

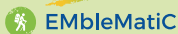
- The **network** of Emblematic Mediterranean Mountains consists of **nine** complex living **mountains** located around the **Mediterranean Sea**, in **France, Greece, Italy, Spain** and **Albania**. The respective territories are working together on common **challenges**:
- Preserving **patrimonial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



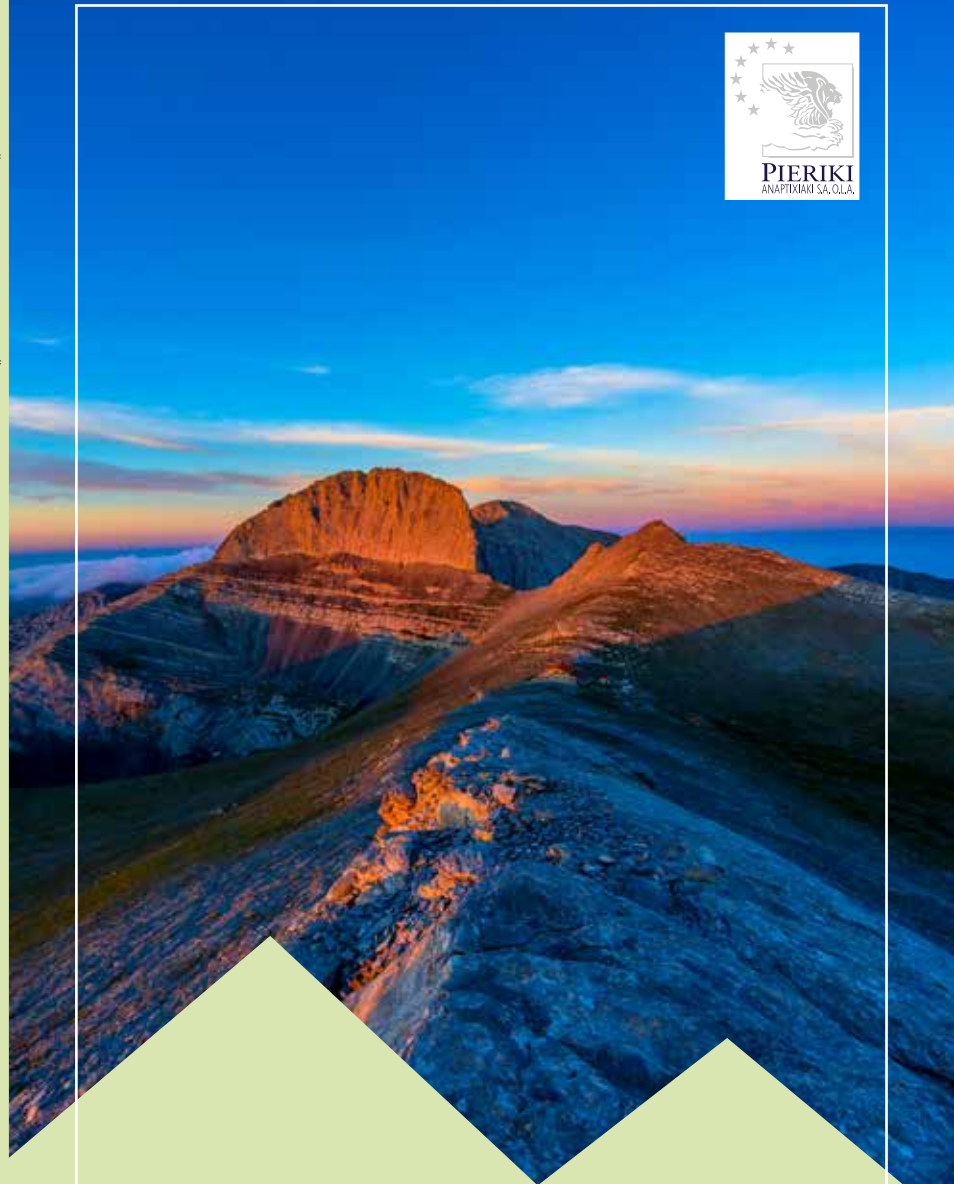
EMbleMatiC Ecojourneys are nine routes of **experiential slow tourism** across **hinterland areas** of European Mediterranean Mountain regions. By enjoying these journeys, visitors have a chance to **explore** the areas' **singularities** and the **activities** offered by local providers. These are journeys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



