



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 in the direction of Parnassos. Polydrosos is a quaint village. The land has always been fertile, so the area was called „Erochos“ in ancient times, which means „love for the earth“. Nowadays, you will find the Argyriou family winery in the village, which cultivates and produces old and forgotten wine varieties of the region. Hotel in Polydrosos.

Details of journey

S Distance approx. 201 km **🕒** Travel time approx. 2:30 h

🏠 Accommodation Sofianos Guesthouse or similar Polydrosos GR

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

From Polydrosos village, you hike on the north side of the mountain to the mountain village of Eptalofos.

Daily tour

⬆️ Ascent approx. 470 m **⬇️** Descent approx. 100 m **S** Distance approx. 12 km **🕒** Walking time approx. 4:30 h

🍴 Meals breakfast

🏠 Accommodation Xenonas Alexandra or similar Eptalofos GR



Day 3 The slopes of Mount Parnassus

Today you follow the European hiking trail E4, which connects Portugal with Cyprus, to the Eptastomos Cave, the gateway to the underworld.

Daily tour

⬆️ Ascent approx. 450 m **⬇️** Descent approx. 100 m **S** Distance approx. 7 km **🕒** Walking time approx. 4:00 h

🍴 Meals breakfast

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



Day 4 The cosmopolitan Arachova

You hike to the Neromanna spring in beautiful surroundings with low bushes and fir trees. The way back to Arachova is on a gently sloping track. Enjoy a traditional meal with local produce or visit the folk art museum.

Daily tour

⬆️ Ascent approx. 700 m **⬇️** Descent approx. 550 m **S** Distance approx. 11 km **🕒** Walking time approx. 4:50 h

🍴 Meals breakfast

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



Day 5 The ancient path to the Sanctuary of Delphi

The hike begins in a wooded area, going downhill to the actual ancient path, with some stone steps and crags. With a view of the Olive Valley and the Gulf of Corinth, follow this ancient path until you reach the Sanctuary of Delphi.

Daily tour

⬆️ Ascent approx. 0 m **⬇️** Descent approx. 850 m **S** Distance approx. 8 km **🕒** Walking time approx. 4:00 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. 550 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