

# LEFKADA GREECE

## Walks



Country walks in Lefkada



PREFECTURE OF LEFKADA

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### How to get to Lefkada

**BY CAR:** Through the Preveza-Aktio tunnel – Via the port of Igoumenitsa (100km) – Via the port of Piraeus (170km)

**BY COACH:** From Athens (378km), a five-hour journey – From Thessaloniki (420km), also a five-hour journey. **Tel. Lefkada Coach Station** 26450 22364, **Athens** 210 5150108, **Thessaloniki** 2310 595439

**BY AIR:** From Athens, Thessaloniki and Siteia, Crete to Aktio (distance Aktio-Lefkada 18km). **Tel.: Olympic Air** 210 3550500, **Athens Airways** 210 6696600, 801 801 4000

### Excursions to the islands off Lefkada

There are daily sailings from Lefkada to Meganisi by high-speed passenger boat, and from Nydri to Meganisi by ferry. During the summer season there are also daily small tourist boat trips to nearby beaches and islets, and a ferry service from Nydri and Vasiliki to Kefalonia and Ithaca.

## Country walks in Lefkada

*The Prefecture of Lefkada, the smallest in Greece, is made up of four islands: Lefkada itself, with Meganisi, Kastos and Kalamos. The prefecture is part of the Region of the Ionian Islands. In the 2001 census the prefecture had a population of 22,506, of whom 20,751 lived on Lefkada. The prefecture's capital is the town of Lefkada, with 6,903 inhabitants. Lefkada is the fourth largest of the Greek islands in the Ionian Sea, and lies to the south of Corfu close to the shore of Aitolookarmania, of which the ancient Greeks believed it was a peninsula. It is divided from the mainland by the small but historic Drepana Straits, and is elliptical in shape. Formerly the island was known as Agia Maúra (Santa Maoura) from the Church of Agia Maúra built by the Franks in the 13th century at the site of the coastal fort of the same name. Other, smaller islands are situated nearby, including Meganisi, Sparti, Skorpios, Arkoudi, Atokos, Kastos and Kalamos.*

Lefkada has numerous picturesque beaches of unrivalled beauty with clear turquoise waters that make it one of the most appealing of Greek, or indeed Mediterranean, islands. Its landscape also makes it an ideal place for walkers and nature-lovers, who can follow a large number of picturesque paths and trails through ravines and gorges, past natural springs and lush vegetation with rare wild flowers. Visitors can wander along the many paths, enjoying the life of the countryside and absorbing the majesty of the natural landscape and its unique culture.

### BASIC WALKING EQUIPMENT

**In winter:** hiking boots, waterproof and windproof isothermal jacket, trousers and fleece pullover, woollen socks, gloves, cap or hat and scarf.

**In summer:** hiking boots, light clothes, ideally covering the whole body, hat and sun glasses.

**Essential accessories:** Torch with spare batteries and bulb; first aid kit; whistle; pen-knife; waterproof matches and lighter; spare bootlaces; spare underwear and socks; water container; sun cream; toilet paper; snacks (chocolate, muesli bars, fruit, nuts). Spare clothes and shoes are also a good idea.

**For carrying equipment:** A backpack to carry essential items. It should be waterproof, light, ergonomically designed, with straps and external pockets. It should not fit too close to the back, but should allow space for the skin to breathe.

#### Front cover photos (from left to right)

- Timber bridge, Melissa Gorge
- The Agios Ioannis Monastery at the meadows of Karya.
- Stone bridge, Melissa Gorge

#### Back cover photos (from left to right)

- Stone beehives at Ira
- Rock cavern
- Rock plant
- Dimosari Waterfall
- Vineyard at Sfakiotes

## 1 Agia Aikaterini - Fryni - Faneromeni Monastery

*This is a walk of just 1,430 metres, which can be completed in half an hour and is graded 3 for difficulty. Set out from the little Church of Agia Aikaterini and through the village of Fryni, along the local asphalt road, until you come to a country path, just one metre wide. Here you begin the ascent up the rock until you come to the top where the well-known Faneromeni Monastery is located.*  
**Necessary equipment: the basic recommended items.**

### C J T

00:00 The walk begins at the simple little Church of **Agia Aikaterini** (GPS: N38 49 578, E20 41 247, H=19m).

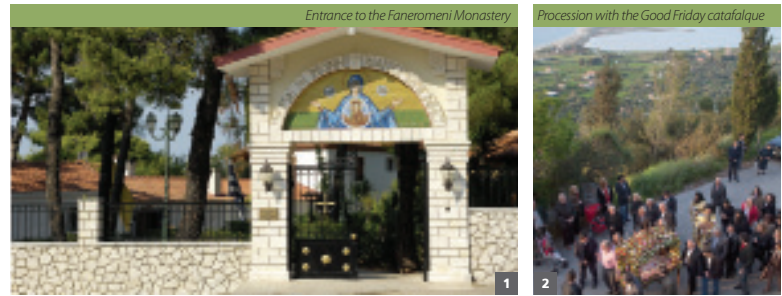
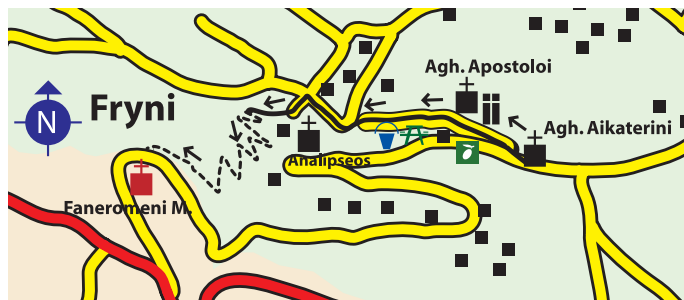
Walking along the local asphalt road we come to the first houses of the village. As buildings become more frequent we leave the provincial road to our left and slightly higher, running more or less parallel to our route.

00:04 The village extends above us to the left, while the road is bordered by the gardens of the village houses. We ignore any narrow roads turning off to right or left and keep going along the local asphalt road, which is clearly the main road of the village.

00:06 To our right is the village cemetery, with the Chapel of **Agioi Apostoloi**, while to our left is a small children's playground, adjacent to an old olive press, no longer in use and not open to visitors. We are now moving gently upwards. In front of the cemetery there is a small stone-paved square.

00:08 The road is now moving gently upwards. It turns slightly to the left and, before we begin to go down, we come to two narrow side roads leading to private houses. At this point there is a narrow strip of paving to our right, with a bench, while to the left there is a small wooden kiosk with a tiled roof. Here the hiker can pause for a rest and quench his thirst with the cool water from the stone fountain next to the olive tree.

00:09 We carry on along the main asphalt road, at a faster pace because we are now moving downhill; to our left there is a stone-walled sheepfold; eventually we



arrive at a crossroads.

00:10 We come to the crossroads and turn left to begin our ascent of the hillside, at the top of which is our destination, the Faneromeni Monastery. After turning left, we should pause to look at the little stone Chapel of the Anaplysi (Assumption), recently reconstructed.

00:11 The road narrows now, and we come to the end of the asphalt stretch. The road is now cemented and in front of us we see the hillside we are going to ascend. We should not let the steep incline intimidate us, the path we are going to take rises quite gently.

00:12 We walk along the cement road and come to a point where the road forks to the left. Opposite us there is the iron gate of a private house. This is the first point from which we can look down over the Ionian Sea, off to our right.

00:13 Attention is required here, as we come to a sign marking an impasse; we are in front of the entrance to the courtyard of a house. We should now take the country path to our right. Proceed with care, especially in winter, because the ground is slippery and the path may be overgrown. As we proceed along the path the vegetation becomes thicker, and we are continually distracted by the view of the plain, extending down to the Ionian Sea. A little farther to the right we can see the lagoon in front of the town of Lefkada.

00:16 We come to a fork, the path to the left descending, that to the right ascending. The former leads into the village, the latter takes us on our way upwards; in the distance we can just see a grove of pine trees.

00:23 The occasional pine tree now breaks the monotony of the holm oaks. There are wooden benches at this point, set in small paved areas, where the walker can rest. To our right the view opens out into an impressive panorama.

00:28 From this point the country path is paved with stone and we can hear the traffic on the provincial road – a sign that we are approaching our destination.

00:30 As we reach the provincial road the entrance to the **Faneromeni Monastery** appears. A visit to the monastery is highly recommended; it is set among pine and cypress trees, and there is also a small zoo and museum. Every tourist to the island visits the monastery, and it is famous for the magnificent celebrations held each year on the feast day of the Holy Spirit. People come

here to visit from all over Greece. (GPS: N38 49 573, E20 40 716, H=120m).

*An Ecclesiastical Museum was opened here in 2006, located in its own special building, with relics from the Faneromeni Monastery itself and items from other monasteries on the island, now dissolved, and from various churches.*

## 2 Centre of Tsoukalades - Somata

*A 1,590m walk, taking 31 minutes to complete and graded 1 for difficulty. The walk begins in the centre of Tsoukalades and ends at the location known as Somata. It takes the walker through olive groves where, in winter, we will come across elderly farmers beating the olives from the trees and women in traditional island dress (known as the kotola). There are magical views all along the route, and especially at the destination.*

**Necessary equipment: basic recommended items.**

C J T

00:00 The walk starts in the village centre, at the only parking area (GPS: N38 49 440, E20 39 312, H=225m).

We leave the parking area and head to the right, ascending the main asphalt road through the village.

00:02 After walking 50m we come to the first stopping point, where we see to the right the traditional village olive press, currently being reconstructed. We continue on our way opposite the front of the olive press, entering a narrower,

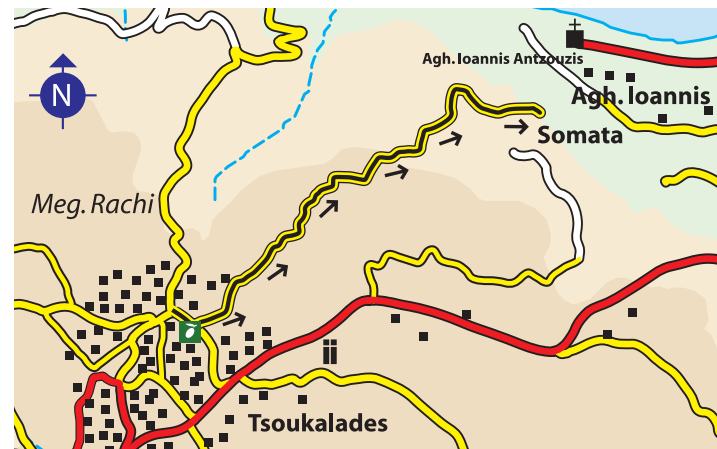


paved road for ten metres.

00:04 Proceeding along the asphalt road we leave the village behind us; all around us now are olive groves. We remain on the road, not turning off at all.

00:13 We are now at the point where the road forks, both turnings being asphalted. We take the turning to the left, the one with the downward incline.

00:20 The sea can now be seen clearly in the distance and we continue walking along a cement-paved road, narrower and bearing obliquely to the right. The downhill incline becomes more pronounced.



00:22 We are now in the area known as Somata; the vegetation is much more dense.

00:24 Another crossroads; the cement road ends in a fork and we choose the dirt track to the left.

00:25 A breathtaking view opens up before us, with the **town of Lefkada** and the infinite expanse of blue sea. Caution is necessary here: the downward incline is steep and the ground falls away sharply to our left.

00:30 Watch out for a path heading upwards and obliquely to our right, through quite thick vegetation.

00:31 Walking carefully up this narrow country path we arrive at a small natural balcony with a magnificent view: the town of Lefkada with the straits and lagoon, the Akarnanian mountains, the Epirus mountain ranges and the deep blue Ionian – all spread out before us. When we have satiated our eyes on this magical landscape we set off on our return journey – a little more difficult as we are now walking uphill (GPS: N38 49 775, E20 40 037, H=120m).

### 3 Church of Zoodochos Pigi [The Life-Giving Spring] - Cyclopean walls

A walk of 1,385m, taking 25 minutes and graded 1 for difficulty. We set out from the Chapel of Zoodochos Pigi, on the Lefkada-Nydri road, and after 300m turn right onto an asphalted country road, just before the automated car wash. We carry on for 235m and come to the first cement road heading upwards on our left, which we take. The road heads steadily upwards. After the relatively easy ascent of the hill we come to the ancient walls at the top, made of large blocks of stone – the remains of the ancient city of Nirikos.

**Necessary equipment: the basic items suggested.**

C J T

00:00 Park below the little church on an area of flat ground at the 2nd kilometre of the Lefkada-Nydri road. It is worth visiting the recently reconstructed **Chapel of Zoodochos Pigi**, with its beautiful stone-paved courtyard. We then continue towards Nydri, to the end of the asphalt provincial road (GPS: N38 48 955, E20 42 257, H=10m).