Project co-financed by the European Regional Development Fund



OLYMPUS • "OLYMPIOS ZEUS" CULTURAL ROUTES



"Olympios Zeus"
Cultural routes
Olympus



PIERIKI ANAPTIXIAKI S.A.-O.L.A.
Local Development Agency

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page 57/centre, page 58/bottom)**

OLYMPUS FESTIVAL (page 63/bottom, page 65)

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Introduction

Emblematic Mediterranean Mountains



Dear reader,

What you have in your hands is not only a tourist guide of the Eco-journey Olympios Zeus, but also the result of an ambitious project carried out by the Emblematic Mediterranean Mountains network. Olympus 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 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 area, its nature, its culture and its people and traditions. Go for it, it's waiting for you!**

Your EMbleMatiC Hosts

Nine 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



Çika, Albania

From Çika highlands to the beach

A scenic route running in parallel to Çika 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 pathways 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) Ida, Greece

On the Paths of Myth

Through the ecojourney of Mt Ida (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/Home/2/1.html



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





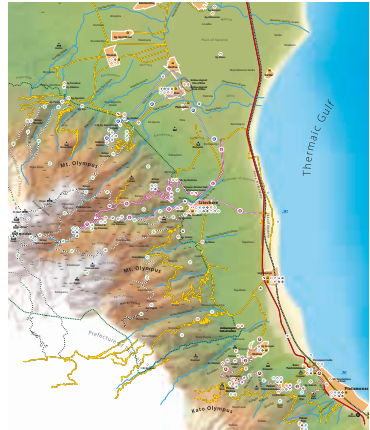


Presentation of the area



Litochoro

Mount Olympus is the **highest mountain** in Greece and one of the highest mountains in the Balkan Peninsula. It is the natural border between the regions of Thessaly and Macedonia in Greece. Mount Olympus rises to **2,918 meters** above the blue waters of the Thermaic Gulf and the Aegean Sea and its peaks are less than **20 kilometers** far from the shore. On the northeast the mountain is sharply sloped towards the fertile plain of Pieria. The picture of the area is completed with the



beautiful Pieria mountains on the west and the golden sand beaches on the east. Mount Olympus dominates the area and is characterized by an impressive relief in the alpine zone and beautiful forests in the lower area. The sea and northwest winds blowing here create a **microclimate with particular weather phenomena**. All these create a sense of an inaccessible, unique, divine mountain... The visitors come here to feel this sensation and mount Olympus confirms its mythic existence in every trail. From the very first climbing, one realizes why the ancient Greeks placed the residence of their 12 gods here, at mount Olympus peaks...

At the foot of mount Olympus the archaeological site of **Dion** is placed, the ancient sacred town of the Macedonians, with an archaeological museum comprising exhibits from the excavation performed in Dion, as well as from other towns, such as ancient Pydna and Leivithra, providing huge proof of the sacredness and importance of the area. The ancient towns built in the rich land of Pieria were places of worship as well as passages of the main routes towards southern Greece.

Despite its tough passages, mount Olympus has never been an unreachable obstacle in moving; thanks to its beautiful paths, it has been a critical point between Macedonia and Thessaly for the movement of



Dion, the conservatory of the great thermae



Dion, mosaic from the Dionysus villa

ideas and goods, both in ancient times and afterwards. The passage of Tempi towards Thessaly, as well as the passage of Petra more to the west, increased the importance of the cities and settlements of the area. All this can be seen today through the excavations of ancient settlements, the prominence of byzantine monuments and churches around mount Olympus, the very well preserved **castle of Platamonas**, but also the more recent protected settlements on its steep slopes...

The modern towns and villages of the area have been built at the foothills of mount Olympus and Pieria mountains, in the plain of Pieria and next to the sea. The residents of the area are natives but also Greeks from all the surrounding areas of the Balkans, Asia Minor, Pontus, Mediterranean Sea... The natural wealth and the importance of the areas, but also the movement of population, brought them here as permanent inhabitants. Ways of living, civilizations and cultures have mixed to create a beautiful result that can be perceived in many aspects. The variety in products, cooking, music, dance and any form of expression of life and culture is remarkable and impresses the visitor.

