



## Hoogteprofielen AnnaHiking wandelingen MTWT312I

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(3-1-2022)

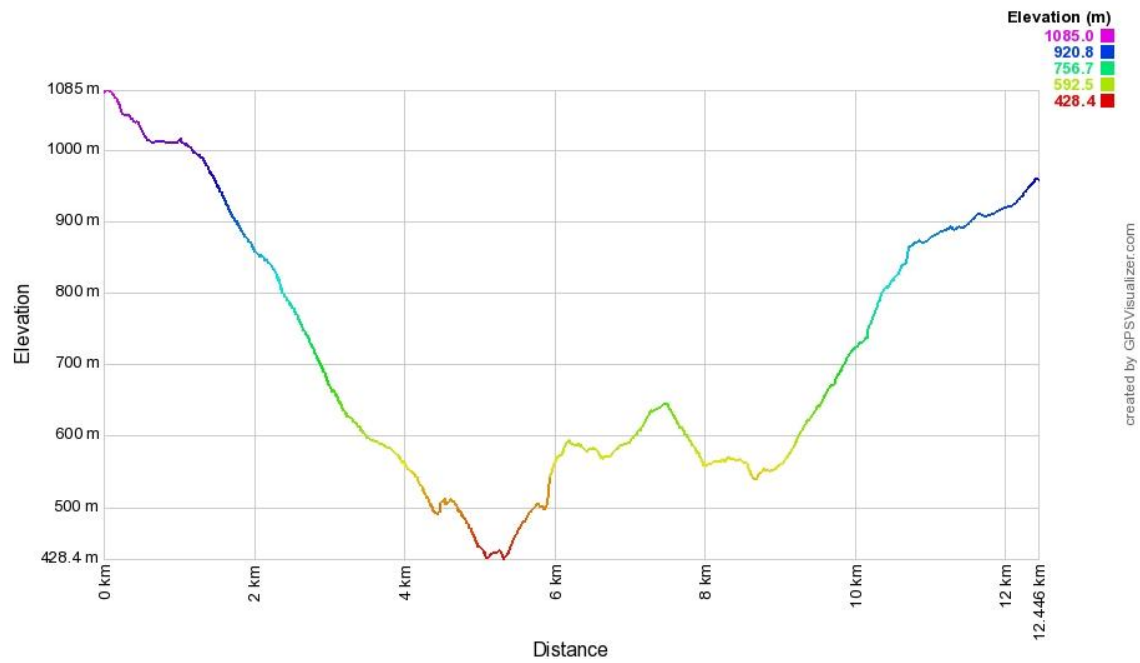


## Overzicht wandelingen

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	12,5	830	950
3	Dimitsana - Zygovisti - Elati	Elati	7:00	19,1	900	690
	<i>(vanaf Zygovisti)</i>		<i>5:30</i>	<i>14,9</i>	<i>655</i>	<i>635</i>
4	Elati - Pyrgaki bronnen - Mylaon rivier - Vytina	Vytina	3:00	8,5	235	380
5	Vytina - Mylaon rivier - Zarziou brug - Palia Vytina - Nymfasia	Nymfasia	3:00	10,0	400	580
6	Nymfasia - Magoulia - Valtesiniko	Valtesiniko	6:00	15,5	465	900
7	Valtesiniko - Lagkadia	Lagkadia	5:00	13,9	600	780
8	vertrek					



