



**TSOUKA ROSSA**

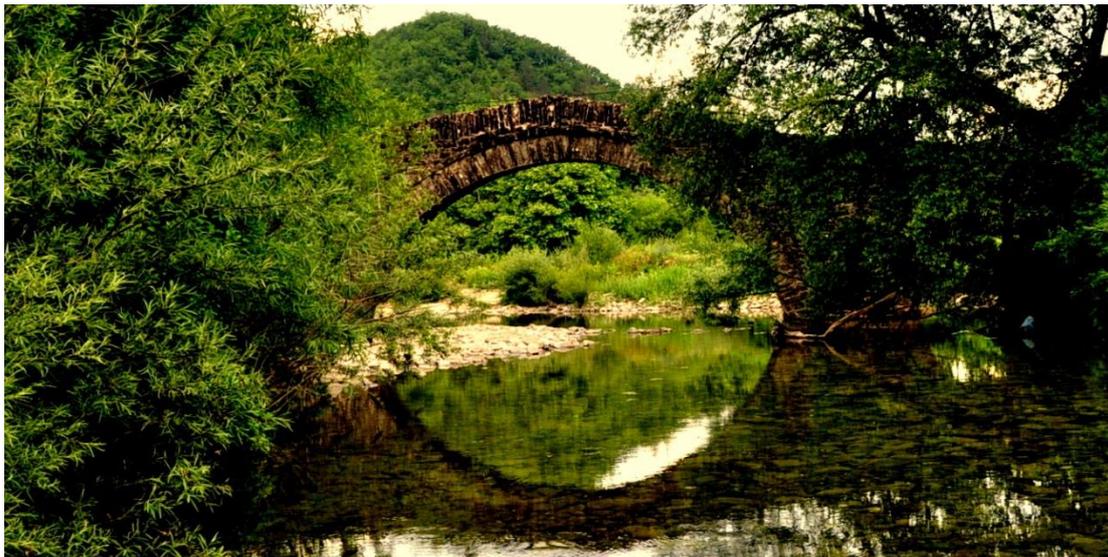
welcome to nature

## **ZAGORI IN SITU**

(part 1)

## 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.



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. It's structure aims in enjoying nature, exercising your body, relaxing your spirit, but also in learning about nature and humanity.

# SUMMARY

## **Day 1 – Arrival**

Arrive in Tsouka Rossa guesthouse in Papigo in Western Zagori. Presentation of the Zagori area and the seven-day program.

## **Day 2 – The Breathtaking View**

Hike to Bistiries caves, the Red Rock, Mikro Papigo and the Rogovos pools.

## **Day 3 – The Cleanest River in Europe**

Rafting in the Voidomatis river.

## **Day 4 – A Monument of Nature**

Hike the Vikos Canyon or from Megalo Papigo to the Voidomatis springs and then to the Vikos village (option 2).

## **Day 5 – A Journey to the Past**

Move to Monopatia guesthouse in Ano Pedina in central Zagori. Hike the Vitsa Scala.

## **Day 6 – The Art of Stone**

Hike the bridge-tour trek and visit Koukouli, Kipi and Dilofo villages.

## **Day 7 – The Power and Greatness of Nature**

Hike to the Beloi view point of Vikos Canyon and the famous Scala Vradetou.

## **Day 8 – Departure**

## Day 1 – ZAGORI > People and Nature Living in Harmony



Photo 1: 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 Tsouka Rossa 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!

Accommodation: Tsouka Rossa Guesthouse. [www.tsoukarossa.gr](http://www.tsoukarossa.gr)

## Day 2 – THE RED ROCK HIKE > The Breathtaking View



Photo 2: The Red Rock (Kokkino Lithari).

Today's main thematic hike is the Red Rock-Kokkino Lithari hike. 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. From there after one hour's hike we will reach the Red Rock, the spectacular view point overlooking the Vikos Canyon and Voidomatis springs. We will return to Mikro Papigo to have lunch and then spend the afternoon in the Rogovos pools. A small gorge with cold running water which forms little pools, a great place for a relaxing swim!

Themes Presented: Geology, Archaeology.

