



Hoogteprofielen AnnaHiking wandelingen MTWT310I

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(26-12-2019)



Overzicht wandelingen

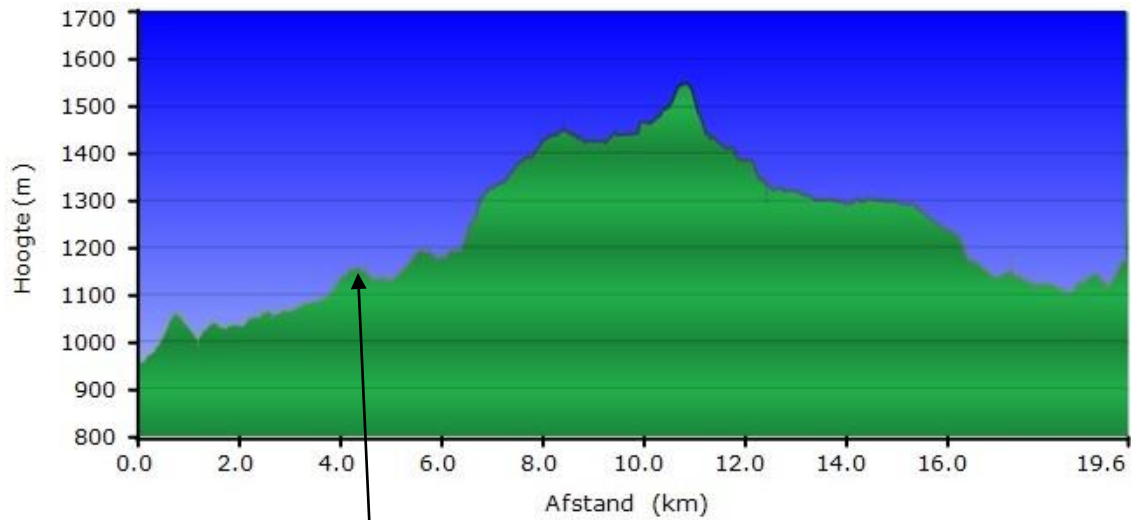
dag	invulling	overnachting	tijd in uren	lengte in km	m stijgen	m dalen
1	naar Stemnitsa	Stemnitsa				
2	Stemnitsa - Lousios kloof - Dimitsana	Dimitsana	5:00	13,0	780	910
3	Dimitsana - Zygovisti - Elati	Elati	7:00	19,5	1215	995
	<i>(vanaf Zygovisti)</i>		<i>5:30</i>	<i>15,1</i>	<i>970</i>	<i>940</i>
4	Elati - Pyrgaki bronnen - Mylaon rivier - Vytina	Vytina	3:00	9,0	350	500
5	Vytina - Mylaon rivier - Zarziou brug - Palia Vytina - Nymfasia	Nymfasia	4:00	11,9	630	830
6	Nymfasia - Magoulia - Valtesiniko	Valtesiniko	6:00	16,0	1200	930
7	Valtesiniko - Lagkadia	Lagkadia	5:00	14,3	810	980
8	vertrek					



