



Hoogteprofielen AnnaHiking wandelingen SIWH113I

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(19-8-2023)



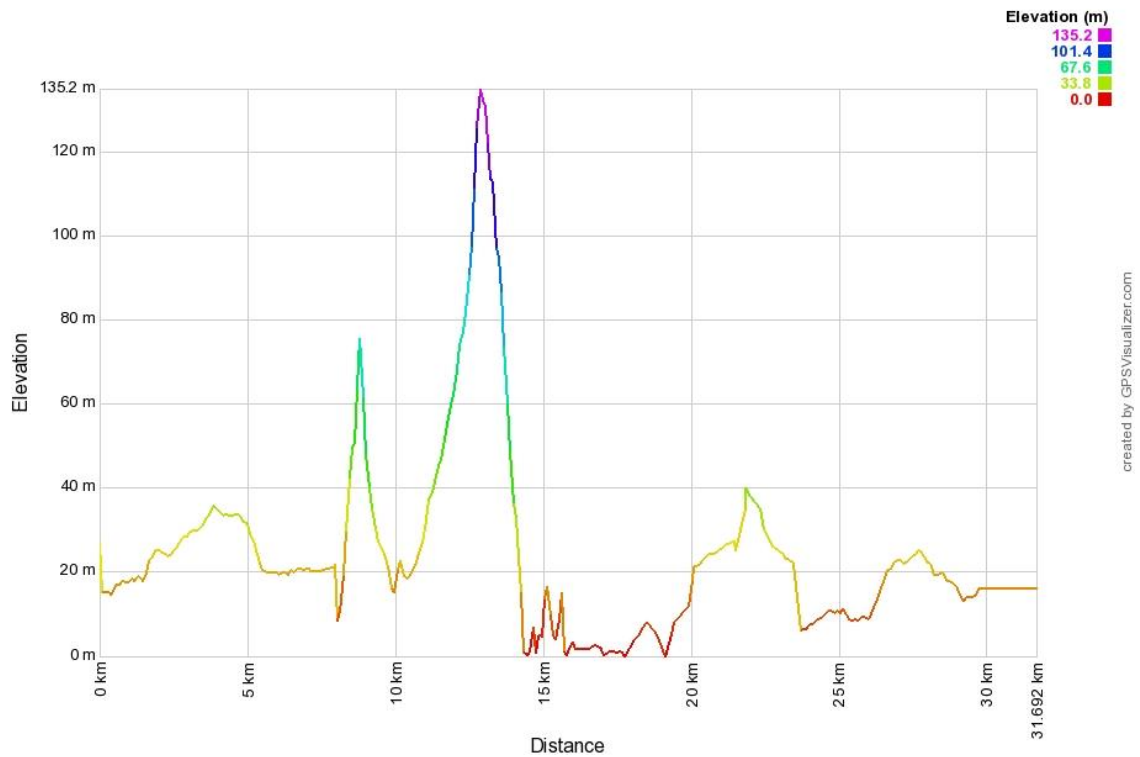
Overzicht programma

dag	invulling	overnachting	tijd in uren	lengte in km	m stijgen	m dalen
1	aankomst Athene	Athene				
2	ochtend gegidste fietstour door Athene; middag zelf wandelen	Athene				
3	transfer naar Pireaus; varen via Hydra naar Poros	Poros	0:30	1.0	20	20
4	wandeling Poros GR00118	Poros	4:15	10.9	415	415
5	optionele dag Hydra met wandeling GR00103	Poros	4:00	9.6	250	250
	of kortere wandeling Hydra GR00100		2:00	3.4	200	200
6	wandeling Poros GR00117; varen naar Aegina	Aegina	2:00	6.0	115	115
7	wandeling Aegina GR00098	Aegina	4:00	9.1	230	390
	of alleen eerste helft tot Mesagros		1:50	3.9	145	200
	of starten vanaf Mesagros		2:10	5.2	85	190
8	wandeling Aegina GR00099; varen naar Piraeus	Athene	4:15	11.3	500	525
	of wandeling zonder Ellanion top		2:45	7.1	265	290
9	vertrek					