All villages of Pieria are connected to the **capital town of Katerini** by means of roads that go through beautiful hills and plains. The landscape offers livestock farming units, gardens, vineyards, olive groves, fruit and vegetables, and all types of high quality products. Alongside every road there are restaurants offering local products in ways that can satisfy even the most demanding visitors. In the **70-kilometer coastal area**, the visitor can also taste fish caught at the Aegean Sea



Palaio Panteleimonas



Palaios Panteleimonas square

and of course enjoy the sun and sea. Hotels of all classes offer their services in the seaside villages, towns and settlements and hospitable refuges can accommodate the mountaineers in their way to the peaks. The **city of Thessaloniki**, with an international airport and all services of a big urban center, is located at a distance of 70 kilometers.

Mount Olympus is no longer inaccessible, as the main international highway and the railway axis from Athens to Thessaloniki crosses it or, more precisely, goes through it on the southeast by means of modern tunnels several kilometers long. But the old national road provides one of the most beautiful itineraries of the mountain. It comes out of the beautiful straits of Tempi with a view towards southeast Olympus





Wild goat at Olympus - (*Rupicapra Rupicapra Balcanica*)

and the sea. It goes past Platamonas and its castle, as well as Leptokarya, and provides exits-wonderful itineraries towards the traditional settlements of **Palaioi Pori, Palaios Panteleimonas, Palaia Skotina and Palaia Leptokarya**. But if our goal is to reach the highest peaks of mount Olympus, we will leave the highway from the exits to Litochoro and Dion. Turning to Litochoro, one can see the mountain which is already majestic with its impressive peaks above the gorge of Enipeas and the beautiful town. **The main itineraries to the highest peaks set out at Litochoro**. But we can reach the altitude of 1,060 meters also by car, towards the heart of the mountain and deep in the gorge of Enipeas. Through the road we can enter higher paths, reducing thus the distance to the peaks, but losing some of the mountain's beautiful ecojourneys lower.

From Litochoro and the international highway we can reach, at the foothills of mount Olympus, the settlement of **Dion, sacred town of the Macedonians, and its archaeological park that can be visited**. The verdant landscape of the area next to the ancient river Vafyras gives an emblematic dimension to the mountain. From here and following the steps of the ancient Greeks, we can move towards the highest peaks through the gorge of the ancient river, currently called Orlias, but also through a forest road up to the altitude of 1,000 meters. From Dion and to the north, there are roads connecting the settlements around mount Olympus. Some of them take us to the mountain. Thus, from the next village, Karitsa, we can approach the northern side of **Orlias** and other ravines and ridges with a view to Pieria. Next, from the village

Vrontou, we can reach the beautiful ravines of Aghia Kori and Aghia Triada. Here mount Olympus shows the beautiful face of its northern side with forest roads and mild itineraries up to 1,000 meters, but also its wild face, with more difficult itineraries a bit higher. We can approach these itineraries from the village Petra, which is located at 500 meters on the north of the mountain. From this village and through a forest road, we can approach also the impressive valley of Xerolakio reaching 1,300 meters, literally below the highest peaks of mount Olympus. The itinerary/travel by car through the ancient straits of Petra towards the last village of Pieria, Agios Dimitrios, is also an extraordinary itinerary offering beautiful landscapes. Our ecojourneys can be completed also with a visit to the nearby Pieria mountains, which were the mountain of the 9 Muses according to Mythology. Beautiful villages, traditional settlements and wonderful paths can be found also here. The Pierian mountains are characterized by a mild relief, vast forest cover and numerous springs setting off in the alpine zone.

On the contrary at mount Olympus and in its itineraries, there are landscapes with impressive waterfalls and lakes at the lower ravines and in the mountain's gorges. Its limestone rocks cannot retain the water higher. There are very few mountain sources above 1,000 meters and they appear lower, fast-flowing, creating images that compete with the high peaks in beauty.