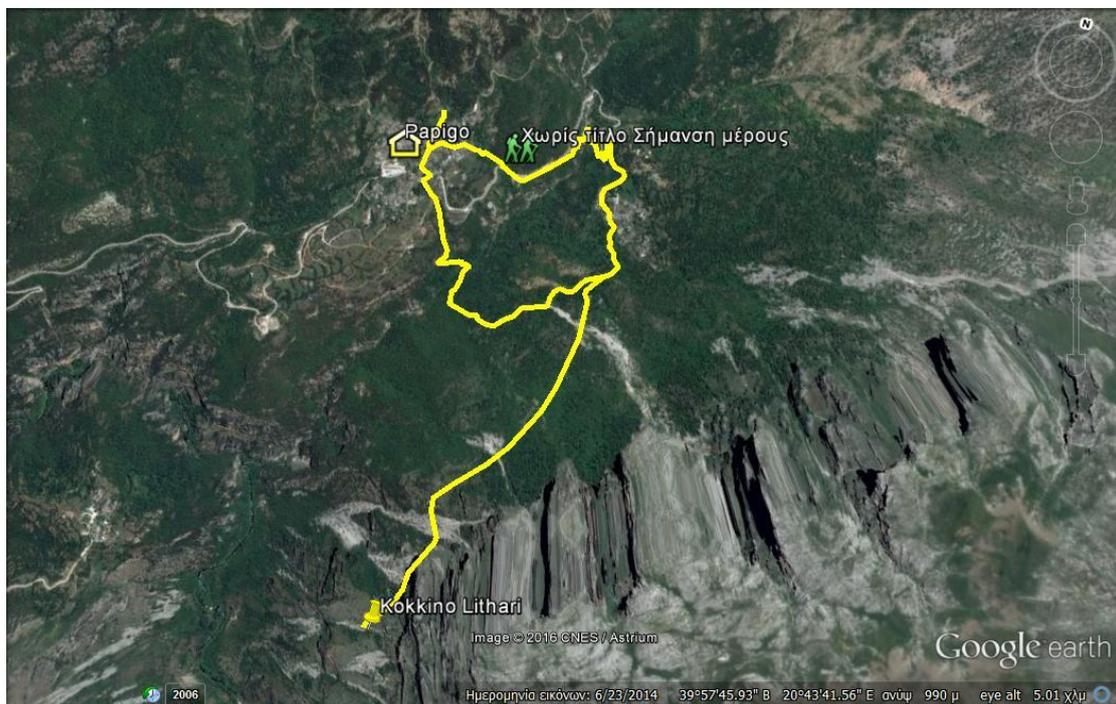
Trekking Hours: 5

Elevation Gain: +400m

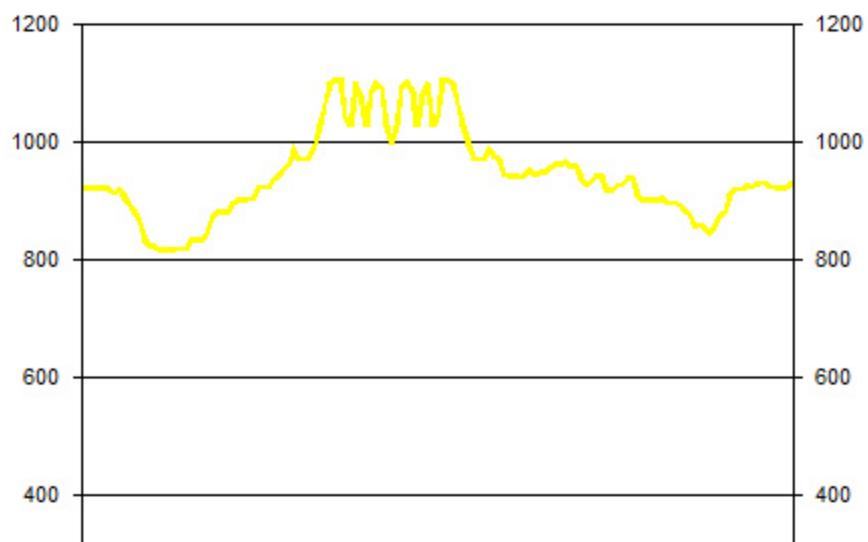
Difficulty Level: Moderate

*Accommodation: Tsouka Rossa Guesthouse.*

## Trekking route : 8 km



## Elevation Gain :



### Day 3 –VOIDOMATIS RAFTING > The Cleanest River in Europe



Photo 3: Rafting in the calm waters of Voidomatis.

Our rafting partners will take you from your guesthouse to the river. A three hour trip in the waters of one of the cleanest rivers in Europe will bring you closer and deeper to nature. During the rafting course you will have a short break to visit a monastery and enjoy a raki/wine and a small bite. In the afternoon a Yoga session at the lovely yard of our premises overlooking the Papigo rock towers, will help you to relax before our dinner at Tsouka Rossa!

