

## Hike in Mt. Parnitha

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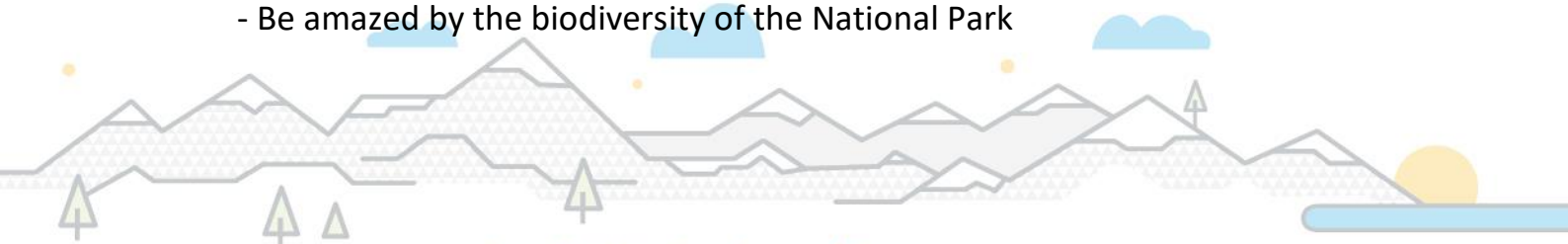
**Trip Highlights, Map, Tour Details, Itinerary, What's included, Itinerary Changes, Condition Grading, Starting point and getting there, Weather, Gear checklist,**

Need to get away from the hustle and bustle of the big city? Lace up your hiking boots and head out onto the trail. Designated a national park in 1961 the densely-forested Mt. Parnitha, which covers a huge area of over 30,000 hectares about 40km north of Athens city-center, is a hiker's heaven and a magnet for nature lovers as it offers a vast hiking trail network for all levels of difficulty.

The ancient Greeks believed that the goat-footed god Pan used to come to Mt. Parnitha to play his music and dance in the forest. Today, one still finds thick forests of fir and pine, jagged mountain peaks, gorges, caves, and springs. The National Park it is also home of one of the largest remaining Red Deer populations in Greece. The deer make their habitat here, in one of the richest areas of the country concerning flora, hosting over 1,000 plant species, 96 of which are endemic to Greece, as well as some 132 bird species, 25 mammal species, and 30 reptile and amphibian species, according to the World Wide Fund for Nature (WWF).

### Trip Highlights

- Get outdoors and experience a different side of Athens
- Block out the rest of the world, while hiking the highest and biggest mountain in peninsula of Attica
- Be amazed by the biodiversity of the National Park



- Enjoy a hearty lunch in the refuge

## Map



## Tour Details

**Dates:** All year around

**Days/Nights:** Day tour

**Theme:** Hiking



## Itinerary

It will take us less than an hour's drive to leave Athens' noisy city-center behind and enter to the quietness of the mountain. Our loop- hike starts from the refuge of Bafi and is ideal for hikers of all levels. First stop, is the spring of Skipiza and the lookout tower of Edasa where we going to enjoy the view towards the island of Evia as well as the Aegean Sea beyond.

From there, we will follow a clear path that traverses through the forest all the way to the Mola plateau where we will come across the small chapel of Agios Petros and a freshwater spring next to it. Here, it is also quite possible to come across a red deer as it forages for food. Our way back follows a trail that gently ascents into a thick, fir forest towards the refuge of Mpafi, were we going to have time for our much-deserved lunch before heading back to Athens.

**Hiking distance:** 10 km / **Hiking Duration:** 4 hrs

**Elevation gain:** 470 m

**Driving distance:**

Athens center to start of the hike 35 km / 1 hr

End of the hike to Athens center 35 km / 1 hr

## What's included

### Price includes:

All transportation during the trip

Services of a guide throughout the tour

### Included meals:

Lunch and snacks during the activity

### Not Included:

Gratuities for leader/guide or driver.

Other items of a personal nature

Anything not mentioned in above program



### **Itinerary Changes**

We are constantly updating our unique itineraries based on new information and experiences available. The walks, accommodations, and visits listed may be adjusted. The itineraries presented are subject to modification and change by Tripin Adventures. We reserve the right, without penalty, to make changes in the published itinerary whenever, in our judgment, conditions warrant, or if we deem it necessary for the comfort, convenience, or safety of participants.

