

FEBRUARY

### **8/2/2020 Olive Oil Tastings**

An event held almost annually at our premises. Our members and guests bring samples of their olive oil produce which are tasted and evaluated by a panel of experts. The members of the panel then answer questions and engage in conversation with the public. An excellent opportunity for inauguration to Olive oil and the properties it has to possess to be classified as extra virgin, a nutritional treasure.

### **9/2/2020 Kontovounia (1.710μ.) / Taygetos**

A day hiking to Kontovounia (lit. short mountains) offering a panoramic view to the whole central Taygetos' ridgeline. Actually it is a small plateau at northern part of central Taygetos comprising of several gentle slope, small altitude peaks, hence its name. No particular experience is required and this trip is open to everyone. Some winter gear is required, if you don't have it, don't worry, we can lend to our members.

- Winter gear (crampons & ice axe)
- Difficulty grade: 5
- Hiking Duration : 7 +/- hrs
- Leader/Organizer: John Kourampas, tel.: 6972719232

### **16/2/2020 Oligyrtos (Skipiza 1.935μ.)**

A great snow hike to the peak of Mount Oligyrtos. Starting from the picturesque Lafka village we cross a beautiful fir forest to end up at the mountain's cone like crest at the junction of 3 counties, Arcadia, Argolis and Corinthia. Enjoy a panoramic view of the Arcadia highland. Also this outing requires no particular experience and is open to everyone. Some winter gear is required, if you don't have it, don't worry, we can lend some to our members

- Winter gear (crampons & ice axe)
- Difficulty grade: 6
- Hiking Duration: 7 +/-

Leader/Organiser: Despoina Kotsi , tel.: 6947850611

### **21-23/2/2020 Olympus Mt. (Mytikas 2.918μ.)**

A trip to the impressive Olympus massif leaves no one unmotivated, the mountaineer and the plain admirer of this natural wonder alike. The winter ascent to its highest peak though, is a serious alpinist endeavor of grade D to D+, calling for the most experienced ones.

Full winter, safety, belay, and bivouac gear required

- Difficulty : Experts and attendants of an authorized Mountaineering School only
- Gear : crampons , ice axe, helmet, harness , 3-4 biners , slings , rappel device, prussik cord, sleeping bag and mat.
- Leader/ Organizer: George Malamas, tel.: 6973342282

### **23/2/2020 Malis' Plateau**

A day hike to the scenic plateau of Mali (namesake of the nearby village) and possibly ascent to a neighboring peak at 1230 mt. Located at mount Aigaleo in NW Messenia.

- Difficulty: 2
- Hiking Duration: 6 +/- hrs
- Leader/ Organizer:: Kostas Konstantopoulos, tel.: 6942233010

## MARCH

### **29/2-2/3/2020 Carnival at Konitsa (Epirus, Pindos)**

In Greece traditionally the carnival is celebrated on Sunday that precedes the Great Lent, the next day being "Clean Monday" (Ash Monday) the first day of the Lent which is a national Holiday

So we take a three day trip to Konitsa in northern Greece, near the Greek-Albanian border, and the famed villages of Mastorochoia (Asimochori, Vourmpiani, Drosopigi, Kallithea, Kefalochori, Kleidonia, Lagkada, Pysogianni) where we will take part at the local traditional festivities. Ascent to the summit of Trapezitsa or to the imposing Nemertska. The trip will be combined with the via ferrata route of Aaos river

- Leaders/ Organizers George Mpourikas, tel.: 6974225568 & Foteini Papadopoulou, tel.: 6981875853

### **7-8/3/2020 Taygetos : Mount Halasmeno (2.204μ.)**

Owing to its isolation and its high topographic prominence Halasmeno is considered a separate mountain and the second highest peak in Taygetos range. Halasmeno literally means "broken" for its rugged crest and slopes because of erosion or possibly lightning strikes. A tough access in summer gets even harder in winter with a demanding ascent by its eastern steep couloirs or arête.

