

Hoogteprofielen AnnaHiking wandelingen MTWT315I

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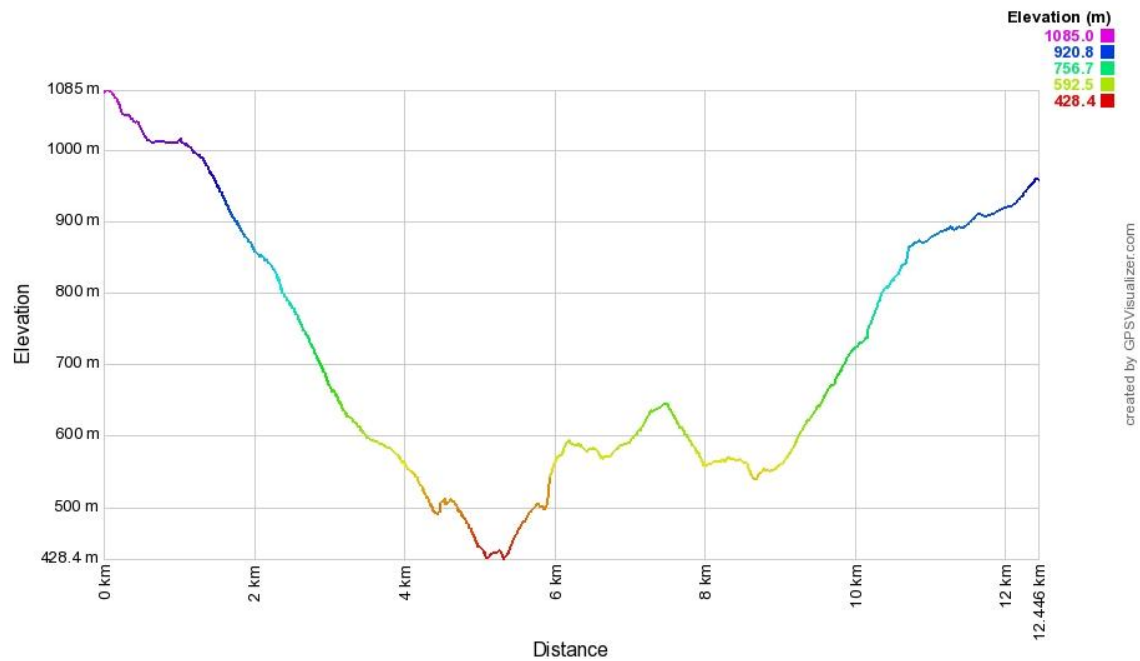


(16-12-2024)

Overzicht wandelingen

dag	invulling	overnachting	tijd in uren	lengte in km	m stijgen	m dalen
1	naar Stenmitsa	Stenmitsa				
2	Stenmitsa - 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>		5:30	15,3	970	940
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	280	480
6	Nymfasia - Magoulia - Valtasiniko	Valtesiniko	6:00	15,5	465	900
7	Valtesiniko - Lagkadia	Lagkadia	5:00	13,9	600	780
8	vertrek					

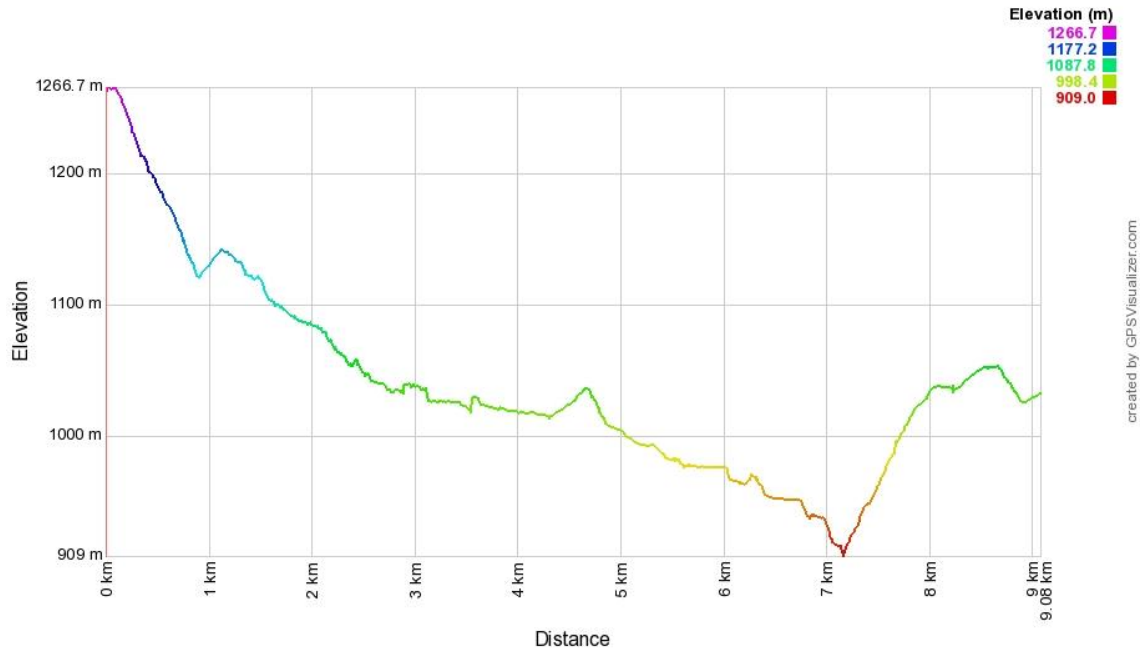
Dag 2: Stemnitsa – Dimitsana (GR00158)



