



## ***Elevation profiles AnnaHiking walks MTWT316I***

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(15-2-2026)

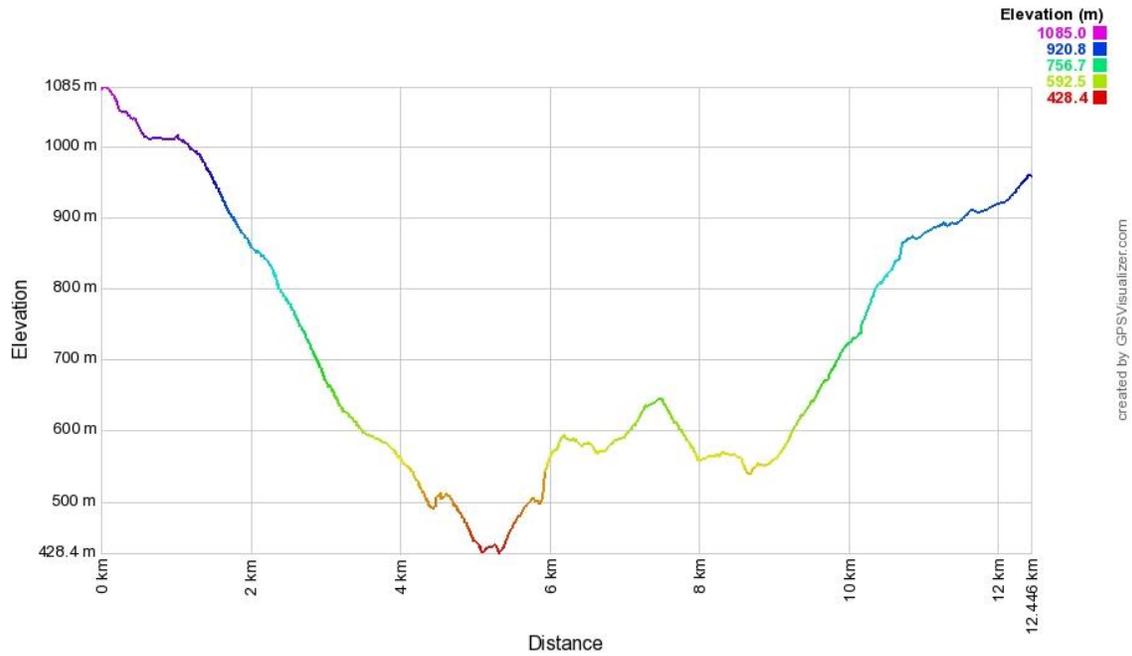


## Overview walks

day	program	overnight stay	time in hours	length in km	m ascent	m descent
1	to Stemnitsa	Stemnitsa				
2	Stemnitsa - Lousios gorge - Dimitsana	Dimitsana	5:00	13,0	780	910
3	Dimitsana - Zygovisti - Elati	Elati	7:00	19,5	1215	995
	<i>(from Zygovisti)</i>		<i>5:30</i>	<i>15,3</i>	<i>970</i>	<i>940</i>
4	Elati - Pyrgaki springs - Mylaon river - Vytina	Vytina	3:00	9,0	350	500
5	Vytina - Mylaon river - Zarziou bridge - Palia Vytina - Nymfasia	Nymfasia	4:00	11,9	280	480
6	Nymfasia - Magoulia - Valtessiniko	Valtesiniko	6:00	15,5	465	900
7	Valtesiniko - Lagkadia	Lagkadia	5:00	13,9	600	780
8	departure					



