

Mt. Olympus Round trip

Table of Contents

Trip Highlights, Map, Tour Details, Itinerary, What's included, Itinerary Changes, Terrain, Condition Grading, Starting point and getting there, Food, Weather, Gear checklist, Currency & Banking, Passports, Visas

In August 1919, two Swiss travelers arrived at the foot of Mt. Olympus with the romantic goal to be the first mortals ever to reach the top of the residence of the ancient Gods. When they asked local goat hunter Christos Kakalos –a man who knew the mountain better than anyone-for guidance, he shouted: “Impossible! Only the eagles can reach the peaks of Olympus”. Three days later he stood proud on the summit together with his two companions. They became a legend, and the event signified the beginning of mountaineering in Greece. If you are lucky enough to have four days available, then here is the chance to explore Mt. Olympus following the footsteps of the three men and learn about the background of this historical event. You will climb 6 main peaks and make a round trip in which you will experience the summit region from all its perspectives. If mountain activity and information through entertainment is what you seek for, then this may be the right trip for you.



Trip Highlights

- Climb the main summit of M. Olympus “Mytikas” 2918m and reach the highest point of Greece
- Follow the steps of the historic first ascent of 1913 and learn about the mythology and the present of the mountain
- Explore the summit region and ascent to 6 main peaks in a round trip
- Stay overnight at the highest huts of the mountain on the mythical Plateau of the Muses and feel the spirit of the ancient goddesses of Inspiration



Tour Details

Dates: From May to October

Days/Nights: 4 days / 3 nights

Theme: Hiking / Climbing

Condition grading: Moderate/Strenuous

Itinerary

Day 1

Arrive at Mt. Olympus and hike to the refuge Spilios Agapitos 2.100m

We pick you up in the morning from your location in Athens or whereabouts and drive for 4,5 hours on the highway to Litochoro, a small town at the foot of the eastern slope of Mt. Olympus and only 3 km away from the Aegean Sea. On the way we get to know each other, and you will arrive at the spot fully briefed about our undertaking. Leaving Litochoro, still with the vehicle, we enter the National Park of Olympus. The asphalt road climbs through thick forest and after 18 km, it ends at Prionia at 1.100m. Drowned in vegetation and cooled by the waterfalls of the Enipeas stream, Prionia's fresh mountain breeze gives its warm welcome immediately. Blending into the forest landscape, there stands a small wooden restaurant where we have lunch. Having filled our flasks with water, we then head up through the forest on a well-maintained path to the refuge Spilios Agapitos at 2.100m. The mountain hut is located at a cozy terrace with an eagle's eye view down to Mavrolongos gorge and up to the summit region. There we have dinner and rest for an early start the following morning.

Overnight in Mt. Olympus in a refuge

Lunch and dinner included

Hiking distance: 4,5 km / ***Hiking duration:*** 3 hr

Driving distance:



Athens to Litochoro 420 km / 4 hr 30 min

Litochoro to Prionia 18 km / 30 min

Day 2

Explore the summit region and climb 3 different peaks

Today you explore the summit region and ascent to Skala, Skolio and Agios Antonios summits. First, the hike leads through a rich pine tree forest which becomes smaller and scarcer as you gain altitude, until there is none left and you find yourself in the bare alpine zone. On a wide shoulder, we follow a zigzagging path with a magnificent view of the whole east region until we reach Skala summit at 2866m. You can see the main summit Mytikas at a close distance but for today we follow the south ridge towards Skolio, with the dizzy vertical rocky walls of the impressive old glacier basin Kazania, opening under your feet. From Skolio at 2904m and after a slight descent, you climb your second Olympic summit Agios Antonios at 2816m. Then we turn North and traverse the whole summit region following one of the most popular high trails on the mountain named Zonaria, which leads us to the mythical plateau, Oropedio ton Mouson. Just to name three highlights, here you will almost certainly meet a heard of wild goats, be stunned by the view of the unique summit formation of the “Throne of Zeus” peak, which overlooks the plateau and enjoy the peace and quiet of the evening on the terrace of one of the two highest huts of Mt. Olympus.

Overnight in Mt. Olympus in a refuge

Breakfast, lunch and dinner included

Hiking distance: 9 km / **Hiking duration:** 6 hr

Elevation Gain: 1.000 m

Day 3

Climb the summit of Mt. Olympus, “Mytikas” 2.918m

Today is the summit day and as for anyone, climbing Mytikas at 2918m, the highest point of Mt. Olympus, it is a romantic, historical, and maybe



even a kind of metaphysical experience. After a 20' minute hike on a comfortable path, we reach the base of "Louki", a steep gully of 200 vertical meters which leads straight to the summit. Just relax and concentrate on the climb. Entering Louki, one feels like a true alpinist who has to carefully choose his steps and partly hold hands to move forward. Not technically demanding, but certainly a serious venture. You will be provided with gear and guidance in order to maintain safety at any stage. Upon return to the hut you can relax in the afternoon or wander around. There is also the alternative of an easier ascent (40 min from the hut) to Profitis Ilias at 2803m, the mountain's 6th highest summit. On the top you can visit the historical underground chapel built in the 16th century and enjoy yet another view from a different perspective.

