



## **ZAGORI IN SITU**

**(2-day trip)**

## Nature and Culture

Zagori is one of the most strictly protected areas in Greece due to its wild and unspoiled nature and its distinctive traditional architecture. The area is a National Park. It belongs to the NATURA 2000 network (a network of nature protection areas in the territory of the European Union) due to its richness of flora and fauna and its great variety of endemic species. In 2010, the area of Zagori was included in the Vikos-Aoös Geopark, a member of UNESCO's Global Geopark Network, rendering it an internationally acknowledged natural monument. Geoparks are well defined territories which include distinctive geological, natural and cultural characteristics. Human activity of the 18th and 19th centuries, such as the many stone built traditional villages with their surrounding monuments, along with the prehistoric remnants of human activity (Paleolithic hunting bases, Neolithic settlements, etc.) more than satisfy the requirements for an extraordinary and unique geopark. Zagori is also the area with the most rainfall in Greece; this is clearly visible in its landscape, covered almost entirely by forests, which provide habitats of great ecological value.



Photo: Vikos Canyon.

This seven day program evolves mainly in altitudes ranging from 450 to 1,450 meters thus excluding the alpine zone with its lakes and glacier's remnants which is part of another program. Its structure aims in enjoying nature, exercising your body, relaxing your spirit, but also in learning about nature and humanity.

## Day 1 – People and Nature Living in Harmony



Photo: Virtual reality of the formation of the Vikos Canyon. Part of the one hour presentation about Zagori's nature and culture.

We welcome you at our Guesthouse with a homemade complimentary drink and a locally produced snack. After you've made yourselves comfortable we meet in our seminar room. There we will give you a presentation introducing you to Zagori's Nature and Culture. A foretaste of our next days' wonders enabling you to integrate with the local environment, meaning more connectedness to nature and more concern about protecting it!



## Day 2 – The Art of Stone



Photo 2: Scala Vradetou.

We will drive up to Vradeto village (1,300 m altitude), from where a mild thematic route on the lower alpine zone will bring us to the most spectacular view of the Vikos Canyon. From there and after a coffee break at the traditional café of Vradeto a downhill hike through the famous and best preserved Scala Vradetou (cobble stone footpath) will bring us down to Kapesovo village. There after we will visit the most important stone bridges of the area, the Kokkoros and Plakidas bridges. Given enough time we may also visit the picturesque village of Dilofo as well.

Themes presented: Geology, Architecture, Dry Stone Technique.

