

Hoogteprofielen AnnaHiking wandelingen MTWT316I

Overzicht wandelingen	2
Dag 2: Stemnitsa – Dimitsana (GR00158).....	3
Dag 3: Dimitsana – Elati (GR00159)	3
Dag 4: Elati – Vytina (GR00160)	4
Dag 5: Vytina – Nymfasia (GR00161)	4
Dag 6: Nymfasia – Valtesiniko (GR00162)	5
Dag 7: Valtesiniko – Lagkadia (GR00163)	5

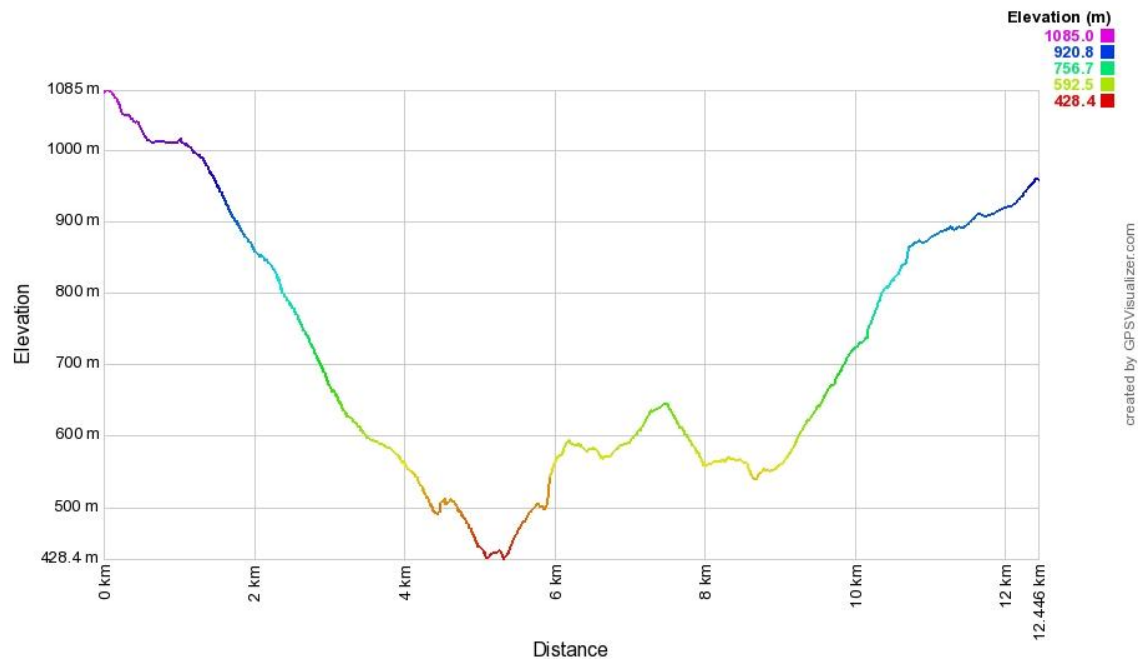


(15-2-2026)