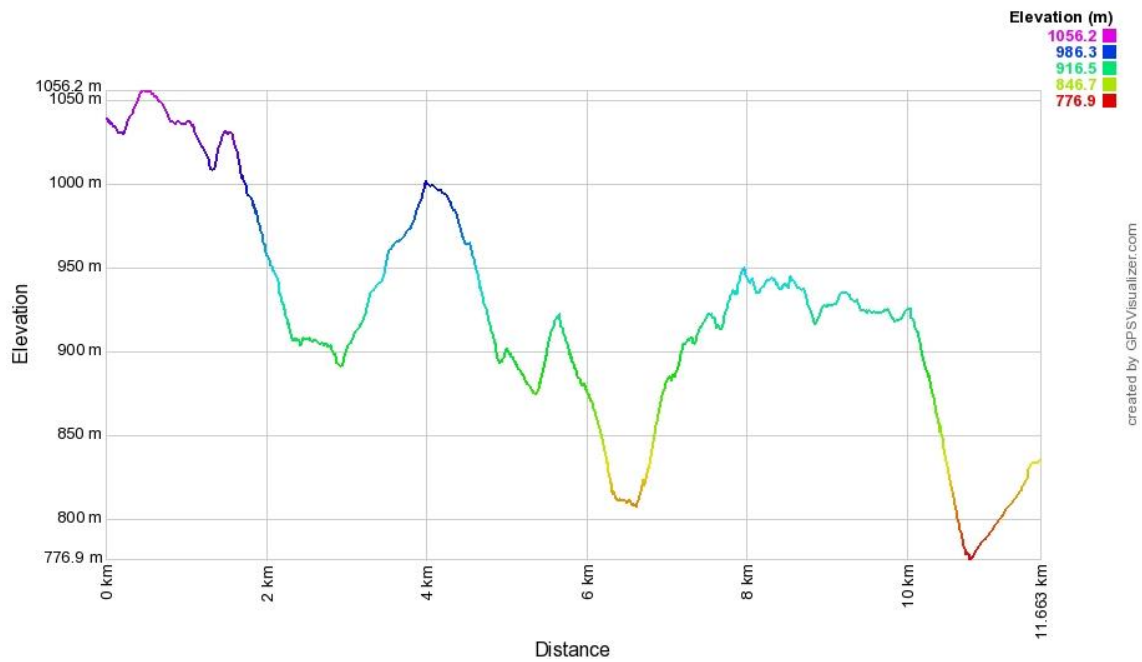
Dag 3: Dimitsana – Elati (GR00159)



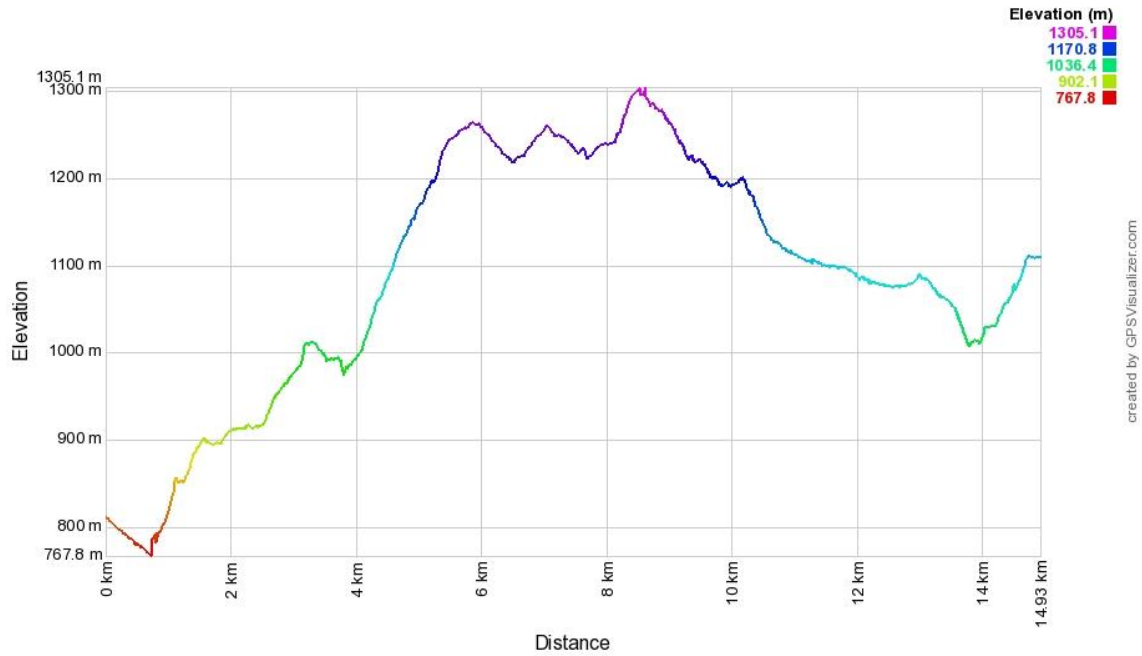
Dag 4: Elati – Vytina (GR00160)



Dag 5: Vytina – Nymfasia (GR00161)



Dag 6: Nymfasia – Valtesiniko (GR00162)



Dag 7: Valtesiniko – Lagkadia (GR00163)

