

"Olympios Zeus" Cultural Routes

Olympus

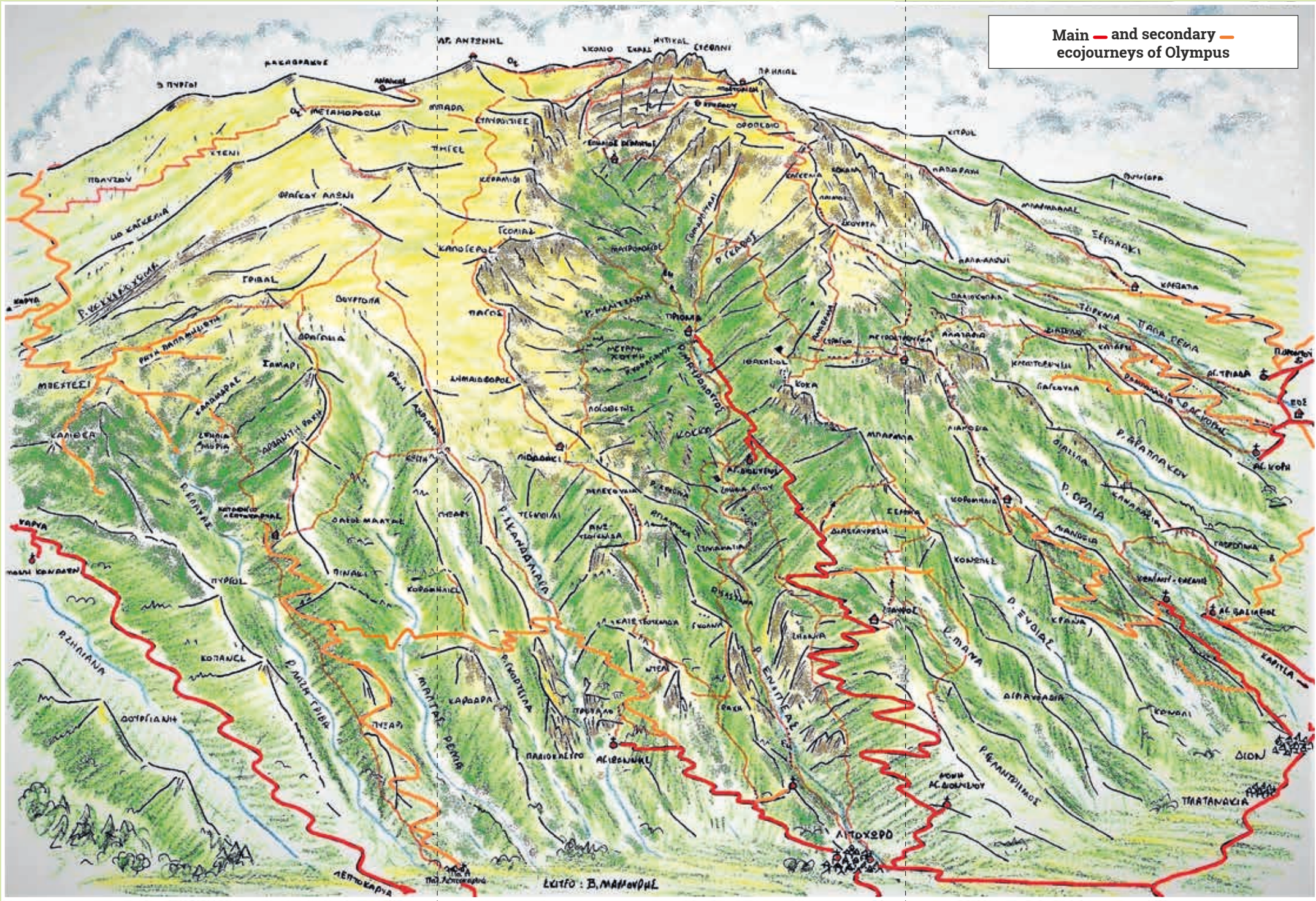
1km 2km 3km 4km

LEGEND

National Road	Post Office	Waterfall
Paved Road	Bank / ATM	Climbing
Path	Handmade Crafts Store	Canyoning
Railway Line	Local Product Selling Points	Hiking
National Park Boundaries	Drinkable Water	Mountain Biking Route
Archaeological Park Boundaries	Non Drinkable Water	Road Cycling
Mountain Peak	Tourist Information Point	Paragliding
Beach	Hospital	Nature Sport Center
Train Station	Pharmacy	Horse Riding
Bus Station	Panoramic Viewpoint	Bin (Where to drop litter)
Parking	Cultural Site / Heritage site to visit	Picnic Areas
Acomodation / Hotel	Museum / Interpretation Center	Natural Park / Natural Site
Rural House	Historical City	Foot Path
Hut/Refuge	Church	Eco-Journey Track
Campsite	Monastery	Historical Trail
Food Services / Restaurants	Monument	