*The Zoodochos Pigi is a chapel of the Panayia Xenon Church. The visitor will immediately make out the impressive stone bell tower in the Ionian style, with its beautiful decorative features.*

00:03 Watch out carefully for the country road at right angles to the right, which is the turning we want, next to an automated car wash.

00:05 Proceeding along the asphalt road, after two minutes we come to a storehouse, made of tin sheets, on our right, and ten metres farther on, obliquely to our left, a cement road. We take this and carry straight on without

turning until we get to our destination.

00:14 We remain on the cement road, going through olive groves, laid out in terraces divided by dry stone walls. To our left there is an opening through which we can enjoy a fine view of the Akarnanian shore and the Lefkada straits.

00:22 To our left there are terraces made of huge, carefully placed stone blocks. These are the 'Cyclopean walls'. We ascend them carefully, almost climbing now, but the view from the top will be ample reward.

00:25 There is a panoramic view of the **Akarnanian mountains** and **shore**, and in the background to the left we can see the **town of Lefkada**. Now it is time to turn back for an easy, downhill return (GPS: N38 48 406, E20 42 512, H=105m).



The Leucadian turnstone



Cyclopean walls



4

### Kalamitsi - Panayia Kypon Chapel - Watermills

A walk of 2,460m taking 45 minutes and graded 5 for difficulty. This is a fairly demanding walk, especially the uphill return, and is best attempted only by experienced walkers in good physical condition. The view of the Ionian Sea, the little Panayia Kypon Chapel and the old watermills will reward the walker with some magical sights. The location is a little outside the village of Kalamitsi and to get to the starting point we need to go 2km in the direction of Porto Katsiki and take the dirt track going down to the right. The track is four metres wide and we can park on it.

**Necessary equipment: the basic items recommended.**

C J T

00:00 Park your car and take the dirt track going down to the right (GPS: N38 44 329, E20 35 920, H=510m).

00:04 Keep moving along the dirt track, ignoring all the little paths on each side. Head downwards in the direction of the sea.

00:16 We come to a crossroads and take the right-hand turning towards the main



Kalamitsi Beach



MN. LEFKADA

dirt track.

- 00:22 Now another crossroads and we take the narrow path to the left, leading to a spring.
- 00:23 *Time to cool down with a drink of crystal-clear spring water. The women of Kalamitsi used to do their laundry here, while the windmills of the area used the same water for power.*
- 00:24 We now return to the preceding crossroads and take the other turning this time along the country road.
- 00:30 When you arrive at the crossroads with three turnings, pause for a moment to enjoy the fine view of the Ionian Sea. The right-hand turning leads down to the shore. To the left there are two turnings: the farther left turning is an asphalt road leading to the chapel, while that to the right is a dirt track which leads to the old watermills. We take the asphalt road and from the chapel we proceed to the watermills, returning by the dirt track, the right hand turn at the fork, ending our walk at the location where we are now (GPS: N38 44 683, E20 35 607, H=335m).
- 00:35 After taking the asphalt road to the left, leading upwards, we come to the **Panayia Kypon Chapel**, also a good place for a rest (GPS: N38 44 593, E20 35 629, H=337m). We then take a little path in front of the chapel which leads us down to the dirt track, which started as the right-hand branch of the earlier fork in the road. Turning to the left we make our way down to the watermills.
- 00:40 We now reach the group of **three derelict watermills** (GPS: N38 44 534, E20 35 612, H=330m). After inspecting the mills we return back along the dirt track to the crossroads.
- 00:45 We reach the three-branched crossroads, where our walk comes to its end. The walker can carry on to the shore, but the return will be extremely difficult; he must bear in mind that getting back to the parking area even from here will require a considerable effort.

## 5 Walk around the Megali Rachi of Katouna

A 2,455-metre walk, taking 45 minutes and graded 2 for difficulty. Half the walk is downhill along a dirt track, the other half uphill and along a cement road.

**Necessary equipment: the basic recommended items.**

C J T

- 00:00 We arrive at the village of Katouna and park by the **derelict school** (GPS: N38 46 731, E20 42 534, H=195m). We head towards the hill, on our left. After reaching the hill we head to the left around it, following a course that will bring us back to the school.
- 00:01 We are now at the crossroads in front of the hill and take the dirt track on the right, leading downwards.
- 00:02 We come to a fork and take the right hand downward path again.
- 00:20 As we move to the left around the hill, there is a magical view to our right. In the distance we can see the Prinkiponisia islands; the mountains and coast of Akarnania can also be made out. Just below us are the villages of Lygia and Nikiana.
- 00:22 We come to another fork and take the left-hand cement road, heading upwards, proceeding through a small densely vegetated ravine.
- 00:35 We emerge onto the asphalt country road and before us is the **hamlet of Katouna**.
- 00:37 After the first house we come to on our left, with a stone wall, and before we come out on to the provincial road, we take a 90 degree turn to the left on to a steep cement road.
- 00:45 Staying on the cement road we see to the right the school where we left our car. An easy walk – with fabulous views.



Panoramic view from Rachi of Katouna



## 6 Village of Kolyvata - Skaron Forest - Panayia Church

A 2,010m walk taking 45 minutes and graded 1 for difficulty. The walk starts in the picturesque little village of Kolyvata and ends in the Skaron hills, where we come to the ruins of the little stone Church of the Panayia. Along the way the walker can visit the grounds of the Agios Georgios Church. This is the route the villagers used to take to get to their fields. We should point out, finally, that the path is discreetly marked with red paint, allowing the walker to find his way with ease.

**Necessary equipment: the basic recommended items.**

CJT

00:00

We set out from the village square in Kolyvata (GPS: N38 44 956, E20 41 459, H=425m). To the right of the Taverna we go up the stone steps and then continue along the cement road. At the end of the road we turn right and go up the next set of steps. We carry along a stone-paved road, between two walls, and then along a narrow path. We ascend to the house we see on our left, turn left and walk around it. We then proceed along the stony path among the holm oaks and cypress trees.

00:04

On our left we now come to the **Agios Nikolaos Church**, with its superb campanile. We walk along the churchyard wall and come to a clearing, moving to the right along the country road.



1 Footpath at Skaron



2 Skaron Woods

00:05

A few metres on we leave the country road and make a careful ascent of the rock to our left, coming back on to the path. We then carry on till we reach the country road again.

00:08

Here we have arrived at the **Agios Georgios Monastery**, and are welcome to walk around the grounds of the monastery (GPS: N38 44 915, E20 41 696, H=470m).

*Although now in ruins, the monastery is the most notable architectural*

*complex on the island, with a long history and a record of significant spiritual and social achievement. It was founded as a coenobite monastery in 1611 and was home to important figures in the local church. Since the most recent earthquake it has not been possible to visit the katholikon, but its eastern wall is still intact and boasts some remarkable frescoes. There is a particularly interesting icon screen, dating from 1724, which is a copy of the one in the Agios Minas Church in town.*

We cross the country road and proceed between the monastery walls and the cypress trees. Eventually we come to a crossroads and continue to the right, ascending with some difficult the natural steps (photo 4). As we continue the path becomes clearer. Eventually we come to a wooden door, which we open and pass through. After passing a large rock on the left we find the landscape opening up before us to reveal a fine view on our right, with the mountain villages of the prefecture visible in the distance. Continuing on our way we pass a small bend in the road to the left and then another to the right, arriving at the location known as Plakoto. Although the stones of the path appear to be hewn by man, they are in fact the work of nature.

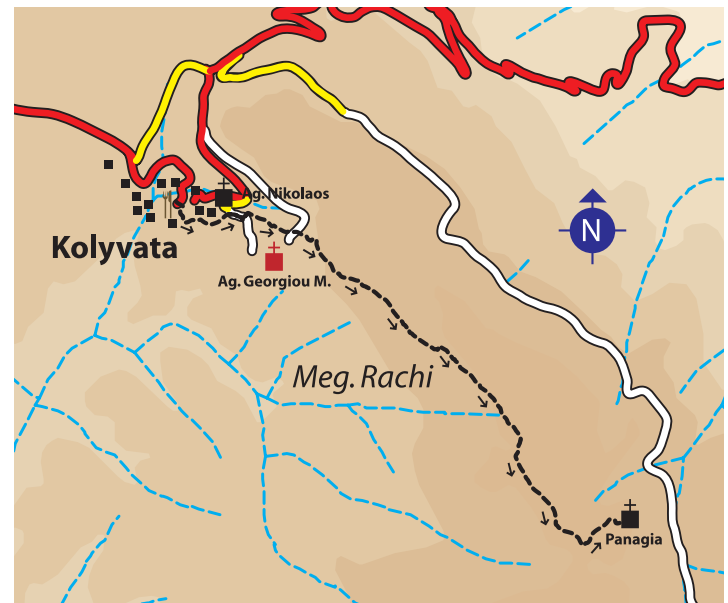
00:11

00:19

00:22

Continuing uphill we move through a narrow passage made by two rows of low rocks.

The path now becomes more level and we proceed between threshing floors and abandoned fields, taking care not to stray from the path. As we proceed we come across a number of locations where the ground is cultivated in



Agios Georgios Monastery



3

Attention! Direction marking



4

Attention! Direction marking



5

Stone chapel of the Panayia



6

terraces.

- 00:30 We now descend for a short stretch and then enter onto more level ground. We continue along the path and after a few metres come to a plateau.
- 00:40 At this point the walker should mark the **exit route** so he can find it on his return. Bearing to the left after the exit, we head towards the two beech trees (photo 5) and a few paces farther on we see on our right hand the **Chapel of the Panayia** (GPS: N38 44 467, E20 42 388, H=610m).

Paved pathway, Melissa Gorge



1

## 7 The Melissa Gorge

A walk of 2,202m, taking 45 minutes and graded 2.5 for difficulty. In the last few years a section of the gorge has been opened up and signed for walkers by the Sfakiotes council. The path running along the banks of the torrent is now stone paved and provided with wooden bridges and benches, where the visitor can relax and admire a landscape of unbelievable beauty, featuring stone bridges and picturesque old watermills. From the town of Lefkada you get here on the provincial road to Sfakiotes. After six kilometres you will come to the monument commemorating the uprising of the villagers against the English Protectorate (October 1819), where you turn right on to the asphalted country road. After three kilometers turn right, onto a dirt track where you can park and start the walk.

**Necessary equipment: the basic recommended items**

### C J T

- 00:00 After parking the car (GPS: N38 47 591, E20 40 560, H=295m), we descend the grit track, past the reeds growing to the left. We then walk uphill through olive groves and thick bushes. We pass a fork, ignoring the grit track to our right and continuing straight on, the vegetation growing ever more dense.
- 00:06 After walking on for a while we come to the first arched stone bridge, while after about 50m we pass under the wooden arch, the gateway welcoming us to the specially landscaped gorge. To our left there rises an imposing rock, forming a small, natural cave – to which the location owes its name, 'spring of the cave'. At this point the road is cement paved and to our right gushes up the stream that earlier ran to our left.
- 00:16 A little farther on we come to the spring (GPS: N38 47 775, E20 40 456, H=255m); we descend the two or three stone steps to our right and have arrived at the first resting point, where there is a stone-paved terrace in front of the stream. Here there is also a picnic area, the spring with cold, clean water, and a beautiful view of the little waterfall (GPS: N38 48 113, E20 40 298, H=255m).
- Returning to our main route** and going downhill we come to a turning to the left, which we ignore. A few metres farther on we come to an olive grove, the path leading us through the trees. As we proceed we see on our right the first old stone watermill, with its overgrown stone roof. We leap over the stream and approach to take photographs.
- We now return to the main itinerary**, passing the turning on the left and arriving at the end of the road, where there is a derelict watermill.
- 00:21 This is the start of the paved path and we bear to the left to the spot known as 'kako langadi'. We start by entering a magical landscape of plane trees, cypresses and a variety of wild undergrowth and shrubs. To the sound of running water and birdsong we proceed gently downhill





along the paved track. After a few metres we come to another stone watermill, with a big plane tree just next to it. We continue on our way, over a small stone bridge, enjoying the shade cast by the plane trees on both sides of the stream.

00:30 We now descend some steps and come across the remains of another old stone watermill, with a cypress tree standing guard over it from the centre of its roofless floor. Just next to the mill is a rock, with a tree growing from it – a vivid illustration of the principle that ‘the life force can overcome any obstacle’, as the tree seems to tear itself through the hard matter of the rock in its determination to survive and grow. A fine natural sight, and a wonderful example of the wild architecture of the natural world.

Thirty metres on and we come to the first of the new wooden bridges, next to its original ‘predecessor’. To our left overgrown rocks rise up, and a few metres farther on we come to the second wooden bridge, with the stream now on our left.

We descend to the third wooden bridge; natural waterfalls descend the vertical face of the rocks into pools of water.

With the stream now on our right we soon come to another watermill and a resting place with two benches, an ideal spot for relaxation and perhaps a moment or two of meditation.

We now proceed to the fourth bridge, the stream below it now running abundantly.

