



Elevation profiles AnnaHiking walks PZWT315I

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(20-3-2025)

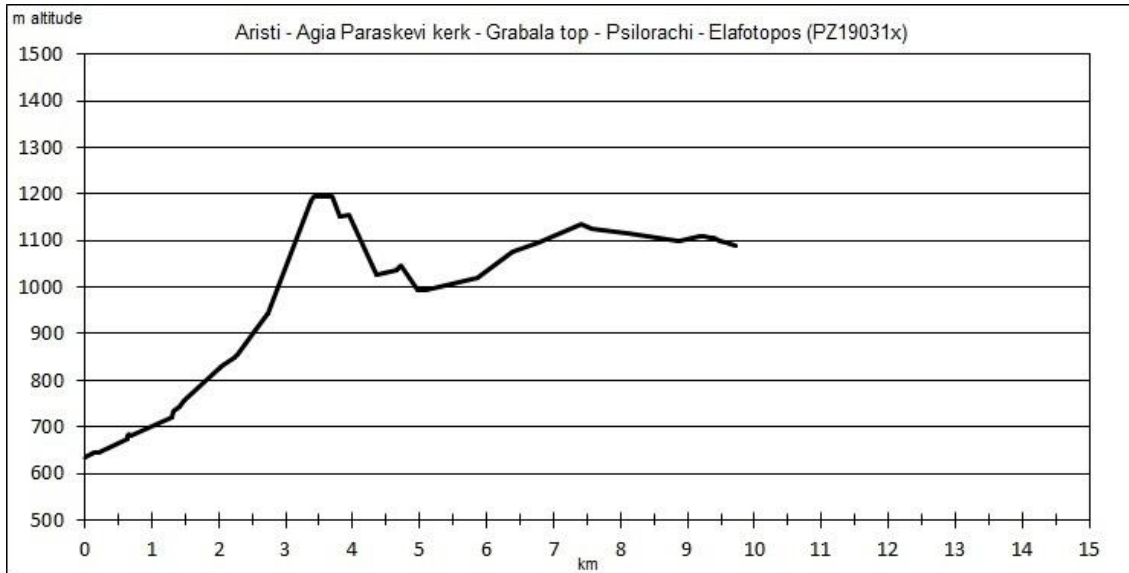


Overview walks

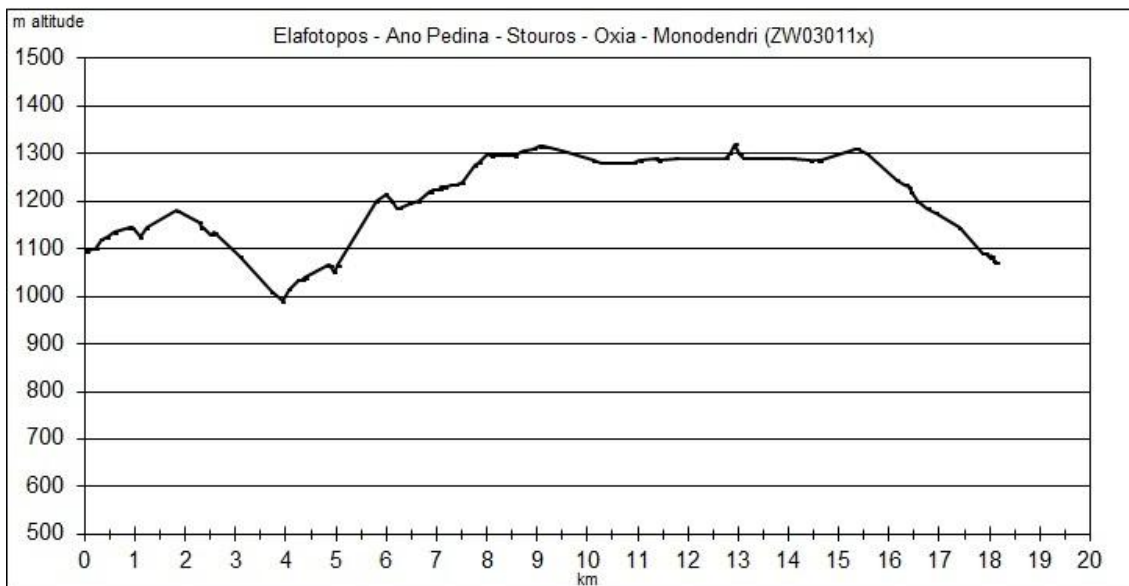
day	program	overnight stay	time in hours	length in km	m ascent	m descent
1	transfer to Aristi	Aristi				
2	walk PZ19031x	Elafotopos	4:20	9.7	740	285
3	walk PZ03011x	Monodendri	5:50	17.8	545	585
4	walk PZ01081x	Mikro Papingo	7:00	15.8	710	825
5	walk PZ08091x	Astrakas refuge	6:00	12.8	1385	440
6	walk PZ09101x	Tsepelovo	5:40	15.0	325	1165
7	walk PZ10131x	Kipi	6:40	18.2	705	1015
8	walk PZ13011x	Kipi	4:25	11.8	720	395
9	transfer to Ioannina					



