

**Olympos self-guided:
7-day backpack trekking in 5 stages
along Mount Olympos 2024 (OPWT314I)**



Our hiking philosophy: the hikes may be rough and tiring, but in the afternoon you'll have a good meal and a comfortable as possible bed in a small-scale accommodation.

We invite you to join us!

[more information: www.annahiking.nl](http://www.annahiking.nl)

About AnnaHiking and S-Cape

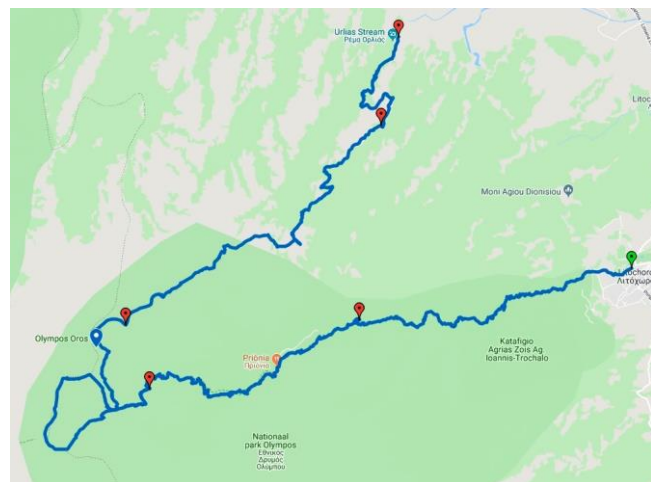
In 1991 we visited Greece for the first time. Our love for the country, the culture, the climate, the food, the language and the Greek has grown ever since. We feel at home here and want to communicate this feeling to others.

Many people are familiar with the Greek beaches: is there more? Sure! The mountainous mainland offers the traditional way of living, close to nature. Here you won't find beaches, but gurgling streams with waterfalls, small houses hugging the mountainside and welcoming people. We'd love to introduce you to this side of Greece!

We developed this tour together with our Greek colleagues S-Cape. As an individual traveller we offer you a roadbook with route descriptions, GPS-tracks and marked detailed maps, so you can find your way easily. We also offer you an information package with background information, tips for the best meals and several other useful trivia.



The tour location



General tour information

For everyone who is not afraid of a walking challenge, we offer this spectacular 7-day trek to the highest peak of Greece, Mount Olympos. This mythical mountain is the highest mountain in Greece reaching almost 3000 meters. It was known as the seat of Zeus and home to the Greek Gods.

It is an impressive hiking tour to some of the various peaks of the Olympos, where the air is clear and where you will experience spectacular vistas and scenery. At the start and at the end of the tour, you stay in the lively mountain village Litochoro in a comfortable hotel, whereas up in the mountain your overnight stay is in 3 mountain huts.



On your first hiking day you walk through the Enipeas gorge to the old monastery Agios Dionysios. The next morning, starting at the monastery, you will walk through thick forest of pine, and eventually reach the alpine zone and admire superb views over the gorge and the sea. Your route continues to the summit Skolio at 2.911m and after descending from the

summit you walk along to so-called ‘Zonaria’ to reach the alpine ‘Mousson’ plain. You continue your descent via the eastern slopes to the Koromilia mountain hut where you stay overnight. On your last hiking day, you walk down along the Orlias stream to a church on the asphalt road, from where you will be picked up by a taxi and taken to Litochoro.

No luggage transfer is possible during the trek. Whatever you don’t carry on your back, stays in Litochoro.

The walks are between 4 and 6 hours (that is excluding breaks) and take you through forests, along river gorges and over barren slopes. You walk on stony footpaths, gravel roads and only occasionally asphalt. The routes are mostly signposted.

We advise you to start the trip trained and fit with well worn-in ankle-high hiking boots. Good shoes enable you to walk without worries about your feet so that you can fully enjoy the surroundings.

The tour is for people who do not shrink from hefty walks and who want to clear their head while enjoying the mountains.

Trip highlights

- Highest summits of Greece (almost 3000m!).
- Home of the Ancient Greek Gods, the ‘Throne of Zeus’.
- Incredible views over the Aegean Sea.
- Stay in good mountain refuges and in the lively village Litochoro.



Modular set-up: extensions/alterations/abbreviations

You may extend your stay in every accommodation for a rest day.

We can book a hotel for you in Thessaloniki for a city trip. Close to the airport is the commuting and beach town Perea, very suitable for a beach extension.