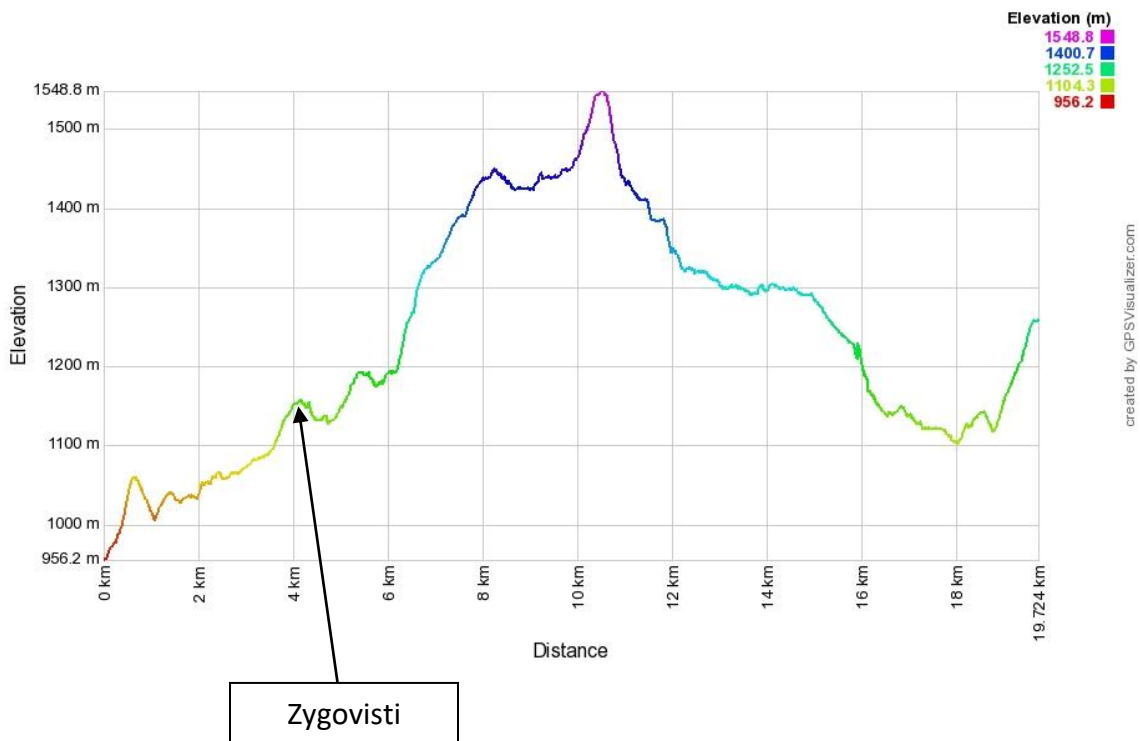
Overzicht wandelingen

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>		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 - Valtessiniko	Valtesiniko	6:00	15,5	465	900
7	Valtesiniko - Lagkadia	Lagkadia	5:00	13,9	600	780
8	vertrek					

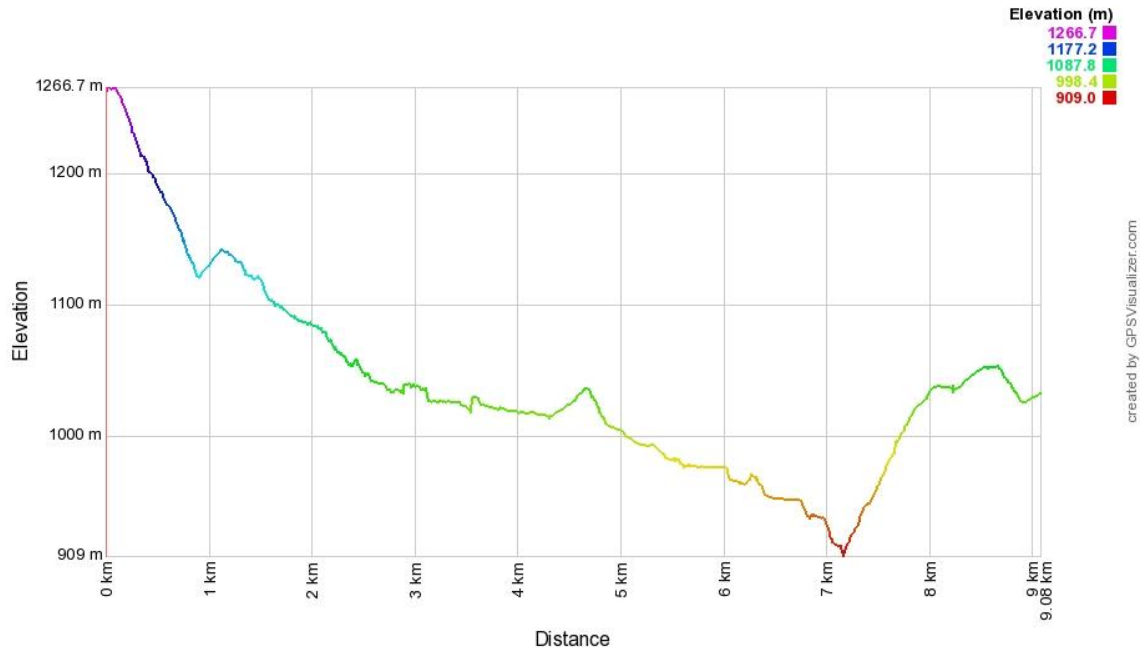
Dag 2: Stemnitsa – Dimitsana (GR00158)



