



## Hoogteprofielen AnnaHiking wandelingen MTWT313I

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(7-11-2022)

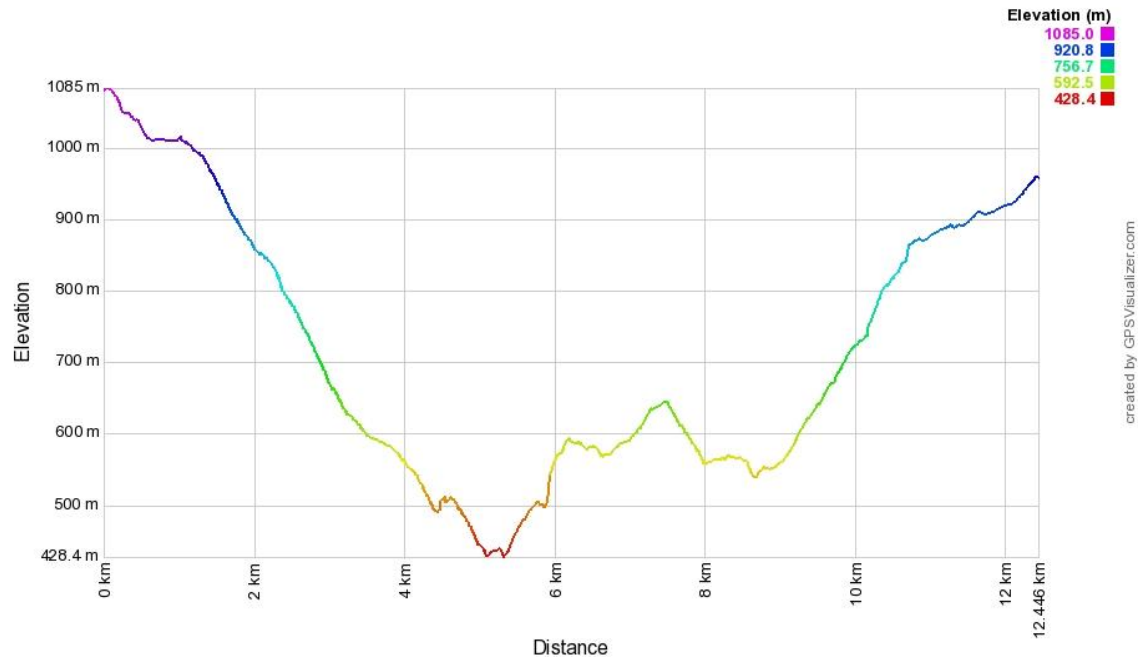


## Overzicht wandelingen

| 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)