From Thessaloniki you may easily reach the [Pindos](#) area (bus to Ioannina) or the [Pilion](#) (bus to Volos). In both areas we offer hiking tours with various levels of difficulty and duration.

You may also combine the arrangement with (parts of) other tours we offer. We’ll gladly help you with the logistics.

For all your wishes: ask for advice and an estimate!

About the tour region

The Olympos mountain range has the highest summits of Greece and is considered the home of the Greek Gods. The most important summits are the Mytikas (2918m), Skolió (2911m) and Stefani or “Throne of Zeus” (2907m). The Mytikas was first climbed in 1913. This gritty and steep summit is not fit for mountain walking, although it is possible to do it on all four without any climbing gear. We keep to the Skolio as highest peak; the views are just as good and there is a path.

The mountain range is much trodden, especially from the Spilios Agapithos refuge. The route along the “Zonaria”, underneath the “Throne of Zeus” is much quieter and on the ascent along the north-east side you probably only encounter a mule train.



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You really find yourself in the high mountains here, with the according alpine flora and fauna (chamois!) and the according unreliable weather. But, it's great to walk in the presence of the Olympic Gods!



The accommodations

You'll stay in 3 mountain refuges on dormitories with shared facilities; no luggage transfer is possible here. The other 3 nights are in a hotel in Litochoro.

Bookable

Because of the altitude and snow conditions this arrangement can be booked with start date from 1 June until 12 October.



(photo taken in July!)

Until mid June and after mid October there might be snow at high altitudes, making this trek more difficult. Bad weather is always a possibility. It might not possible be to reach the summits!

In case of unusual heavy snowfall the upper refuges will open later in the year and it won't be possible to make the trek.

Prices per person 2024

# travellers	room type in hotel (not in refuges)	price
1 person	single room	€ 700
2 persons	double/twin room	€ 490
2 persons	2 single rooms	€ 590
3 persons	triple room	€ 430
3 persons	1 double/twin and 1 single room	€ 490
3 persons	3 single rooms	€ 555
4 persons	quadruple room	€ 440
4 persons	2 double/twin rooms	€ 440

Note:

- Price is per person, flight excluded.
- **Specified room type ONLY in the hotel in Litochoro.** The other overnight stays are in mountain refuges on dormitories with shared facilities.
- **We strongly advise against making this trip alone!**

- From January 1st 2018 in Greece an 'overnight tax' is applicable. This tax has to be paid at check-in at your accommodation. Tourorganisations are not allowed by law to pay this tax.

The rates per room per night were until 2023: € 0,50 for 2*-hotels, € 1,50 for 3*-hotels, € 3,00 for 4*-hotels and € 4,00 for 5*-hotels.

It seems they'll be lifted to: €1,50 for 2*-hotels, €3,00 for 3*-hotels, €7,00 for 4*-hotels and €10,00 for 5*-hotels.

It's still not clear whether mountain refuges will impose this tax.

Start and finish: Litochoro.

Included

- 6 overnight stays including breakfast.
- Taxi transfer from the Dionysios monastery to Litochoro on day 2.
- Taxi transfer from Litochoro to the Dionysios monastery on day 3.
- Taxi transfer from the Agios Konstandinos chapel to Litochoro on day 6.
- Detailed roadbook with drawn-in maps; digital, sent by WeTransfer, to be printed by you at your own wishes.
- GPS tracks.
- Use of the Active Nav app for navigation with your smartphone.
- Telephone assistance, booking fees.

Not included

- Flight, insurances and the transfer from and to the airport.
- Overnight tax (see above).
- Lunches, diner, drinks and other personal expenses.
- Everything else not mentioned under 'included'.

Flight and transfer from and to the airport

- You fly to Thessaloniki airport, there are many carriers which offer this flight.
- You take the public bus (half-hour service) or a taxi from the airport to the interlocal bus station Makedonia (40-60').
- You take the public bus to Litochoro (hourly service, travel time 1½ hour, last bus leaves at 20:45).

NB:

- With a late inbound flight you might have to add another day for an overnight stay in Thessaloniki before the tour starts.
- With an early outbound flight might have to add another day for an overnight stay in Thessaloniki at the end of the tour.

Luggage

You carry a trekking day pack with water, lunch, warm and rainproof clothing, items for overnight stay and personal care, binoculars/camera etc. The refuges may provide you with diner, water, lunch package and snacks. You'll take your own waste down.

In the refuges is only a mattress present with blankets (usually no pillows, never sheets) and shared facilities with toilet paper. Inside the refuge mountain boots are not allowed. You carry with you:



OPWT314I: Trekking Mount Olympos

sheet or sleeping bag, pillow case, torch, towel, slippers, spare clothing, toiletry and everything else you may need during the tour.

