

# Konitsa bridge – Stomio Monastery

Starting Point: Konitsa bridge.

End: Holy Monastery of Stomio which is dedicated to Panagia (Virgin Mary).

Trail distance: 6 km.

Duration: 2 hours.

Altitude scale: 450 m. – 800 m.

Route type: Forest path, path.

Signage: good.

Degree of difficulty: medium.

Points of interest: Konitsa bridge (1870), Stomio Monastery (1774), the view to the Aaos gorge as well as to Timfi and Trapezitsa mts.