



Co-funded by the  
Erasmus+ Programme  
of the European Union



# *Hi-Ability*

# GREEN TRAVEL GUIDE

[WWW.HI-ABILITY.EU](http://WWW.HI-ABILITY.EU)





Co-funded by the  
Erasmus+ Programme  
of the European Union



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

**Hi-Ability – Developing social and professional skills through outdoor experiences.**

**Nr. 2020-1-IT02-KA204-079809**



This document is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)



The pictographic symbols used are the property of the Government of Aragón and have been created by Sergio Palao for ARASAAC, that distributes them under Creative Commons License BY-NC-SA.

Pictograms author: Sergio Palao. Origin: ARASAAC. License: CC (BY-NC-SA). Owner: Government of Aragón (Spain)



# TABLE OF CONTENTS

## HI-ABILITY GREEN GUIDE

---

### 1 Introduction

### 2 Italy

*Accesible hiking paths in Italy*



### 3 Croatia

*Accesible hiking paths in Croatia*



### 4 Greece

*Accesible hiking paths in Greece*





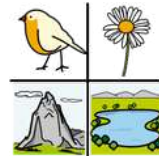
# THE HI-ABILITY PROJECT

The Hi-Ability project is implemented in Italy , Croatia  and Greece .









The Hi-Ability project promotes: 

- Education to autonomy
- Independent life for adult people with intellectual disabilities.

**Nature** is the centre of the activities of the Hi-Ability project.

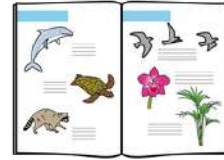


The specific objectives of the Hi-Ability project are:

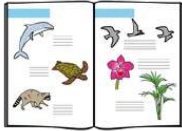
- Improve the knowledge of adult educators on how outdoor activities can improve social skills;
- Promote new educational approach for adults with intellectual disabilities 
- Develop personal and professional competences for adults with intellectual disabilities
- Increase participation in outdoor activities  
- Promote accessibility through digital tools  
- Promote a European model for the education of adults with disabilities with the use of outdoor activities 
- Boost social inclusion through the use of the environment.  



# THE GREEN GUIDE



This document, called “Green Guide”, is dedicated to people with disabilities, the families and educators.



The Green Guide has been created thanks to the results of the previous activities of the project.

In particular, the Green Guide considers the results of the trainings implemented in Italy, Croatia and Greece.

The participants of the training were 30 and 9 educators.

The main topics of the training have been:

- Environmental education



- Specific skills related to hiking



- Public speaking



- Work in groups





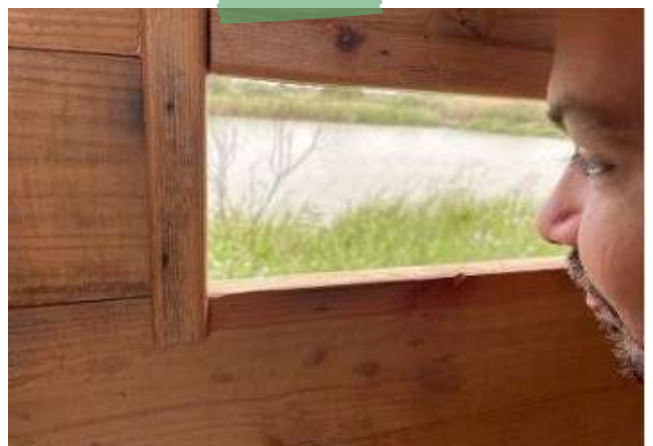
## Hiking paths in Italy

1. Oasi del Simeto nature reserve
2. The Silvestri Craters Of Etna
3. Spada Lakes Nature Park
4. Marmore waterfalls





# OASI DEL SIMETO NATURE RESERVE



## Technical information of the trail



Distance: 4.2 Kilometers



Duration: 2 hours



Difficulty: Easy



Refreshing points: no



When to go to the Oasi del Simeto: from February to June.



Weather: The weather is s very humid.