The road book contains a list of essential and advised items.



Day to day program

(You can download the elevation profiles separately.)

Note: walking times mentioned are net times without breaks. The elevation profiles are not all on the same scale.

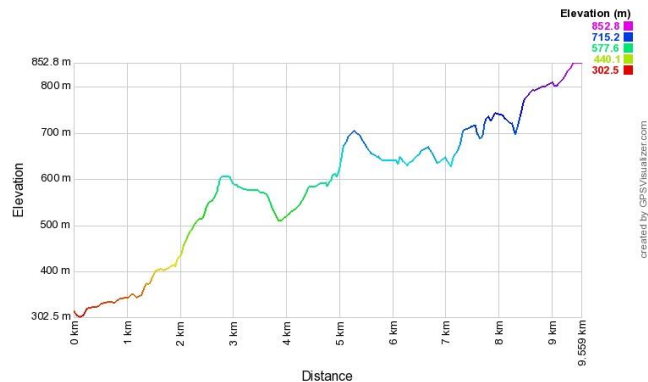
Day 1: Arrival at Litochoro (OP-01)



You travel to Litochoro, a picturesque small town at the foot of Mt. Olympos from where most hikers start their challenge to the summits. On the square you'll find several cosy tavernas and a beautiful church. From the square a street with lots of shops descends along a park. Here you may make your last preparations for the hike starting tomorrow.

overnight stay: Litochoro

Day 2: From Litochoro to the Agios Dionysios monastery (OP-02/GR00190)



Today your trekking over Mount Olympos starts. The start through the Enipeas gorge along the European long-distance trail E4 is almost continually uphill, with some steep descents. The Enipeas river provides the village with drinking water and is crystal clear. Wooden bridges allow you to cross the river easily. Sometimes you walk close to the water, sometimes high above. You'll see the first glimpse of the summits.

The walk is not long, but involves a 900 meter ascent. Because of the short distance there is ample time to make the walk and enjoy the scenery. The walk ends at the Agios Dionysios monastery; its ruins are being restored. After the walk you will be transferred back by taxi from the Monastery to Litochoro.

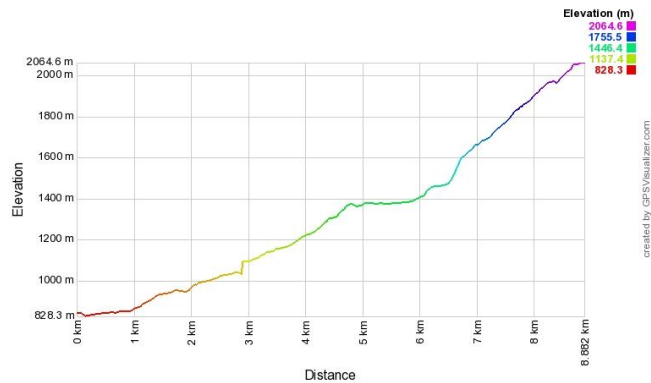
walking time/distance: 4h / 9.6km

ascent/descent: 900m / 350m

overnight stay: Litochoro



Day 3: From the Agios Dionysios monastery to the Agapitos Spilios mountain refuge (OP-03/GR00191)



You will be transferred to Agios Dionysios Monastery and hike from here to the mountain hut ‘A’ or ‘Agapitos Spilios’. You’ll pass the beautiful cave chapel where the monk Dionysios lived as an ascetic. Continuing the European E4 route along the river you pass again by several river pools and cross the river via wooden bridges or stepping stones.

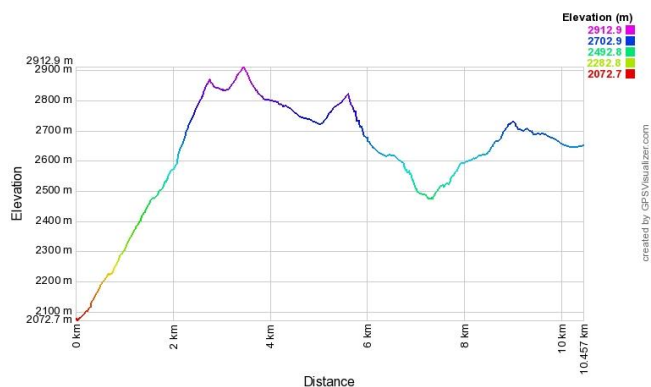
Then you’ll reach Prionia refuge where you may stop for food or drink and fill up your water bottles. The road ends here: from this point you can only proceed by foot or mule. From here the scenery changes. The forest is thinning and the river is just a small stream. The various views make this walk very rewarding.