"OLYMPIOS ZEUS" CULTURAL ROUTES

1	Foot Path	"PANTHEON": Enipeas - Phronia
2	Foot Path	"ZENOS ZEUS": Dion - Kokkinos Vrachos (Red Rock)
3	Foot Path	"ARTEMIS": Traditional Settlements



Responsible Behaviour

- Being a responsible traveler and minimizing the impact your visit creates is important for the sustainability of the area. After all, sustainable tourism is a way of traveling and exploring a destination whilst respecting its culture, environment and people.
- Travelling responsibly in times of climate change? Yes, you can! Just offset your CO2 emissions...**
- Reaching our mountain areas from other parts of Europe or the world would be not possible without air travel. However, aviation is one of the largest emitter of greenhouse gases and, therefore, contributes to the anthropogenic climate change **in a decisive manner**.
 - Fortunately, you can **offset the generated carbon footprint on a voluntary basis** in one of the existing carbon offsetting initiatives. These initiatives usually offer a web tool with a calculator so that everyone can calculate the price of their own carbon offsets. By purchasing the emitted CO2, you can mitigate your own greenhouse gas emissions from transportation (e.g. your flight), but also from using non-renewable energy sources during your stay.
 - The purchased offsets are usually dedicated to **on- or off-site forest management projects, but also to conservation of biodiversity** in collaboration with local managers. You can contribute to these projects with small amounts. For instance, the offsets from a flight from Berlin to Thessaloniki (round trip) cost less than 20 Euro, and from Stockholm to Catania, about 30 Euro.
 - You can offset your emissions wherever you like. We suggest using **“Atmosfair”**, being one of the most well-known and reliable platform. Just have a look at www.atmosfair.de!
 - Thank you for making responsible and sustainable travel possible!**
- ## Recommendations before you start
- If you walk alone, tell someone of your itinerary.
 - Don't overestimate yourself and choose it according to your physical abilities.
 - Choose the appropriate clothes and equipment.
 - Check the weather forecast before leaving and adapt your route according to the weather conditions.
 - Remember to take enough water.
 - Report any breach to the corresponding authority.

General Rules

- Respect **nature (flora, fauna and land)** and don't introduce alien species of flora and fauna
- Stay on the **paths** and trails waymarked and **camp** only in those authorized places
- Light **fires** only in the authorized areas
- Do not drop any of your **litter**, bring it back.
- Keep **pets** always **on a leash** and under the control of the owner
- Circulate and park motorised vehicles only in authorised **road/areas**