## Equipment and outfit required



Good walking shoes



Insect repellent



Backpack



Lunch and snacks



Waterproof rain jacket



Plastic bag for rubbish



Medications



A bottle of water



UV sunblock



Sunglasses



Hat





Binoculars



Camera

## Marking and signals



There are **signals** during the trail.

## How to reach the starting point

### By car

The road SS 114 from Catania proceeding in the direction of Syracuse or via the Catania ring road from the last exit Ponte Primosole.

You have to options:

1. Coming from Catania, enter the main entrance to the Reserve a few metres before Ponte Primosole, along the S.S. 114 heading south; continue for about 500 m. and park your vehicle.

2. Rejoin the SS 114 road, cross the Primosole bridge and take the road that enters zone B as far as the Forestry Service guard post. Here you can park your car and continue on foot towards the wood





## By bus

Line 538

Departure: Piazza Borsellino.

The bus stop is "Coda Volpe".

Ticket cost € 1,00- valid for 90 minutes.

You have to walk 47 min to reach the Simeto Oasis.



## Information and curiosity about the trail

At the mouth of the river Simeto, especially after a strong sea storm, you can find amber.

Amber is used to make jewelry.



You can also do birdwatching.





## Risks and challenges



Falling



Dehydration



Hypothermia

## Flora and Fauna



Marsh reeds



Tamarisk bushes



Limonium



Eucalyptus



There are many bird species:



Hérons



Wild geese



Ducks



Lapwing

During the winter period, you can find:



Coot

## Emergency numbers



- 112** Euro Emergency Call
- 1515** Forrest service
- 113** Police
- 115** Fire department

# THE SILVESTRI CRATERS OF ETNA





## Technical information of the trail



Distance: 1 Kilometers



Duration: 3 hours



Difficulty: Easy



Refreshing points: yes - Before starting the trails at Sapienza Refuge



When to go to the Silvestri Craters of Etna: Spring and June.



Weather: The weather on Crateri Silvestri **changes**

The weather changes according to the **season**



The weather changes according to the **altitude**



The weather is **very cold** in winter



In winter there is the **snow**

## Equipment and outfit required



Good walking shoes



Waterproof rain jacket



Backpack



Medications



Trekking poles



UV sunblock



Insect repellent



Sunglasses



Lunch and snacks



Binoculars



Plastic bag for rubbish



Camera



A bottle of water

## Marking and signals



There are **signals** during the trail.

## How to reach the starting point

### By car

The road **SP92** will bring you to Rifugio Sapienza.





You can park the car.

You can park the car in front of the restaurant La Capannina.



You can park the car at the **parking area** at Rifugio Sapienza.



## By bus

Round trip.

Ticket cost € 6,60 round trip; you can buy it on the bus from the driver.



**Departure:** Piazza Giovanni XXIII

**Time:** 8:10 every day

**Arrival** at Rifugio Sapienza: 10:15



**Departure:** Rifugio Sapienza

**Time:** 16:30 every day

**Arrival** at Catania: 18:30



## Information and curiosity about the trail

What you can do at Crateri Silvestri:

Hiking



Drive an authorised  
4X4



See the landscape



See the coastline





## Risks and challenges



Falling



Dehydration



Hypothermia

## Flora and Fauna

You will find different **plants**.



You will find different **animals**. The animals are foxes, rabbits, hedgehogs.

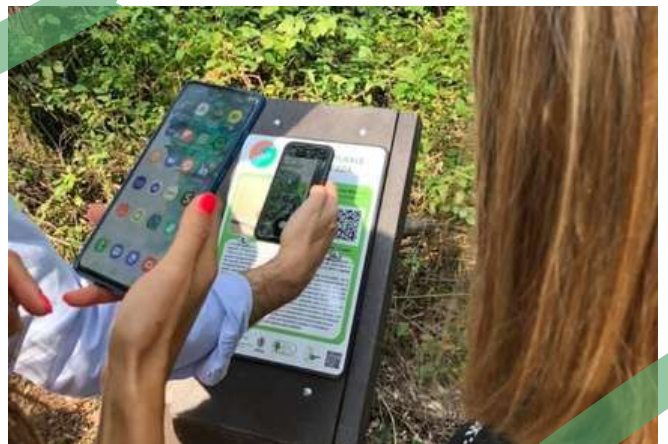


## Emergency numbers



- 112** Euro Emergency Call
- 1515** Forrest service
- 113** Police
- 115** Fire department