## Day 2: Stemnitsa – Dimitsana (GR00158)

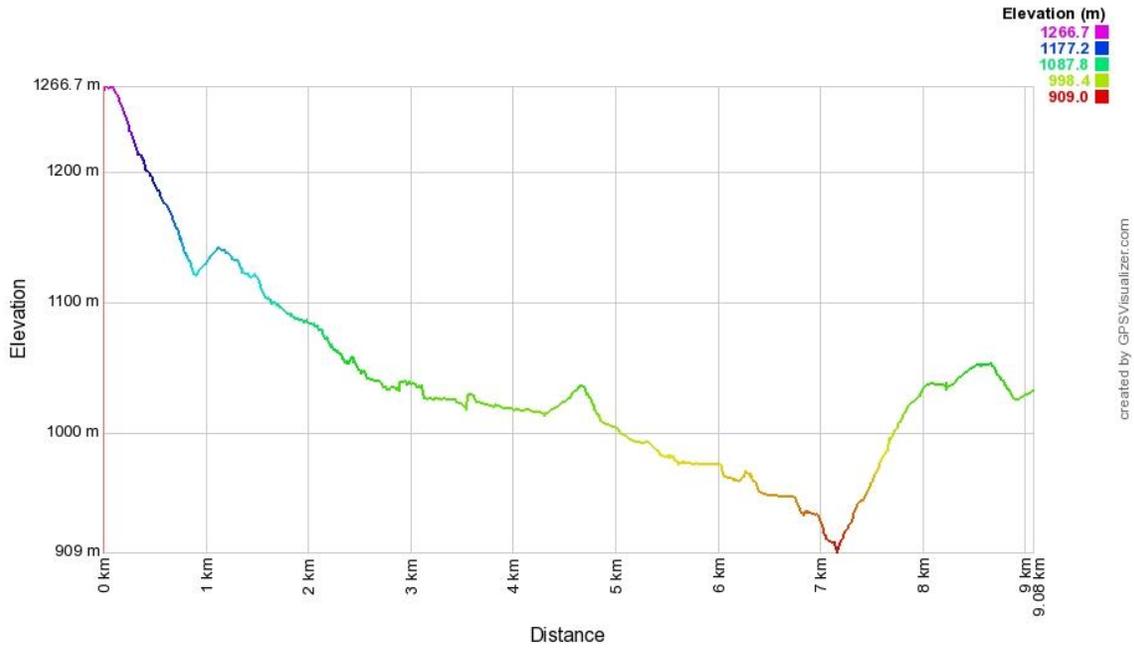


## Day 3: Dimitsana – Elati (GR00159)

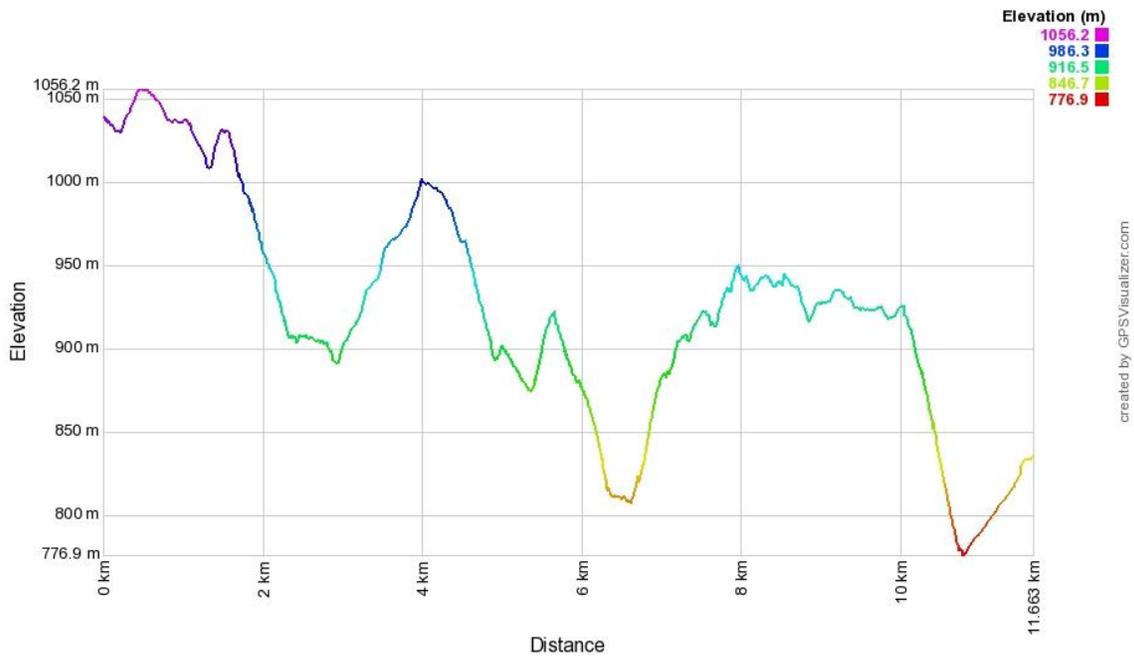




## Day 4: Elati – Vytina (GR00160)

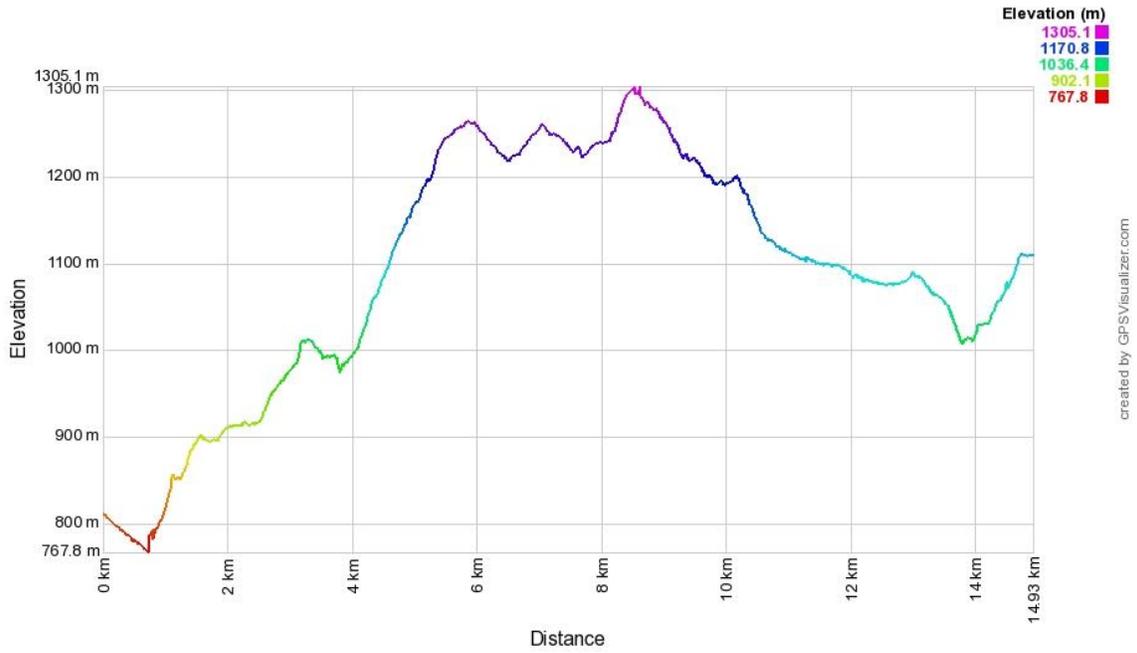


## Day 5: Vytina – Nymfasia (GR00161)





## Day 6: Nymfasia – Valtesiniko (GR00162)



## Day 7: Valtesiniko – Lagkadia (GR00163)

