

DEEL 1: INTRODUCTION

Traditional Mountain Life

A Little History

Flowers and Wildlife

Maps and Where to Find Them

Sleeping and Eating

Getting On with People

Weather and When to Go

What to Take

Emergency Services

Getting to the Mountains

Using this Book

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Route 2 Ascent of Píramída from Víniani via Reká ravine

Route 3 Ascent of Píramída from Kaloskopí

Route 4 Ascent of Píramída from Sikiá

Route 5 Link to Mt Vardhoúsia

C: Mt Vardhoúsia

Route 6 E4 Traverse: Áno Mousounítsa to Artotína

Route 7 Áno Mousounítsa to Kórakas summit

Route 8 Áno Mousounítsa to Skasméni to Mousounitsiótiki Dhiaséla to Artotína

Route 9 Áno Mousounítsa to Karpenísi: ridge walk via Sarádena refuge

Route 10 E4 Link: Artotína to Karpenísi and Ágrafa

D: Mt Íti

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Chapter 2: Ágrafa

Route 12 Lake-to-Lake Traverse: Kremastón to Plastíras

Route 13 Asprórema Circuit from Epinianá

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