# SPADA LAKES NATURE PARK





## Technical information of the trail



Distance: 3.7 Kilometers



Duration: 1.5 hours



Difficulty: Easy



Refreshing points: yes



When to go to the Spada lakes: Spring and Summer.



Weather: The weather is humid

## Equipment and outfit required



Good walking shoes



Insect repellent



Backpack



Lunch and snacks



Medications



Plastic bag for rubbish



UV sunblock



Sunglasses



A bottle of water



Binoculars



Sunglasses

## Marking and signals



There are **signals** during the trail.



There are explanatory panels and QR codes.

## How to reach the starting point

### By car

The starting point can be easily reached by car and it is located at the entrance of the park. You can park the car.





## Information and curiosity about the trail

The route is shady, you can run, walk or cycle.

The area of the Spada Lakes was an area of gravel extraction.



Today, it is one of the most important naturalistic spaces in Umbria.

At the entrance to the car park is a Visitor Centre.

At the Visitor Centre you can play a traditional game: Ruzzola shot game.



Ruzzola requires simple equipment: one “ruzzola” and a hemp tape with its wooden spool.

This game is well-known in the Apennines and in the mountains of central Italy.

Ruzzola requires simple equipment: one “ruzzola” and a hemp tape with its wooden spool.

This game is well-known in the Apennines and in the mountains of central Italy. The route is shady, you can run, walk or cycle.

## Risks and challenges



Falling



Dehydration



Hypothermia

## Flora and Fauna

There is an ornithological path in the area.

The 'Spada Lakes' forest has a rich ornithological community. There are numerous species of small song sparrows and numerous species of larger birds. In the 'Spada Lakes' you can find one of the most representative heronries in the entire Umbrian territory.



The grey heron is the most common type of bird found at the Spada Lakes.



Along the bird trail, you can listen to the verse with your smartphone, thanks to the QR code on the panels along the trail.



There are different plants in the nature area:



Oak



Black poplar



White poplar



Acacia



Black alder

It is the only area in Italy where there are 3 hectares of white poplar.

## Emergency numbers



- 112** Euro Emergency Call
- 1515** Forest service
- 113** Police
- 115** Fire department



# MARMORE WATERFALLS





## Technical information of the trail



Distance: 1 Kilometer



Duration: 20 min.



Difficulty: Easy



Refreshing points: yes



When to go to the Marmore falls: Spring and early summer



Weather: The weather changes according to the season

## Equipment and outfit required



Good walking shoes



Insect repellent



Backpack



Lunch and snacks



Medications



Plastic bag for rubbish



UV sunblock



A bottle of water



Sunglasses



Binoculars



Camera

## Marking and signals



There are **signals** during the trail.

## How to reach the starting point

### By car

The starting point is located at Lower Belvedere (Piazzale Byron)

You can reach Piazzale Byron by car. There is accessible parking.



### By bus

From Terni Train station, you can reach the Belvedere Inferiore in about 30 minutes by bus. Take any of these buses: E622, TR14, or TR7.

Ticket cost € 1,30- valid for 100 minutes.





## Information and curiosity about the trail

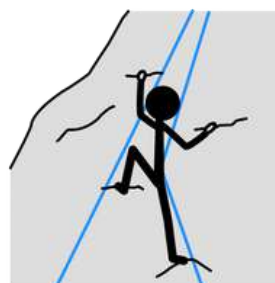
Marmore Falls is a man-made waterfall created by the ancient Romans. Its height is 165 m and it is the second tallest man-made waterfall in the world. The flow of the river is turned on and off according to a published schedule. Tourists try to be there the moment the gates are opened to see the powerful rush of water.