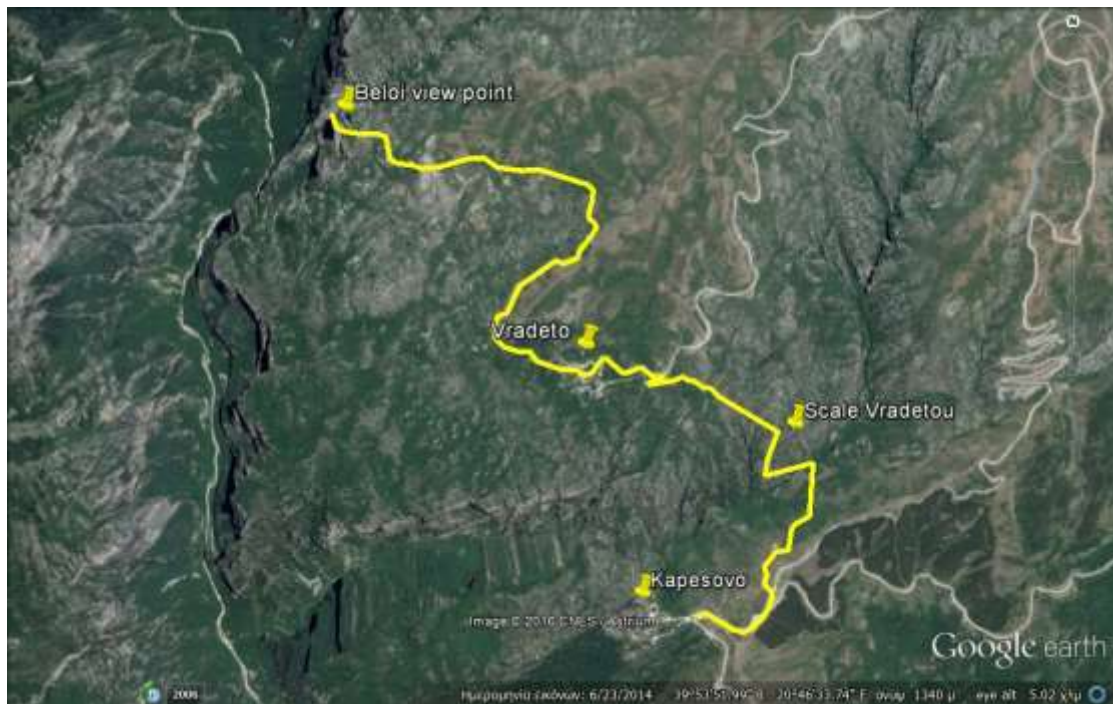
**Trekking Hours:** 4

**Elevation Gain:** +300m

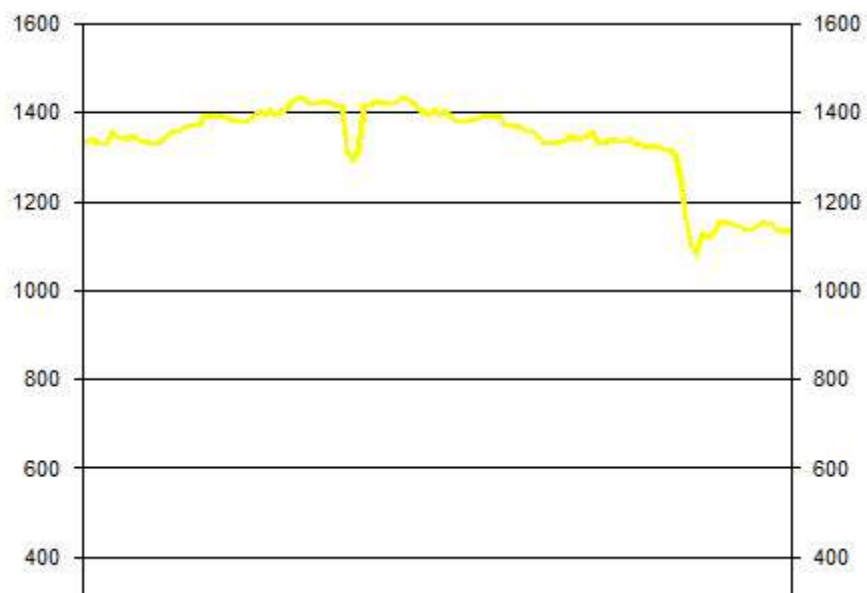
**Difficulty Level:** Moderate

Accommodation: Monopatia (Ano Pedina) or Tsouka Rossa Guesthouse.

## Trekking route : 6 km



## Elevation Gain :



## Day 3 – A Monument of Nature



Photo 2: The Red Rock (Kokkino Lithari).

We will set off with a short scenic hike to Mikro Papigo one of the best-kept traditional stone villages in Greece. The hike will take us through the Bistyrries caves with their extraordinary colors which were inhabited in Neolithic times and the Rogovos pools. In the afternoon after lunch at Megalo Papigo we will visit Voidomatis River and the monastery of Spiliotissa and drive to Vikos village to enjoy the spectacular view of the Vikos Canyon and Voidomatis springs.

Themes Presented: Geology, Archaeology, Monasteries.

