

Mt. Olympus Fast and light

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Climbing a high mountain is usually an energy consuming activity which after a rewarding journey, usually ends at the top. From our experience, it's nice to have a strong motivation but what's most important is to be able to enjoy the whole project as it unfolds step by step. To fully enjoy every moment, you need to have enough time to stick to your rhythm instead of heading up gasping for breath. Mt. Olympus is a mountain where you could spend a whole week and still feel like not having seen enough. On the other hand, we understand that you may want to combine your Mt. Olympus climb with other destinations while you're visiting Greece, and this is why we created the fastest possible –but still easily manageable- adventure plan, starting from Athens or other parts of Greece.



Trip Highlights

- Climb the main summit of M. Olympus “Mytikas” 2918m, and reach the highest point of Greece
- Spend a night at the mountain and feel the spirit of the ancient goddesses of Inspiration
- Visit the famous St. Dionysus monastery built in the 14th Century and learn about its rich history
- Have dinner at the Eagle’s nest terrace, Spilios Agapitos and watch the morning sunrise over the Enipeas gorge

Map



Tour Details

Dates: From May to October

Days/Nights: 3 days / 2 nights

Theme: Hiking / Climbing

Condition grading: Moderate/Strenuous

Itinerary

Day 1

Arrive at Mt. Olympus and hike to Spilios Agapitos hut at 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

Elevation gain: 1.000 m



Driving distance:

Athens to Litochoro 420 km / 4 hr 30 min

Litochoro to Prionia 18 km / 30 min

Day 2

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

We wake up as the morning dew evaporates from the forest, have breakfast and gear up for the summit day. Soon the path leads to the alpine forestless region.

On a wide shoulder, following a zigzagging trail with a magnificent view of the whole east region, we reach Skala summit at 2866m. The view to the main summit –especially when its foggy- may scare someone off, but we are well prepared to give you the mental and safety support to help you realize your dream.

First you have to descent slightly to the narrow col, then follow a rocky gully and finally find your way between the summit gendarmes.

In 1 - 1 ½ hour of partly technically easy scrambling, we reach the highest point Mytikas at 2.918m. After you stand on the summit long enough to rest, take pictures and feel fulfilled with your achievement, we begin to descend back to the hut where we spend another night.

Overnight in Mt. Olympus in a refuge

Breakfast, lunch and dinner included

Hiking distance: 6,5 km / ***Hiking duration:*** 5 hr 30 min

Elevation gain: 818 m

Day 3

Descend to Prionia and visit St. Dionysus monastery

We enjoy the early morning sounds of the mountain on a terrace of the hut after a well-earned rest, capturing an image of the peaks as they glow in the rising sun light and then head down to Prionia in easy pace.

In Prionia we pick up the car and after a 4 km drive, we make a stop at the famous St. Dionysus monastery. Built in the 14th century and



devastated many times, last by the Nazis in 1943, it has been recently restored and it is open to visitors who want to honor its rich history. Just a few steps down a wooden ladder, there is the bank of Enipeas, where one can dip their sore feet in the sparkling crystal clear water. We have lunch in Litochoro and in the afternoon we begin our trip back to Athens.

Breakfast and lunch included

Hiking distance: 4,5 km / ***Hiking duration:*** 2 hr

Driving distance: 440 km / 5 hr

What's Included

Price includes

All accommodations in a dorm room at the refuge

All transportation during the trip

All activities mentioned in the program

Services of leader/guide throughout the tour

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

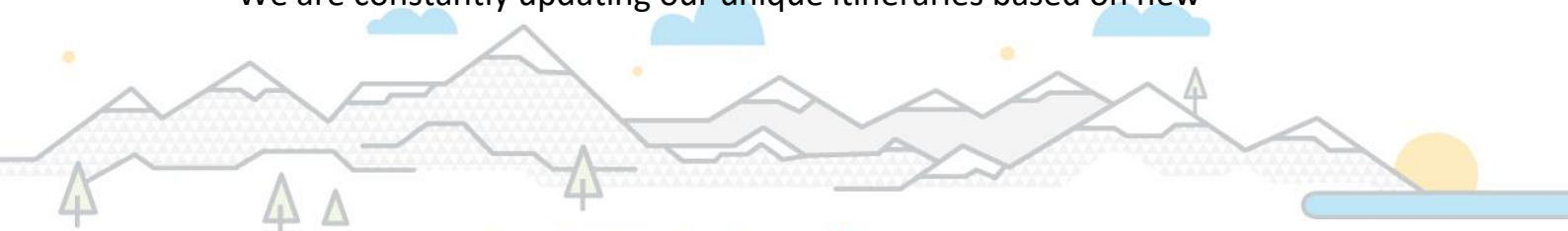
Transfer to and from the airport/port

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

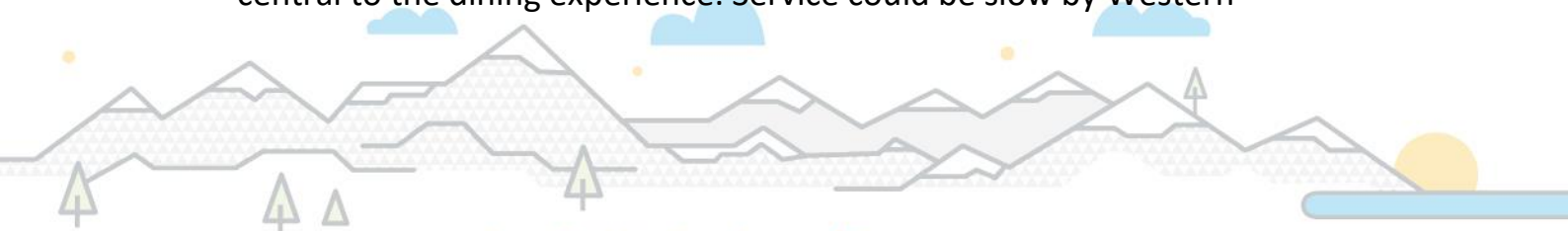
Getting There & Away: Athens airport Eleftherios Venizelos, is about 27km east of Athens. Athens is connected with direct flights to various cities in Europe, North America and Asia.

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, 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 Litochoro 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 (lowrisk)
- ✓ 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>