00:40 We must exercise caution as we cross the wooden terrace resting on the rock. The path narrows now and only one person can pass at a time, sometimes squeezing between the trunks of the trees which man has wisely refrained from felling or pruning. The signs along the path are clear and give all the indication we need to find our way; the paved surface is not slippery, and the railings and other wooden constructions are in very good condition. As we cross the fifth wooden bridge we observe immediately below it a natural waterfall, its water racing down across the surface of a tall, almost vertical rock. The passage of the water has worn a channel in the rock and created a natural pool where it falls.

00:45 The wooden kiosk with its two benches marks the end of the landscaped section of the path (GPS: N38 48 250, E20 40 604, H=175m); here is an opportunity to rest and take photographs before we set out on our way back. The gorge itself carries on to Apolpaina, on the borders of western Lefkada, but it has not yet been opened up for walkers. It is worth noting how the old watermills harmonize perfectly with the natural landscape; built of local stone and overgrown with plants, they merge harmoniously into the natural setting. We now return to the original starting point of the walk (where the beginning of the path is indicated), reflecting on the beneficial effect of all this unspoiled natural beauty on the body and soul.

#### Alternative walk

00:00 From the starting point we take the path to the left towards Apetasti, and proceed with the stream on our right (GPS: N38 48 008, E20 40 199, H=255m); along this stretch the flow of the water is more peaceful, while the gorge gradually widens. We pass through a varying procession of cypress, plane and holm oak trees, with wild flowers

00:04 and shrubs, until the cemented path comes to an end, marking the end of the walk.

## 8 Exantheia path

*A 1,320m walk taking 38 minutes and graded 3 for difficulty. Starting from the local surgery at the entrance to the village of Exantheia and leading to the Chapel of the Panayia in the area known as the 'old village'. The path used to be used by the inhabitants of the mountain village to get to their vineyards.*

**Necessary equipment: the basic recommended items**

C J T

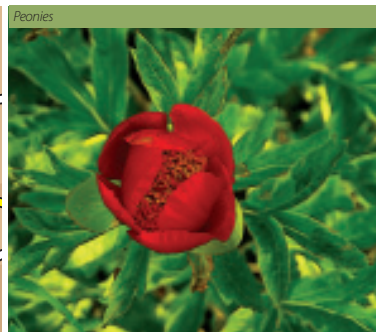
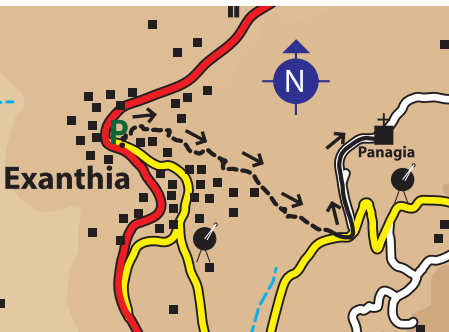
00:00 We park opposite **the local surgery** and walk a few metres farther on to find the starting point of the walk (GPS: N38 45 509, E20 37 098, H=585m). Following the path upwards we come to an old stable on our left and then a water tank, as we continue along the winding path, bordered by dry stone walls. If we pause to look back we will see the village of Exantheia, set out like the seats of an amphitheatre on the hillside, and in the distance the majestic sight of the Ionian Sea.

00:03 Our path is now along a level dirt track and a few metres on we come to the first turning to the right, which we take. We then make a sharp turn left, at the second intersection, and once again find ourselves on a paved path.

*There is a whole network of paths around the Exantheia district, most of them paved along their uphill sections, forking off into two or more new paths at many places, used by the local people to get to their fields.*

00:16 Proceeding between the dry stone walls, with old vineyards on either side, we ignore the many narrow paths to our left and right and continue along the main track. Farther on we come to a main fork in the track but continue straight on, ignoring the downward track to the left, keeping the stone wall to our left. We carry on along the main pebbled track, carefully – because the pebbles can be loose and slippery on the uphill sections, and ignoring the smaller paths we continue until we get to the asphalt road.

00:30 After fifteen metres we turn left onto a country dirt road, gently leading



downhill. To our right there are vineyards and to our left, in the distance, the village of Kalamitsi and the Ionian Sea. Proceeding along the country road and taking a wide curve to the left we come, on our right, to the **Chapel of the Panayia** (GPS: N38 45 538, E20 37 614, H=710m). Next to it there is an old abandoned monk's cell, while its courtyard boasts two impressive trees, their trunks clad in ivy.

00:38

## 9 Profitis Ilias - Chapel of Agios Stefanos

*A walk of 1,040m, taking 25 minutes and graded 3.5 for difficulty. The walk begins on the Lekada-Lazarata road, at the location known as Katapotira, at the entrance to the village of Spanohori. Proceeding a few metres along the asphalt road, and then a stone-paved path, we come to the first of our destinations, the Chapel of Profitis Ilias [The Prophet Elijah]. We then carry on until we come to the Chapel of Agios Stefanos, built inside a cave*

**Necessary equipment: the basic recommended items**

C J T

00:00 We park on the right of the provincial road, in the specially laid out parking area (GPS: N38 46 832, E20 40 490, H=415m). We cross the road and come to a fork, taking the uphill road to the left towards the Profitis Ilias Chapel. After 150m we turn right onto a dirt road and after 25m come to the start of the path, on our left.

00:04 We proceed up the path between dry stone walls, with olive groves and old vineyards to our right and left. After two successive turns, one right one left, we arrive, after walking 60m, at a turning to the right, which we ignore.

00:12 The vegetation becomes more dense here, since the fields beside the track have long since been abandoned. The path becomes more level and after a while we come to the asphalt road.

00:16 Here we leave the path, which merges with the asphalt road on which we proceed for 100 metres. After a while we come to the path again, on our right.

00:19 We continue along the dirt path, proceeding gently uphill, and come to the **Chapel of Profitis Ilias** (GPS: N38 46 968, E20 40 936, H=500m). This is a good place to rest and enjoy a cool drink of water from the deep well in the courtyard, admiring the view of the town of Lefkada, Preveza and the Ionian Sea, as well as the villages of Spanohori, Lazarata and Asproyerakata.

*The Profitis Ilias Monastery was, according to old documents, granted in a derelict condition to the priest Meletios Vonasieris, by the Venetian government. Vonasieris rebuilt the monastery but repeated fires destroyed the greater part of it. It was recently repaired and is open to visitors. Its feast day, marked by popular celebrations with music and dancing, is 20th July.*



Returning to the path and proceeding on our way round the back of the church, we come to a country road, which we cross. Continuing along the path we move uphill through thick vegetation and then up the steep ascent to the top. After a few more metres we come to some steps, made of concrete, which we descend carefully because the steps are narrow and steep. At the bottom we come to a narrow path bordered by rocks to the left and a makeshift protective structure of rope and railings to the right. We now come to some more steps, which we ascend, arriving at the **Agios Stefanos Chapel** (GPS: N38 46 953, E20 40 983, H=505m). The church is built within a cave and enjoys a wonderful view over the eastern side of the island, the Akarnanian coast and Kalamos.

00:25

## 10 Lazarata - Asproyerakata - Kavalos - Spanochori

A 4,820m walk taking 1 hour 30 minutes, graded 2 for difficulty. The route takes the walker around four villages in the western Sfakiotis district: Lazarata, Asproyerakata, Kavalos and Spanochori. Most of the walk is through the villages, allowing the visitor a view of the local people's lives, a chance to visit the local churches, to photograph old fountains and buildings of historical importance to the area, and to enjoy the wonderful views from these mountain villages.

**Necessary equipment: the basic recommended items**

C J T

00:00

We park in the **public parking space of the municipality of Lazarata** (GPS: N38 46 819, E20 40 139, H=400m), which we find as we enter from the

town of Lefkada. A few metres farther on we come to the main, stone-paved square of the village, with the town hall on the far side. There are tavernas and cafés providing food and entertainment. At the junction we turn left onto an asphalt road. We pass a children's recreation ground and continue past occasional low houses set in courtyards.

00:03

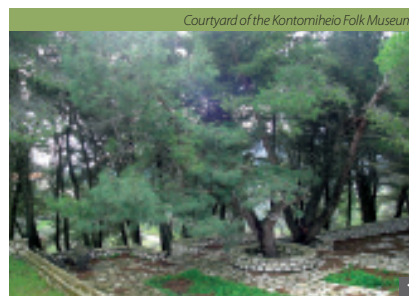
As we approach the turning on the left there is a little stone wayside shrine, dedicated to the Holy Fathers. We walk downhill and come to a second turning. Here we should pause to enjoy the view of Pinakohori, Pigadisanoi, Karya and its beautiful meadows, stretching before us from right to left. At this point we make a sharp turn to the right and follow the paved road at the beginning of which stands a shrine to the Holy Trinity. We are now walking upwards and at the end of the paved section of road we go up the cement steps leading to the asphalt road; we cross this and head to the left. After about 120m we take the paved road we come to on the left. The road continues to climb and the houses on each side are now becoming more frequent as we enter the centre of the village of Lazarata.

00:13

As we proceed we come across the remains of an old stone olive press, in the courtyard of which stands an almond tree. We carry on and come to an asphalt road in the Langadi area, which we follow as it leads off to the right. After another 80m we come off the main road and head up to the right along an asphalted stretch of road, finding ourselves after a while at the lowest point of the 'stone steps' (photo 1). We ascend these steps and then take the paved road to the right, which leads us 00:21 to the entrance of the **Church of Agios Spyridon** (GPS: N38 46 758, E20 39 905, H=460m).

*The Church of Agios Spyridon, in Lazarata, was first built in the mid-18th century. It has a baroque icon screen in white and gold, with delicate Corinthian columns. The icon of the Archangel Michael, on the door of the prothesis, is probably by the notable painter V. Sideris, and has been dated to 1894. The lofty and imposing campanile, three stories high, is built in soft stone. The feast days are 10 and 11 August, celebrated with music and dancing.*

Following the wall to our right we turn right and take the dirt path leading downwards. The path is stepped and must be descended with care.



00:24 Enjoying the view of Lazarata, set in a lush, verdant landscape, we come to a junction of three roads. We take the cement road going upwards to the left and come to the **Church of Agia Triada [Holy Trinity]**, the second cemetery of the village of Lazarata. We then return to the point where the road ends (also the end of the path) and go down to the left along the cement road, which ends at an intersection with a paved road.

00:29 At this point we head to the left and upwards, with old stone dwellings on our right. Coming to the end of the paved road we carry straight on, along the cement road, moving downhill and leaving a little road heading uphill behind us. We walk around the edge of the village and having reached a level section of road continue along the asphalt road until we arrive at the Frya village square (GPS: N38 46 978, E20 39 397, H=395m).

*Frya, between Kavalos and Asprogerakata, is home to a number of wells of remarkable craftsmanship, dating from the period 1478-1684. One of these, the famous well of Frya, provided water for all the villages in the district. Frya also boasts two centuries-old plane trees and these, together with the well, whose surround was recently reconstructed in line with the original plans, are the trademark features of the district. This is also the site of the Chapel of Agia Analypsi [The Assumption].*

From the triangular area of grass by the large plane tree there is a turning we must take to the right, leading to Agios Nikitas and Kathisma. At the same location there is also a wooden kiosk with a well and seats where the walker can rest for a while. To our right we pass the beautiful green meadow and the old olive press, and then on our right come to a steep cement road leading uphill, which we follow through cypress, oak and olive trees.

00:46 We ascend the asphalt road, bearing slightly to the left, following the houses of the village of Kavalos, and shortly we arrive at the stone **Church of Agia Aikaterini**, the gateway to which boasts a three-story campanile with a simantro [sounding board used instead of bell] at the top. In the grounds of the church there is a marble war memorial. We now take the paved road upwards into the centre of the village, and our walk continues past old stone houses, nestling close together, and cafés, until we come to the **Church of Agios Nikolaos**.

*The Church of Agios Nikolaos, in Kavalos, is one of the oldest in the region. It was first built in the 17th century and was painted, between 1876 and 1883, by Spyros Gazis. The icon screen, baroque in style and one of the most attractive in Lefkada, is the work of P. Prosalentis.*

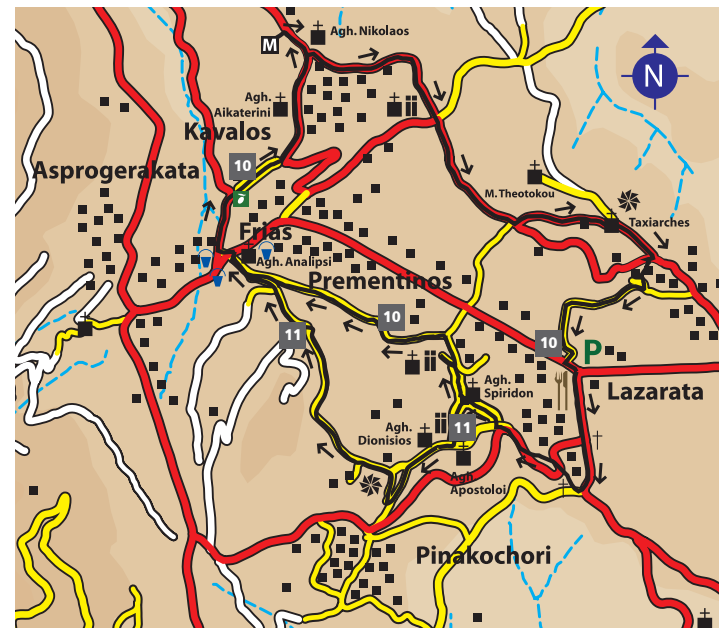
00:50 Leaving the iron campanile of the church behind us, we come to a point where the paved road meets a turning to the left, leading to the **Kontomiheio Folk Museum of the Municipality of Sfakiotes** (GPS:N38 47 327, E20 39 479, H=460m); we take this turning and carry on until we come to the entrance of the museum, well worth a visit for the exhibits inside and for the grounds with

their pine trees.