Themes Presented: Geology, Archaeology, Monasteries.

Trekking Hours: -

Elevation Gain: -

Difficulty Level: Easy

*Accommodation: Tsouka Rossa Guesthouse.*

## Day 4 – VIKOS CANYON > A Monument of Nature



Photo 4: The Vikos Canyon.

First Option: A seven hour hike from Monodendri to Vikos village through the Vikos Canyon and the Voidomatis' springs. This thematic route which evolves in the heart of Unesco's Geopark will give you the chance to hike the Deepest Canyon in the World and admire IN SITU the geological heritage of the area!

Second Option: For those who are not prepared to walk for seven hours an alternative three hour descending and ascending trail to Voidomatis springs and Vikos village is available. This thematic route reveals the complex karstic system of the Tymfi mountain range.

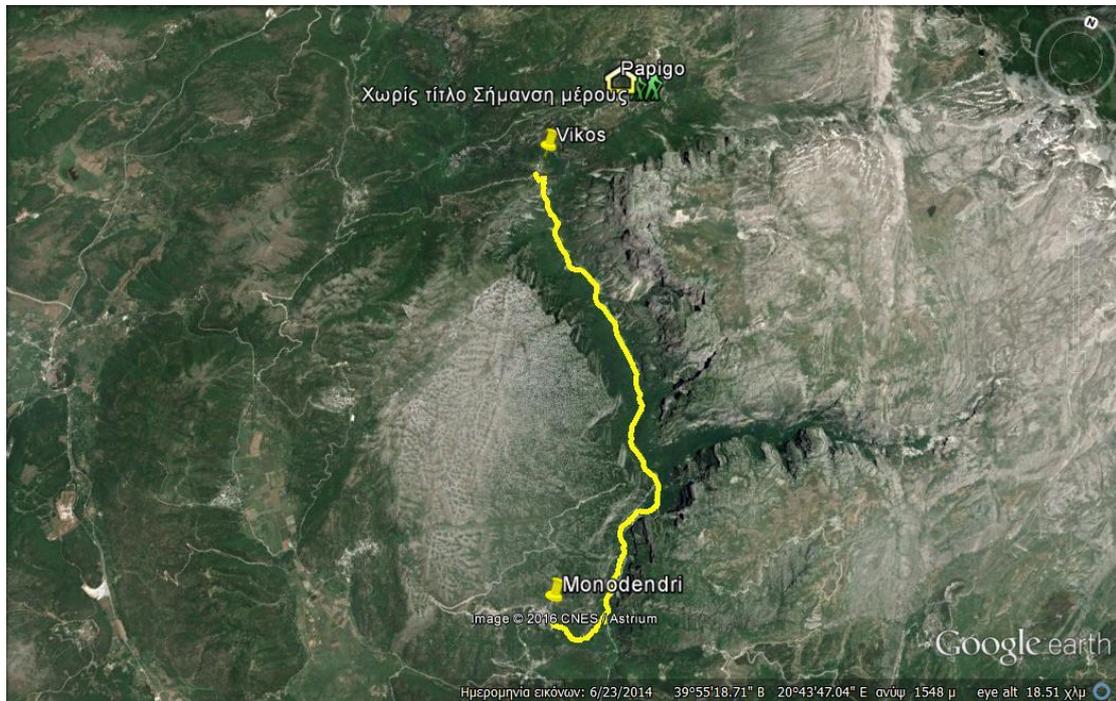
Themes Presented: Geology, Flora.

Trekking Hours: 7    Elevation Gain: +700m    Difficulty Level: Moderate/Strenuous