To see the jumps, it is possible to enter from two different points: the Lower Belvedere and the Upper Belvedere.

The Park also offers the unique opportunity to practice sports:



Trekking



Climbing



Cycling



Rafting

## Risks and challenges



Falling



Dehydration



Hypothermia

## Flora and Fauna

The flora and fauna is typical of the Mediterranean environment.  
There are species of birds rare or even unique in Italy, such as:



The Dipper



River kingfisher



The Moorhen



The Mallard

## Emergency numbers



- 112** Euro Emergency Call
- 1515** Forrest service
- 113** Police
- 115** Fire department





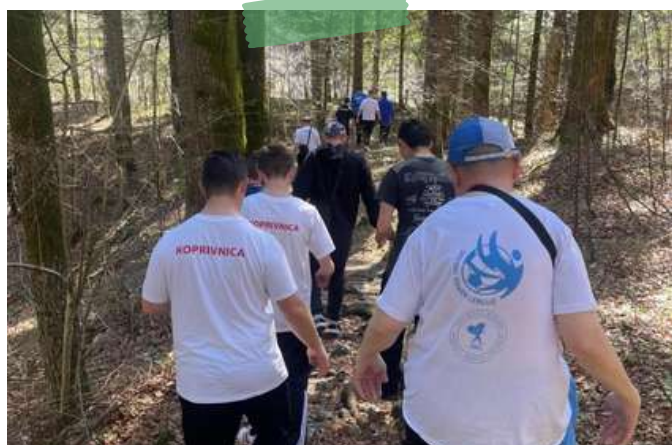
## Hiking paths in Croatia

- 5. Koprivnica park
- 6. National park Risnjak - Leska
- 7. Vinica
- 8. Šijana forrest





# KOPRIVINICA PARK





## Technical information of the trail



Distance: 6.3 Kilometers



Duration: 45 minutes



Difficulty: Easy



Refreshing points: yes



When to go to the Koprivnica park: Spring, Autumn



Weather: The weather changes according to the season

## Equipment and outfit required



Good walking shoes



Lunch and snacks



Backpack



Plastic bag for rubbish



Waterproof rain jacket



A bottle of water



Medications



UV sunblock

## Marking and signals



There are **signals** during the trail.

## How to reach the starting point

### By car

The starting point is the Children's playground, square of King Zvonimir. The starting point is accessible by car through the Križevačka ulica.

There is a parking spot at the starting point.



### By bus

The starting point can be reached by bus line Busko exiting on Trg Mladosti.

Trg Mladosti is 10min walking away from the starting point.



The Bus is free (Busko is a free public transport).



## Information and curiosity about the trail

You can practice different sports:



Trekking



Playing football



Playing handball



Cycling

## Risks and challenges



Falling



Dehydration



Hypothermia

## Flora and Fauna

You will find different trees:



Mapple



Linden



Chestnut

You will find different birds:



Wigeon



Eurasian teal



Northern pintail

## Emergency numbers



- 112** Euro Emergency Call
- 194** Ambulance
- 192** Police service
- 193** Fire department



# RISNJAK - LESKA NATIONAL PARK

Nacionalni park Risnjak / Risnjak National Park

## POUČNA STAZA LESKA



Poučna staza Leska otvorena je 4. lipnja 1993. U to vrijeme bila je prva poučna staza koja je otvorena za javnost u zaštićenim područjima Republike Hrvatske. Staza je kružnog oblika i na njoj su predstavljena prirodna i kulturna obilježja ovog kraja.