Useful Telephone Numbers

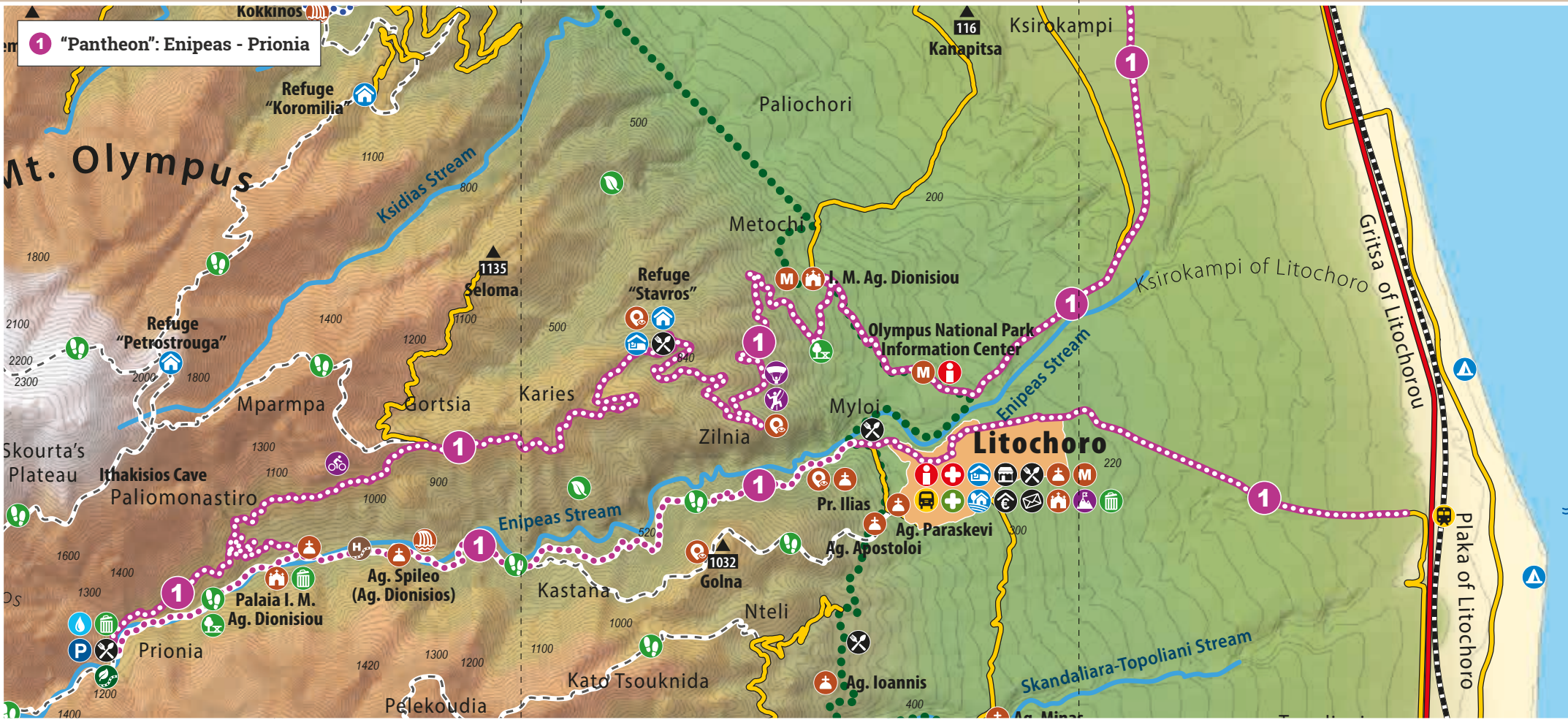
Pieria Police Administration	+30 23510 46610
Katerini Police Department	+30 23510 46623
Litochoro Police Department	+30 23520 81100
Municipality of Dion - Olympos	+30 23523 50100
Forest Department of Pieria	+30 23510 45470
Litochoro Forestry Office	+30 23520 81042
Litochoro Health Center	+30 23523 50000
Pieria Intercity Bus Station (KTEL)	+30 23510 23313
Litochoro Intercity Bus Station (KTEL)	+30 23520 81271
Hellenic Railways Katerini Station	+30 23510 23709
Hellenic Railways Litochoro Station	+30 23520 22522
First Aid	166
Katerini Fire Brigade	199, +30 23510 46274
Litochoro Fire Brigade	199, +30 23520 84110
Litochoro Taxi	+30 23520 82333
Olympus National Park Management Body	+30 23520 83000

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The network of EmblemaTic Mediterranean Mountains consists of nine complex living mountains located around the Mediterranean Sea, in France, Greece, Italy, Spain and Albania. The respective territories are working together on common challenges: Preserving patrimonial values from endogenous and exogenous threats and exogenous threats. Sharing positive experiences and good practices. Increasing international recognition.

EmblemaTic Ecojourneys are nine routes of experiential slow tourism across hinterland areas of European Mediterranean Mountain regions. By enjoying these journeys, visitors have a chance to explore the areas' singularities and the activities offered by local providers. These are journeys where nature and culture meet, and the experience with body and soul is such that it generously conveys the emblematic character of the territory.



Ecojourney presentation

The ecojourney that is presented here is on the northeast side of Mount Olympus and is extended from Platamonas to Litochoro and Dion. It comprises the geographical area that is located between the sea and the highest peaks of the mountain. Our ecojourney therefore has a lot to show and is long. For this reason, we will divide it into three sub-journeys.