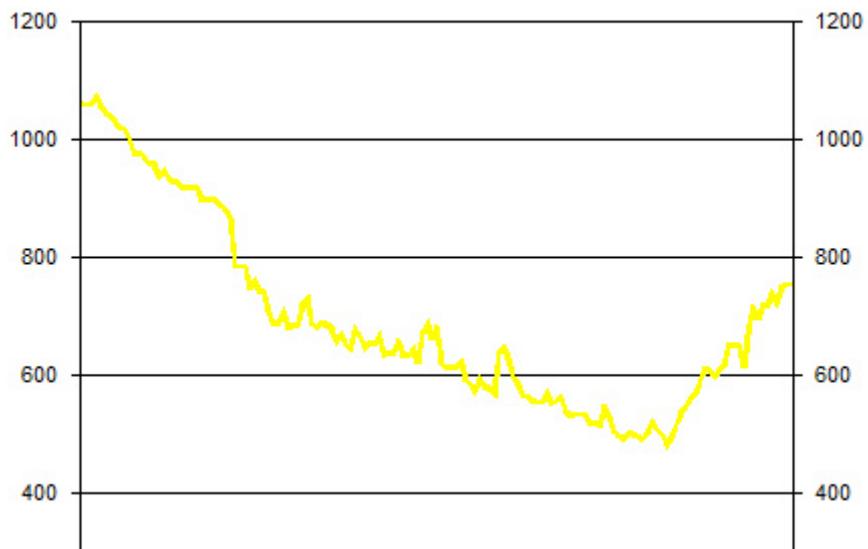
Trekking Hours: 3    Elevation Gain: +300m    Difficulty Level: Easy/Moderate

*Accommodation and dinner: Tsouka Rossa Guesthouse.*

## Trekking route : 13 km



## Elevation Gain :



## Day 5 – THE VITSA SCALA > A Journey to the Past



Photo 5: Misios bridge.

Today we move to Ano Pedina village in central Zagori. After settling in Monopatia guesthouse we will drive to the traditional stone village of Vitsa. A downhill hike through a well preserved kalderimi (cobble stone path), the Scala Vitsas, evolving through the forest will bring us down to the Vikos Canyon where we will cross the famous Misios stone bridge, one of the oldest and best preserved. From there we will move on by the riverbank to the famous Kokkoris bridge. There after we will drive to the picturesque village of Dilofo for a lunch break. An afternoon one hour hike over the historic Arkoudas bridge will follow from where we will drive back to our hotel.

Themes Presented: Geology, Architecture, and History.