### Značajke:

- Dužina: 4.200 m
- Vrijeme obilaska: oko 2 sata
- Stajališta: 23
- Težina: lagana
- Potrebna oprema: udobna sportska obuća
- Načini obilaska: pješaćenje, brdski biciklizam, skijaško hodanje



- 1 - Šuma / The forest
- 2 - Geologija / Geology
- 3 - Istraživanje / Research
- 4 - Entomofauna NP Risnjak / Entomofauna in Risnjak NP
- 5 - Vjetrovećala / Wind clearings
- 6 - Penjke / Slack-huts
- 7 - Ptice NP Risnjak / Birds of Risnjak NP
- 8 - Brijuni / Lynx
- 9 - Gorska travnja / Highland meadow
- 10 - Šuma bukve i jele / Beech and fir forest
- 11 - Hranilište / Feeding sites
- 12 - Puzci / Poles
- 13 - Kopa / Kopa
- 14 - Šuma jele s jelovinom / Fir forests with fir
- 15 - Observatorija / Observation tower
- 16 - Saseći mrtvoćel / Broken beam
- 17 - Saseći arhitektura / Rural architecture
- 18 - Izvor / Springs
- 19 - Živi pauci / Living tree stump
- 20 - Vuk / Wolf
- 21 - Prirodna podmladnja / Natural regeneration
- 22 - Močvirje / Marsh
- 23 - Gori / Gori



## LESKA EDUCATION TRAIL



The Leska Learning Trail was opened on June 4, 1993. At that time it was the first learning trail opened to the public for use in a protected area of the Republic of Croatia. The trail is circular, and the natural and cultural features of this region are presented on it.

### Features:

- Length: 4,200 m
- Time to complete tour: ca 2 hours
- Stops: 23
- Difficulty: Easy
- Required gear: comfortable recreational footwear
- Tour methods: hiking, mountain biking, cross-country skiing



Seoska arhitektura / Rural architecture



Vjetrovećala / Wind clearings



Kopa / Kopa



Staza edukativna Leska otvorena je u okviru Projekta obnove i razvoja kulturne baštine u NP Risnjak, koji je financiran iz sredstava Ministarstva okoliša, poljoprivrede i turizma Republike Hrvatske. Ova staza je otvorena za javnost i predstavlja važan dio kulturne baštine ovog kraja.

The educational trail is located under the Rural Development Project 2004 through a grant under the LEADER program from the European Development Fund 2004 to the Environmental Fund for Agriculture and Development (EFAD) and funds from the Croatian Ministry of Culture.



## Technical information of the trail



Distance: 3.3 Kilometers



Duration: 40 minutes



Difficulty: Easy



Refreshing points: yes



When to go to the National park Risnjak - Leska: Spring and Summer



Weather: The weather is very hot in summer

## Equipment and outfit required



Good walking shoes



Insect repellent



Backpack



Lunch and snacks



Waterproof rain jacket



Plastic bag for rubbish



Medications



A bottle of water



UV sunblock



Sunglasses



## Marking and signals



There are **signals** during the trail.

## How to reach the starting point

### By car

With road from direction Crni Lug you arrive at forest parking near park administration.



### By bus

Departure: main bus station rijeka

Time: 15:30 every working day

Arrival: National park Risnjak, at 17:00.



The ticket cost € 9,00; you can buy it on the bus station Rijeka.

## Information and curiosity about the trail

You can do different activities:



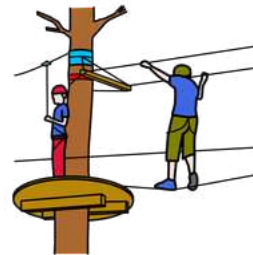
Trekking



Go fishing



Cycling



Adventure park

## Risks and challenges



Falling



Dehydration



Hypothermia

## Flora and Fauna

You will find different the beech trees:



You will find different animals:



Bears



Lynxes



Wolves

## Emergency numbers



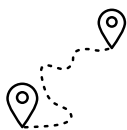
- 112** Euro Emergency Call
- 194** Ambulance
- 192** Police service
- 193** Fire department



# VINICA



## Technical information of the trail



Distance: 7.3 Kilometers



Duration: 50 minutes



Difficulty: Easy



Refreshing points: no



When to go to Vinica: Spring and Summer



Weather: The weather changes according to the season

## Equipment and outfit required



Good walking shoes



UV sunblock



Backpack



Lunch and snacks



Waterproof rain jacket



Plastic bag for rubbish



Medications



A bottle of water



## Marking and signals



There are **signals** during the trail.

