

# Menalon Trail Hiking Tour, 7 days

🕒 7 ημέρες

από € 660,00

Excursion - Activity

## Villages, Gorges & Mountain Trails

Experience one of Greece's most rewarding long-distance hikes on the Menalon Trail, a 75 km route through the heart of Arcadia in the Peloponnese. Starting in Stemnitsa and finishing in Lagadia, the trail crosses the dramatic Lousios Gorge, the slopes of Mount Menalo, the Mylaon River Valley and traditional mountain villages. Along the way, discover forests, stone bridges, monasteries and landscapes rich in history and natural beauty. Daily luggage transfers, homemade lunchboxes and local support make the journey comfortable and easy to enjoy, allowing you to focus fully on the scenery, culture and authentic character of rural Greece.

### Sustainability Certification



### Awards



### We are members



---

## Highlights

---

A perfect opportunity for a week-long hike! The Menalon Trail is a 75 km/45 miles long mountain trail in Arcadia, in the center of Peloponnese, that unfolds through the Lousios River gorge, the western slopes of Mt. Menalo, the Valley of Mylaon River and the Northeast Gortynian Mountains. It is incorporated in the prizewinning programme “Greek Paths of Culture” of the ELLINIKI ETAIRIA – Society for the Environment and Cultural Heritage. The program aims to give new life to paths of particular natural beauty and historical importance, all over the country, stimulating local communities with an important factor of sustainable development, that of hiking tourism. Upon arrival to the starting village, our local representative will welcome you and handle you your booklet, gpx files and map. He will explain the route details and respond to any questions you may have. He will be always available on the phone to support and assist during your hike. Your luggage will be transported by us daily to your next destination and a delicious homemade lunchbox will be given to you daily to keep you energetic whilst hiking. The program begins in the village of Stemnitsa which can be reached either via Kalamata International Airport (78 km / 1 hour and 30 minutes) or Athens International Airport (226 km / 2 hours and 40 minutes) and ends in the village of Lagadia.



---

## General Information

---

### Highlights

- A hike through a scenery of unparalleled beauty
- An impressive 75 km route
- Certified trail by ERA (European Ramblers Association)
- Crosses 9 of the most beautiful, traditional stone-built villages in Greece
- An area rich in history tradition and culture

The itinerary can be adjusted based on your pace, preferences, and weather conditions.

Flexible start dates available throughout the season.

### Equipment needed

- Hiking backpack (20-30lt)
- Sturdy, worn-in trekking shoes (preferably boots)
- Hiking clothes suitable for the season preferably quick-dry material (long & sort trousers, t-shirts & long sleeved, fleece etc)
- Waterproof jacket
- Casual clothes & shoes for the evenings
- Underwear & socks
- Wash bag and simple first aid kit (plasters or blister kit, aspirin or similar, antiseptic).
- Sunblock
- Sunglasses
- Hat or beanie
- Snacks (nuts / dried fruit / energy bar)
- Walking sticks (optional)
- Camera (optional)
- Your own personal water bottle. As part of our environmental policy and action plan, we are committed to eliminating the use of plastic water bottles.

### Your package includes:

- 6 nights accommodation in local guesthouses on BB basis
- 5 lunch boxes for days 2-6
- Luggage transfers throughout the hikes
- Private transfer Elati – Nymfasia on day 3 and Nymfasia – Elati on day 4

### Your package excludes:

- Accommodation tax (0.50 – 12€)
- Rescue services or medical expenses if needed
- Dinners
- Alcoholic drinks, soft drinks /beverages during meals
- Anything not mentioned in the inclusions

Should you wish any of these services, please contact us.

### Prices

**Self-Guided Tour:**

- **760€**/person for 8-9 participants
- **790€**/person for 6-7 participants
- **795€**/person for 4-5 participants
- **945€**/person for 2-3 participants

**Single supplement:** 465€

**Guaranteed Fixed Departures Prices:****SPECIAL OFFER -100€/person**

- **660€**/person for 8-9 participants
- **690€**/person for 6-7 participants
- **695€**/person for 4-5 participants
- **845€**/person for 2-3 participants

**Single supplement:** 465€

---

## Itinerary

---

### Day 1: Arrival at Stemnitsa

Arrive to Stemnitsa and settle into your hotel. A local representative will meet you, in order to brief you and give all the necessary material for your tour.

Overnight in Stemnitsa

### Day 2: Stemnitsa - Lousios gorge - Dimitsana

After breakfast, we depart from Stemnitsa, the historic village known for its goldsmiths and once the seat of the Peloponnesian Senate during the 1821 Greek War of Independence.

