

Epirus Mountain Sustainability Program, 7 days

Zagori, Metsovo & Tzoumerka Authentic Village Journey

This 7-day Epirus mountain sustainability program connects Zagori, Metsovo and Tzoumerka in one authentic FIT or small group journey. Designed for travelers seeking nature, gastronomy, wellness, traditional villages and local interaction, the itinerary includes stone village accommodation, dairy heritage, mountain wine, herbal workshops, forest landscapes, river eco-tourism and culinary immersion. Epirus is ideal for sustainable travel because it combines untouched natural environments with strong local communities and deep cultural traditions. From the UNESCO-listed Zagori Cultural Landscape to Metsovo's dairy and wine identity and Tzoumerka's wild mountain scenery, this program offers a complete Epirus experience.

Sustainability Certification



Awards



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Highlights

This Epirus Mountain Sustainability Program combines authentic village experiences, sustainable tourism, local gastronomy, mountain wine, traditional dairy heritage and nature-based activities across Zagori, Metsovo and Tzoumerka. Guests explore UNESCO-listed landscapes, charming stone villages, herbal workshops, forest trails and river eco-tourism experiences while connecting with local communities, discovering regional traditions and enjoying the unspoiled natural beauty of the Greek mountains.



General Information

Your package includes:

- 6 nights' accommodation in Zagori, Metsovo and Tzoumerka
- Daily breakfast
- Private arrival and departure transfers from/to Ioannina
- Private transportation during the program
- Zagori village and Vikos Gorge viewpoint experience
- Mushroom, herb or forest gastronomy activity, subject to season
- Metsovo dairy or cheese tasting experience
- Metsovo winery visit and wine tasting
- Tzoumerka river, forest or village experience
- Local product tasting or culinary workshop
- Local assistance during the stay

Your package excludes:

- International or domestic flights
- Meals and drinks not mentioned
- Licensed guide, naturalist, mountain guide or specialist educator, unless requested
- Optional rafting, hiking, canyoning or wellness activities
- Entrance fees to museums, parks or cultural sites
- Additional wine or product purchases
- Personal expenses and tips
- Climate resilience tax / accommodation tax
- Travel insurance
- Anything not clearly mentioned under "Included"

Itinerary

Day 1 - Arrival in Ioannina / Transfer to Zagori

Arrival in Ioannina and private transfer to Zagori. Check in at a stone guesthouse or boutique mountain hotel. The first day is relaxed, allowing guests to settle into the rhythm of the mountains. Depending on arrival time, they may enjoy a short village walk, coffee in the square or dinner in a local taverna. Overnight in Zagori

Day 2 - Zagori Stone Villages & Vikos Gorge Viewpoints

After breakfast, explore the Zagori villages, known for stone architecture, traditional houses, bridges and mountain landscapes. Visit selected villages and viewpoints over Vikos Gorge, with time for photography and local interpretation. The day offers an excellent introduction to the relationship between built heritage and natural environment. Overnight in Zagori.

Day 3 - Forest Gastronomy, Mushrooms & Herbs

Today focuses on mountain sustainability and forest gastronomy. Depending on season, guests may enjoy mushroom foraging, an herbal workshop, local product tasting or a cooking experience using regional ingredients. The experience introduces the use of wild herbs, mushrooms, dairy products and pies in Epirus cuisine. Overnight in Zagori.

Day 4 - Transfer to Metsovo / Dairy Heritage & Mountain Village Life

After breakfast, depart for Metsovo, one of Epirus' most famous mountain towns. Upon arrival, enjoy a walk through the village, local shops and traditional streets. The day includes a dairy or cheese-focused experience, introducing guests to Metsovo's renowned cheese culture and the role of mountain livestock in the region's gastronomy. Overnight in Metsovo.

Day 5 - Metsovo Wine Experience & Continue to Tzoumerka

After breakfast, enjoy a winery experience in Metsovo, where mountain vineyards and local wine culture create one of the region's strongest gastronomic identities. After the tasting, continue to Tzoumerka, passing through scenic mountain landscapes. Arrival and check-in at a guesthouse or mountain lodge. Overnight in Tzoumerka.

Day 6 - Tzoumerka Rivers, Forests & Herbal Traditions

Today is dedicated to Tzoumerka's natural environment. Guests may enjoy a soft walk near rivers, waterfalls or forest paths, followed by a local product tasting, herbal workshop or village-based culinary experience. This day combines wellness, nature and local interaction, making it one of the most memorable parts of the itinerary. Overnight in Tzoumerka.

Day 7 - Departure via Ioannina

Breakfast and private transfer to Ioannina Airport or onward destination. Depending on timing, an optional stop in Ioannina can be arranged for a final lakeside walk, coffee or shopping for local products.

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For more information and real-time availability:

[View the trip online](#)

or contact us

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