## How to reach the starting point

### By car

The starting point is the Children's playground, square of King Zvonimir. The starting point is accessible by car through the Križevačka ulica. There is a parking spot at the starting point.



### By bus

The starting point can be reached by bus line Busko exiting on Trg Mladosti. Trg Mladosti is 10min walking away from the starting point.



The Bus is free (Busko is a free public transport).

## Information and curiosity about the trail

You can do different activities:



Trekking



Playing football



Playing handball



Cycling

## Risks and challenges



Falling



Dehydration



Hypothermia



## Flora and Fauna

You will find different trees:



Mapple



Linden



Chestnut

You will find different birds:



Wigeon



Eurasian teal



Northern pintail

## Emergency numbers



- 112** Euro Emergency Call
- 194** Ambulance
- 192** Police service
- 193** Fire department



# ŠIJANA FORREST





## Technical information of the trail



Distance: 3.6 Kilometers



Duration: 1 hour



Difficulty: Easy



Refreshing points: The forest has a lot of shade



When to go to Vinica: Spring and Summer



Weather: The weather is very hot in Summer

## Equipment and outfit required



Good walking shoes



UV sunblock



Backpack



Insect repellent



Waterproof rain jacket



Lunch and snacks



Medications



Plastic bag for rubbish



A bottle of water



## Marking and signals



There are **signals** during the trail.

## How to reach the starting point

### By car

With road ulica Prekomorskih Brigada and ulica Ante Dukić you arrive at forest parking.



### By bus

Departure: main bus station

Time 8:30 EVERY WORKING DAY

Arrival: ŠIJANA FOREST at 9:15



The bus ticket costs € 3,00 round trip. You can buy it on the bus from the driver.

## Information and curiosity about the trail

You can do different activities:



Trekking



Pic-nic



Running



Cycling

## Risks and challenges



Falling



Dehydration



Hypothermia



## Flora and Fauna

Oak trees



You can find different birds:



Great tilt



Humming bird



Woodpecker

## Emergency numbers



- 112** Euro Emergency Call
- 194** Ambulance
- 192** Police service
- 193** Fire department



## Hiking paths in Greece

- 9. Mount Ymittos (Kaisariani Monastery)
- 10. Mount Parnitha Loop: Mpafi Shelter, Mola, Skipiza
- 11. Sounio national park
- 12. Pavliani forest and recreational park





# MOUNT YMITTOS (KAISARIANI MONASTERY)





## Technical information of the trail



Distance: 8 Km



Duration: 2 hours



Difficulty: Easy



Refreshing points: yes, at Kalopoula Refreshments



When to go to Mount Ymittos (Kaisariani Monastery) : all year round.



Weather: Not recommended on rainy days or extreme heat or cold.

## Equipment and outfit required



Good walking shoes



Backpack



Waterproof rain jacket



Medications



UV sunblock



Insect repellent



Lunch and snacks



Plastic bag for rubbish



Trekking poles



## Marking and signals



There are **signals** during the trail.



A map scattered through the forest.

## How to reach the starting point

### By car

The starting point is Kalopoula Refreshments. It's accessible by car. There is the Aesthetic Forest Parking nearby Kalopoula.

The parking lot is a 9 minutes' walk from the starting point.



### By bus

30 minutes bus ride from Syntagma Square  
Take bus **number 224** from Syntagma Square.



Ticket costs € 2,40 round trip. You can buy it on the bus from the driver or at the automatic machines.

## Information and curiosity about the trail



Tower of Anthousa.  
This is a stone tower.  
Its origins are unknown.



Kaisariani Monastery.  
There is a 3-euro  
entrance fee.



Taxiarches Asterion is a  
Byzantine monastery. Located  
along the road to the ridge.  
It was built in 900.