### **Condition Grading**

Moderate

Trips designated “Moderate” are more active and require a bit more endurance. Hikes and treks include occasional steep ascents. Trip members should be experienced hikers in good physical condition, capable of walking 3-5 hours

### **Starting point and getting there**

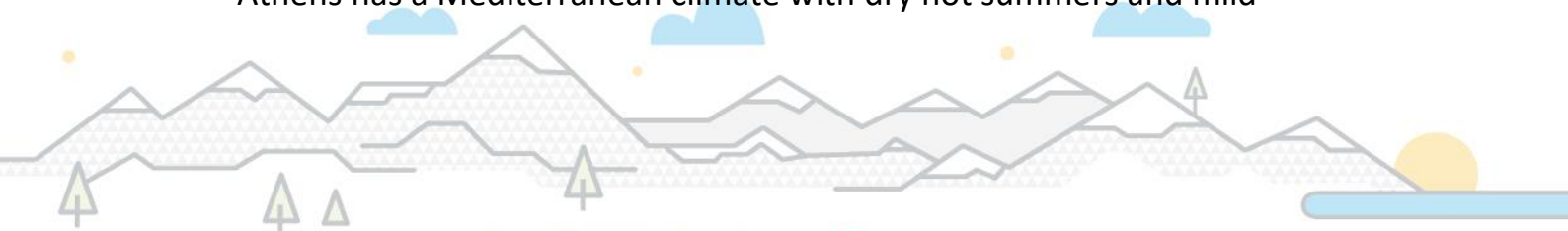
**Starting point is:** Athens.

**Getting There & Away:** Athens airport Eleftherios Venizelos, is about 27km east of Athens. Athens is connected with direct flights with various cities in Europe, North America and Asia.

**Getting around:** We can arrange for a transfer from the airport to your hotel. If you want to come by yourself, the metro and the suburban rail provide quick connections to central Athens (1 hour / 10 euro’ ticket). The bus option is cheaper though it takes longer (1h 30 min / 5 euro’ ticket). You can also take a taxi (1 hour / 35-50 euro’).

### **Weather**

Athens has a Mediterranean climate with dry hot summers and mild



winters. Over the course of a year, the temperature typically varies from 4 C to 32 C and is rarely below 0 C or above 35 C. Especially for hiking the only obstacles may be some snowy days in winter or some extremely hot days in summer.

## **Gear Checklist**

Greece has a temperate climate. Base your clothing on the “layering system”, if it is hot you can “peel off” layers quickly, if it is cooler and windy you can quickly “dress up”. The lighter you travel, the easier you travel.

Please consider taking along the following items on your tour.

### Luggage

- ✓ Daypack to carry camera, water bottle and snacks etc.

### Clothing

- ✓ Hiking shorts
- ✓ T-shirts

### Clothing Accessories

- ✓ Sun hat or baseball cap

### Footwear

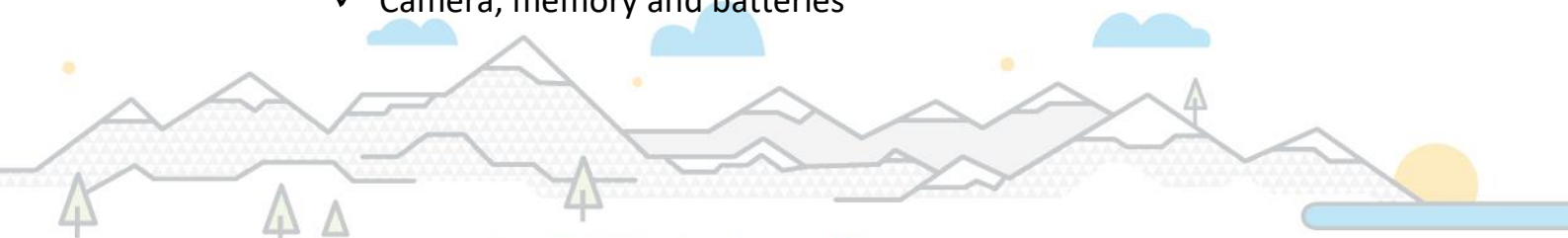
- ✓ Casual, comfortable shoes. For better protection, lightweight and supportive hiking boots, broken-in with good ankle support

### Accessories

- ✓ Sunscreen and lip protection
- ✓ Sunglasses and retainer strap

### Optional Accessories

- ✓ Camera, memory and batteries



- ✓ Trekking poles or walking staff
- ✓ Personal first-aid kit

This is not a fixed list, but more of a guideline, so feel free to add and remove items as you see fit.

