

## **INTRODUCTION**

Zagori: a historical and cultural overview

Geography and geology

Plants and wildlife

When to go

Getting there

Getting around

Accommodation

Food and drink

Language

What to take

Maps and GPS

Weather forecasts

Staying safe

Emergencies, rescue and health services

Using this guide

## **THE ROUTES**

### **1 Central Zagori**

Walk 1 The round of the stone bridges

Walk 2 Kipi to Dilofo and Vitsa

Walk 3 Kipi to Kapesovo and Missios Bridge

Walk 4 Kipi to Tsepelovo and Kapesovo

Walk 5 The Vradeto staircase and Beloi viewpoint

Walk 6 Vikaki (Selato) Gorge

Walk 7 Mt Mitsikeli

Walk 8 Iliochori waterfalls

### **2 Vikos Gorge and vicinity**

Walk 9 Vikos Gorge crossing

Walk 10 Oxia viewpoint

Walk 11 Voidomatis Springs and Theotokos Monastery

Walk 12 Voidomatis Gorge crossing

Walk 13 Kokkino Lithari viewpoint

Walk 14 Papigo villages and Ovires Rogovou natural pools

Trek 1 An alternative approach to the Vikos Gorge

### 3 Mt Timfi

Walk 15 Astraka Refuge and Drakolimni Lake

Walk 16 Robozi Lake

Walk 17 Gamila summit

Walk 18 Astraka summit

Walk 19 The round of Astraka

Walk 20 The Davalista trail (Astraka Refuge to Konitsa)

Walk 21 Astraka Refuge to Konitsa or Vrisochori over the Karteros Pass

Walk 22 Tsepelovo to Vrisochori traverse

Trek 2 The ultimate Zagori trek

### **4 Konitsa and Mt Smolikas**

Walk 23 Mt Trapezitsa and Roidovouni Peak

Walk 24 Stomiou Monastery

Walk 25 Konitsa to Vrisochori traverse

Walk 26 Pades to Drakolimni of Smolikas Lake

Trek 3 The classic ascent to the Dragonlake of Smolikas

### **5 Valia Calda National Park and Metsovo**

Walk 27 Valia Calda National Park

Walk 28 Avgo Peak

Walk 29 The Flega Lakes

Walk 30 Following the footprints of the brown bear in Metsovo

Appendix A Route summary table

Appendix B Useful contacts and other practical information

Appendix C English-Greek glossary and expressions

Appendix D Further reading

Updates