Overall, the rare biodiversity and natural beauty of mount Olympus is unprecedented. Plane trees, oak trees and mixed forests are succeeded by zones of pine trees and beeches until the last zone of Bosnian pines,



*The beautiful Lilio chalcedonicum L.
One of the most impressive plants of Olympus*



Platamonas Castle

this particular type of pine. Cedars, holm oaks, hornbeams, firs, yews, complete a long list of approximately 100 types of trees and bushes. Around them and up to the alpine zone, another 1,600 types of plants can be added to show the natural wealth of the mountain. More than 25 of them are endemic. Here is one more reason for someone to come here: discover and admire, without too much effort, impressive flowers, such as the impressive red lily (lilium chalcidonicum), or the endemic jankaea (jankaea heldreichii) from the Ice Age. This unique nature of mount Olympus as well as its cultural value and history, led UNESCO to recognizing it as “Biosphere Reserve” and including it in the relevant list of unique sites in the world.

This emblematic mountain with its endless beautiful journeys but also the broader area, with high quality products and services and hospitable people, have a lot to offer and attract visitors from around the world throughout the year.

Here they can live a unique experience and feel the unique embrace of nature and myth. **Here on mount Olympus...**



Palaia Skotina, Church of Virgin Mary Assumption

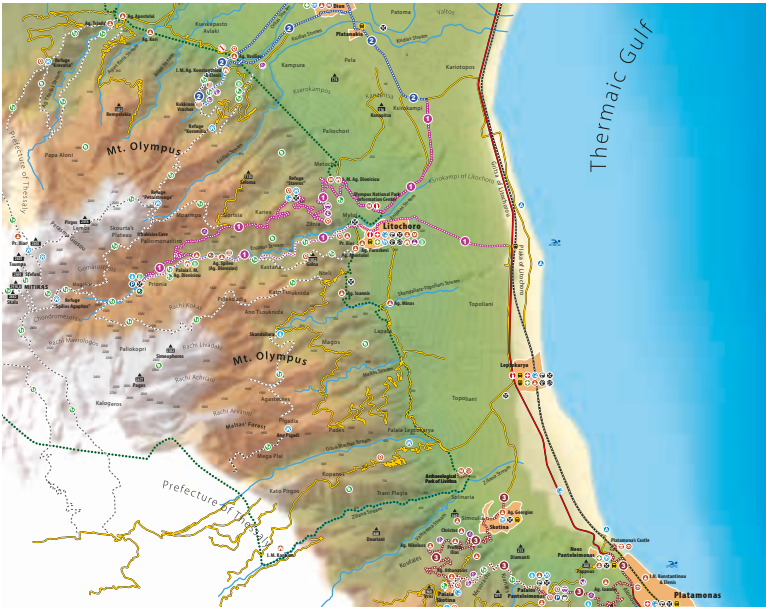




Ecojourney “Olympios Zeus”

Cultural routes





The many and different journeys on mount Olympus show precisely that since the ancient years it has been a mountain with particular importance for the residents of the area. Some of its many paths are special, thanks to their particular beauty, but also thanks to their link with the history of this place. But above all, they are special because they are linked with the everyday life of their residents. 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. Since ancient times, there has been intense activity here and the inhabitants' life has been directly linked with the sea and land but above all with mount Olympus. They had placed their sanctuaries here to express their worship. On the mountain slopes they went hunting and their flocks grazed there. The mountain water enriched their land and turned the water saws after the logging. At the narrow passages, they traded their goods and protected their area. Despite the intense activity, the ecojourney has not changed much over the centuries. Human intervention stopped at a certain point, leaving some "traces", which were integrated harmoniously into the beautiful nature of mount Olympus over the years.