- Difficulty : Experts and attendants of an authorized Mountaineering School only
- Gear : crampons , ice axe, helmet, harness , 3-4 biners , slings , rappel device, prussik cord, sleeping bag and mat.
- Leader/ Organizer: George Malamas, tel.: 6973342282

### **15/3/2020 Mount Mainalo (Ostrakina 1.981μ.)**

One day trip to the heart of the Peloponnese, specifically at the northern Arcadia, rise the summits of Mount Mainalo. We will snow hike to Ostrakina, the highest of them at 1981 meters.

- Winter gear (crampons & ice axe)
- Difficulty grade: 5
- Hiking Duration: 4 +/- hrs

Leader Organiser : Manos Poronis, tel.: 6976253723

### **22/3/2020 Mount Kalathi(1.393μ.)**

Kalathi towers the city of Kalamata from the east. An easy and pleasant hike to the summit by a well maintained trail. From a balcony like structure we can lie and enjoy a view of the whole Taygetos range from one side and a majestic vista of the Messinian bay and the city from the other.

- Difficulty grade: 2
- Hiking Duration: 6 +/- hrs
- Leader/Organizer: Giannis Giourgas, tel.: 6973855766

### **27-29/3/2020 Vardousia (Korakas 2.495μ.)**

The range of Vardousia is one of the Meccas for alpinists and mountaineers in Greece especially in winter when ice and snow prevail. An overnight stay in the local refuge (2015 mt) and ascent to its highest summit "Korakas".

- Difficulty : Experts and attendants of an authorized Mountaineering School only
- Gear : crampons , ice axe, helmet, harness , 3-4 biners , slings , rappel device, prussik cord.
- Leader/ Organizer: George Malamas, tel.: 6973342282

APRIL

### **5/4/2020 Mpiliovo**

A must do, top-of-the-list route for every hiker in Messenia. A scenic and, above all, easy hike along Mpiliovo, a winding, cobblestone paved trail. Well preserved for most of its path it is a fine specimen of early 20<sup>th</sup> century folk architecture. It gently winds up its 98 U-turns to connect the village of Sotirianika with the picturesque settlement of Altomira.

- Suitable for beginners
- Difficulty grade: 1
- Duration: 5 +/- hrs
- Leader/Organizer: Giannis Giourgas, tel.: 6973855766

### **11-12/4/2020 mount Tragovouni (1.909μ.)**

A demanding hiking route to the summit of one of the most imposing mountains of Taygetos. Tragovouni lies remotely from the central range and is hard to reach.

- Difficulty grade : 4
- Duration : 8+/- hrs
- Leader/Organizer: Manos Poronis, tel.: 6976253723

### **19/4/2020 EASTER**

No trips or events

### **25-26/4/2020 Trail Maintenance- Signing**

A mountain hiking route where we voluntarily help with maintenance and signing of a trail. Details will be announced by our club.

- Organizer: The Club, tel.: 2721097733

## **MAY**

### **30/4-3/5/2020 May Day in Agrafa mountain peaks**

An extended 4 day trip to Agrafa mountains, the southernmost part of the Pindus range. One of the most beautiful mountainous regions in Greece it is comprised of dozens of rough peaks connected by steep ridges, composing a harsh and forbidding landscape. Ascents and hikes of varying grades. Overnight in rooms or camp tents.

Leader/Organizer : George Stefanouris, tel.: 6937328781

### **10/5/2020 Mani : Selinitza – Platsa – Pigi - Kotroni**

An easy hike along a forgotten trail that once connected 4 traditional stone build villages in Mani.

- Suitable for beginners
- Difficulty Grade : 1
- Duration: 4-5 hrs
- Leader/Organizer : George Stefanouris, tel.: 6937328781

### **16-17/5/2020 Trail Maintenance- Signing**

A mountain hiking route where we voluntarily help with maintenance and signing of a trail. Details will be announced by our club.

- Organizer: The Club, tel.: 2721097733

### **23-24/5/2020 Mount Helmos (Aroania) : Waters of Styx**

A thrilling outing to Helmos mountain. The route traverses below the formidable wall of Neraithorachi, the second tallest peak of Helmos, until we meet the Waters of Styx, a cascade coming down from the rock above. Bathing in and drinking its water we may feel invulnerable like the mythical Achilles. According to myth Achilles was dipped in the waters of river Styx by his mother to render him invulnerable but with a glitch; she held him by the heel which she forgot to dip hence the phrase Achilles Heel. Stay in tents with camping site right next to the trailhead.