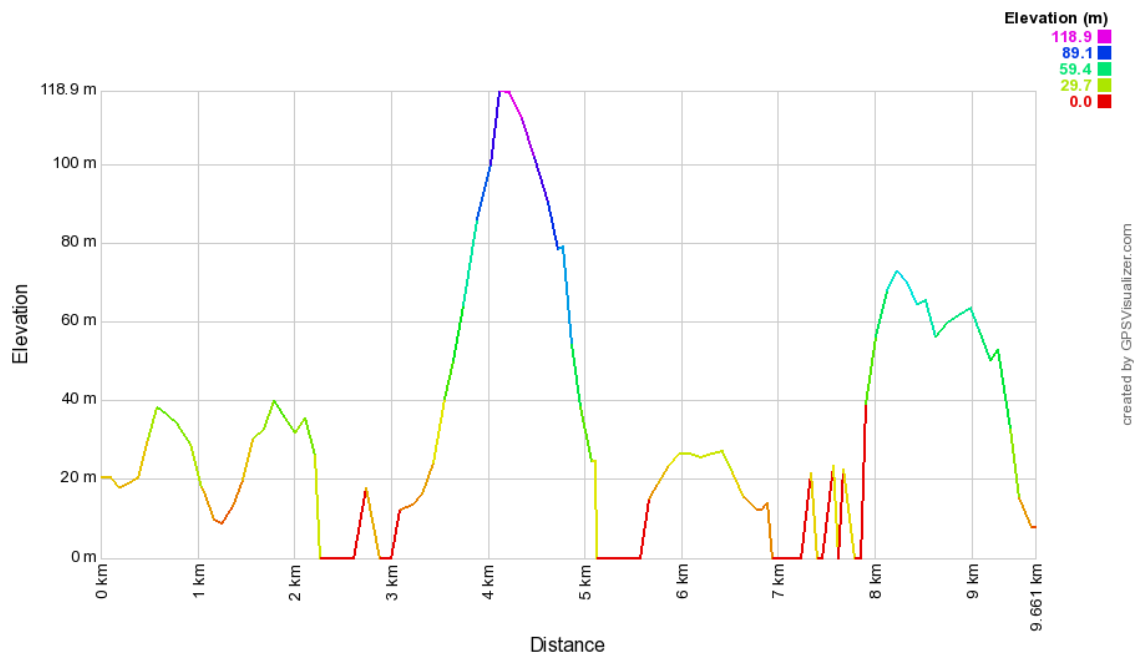
Let op: de hoogteprofielen zijn niet allemaal op dezelfde schaal!



Dag 4: Poros Kalavria en Poseidon tempel (GR00118)

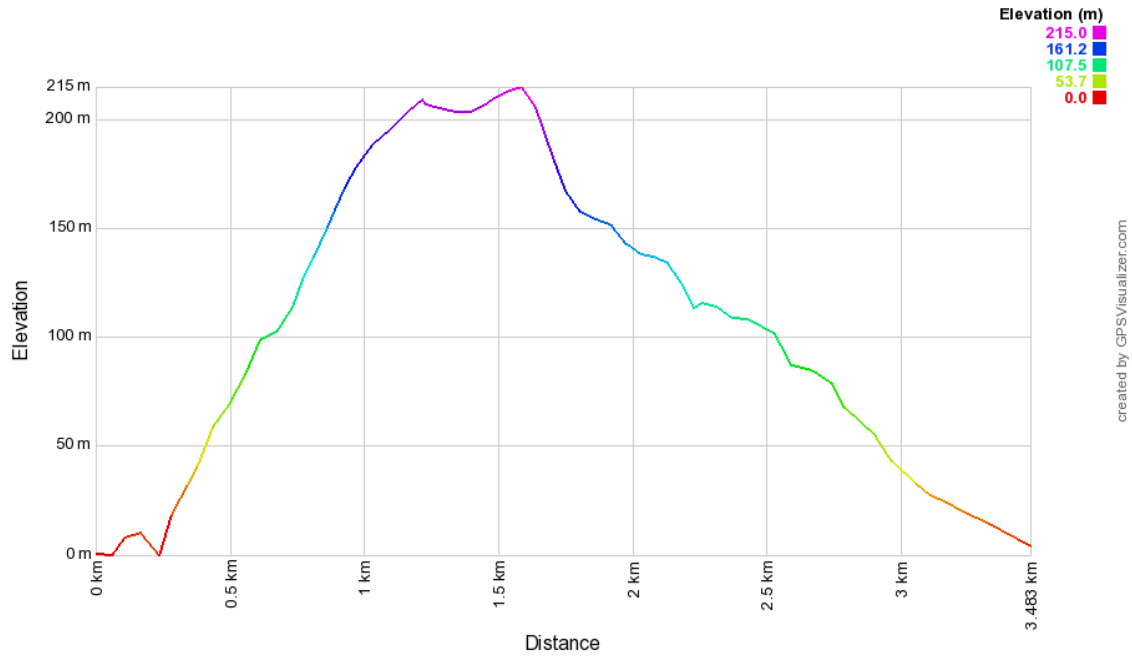


Dag 5a: Hydra wandeling Vlycha (GR00103)