01:07 We now return to the **Agios Nikolaos Church** and after another 50m we turn left on to the asphalt road and follow it until we get to the Kavalos cemetery. Here we carry on across the intersection, heading upwards through olive trees. We turn left at the next intersection. A little farther on, at the end of the road, we come to the **Church of the Taxiarchs** (GPS: N38 47 050, E20 40 167, H=455m), with its imposing campanile.

To our left we see a derelict windmill, while turning right we head to the village of Spanohori and enjoy the view of the Ionian. Once we reach the paved village square, we turn right, in front of the renovated building, and continue downhill for 20m until we come to some steps on our left, opposite the old olive press. Descending the steps we find ourselves among the stone

01:16 houses in the village centre; passing through them we come on our left to the paved road, which we follow down to the end. We now turn right and  
01:25 follow the asphalt road, leading us to the end of our walk, in the main square of Lazarata.



## 11 Church of Agios Spyridon in Lazarata - Pinakohori - village of Frya

*A 1,440 walk taking 23 minutes, graded 1 for difficulty. This is a simple, undemanding walk, mostly downhill. On the Lefkada-Karya road, we come to the village of Pinakohori. There is a complex of villages located very close to one another; we will start at the Chapel of Agios Spyridon in the village of Lazarata and then take a fine walk through dense vegetation, ending in the square of the village of Frya.*

**Necessary equipment: the basic recommended items**

C J T

- 00:00 After exploring the paved grounds of the Church of Agios Spyridon (GPS: N38 46 758, E20 39 905, H=460m) we continue along the asphalt road. With olive groves to both sides, we walk on until we come to the **Church of Agioi Apostoloi [The Holy Apostles]**. The church has recently been renovated and still has the very fine marble decorative cornices on its external apertures. Bearing gently to the right and walking on for about 200m we come to the **Church of Agios Dionysios**, at the entrance to which stands a fine three-story campanile.
- 00:03 We carry on towards the centre of the village, following the asphalt road before us.
- 00:05 Passing through the village fields we come to a crossroads; taking the asphalt road leading downhill to the left we continue towards the centre of the village.
- 00:07 Gradually approaching the village and leaving behind us the first house to the right, we come to a crossroads where we have two choices. The road heading

downhill to the left comes, after 50 metres, to the central village square. The road going up to the right, through the neighborhood known as Kontrata, comes to a cement path which takes us to our destination.

- 00:09 Ascending through the village we come to the crucial crossroads, where we must take care to choose the road heading gently uphill to the left. Walking on for 30m we come to the Kontrata area of Pinakohori – as a signpost confirms. *The village of Pinakohori, and specifically the Church of John the Baptist, is the setting for a custom known as the Lamparda. This involves lighting fires and, if you are bold enough, leaping over them – all performed to the sound of music and in a festive atmosphere.*

We now carry on, ignoring all turnings to the left and bearing consistently to the right.

- 00:11 We are now at the beginning of a dirt track leading downhill; from this point on the walk is all downhill and not at all tiring. After 30 metres a cemented section of road begins, and we continue along it to the village of Frya (photo 2).
- 00:18 Our pleasant walk continues through pine trees, with the village of Lazarata appearing behind us, behind the verdant hill, while after a while the village of Frya appears before us.
- 00:20 On our right we come to the first house of the village. We ignore the road heading uphill to the left and keep going down and to the right.
- 00:21 With the village below us to the right, we come to a fork, where we again stay to the right, continuing downwards.
- 00:23 We note the small, low stone houses, while before us appears the stone church on the square, in the centre of the village. The stone-paved square is dominated by the great plane tree by the provincial road that passes through the village of Frya. In short – an easy walk, with plenty to see and lots of fresh air (GPS: N38 46 978, E20 39 397, H=395m).

Village square, Frya



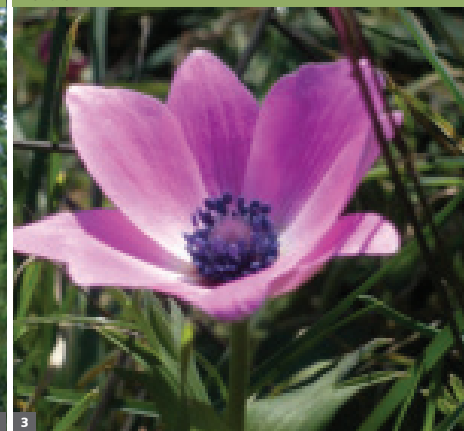
1

Attention! Direction marking



2

Anemone



3

12

## Karya - Rekatsinata - Agios Konstantinos

A 3,650m walk, taking one hour and 25 minutes, graded 2 for difficulty. The path leads from Karya to the Chapel of Agios Konstantinos, at an altitude of 650m, passing by the abandoned village of Rekatsinata. The walk offers exceptional views of the village and meadows of Karya, the village of Pigadisanoi, the Akarnanian coast and the villages of the Sfakiotes district.

**Necessary equipment: the basic recommended items**

C J T

00:00 We set out from the **fountain** in the central square of Karya, at a height of 500m (GPS: N38 45 601, E20 38 894, H=500m).

*The main square of Karya is the scene of the annual re-creation of a village wedding, organized on the first weekend of August and lasting three days. The event re-creates in every detail all the customs and traditions associated with a village wedding, from the first day to the last. Also, at the end of July, there is the Riganada Festival, featuring traditional music, dancing and the local speciality, riganada, eaten with olives, salted sardines and garlic.*

00:03 From here we ascend the paved road to the right of the fountain, which brings us to the **Church of Agia Paraskevi**.

*This is one of the oldest churches in the village, built of stone in 1839. It holds a silver reliquary, kept on the altar, and containing the miracle-working remains of the Archbishop of Corinth, Makarios Notaras.*

We carry on up the paved road, which passes the entrance to the church, and after 35 metres, on our left, come to the entrance of the **Church of Agios Dimitrios**.

00:07 After another 25m the paved road ends and we continue upwards along a cement road, turning right after another 70m into a narrow street. At the end of this street we turn right onto an asphalt road.

00:10 We proceed along the asphalt road for 55m and turn left onto a dirt path, leaving behind us the village of Karya. The road now winds around, bringing us to the **village of Rekatsinata**.

*This is one of the oldest villages in the region, which took its name from the Rekatsinaioi families who lived here. Historical sources indicate that the first families settled here about 500 years ago. Now all one will find here are abandoned, stone houses, examples of the unique local architecture.*

00:18 To our left as we enter the village is the **Church of Agios Antonios**, the property of the Rekatsinaioi families.

00:21 After passing the church we carry on up for another 20 metres, turn right and after walking another 30m come to the centre of the village. We head to the right, leading us out of the village. After a walk of 645m we come to the entrance of the courtyard of the **Church of Agios Konstantinos**.

00:38 *The church is the property of the Kopsida families (Anatou) and was probably built after 1700 and reconstructed in 1960-1964. It is baroque in style and the icons on the icon screen were painted on Mt. Athos.*

00:41 Descending the steps we find here, we now arrive at the grounds of the church (GPS: N38 45 736, E20 38 494, H=650m). All along the walk we have been passing between terraces with dry stone walls, used to grow vines until a few years ago. This area is a refuge for various kinds of birds and other wildlife.

00:43 Leaving the church and arriving back at the path by which we came, we take  
00:46 the path to the right until we come to the asphalt road. Here we turn left and after walking 535 metres we head down a dirt path to our left (photo 2).

00:54 As we walk along the path we pass through a wood. After exiting the wood  
01:00 we turn right onto the path we ascended by. The road is almost level until the

01:06 village of Rekatsinata. Before we reach the village we take a path to our left,  
01:11 which we follow as it takes us to the spring in the area of Psilithra.

This is a natural spring, with running water all year round, used to water the nearby gardens.

01:16 After the spring we proceed along the dirt road until we come to an asphalt  
01:21 road, on the edge of the village of Karya. We turn left onto this road and after

descending for 250 metres we come, on our left, to the **Maria Koutsohero Folk Museum of Karya, Lefkada**.

*The Karya Folk Museum belongs to Theodoros Katopodis and has some unique exhibits, such as old Karsani embroidery and traditional costumes, as well as agricultural items re-creating the agricultural life and everyday routines of the people of our island.*

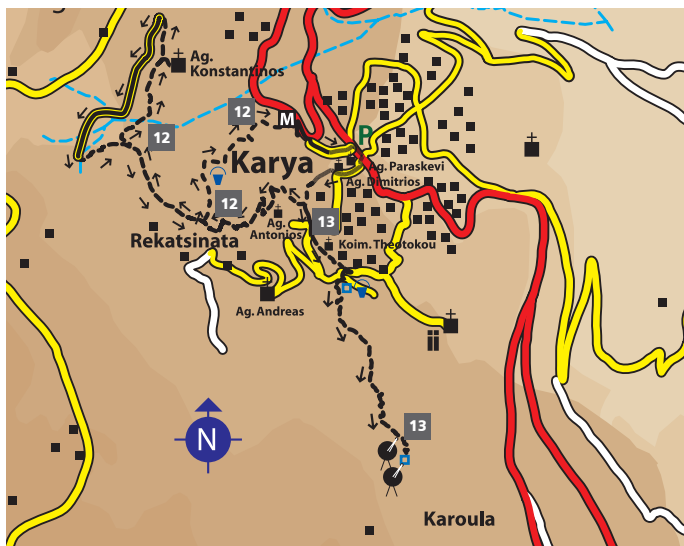
01:22 We continue downhill along the asphalt road. 70 metres along from the  
01:25 museum we turn right onto a narrow road, which begins to descend after 10 metres. We carry on with the public parking space to our right and reach the paved area, directly in front of us, the end of our walk, turning right onto the asphalt and ending up at the fountain where we started out.

Panoramic view of Karya



Attention! Direction marking





### 13 Karya - Upper fountain - Karoula

A walk of 1,290m, taking 42 minutes and graded 3,5 for difficulty. The path begins at the Karya village square, passes along paved streets, comes to the 'upper fountain' and, ascending through a lush green forest, brings us finally to the area of Karoula. The walk offers remarkable views of the village and meadows of Karya, the village of Pigadisanoi, the Akarnanian mountains and the Sfakiotes villages.

**Necessary equipment: the basic recommended items**

C JT

00:00 We start our walk at the **fountain** in the central square of Karya (GPS: N38 45 601, E20 38 894 H=500m).

The main square of Karya is the scene of the annual re-creation of a village wedding, organized on the first weekend of August and lasting three days. The event re-creates in every detail all the customs and traditions associated with a village wedding, from the first day to the last. Also, at the end of July, there is the Riganada Festival, featuring traditional music, dancing and the local speciality, riganada, eaten with olives, salted sardines and garlic.

00:03 From the square we head up the stone-paved street to the right of the fountain, coming to the **Church of Agia Paraskevi**.

This is one of the oldest churches in the village, built of stone in 1839. It holds a silver reliquary, kept on the altar, and containing the miracle-working remains of the Archbishop of Corinth, Makarios Notaras.

00:04 We carry on up the paved road, which passes the entrance to the church, and



Attention! Direction marking



Village square, Karya

after 35 metres, on our right, come to the entrance of the **Church of Agios Dimitrios**.

After another 25m the paved road ends and we continue upwards along a cement road.

00:09 Leading to a junction with an asphalt road. We cross over and after five metres turn left onto a narrow dirt path, between two fields. After walking for 40 metres we will see, on our left, the **Church of the Dormition of the Virgin**. The church was built in 1850. It is built to the basilica plan and features a carved wooden icon screen dating from 1854.

00:11 At the end of the path we turn right onto a cement road. We then ascend the narrow road to the cistern, at the rear of which is the 'upper fountain', of the village of Karya. To the right of the fountain is a stone house, behind which we find the beginning of the dirt path leading to the location known as Karoula (photo 1). The path leads uphill and passes through a pine forest. There used to be vineyards here and the path was used to carry home the grape harvest.

