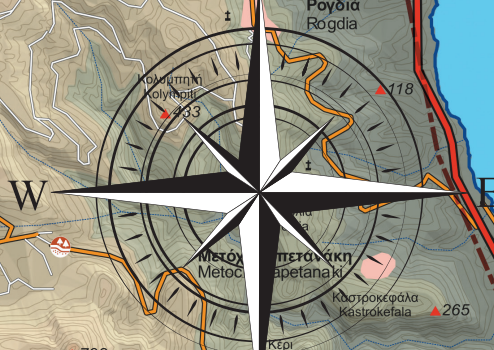


The Paths of Myth Mnt Idi (Psiloritis)



LEGEND

National Road

Paved Road

Forest Road

National Park Boundaries

Geotrail

E4

Mountain Peak

Bus Station

Accommodation / Hotel

Rural House

Hut Refuge

Food Services / Restaurants

Grocery Stores

Local Product Selling Points

Local Producer

Drinkable Water

Medical center

Medical office

Tourist Information Point

Panoramic Viewpoint

Museum

Cultural Site / Heritage site to visit

Geological Site

Paleontological Site

Byzantine church

Church

Monument

Mitato - Shelters

Speleology

Monumental Tree

Spa Resort

Climbing

Hiking

Mountain Biking Route

Picnic Areas

Other Signalled Paths / Walking Itineraries / E4

Geotrail

ROUTES

1

Nida - (Nida Plateau) Zeus Pilgrim Route

2

Axos Mylopotamou - Bronze Giant Tales route

3

Krousounas Field, Zominthos - The Royal route to Id Gods (a)

4

Krousounas Field, Vromonero - The Royal route to Id Gods (b)

5

Zominthos - Minoan Mountainous Palace

6

Platania Amariou - God Pan's Route

7

Margaritis Mylopotamou - Kourtes Route

8

Zaros - The fountain of Id / Europe and Zeus Passage (a)

9

Gergeri - Europe and Zeus Passage (b)