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

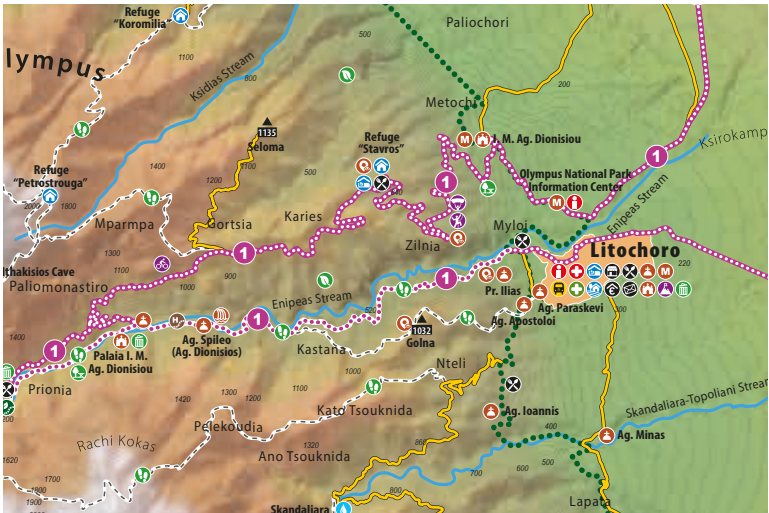
approximately 1,050 meters. The path is constantly next to and above Enipeas and goes past the historic Monastery of Agios Dionysios, as well as the Cave of Agios Dionysios. Our journey is long and often goes down reducing the altitude. Thus the 700 meters of difference in altitude become 1,100 meters 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 Litchoro. 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, Orlias 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 Agios Konstantinos and Eleni and enters the path and gorge of Orlias, 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 Agios Vasileios. The two journeys have close starting points and join through a path to create a beautiful circle...

Our third sub-journey, **Traditional Settlements, Palaios Panteleimonas-Palaia Skotina or Palaioi Pori**, sets out at the traditional settlement of Agios Panteleimonas 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 Palaios Panteleimonas towards the traditional settlement of Palaioi Pori, with equally beautiful images and a view towards the castle of Platamonas and the sea...**



1 "Pantheon": Enipeas - Prionia



Length: **9400 metres**

Duration: **4 hours & 30 minutes**

Starting point: **350 metres**

End point: **1050 metres**

Difficulty level: **difficult**

Vertical drop: **700 metres**

Total ascent: **1100 metres**

Total descent: **400 metres**

Our ecojourney is part of the E4 European long distance path. The E4 path from the Pyrenees in Spain continues up to here at Litochoro and after going through mount Olympus it continues southwards to reach Crete and Cyprus. Its signing with the characteristic white and yellow colours, with the indication E4 will accompany us throughout the journey, even in the town of Litochoro.

Going up from the center of Litochoro, through the picturesque narrow alleys to the west, we will be led to the entrance to the gorge of Enipeas at the location "Myloi" ("Mills"). Here the road stops. There is a canteen-restaurant as well as a parking area. We take some water from the spring and we proceed to the path entrance, where there is a forest station providing information. Just below, we can see an old traditional water pit showing that in earlier times the river's water was collected here for relevant uses. Now the water is collected through a concrete closed groove; the first meters of our path are on this.

The concrete groove ends at a small dam for collecting water, but we will leave it well beforehand and we will continue upwards to the





left following the path marking. Here, at approximately 400 meters, a **mixed forest of incredible variety dominates the landscape, before pine and beech forests take its place higher.** We will soon reach a bald place with rocks and a characteristic cave, while in front of us we can enjoy the view of the gorge and the highest mountain peaks. From here we can see one of the most impressive parts of the journey that we will follow afterwards, below slopes falling vertically to the river.

The visitor is impressed by the **slopes of "Zilnia", opposite and northwards, and "Golna", southwards and above our itinerary.** There are several climbing itineraries there, constituting also one of the most popular climbing places in the country. We enter the forest again, following the path that at a certain point becomes uphill and with turns. It will lead us to an impressive rock, which offers a view of the route we took and also of Litochoro. This is the location of "Portes", below the face of Golna. We go past a place with a view opposite to Zilnia and we start going down to the river, through a forest, a real tunnel in the vegetation...