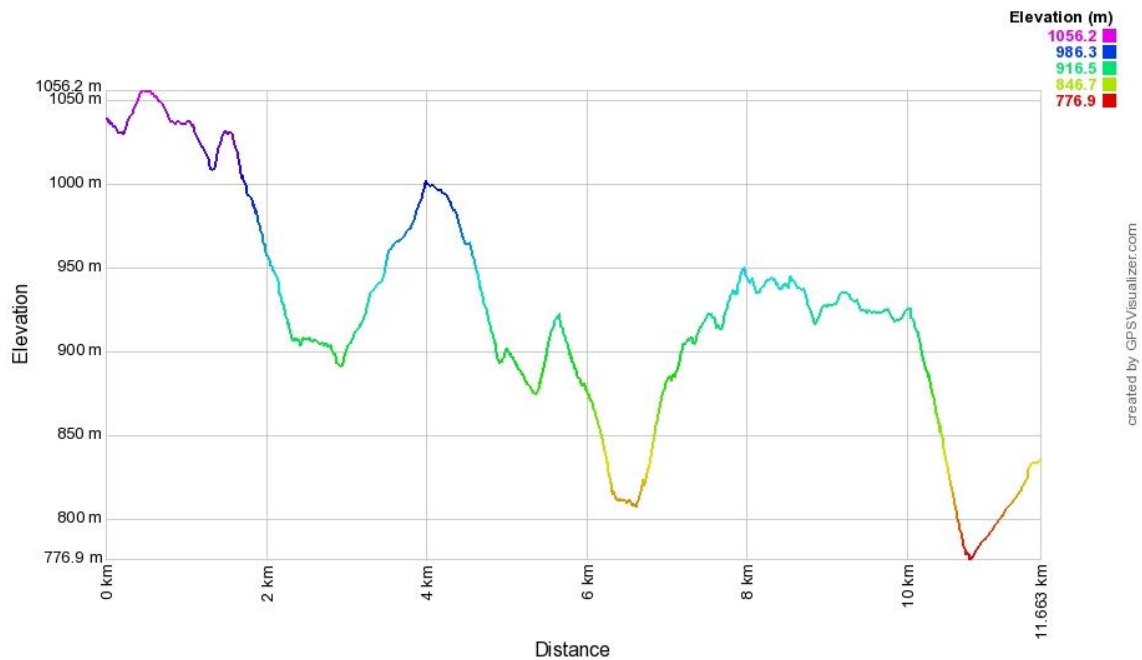
Dag 3: Dimitsana – Elati (GR00159)



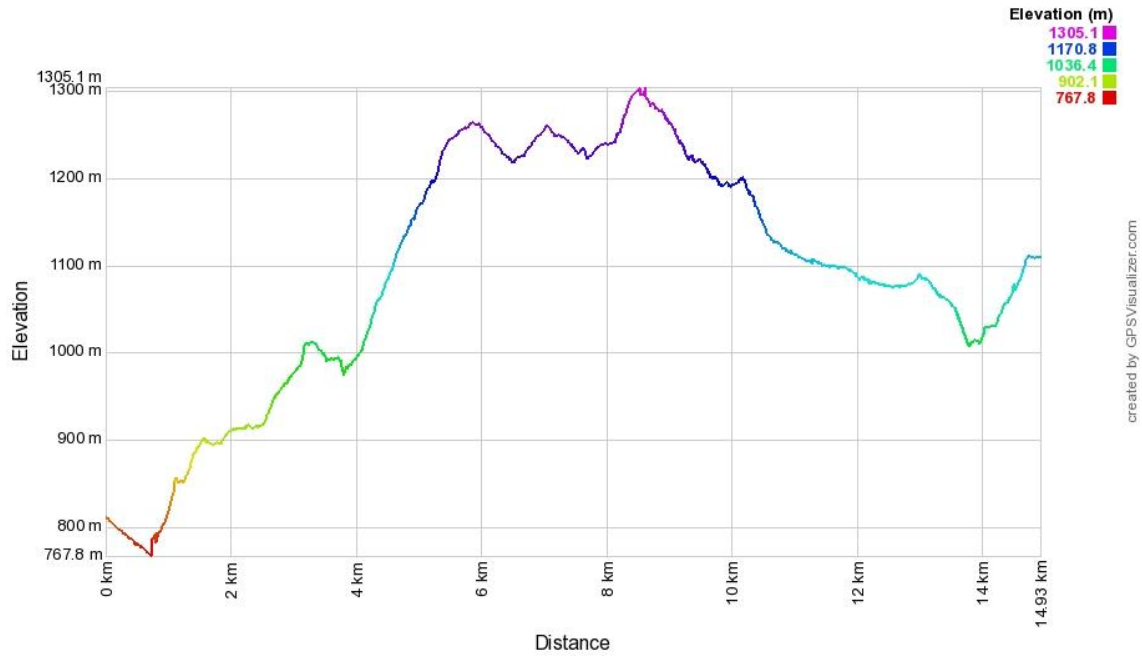
Dag 4: Elati – Vytina (GR00160)



Dag 5: Vytina – Nymfasia (GR00161)



Dag 6: Nymfasia – Valtesiniko (GR00162)



Dag 7: Valtesiniko – Lagkadia (GR00163)