0-180

181-360

361-540

541-720

721-900

901-1080

1081-1260

1261-1440

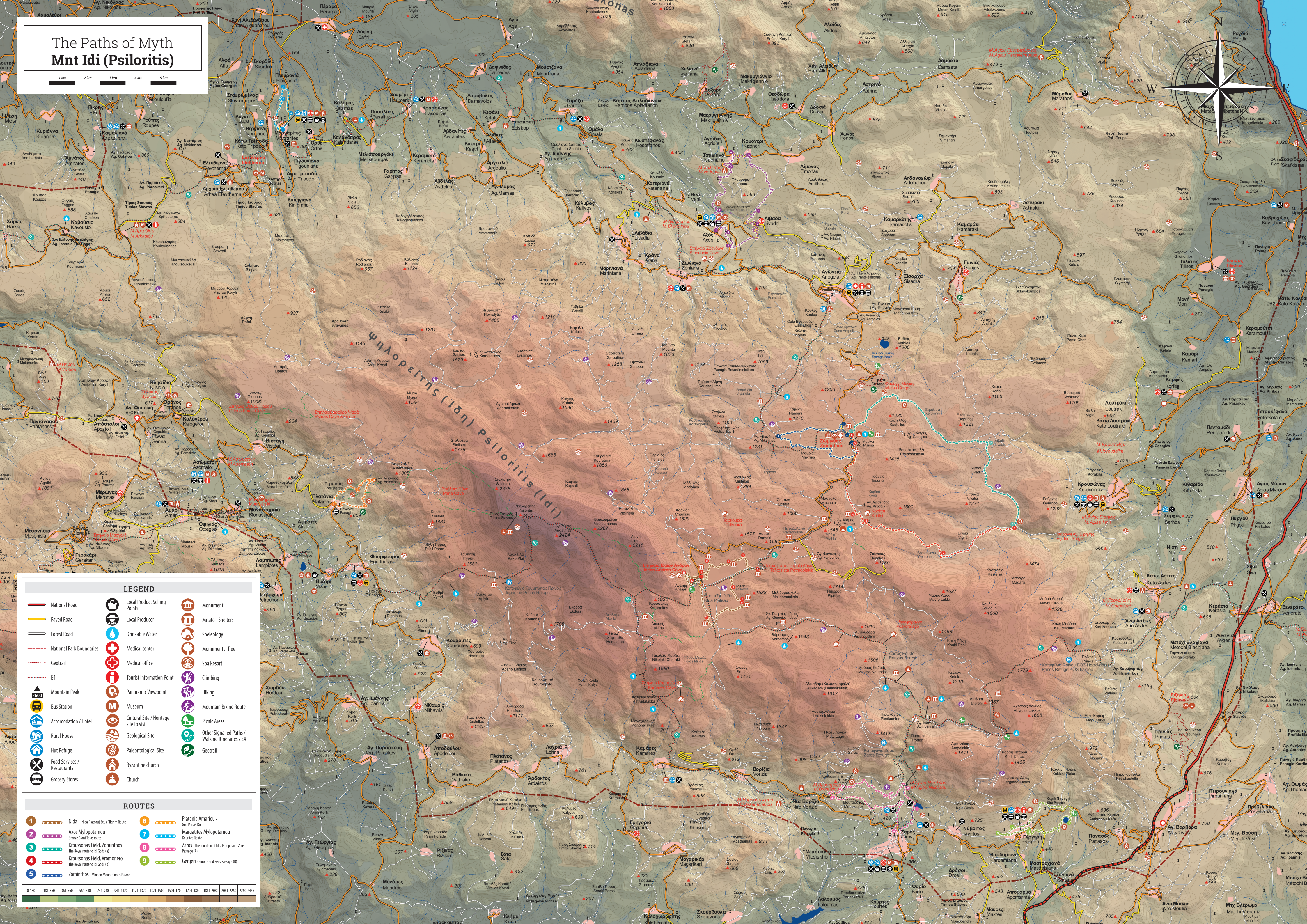
1441-1620

1621-1800

1801-2080

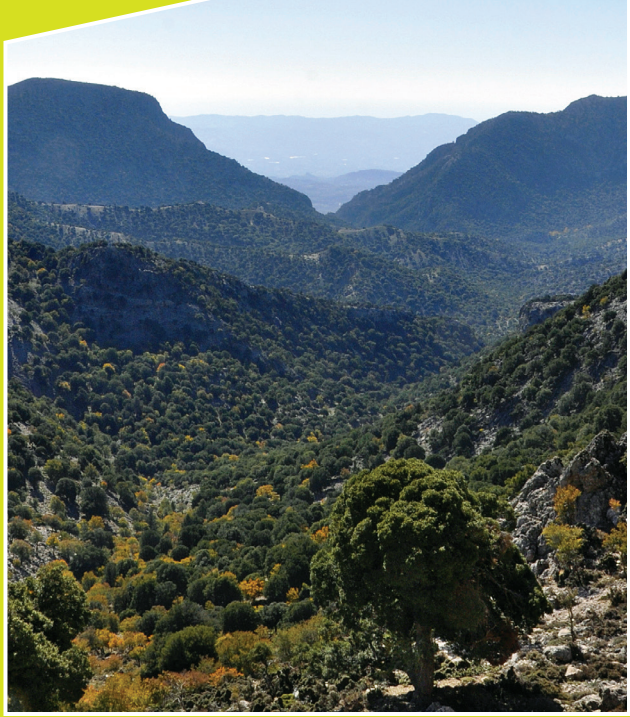
2081-2260

2261-2450



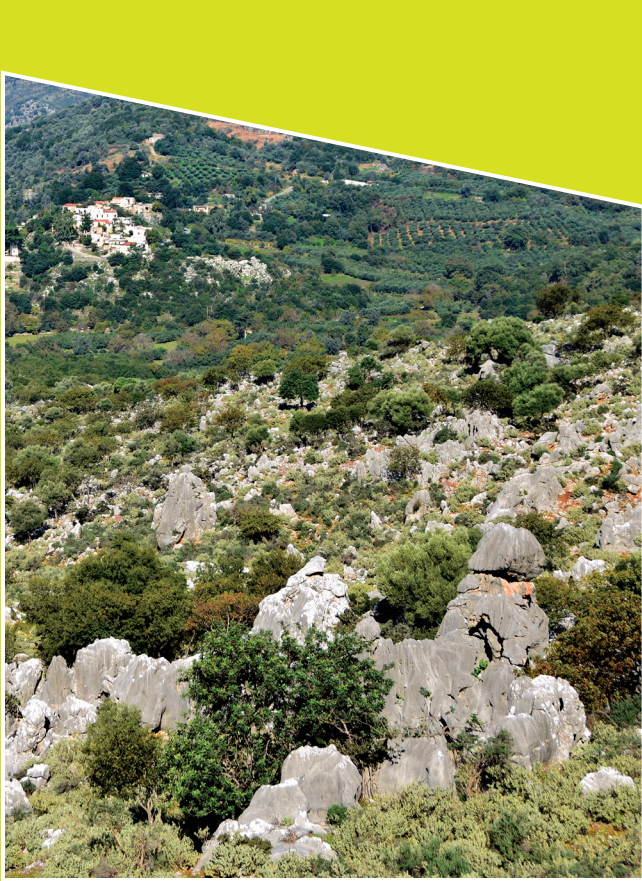
The identity of Psiloritis

The mountain Psiloritis covers the central part of Crete. It covers the altitudinal zone from sea level, in the north, to the highest peak of Crete, that of Timios Stavros, at an altitude of 2,456 m. It contains 165 hamlets with a total population of 40,000 residents. The overall area of Psiloritis mountain combines unique geological features within an exciting natural environment, a long history of human communities that have inhabited the area continuously since the 6th millennium B.C., with unique customs and traditions that survive to this day in the modern way of life of the locals.



The morphology

Mnt Psiloritis differs from all other mountains on Crete. It is relatively narrow and long with 5 of its peaks at an altitude exceeding 2,000 metres, and Timios Stavros Peak looming at 2,456 m. The mountain's north-western side subsides in an even and smooth manner, moving from one level to the next, where Mylopotamos' grazing lands expand, followed by its hamlets further down. The eastern and south-south western sides of the mountain are wilder and steeper, as virtually vertical cliffs start at the mountaintops to reach the plains of Messara and Heraklion or end up in the valley of Amari. There, the first hamlets latch on to the foot of the cliff to take advantage of the grazing grounds and the valley, but, above all, the ample waters of springs and streams. Gorges are the easiest routes to the inner valleys, plateaus and mountain peaks, and the trails that cross them have been serving since Minoan times.



Hamlets - Architecture

Mnt Psiloritis folk architecture is noteworthy and versatile, with a four thousand year tradition behind it; it has been shaped by both local geomorphology and climatic conditions and by various influences Crete received by, mainly, Mediterranean cultures, which the island encountered through the course of its history. A main feature of Mnt Psiloritis region is the variety of architectural styles and forms. Local folk architecture often co-exists with urban constructions and simplified neoclassic elements. Architecture is characterized by austerity, a sense of measure, a human scale and the use of local materials. Residences served the needs of a rural, animal-raising economy as well as those of humans' social life. Generally speaking, villages in the Psiloritis territory are mainly built on mountain and hill slopes. Local traditional architecture of remote Mnt Psiloritis hamlets up to the first half of the 20th century has its roots far back in the beginning of the island history, from both a stylistic and morphological aspect. In effect, the structure of hamlets in the beginning of the previous century hardly differed from the picture reflected in the ruins of Minoan hamlets that have been excavated.

Mitata

Crossing the dirt mountainous roads or paths leading to Mnt Psiloritis grazing lands, there are the 'mitata' (singular: 'mitato'), seasonal shepherd residences-shelters. Their morphological and stylistic similarity to Minoan dome-like (bee-hive) tombs indicates their ancient origins.