We will soon hear the river sound and pass next to it, going through a ravine without water but with lots of humidity and we go up again next to characteristic piles of stones. We take height abruptly and with many turns and we move again above and parallel to the river, in a forest dominated by pines. When beech trees appear, we fall again into a ravine and we face a crossroad with an uphill path southwards to reach the Golna peak. **We continue westwards following the E4 path, to**



Olympus View from Litochoro



go through a characteristic wooden bridge, the torrent of "Giannakas", tributary of Enipeas. The broader area here, where we see the first bridge of the gorge, has not taken the name of the torrent, but the name of the previous ravine, which is called "Kastana". We continue going down again towards the river, going through a wonderful beech forest, which is quite rare for such a low altitude. We will soon see the second bridge of the itinerary; this time it will take us to the northern side of Enipeas. For a while, the landscape and vegetation change, as the pines dominate, and soon we go back to the river to cross a third bridge towards the south side again. Our journey here goes uphill to an impressive part of the journey above the river. From here and higher, Enipeas creates numerous turns with steep shores. The speed of the water is higher, its sound is louder, as larger waterfalls are created; we can hear them but we don't see them. Their access is difficult and possible only for those having the special equipment required for going down gorges.

We enter a beech forest again and some fallen trunks and other traces tell the most observing visitors that a big fire occurred here, from the higher ridge. We continue and then we face another ravine, which for a while brings down water, the torrent of "Kokona". We leave the ravine and we fall into Enipeas again, which we go past through a fourth bridge, towards the northern side again, in a mixed forest. We follow the path and short before we reach a new bridge we face a crossroad with a path coming from Litochoro, after going past the "Zilnia" peak. We go past the fifth bridge and we go uphill from the south side, in a



Old Agios Dionysios Monastery at Olympus

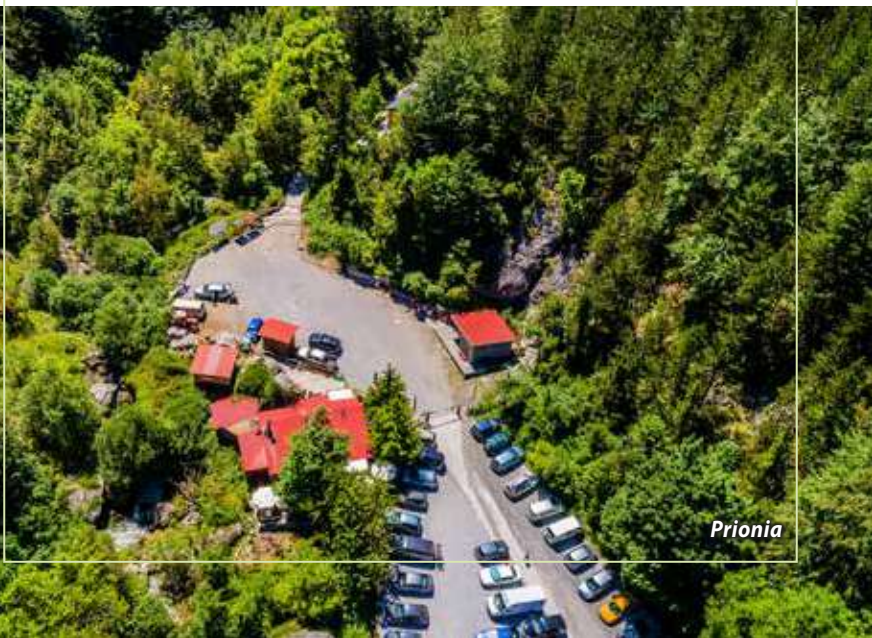
forest with high beeches, to reach a characteristic cave. **It is the cave where Agios Dionysios lived as an eremite, with a characteristic chapel and a fountain.** Very shortly after the cave we will see the sixth bridge and we will pass again to the northern side of the river, where the **Monastery of Agios Dionysios** is located. **We can leave the path and visit the beautiful church and the Monastery venues.** It has been restored following disasters caused by the conquerors of this place, in order to deprive of protection the ones that resisted. Another road, a sideway of the Litochoro-Prionia road, also leads here.



Saint Dionysios cave at Olympus

We continue our journey to Prionia and after going through a beautiful pine forest we reach an open place, often used by campers to enjoy the beautiful waterfalls and lakes created by the river here. **We enter the E4 path again and we reach an open place once again called "Paliopriono" by the local people.** An old forest road also leads here. We follow the forest road only for a while and we leave it to take the path once again. Very shortly we go past the seventh bridge and we reach the southern side of Enipeas in a beech forest. These are the last 500 meters of our journey and one of its most beautiful parts. The eighth and last bridge will take us to a parking area at the end of the road from Litochoro, where there is also a restaurant-canteen. In the past, the trunks of this particular type of pine, the Bosnian pine, were collected here for further processing. With this timber, Litochoro, a town with a long naval tradition, built the ships of that era.