- Difficulty grade: 6+
- Duration: 10 +/-
- Leader/Organizer: Manos Poronis, tel.: 6976253723

### **31/5/2020 Inahos Gorge**

At the western foothills of Artemision Mountain lies hidden the canyon of Inahos river. Very popular in the canyoneering community for its numerous abseils and jumps it has water all year round but unlike canyoneers we are going uphill. The route partly meets the canyon and traverses the infamous "Lykopati" pass (lit. wolf's paw), an exposed section with the deep canyon below. Our destination will be the amphitheatrically built, beautiful village of Nestani..

- Difficulty grade: 2
- Duration: 4-5 hrs
- Leader Organizer: George Mpourikas tel.: 6974225568

## JUNE

### **5-8/6/2020 Kythira island (Pentecost holiday)**

During the holiday for the Pentecost we travel to the island of Kythira, birthplace of the goddess Aphrodite (syncretized with Venus by the romans). We will take day trips to explore the diverse and immaculate natural environment of the island (caves, waterfalls, ravines). Finally we will swim at some of the dozens of amazing , pebbled or fine sanded beaches. Limited entries, please book early

- Leader/Organizer: Kostas Konstantopoulos, tel.: 6942233010

### **14/6/2020 Nedontas gorge**

A crisp and refreshing day hike along the gorge of Nedontas river that starts from the edge of the town of Kalamata. We will walk along the banks of the river admire the waterfalls and continue uphill under the canopy of planes to end up near Nethousa village in Taygetos.

- Difficulty grade: 2
- Duration: 7+/- hrs
- Leader Organizer: John Giourgas tel.: 6973855766

### **21/6/2020 Proti island**

A unique outing to the island of Proti in the Ionian sea. We will admire its coastline of sheer cliffs and its numerous coves and bays. We will visit the Convent of Madonna the "Gorgopigi" and finally enjoy a swim at the fantastic with crystal clear waters, sanded beach of "Vourlia".

- Suitable for beginners
- Difficulty grade: 1
- Duration: 4 +/-
- Leader Organizer: Despona Kotsi, tel.: 6947850611

### **27-28/6/2020 Taygetos summit (2.407μ.) / Maintenance**

Ascent to the main summit of Taygetos, Profitis Elias, (Prophet Elijah) from the forest of Vasiliki. We will do maintenance jobs to the chapel of P. Elijah that is there. For more details please call.

- Leader/Organizer: The Club., tel.: 2721097733

## **JULY**

### **3-5/7/2020 Mount Olympus (2.918μ.)**

The established annual summer ascent to the mythical mountain of Olympus. Time for peak bagging: the two tallest Mytikas (2918 mt.) and Stefani(2909 mt.) and possibly other peaks. Overnight at the "Apostolidis" Rfg. Limited entries; please book early!!

- Leader/Organizer: Manos Poronis, tel.: 6976253723 & Diana Maouni, tel.: 6944538596

### **12/7/2020 Vyros gorge**

Easy downhill hike from the forest of Vasiliki in Taygetos to the village of Exohori in Mani along the gorge of Vyros a trail maintained and signposted by our Club.

- Difficulty grade: 2
- Duration: 6+/- hrs
- Leader Organizer: John Giourgas tel.: 6973855766

### **18-19/7/2020 80<sup>th</sup> National Mountaineering Meeting (Π.Ο.Σ.)**

Our club takes part in the 80<sup>th</sup> national mountaineering meeting held annually under the auspices of the Greek Federation of Mountaineering and Climbing. The organizing member club and the mountain venue will be announced in time by the Federation. For more details please call.

- Leader/Organizer: The Club., tel.: 2721097733

### **19-20/7/2020 Taygetos (Profitis Ilias 2.407μ.)**

A night ascent to the summit of Taygetos from the forest of Vasiliki at Prophet Elijah's feast day to join the festivities that take place around the chapel that stands at the summit.

