

THE MOUNTAINS OF GREECE

UPDATES to 2008

1. MINOR AMENDMENTS

Page 32 para 4 – Continue upwards... and look out for red squares.

Page 33 para 1 – the stone hut is in ruins.

Page 37 – At the main road turn L, then R and R again after 20m...

Page 39 bottom – Viniani has no facilities at all.

Page 48 – clear waymarking all the way to Nisi with yellow squares.

Page 52 top – once past the rotting car and the first turn, the waymarks are clear.

Page 71 – Karpenísi–Kerasokhóri. A friend says the first three sections are good, the fourth horrible. In Krendi, Hotel Makkaz (tel.02237031350).

Page 119 – Leondíto: taverna/rooms, *Delidhími* (24450-32094).

Page 121 top – in 2008 the path from Leondíto to Spiliá was blocked by a landslide in the big gully before the monastery. To go round by road takes 2hrs. There is a taverna opposite the gully where path should come out.

Page 124 top – the 2-storey house is a taverna.

Page 125 – Petrotó *maghazée*, now called *To Monopólio* (tel.2445031324), is owned by the teacher.

Page 128 – Kalí Kómi: Jeanette Skylas guesthouse (tel.+30 24450-31511; www.alkishotel.gr).

Page 134 –Hotel in Mesokhóra (mob.6977803074) very friendly; €20.

Page 138-9 –walking time to Moskhofito is 3hrs 45mins.

Page 139 – Moskhófito to Mesokhóra is 12km or 2hrs 15mins.

Page 146 bottom –in 2008 a landslip had caused the river to re-route. Pick up the track on the further bank. Shortly after, take the track to L of track to farm – not the track zigzagging up to R.

Page 147 – leaving the village, turn L on the tarmac road (no longer dirt).

Page 148 – Ayii Apostóli makes a very good campsite. The church has a big porch if it is wet.

Page 150 – 2141m peak should read 2191m.

Page 153 – Stay on top of the wall instead of crawling through the “tunnel.”

Page 154 – Zánglis: +30 26590-61518 and -62214//www.zaglisnapoleon.gr and zaglis@otenet.gr

Page 155 –The ridgetop path is excellent!

Page 170 last para – the route over the Flénga peak gives fantastic views.

Page 172 –To find the head of the marked path, look for a sheepfold under the ridge. The path is quite obvious, with red marks on the fir trees.

Page 174 – 1hr 55mins: At about 2hrs 5mins the main path has been washed away. Follow fresh signs to cross the river to its true R bank, then almost at once back to the L bank.

Page 175 – “a L fork after 15mins...” About 5mins later, cross a ford and take the track L (up) at a fork immediately after the ford.

Page 176 para 1 – Yellow and black marker disappeared. 5mins later, bear R at fork (L leads to river). Para 2 – on the logging track, ignore an E6 sign to Distrato pointing N down a steep path on edge of ravine.

Page 177 top – The RH hairpin is a 90° R turn. Line 2 – no cairns, but there are E6 signs. There is a fork here; stay on R (level) side. Para 3: “to lose height again...” Ignore a path descending from R and almost at once another rising on R... steps may be covered by wood piles... End para 4: after the half-finished building, cross the stream several times following the waymarks.

Page 178 top – emerge on an overgrown ‘green’ forest track. Para 2: a good track on the top of the ridge. Turn L and approximately 100m away there is a square sign immediately below the broken shrine.

Page 181 para 2, line 2 – Bear R across the clearing and look for a straight path rising between two lots of firs. You can just make out a sign at the top. From here the path is very clear and well signed (poles with red square on yellow ground and occasional yellow and black and lots of E6).

Page 181 para 4 – “to a wooden bridge...” This is the only bit where the path is not clear because of other paths. The signs appear to face the wrong way. Do not be drawn down the slope to the stream as the signs might suggest. Go from pole to pole and at a pole without a square look to the R and there is a broken wooden bridge over a dry gully. Cross it and come to a second wooden bridge over the stream. Last para: The bridge has gone. On reaching the river bank go upstream about 50m. On the opposite side is a fresh yellow and black sign. Cross over and follow up to steps.

Page 186 Stage 6 – there is a lot of work on new tracks on the way up to Prof ítis Ilías.

Page 193 – Aetomilitsa: the guesthouse has closed. The church has a good porch.