Day 2: Aristi - Grabala summit - Elafotopos (PZ19031x)

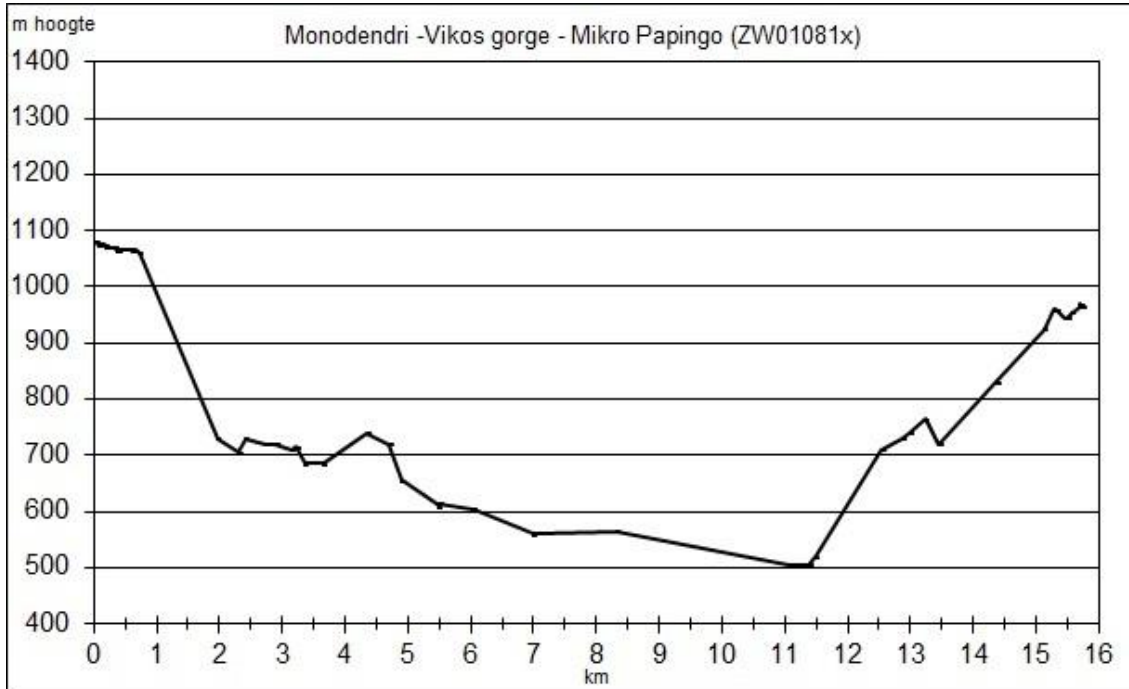


Day 3: Elafotopos - Ano Pedina - Stouros - Oxia - Monodendri (PZ03011x)