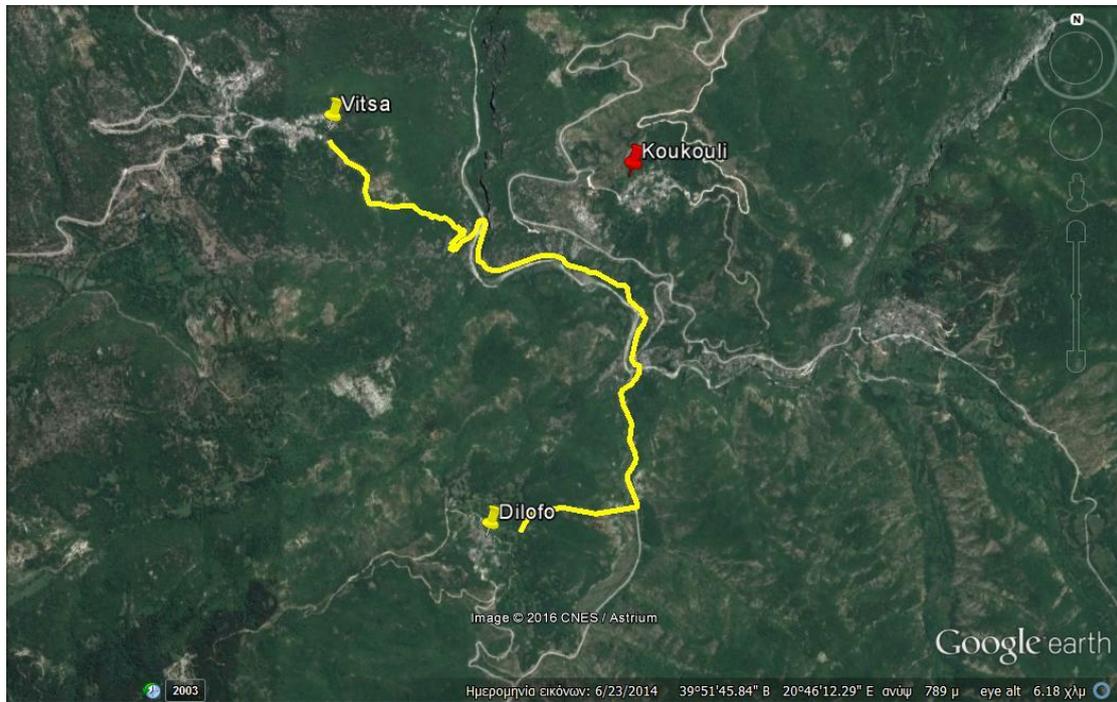
Trekking Hours: 3,5

Elevation Gain: +450m

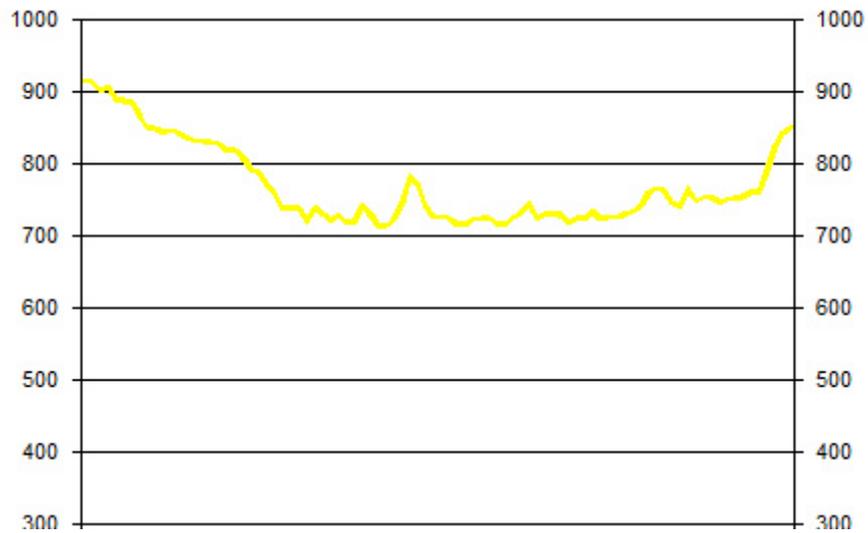
Difficulty Level: Moderate

Accommodation: Monopatia Guesthouse. [www.monopatiasort.gr](http://www.monopatiasort.gr)

## Trekking route : 5 km



## Elevation Gain :



## Day 6 – STONE BRIDGES > The Art of Stone



Photo 6: Kokkoris bridge.

Starting from Koukouli village a three-hour hike through the forest with mild uphill and downhill will give us the chance to visit the four most famous stone bridges: Kokkoris, Plakidas, Mylos and Kontodimos. This thematic hike will enlarge our knowledge of stone building and also give us a taste of the “road network” of the past centuries. The hike will be circular and bring us back to Koukouli village and its picturesque square for lunch.

Themes Presented: Geology, Architecture, Bridges.

