

## Hiking

Hiking is basic in the land beyond. “Mind and Body” figures among its priorities; hiking, jogging, physical exercise, living in nature, they all have added value to our health and well-being, the love for the environment and the notion of non-violence.

Hiking helps reducing the danger of heart diseases, strokes and cancer; helps preserving the right weight and blood sugar; prevents skin ageing and increases average life expectancy.

It also provokes a high spirit, increases self-confidence, tolerance and generosity. It accelerates mental capacity and as inspiring as it gets helps mental, entrepreneurial and political creativity in problem solving. It also leads to loving nature, forest, birds and animals, in one word, life.

Hiking is the most easy and costless way of exercising. It only takes a pair of right shoes and eventually good company. You can hike everywhere in the park, at the beach, downtown or suburbs, even indoors; you can choose anytime of the day to do it. Hiking is unforgettable in nature, in the mountains. The most inspiring mountains to hike are at the land beyond, in the heart of the Natural Park of Northern Pindos, in Vitsa, Zagori.

Every hiking journey provides sight-seeing, information, knowledge sharing and exchange of thoughts. Every route is manageable. There is no danger of losing orientation, nor confronting animals. It is preferable to wear long pants rather than short ones; you can either wear hiking boots or sport shoes. The goal is always to be able to finish the journey without traumatising yourself. Medicines are being carried with us. Everyone is responsible for him/herself. Please note that in Zagori Pharmacies, ATMs and super-markets are not within reach.

There is hiking all year long, upon confirmation. There are three kinds of routes: small, medium and mega routes ([www.epekeinahora.gr](http://www.epekeinahora.gr), see last page ROUTES)

#### Participation fee

	Up to 5 persons	5-25 persons	25 persons +
Short routes	€6	€5	€4
Medium routes	€14	€12	€10
Mega routes	€19	€17	€15

The participation fee is donated to the non-for-profit organization *the land beyond* (Ioannina Court of First Instance: 14/07-06-2013, tax id no: 997298726). Every donation is a valuable contribution for the land beyond to achieve its objectives.

The participation fee includes:

- A guide fee (a person who knows the region very well)
- The right to use the land beyond premises for coffee-breaks and presentations
- Logistics, sight-seeing program information
- Pharmacy, participants' insurance (for medium and mega routes)
- T-shirt (for medium and mega routes)
- Certificate of attendance

Donators of the land beyond are entitled to reduce participation fee ([www.epekeinahora.gr/el/dorea](http://www.epekeinahora.gr/el/dorea)), as follows:

Those who are Valuable Oxygen, pay 5 euros less - on the price of the route chosen

Those of the other three categories, pay 10 euros less – on the price of the route chosen.

- ✓ The more we push ourselves outside our comfort zone, the more our mind and emotions want to leave it, too.
- ✓ What counts is not how many times you fall, but how many times you stand up again and how determined you are to succeed.
- ✓ Our limits are often the ones we have imposed to ourselves.
- ✓ We climb mountains not so the world can see us but so we can see the world.
- ✓ Change of mind-set, change of body, change of life.
- ✓ Think more, try more, live more!

Access to Vitsa

#### **Directions to Ioannina.**

The driving from Athens is 411 Km, following the motorways Olympia Odos, crossing the Rio – Antirrio bridge and Ionia Odos. Estimated time of journey is 3h 55' and fuel cost €50 approximately, toll costs: 37,25. The distance from Thessaloniki is 261 km, 3h, through Egnatia. The port of Igoumenitsa is, 78 km away, 50' from Ioannina, Parga, 102Km, 1h20' and Patras, 226Km, 3h. There are daily flights to and from Athens, as well as regular intercity buses.

#### **Directions from Ioannina to Vitsa, 36km.**

Driving from Ioannina to the north on the national road Ioannina – Konitsa, we meet the junction to Zagori right after Metamorfossi and follow the signs to Vitsa. King Pyrros (Ioannina) Airport is 25' from Vitsa, 31,8Km.

Aktio International Airport is at 90'.

#### **Information and reservations**

[www.epekeinahora.gr](http://www.epekeinahora.gr), [info@epekeinahora.gr](mailto:info@epekeinahora.gr)

(+30) 210 3643224 (working days 08.30 - 14.30)

The land beyond is about a creative idea, land, time, kairos, a spirit, an attitude. It means the land beyond the mountains (the Zagori mountains) in Epirus, Greece, a land of generosity, exaltation, inspiration, learning. “Beyond” (epekeina, επέκεινα) is the prerequisite or even the unknown, something broader than knowledge or experience. Top down certainties divide people, diversity unites them. The land beyond ([www.epekeinahora.gr](http://www.epekeinahora.gr)) is a civil society organization since 2013 under Greek law, undertaking its activities in Vitsa and combining mental, physical and interactive exercise. Vitsa is a traditional settlement with unique, historical, cultural and ecological interest at the heart of the National Park of Northern Pindos –the biggest national park in Greece. We are interested in (1) liberty (2) sharing (3) one world. Ecumenical values, mutual understanding, pluralism, liberties, participation, conflict prevention and resolution, federalism, open society, volunteering, peace, biodiversity. The six types of activities are: (1) Vikos Crossing, (2) Vikos Paths, (3) Vitsa Arguments, (4) Tymphi Hiking, (5) Winter Encounters, (6) Training –Art & Literature, well-being, sport & youth.

## **Mountain routes (indicative)**

### Short routes (1-2h)

Vitsa – Brinos – Monodendri  
Vitsa – Profitis Ilias Monastery  
Vitsa – Monodendri – Ag. Paraskevi  
Vitsa – Dilofo  
Monodendri – Ano Pedina  
Vradeto – Beloi  
Vitsa's Stairs – Missios bridge  
Vitsa – Missios – Kokkoros Bridge  
Kapesovo – Tsepelovo  
Koukouli – Vikaki – Kipi

### Medium routes (2-3h)

Vitsa – Koukouli – Kipi  
Vitsa – Kapesovo  
Vitsa – Kapesovo – Tsepelovo  
Vitsa – Missios – Monodendri  
Vitsa – Profitis Ilias Monastery – Zavrouho – Ano Pedina  
Papigo/Aristi Bridge – Klidonia  
Vradeto Stairs  
Kapesovo – Small Vikaki – Rogovos Monastery

### Mega Routes (4-8h)

Vikos Crossing (full)  
Papigo – Astraka's refuge, Drakolimni

Drakolimni – Avgerinos – Tsepelovo

Papigo – Astraka's top

Ascent to the top of Smolika (2.647m.)