2. CHANGES TO AMFISSA/GHIÓNA TO KARPENÍSI ROUTE

Chapter 1:

These changes relate mostly to the Amfissa/Ghióna–Karpenísi (Rákhes Timfristoú road) route. Most particularly they cover the section, Ano Mousounítsa along the ridge via the Sarádena refuge to Rákhes Timfristoú, which I walked in 2008.

In fact, if you only have a week to spare, I would strongly recommend this route. But it is tough and remote and you need to be self-sufficient.

Take a bus from Athens to Amfissa. Day 1, camp at the Ghióna refuge; Day 2, Sikiá and get a lift to Ano Mousounítsa for the night; Day 3, get a lift from shepherds to Stavrós and camp at Miliá; Day 4, Sarádena refuge; Day 5, camp near “Celtic” memorial; Day 6 get a lift into Karpenísi for a bus back to Athens.

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Mílos – there is now a wooden picnic kiosk on the path. The spring has been piped down to the kiosk and the water gets unpleasantly hot in the exposed pipe. A pity but it is the only sure supply of water. From Mílos onwards the path has been cleared and widened.

page 45, top of page

The junction for the path to the refuge is now clearly marked by green E4 signs. It bears off to the R up a steep spur into the firs. It has been refashioned by machine which makes for a rather unnatural gradient. After about 1hr 15mins you emerge from the trees and come to another new picnic kiosk just above trees, from where you can see the refuge to the N.

page 45, para 2

The secondary hut beside the refuge has gone. For water, continue 15mins along the path due N of the refuge, to a spring.

To continue to Skasmádha col (para 3) and Nisí sheepfold (page 47 para 3):

Follow path N with E4 signs. It bends up R towards the end of a visible dirt road, where there is a sheepfold and another kiosk. Turn L to the kiosk, pass it and work R up a grassy rounded spur to the R end of the crags above, passing big whitish boulders; angle up L following the base of crags, crossing scree – the path is fairly clear to Skasmádha (don't lose any height, but don't go too high either).

Cross the col and keep N down the R flank of the biggish gully opening in front of you (waymarks), with the Píramídha peak to your L and the deep grassy hollow of Vathiá Láka at its foot. At the foot of the grassy slope below Vathiá Láka you come to the copious Khalíki spring (E0348554/N4279876). To reach the ruined Nisí sheepfold, bear L up the slope opposite the spring on to the top of the spur, where you will see its collapsing walls in front of you (E0348270/N4279801).

From Nisí, heading for Lázou/ Sikiá:

Head W along the grassy L flank of the gully losing enough height to pass just below the barrier of boulders in among the uppermost of the scattered fir trees. "Sheep" paths contour round to L, pretty much on a level. There are occasional small cairns. Keep going until you reach the cave/overhang (about 50mins from Nisí) and then make your way down the R side of the gully below you, crossing to the L side after about 100m – fairly clear. You can follow cairns past the overhang and then turn down R. Yellow square waymarks begin at the fir trees, following more or less the open ground close to the top of the L bank of the gully – the path visible, though not good. Keep your eyes open, for lower down the path veers R and descends through the fir trees towards the stream bank, which it follows downhill (remains of old terrace walls under the trees) to a junction with the Lazórema stream and then bears L, still in the trees, following the united streams down to the open meadows at Lázos., and the campsite mentioned on page 49 para 1. The spring in the stream bank near the shepherd's huts may be dry – I would not hesitate to drink the stream water, especially if the sheepfolds are not occupied.

Chapter 1

Route 9, page 62ff

Ano Mousounítsa – Rákhes Timfristoú (Karpenísi) via Sarádena refuge

NEW ROUTE: (12hrs 30mins)

Stavros to Miliá peak (4hrs)

From Stavros (para 1, page 58), follow the track downhill for about **35mins** to where the E4 crosses the river. At the junction before the river, take the track bearing off R along the 1600m contour for about 1600 metres. Pass a large cattle trough (copious spring) on the R (potential campsite) and continue on till you come to some shepherds' huts in a clearing (**1hr**). Pass the huts and enter the firs (*élata*) in a straight line. The path shows, but it is not very clear. After 10/12mins (**1hr 12mins**) bear R uphill with a stony gully opening below to your L and cross some tumbled boulders, bearing 330° – this is the general bearing to follow. You are climbing slightly, towards the low grassy col that was visible from the cattle trough before the huts. The path is very unclear and overgrown. There is an occasional red paint mark. Try to keep to your bearing as you push through the trees. A 15-minute struggle brings you clear out into grassy open slopes (**1hr 27mins**). Keep bearing 330° and **5mins** later you reach a point where you can see both sides of the ridge by a lone juniper on the ridge (**1hr 32mins**).

