

INTRODUCTION

Hillwalking and Trekking Regions

Getting There

Flying to Athens.

Ferryboat from Piraeus

Arriving in Crete: Airports

Chania

Heraklion

Arriving in Crete: Ferryboat Ports

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Using this Guide
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PART 1 THE WHITE MOUNTAINS – THE LEFKA ORI

Route Suggestions

The Omalos Plain

Walk Grade Route

- 1 A Around the Omalos Plain
- 2 B The Gorge of Samaria National Park
- 3 C The Ascent of Gingilos
- 4 A Xyloscala to Kallergi Refuge
- 5 C Kallergi Refuge to Melendaou
- 6 D Xyloscala to Koustoyerako via Strifomadi or E4 Trail variation
- 6a D Koustoyerako to Xyloscala via Strifomadi
- 7 C/D Omalos to Koustoyerako via Ay. Theodoros Chapel
- 7a C/D Koustoyerako to Omalos via Ay. Theodoros Chape
- 8 B Omalos to Ay. Irini Gorge
- 9 B Ay. Irini Gorge to Souyia
- 9a B Souyia to Lissos and Paleochora (E4 Trail)
- 10 C Omalos to Zourva
- 10a C Zourva to Omalos
- 11 A Zourva to Meskla
- 12 C Omalos to Lakki and Meskla
- 12a C Lakki to Omalos

The Northern Foothills (see also Walks 11a, b, c)

Walk	Grade	Route
13	C	Kambi to Volikas Refuge
14	B/C	Kambi to Melidoni
14a	B/C	Melidoni to Kambi
15	C	Kares to Gournes
16	B/C	Melidoni to Fres
17	A	Fres to Vrisses
18	A	Fres to Vafes via Tzitzifes
19	C	Melidoni to Vafes via Voathanas
19a	C	Vafes to Melidoni via Voathanas
20	A	Vafes to Vrisses
20a	A	Vrisses to Vafes
21	C	Vafes to Askifou

The Askifou Plain

Walk	Grade	Route
22	A	Around the Plain
23	A	Askifou to Imbros
24	A	The Imbros Gorge
25	A	Kommitades to Hora Sfakion
26	B/C	The Asfendos Gorge from Askifou
27	D	Askifou–Goni to Kallikratis
28abc	B	Connecting Walks from Kallikratis
29	B	The Kallikratis Gorge
30	B	Askifou–Ammoudari to Niato (E4 Trail)
31	D	The Ascent of Kastro
32	B/C	Askifou to Imbros via Trikoukia
33	C	Askifou to Anopolis (or Hora Sfakion) via Kali Lakki and Mouri
34	C	Askifou to Vafes
35	B	Krappis to Lake Kourna

Anopolis

Walk	Grade	Route
36	A/B	Anopolis to Loutro
37	A	Kambia to Loutro
38	A	Kambia to Anopolis or Ay. Ekaterini
39	B	Kambia to Hora Sfakion
40	A	Anopolis to Aradena
40a	C	The Aradena Gorge
41	A	Aradena to Ay. Ioannis and Sellouda
42	B	Aradena to Ay. Roumeli via Sellouda
43	B/C	The Aradena Forest and Kroussia
44	C	Anopolis to Askifou via Kali Lakki

The South Coast of Sfakia

Walk	Grade	Route
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45	B	Hora Sfakion to Loutro (E4 Trail)
46	B	Hora Sfakion to Anopolis
47	C	Hora Sfakion to Mouri
48	B/C	Loutro to Livaniana and (a) Anopolis or (b) Marmara Beach
49	B	Loutro to Ay. Roumeli (E4 Trail)
50	B	The Gorge of Samaria National Park
51	A	Around Ay. Roumeli
52	C/D	The Eligas Gorge
53	B/C	Ay. Roumeli to Anopolis via Sellouda

Mountain Treks

The Madares

Valleys of the Central Massif

Katsiveli

Potamos

Route Suggestions

Trek	Grade	Route
T1	D	Theriso to Livada via Kolokithas
T1a	D	Livada to Theriso
T2	D	Kambi to Livada via EOS Volikas Refuge
T2a	D	Livada to Kambi
T3	E	Askifou to Livada via Niato and Grias Soros (E4 Trail)
T3a	E	Livada to Niato and Askifou (E4 Trail) (Trek 3 in reverse)
T4	C/D	Livada to Katsiveli (E4 Trail)
T4a	C/D	Katsiveli to Livada (E4 Trail)
T5	C/D	Katsiveli to Potamos (E4 Trail)
T5a	C/D	Potamos to Katsiveli
T6	D	Omalos (or Kallergi Refuge) to Potamos (and Katsiveli) via Melendaou (E4 Trail)
T6a	D	Potamos to Kallergi Refuge (E4 Trail)
T7	D	Potamos to Ay. Ioannis via Zaranokefala
T7a	D	Ay. Ioannis to Potamos via Zaranokefala
T8	D	Anopolis to Katsiveli
T8a	D	Katsiveli to Anopolis
The Ascent of Pachnes		
T9	C/D	Roussies to Pachnes Summit
T9a	C/D	Pachnes Summit to Katsiveli
T9b	C/D	Katsiveli to Pachnes Summit
The South Coast		
T10	D	Ay. Roumeli to Souyia (E4 Trail)
T10a	D	Souyia to Ay. Roumeli (E4 Trail)



PART 2 PSILORITIS – MOUNT IDA

The Summit

The Nida Plain

Approach Routes to the Mountain

From the North

From the South

From the West

Route Suggestions

Walks and Treks from Trailheads of the Foothills

Walk	Grade	Route
P1	C/D	Anoyeia to the Nida Taverna (a) Ay. Yakinthos to Nida Taverna on the E4 Trail (b) Ay. Yakinthos to Nida Taverna via Old Droving Route
P2	C	Zaros to Ay. Ioannis Chapel via the Rouvas Gorge
P3	D	Ay. Ioannis Chapel to the Nida Plain (E4 Trail)
P4	C	Kamares to the Kamares Cave
P5	C/D	Kamares Cave to the Nida Plain
P6	D	Kamares to the Summit of Mount Ida
P7	B/C	The Arcadi Monastery to Aravanes Kampos
P8	D	Aravanes Kampos to the Nida Taverna
P9	D	Mount Ida Summit: Northern Approach Path
P10	D	Aravanes Kampos to Toumbotos Prinos EOS Refuge
P11	C/D	The Amari Valley: Fourfouras and Kouroutes

Walks and Treks from Trailheads on the Nida Plain

Walk	Grade	Route
P12	C/D	Nida to the Summit of Mount Ida
P13	D	Summit of Mount Ida: Descent to Kamares
P14	C/D	Nida to Anoyeia on the E4 Trail
P14a	C/D	Nida to Anoyeia on Old Droving Trail
P15	D	Nida to Ay. Ioannis Chapel (and on to Zaros)

		via Rouvas Gorge) on E4 Trail
P16	D	Nida to Kamares via Kamares Cave
P17	D	Nida Taverna to the Arcadi Monastery

PART 3 THE LASSITHI MOUNTAINS