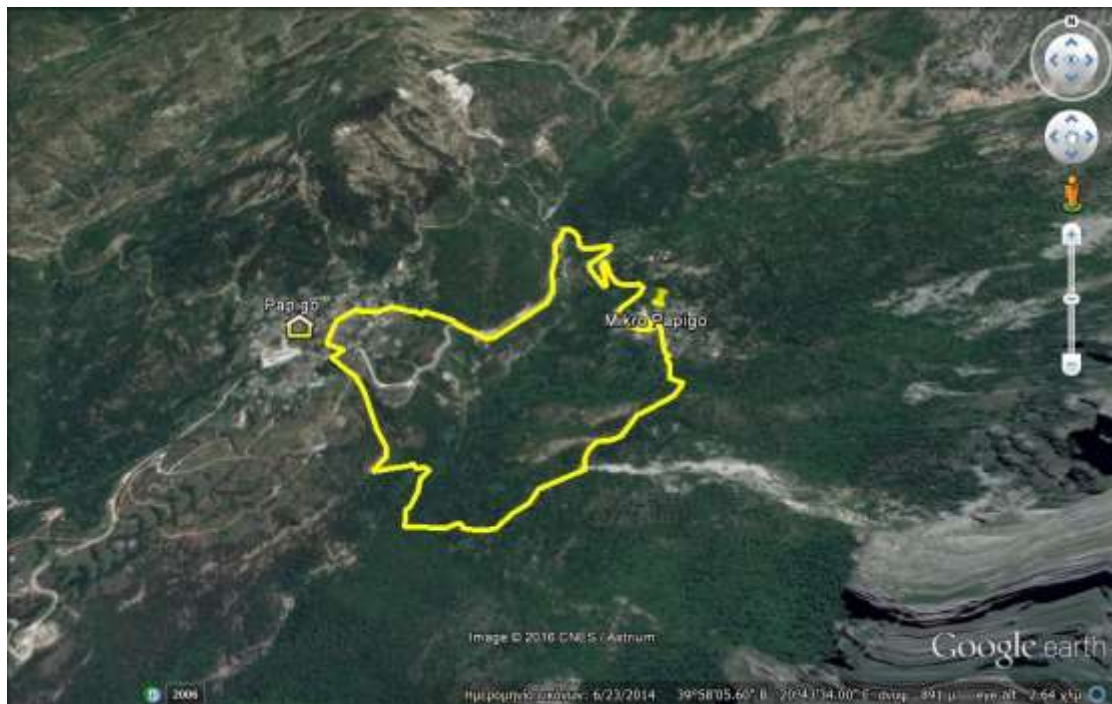
**Trekking Hours:** 4

**Elevation Gain:** +400m

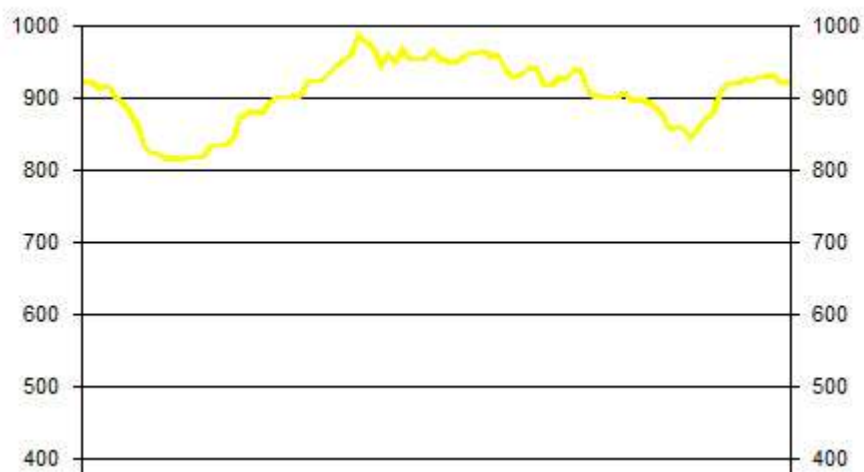
**Difficulty Level:** Moderate

Accommodation: Monopatia (Ano Pedina) or Tsouka Rossa Guesthouse.

## Trekking route : 5 km



## Elevation Gain



## Cost:

For groups 6 to 8 persons: 250 euros/person (VAT included).

For individuals or larger groups by agreement.

*Prices include accommodation, transportation, trekking and sightseeing services.*