



Delphi Trail

Highlights

- > Walk along historical paths
- > Climb to the top of Mount Parnassus
- > Marvel at Delphi, the centre of the world

Profile

- > From accommodation to accommodation
- > With luggage transport
- > Routes mostly well laid out and easily walkable, surefootedness required.

Service

- > 6 nights in selected hotels, rooms with bath/shower and toilet
- > Transfers according to itinerary
- > Luggage transport from hotel to hotel
- > GPS data available
- > 6x breakfast
- > ASI tour book

Pilgrims from all over the ancient world used these trails to get to the Delphi Oracle. Delphi is blessed not only with a famous oracle, but also with a beautiful mountain. Much of Mount Parnassus is a designated national park and is home to an impressive variety of flora and fauna. The region offers traditional villages, delicious gastronomy, untouched landscapes and warm hospitality. From Polydrosos village on national hiking trail 22, you come to the village of Eptalofos. The European hiking trail E4 takes you to the Eptastomos cave and from there to the cosmopolitan snow resort of Arachova. Explore the Neromanna spring and follow ancient paths to enjoy the view of the Olive Valley. Walk along the edge of an olive grove with 1.5 million olive trees and end your journey by the sea in Itea.

Trip type
Trekking trips, hiking trips

Minimum number of participants:
from 1 person

Area covered
Greece

Length of trip
7 days

Travel Code
2GRATH001



Day 1 Welcome to Greece

Flight to Athens and drive to Eptalofos. Eptalofos is a magnificent village with a small waterfall and a typical square.

Details of journey

S Drivedistance approx. 201 km **🕒** Driving time approx. 2:30 h

🏠 Accommodation Xenonas Alexandra or similar Eptalofos GR

Day 2 From the waterfalls of Eptalofos to the springs of Polydrosos

Walk on the north side of Mount Parnassus, on National Trail 22, which connects Athens to Mount Parnassus, to the mountain village of Polydrosos

Daily tour

↗ Ascent approx. 100 m **↘** Descent approx. 470 m **S** Distance approx. 12 km **🕒** Walking time approx. 4:00 h

🍽 Meals breakfast

🏠 Accommodation Sofianos Guesthouse or similar Polydrosos GR



Day 3 On our way to the Defner mountain hut

Walk up the path, crossing fertile fields and wooded areas with native species such as Greek firs and juniper trees. Your day ends at the Defn mountain hut at an altitude of 1820m. On SKG III, your overnight stay is at the Defn mountain hut.

Daily tour

↗ Ascent approx. 1.440m **↘** Descent approx. 0 m **S** Distance approx. 16 km **🕒** Walking time approx. 7:00 h

🍽 Meals breakfast

🏠 Accommodation Defner Mountain Hut GR



Day 4 The second highest Gerondovrachos summit

Today, explore Mount Parnassus and climb the 2395m high Gerondovrachos summit, which can be reached on foot from spring to autumn.

Daily tour

↗ Ascent approx. 570 m **↘** Descent approx. 1.190 m **S** Distance approx. 10 km **🕒** Walking time approx. 6:00 h

🍽 Meals breakfast

🏠 Accommodation Domotel Anemolia Mountain Resort **** or similar Arachova GR

Day 5 The ancient path to the Sanctuary of Delphi

First, walk along a local path at an altitude of 1100 m to the European long-distance footpath E4. This is a historical hike from the slopes of Mount Parnassus to the village of Delphi.

Daily tour

↗ Ascent approx. 0 m **↘** Descent approx. 550 m **S** Distance approx. 12 km **🕒** Walking time approx. 5:00 h

🍽 Meals breakfast

🏠 Accommodation Parnassos Delphi *** or similar Delphi GR

Day 6 Through millions of olive trees to the beach

Follow a path and a country road downhill which connect Delphi and the village of Chrisso. The ancient city of Crissa played host to the oracle's visitors. Continue your day through the heart of the famous olive grove in the footsteps of ancient pilgrims. It is included in the UNESCO world heritage list as a unique landscape because it has more than 1.5 million olive trees. Enjoy this incomparable landscape and observe the silver-green leaves of the olive trees whose colour changes depending on the time of day. The hike ends at the sea, in the little port of Itea.

Daily tour

↗ Ascent approx. 0 m **↘** Descent approx. 850 m **S** Distance approx. 11 km **🕒** Walking time approx. 5:00 h

🍽 Meals breakfast

🏠 Accommodation Kalafati Hotel *** or similar Itea GR

Day 7 Saying goodbye to Greece

After breakfast, drive to Athens airport and return flight, or beach holiday extension.

🍽 Meals breakfast