- Difficulty grade: 2+
- Duration: 6+/- hrs
- Leader Organizer: Kostas Kaklidis tel.: 6976830694

### **26/7/2020 Sapientza island**

Sapientza is a small island off the southwest coast of Messenia right across the city of Methoni. It's one of Messinian Oinousses group of islands. (Actually two of them are islands : Schiza & Sapientza ; the others are islets and rocks).It is very popular among divers for the many shipwrecks. We'll visit the lighthouse build in 1885 and ascend its 75 stone steps to the top, hike through the famed forest with strawberry trees (arbutus sp.) and end up at the majestic sandy beach "Ammos" where we can take a dive in the turquoise waters. Bring a lot of water with you.

- Suitable for beginners
- Difficulty grade: 1
- Duration: 4 +/-
- Leader/Organizer: George Stefanouris, tel.: 6937328781

## **AUGUST**

### **1-2/8/2020 Mycenae/ Poros**

A two day drip with an important cultural setting. Day one comprises an easy hike along the remains of the Mycenaean road network that connected the ancient Prosymna with the citadel of Mycenae. A guided tour at the site will follow. Day two we travel to the small island of Poros in the Saronic Gulf. There we'll wander to intriguing paths leading to remote but appealing locales like the "Ntana" Lighthouse or the cape "Kokorelli".

- Leader/Organizer: George Stefanouris, tel.: 6937328781

### **9/8/2020 Neda river crossing**

Live a unique experience in one of the most scenic niches of Messenia. Neda river flows from the Lykaion mountain to the Ionian sea forming a beautiful gorge in between and this is an extended crossing organized every year by our club. (not the one you find in Trip advisor or travel guides)

Constant variation of the landscape, thick vegetation, walking along the banks, walking or swimming in the river bed, swimming in pools underneath statuesque waterfalls, crossing narrow passages, jumping large boulders make this a challenge but will also create a memorable experience.

- Κολυμβητικές γνώσεις απαραίτητες
- Difficulty grade: 2
- Duration: 6 +/- hrs
- Συντονιστής: George Exintavelonis

### **16/8/2020 Stenosia & Polilimnio**

Easy hike in a new trail in Messinia. This is the ravine of Stenosia which forms a majestic landscape with small cascades and pools which terminates to the "Kalamari" waterfall near Pylos. A second trek will follow to Polyilimnio .

- Suitable for beginners
- Difficulty grade: 1
- Duration: 3 +/-
- Leader/Organizer: Valantis Kalogeropoulos, tel.: 6944311466

### **23/8/2020 Tepeni gorge**

Another easy outing in to the gorge of Tepeni (or Stepenitsa). Easy hike over thick vegetation, under large deciduous trees, variegated rock formations, narrow passages that will excite everybody.

- Suitable for beginners
- Difficulty grade: 1-2
- Duration: 5-6 hrs
- Leader/Organizer: George Stefanouris, tel.: 6937328781

### **29-30/8/2020 Taygetos (Profitis Ilias 2.407μ.)**

We bid farewell to summer with an exhilarating ascent to the summit of Taygetos under the clear night sky and the luminous glow of the Milky Way. At the sunrise we can see the shadow of the pyramidal summit reflecting in the sea.

- Difficulty grade: 2+
- Duration: 6 +/- hrs
- Leader/Organizer: Manolis Alimonos, tel.: 6944574797

## **SEPTEMBER**

### **6/9/2020 Leonidio**

An exciting outing to Leonidio where we will hike a beautiful trail at the foothills of the towering Parnon mountain, and discover the authentic landscape of the area.

- Leader/Organizer: George Stefanouris, tel.: 6937328781

### **11-13/9/2020 Giona (Tragonoros 2.456m.) – Mpekos' Route**

A very fast but strenuous ascent from Sykia Village (700m.) to the summit of Tragonoros in Giona mountain range in central Greece. This is an almost direct ascent over chossy rock and exposed sections to the Tragonoros at southernmost part of Giona main ridgeline.