## Risks and challenges



Falling



Dehydration



Hypothermia



## Flora and Fauna

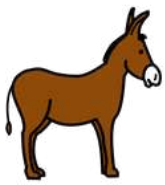
Ymittos is a mountain with 600 and 700 different species and subspecies of plants such as:



Anemone coronaria

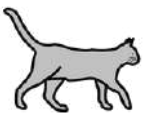


Aubrieta deltoidea



Donkeys are used for transportation where cars don't go.

You can also find many other animals:



Cats



Dogs



Rabbits



Foxes



Turtles

## Emergency numbers



**112** Euro Emergency Call

**166** First aid measures

**199** Fire department

**2310 310649** Hellenic Rescue Team



# MOUNT PARNITHA LOOP: MPAFI SHELTER, MOLA, SKIPIZA





## Technical information of the trail



Distance: 7.5 Kilometers



Duration: 4/5 hours



Difficulty: Easy



Refreshing points: Kalopoula Refreshments



When to go to Parnitha: The best period for hiking in Parnitha is in mid to late September, because it is mating season for the animals.



Weather: The climate of the mountain differs from the climate of the Attica plain.

## Equipment and outfit required



Good walking shoes



Backpack



Waterproof rain jacket



Medications



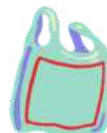
UV sunblock



Insect repellent



Lunch and snacks



Plastic bag for rubbish



Trekking poles

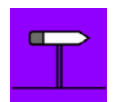
## Marking and signals



From Mpafi to Koromilia the trail is marked by yellow signs.



From Koromilia to Mola the trail is marked by red signs.



From Mola to Mpafi the trail is marked by purple signs. At some point a trail marked by red signs branches.

## How to reach the starting point

### By car

The starting point is the Mpafi refuge.

To get to Mpafi from the center of Athens you'll need a car.

Mpafi is one hour away from the center of Athens.

Take the direction of Acharnai/Parnitha and follow the signs for the cable car of Mount Parnon casino.



Then, pass the bottom station of the cable car and continue towards the top of the mountain through a series of sharp turns.

Once at the top, continue towards Agia Triada.

There is a crossroad with a church and ruins of the Kyklamina chalet.

After, turn on the right and follow the asphalt road until spot the roof of the Mpafi refuge.





The starting point is not accessible by public transport.



## Information and curiosity about the trail



### Mpafi – Kromilia

At Kromilia there is a stone built spring with running water and a wooden picnic table making.



### Mesiano nero-Mola

The main attraction of Mola is the stone-built church of Agios Petros.

There is a spring and a couple of picnic tables nearby.

## Risks and challenges



Falling



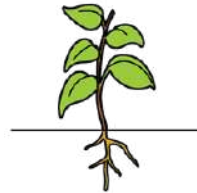
Dehydration



Hypothermia

## Flora and Fauna

1100 types of plants grow in the area.



29 Kinds of mammals have been recorded at Parnitha.



There are 120 different species of birds.



## Emergency numbers



**112** Euro Emergency Call

**166** First aid measures

**199** Fire department

**2310 310649** Hellenic Rescue Team



# SOUNIO NATIONAL PARK



## Technical information of the trail



Distance: 12 Km



Duration: 1.5 hours



Difficulty: Easy



Refreshing points: Temple of Poseidon



When to go to Sounio: During bird migration period, in spring and autumn.



Weather: The climate of the mountain differs from the climate of the Attica plain.

## Equipment and outfit required



Good walking shoes



Backpack



Waterproof rain jacket



Medications



UV sunblock



Insect repellent



Lunch and snacks



Plastic bag for rubbish



Trekking poles



## Marking and signals



There is no marking and signals during the trail, but the trail is pretty straightforward and very easy to find.

## How to reach the starting point

### By bus

The trail starts near the Agios Constantinos village.



On the website [Ktel Attikis](http://Ktel_Attikis), you can find a bus from Athens to Sounion.

