



If you've forgotten what it was like walking in serene scenery and in extremely healthy climate, be sure that Achaia will remind it to you and it will be hard to resist to the temptation walking in areas of beautiful nature. This wild beauty will reward your senses and also your health. Hikers and climbers either experienced or novice, will find their way out to the mountains of Achaia, with their legends, beauty and obstacles for those who enjoy the difficult ascents. For the hiking and climbing routes that we recommend, you will only need three things: Good mood, attention and above all organization.

We suggest:

### **PANACHAIKO (1.926m.):**

- Pournarokastro - Shelter ERA (Psarhi) - Mountain of Georgi (1.806m.) - Upper Kastritsi

- Altitude difference: about 1.256m. (650m.-1.806m .- 500.)
- Duration of route: 8 hours
- Difficulty: Moderate

- Pournarokastro - Shelter Psarhi - Top

- Altitude difference: 1224 m (Start: 700 m Top: 1924 m)
- Duration of route: 5h

- Upper Kastritsi - Source Paschanianon - Dritselo - Prasoudi

- Altitude difference: about 1.094m. (500m-1.594m)
- Duration of route: 4 hours
- Difficulty: Moderate

- Pournarokastro - Shelter ERA (Psarhi) - Vodias - Shelter - Prasoudio - Palavos Tower

- Altitude difference: about 1.276m. (650m. - 1.926m)
- Duration of route: 6 hours
- Difficulty: Moderate

**ERYMANTHOS (2.224m.):**

- Micha (Tsapournia) - Mougila - Oleni

- Altitude difference: about 1.224m. (1.000m 2.224m .-.)
- Duration of route: 7 hours
- Difficulty: moderate-difficult

- Kalentzi – Prophet Ilias - Erymanthos

- Altitude difference: about 1.224m. (900m. - 2.124m).
- Duration of route: 3.5 hours
- Difficulty: moderate - difficult

- Alepoxori - Waterfall - Monastery Taxiarchon

- Altitude difference: about 500m. (500m, 1,000 m).
- Duration of route: 2 hours
- Difficulty: Easy

- Metochi Vlassias - Kallifonio

- Altitude difference: about 1.096m. (900m.-1.996m).
- Duration of route: 5 hours
- Difficulty: moderate-difficult



Description of other routes in Erymanthos:

- From Greveno, climbers can have a strenuous climb to the top of the Prophet Elias (2.124m.) Walking a path up to 1.300m. and from there, you continue with climbing a steep slope, until the top. Duration 4 hours or more.

- From village Lacomata you can climb to the highest peak of Olenos. At first you follow a path

through a creek, and then through the position Skala and after 4 hours, you arrive at Olenos - Mougila (1850m.).

- In Kallifonio the ascent can be done by Upper Vlassia. At the beginning and for quite some time you follow the forest road Vlassia - Lechouriou and later using a vague path beside a creek, you get to Vlassia – Lechouri where you find again the path (1500m.). From now on you follow N-NE direction through vague paths again you get to the top (1998m.). Journey lasts 4 hours.

- From village Kertezi you ascent to the top of peak Three Women (1795m.), following a creek that points to the ridge and lasts 2 ½ hours.

- Another route is at the root of Erymanthos, starting from the village Platanos. Following a bad dirt road you get to river Peiros. After passing the old arched bridge you reach the monastery Chrysopodaritissas a beautiful place. Journey lasts 1 hour. At the monastery also leads the dirt road from Lacomata. But it is best to take the path that from Lacomata that leads to river and a traditional watermill. From there on, following the river, you arrive at the bridge of the monastery (2 hours total).

- Skiadovouni (1446m.) is the west side of Erimanthos. At a distance of 1-1 ½ hours, following the dirt road from village Skiadas and leaving castle Sgartsiko on your right, you arrive at the monastery of Notenon (600 meters). From there the trail is easy to reach village Kakotari of Ilia Prefecture.

**CHELMOS (2.355m.):**

- Ski Resort - Mountain Refuge - Neraidorahi - Tall Korfi - Mavrolimni - Waters of Styx

- Altitude difference: about 430m. (1.670m. - 2.100m).
- Duration of route: 7 hours
- Difficulty: hard

- Pigeon or Solo - Waters of Styx

- Altitude difference: about 1.100m. (1.000m 2.100m .-.)
- Length of route: 3.5 hours
- Difficulty: Moderate
- Marked with a yellow triangle

- Pteri Aigiou - Top Klokos

- Altitude difference: about 977m. (800m - 1.777m).
- Duration of route: 2.5 hours
- Difficulty: Easy
- Marking: red spots

- E4: Diakopto - Zachlorou - Kalavryta - Lower Lousoi - Planitero - E4 - Armpounas - Agios Nikolaos - Turlada - Krinofyta - Likouria

- Altitude difference: about 760m. (100m - 860m).
- Duration of route: 2 days
- Difficulty: Moderate
- Mark E4

- Lower Lousoi - Psili Korfi – Kato Kampos - Kefalovriso - Elatofito - Planitero - E4

- Altitude difference: about 1.218m. (1.100m 2.318m .- - 700)
- Duration of route: 9 hours
- Difficulty: Moderate



Other routes:

- Path Paleon Patron Germanos. Achaia Clauss (Patras) - Moira - Zoumpata (1.100m.) - Leontio - Lapanagoi - river Selinountas - Moni Makellaria – Dasos Pontia - Flamboura – Kalavryta

- Altitude difference: about 900m. (200m - 1.100m. - 750).
- Duration of route: 2 days
- Difficulty: Moderate

- Path Pausanias. Achaia Clauss (Patras) - Kataraktis - Kompigadi – Ano Vlasia- Psiles Korfes (1.500m.) - Lechouri - Tripotama

- Altitude difference: about 1.300m. (200m - 1.500 .- 700.)
- Duration of route: 2 days
- Difficulty: Moderate

**AFRODISIO (1.446 m):**



- Nasia (700m) - Forest Barbous - Kokkinovrysi - Xirokaritaina - Lake Ladonas (500 m)

- Altitude difference: about 330 meters (930 m - 600 m)
- Length of route: 2 hours
- Difficulty: Easy

- Sources of Ladonas - Pankratio - Klima Pausania

- Altitude difference: about 360m. (500m - 860m).
- Length of route: 2 hours
- Difficulty: Moderate

- Skepasto - Panagia Plataniotissa - Moni Makellaria

- Altitude difference: about 300m. (700m - 1,000 m).
- Duration of route: 7 hours
- Difficulty: Moderate

**KLOKOS (1.777m.):**

- Pteri - Panagia Klokovitissa - Ridge Pepelenikou

- Altitude difference: about 777 m (1000 m - 1777 m)
- Length of route: 2 hours and 10 minutes