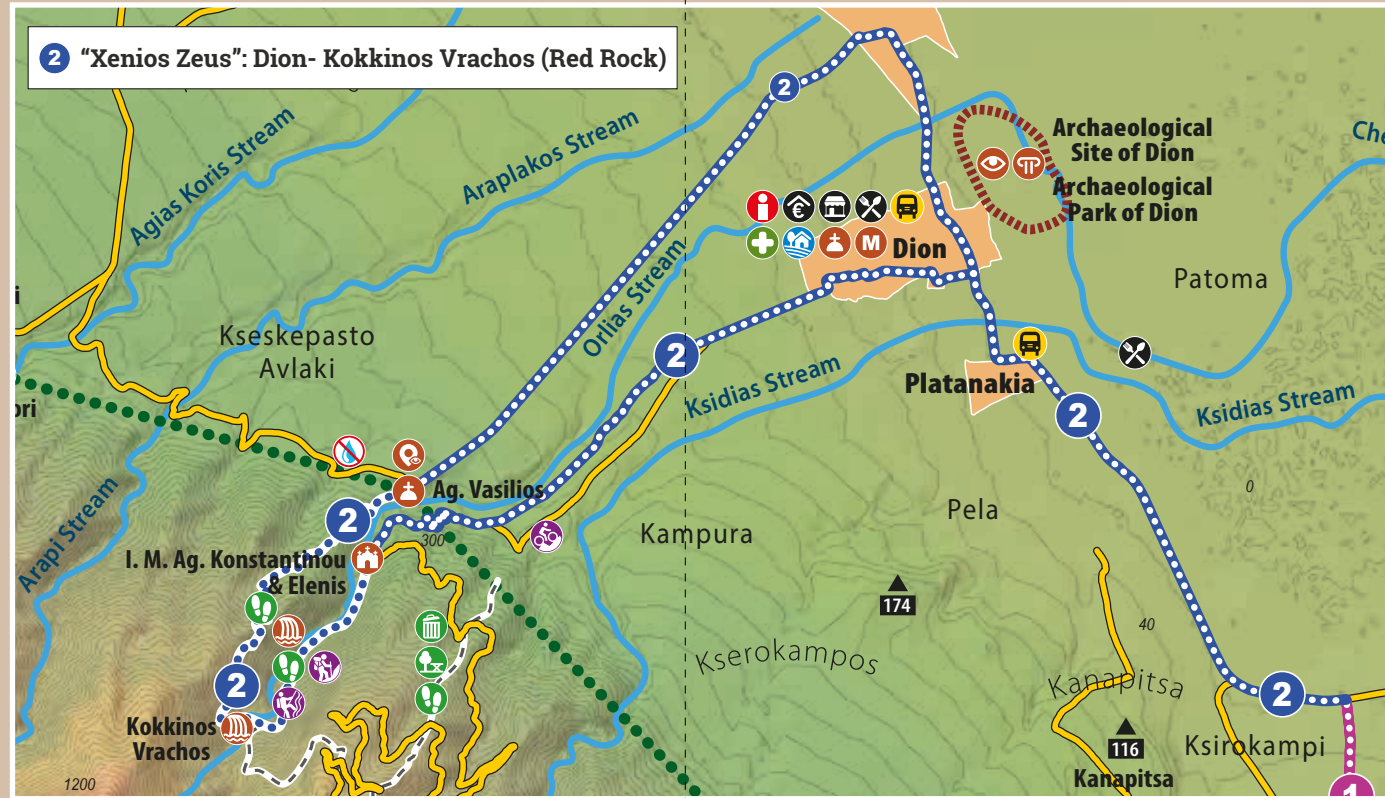
In our first sub-journey, **Enipeas-Prionia**, we will set out at Litochoro in order to cross the gorge of Enipeas up to the location of Prionia, at approximately 1,050 meters. The path is constantly next to and above Enipeas and goes past the historic Monastery of Aghios Dionysios, as well as the Cave of Aghios Dionysios. Our journey is long and often goes down reducing the altitude. Thus the 700

meters of difference in altitude become 1,100 meters of total climbing. This is why many people prefer to go through this itinerary the other way around, as Prionia can be reached through a road from Litochoro. In any case the path offers really impressive vegetation and crosses Enipeas by means of small wooden bridges. The view of the gorge is sublime and the beautiful turns of the river invite us to see the next beautiful image...

Our second sub-journey, **Dion, Orlas Torrent-Kokkinos Vrachos (Red Rock)**, sets out at ancient Dion and moves towards the mountain following the steps of the ancient Greeks. It follows the road to reach the chapel of Aghios Konstantinos and Eleni and enters the path and gorge of Orlas, ancient Elikonas, in order to reach the beautiful waterfall of Kokkinos Vrachos (Red Rock) in approximately 600 meters. Our journey is short and easy and can be followed also from the opposite northern

ridge that can be accessed through the village of Karitsa and the chapel of Aghios Vasileios. The two journeys have close starting points and join through a path to create a beautiful circle...

Our third sub-journey, **Traditional Settlements, Palaio Panteleimon-Palaia Skotina or Palaio Poroi**, sets out at the traditional settlement of Aghios Panteleimon and from there takes a path and forest roads to continue through beautiful mixed forests and chestnut forests towards the traditional settlement of Palaia Skotina. It is a relatively short and medium difficulty journey, like the journey from Palaio Panteleimon towards the traditional settlement of Palaio Poroi, with equally beautiful images and a view towards the castle of Platamonas and the sea...



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