The trail leads through the breathtaking Lousios Gorge, one of the most scenic and historically rich routes in the Peloponnese. We begin by walking through peaceful old farmlands and descend toward the Church of the Transfiguration of Christ, offering sweeping views of the gorge below.

From here, a cobbled path brings us to the dramatic Prodromos Monastery, built directly into the vertical cliff face. The monastery is open daily (note: it closes at noon) and has a refreshing fountain in its quiet courtyard, providing a perfect spot to pause and soak in the serenity.

The route continues to the Old Philosophou Monastery, one of Greece's oldest monastic sites, founded in 963 AD. Just a short walk away lies the New Philosophou Monastery, established in 1691, nestled among towering cypress trees and steeped in spiritual heritage.

We then follow an old mule path crossing stone bridges and scenic landscapes, eventually arriving in Dimitsana. There, we visit the Open-Air Waterpower Museum, where restored watermills showcase the region's historic ingenuity in harnessing hydropower.

This is a day rich in natural beauty, deep history, and cultural discovery—an unforgettable trek through the heart of Arcadia.

#### Trail Info: Stemnitsa - Dimitsana

- **Distance:** 12.5 km **Time:** 5 hours
- **Ascent:** 1.325 m **Descent:** 1.435 m
- **Min Elevation:** 420 m **Max Elevation:** 1.095 m

Overnight in Dimitsana

## Day 3: Dimitsana - Zygovitsi - Elati

After breakfast, we leave Dimitsana, climbing gently out of the Lousios Gorge. The trail winds past historical landmarks and reaches a plateau by the Church of St. Paraskevi, offering views of Dimitsana, Paliochori, and Zatouna in the wooded valley below.

Following a mix of footpaths and dirt roads, we cross old farmlands, pass the Monastery of St. Apostoli, and walk along a paved path lined with large threshing floors. At the Immortals Memorial, we pause to reflect on the local heroes of the 1821 Revolution before entering the proud mountain village of Zigovitsi.

### Trail Info: Dimitsana - Zigovitsi

- **Distance:** 4.2 km **Time:** ~2 hours
- **Ascent:** 317 m **Descent:** 126 m
- **Elevation:** Min 964 m Max 1.174 m

From Zigovitsi, the trail leads us into the Western Menalon massif, following a ravine and climbing steadily past Bourniades Spring to Bilali Pass, a historic path junction. A short detour leads to Pliovouni peak (1,643 m). We then cross the Vlachika Plateau before descending to the forested mountain village of Elati.

From Elati we will transfer to Nymfasia to spend the night.

### Trail Info: Zigivisti - Elati

- **Distance:** 14.9 km **Time:** ~5 hours
- **Ascent:** 869 m **Descent:** 844 m
- **Elevation:** Min 1.109 m Max 1.550 m

Overnight in Nymfasia

## Day 4: Elati - Vytina - Nymfasia

After a morning transfer to Elati, we begin our hike descending through forested terrain to the riverbed of the Milaon River, where we join a well-defined path along its banks. Following this scenic trail—partly paved, partly natural—we pass the Pirgaki Springs (which supply water to Vytina) and the stone-built Makrinou Fountain.

Continuing for about 970 meters on a dirt road, we reach the area known as Ellinika, just beneath the hill that once hosted the Acropolis of ancient Methydrion. From here, we walk beneath the main road connecting Vytina and Dimitsana and follow an old mule track into Vytina. This segment is one of the richest of the day: we cross the Milaon River under a canopy of riparian plane trees and pass three abandoned watermills nestled in the lush vegetation.

After a short rest and resupply stop in Vytina, we resume our hike along the Old Vytina footpath toward Nymfasia. This trail leads us to Mavra Litharia, a striking limestone boulder split in two by the river, forming a short but impressive gorge. We descend to Tzavarenas Bridge, a historic stone structure that once connected Vytina with the western Gortynian villages.

The final leg of the trail ascends gently through a rocky landscape of flysch formations covered with Mediterranean shrubs. We gradually reach a height of 880 m, and the trail levels off as we approach

the charming village of Nymfasia, a lively satellite of Vytina.

#### Trail Info: Elati - Vytina

- **Distance:** 8.5 km **Time:** 2.5 hours
- **Ascent:** 426 m **Descent:** 533 m
- **Elevation:** Min 1.029 m Max 1.032 m

#### Trail Info: Vytina - Nymfasia

- **Distance:** 5.6 km **Time:** 2 hours
- **Ascent:** 353 m **Descent:** 452 m
- **Elevation:** Min 813 m Max 1.041 m

Overnight in Nymfasia

### Day 5: Nymfasia - Magoulia - Valtetsiniko

We begin our day entering a pleasant oak woodland, descending gently toward the Kernitsa Bridge. From there, the trail ascends toward the Kernitsa Monastery, a striking monastic complex built into the side of a dramatic monolith rock.