Below and in front of you is a narrow grassy “bridge” (13mins; **1hr 45mins**; E0335295/N4289330) linking to the next rising grassy bump. Cross it and climb the ridge line to the Omaló peak in 17mins (E0334715/N4288996, **2hrs 2mins**). The map shows the path rounding Omaló some way below the ridge on the south side; we could not see any trace of it. Best to stick to the high ground – which is true all the way on this route. Coming down from Omaló (we could not find the Vromovrísí spring marked on the map), you reach the “bridge” (1595m) to the next, Yidhovoúni, summit, in 30mins (**2hrs 30mins**). Cross and keep straight up the spur to around 1650m before bearing R across the slope through the firs. The old path is clear in places, but not easy to find; don't bear off R too soon/too low, where a path seems to lead. You come out on the ridge at the northern end of Yidhovoúni, (about 30mins after crossing the “bridge”; **3hrs**) where it levels off at around 1720m – quite narrow here. There is a lone fir tree at the head of a small gully, with a spring about 120m below, on the W side. It is the only water we could find hereabouts, so do not miss it.

Keep along the broad, grassy ridge top in a NW direction. There are the remains of a vehicle track as you descend. Pass a shepherd's hut on a knoll to your L (west) above a little shoulder below the 1784m Miliá peak (probably about **3hrs 40mins** – distracted from time-keeping here). About 15mins further, past two or three dry springs, you come to a grassy hollow, where we camped (about **4hrs**).

Miliá to Sarádena refuge (3hrs)

Continue WNW along the ridge, first to the R, then L side, to a narrow neck marked Polemístra on the map (**15mins**; 1625m, E0329660/N4291639). In front are beech woods climbing to a narrow grassy ridge. The path goes down to the R of a rocky outcrop, then follows the upper edge of the beech wood. Descend from the high point of the ridge, always above the trees, to a wide grassy spur (8mins; **23mins**) below Point 1604m on the map, with scattered fir trees. We searched long and hard for the spring marked on the map but could not find it.

Continue along the top of the grassy ridge to the 1614m trig point (18mins; **41mins**) and descend quite steeply to the next “bridge” at the foot of Pírgos. As we needed water, instead of

climbing W up the slopes of Pírgos, we bore R on the contour, across the dry gully which stems from the connecting “bridge,” to meet the end of a rough track (43mins; **1hr**), where we found a strong spring and cattle trough (1488m; E0327779/N4293061 – i.e. some way E of where it is shown on the map).

To rejoin the main route, continue along the track, leaving it before it begins to bear away R and downhill (spring), and climb L (south) up the grassy spur (do not lose height dropping into the large gully to your R). At around 1610m, you reach another “bridge” at the western end of Pírgos (38mins: **1hr 38mins**), where you rejoin the path from Pírgos. Ahead are rising grassy slopes, rather featureless, topped by a long grassy ridge with two or three summits. Aim towards the R end, not towards the more obvious cairned summit at the L end, bearing just slightly north of west. Follow the terrain, keeping to the spurs between gullies, and zigzag up the slope; there are traces of the old path. You reach the ridge in 30mins (1720m: **2hrs 8mins**). You can see the pink-roofed Sarádena refuge below you to the W with the Sarádena peak rising behind, as well as much of the route beyond to Karpenísi. The conical peak in the distance is Veloúkhi. Go down the ridge to the R to the 1714m trig point.

Facing the refuge, leave the trig point, aiming slightly L round the top of the beech trees below you towards the easier ground of a spur. You can see the grassy open clearing which you need to reach below. Follow the spur down, working slightly back to the R and into the trees, where there are some signs of a path. You come out in the clearing mentioned above where the path is clear. Cross the clearing and follow the path back into the wood. If it is blocked, get out into the open area to your R and cut uphill towards a new clump of trees. On the further side of this, bear R through the trees and you come out on the dirt road from Gramméni Oxiá to Gardhíki and Makrokómi (35mins from trig point; **2hrs 50mins**). The refuge is straight up the track opposite in a clearing at the top edge of the beech woods (10mins; **3hrs**). It is locked, but there is a spring in front and a beautiful grassy area for camping, with a magnificent view back to Vardhoúsia. There is a concrete verandah along the front of the building, but no shelter.

