauna:** bear, boar, jackdaws. **Points of interest:** the view of the Vikos gorge and Astraka's towers.

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

**Starting point:** Tsepelovo. **End:** Drakolimni of Timfi. **Trail distance:** 14 km. **Duration:** 6,5 hours. **Altitude scale:** 1080m - 1950m - 1750m - 2100m. **Route type:** path. **Special signage:** Z1, O3. **Signage:** poor. **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 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 Gkamila (2497m). **Remarks:** danger of lightning at the top when the weather is rainy.