walking time/distance: 4h / 8.8km

ascent/descent: 1300m / 90m

overnight stay: A-refuge (Agapitos Spilios refuge)

Day 4: From the A-refuge via the summits to the Mousson plain (OP-04/GR00077)



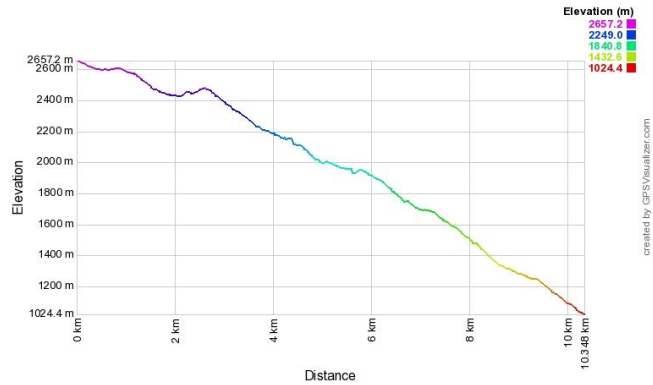
This is where it is all about! A hefty ascent through an alpine mountaineous area up to the Skala summit (2866m); on your way you’re likely to spot chamois. From this point you have a breathtaking view of the Mytikas summit (2918m) and its climbers. Then over a ridge to our highest point: the Skolio summit (2911m) where you can write your name in the register while enjoying the breathtaking view over sea and the Olympic summits.

A small descent and then up again to the Adonis summit with an old weather station. From here you look into the Tembi plain. You descend further and then traverse the Zonaria on the foot of the ‘Throne of Zeus’ until you reach the Plateau of the Muses. Here you’ll find the mountain refuge Kakkalos which is nestled among smaller summits with splendid view of the Stefani or ‘Throne of Zeus’.



walking time/distance: 6h / 11.0km
 ascent/descent: 1230m / 650m
 overnight stay: C-refuge (Christos Kakkalos refuge)

Day 5: From the Mousson plain via Petrostrounga meadow to the Koromilia refuge (OP-05/GR00078)

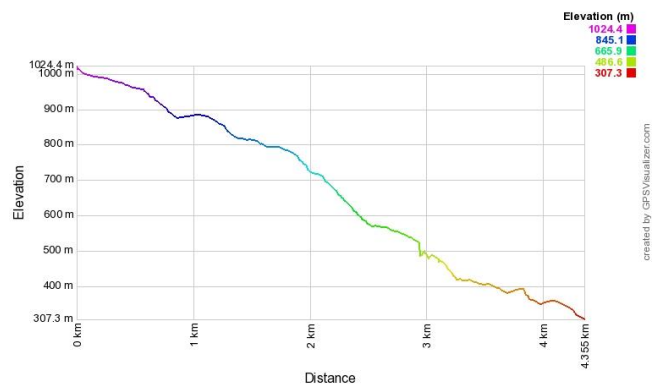


Sunrise with view on the Stefani is breathtaking and we advise you to set out before breakfast to one of the smaller summits on the plateau. Return to the refuge for breakfast and then walk the plain to the narrow ridge Lemos (‘throat’). Along yet another summit with view on the A-refuge you come to the forested area again.

In the forest you’ll encounter the mysterious Petrostrounga meadow the in earlier years the shepherds had their summer dwellings. Nowadays there’s a well equipped mountain refuge where you may take a well-earned break. You descend still further on shaded paths interspersed with various views, and finally you reach the Koromilia refuge.

walking time/distance: 4h45’ / 10.5km
 ascent/descent: 55m / 1675m
 overnight stay: Koromilia refuge

Day 6: From the Koromilia refuge to Agios Konstantinos and Litochoro (OP-06/GR00079)



From Koromilia you descend further to the east via forest trails, sometimes steeply. In between the trees you have beautiful views over the plains to the sea. The waterfalls near Orlias stream form an invitation for a small detour and a break. From the church of Agios Konstantinos you will be picked up by a taxi and returned to Litochoro.

walking time/distance: 1h45’ / 4.0km
 ascent/descent: 0m / 735m
 overnight stay: Litochoro

Day 7: Departure from Litochoro (OP-07)



After breakfast your arrangement ends with a last view on the summits. You travel by public transport back to Thessaloniki airport.