00:16 We have now arrived at Karoula (GPS N38 45 131, E20 39 002, H=730m), where we come across a water tank used by firefighters and to water the flocks. There is a panoramic view over the meadows of Karya, Pigadisanoi, the Sfakiotes villages, the Akarnanian mountains, parts of Epirus, Skorpios, Madouri and Meganisi.

This point marks the end of the asphalt road from Agios Konstantinos to Karoulas. The surrounding region is a refuge for various species of birds and other wildlife. We now return along the same route, or by car along the asphalt road.

14

### Englouvi - Agios Donatos - Profitis Ilias - Englouvi

A walk of 7,450m, lasting 2 hours and 20 minutes and graded 3,5 for difficulty. It starts in the village square at Englouvi, taking us across the Agios Donatos plateau (home to the church of that name), and then past threshing floors, wells, windmills and voltioi (vaulted stone rustic buildings), before bringing us to the Chapel of Profitis Ilias [Prophet Elijah] and then along a dirt path back to Englouvi.

**Necessary equipment: the basic recommended items**

## C J T

00:00 We start at the Englouvi village square (GPS: N38 43 820, E20 38 734, H=720m), proceeding along the asphalt road as far as the café owned by Ilias Kouritis, where we head to the left up a smaller paved road. After a few metres we turn right and proceed to the next junction, where we turn left onto a flat paved road.

00:06 We then carry on, bearing right, as far as the Church of the Virgin, at the cemetery. From here we ascend the cement road to the right of the cemetery. We carry on, still going uphill, until we arrive at Agios Donatos, following the dirt path to the left of the water tank. After a few metres we come to a stone, paved path leading through thick vegetation and centuries-old trees. We cross an asphalt road and carry on along the stone-paved path. 32takes us to the shrine of Agios Ilias where there is a superb view of the

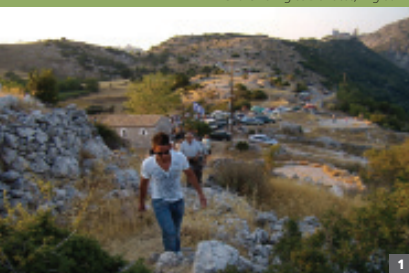
00:12 Akarnanian mountains, Sfakiotes and the Skaron mountain. From here we continue along the paved path (not the dirt track to the left) as far as the asphalt road, which we cross. After a few more paces we see to our left Vathyloko, at the top of which stands a derelict windmill, and now we come to the first of the voltoi to be found in the area.

*These voltoi are witnesses to a unique community and culture, and these traces of their lives can leave no visitor unmoved. The voltoi are found only here, and their construction was the product of the special farming conditions in the region. Each voltos was home to a small household, providing shelter for the farmers who lived here through the summer months. The sheer number of these structures (small, vaulted, stone dwellings in the shape of an oven or kiln) indicates that in the distant past Agios Donatos must have been a busy summer community, buzzing with life.*

00:28 We continue up the paved, path until we reach the Church of Agios Donatos (GPS: N38 43 644, E20 38 289, H=880m), before us the wells, threshing floors and the first lentil fields, where the famous Englouvi lentils are grown. The water from the well is safe to drink.

*The Church of Agios Donatos, on the Vouni plateau of Englouvi, has its feast day on 7th August each year, attended by many people. On the day before, after evening service, the Feast of the Lentil is celebrated, an occasion to mark*

Church of Agios Donatos, Englouvi



Voltoi-by-Englouvi



*the harvesting of the new crop of the famous local lentils. The local housewives contribute offerings of cooked lentils, preserved sardines, olives - and plenty of wine. The occasion also features traditional dancing and songs.*

00:29 We turn right off the path onto the asphalt road and after about 100m turn left at the intersection and to our right see the grape trough used until a few years ago by the vine growers of the area. We carry on for another 600m or so, past more voltoi and threshing floors, dispersed among the lentil fields.

00:44 Continuing along the asphalt road we encounter on our right the abandoned

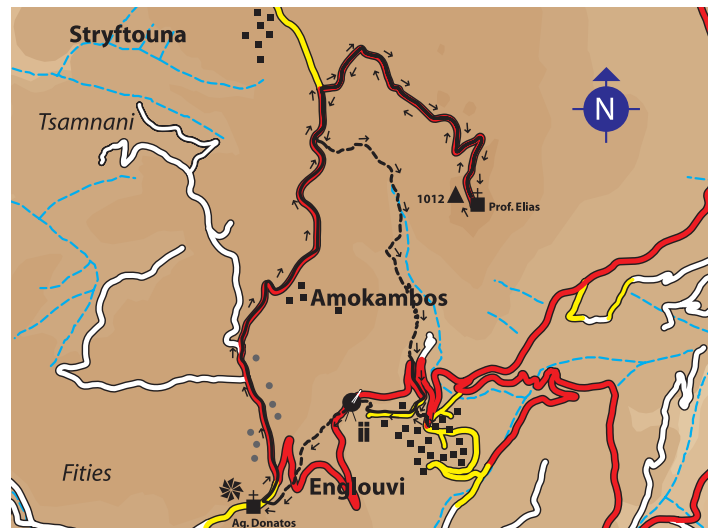
**American military bases**, which we pass and carry on along the asphalt road. After 530m we come on our right to the path we will take on our

00:52 return from Profitis Ilias to Englouvi. We continue along the asphalt road, to our right now the sand quarries, the area known as Ammokampos. A short distance in front of us and to our left is the air force base, while to our right is the

00:55 **Chapel of Profitis Ilias**. We reach the intersection and turn right to

00:57 Profitis Ilias, following the signs, and after 250m come to a dirt track. We ignore this and continue bearing right, ascending the asphalt road, with a steep gradient, until we come to the Chapel of Profitis Ilias (GPS: N38 44 299, E20 38 834, H=1012m).

*On 19th and 20th July the feast day of the saint and the preceding day, a service is held here in the little church, while celebrations are held in the main square of Englouvi, with many local people and visitors from elsewhere taking part in the traditional festivities. This is a wonderful spot to sit and enjoy the unique, panoramic view.*





01:40 We return by the same route, leaving Profitis Ilias behind us and descending until we get to the next intersection with an asphalt road, which leads on the right to the **air force base**, and on the left to Englouvi, our own destination, and we proceed with Ammokampos to the left. We walk for 200m and before

01:42 we pass a small vineyard on our left we come to the **beginning of the dirt path** (GPS: N38 44 437, E20 38 392, H=920m), which has been turned by rainwater erosion into the bed of a small torrent. We follow this down with

01:52 vineyards on our right and Ammokampos to our left. After 550m we climb out of the river bed, now becoming steep, and continue to the right on the path, eroded at its beginning but still to be made out. We are now walking through the hills divided by the torrent whose bed we were walking in earlier, which has now grown much larger. On top of the hills, to our left, we can see the Chapel of Profitis Ilias, which we have just visited, and to our right the radar aerials of the old American bases. Before us lies the village of Englouvi, with its windmills, and in the distance to the right the loftiest peak on the island, Ano Pyrgos, the peak of Mt. Elati. The path now comes out on an asphalt road and we turn downhill to the left, then right onto a cement road as we enter the

02:12 village of Englouvi, the road now becoming stone-paved. We walk on another 50m and turn left into a narrow paved road which goes on down until we

02:14 come to the asphalt road, where we turn right and come into the main square of Englouvi.

02:20

## 15 Waterfalls

*A walk of 6,730m, lasting two hours and five minutes, graded 3,5 for difficulty. The walk begins at Nydri and takes us through an unspoiled landscape with many waterfalls before bringing us back where we started.*

**Necessary equipment: the basic recommended items + towel and swimming costume**

### C J T

00:00 We leave our cars in the parking place at the Nydri playing fields (GPS: N38 43 015, E20 41 707, H=30m) and set off uphill, along the asphalt road, towards the waterfalls.

00:04 We ascend alongside the river, with Mt. Fayias rising before us. We proceed uphill along the asphalt road, with the river on our right; to our left are steep rocks, towering out over the road, their bases hollowed out into caves where animals were once kept. We continue until a little farther on we come to a cement road and a sign: Waterfalls – 400m. As we ascend we cross a little

00:12 bridge and come to a private canteen where we can rest for a moment. To our

00:14 left there is a little path which leads, 30m farther down, to a small waterfall. This is a marvelous spot to pause and enjoy the beauties of nature. We can

Footpath at Dimosari



1

Waterfalls at Dimosari



2

Attention! Direction marking



3

Nydri and the Pinkiponisa, with a panoramic view of Englouvi



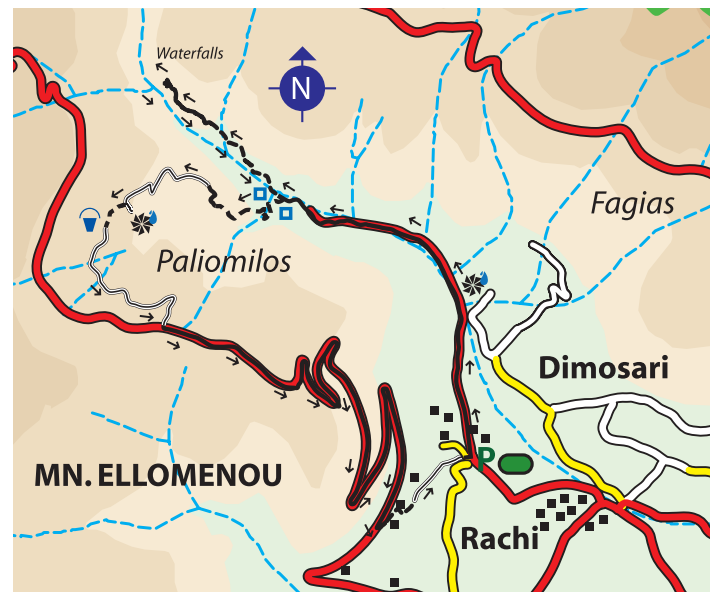
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also see from here the two cisterns that supply the district with water. We now return to the cement road and, once we have passed the canteen, the road becomes a dirt track (GPS: N38 43 387, E20 41 330, H=70m).

00:16 We walk up the track with the river on our right. Thanks to its waters the area is full of plane trees and dense vegetation. We come to some steps, first up and

00:18 then down, and a little farther on we come to waterfalls on our right. After pausing to enjoy the cool water tumbling down the rock, we carry on till we come to a little stone bridge, followed by some steps, which we ascend and continue until our passage is blocked by a rock. We stay on the path, admiring

- 00:21 the steep rocks towering above us. A little farther on we come to a small waterfall whose waters tumble into a broad pool, deep enough to enjoy a cooling bathe in. Carrying on to the right of this pool, by the right side of the gorge, taking care because the path is slippery, we see above us a vertical and striking rock, creating the sense of being in a cave.
- 00:25 We continue until we come to the highest point, where the largest waterfall is falling from a height of about 15 metres. It is a truly magical landscape, with steep rocks, small waterfalls and the whole area covered in dense vegetation. After pausing to enjoy the view, we prepare to return to the water tanks, and as soon as we reach them we take the road towards the Sfaedes spring. We follow an old country path, its entrance situated among the tanks, and this continues towards the right-hand tank, although its course appears to be obstructed owing to the work involved in its construction. At this point the route of the path isn't very clear and the ascent is quite steep, but after a while we turn left onto an old country path that is broader and clearer.
- 00:42 We continue ascending, alongside a tributary to the main river, and can see the stone wall which confines it. We follow the path into a sparsely treed wood, walking among small cypress trees and listening to the gurgling waters of the river parallel to the path. At the next intersection we turn right, leaving the path and taking a country road that will lead us to the Sfaedes spring. This location is known as Limovrohia and as we proceed we come across the remains of a crop-spraying aircraft. We continue along the country road, now less steep than before, and then turn right onto a dirt track.
- 01:00 After 30 metres we come to another intersection and turn left for the springs, heading uphill through olive and orange trees. A little farther on we come to a fork, the path on the left leading to a derelict house with a watermill, that on the right continuing to the springs. We turn left, coming to the watermill after 50 metres, and then return by the same path to continue our walk.
- 01:02 After a while we leave the country road, between two fig trees, and take the path straight ahead, with a rock in front of us. We come back to the country road, turning to the right, admiring an impressive plane tree; its trunk has a diameter of 2.5 to 3 metres, with a huge hollow in it, like a cave. We have now reached the Sfaedes caves (GPS: N38 43 355, E20 40 963, H=235m), where water emerges from the rocks, but cannot be seen because the water system takes it directly to the tanks that supply the local community. At the springs there is a junction, the right hand path leading to the **Chapel of Agios Nikolaos**, the left, which we take, carrying on to the country road. As we proceed we come to a small ravine, or vritsouli in the local dialect, and a little farther on is the area known as Pouria. As we walk along the gravel-surfaced, country road we come to an intersection. We continue to the right along the gravel road, while in front of us we see the prefectural road that links the villages of Nydri, Vafkeri, Platystomo and Karya. We take this road, turning to



- the left to return to our starting point (GPS: N38 43 168, E20 41 086, H=265m). To our left we see vineyards and olive groves, while we can also enjoy a view of the Akarnanian mountains and
- 01:24 Meganisi; a little farther down we can also see Skorpios. We carry on to the area of Ai Vasilis, where we again enjoy a view of Nydri, Skorpios, Madouri, Meganisi and Skorpidi. As a short cut we
- 01:50 can turn off the provincial road at the Margariti neighborhood, turning left onto an old path (GPS: N38 42 852, E20 41 548, H=75m) (photo 3). As soon as we make the turn we come across an Indian fig tree. The path is bordered by dense vegetation, mainly Indian fig and sage, which have a lovely fragrance but can cause allergies. This is not an easy stretch to walk through.
- 02:05 Although this last section is not easy, the walker will soon be back at his original parking place.