Following a scenic mix of footpaths and forest tracks, we traverse a dense fir forest until reaching the Sfyrida Hermitage, a peaceful rest stop with a natural spring. From Sfyrida (1,000 m), we climb steadily through the forest to an intersection near Lasta (1,250 m). Here, the trail turns south, contouring along the base of the steep slope of Kastro on a horizontal, historic pathway.

After passing the Gavros Spring, we enter the tranquil mountain village of Magoulia.

#### Trail Info: Nymfasia - Magoulia

- **Distance:** 8.9 km **Time:** 3.5 hours
- **Ascent:** 939 m **Descent:** 626 m
- **Elevation:** Min 781 m Max 1.272 m

We continue our walk through Magoulia along narrow village lanes, reaching a saddle west of the village—an area known for its stone-built threshing floors and panoramic views. From there, we descend towards the historic Mana Sanatorium, using small trails and rural roads.

Crossing the Church of Agioi Pantes, the route leads down through a peaceful valley, tracing a small river. The path continues along its banks, crosses a concrete bridge, and then follows the left bank into Kaminia, a quiet hidden basin nestled at the base of Valtetsiniko.

A well-defined old path, once paved, gradually ascends to the charming mountain village of Valtetsiniko, known as the village of woodcarvers.

#### Trail Info: Magoulia - Valtetsiniko

- **Distance:** 6.6 km **Time:** 2.5 hours
- **Ascent:** 166 m **Descent:** 309 m
- **Elevation:** Min 1.019 m Max 1.296 m

Overnight in Valtetsiniko

## Day 6: Valtetsiniko - Lagadia

From Valtetsiniko's central square, we pass the striking stone-built village school and access the upper peripheral road, which opens up to sweeping views over the northern plains of Arcadia.

We gain altitude along a footpath and a short cement road up to 1,250 metres, where the trail becomes clearer, running along the ridgeline beneath the old Byzantine fortress of Valtetsiniko. The descent to the small country church of Agia Triada offers open landscapes and impressive vistas.

The trail then traverses a dense fir forest on a series of well-maintained footpaths. A brief detour leads to the spring at Grias to Lithari, before the path gently climbs again and descends toward the Kria Vrisi fountain. From there, it ascends steadily to a saddle and an asphalt road crossing.

Continuing along a quiet forest track, we follow a wooded ridge to the area of Elatakos and the wide, scenic Grilas meadow, dotted with walnut trees, old threshing floors, and shepherd huts.

At the western edge of the plateau, Lagadia comes into view. Passing the Koubliza Spring and the historic Rapi Watermills, we enter Lagadia—renowned as the village of the stone builders—where the Menalon Trail officially concludes at the war memorial.

### Trail Info: Valtetsiniko - Lagadia

- **Distance:** 13.9 km **Time:** 5 hours
- **Ascent:** 843 m **Descent:** 1.022 m
- **Min Elevation:** 937 m **Max Elevation:** 1.377 m

Overnight in Lagadia

## Day 7: Lagadia departure

Enjoy a final morning in the mountain village of Lagadia, reflecting on the experience of completing the Menalon Trail, one of Greece's certified top-quality hiking routes.

# Menalon Trail Hiking Tour, 7 days

## Villages, Gorges & Mountain Trails

Experience one of Greece's most rewarding long-distance hikes on the Menalon Trail, a 75 km route through the heart of Arcadia in the Peloponnese. Starting in Stemnitsa and finishing in Lagadia, the trail crosses the dramatic Lousios Gorge, the slopes of Mount Menalo, the Mylaon River Valley and traditional mountain villages. Along the way, discover forests, stone bridges, monasteries and landscapes rich in history and natural beauty. Daily luggage transfers, homemade lunchboxes and local support make the journey comfortable and easy to enjoy, allowing you to focus fully on the scenery, culture and authentic character of rural Greece.

**For more information and real-time availability:**

[View the trip online](#)

or contact us

Αθήνα

Ippokratous 58 Kolonaki, 2nd  
floor, Postal Code 10680

[\(+30\) 210 6927000](tel:+302106927000)  
[info@mazitravel.com](mailto:info@mazitravel.com)

Θεσσαλονίκη

Tsimiski 85, 6th floor, Postal  
Code 54622

[\(+30\) 2310 238 025](tel:+302310238025)  
[info@mazitravel.com](mailto:info@mazitravel.com)

[www.mazitravel.com](http://www.mazitravel.com)

Follow us on social media



**mazi**<sup>®</sup>  
TRAVEL & EVENTS