- Participants must be in good physical condition and comfortable with 3rd class climbing and traveling off-trail with a backpack.
- Difficulty grade: 3+
- Duration: 10 +/- hrs
- Leader/Organizer: Liakos

### **20/9/2020 Chyrsoroas river or Xerilas.**

- Leader/Organizer: George Skouras

### **27/9/2020 Temple of Apollo Epicurius**

Hiking through the Apollo trails a network of trails on northwest mountainous Messenia , we will visit the majestic columned temple of Apollo Epicurius dedicated to the god of sun and healing. One of the best preserved temples of classical antiquity, it is believed to be built by Iktinos the architect of the Parthenon of Athens. It is in UNESCO's World Heritage List for its remarkable and significant architectural features and influence.

- Suggested for beginners
- Leader/Organizer: Kostas Konstantopoulos, tel.: 6942233010

## **OCTOBER**

### **3-4/10/2020 “Walnuts and Honey” fest at Roeino**

We will join the fest and country fair dedicated to the local products walnuts and honey and held by the local cultural club, at the village of Roeino in Arcadia. Next day we will hike the very beautiful trail from Roeino to Vytina.

- Difficulty grade : 1
- Duration: 4 +/- hrs
- Leader/Organizer Despoina Kotsi tel.: 6947850611

### **9-11/10/2020 Helmos south ridge traverse (Chtenia Helmou)**

This is a long the traverse of the south ridge of Helmos , one of the big alpine traverses of Greek mountains. It is a long traverse with climbing and down climbing, rappels and exposed sections over narrow crenellated ridges. A real challenge. Abseil and bivvy gear required.

- Participants must be in good physical condition and comfortable with 3rd class climbing, traveling off-trail with a backpack, and rappel manoeuvres.
- Limited entries
- Leader/Organizer: Liakos

### **18/10/2020 Poliani-Koutala**

- Difficulty grade: 1
- Duration: 4 +/- hrs
- Leader/Organizer: Manolis Aloimonos tel.: 6944574797

### **24-25/10/2020 Trail Maintenance- Signing**

A mountain hiking route where we voluntarily help with maintenance and signposting of a trail. Details will be announced by our club.

- Organizer: The Club, tel.: 2721097733

## **NOVEMBER**

### **31/10-1/11-2020 Arna Lakonias / 17<sup>n</sup> Chestnut fest**

We take part in the 17<sup>th</sup> "Chestnut fest" in Arna on of the most remarkable country fests in Lakonia taking place under a hundreds of years old plane tree. An easy and pleasant hike will follow. Staying overnight in tents or rooms.

- Leader/Organizer: Kostas Fykiris .: 6977716580

### **7-8/11/2020 Argolis-Arcadia mountains (traverse)**

A demanding but fascinating traverse of the mountains in Arcadia - Argolis border (Oligyrtos, Skiathis, Trachy and Lyrkeio), that extend around Stymfalia Lake and mark the boundaries of the regional units of Corinthia, Arcadia and Argolis.

- Leaders/Organizers: Manos Poronis tel.: 6976253723 & George Stefanouris, tel.: 6937328781

### **14-15/11/2020 Trail Maintenance- Signing**

A mountain hiking route where we voluntarily help with maintenance and signposting of a trail. Details will be announced by our club.

- Organizer: The Club, tel.: 2721097733

### **22/11/2020 Mushroom hike on north Taygetos .**

A special outing in order not only for hike but also to get acquainted with wild mushrooms under the guidance of specialists.

- Difficulty grade: 1-2
- Duration: 4 +/- hrs
- Leader/Organizer: The Club tel.: 2721097733

### **29/11/2020 Parnitha**

Yet another pleasant trip to the vast hiking network of the National Park of Parnitha in Attica..

- Leader/Organizer: John Kourampas tel.: 6972719232

## **DECEMBER**

### **6/12/2019 Maganiako-Andromonastiro**

Starting from the village of Maganiako we will hike through a forest to the recently restored byzantine antique convent of Andromonastiro..

- Difficulty grade: 1
- Duration : 5-6 hrs
- Leader/Organizer: Kostas Dimopoulos, tel.: 6973226924

### **13/12/2019 West Taygetos**

- Leader/Organizer: Kostas Fykiris tel.: 6977716580

**20/12/2019 Tetrazio mountain (1.389μ.)**

An ascent by the old trail that used to connect the villages of Eira and Andania. From there we can enjoy the view of the entire Messenia and parts of Elis and Arcadia.

- Leader/Organizer: The Club tel.: 2721097733