

TREKKING IN GREECE

The Peloponnese and Pindos Way

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This guidebook presents two longer and two shorter, specially devised treks through the mountains of Greece, showcasing its beautiful scenery, rich flora and cultural interest. The routes are demanding, but not technically difficult, and are within the capabilities of a reasonably fit and committed walker.

The Peloponnese Way crosses the Peloponnese from Dhiakoftó in the north to Pantazí beach in the south, via Trípoli. Taking in alpine meadows, a dramatic gorge and forest-clad slopes, the 220km route can be walked in around a fortnight. The 460km Pindos Way is a south-north traverse of the Pindos range, Greece's mountain backbone, and can be walked in a month. With remote terrain, navigational challenge and fewer facilities on route, it is the toughest of the four treks but offers a unique chance to experience both the country's wilderness and traditional mountain life. Both these longer routes are split into sections of around a week, with start and end points accessible by public transport, for the convenience of walkers who would prefer not to walk the full route in one go. The shorter Zagóri trek can be enjoyed in its own right or incorporated into the Pindos Way, and the final route explores Mt Olympus, home of the ancient gods of Greek myth and the highest mountain in Greece.

Clear mapping is provided alongside step-by-step route description for each stage of the treks. A number of variants and side trips are detailed, offering opportunities to climb nearby peaks and visit ancient monasteries. The guide also includes background information about the region and a Greek-English glossary.

Key marketing points

- Restructured new edition
- Includes Zagóri trek, and Mt Olympus

About the author

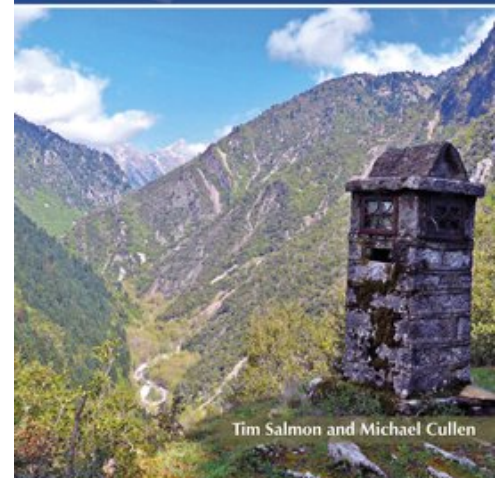
Tim Salmon first visited Greece in 1958. He has lived and worked in the country, visited countless times, written and translated books and articles, and made a film about shepherd life for Greek TV. Michael Cullen was born in Greece and spent his childhood there. In 1990 he set up his own trekking business and has spent most of the last 15 years researching and leading hikes throughout the country, as well as compiling walking guidebooks.

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