Sarádena refuge to Rákhes Timfristoú (5hrs 30mins)

(very occasional red paint marks)

Go straight up the hill behind refuge, then up the next grassy height, following the vehicle tracks. Keep along and down the ridge, bearing slightly R. The grassy bulk of Sarádena rises directly ahead. Start climbing; you can see the line of the path, keeping L of the beech woods on the NE slopes. The view stretches away to the Sperkhiós river valley. (There are beech woods to your L as well.) After **1hr** you come to a lone beech tree on the path, just detached from the wood (1810m).

Continue up the ridge a short way. An arrow on a rock points straight up for the summit. Bear R, skirting Sarádena peak to the east pretty much on the 1800m contour. A clear path contours round grassy slopes, across gullies, to reach the main ridge again with a view down the other side into a deep enclosed gully. Follow down the spur line (the way ahead is grassy and rounded as far as the eye can see) to cross a track at 1705m (34mins; **1hr 34mins**). Cut

off the loops, heading down to a broad saddle, the lowest point, with a lone hawthorn tree at 1639m (10mins; **1hr 44mins**; E21° 56.746/N38°47.785 – using the WGS84 datum here). Continue along the high ground up to the L of the track. At 22mins come down to a track junction (**2hrs 6mins**; cattle trough below the track to R). Continue along the track on the R flank of a green gully with another cattle trough over to the L. At the top of the climb, the track bends L to 1660m (E21° 56.187/N38° 49.065). You can see ahead and back behind you from this point: Sarádena at 165°, Vardhoúsia at 120°, Veloúkhi at 320°. Continuing downhill on the track, you come to a R bend on a little col at 1625m (50mins; **2hrs 56mins**; E21°55.651/N38°49.270). For the first time since the track junction, you can see down both sides of the ridge. Ahead, you can just detect the shadow of the old mule road zigzagging up the grassy slope in front, bearing towards the L. Leave the track here and follow the old path. Over the first skyline, bear R across a grassy slope, heading 350° to a stone cairn (13mins; **3hrs 9mins**); 3mins later you can see over the grassy ridge to Veloúkhi again – a short iron spike in the grass marks the high point here. Descend towards a large cattle trough in a hollow below the track (19mins; **3hrs 31mins**; E21°54.817/N38°49.736). There is a red square on a white ground on the end of the cattle trough.

Continue up a shallow grassy “funnel” behind the trough, in the direction you have been following. Immediately over the first top (few minutes), you find yourself descending gently down a long shallow vale with distinctive cairns on ridges to either side. There are vehicle tracks in the grass; follow them, to the lowest point of the whole route at 1560m (20mins; **3hrs 51mins**). Continue straight up the rising ridge ahead of you to the Kokaliá trig point at 1720m (30mins; **4hrs 21mins**; E0316822/N4301585 – Greek datum GGRS87, again). Continue N across a broad grassy plateau to a weather mast; bear slightly NW at 320° to the 1664m trig point (20mins; **4hrs 41mins**), then straight down the grassy slope below at 330°. Cross a bulldozed track; meet it again and keep straight on down, bearing L on a lower track to a low grassy col (30mins; **5hrs 11mins**; E0316025/N4303177; 1461m). There is a stone shepherd’s hut to the L. Bear up R on a broad grassy ridge to a wooden drinking trough and spring. Bear 295° over open grass on a faint track among juniper and young firs to reach a concrete cattle trough (8mins; **5hrs 19mins**). Here the track bears 350° through firs and L down to a spring and a stone pillar commemorating a victory over Celtic invaders in 278BC (5mins; **5hrs 24mins**).

From the monument it is about fifteen minutes to the tarmac Kríkelo–Karpenísi road. Take the track from the monument and bear R at the junction. Bear R again on the road. It is about 4km to the crossroads at Rákhes Timfristoú. It is easy to get a lift.

3. OTHER MORE SUBSTANTIAL CHANGES

Chapter 4 – The Aspropòtamos

Route 17; Stage 2 – Gardhíki – Gréku spring – Matsouíki (Page 148, Para 5)

From the spring, continue up the track and, as you climb, you will see two farm buildings above you to the SW. About **12mins** from the spring, the track turns sharply R and crosses a small stream bed. Immediately after, a very poor track bears off L (south). Continue straight on the better track for a few minutes and arrive at a fork. The L fork leads to the two farm buildings, which are now behind you. The clearer/better R fork continues to a building which is still out of sight, lying in a hollow due W of the Gréku spring.

Leave the track here and climb gently NW on grassy slopes towards a ridge. As you reach it, the solitary building in the hollow is now visible below you to your R. In front of you is a large rock-strewn bowl.