Dag 2: Stemnitsa – Dimitsana



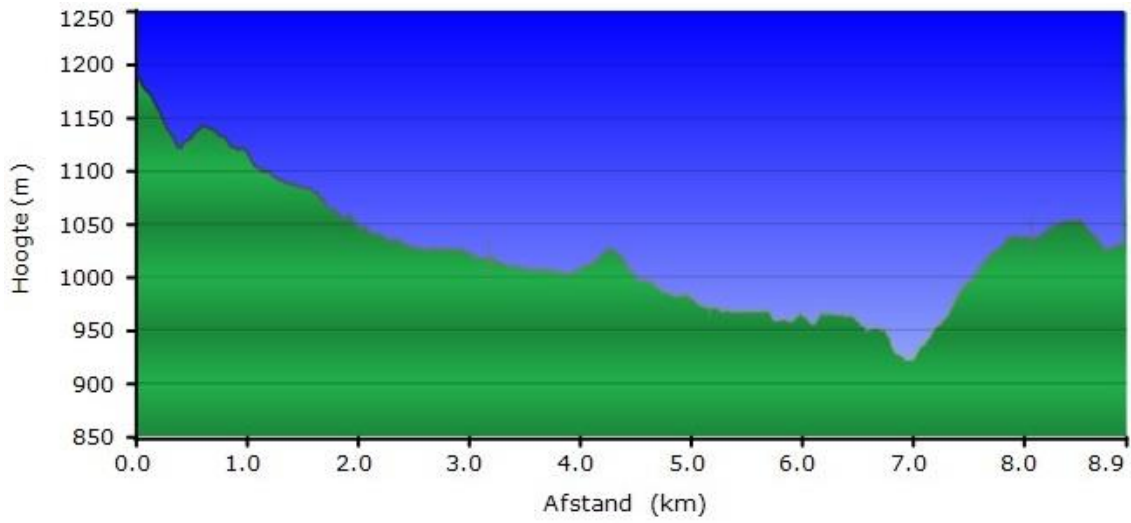
Dag 3: Dimitsana – Elati



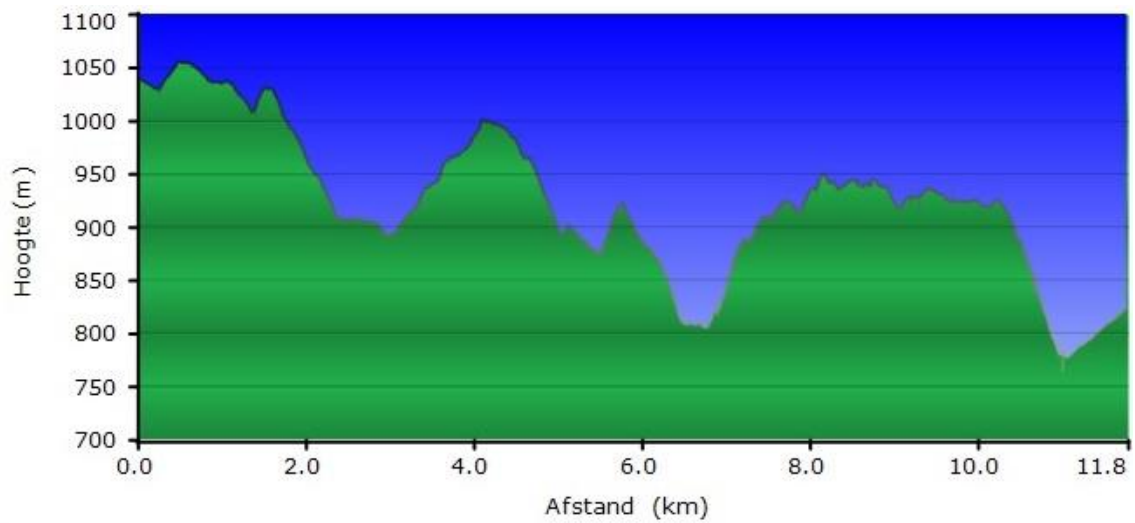
Zygovisti



Dag 4: Elati – Vytina

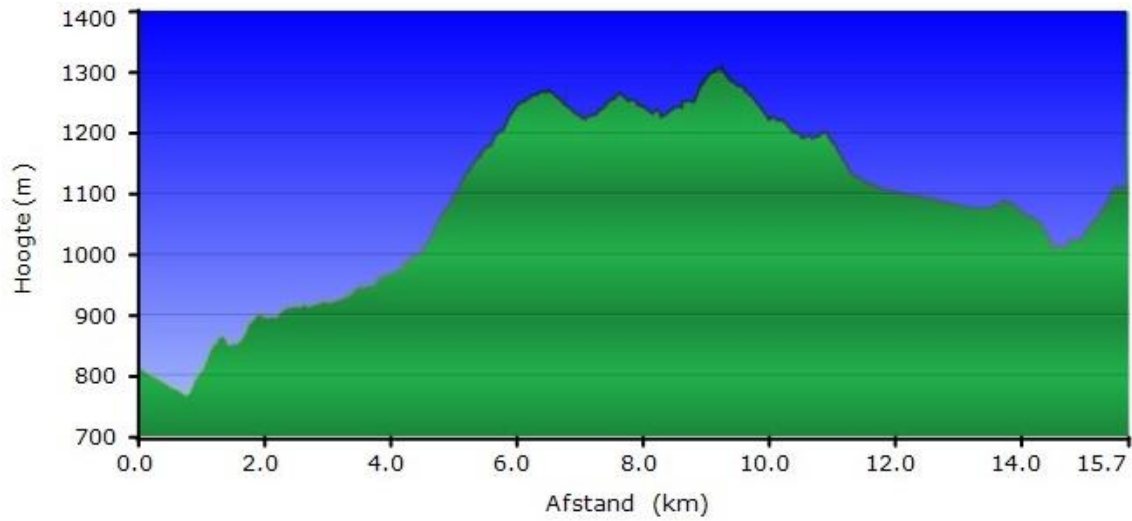


Dag 5: Vytina – Nymfasia





Dag 6: Nymfasia – Valtesiniko



Dag 7: Valtesiniko - Lagkadia