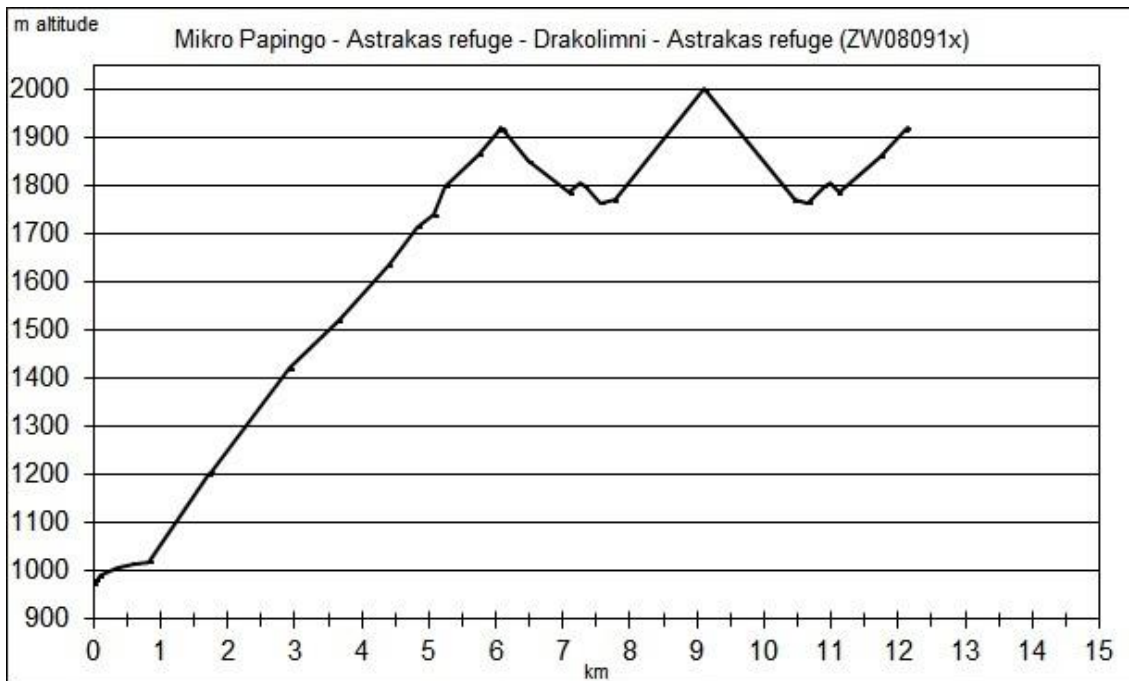




Day 4: Monodendri - Vikos gorge - Mikro Papingo (PZ01081x)

