



## Epirus – a single base walking holiday in unspoilt mainland Greece / 7 days

### Day 1:

*Pick up from Ioannina/Thessaloniki/Athens*

*Transfer to Papigo.*

*Welcome drink: Tsipouro (the local grappa) or local mountain tea.*

*Settle in hotel, walk around the village and dinner.*

### Day 2:

*Breakfast: home made whole grain bread and marmalades from local figs, berries and prunes, wheat pie (local specialty), home made cakes and local cheese and ham, local yoghurt and good quality muesli, dried fruits. Freshly squeezed orange juice, coffee (espresso, cappuccino, filter coffee or ice coffee) and a selection of Twinings or Yoghi teas, local mountain tea. Everyday there is another local speciality offered alongside the bread: marmalades, cheeses, ham, cakes, yoghurt etc.*

*Trek to Astraka Refuge. Stop in the refuge for a break or a drink. Continue to Drakolimni (Dragon Lake is at an altitude of 2050m above sea level, the remains of ancient glaciers, and is inhabited by a species of alpine newt whose resemblance to small dragons gives the lake its name). Swimming (optional) and picnic by the lake: e.g. homemade meat balls, feta cheese and tomato sandwiches, avocado and cucumber sandwiches, olives. Return to Papigo for relaxation and dinner.*

*Walking time including lunch and swim in Dragon Lake if summer: 9 hours.*

*Difficulty level: Difficult.*

*Altitude difference: From about 1000m to about 2200m and back down.*

## Day 3:

Trek to Mikro Papigo through a part of path #24. Visit Bistries (ancient caves) and picnic in Mikro Papigo. Visit Rogovo Gorge for some gentle canyoning (if required) and a swim if summer and return to hotel.

Relaxation and dinner.

Walking time: 4 hours including picnic.

Difficulty level: easy.

Altitude difference: from about 930m to about 880 and then up to 1000m

## Day 4:

Breakfast. Transfer by mini bus to Monodendri Village (45minutes). Visit Agia Paraskevi monastery (built in 1413 at the edge of Vikos Gorge). Trek through Vikos Gorge (Guinness Record 1989 as the deepest gorge in relation to its width, with geological and botanical interest) to the sources of the River Voidomatis (15km river, known as the cleanest and coolest river in Europe) and to Panagia Monastery (built in 1738) for picnic.

Hike up to Papigo village. Arrival in hotel for dinner.

Walking time: 8 hours including visit to monastery.

Difficulty level: difficult.

Altitude difference: from about 1050 to 550 and up to 950.

## Day 5:

Breakfast. Several options today:

Transfer to Aristi bridge by mini bus (10 minutes). Rafting down Voidomatis river from Aristi Bridge to Klidonia Bridge. Picnic by the river. Return on foot back to Aristi Bridge and transport with mini bus to Papigo. Rafting: 1.5 hours, walking: 2 hours.

Difficulty level: easy

Altitude difference: very small

Day 6:

Trekking to Ano Klidonia village (deserted in 1940 with only one resident). Lunch in the only taverna of the village. Return along the same path to Papigo for BBQ farewell dinner.

Walking time, including lunch 6 hours.

Difficulty level: medium.

Altitude difference: very small

## Day 7:

Breakfast and transfer to airport or bus station.

INCLUDED IN PACKAGE:	NOT INCLUDED IN PACKAGE:
<ul style="list-style-type: none"> <li>- Transfers to and from nearest bus station/airport (transfers to and from other arrival points possible, price varies)</li> <li>- Welcome drink</li> <li>- Breakfast each morning</li> <li>- Self-guided; or guided walks with mountain guide</li> <li>- Picnic lunches during walks</li> <li>- Dinner each evening</li> </ul>	<ul style="list-style-type: none"> <li>- Drinks</li> <li>- Anything not mentioned in the itinerary</li> <li>- Insurance</li> <li>- Any clients' personal expenses</li> </ul>
NOTES	
<ul style="list-style-type: none"> <li>- 1<sup>st</sup> Day can be changed in case of late arrival</li> </ul>	