Psiloritis Geopark

The geographic location, natural beauty, exceptionally favourable climate conditions for settlement and, mainly, the abundance of natural resources of Mnt Psiloritis region, as well as the unique and complicated geological processes that have been recorded in its rocks, make it a virtual laboratory for the study of geological phenomena, that contribute to the better understanding of the evolution of Crete in general. Psiloritis Geopark was founded in 2001 by AKKOM – Psiloritis Development Agency of Local Government S.A., with the scientific support of the Natural History Museum of Crete. Due to its rich biodiversity, beautiful landscape and undisputed history and tradition, Psiloritis Geopark was incorporated, as soon as it was founded, into the Network of European Geoparks and, soon, into the Global Network of National Geoparks of UNESCO. At present Psiloritis Geopark is actively participating in global efforts for the preservation and promotion of the environment, natural and cultural heritage, as well as for viable, local growth through Geotourism and other forms of alternative tourism. The basic elements of the Geopark are the number of geological monuments in the region, its unique Natural environment with its biodiversity wealth and number of endemic species, and its Cultural environment, namely, culture, history, customs and traditions that reveal the long standing and harmonious coexistence of humanity and nature on Psiloritis Mountain.



Tourism infrastructure

The rich natural and cultural environment of the Psiloriti territory has been the basis for tourism development in the region in recent years. At numerous hamlets there are agrotourism accommodation facilities and traditional guest houses of very high quality standards. The Geo-itineraries of Mnt Psiloritis and Mnt Koukoulonas offer an unprecedented experience even to visitors who are not looking out for specific activities. The E4 European long distance path runs throughout Mnt Psiloritis with routes that are ideal for nature lovers and hiking aficionados. To meet the increasing demand for natural and forest recreation tourism in the region, infrastructure and amenities have been put to place and offer geo-itineraries, nature-appreciation and cultural routes, forest recreational sites, camping sites and various other facilities catering for educational activities, such as small thematic museums, Environmental and Educational Information Centres, Info kiosks, etc. Generally speaking, the broader Psiloritis territory is ideal for outdoor activities throughout the year, due to the mild climate and temperate weather conditions. Spring and autumn are the best times for hiking and mountain climbing as well as various other forms of alternative tourism provided in the Natural Park area. Visitors can seek these out at specialized agencies offering comprehensive tourism packets.

• **Geotourism** • **Ecotourism** • **Agrotourism** • **Cultural tourism** • **Wine tourism** • **Hiking-Trekking** • **Gorge crossing** • **Canyoning** – **Rappel** • **Speleology** • **Climbing** • **River Trek** – **River crossing** • **Hang gliding** – **Paragliding (parapente)** • **Mountain cycling** • **Skiing** • **Mountain crossing on 4x4 vehicles** • **Horse-riding**



The network of Emblematic Mediterranean Mountains consists of nine complex living mountain ranges 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 Sharing positive experiences and good practices Increasing international recognition

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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.



Dear reader,

What you have in your hands is not only a tourist guide of Mnt Idi (Psiloritis), but also the result of an ambitious project carried out by the Emblematic Mediterranean Mountains network. Mnt Idi (Psiloritis) belongs to a group of Mediterranean mountain areas that work together in order to offer you a more intensive, authentic and sustainable travel experience. You can enjoy these experiences through 9 different Ecojourneys (see map above), which lead you to discover with all senses the hidden gems lying around some of the most amazing mountains across the Mediterranean basin. Each Ecojourney offers you a route or a group of routes across the hinterland area of these mountains. Whilst enjoying this journey on foot, biking or riding, or using public transports, you have a chance to explore the areas' singularities and to discover activities, creations and festivities offered by locals. All routes are perfectly integrated in landscapes that still preserve the footprints and the spirit of their ancient cultures and gorgeous nature.

But there's more: because we know how important aspects such as sustainability and responsible tourism are for you, we are committed to offer you an experience that. . .