## 16 Yeni - Agia Kyriaki

A walk of 4,165 metres, taking an hour and graded 1 for difficulty. The walk takes us around the Yeni and Vlychos bays and is illuminated in summer so it can be done at night. Walkers should be careful because the route is also used by cars. **Necessary equipment: the basic recommended items**

### C J T

00:00 From the Nydri-Vasiliki provincial road we turn left at the turning for Yeni and after 500m come to a new intersection, Yeni-Desimi, where we start our walk (GPS: N38 40 556, E20 42 405, H=8m).

*On 21 May a festival is held in Nydri, celebrating the Unification of the Ionian Islands, with traditional music and dancing.*

We turn left on the asphalt road and walk through olive groves and tourist resorts, enjoying the view of the deep blue sea and the mountains of Lefkada.

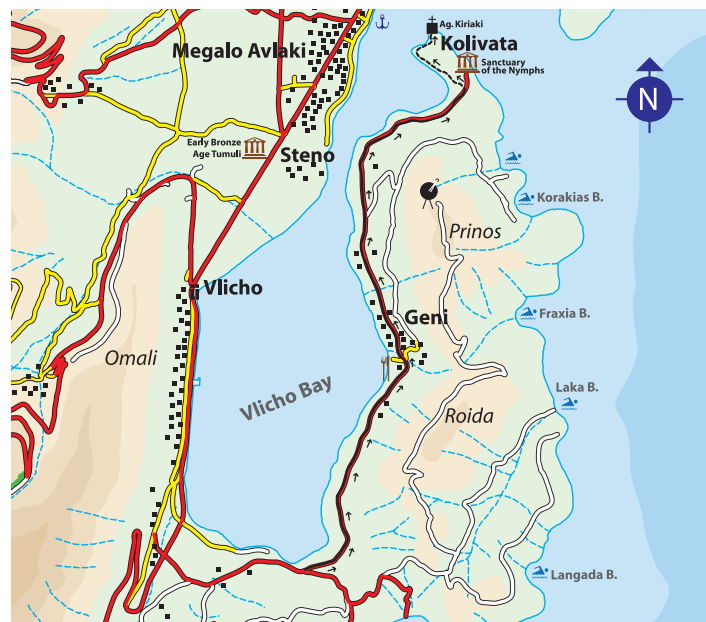
00:03 We carry on until we come to a strange house in the shape of a boat. This is the Rio-Antirrio ferry boat, which has moored among the mountains of Lefkada to give its own dash of colour to the landscape. We are still proceeding along the asphalt road, parallel to the sea, ignoring the right-hand turning which leads to the Chapel of Agia Kyriaki.

00:06 We come to a broad curve in the road to our left and to our right another junction; we continue straight on and a little farther on, where the sea is about 30m in front of us, we find some small cafés and tavernas where we can rest if we want.

00:09 We continue through cypress trees, with turnings leading off to houses with rooms for rent, but we stay on the main road until we get to Vlychos Bay and its shipyard.

00:18 A little farther on we see a sign to the village of Yeni. We follow the sign and enter the village. We come to a taverna and a little farther on a public parking area. We are moving gently downhill, still parallel to the sea and not taking any of the turnings. We are now within the village.

00:27 We continue on our way, the houses now less frequent, while farther on we



enter a landscape of olive groves and the occasional cypress tree.

00:33 We come to a turning to Korakia, which we ignore, and farther on a clump of cypress trees and a little fountain, with clean water from the Agioi Apostoloi spring.

00:48 We now take a paved path to the left, leading to Agia Kyriaki. There are pine trees and, to our left, about ten metres away, the sea. We are now walking along a dirt path following the line of the shore. Once we are 4m from the sea we go up three little steps and come to the grave of the archaeologist Derfeld, who conducted excavations all around the Nydri area.

01:00 We now enter a little harbour, ascend some steps and arrive at the private Chapel of Agia Kyriaki, built in 1906. Ascending the steps of the chapel we see an impressive icon set in the rock, while in the distance Skorpios can be seen. This is the end of our walk (GPS: N38 42 306, E20 42 870, H=1m) and we can now prepare to walk back to our starting point.

*The feast day of Agia Kyriaki is held at the chapel on 7 July, with traditional music and dancing.*

Coastal path to Agia Kyriaki



Church of Agia Kyriaki



## 17 Walk from the Antelikos fountain

*A walk of 1,045m, taking 18 minutes and graded 1.5 for difficulty. We proceed along the provincial road from Vasiliki to Syvros and when we get to the Antelikos stone fountain we take a path to the right. All along the walker can enjoy the sights, sounds and smells of the unspoiled natural landscape. This is a relatively easy walk for lovers of nature, and can also be a pleasant ride for cyclists. The visitor mustn't forget to take a walk around the Dafni park, just 200m from the entrance to the village.*

**Necessary equipment: the basic recommended items**

C J T

00:00 The walk begins at the intersection 10m before the **Antelikos stone fountain** (GPS: N38 39 680, E20 38 392, H=85m). Just a few metres from the start of the path we see to our right the first tall reeds and hear the sound of the little river on the same side. As we continue the gurgling of the river becomes louder and to our left we see two natural springs, with running

00:05 water, safe to drink. We can pause here for a moment and admire the harmony of the landscape, with the musical accompaniment of the running water. To the right, in the background, we can see the remains of an old stone watermill, while all along the path there are plane trees and all sorts of aquatic vegetation. Everything is covered in green - even the trunks of the plane trees are embraced by tendrils of ivy.

*In the past there were 20 working watermills in Syvros, exploiting the many water sources in the area.*

We are now proceeding across natural terrain and walking is a great pleasure, the landscape verdant in spring, with wild flowers dotted here and there, and in winter coated in a layer of plane and oak leaves.

00:06 A few metres farther on we come to a fork in the path and it is a good idea to take the right-hand path for a while, crossing the makeshift wooden bridge with great care to the other side of the river, where there is an orchard of fruit trees. In front of the bridge there are natural waterfalls, adding an extra

dimension to the landscape. We now go back over the bridge and return to the fork, turning right and following the main line of the path. We are now moving more steeply uphill. To the right and left of us are trees with tall trunks. On the first curve to the left there is a large laurel tree and many myrtles. A few metres farther on, on the left, there are two small meadows studded with daisies.

00:09 A few metres farther on we come to the end of the walk, as we reach the provincial road to Syvros (GPS: N38 34 832, E20 38 348, H=115m). To return to the starting point we can take the provincial road going downhill to the left.

00:18 On each side of the road are small meadows, at the start, and then olive groves. At the two sharp bends in the road there are wonderful views of the Vasiliki Bay.

18

## Vasiliki town hall - Agiofilii beach

*A walk of 3,450m, taking 45 minutes and graded 2 for difficulty. This is a fairly long walk but a very pleasant one, ending at one of the most beautiful beaches on the island, an 'alternative' to the conventional organized beaches. One can get here by boat from the village, but we recommend you take this attractive walk. We set out from the village of Vasiliki, a fishing village popular with tourists, and end at a small and magical beach, with turquoise waters and velvety white sand.*

**Necessary equipment: the basic recommended items + towel and swimming costume**

C J T

00:00 We park at the **parking area of the Vasiliki town hall** (GPS: N38 37 751, E20 36 376, H=2m) and head into the centre of the village, walking along parallel to the shore.

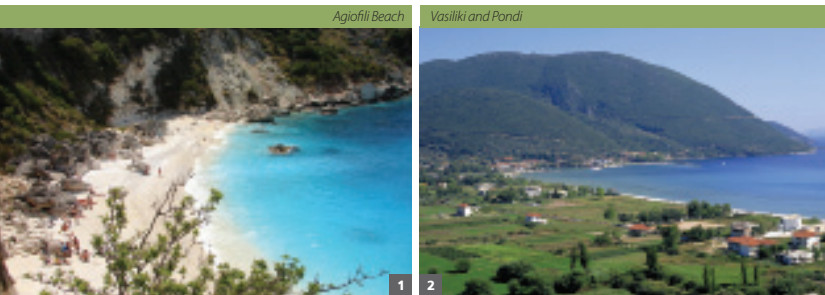
*Between 11 and 26 June an international sports festival is held here, with competitive and parallel events - most of them held in the local harbour.*

*We make our way to the other side of the harbour, where we find an asphalt path going upwards. As a rule, during this walk we should keep the sea to our right and ignore any paths branching off to the left.*

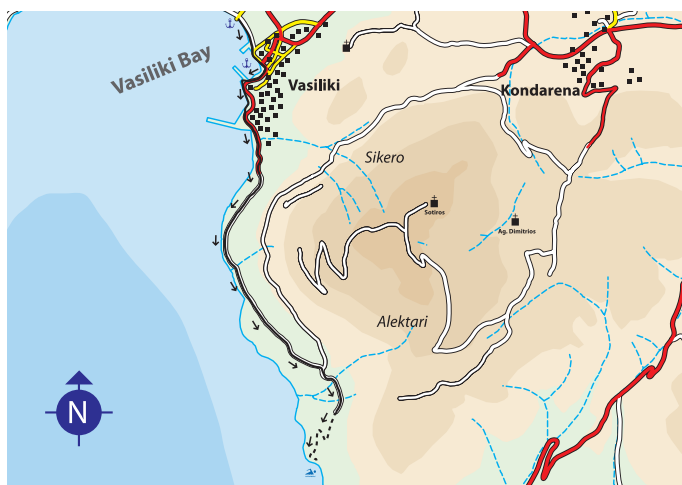
00:02 We arrive in front of the school and leave it to our left, proceeding along a road paved with stone blocks, keeping the sea to our right.

00:06 We walk along the line of the shore, leaving behind us the tourist shops and tavernas on our left, until we reach the limits of the harbour and follow an uphill asphalt road, the only way of proceeding along the shore.





- 00:11 We come to a small paved area with a bench where we can pause to admire the view. We then continue, leaving behind us a hotel on the left and ascending the same asphalt road.
- 00:14 We come to the end of the asphalt road and continue uphill to the right along a cement road until we come to a small pumping station on the right; on its wall the way to Agiofilii has been indicated with spray paint.
- 00:18 We reach the top of the ascent and continue along a dirt track, now leading downhill towards the sea. In the distance Ithaca and Kefalonia can be seen.
- 00:29 We are now at the entrance of a private driveway leading to a house and so we continue to the left, uphill along the cement road, leaving the wire fence behind us to the right.
- 00:30 Small signs to the left indicate the way to the beach.
- 00:35 We now come to a junction and head down the dirt track heading down to the right.
- 00:37 Another junction, where it is important to take the fork to the right.



- 00:40 Here we come to a fence with a gate in it, but we can bypass this by taking the small path to the right and heading downhill.
- 00:45 After several sharp bends as we proceed downhill we find ourselves at a dead end, with a stairway of steep cement steps. After descending **74 of these steps** we feel our feet sinking into soft sand, and a reviving plunge into the crystal clear waters is just moments away! (GPS: N38 36 348, E20 36 755, H=1m).