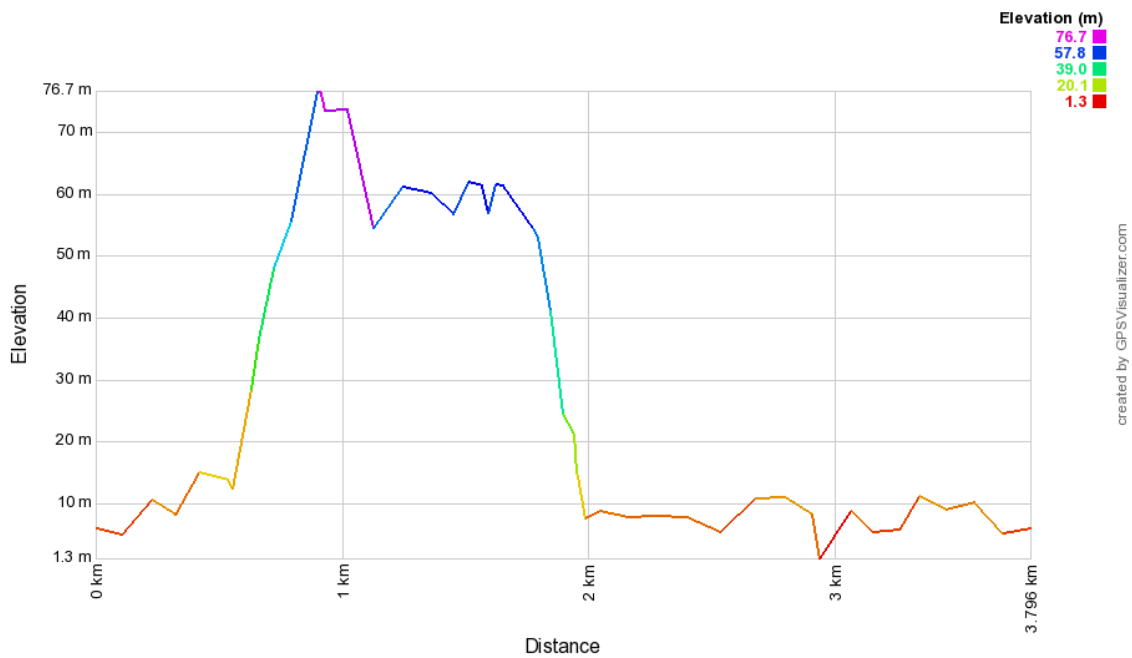




Dag 5b: Hydra wandeling windmolens (GR00100)



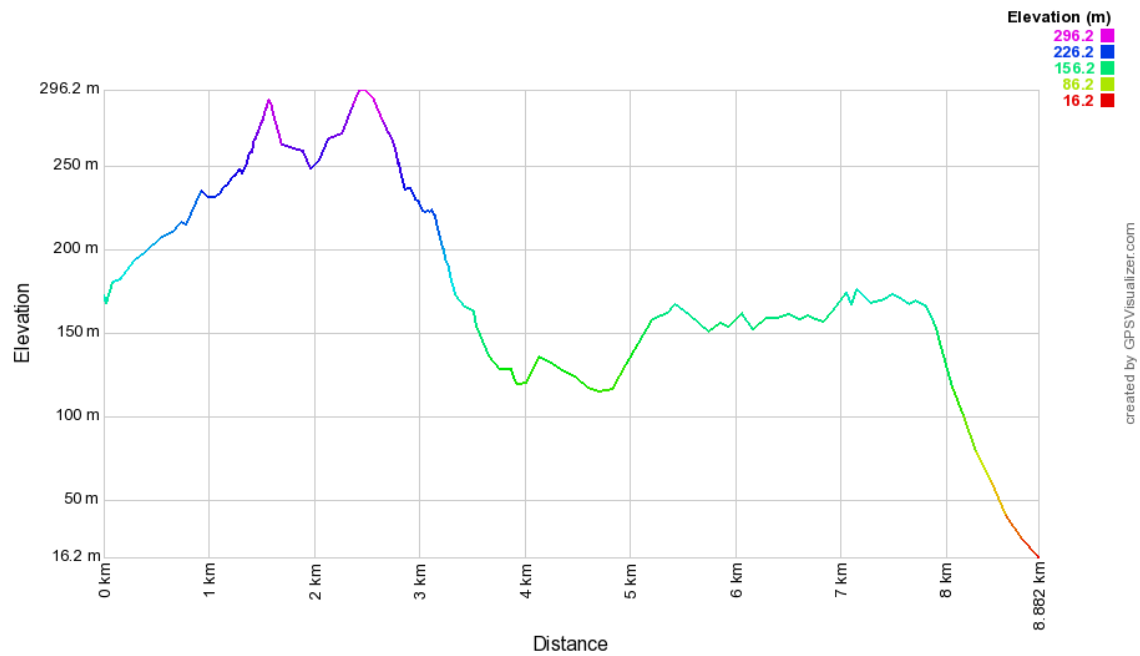
Dag 6: Wandeling Poros Sferia (GR00117)