Overnight in Mt. Olympus in a refuge

Breakfast, lunch and dinner included

Hiking distance: 4 km / ***Hiking duration:*** 3hr 30 min

Elevation Gain: 400 m

Day 4

Descend over Skourta peak and return to Prionia

Although there is no need to wake up early in the morning, if you are willing to do so, you can watch the sun rise straight from the Aegean Sea far in the horizon. After leaving the plateau heading North, we start descending on a wide shoulder ending at the narrow horizontal neck "Laimos" with deep impressive drops on both sides. From here, after a short ascent we reach the Skourta peak at 2476m and soon after, again descending, we enter the shaded pine forest. Following an easy path and listening to the sounds of the forest, we get to Petrostrouga hut, where you can have a short rest. Lastly, we traverse Mavrolongos gorge and in the early afternoon we arrive at the parking place at Prionia. We have lunch and return to your place of arrangement.



Breakfast and lunch included

Hiking distance: 9 km / **Hiking duration:** 4 hr 30 min

Elevation Gain: 100 m

Driving distance:

Prionia to Litochoro 18 km / 30 min

Litochoro to Athens 420 km / 4 hr 30 min

What's Included

Price includes:

All accommodations in a dorm room at the refuge

All transportation during the trip

Services of leader/guide throughout the tour

All activities mentioned in the program

Climbing equipment(Helmet, harness, rope, carabiners, slings)

Included meals:

Breakfast, lunches and dinners as indicated in the itinerary

Not Included:

Domestic and/or international air fare

Medical expenses

Travel or emergency evacuation insurance

Gratuities for leader/guide or driver

Alcoholic beverages and meals other than those outlined in itinerary

Visas if needed

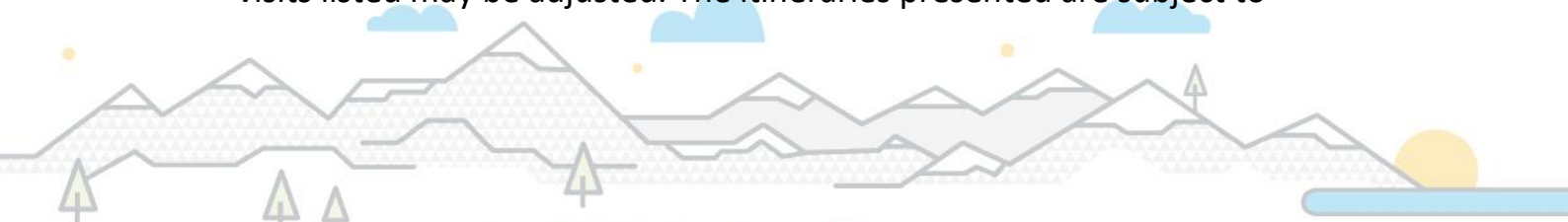
Transfer to and from the airport/port

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.

Terrain

This trip Level is Moderate/Strenuous and is suitable for most people that are in a fairly good physical condition and are not afraid of heights. It is not recommended for individuals who suffer from acrophobia. Although the daily distances are not extremely long, it has been rated Moderate/Strenuous as there are quite significant elevation gains and losses and increasing steepness during the summit attempt. Although the paths are quite well-kept, the terrain often tends to be very stony and rocky, during the hike. You will mostly be walking on footpaths and mountain trails but be prepared for steeper passages near the main summit.

Climbing to the main summit of Olympus- Mytikas at 2918m, is just at the edge of what is called hiking, because it also partly requires a basic use of your hands- easy climbing or scrambling as we say. From a technical point of view, it is not very demanding but there is a certain exposure and if the psychological factor or bad weather comes into play, it could hinder you from achieving your goal or even jeopardize your safety. This is why we always use technical gear such as ropes, carabiners, harness helmets, gps, etc. Hopefully you will not need most of it at all, but it is always available as backup.

Condition Grading

Moderate / Strenuous

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 a day.

Strenuous

Trips designated “Strenuous” require strong physical stamina, as we’re often active for 6+ hours per day. Hikes and treks include traversing more rugged and mountainous terrain.

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 to 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 / 10euro ticket). The bus option is cheaper though it takes longer (1h 30 min / 5euro ticket). You can also take a taxi (1 hour / 35-50euro)

Food

Simple, nutritious and flavorsome, the food is one of the pleasures of travel through Greece. Rustic Greek Cuisine reflects the history and bounty of its diverse regions and relies on the fresh, seasonal home-grown produce and generally simple, unfussy cooking that brings out the rich flavors of the Mediterranean.

Greece’s relaxed and hospitable dining culture makes it easy to get into the local spirit. Greeks love to eat out and share impossibly big meals family style. Given the long summers and mild winters, alfresco dining is central to the dining experience. Service could be slow by Western standards, but why be in a rush either way.

As a rule our groups tend to eat together to enable you to taste a larger



variety of dishes and enjoy each other's company. There's no obligation to do this though. Wherever possible we will cater for dietary needs for any included meals, but there may be times when those with special requirements may need to provide their own. Note that alcohol and soft drinks are not included.