From Athens to Sounion : HOUR 10:30, 14:30, 17:00 on Friday & weekend only.

From Sounion to Athens: HOUR 13:45, 17:30; 20:30 on Friday & weekend only.

Departure: from Pedion (Mavrommateon Street and Alexandras avenue).

From Athens to Sounion: HOUR 10:30 & 14:30, 17:00 weekend only.

From Sounion to Athens: HOUR 13:30 & 17:30, 20:30 weekend only.

Ticket costs € 6,60 round trip. You can buy it on the bus from the driver or at the automatic machines.

## Information and curiosity about the trail

There are some nice beaches around the cape.



According to the legend, Sounio is where Aegeus, the king of Athens, died.

When his son Theseus killed the Minotaur in Crete and was returning to Athens he forgot to change his sails from black to white as he agreed with his father.

When Aegeus saw the black sails, he wrongly thought that his son had died, so he fell with grief from the cliff.

Since then, the sea is called the Aegean Sea.



## Risks and challenges



Falling



Dehydration

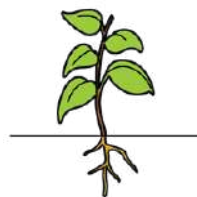


Hypothermia



## Flora and Fauna

The flora of the park features herbaceous plants.



There are more than 260 minerals in the area.



The area of the national park has many caves



## Emergency numbers



- 112** Euro Emergency Call
- 166** First aid measures
- 199** Fire department
- 2310 310649** Hellenic Rescue Team

# PAVLIANI FOREST AND RECREATIONAL PARK





## Technical information of the trail



Distance: 6 Kilometers



Duration: 2.5 hours



Difficulty: Easy



Refreshing points: yes - there are many places in the park where you can rest and have a picnic under the trees.



When to go to Pavliani: all year around. It is not recommended during rain or extreme heat or cold.



Weather: Climate changes according to the season.

## Equipment and outfit required



Good walking shoes



Backpack



Waterproof rain jacket



Medications



UV sunblock



Insect repellent



Lunch and snacks



Plastic bag for rubbish



Trekking poles

## Marking and signals



There are **signals** during the trail.



At the entrance of Pavaliani Park there is a plan of the route.

At the main gate there is a sign with information on how to activate a detailed digital map on your mobile device

## How to reach the starting point

### By car

The park is about 2,5 hours away from Athens.

The village is 240km from Athens (via the National Road from the junction of Thermopylae) and 340 km. From Thessaloniki, while access from Patras is via Nafpaktos - Eratini - Itea - Amfissa - Bralos - Pavliani (160 km).





## Information and curiosity about the trail

Pavliani is a small village in the the slopes of Mount Oiti in Central Greece. 30 years ago, the young people of Pavliani created a recreation area.

In the park you can find:



A charming canteen called "Casa de Papel".



Numerous constructions, toys for all ages.



A musical suspension bridge. The bridge looks like piano.



A a replica of the world-famous "Iron Throne" from the popular TV series "The Games of Thrones".

On the opposite bank of Asopos, there is the Hydropower Museum.

In the park there is the "Iron Throne", the "Throne of Zeus" -From there you can see the Maliac Gulf.

## Risks and challenges



Falling



Dehydration



Hypothermia

## Flora and Fauna

In the park you can find the following trees:



Chesnuts



Platans



Maples



Walnuts

## Emergency numbers



- 112** Euro Emergency Call
- 166** First aid measures
- 199** Fire department
- 2310 310649** Hellenic Rescue Team





Co-funded by the  
Erasmus+ Programme  
of the European Union



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

**Hi-Ability – Developing social and professional skills through outdoor experiences.**

**Nr. 2020-1-IT02-KA204-079809**



This document is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)



The pictographic symbols used are the property of the Government of Aragón and have been created by Sergio Palao for ARASAAC, that distributes them under Creative Commons License BY-NC-SA.

Pictograms author: Sergio Palao. Origin: ARASAAC. License: CC (BY-NC-SA). Owner: Government of Aragón (Spain)