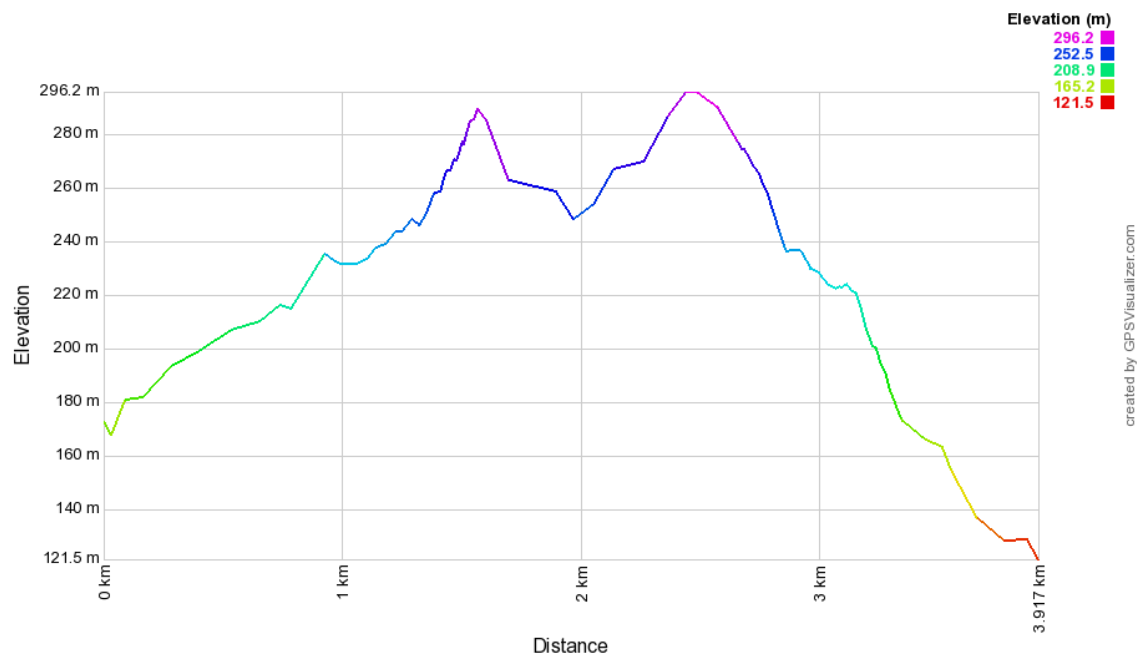
Dag 7a: Aegina Agios Nektarios-Mesagros-Agia Marina (GR00098)

(De hele route.)



Dag 7b: Aegina Agios Nektarios-Mesagros (GR00098-1)