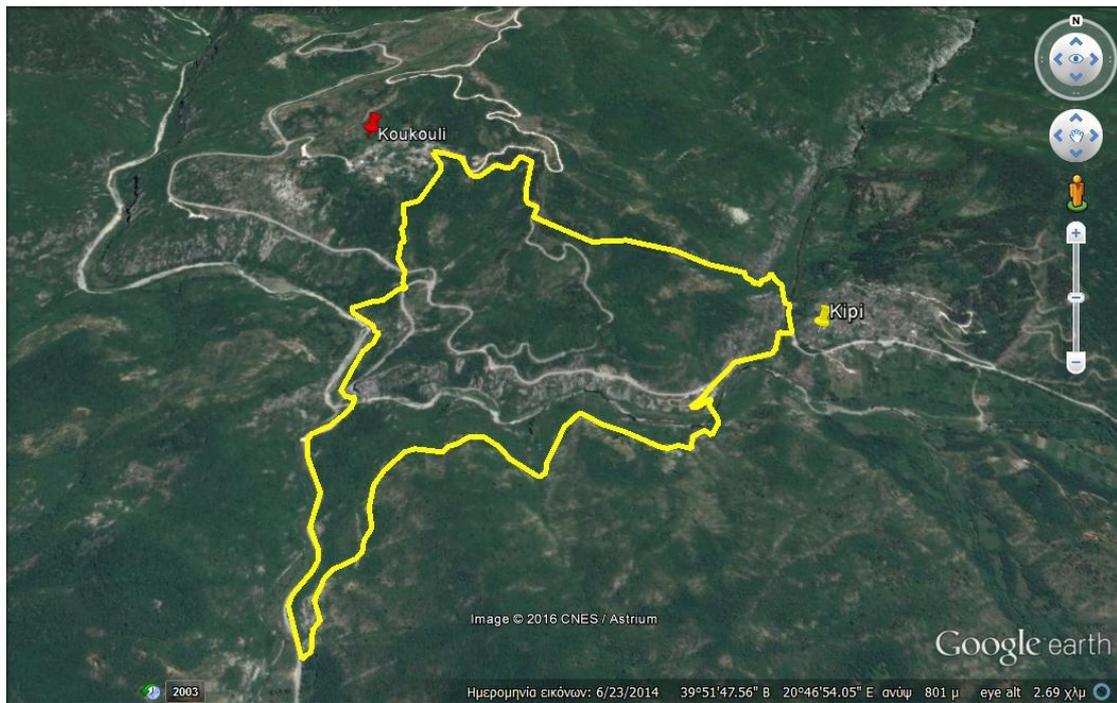
Trekking Hours: 4,5

Elevation Gain: +300m

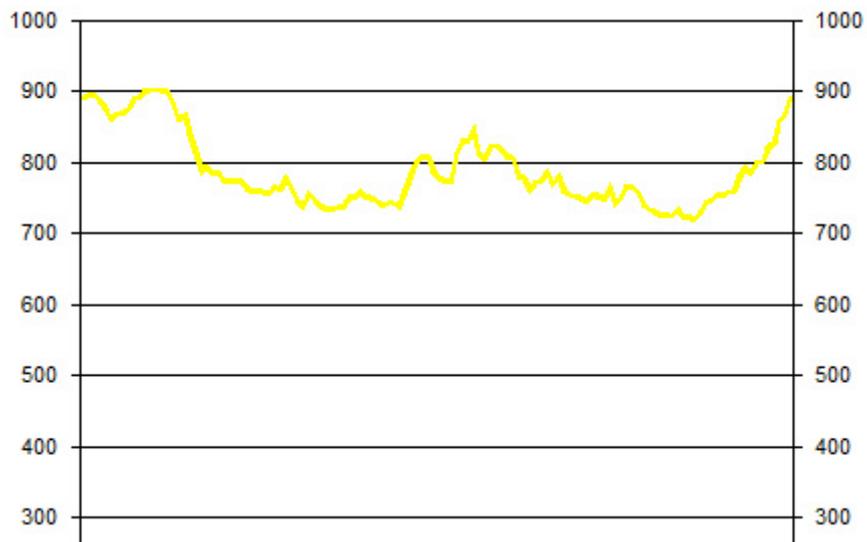
Difficulty Level: Moderate

*Accommodation: Monopatia Guesthouse*

## Trekking route : 6 km



## Elevation Gain :



## Day 7 BELOI – SCALA VRADETOU > The Power and Greatness of Nature



Photo 7: 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.

Themes presented: Geology, Architecture, Dry Stone Technique.

Trekking Hours: 4

Elevation Gain: +300m

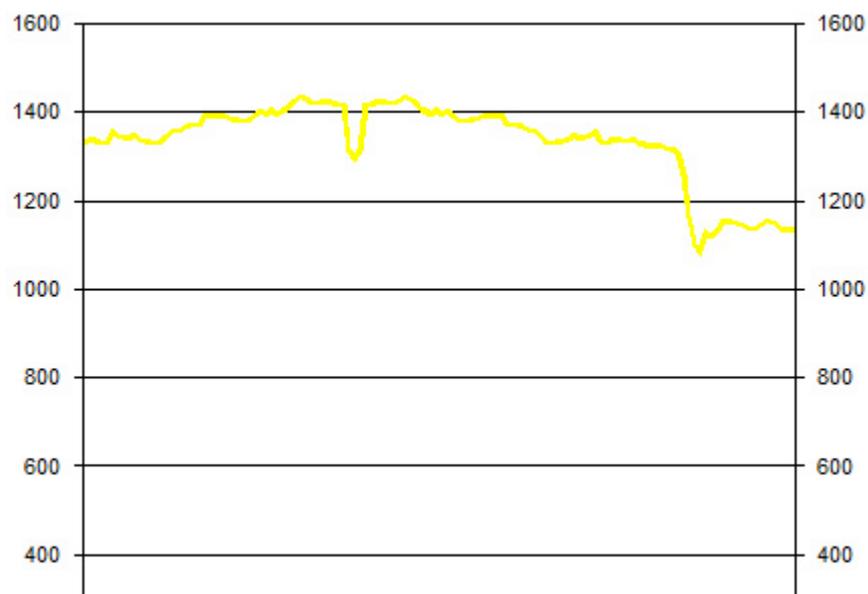
Difficulty Level: Moderate

*Accommodation: Monopatia Guesthouse*

## Trekking route : 6 km



## Elevation Gain :



## Day 8 – DEPARTURE