

# Konitsa – Vrisohori

Starting Point: Konitsa bridge.

End: Vrisohori.

Trail distance: 14 km.

Duration: 12 hours.

Altitude scale: 450 m. – 900 m.

Route type: at the beginning forest path and then path.

Signage: rough.

Degree of difficulty: very high.

Points of interest: Aoos gorge, Konitsa bridge (1870), Stomio Monastery (1774), mansions in upper town of Konitsa, churches and bridges of Vrisohori.

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# 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 Aoos gorge as well as to Timfi and Trapezitsa mts.

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## **Konitsa-Aoos gorge-Drakolimni (Dragon Lake) of Timfi**

Starting Point: Konitsa bridge.

End: Drakolimni of Timfi.

Trail distance: 12 km.

Duration: 7 hours and 30 minutes.

Altitude scale: 450 m. – 2.100 m.

Route type: at the beginning forest path and then path.

Signage: good.

Degree of difficulty: high.

Points of interest: Aoos gorge, Drakolimni of Timfi, Konitsa bridge (1870), Stomio Monastery (1774), mansions in upper town of Konitsa.

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# **Tsepelovo-Drakolimni (Dragon Lake) of Timfi**

Starting point: Tsepelovo.

End: Drakolimni of Timfi.

Trail distance: 14 km.

Duration: 6 hours and 30 minutes.

Altitude scale: 1.080 m. – 1.950 m. – 1.750 m. – 2.100 m.

Route type: path.

Signage: rough.

Degree of difficulty: high.

Points of interest: the subalpine plateaus, subalpine lakes, rocky cliffs, ravines.

Remark: Along the route one can find the trail leading to the Gamila peak (2.497m).

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# **Vikaki gorge (Selato) – Holy monastery of Ioannis Rogovos**

Starting point: “Manetes” location, 3 km after the village of Kapesovo to Tsepelovo on the main road.

End: Holy monastery of Ioannis Rogkovos.

Trail distance: 2 km.

Duration: 2 hours.

Altitude scale: 1.070 m. – 800 m. – 990 m.

Route type: path.

Signage: rough.

Degree of difficulty: medium.

Points of interest: The Monastery of Agios Ioannis Rogovos (1028-1034) which was renovated in 1749, the Vikaki canyon, the excellent view to the surrounding area, the stone bridges.

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## **Megalo Papigo – Ano Klidonia**

Starting point: Megalo Papigo.

End: Ano Klidonia.

Trail distance: 4,5 km.

Duration: 2 hours.

Altitude scale: 1.050 m. – 900 m.

Route type: path.

Signage: medium.

Degree of difficulty: medium.

Points of interest: the view of the Vikos gorge and Astraka (Papigo) towers, the mansions and old churches in Papigo, the

old churches in Klidonia.

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# Mikro Papigo-Astraka

Starting point: Mikro Papigo.

End: Astraka peak.

Trail distance: 5 km.

Duration: 5 hours and 30 minutes.

Altitude scale: 1.050 m. – 2.436 m.

Route type: path.

Signage: good.

Degree of difficulty: high.

Points of interest: the Northern Pindos National Park Information Center in Papigo, the subalpine landscape and plateaus, the high rocky cliffs, the panoramic view of the area.

Remark: Bypassing the main trail, you can visit in 30 minutes hike the Provatina pothole, one of the most famous potholes in the world (-407m.).

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# Mikro Papigo- Gamila

Starting point: Mikro Papigo.

End: Gamila peak.

Trail distance: 10 km.

Duration: 7 hours.

Altitude scale: 1.050 m. – 2.497 m.

Route type: path.

Signage: good.

Degree of difficulty: high.

Points of interest: the Northern Pindos National Park Information Center in Papigo, the subalpine landscape and plateaus, the high rocky cliffs.

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# Mikro Papigo-Drakolimni of Timfi (Dragon Lake)

Starting point: Mikro Papigo.

End: Drakolimni.

Trail distance: 8 km.

Duration: 4 hours and 30 minutes.

Altitude scale: 1.050 m. – 2.100 m.

Route type: path.

Signage: good.

Degree of difficulty: high.

Points of interest: the Northern Pindos National Park Information Center, the subalpine lakes and plateaus, the rocky cliffs.

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## Vradeto – Drakolimni

(Dragon Lake) of Timfi

Starting point: Vradeto.

End: Drakolimni of Timfi.

Trail distance: 16 km.

Duration: 6 hours and 45 minutes.

Altitude scale: 1.340 m. – 2.100 m.

Route type: path.

Signage: rough.

Degree of difficulty: high.

Points of interest:

Loutsa Rambozi, Xerolimni,

Drakolimni of Timfi, the view  
to Gamila peak and Aoos valley.