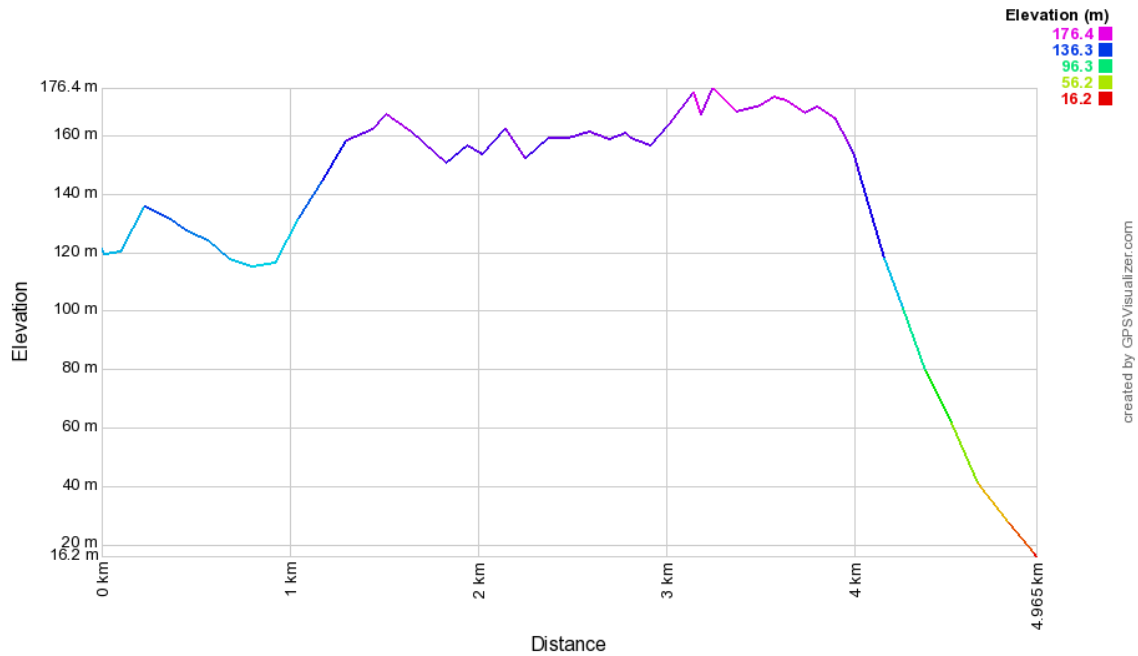
(De eerste helft van de route.)



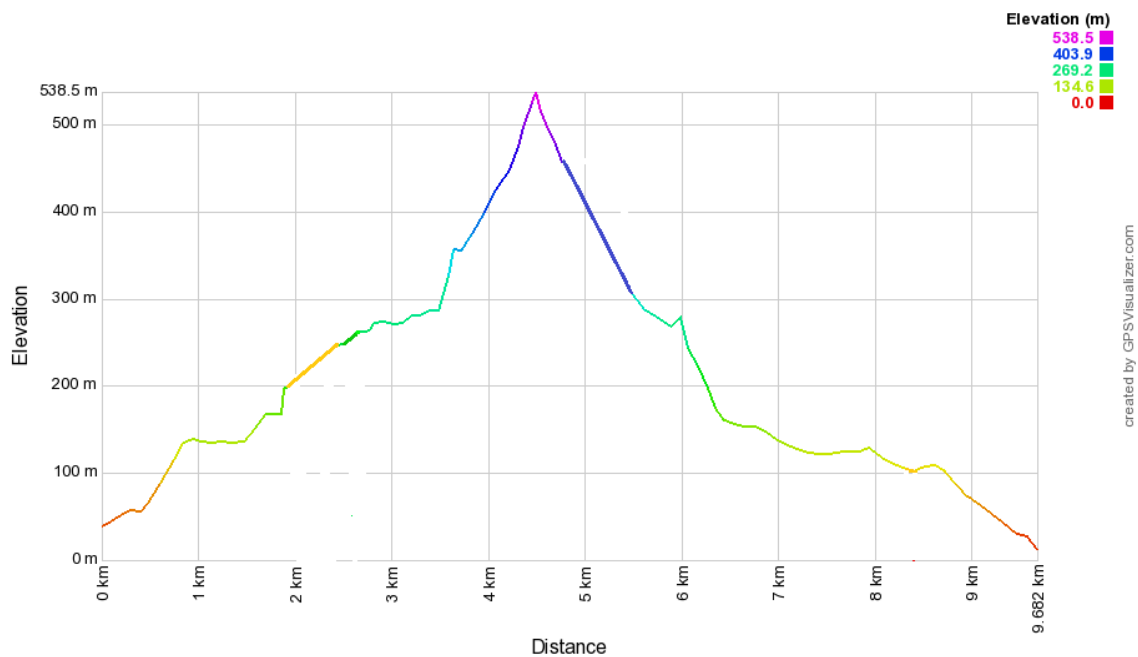


Dag 7c: Aegina Mesagros-Agia Marina (GR00098-2)

(De tweede helft van de route.)



Dag 8a: Aegina Perdika-Ellanion top-Marathonas strand (GR00099)





Dag 8b: Aegina Perdika- Marathonas strand (GR00099)

(Zonder de Ellanion top en de Profitis Ilias kapel.)