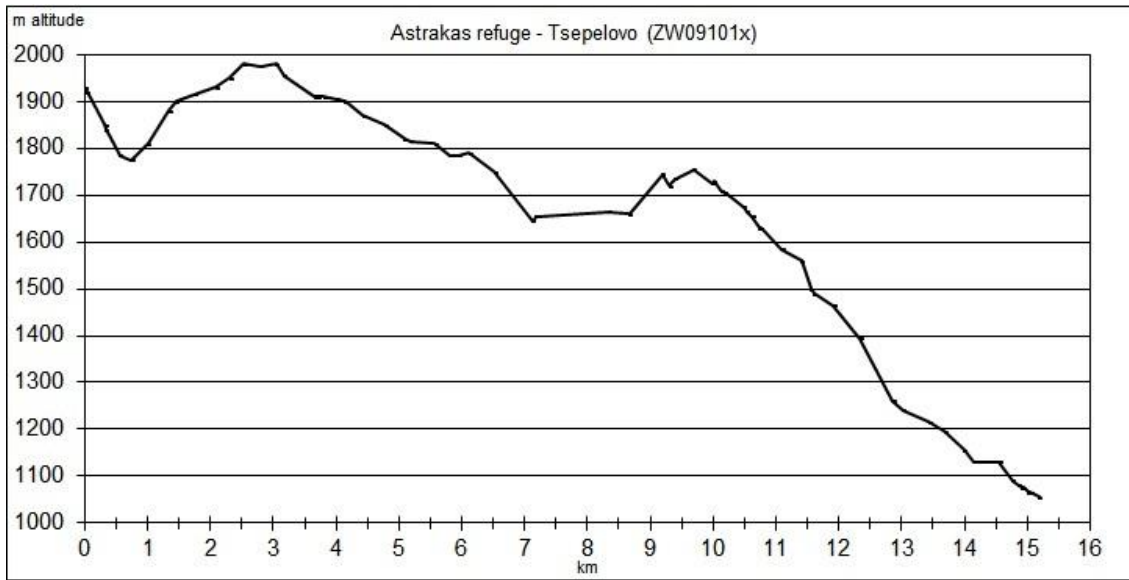


Day 5: Mikro Papingo - Drakolimni - Astrakas refuge (PZ08091x)

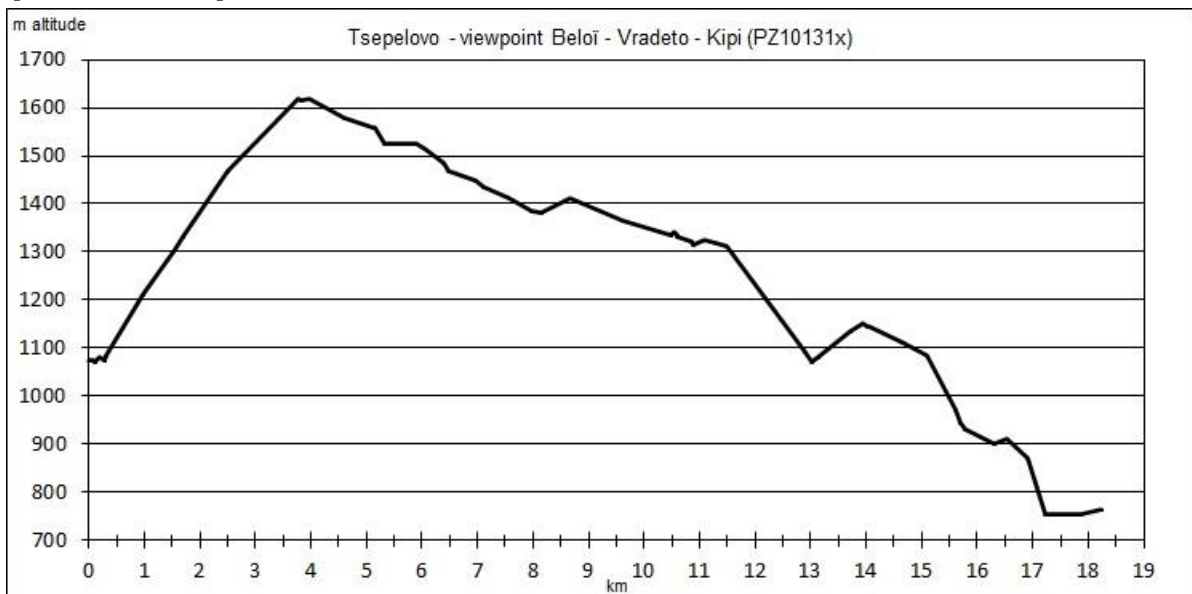




Day 6: Astrakas refuge - Tsepelovo (PZ09101x)



Day 7: Tsepelovo - Beloï - Vradeto steps - Kipi (PZ10131x)





Day 8: Kipi - bridges - Monodendri (PZ13011x)