You will see two distinctive rock bands across the bowl and above you – the L one being lower than the R one. You need to pass above both bands.

Traverse to your L around the bowl, climbing gently to reach the L side of the lower rock band. Here there are faint traces of an old path. Follow these over the ‘top’ of the rock band, passing a prominent white boulder to your R.

At the top of the band are a couple of flat grassy areas. Cross these and follow the obvious zig-zags of an old path up to an obvious notch at the top of the ‘taller’ rock band above and to your R. At the notch (**50mins**) there is another flat grassy area which you cross.

Follow the remains of the old path which are fairly clear and head in a generally WNW direction, passing several more flat, grassy areas to reach a false col where the true col with a stone wind break comes into view. Continue along the path in a WNW direction to reach it (**1hr 5mins** from Gréku spring).

Route 17, Stage 4 – Kalarítes – Tris Pírghi (via ridge) (Page 155, Para 1)

The route starts at the upper edge of the village. The track heads first east, then due north along the eastern flank of the Profitis Ilías ridge, for just over 6 km. After about **1hr**, you leave a red-roofed farm building below on your R. As you continue up the track you see another red-roofed farm building above you to the L. Take the track turning up towards it and start cutting the corners, leaving the building to your L.

You reach a track junction (**1hr 20mins**) with two signposts. One sign points to Kalarítes (back the way you have come). The unsigned branch continues straight (north) towards Kourkoúmbeta; the main track continues R (east) to climb across the southern flank of point 2035m.

Continue on the main track (signed Tríkala). After about 30mins, ignore a track on your R leading to a sheepfold below the main track. A further 10mins or so leads to the Nikoúlsa spring. This is the last water until you come off the ridge. (NB Not known if dry during summer).

There is no obvious path, but it is straight-forward to make your way up the slope above the spring towards the ridge. You should be heading up the slope in a NW direction ie slightly back on yourself.

Aim towards a series of small, but obvious land-slips on the grassy slopes, immediately below the ridge. You reach the ridge at about **2hrs 30mins** and approximately 300m E of point 2035m. There is a sheer drop to the Valtonéri valley. Turn R and follow the ridge north along a series of faint goat trails which are on the R side of the ridge and avoid the steep drops to your L.

As you descend from Kalóghiros, drop down steeply L of the ridge to a col with a good stone wind break (**3 hrs 10mins**).

From the col, continue on the ridge following the path/trails in a generally N direction, passing just to the R of Point 2044m. The Anavasi map shows a Trig point, but I could not see it. Continue to the notch south of Point 2124m. A good path contours L on the SW slope of Point 2124m to Tris Pírghi col. (**4hrs**)

From here either follow Route 17, Stage 4 to Khalíki (top of page 157) OR (NEW ROUTE) continue following the ridge NW to Tsoukaréla:

From Tris Pírghi col, continue along the ridge in a NW direction to Méghas Trápos. Pass a subsidiary peak, and then another with two large prominent square stone cairns (**4hrs 30mins**).

There are sheer drops to the right, but continue along the ridge, following trails just L of it to reach the summit at Point 2240m (**5hrs 5mins**).

From the summit, continue up and down along the ridge, staying just L of it to avoid the sheer drops into the cym to the R. About 30mins later you drop onto and cross a track which crosses the ridge and is not shown on the Anávasi map. The terrain flattens out significantly now. Continue N along the ridge to reach the col and path (**6hrs**) on Route 18a which leads down to Khalíki (page 161).

From here either drop down to Khalíki or continue N along the ridge to the summit of Tsoukaréla and then descend following Route 18a or reverse Route 18b to Anthokhóri.

Chapter 5

Route 19, Stage 5 – Samarina – Gréklu ridge - Fóurka (Page 183 & 6)

Leave Samarina, following the now tarmac road up to the ridge. On reaching the ridge (**1hr 30mins**), continue following the track downhill to the L, passing a shrine on the R. About 20mins from the ridge top, on a L bend, there is a new notice board on the R with a map (Vrísí Vromioú; E0241303/N4446713; **1hr 50mins**). Next to it, a new sign says 'FOURKA 2 hours' and shows a solid red right-angle triangle. The path is generally always visible, but likely to be covered in leaves, etc. Waymarking with the signs is mainly very good, but the signs themselves can be difficult to spot when walking and occasionally you need to stop to actually find the next sign. The point of the two longest sides indicates the direction of the path/ travel. The detail below covers the few locations where the 'next' way markings are not obvious.