19

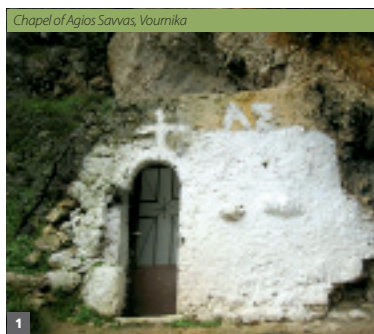
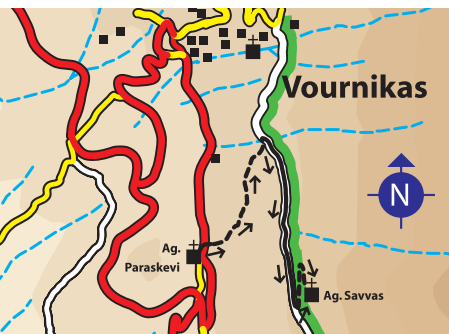
## Chapel of Agia Paraskevi - Chapel of Agios Savvas at Vournika

*A 1,150m walk taking 22 minutes, graded 2 for difficulty. To get to the starting point for this walk we have to go to the southern side of the island, to the Municipality of Apollonia. Taking the provincial road from Nydri to Vasiliki we will come to a sign indicating the village of Vournika. We follow this route to get to our starting point, the Chapel of Agia Paraskevi. The destination at the end of the walk is not easy to find, since the small Chapel of Agios Savvas, rudimentary in its design, is almost concealed by rocks. This is an easy walk on gentle terrain, the uphill dirt track leading to a high point with panoramic views.*

**Necessary equipment: the basic recommended items**

C J T

- 00:00 We park next to the **Chapel of Agia Paraskevi** (GPS: N38 39 741, E20 39 319, H=290m) and in the distance can easily see the **village of Vournika**, where the asphalt road comes to an end. The path is to the left, opposite the entrance to the church; it is a dirt track leading uphill, impossible to miss.
- 00:02 We walk up through olive groves and to our left, beside the path, is a small ravine with running water. We ignore an alternative cement road to the right and bear left, continuing up the path. This section of the path now has an old paving of cement.
- 00:03 We come to a fork, where it is obvious we need to bear right along the cement path, since the left-hand side of the fork leads into a private field. After a few metres we are walking on a dirt track once again.
- 00:10 We walk up until we come to the meeting of two dirt tracks. To our right we can see the white shrine of Agios Ioannis, and we continue in that direction.
- 00:11 We are now moving parallel to the slope and to our right we can see all the more clearly the landscape with the plain and harbour of Vasiliki. We continue along the dirt track, ignoring the downward path to the right and continuing towards the slope on the left. Soon the landscape opens up before us and we can enjoy a panoramic view.



00:18 While the dirt track we have been walking along continues straight ahead, we will bear left and backwards, taking a smaller, ascending dirt track leading up the slope. We are now close to the end, but must be careful to take the right turnings. After a few metres the path narrows, twisting and turning to the right and taking us higher.

00:22 Finally, to our left and beneath the rock there is a small metal stairway and the **Chapel of Agios Savvas** (GPS: N38 39 696, E20 39 527, H=410m). The view is, of course, magical, and the return will be an easy downhill walk.

*The chapel is a primitive construction of whitewashed stones and branches; it has no roof. It is said that the icon of Agios Savvas was found here, and the chapel was built by local people in his honour.*

20

## Centre of Marantochori - Harbour of Marantochori

*A 2,580m walk, taking 35 minutes and graded 1 for difficulty. We set off from the centre of the village on the provincial road to Lefkada. We then take a country asphalt road, which eventually turns into a dirt track. After a pleasant and relaxing walk we visit the Chapel of Agios Georgios and then end up at a little harbour.*

**Necessary equipment: the basic recommended items**

C J T

00:00 We park in the centre of the village, where there is plenty of space, in front of the cafés (GPS: N38 37 806, E20 38 954, H=80m).

00:02 We walk up the asphalt provincial road towards Lefkada and after 200m come to a small sign on the left indicating an asphalt road heading to the Church of

Agios Georgios; this is the road we must take.

00:05 Staying on the asphalt road and ignoring any small paths turning off it, we gradually walk away from the village.

00:07 We come to a crossroads and take the left turn, as the

00:11 sign indicates. After 280m we come to the **monastery**, which extends its spiritual protection over the village (GPS: N38 37 930, E20 38 676, H=125m). There is a beautiful chapel where the village celebrates the feast day of Agios Georgios each year.

00:14 We return to the crossroads and take the cement road, after a while finding ourselves at a fork. We ignore the cement road heading up to the right and continue to the left. At this point we come into a clearing and continue along the same dirt track heading uphill to the right.

00:20 Here we ignore a cement road heading down to our left and continue uphill, still on the dirt track. On our left there is a bench with cement blocks and a tin roof; we continue uphill bearing right on the dirt track.

00:28 Here we ignore a small country path on our left and continue straight on uphill.



00:31 We come up against a low wire fence, which we should step over and continue on our way.

00:34 There is a big clump of reeds to our right, concealing the lake behind them. There is a small passage where the reeds have been cut and removed and this is our way through.

00:35 Now there lies revealed before us the little lake, a scene of absolute serenity and tranquility (GPS: N38 38 569, E20 38 400, H=150m). This is a place where we will want to stay awhile and enjoy the peaceful landscape. The return half of the walk is just as easy going as the outgoing half.

## 21 Agios Ilias walk

A 1,970m walk, taking 52 minutes and graded 1 for difficulty. The walk begins in the centre of Agios Athanasios and takes us through Agios Ilias to end at the Chapel of Agia Paraskevi.

**Necessary equipment: the basic recommended items**

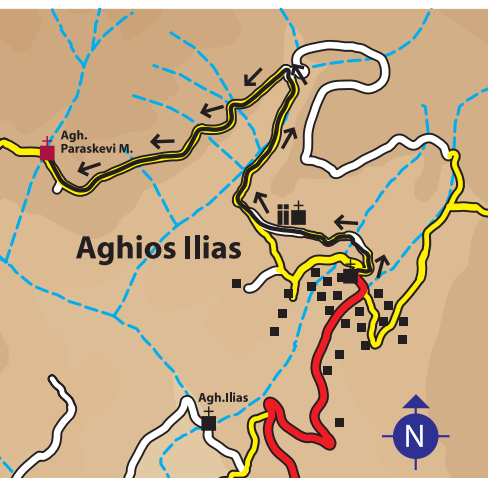
C J T

00:00 Our walk begins in the **main square of Agios Athanasios**, home to the church of the same name (GPS: N38 41 404, E20 38 734, H=610m). 20 metres from the square we come to an intersection and turn right towards Agia Paraskevi, as the signpost indicates. After another 30 metres we come to another intersection where we turn left, once again following the sign.

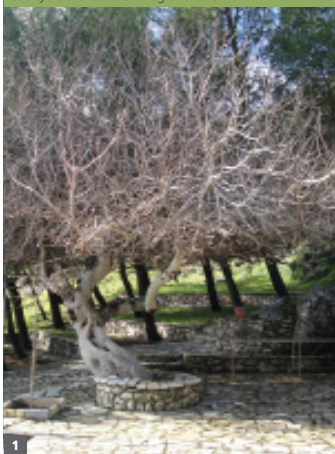
00:07 We ignore two turnings to the left, continuing up the cement road as we gradually leave the village and come to the cemetery of Agios Ilias. We next

00:10 come out onto the main asphalt road and from here the campanile of Agia Paraskevi is visible. We soon come to a well in the middle of the road and make our way uphill through vineyards. We carry on, crossing a ditch, while to our right we can see the bed of a torrent. The climb becomes steep, the ground around us sandy with sparse, low vegetation. For a good stretch now we have a view of the islands of Kefalonia and Arkoudi. Our walk is now at its end, we have arrived at the Chapel of **Agia Paraskevi** (GPS: N38 41 584, E20 38 091, H=770m).

*The feast day of Agia Paraskevi is celebrated on 26th July, with traditional music and dancing.*



Courtyard of the church of Agia Paraskevi



## 22 Meganisi, Village of Spartohori - Agios Ioannis

A walk of 2,330m, taking 30 minutes and graded 3 for difficulty. This is a walk through the countryside from Spartohori to the Church of Agios Ioannis; on the way the walker can enjoy a swim on the beach of the same name. You are advised to return before sundown.

**Necessary equipment: the basic recommended items + towel and swimming costume**

C J T

00:00 We set off and leave behind us the **village of Spartohori**, taking the asphalt road to Agios Ioannis (GPS: N38 39 570, E20 45 399, H=65m). We come to an intersection with the regional road, to the left, while we continue to the right, following the sign. Proceeding parallel to the ravine, still on the asphalt road, we come to a turning on the right, which we ignore, and after 50m uphill we come to a second turning on the right - which we take. Proceeding through olive groves along the whole length of the walk, on our left we come to a well. After a while, on our left, we come to the start of a narrow dirt path (photo 1). We start to go down this path, between holm oaks and abandoned olive groves. The landscape grows less tame and the path harder to follow in many places, darker too as the vegetation thickens; the clearings are infrequent. Where the path ends we move onto a country road. The vegetation is less rampant here and there are olive groves around us. We descend the country road, passing on our left an old cistern, and a few metres farther on we come to the beach. We turn left on the asphalt road, walking by the sea till we get to the **Church of Agios Ioannis** (GPS: N38 38 822, E20 44 326, H=1m).

*Tradition has it that the monastery was founded before 1477 and destroyed by pirates, who threw the icon of the saint into the sea, whence it was recovered in a fisherman's nets. The feast day is on 24 June and features a reenactment of the traditional Lampades, in which local people light bonfires and leap across them.*

00:30 We can pause here for a swim, looking across to the coast of Lefkada; the little island to the NW is **Thilia**.

Attention! Direction marking



23

## Vathy harbour - Katomeri - Atherinos harbour

A walk of 8000m, taking 1 hour and 57 minutes and graded 1.5 for difficulty. The walk begins in the harbour of Vathy. Following the old path used by the villagers to get to Katomeri, and passing through the latter village, the walk brings us to the harbour of Atherinos. From there we continue along the shore, passing little bays and coves, returning once again to the harbour of Vathy. This is a relatively easy walk, allowing us to enjoy a swim and admire the countryside.

**Necessary equipment: the basic recommended items + towel and swimming costume**

C J T  
00:00

We set off from the **Church of Agios Vissarionas**, in Vathy harbour (GPS: N38 39 826, E20 47 002, H=1m).

The harbour is also the finishing point for the bicycle race that commemorates unification of the Ionian Islands and is held each year on 21/5, starting in Spilia.

With the square on our left hand we come to the end of the road and turn right.

The Church of Agios Vissarionas was built in the early 20th century, when Agios Vissarionas, Metropolitan of Larisa, ended a terrible pestilence which had descended on the people of Meganisi. Since then the Saint has been revered as the protector of the island and the 15th September, his feast day, is an official holiday for the island.

After walking for 60m we come to two wells and continue along the dirt track, with a stone wall on our left. As we ascend to the first turning we bear left and after 20 metres the paved path begins.

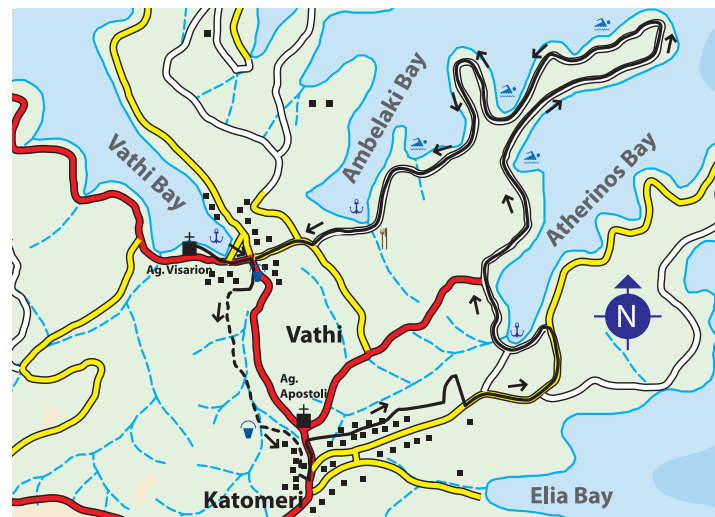
00:07 Strolling pleasantly through olive groves we come, at the end of the paved road, to a well, on our left hand, while the road from now on is uphill and cement surfaced.

00:15 After reaching the paved road we continue without deviation until we get to a level section where there are two sets of stone steps. We take the steps to the left, leading us onto the main asphalt road.

00:22 We are now in the village of Katomeri, where we descend the asphalt road for 90 metres and then 50 metres before the **Agioi Apostoloi Church** we turn right onto a cement road. A few metres farther down we find an asphalted section of road and we gradually leave the last few houses of the village behind us. Remaining on the asphalt road leading gently uphill we can enjoy, at the curve on the right, a view of Atherinos harbour. Carrying on for 110

00:36 metres we come to an intersection; the right hand leads to the village, but we take the other turning to the left. Descending through olive groves we come to another junction and again turn left towards the Atherinos harbour.(GPS:

00:40 N38 39 678, E20 47 954, H=2m) We continue to bear left along the side of the



harbour. Once out of the harbour we proceed until we find a lateral dirt road going downhill on our right, which we now follow, leaving the asphalt road behind us. From here the walk continues along the line of the shore, allowing us to enjoy the unique view of the landscape with the two little islands, small and large Nisopoulo. As we proceed we come to four small beaches, where we can enjoy a refreshing swim.

01:40 After the fourth beach we leave the shore for a while, passing private houses,  
01:45 and then bear back to the shore as we come to the little harbour of Ambelakia. At the end of the road we come to an intersection and head down to the right, where after a few yards we come to the first houses of the village of Vathy. We enter the village, now on a stone-paved road, and at the junction  
01:57 turn left to return to the harbour (GPS: N38 39 826, E20 47 002, H=1m).