- Is located in hinterland areas that are outside of the usual (and overcrowded) touristic routes;
- Has been conceived and developed mainly using and placing value on already existing infrastructure;
- Is a result of a participatory processes with local stakeholders who are aware of environmental good practices related to water and energy consumption, waste management, fostering local and seasonal products, and obtaining ecolabels;
- Is conceived to favour interaction with local people and producers;
- Will allow you to live for a while the essence of a Mediterranean mountain, its nature, its culture and its people and traditions. Go for it, it's waiting for you!

Your EMbleMatiC Hosts

The EMbleMatiC ecojourneys

Once you will have enjoyed the ecojourney of this guide, you will be very welcome to carry on visiting the others 8 slow tourism routes located across the hinterland areas of the territories of the EMbleMatiC Mediterranean Mountains network. More information available on the network website www.emblematic-med.eu and below:

Canigó, France

The foothills of the Canigó

Come to explore, to taste and be amazed whilst enjoying everchanging views over the Sacred mountain of Catalans! The foothills of Canigó, the promise of a slow and curious walk full of natural scents. www.canigo-grandsite.fr



Čika, Albania

From Čika highlands to the beach

A scenic route running in parallel to Čika crest, enriched with a bouquet of 5 extending paths to balconies and paysages, natural & cultural heritage and welcoming people, is the heart of this journey. <http://himara.gov.al/>



Pedraforca, Spain

The seven faces of Pedraforca mountain

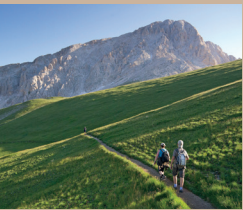
The seven faces of Pedraforca is a new tourist experience that will take you to discover all the secrets hidden by this magical mountain. From one day up to seven days to impregnate yourself! www.elbergueda.cat / www.visitbergueda.cat



Gran Sasso, Italy

The Gran Sasso, a mountain of Saints and Warriors

Ascend from the Tirino Valley to the Gran Sasso, the highest peak of the Appennini Mountains. Enjoy an emotional journey through nature, ancient traditions, landscapes and tasty local products. www.galgransassovelino.it / www.yesgransasso.com



Olympus, Greece

"Olympios Zeus", Cultural Route

A mythical route that combines grandiose environment with remarkable historical monuments in a unique harmony. Organized infrastructure and services offer experience that really worth the visit! www.pieriki-anaptixiaki.gr



Etna, Italy

An ecojourney through path-ways of Etna "Ginesta" and "Vineyard" flowered fields

Discover traditions that have not changed for hundred years. Live with the locals, experience their culture and everyday lifestyle whilst falling in love with this very special part of the world. www.galetnaalcantara.org



Serra de Tramuntana, Spain

The route of Comte Mal

Under the shelter of the majestic Mount Galatzó, that rises above the sea, you will wander on a land of legends, through an outstanding cultural landscape, shaped over centuries by proud local people. <https://caminsdepedra.conselldemallorca.cat/en/-/la-ruta-del-comte-mal>



Mnt (Psiloritis) Idi, Greece

On the Paths of Myth

Through the ecojourney of Mt Idi (Psiloritis) visitors could discover the Paths of Myths, History, Cultural Heritage and Natural Wealth in order to meet the original side and timeless value of Crete. www.psiloritisgeopark.gr



Sainte-Victoire, France

In the mood for Sainte-Victoire

We want you to enjoy the unexpected Sainte-Victoire and share it's authentic mood. Experience our local way of life and meet people who embody the spirit of our living territory. www.fuveau-tourisme.com



Every visitor must:

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.

- 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
- Don't leave any kind of **waste**
- Keep **pets** always **on a leash** and under the control of the owner
- Circulate and park **motorised vehicles** only in authorised **road**/areas

- Follow the rules and the instructions from the staff, if you enter into a protected area
- Don't damage signaling and other itinerary facilities
- Respect private property, incl. buildings, crop fields
- Respect cultural heritage (churches, ruins, walls, and other constructions)
- Be polite and fair with locals and other users.
- Respect other hikers, riders and cyclists
- Respect the peace and calmness of the place

Things to consider 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



The Paths of Myth Mnt Idi (Psiloritis)