The following timings start from the signpost.

The path descends R and zig-zags through beech woods. At **12mins** emerge onto an open shoulder with a clear grassy slope descending to your L. As you enter the clearing, there is a tree directly in front of you. From the tree, descend due W across the slope for about 100m and enter the woods again between a 'gap' in the trees where the waymaking starts again. 2mins later cross a stream.

At **18mins** you reach another clearing. Continue due W across it for about 75m to pass through a line of trees and into another clearing with a shallow gully. Aim gently downhill and to the R for another 75m to reach the edge of a wooded area. Continue N with the woods on your L and the clearing on your R to arrive at another large grassy clearing. Continue just W of N across the clearing into a dip/hollow in the ground, which has a previously unseen tree with a waymark sign attached. Beyond the dip, the path continues into the forest where it becomes very obvious.

At **24mins** you reach another clearing where the ground slopes down to your R behind you. Follow the path which contours round and cross a logging track. Continue W on the path to cross a small gully, followed by another gully immediately after it. These gullies may have streams, but in any case there are red paint marks on rocks indicating the way. The path turns immediately R after crossing the second gully.

At **30mins** emerge into another clearing with a concrete drinking trough below you to your R. Continue on the path and enter a forest.

At **37mins** you emerge onto an open spur. Follow the path sharp L back into the forest. The roofs of Foúrka are visible slightly below you and to your R through the trees across a valley. Continue on the path, which contours through the forest.

Cross a gully/stream at **41mins** and another one a few minutes later. Cross a wooden lattice 'bridge' across a seepage and again another gully/stream a couple of minutes later.

At **50mins** cross another stream/gully and immediately above it emerge onto a shoulder where the trees thin out. Turn sharp L and cross another 'lattice' bridge.

A few minutes later, bear L at a fork, ignoring the R branch which descends. You immediately emerge onto a clear path which traverses a slope. The forest is below you on your immediate R and an open grassy slope rises to your L. You briefly enter the trees and at **56mins** there is a clearing on your L. Bear R here with Foúrka just W of N and below you. Follow a twisting path (still W of N), which after a minute or so drops down and crosses a flat, stony area which looks like a dry river bed.

At **58mins**, still heading just W of N, cross a dirt track and continue across abandoned grassy terraces to another track by a stone spring. Turn L on the track and follow it into Foúrka (**1hr 5mins**), where the signs take you to the church and *maghazée*.

Foúrka now has a hotel (tel 265502430 – Billy Papis). There are buses to Konitsa. (1 morning & 1 afternoon) on Monday & Friday.

Route 19, Stage 9 – Actomilítsa – Mt Grámos (Page 193/4)

The path to the col west of Kiàfa peak is extremely well marked (combination of red right-angled triangles and red squares on white backgrounds mounted on poles. There are also red/white paint marks on rocks. The path is obvious, but the actual start is a bit difficult to find due to a combination of what appear to be mini landslides and new bulldozed tracks above the village. Leave the highest point of the village and bear R, looking around for the poles which are about waist height. Once you find them, it is straightforward.

After about **30mins** you pass a concrete structure which protects water pipes. There is a prominent red triangle painted on a rock just up from it. At this point the path splits, though I think they join up again about 10mins later. Take the L path which drops slightly.

Follow the well-marked and prominent path, passing to the right of a prominent landslip at about **1hr 20mins**. Continue on the path to reach the col just west of Kiáfa at **2hrs**.

Turn L at the col and follow the obvious path which remains generally to the L of the ridge. There appear to be no waymarkings until you reach the old military road (**2hrs 45mins**).

From here the path is marked once again with red triangles on poles and red paint marks to the summit of Grámos (**5hrs**).

A logical way back to Aetomilítsa would be to return the same way towards Skírtsi (2444m) and join the military road heading S to Gkésos (2163m) and the Grámos Memorial. Alternatively ascend Skírtsi by the W ridge and descend along the S ridge and join the military road.

From the Grámos memorial, the walking route is waymarked with the red triangles on white backgrounds on poles. They are all present, but not always easy to spot. You cross the track 4 or 5 times in total and the waymarked path enters a forest. I lost the path and waymarks here, but the terrain is very straightforward (thinned out forest) and it is straightforward to continue down the slope in a westerly direction where, when you see the Aspro Potámi river below you, you bear R (SE) to be guided to the bridge across it and back into Aetomilítsa. I forgot to check timings, but would estimate it at about **3 – 3hrs 30mins** from Grámos.