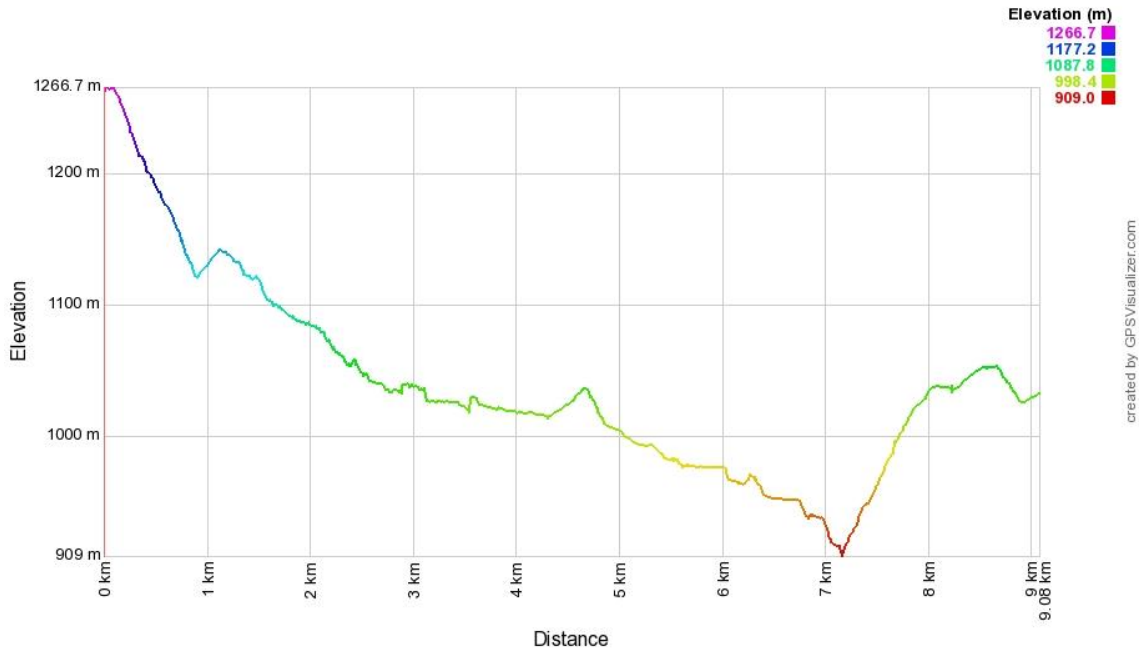


## Dag 3: Dimitsana – Elati (GR00159)

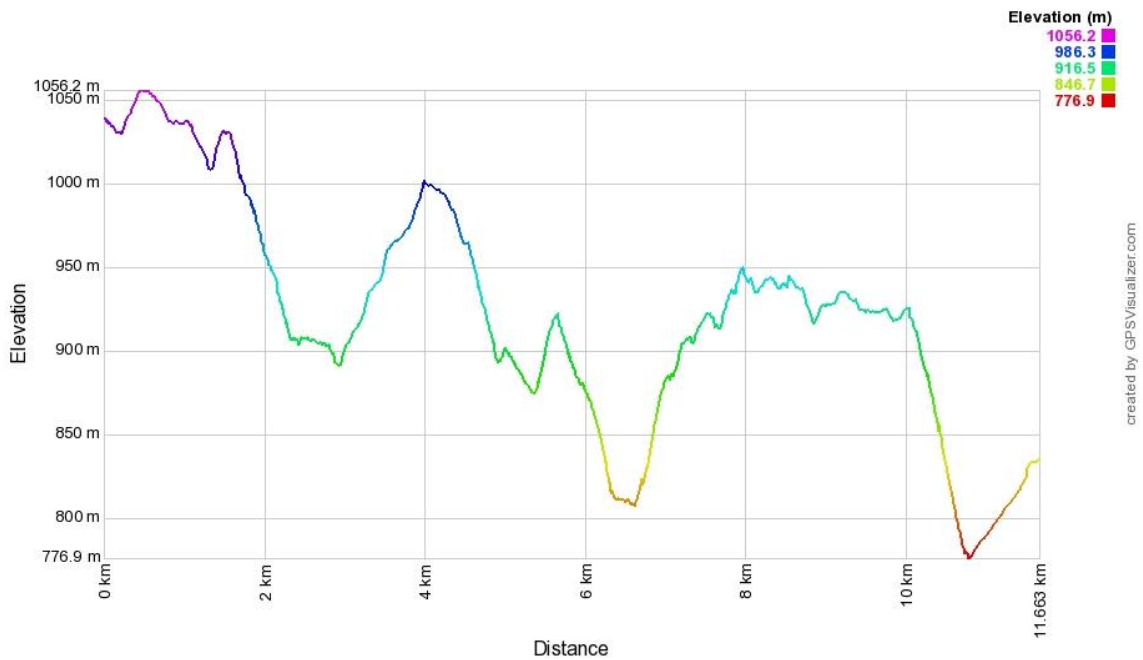




## Dag 4: Elati – Vytina (GR00160)

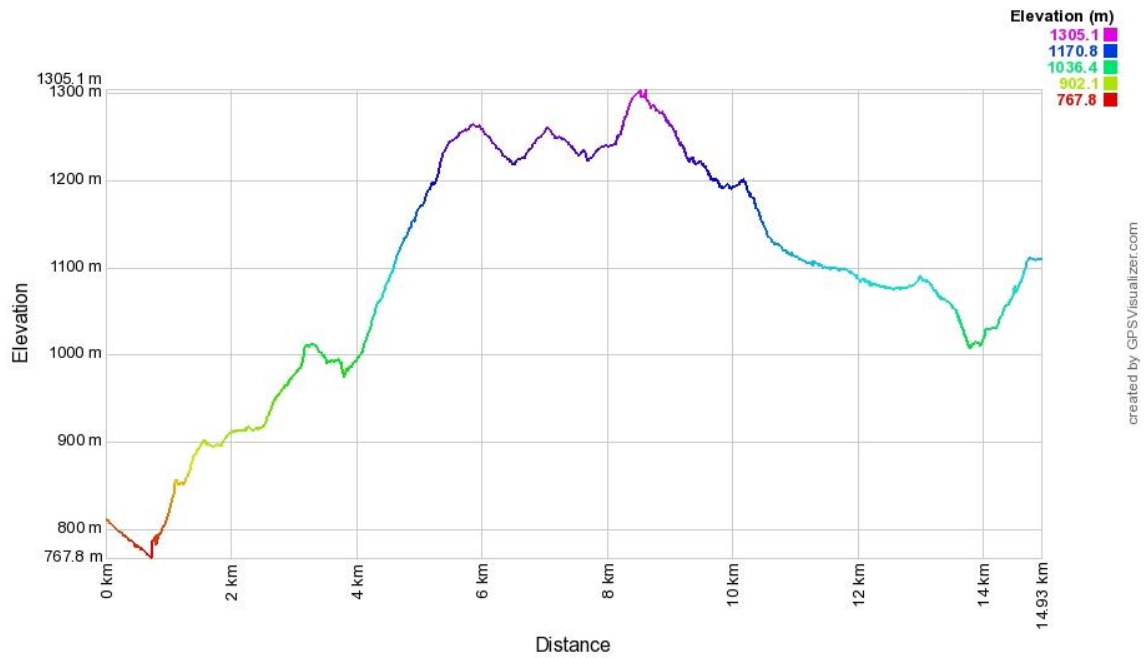


## Dag 5: Vytina – Nymfasia (GR00161)





## Dag 6: Nymfasia – Valtesiniko (GR00162)



## Dag 7: Valtesiniko – Lagkadia (GR00163)