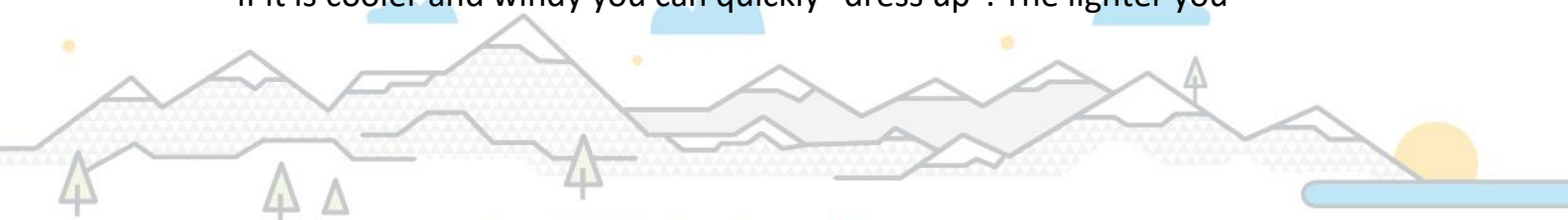
Weather

The climate of Olympus is affected by its geographical location, size, strata and the exposure of the mountain slopes. Generally speaking, it has a Mediterranean climate, warm and dry in the summer and wet in the winter. For **approximately seven months of the year it is covered in snow** (from November to May). Mount Olympus has a high level of precipitation throughout the year in the form of snow in the winter and rain and hail in the summer. In fact, the level of precipitation on Olympus is 3 to 4 times higher than that in Athens or Thessaloniki (1100 to 1800 mm of precipitation a year, while in Thessaloniki precipitation is 500 mm and in Athens 400 mm annually). **Half of the precipitation falls as snow** and the other half in the form of rain and hail.

The average temperature in the winter ranges from **-20o C to +10o C** and in the summer from **0o C to 20o C**, though this is not to say that there are not some exceptions that fall outside these ranges. **Every 100 m up Mount Olympus the temperature drops by approximately half a degree**. Thus, if at sea level the temperature is 20o C at, on Mytikas Peak (2918 m) the temperature will be approximately 5o C. Finally, **strong winds are a common phenomenon on Mount Olympus** and sometimes the wind reaches **speeds of over 100 km per hour**.

Gear Checklist

Greece has a temperate climate. The Mt. Olympus weather though may change variably during the ascent and it is not rare in summer to go from 30°C in Litchoro to 5°C or even 0°C near the summit. Base your clothing on the "layering system", if it is hot you can "peel off" layers quickly and if it is cooler and windy you can quickly "dress up". The lighter you



travel, the easier you travel. Use your best judgement and pack as lightly as possible. You will appreciate light luggage towards the end of your trip.

Please consider taking along the following items on your trip.

Official Papers

- ✓ Valid passport
- ✓ Airline tickets

Luggage

- ✓ 40l Backpack to carry clothing, climbing gear, camera, water bottle and snacks etc.

Outerwear

- ✓ Midweight polar fleece sweater
- ✓ Polar fleece jacket
- ✓ Rain jacket and rain pants, or poncho

Clothing

- ✓ Hiking shorts
- ✓ Fast drying synthetic t-shirt (2x pair)
- ✓ Casual clothing made of light-weight fabrics
- ✓ Hiking pants, loose and easy to move in
- ✓ Underwear
- ✓ Swimsuit

Clothing Accessories

- ✓ Sun hat or baseball cap
- ✓ Winter hat

Footwear

- ✓ Supportive hiking boots, broken-in with good ankle support
- ✓ Casual, comfortable shoes

Accessories



- ✓ Sunscreen and lip protection
- ✓ Sunglasses and retainer strap
- ✓ Headtorch
- ✓ Personal hygiene items (towel, soap, etc.)

Optional Accessories

- ✓ Security pouch or money belt
- ✓ Trekking poles or walking staff
- ✓ Camera, memory and batteries
- ✓ Reading and writing materials
- ✓ Watch with alarm or travel alarm
- ✓ Travel pillow
- ✓ Motion sickness remedies
- ✓ Personal first-aid kit
- ✓ Insect repellent (low risk)
- ✓ Electric adapter plug/converter

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

Currency & Banking

Greece has adopted the Euro as its currency. The easiest way to obtain local cash is from an ATM. Greek ATMs accept cards bearing the Cirrus, EC, Euro card, Visa and Plus symbols. If you take cash, US or Canadian Dollars can be easily exchanged at banks. Most major credit cards, Visa, MasterCard and American Express are accepted.

It is advisable to have some Euros with you upon arrival to be used for a taxi if necessary.

You may want to check the website www.xe.com for current exchange rates.

Passports

Your passport must be valid for at least 6 months after the end of your trip. Please make sure that you have blank pages in your passport for

your visa (if required), entry and exit stamps (one for each). Please make a copy to take with you in the event yours is lost or stolen and keep it separate from your actual passport.

Visas

Currently a Greek Tourist Visa is not required for citizens of Canada, United States, Britain and Australia. If you hold another passport, please check online <http://visacentral.com/visas.php>