## 24 Episkopi - Kalamos

*A walk of 8,280m, taking 1 hour and 55 minutes and graded 1 for difficulty. This is a fine walk linking two of the island's harbours, Episkopi and Kalamos, which gives the walker the chance to experience all the rich verdure of the Kalamos pine forest.*

**Necessary equipment: the basic recommended items + towel and swimming costume**

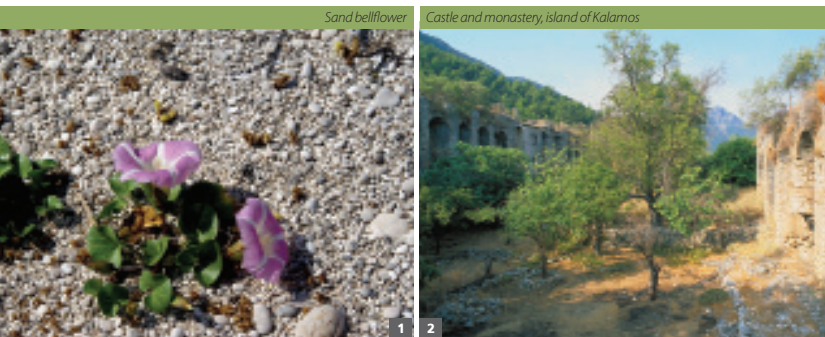
C J T

00:00 Setting off from the **harbour of Episkopi**, on the northern shore of the island of Kalamos (GPS: N38 38 917, E20 55 689, H=1m), we ascend the asphalt road and after a while come on our right hand to the **Church of Agios Georgios**. We continue our ascent, leaving behind us the last houses of the village of Episkopi, and come to the verdant pine forest of Kalamos, with its rare flora, dense and hospitable, providing homes to many species of birds.

00:14 We then enter the **village of Kastro** and 100m from the first houses we come, on our left to the Church of **Agios Nikolaos**, dating from 1470 (GPS: N38 39 055, E20 56 558 H=65m).

*The Kastro, or Castle, of Kalamos is also known as Kastromonastiro [castle-monastery] because it was once the site of a monastery with remarkable paintings, all destroyed when the monastery was abandoned. Only some sections of the lofty stone walls of the castle now remain, with the fine arches on the interior serving as firing points on the external walls. It is said that the mother of Karaiskakis, the famous fighter in the Greek War of Independence, is buried here.*

00:38 As we proceed through the pine forest we come to the first turning in the road, leading off left to the **Church of Agios Konstantinos**. We proceed straight on through the forest where after a while on our left we come to a clearing with a wonderful view. Kastos can be seen, as well as the other islands of the **Echinadae group**, the **coastline of Akarnania**, the **harbour and part of the village of Kalamos**.



Sand bellflower

Castle and monastery, island of Kalamos

**Kalamos, which Homer called Karnos, was the second largest island, after Ithaca, in the Echinadae group.**

01:29 We continue on our way, leaving behind the dense pine forest. The landscape now features olive groves. Eventually we come to an intersection where

01:34 a country road leads to **Myrtia beach**. We ignore this and pass on to an intersection (GPS: N38 37 722, E20 56 107, H=55m) where an asphalt road

01:36 to the right leads around the village of Kalamos. We ignore this turning too and continue on till we see the first stone houses of the village, some of

01:46 them abandoned. When we are inside the village we stay on the asphalt road without deviating until we come to an intersection. The turning to the right is

01:51 made of non-slip tiles, but we turn down to the left on the paved road leading to the community offices and rural surgery of the island. Here we can rest with a cooling drink in one of the cafés, or even sit down for an excellent meal. If we choose to carry on, we cross the road and continue downhill, along the asphalt stretch of road, where after 50m we take the turn to the right in the direction of the **Church of Agia Triada**.

*The Church of Agia Triada is famous for its superb decoration. The carved wooden screen, the episcopal throne, the exquisite altar and icons by S. Gazis all make the church a remarkable example of ecclesiastical art, well worth a visit.*

As we continue downhill the road brings us to the **harbour of Kalamos**, where we can pause again at one of the tavernas (GPS: N38 37 297, E20 55 869, H=1m).



## 25 Kalamos - Agia Paraskevi

A 3,120m walk, taking 55 minutes and graded 2,5 for difficulty. This is a walk with ample views of the sea, starting in Kalamos and ending at the picturesque Chapel of Agia Paraskevi.

**Necessary equipment: the basic recommended items**

C J T

- 00:00 (N38 37 722, E20 56 107, H=55m). We turn right at the junction outside the village of Kalamos, taking the ring road, with pines on our right and olive groves on our left.
- 00:08 We walk uphill until we come on our right to a junction with a cement road, which we take.
- 00:15 This road takes us down to the **Church of Agios Georgios** (N38 37 736, E20 55 981, H=115m). We continue, now on a dirt track, ignoring the turning to the right. The vegetation gradually becomes lower and sparser.
- 00:35 The walk continues without surprises until we come to a broad turn to the left, where we see laid out before us the village of Kalamos and its harbour, Kastos and the islands behind it – definitely a view worth pausing to enjoy.
- 00:55 We continue uphill until the country road brings us to the **Chapel of Agia Paraskevi**, with the lightning-blasted oak at its entrance (N38 38 331, E20 55 635, H350m). This is the end of our route, but it is worth walking another 150m to the northernmost part of the plateau and enjoying the view of Episkopi and Mytika (N38 38 392, E20 55 684, H=345m).

Panoramic view, island of Kalamos



The little harbour, island of Kastos



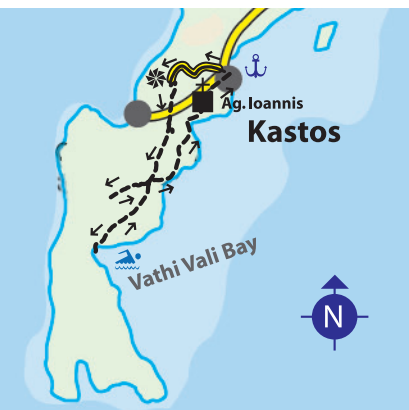
## 26 A walk on Kastos

A 4,500m walk, taking 1 hour and 27 minutes. We arrive in the harbour of the beautiful little island of Kastos, with its tiny population, and walk up to the top of the hill, where we find the old, derelict mill with the wooden roof. This is where our walk begins. Starting from the old mill and walking along a narrow country path, we come to the little beach of Vathia Vali, to the south. From here we return by another path to the centre of the only village on the island. The only access to the island is by boat from the coastal town of Mytika.

**Necessary equipment: the basic recommended items + towel and swimming costume**

C J T

- 00:00 From the harbour (GPS: N38 34 037, E20 54 611, H=1m) we walk uphill to the right, along any of the narrow streets taking us up to the cement road that leads to the Sarakiniko harbour. Ascending the cement road we arrive beneath the old windmill, taking the old path to enjoy the sight of the mill and the beautiful view (GPS: N38 34 040, E20 54 355, H=50m).
- 00:07 Returning to the cement road we head south, moving away from the village.
- 00:11 We must now look carefully for the old country path to the left, which will lead us to our destination. It starts with a small, half-metre opening, within a group of small holm oaks.
- 00:12 Proceeding slowly and cautiously along the path and passing an old stone wall with a little wooden door in it, we come to a crossroads where we can go straight ahead on the flat or uphill to the right. We select the path to the left and after 75 metres come to a small, old, stone house.
- 00:13 We have now returned to the crossroads, from where we continue south on our second option.
- 00:15 We come to a clearing and on our right at the end of the slope we can see the little harbour of Sarakiniko, while 35m farther on we again pass the old wooden gate.
- 00:22 Moving uphill a little we come to a stone house, in habitable condition, which will serve as a reference point for the next part of our walk (GPS: N38 33 623, E20 54 254, H=35m).
- 00:27 Taking the small path to the right and leading uphill, after about 200m we come across an old threshing floor in a clearing with a fine view (GPS: N38 33 574, E20 54 122, H=60m).
- 00:32 Having returned to the crossroads with the stone house, we now continue straight on along our original course, leaving the house to our left and moving gently uphill to the little bay of Vathia Vali.
- 00:37 Walking up to the top of the slope we turn right and uphill at the little crossroads.
- 00:42 We are now at the top of the slope and below us we can see the little bay.



Only now does the lapping of the waves on the sand disturb the absolute tranquility of the scene. We now descend carefully along the little path and approach the beach.

- 00:47 We have now arrived at the little beach of Vathia Vali (GPS: N38 33 333, E20 53 983, H=1m). This is the route taken by a fair number of tourists in summer, allowing them to end their walk with a cooling dip in the sea. It also serves as a mooring for luxury vessels. From here we walk back to our reference point, in front of the stone house.
- 01:12 Back at the crossroads, with the house behind us on our right, we now move downhill and to the right following the line of the coast and keeping the sea on our right hand.
- 01:17 To our right we come to a plot of land surrounded by a wire fence and after a few metres more we are on the country road.
- 01:22 The country road gives way to a cement-surfaced road and after continuing down it for a few metres we come to the little beach of Belakia. We continue along the cement road, now moving uphill.
- 01:25 We now come to a crossroads and take the right-hand turning down towards the village. After a few metres we come to the **Church of Agios Ioannis**, with the village cemetery.  
*The feast day of Agios Ioannis is celebrated on 23 and 24 June each year, with traditional music and dancing creating the warm atmosphere of a folk celebration.*  
Passing in front of the church we are now on a stone-paved road and can see the small but elegant community building.
- 01:27 We now arrive at the harbour square, currently undergoing construction work, with its stone pergolas (GPS: N38 34 037, E20 54 611, H=1m). From here we take the boat home.

## Legend

	Walk on main asphalt road		
	Walk on secondary road		
	Walk on dirt track		
	Walk on path		
	Main asphalt road		
	Secondary road		
	Dirt track		
GPS Longitude and latitude are given in degrees (°) and minutes (').			
	Village		Playing field
	Church		Monastery
	Museum		Archaeological site
	Shrine		Cemetery
	Cistern		Spring, well
	Parking area		Café, canteen
	Restaurant/café		Cave
	Harbour		Beach for swimming
	Windmill		Watermill
	Aerial	CJT	Net walking time
	Olive press	LEVEL OF DIFFICULTY 	

## Useful phone numbers and information

Greece international code:	0030
Prefecture of Lefkada:	26453 60700
Lefkada Directorate of Tourism, Culture & Commerce:	26453 62129 - 26450 21613
Fax:	26453 62124 26450 21715
Municipality of Lefkada:	26453 60500
Municipality of Apollonia:	26453 61000
Municipality of Ellomeno:	26453 61100
Municipality of Sfikiotis:	26453 61400
Municipality of Karya:	26453 61200
Municipality of Meganisi:	26453 61310
Commune of Kalamos:	26460 91281
Commune of Kastos:	26460 91484
Lefkada Police Station:	26450 29375
Lefkada Harbour Master:	26450 22176
Taxi:	26450 21200, 26450 24600 (Nydrí: 26450 92000)
Olympic Air:	210 3550500 - 8018010101
Athens Airways:	210 6696600 - 8018014000
<b>Coaches</b>	
Lefkada:	26450 22364
Athens:	210 5150108
Thessaloniki:	2310 595439
Holy Metropolitan Church of Lefkada and Ithaca:	26450 26207
Holy Phanomeni Monastery of Lefkada:	26450 21305
Lefkada Public Library:	26450 22502
Lefkada Archaeological Museum:	26450 21635
Hotel Association:	26450 24539
Federation of Business Associations:	26450 21266-7
Rented Rooms and Flats:	26450 21608
Greek Post Office (ELTA):	26450 24225
Hospital:	26450 25371, 26450 25376
Fire Brigade:	26450 22555
Greek Telecommunications Organization:	26450 21299
Vasiliki Health Centre:	26450 31065
<b>Websites</b>	<b>e-mails</b>
<a href="http://www.lefkada.gr">www.lefkada.gr</a>	<a href="mailto:tourismos@lefkada.gr">tourismos@lefkada.gr</a>
<a href="http://www.lefkashotels.gr">www.lefkashotels.gr</a>	<a href="mailto:info@lefkashotels.gr">info@lefkashotels.gr</a>
<a href="http://www.holidaysinlefkada.eu">www.holidaysinlefkada.eu</a>	<a href="mailto:oseeddef@otenet.gr">oseeddef@otenet.gr</a>
<a href="http://www.lefkas-familyhotels.gr">www.lefkas-familyhotels.gr</a>	
<a href="http://www.medmarinas.com">www.medmarinas.com</a>	<a href="mailto:lefkas@medmarinas.com">lefkas@medmarinas.com</a>

## MAP OF PREFECTURE OF LEFKADA

### WALKS



Editing - Design - Articles: MMS Advertising SA

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