

WALKING AND TREKKING IN ZAGORI

Walking routes in Greece's wild and beautiful northern Pindos mountains

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This guidebook presents 30 graded walks and 3 short treks around Zagori and Konitsa in Greece's North Pindos National Park. Situated around 40km north of the city of Ioannina in north-western Greece, the Zagori region is home to some of the country's most beautiful mountain landscapes, with striking limestone peaks, dramatic river gorges, lush forests, crystal clear Alpine lakes, hidden monasteries and charming stone arch bridges.

With routes ranging from gentle riverside and forest trails to strenuous mountain traverses, there are walks to suit most ambitions and abilities. The guide offers comprehensive route description, accompanied by clear mapping, inspirational colour photography and notes on local points of interest. Overview statistics are provided to aid route choice and useful contacts and local facilities are listed in the appendices. Also included is all the practical advice covering travel, accommodation, equipment, safety and weather.

Many of the walks and treks follow ancient trails to link the characterful villages of Zagori. Highlights include Mt Timfi, Mt Smolikas (the second highest mountain in Greece), the Dragonlakes, Valia Calda, Voidomatis Springs and the breathtaking Vikos Gorge, one of the deepest canyons in the world.

Key marketing points

- Zagori is home to the impressive Vikos Gorge, the second deepest gorge in the world after the Grand Canyon
- The region offers traditional villages nestled on verdant mountain slopes unspoilt by mass tourism

About the author

Aris Leontaritis was born in Athens, where he studied and worked as a mechanical engineer for a few years before his love for the mountains and their nature inspired him to change direction. Already connected with the region of Epirus as a visitor, he moved to Metsovo to participate in a postgraduate program on the development prospects of mountainous regions, with respect to the preservation of local identity, culture and environment.

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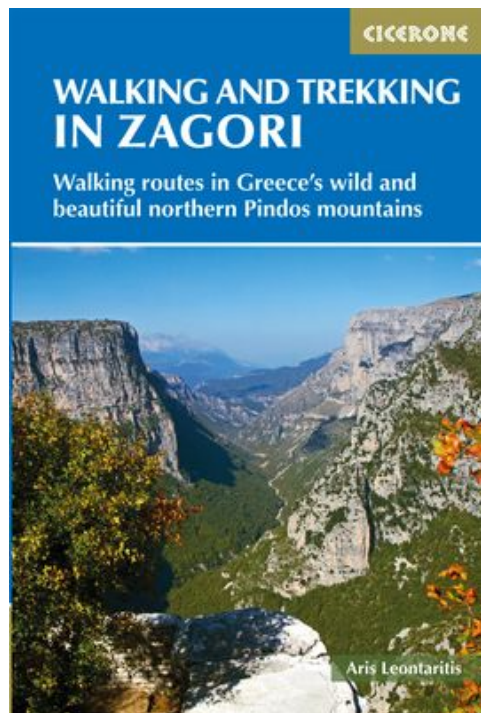
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