## Dag 2: Stemnitsa – Dimitsana (GR00158)

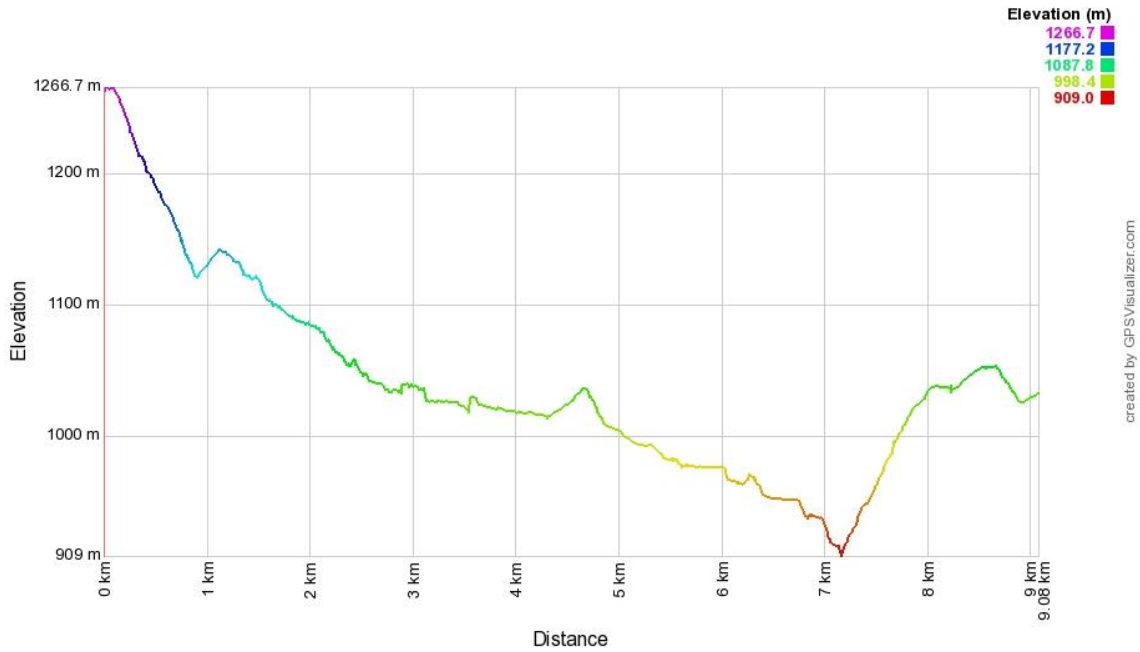


## Dag 3: Dimitsana – Elati (GR00159)

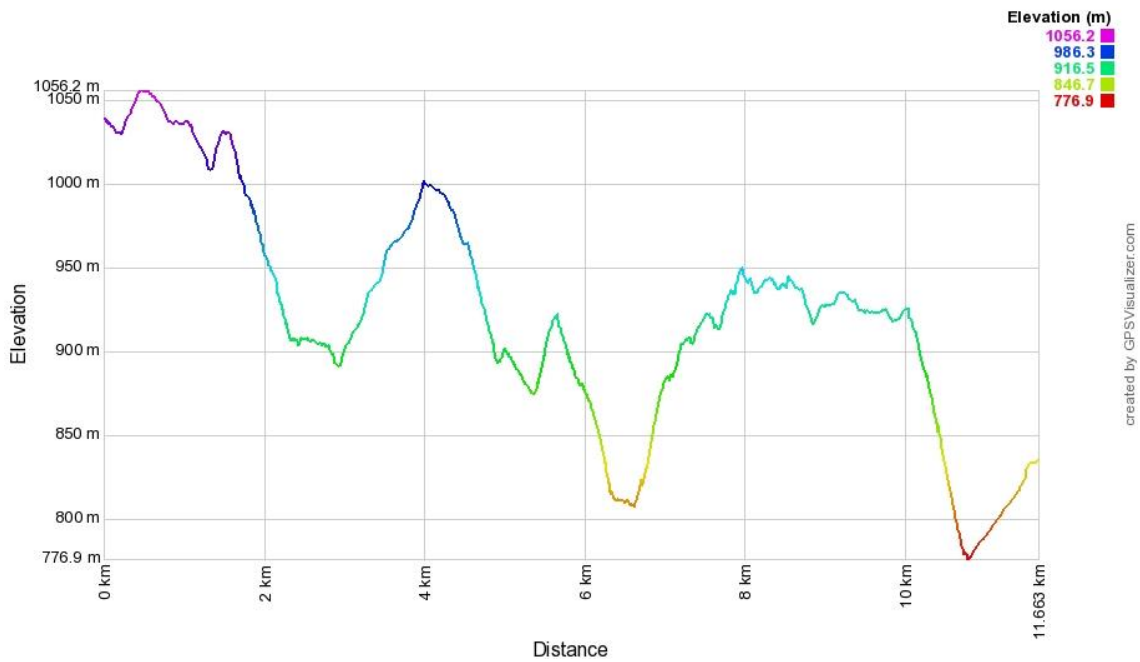




## Dag 4: Elati – Vytina (GR00160)

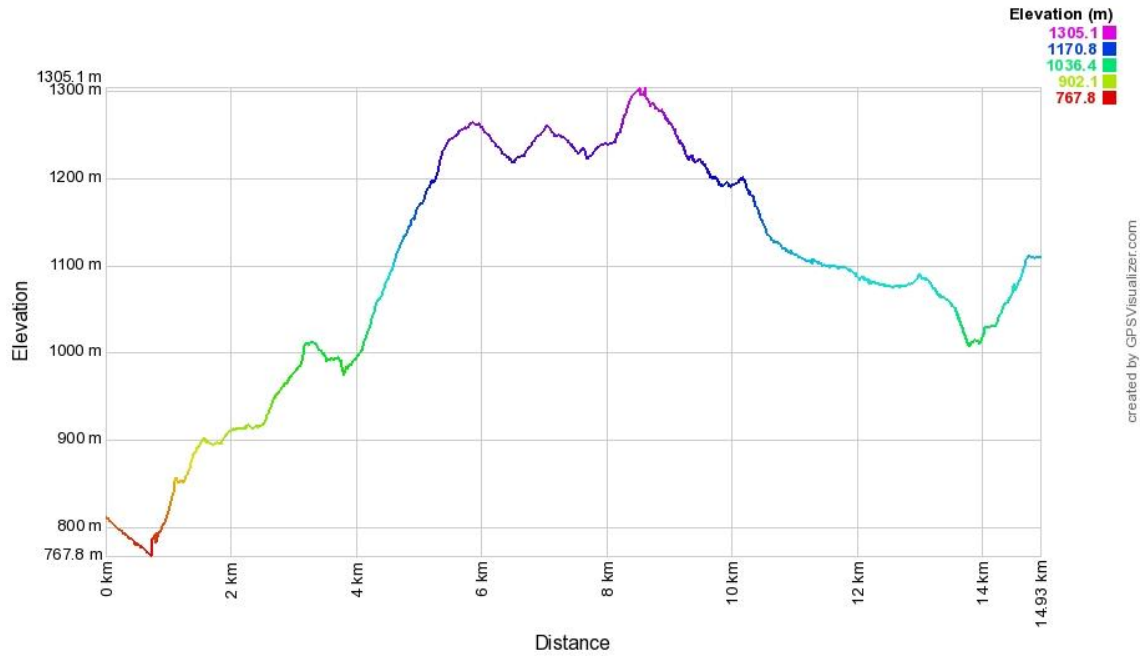


## Dag 5: Vytina – Nymfasia (GR00161)





## Dag 6: Nymfasia – Valtesiniko (GR00162)



## Dag 7: Valtesiniko – Lagkadia (GR00163)