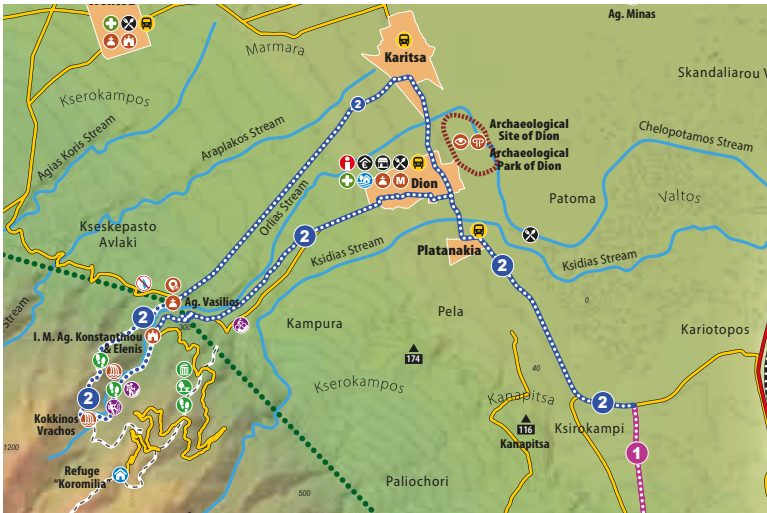
We have reached "Prionia", the end of our journey...





Dion, Isis Sanctuary

2 "Xenios Zeus": Dion- Kokkinos Vrachos



From Agios Konstantinos-Dion

Length:	2000 metres	Difficulty level:	Easy
Duration:	1 hour & 30 minutes	Vertical drop:	300 metres
Starting point:	280 metres	Total ascent:	350 metres
End point:	580 metres	Total descent:	50 metres

From Agios Vasilios-Karitsa

Length:	2500 metres	Difficulty level:	Medium
Duration:	2 hours	Vertical drop:	350 metres
Starting point:	230 metres	Total ascent:	450 metres
End point:	580 metres	Total descent:	100 metres

The second part of our ecojourney starts from the archaeological site of Dion.

Dion was a town dedicated to the worship of Zeus, after whom the town was named. Ceremonies and events to honor Zeus and other gods took place in the sanctuaries and theater of the town. Sometimes believers went uphill towards the mountain to honor their gods, leaving traces of their worship everywhere on the mountain, from the slopes to the highest peaks.

"Here wandered the mountain's Nymphs and Muses and Goddesses. And Orpheus, who sang for the beauty of the world with his lyre. Furious wom-



ANIPESIA P. P. C. V. N. D. A. V. E. R. I.
C. O. M. M. A. D. I. A. E. T. C. O. L. O. N. I. S.

Dion Museum, Statue of Ipolimpidia Aphrodite



Agia Triada (Saint Trinity) Vrontou

en took his life here... And in the gorge, after the murderers washed their hands, the water was painted red. And the river, Elikonas, was ashamed and got lost in the earth. When it came out again, near Dion and the sea, its new name was Vafyras..."

Today "Elikonas-Vafyras" is called **Orlias or Ourlias** and its bed, near Dion, remains dry, and nothing announces the water's beauty higher. Our journey is parallel to the river, following the road from Dion to the chapel of Agios Konstantinos and Eleni. After a few turns of the road above Orlias, we reach the chapel before the gorge entrance, with the sound of the water reaching our ears. A few meters after the chapel of Agios Konstantinos, the road turns and is transformed into forest road, leading us to 1,000 meters of altitude and to "Koromilia" refuge. Precisely at the turn, there is also the path entrance for "Kokkinos Vrachos (Red Rock)" waterfall. Before entering the path, it is worth following the small deadlock forest road on our right. Before its end, we will hear the sound of the first beautiful waterfall of the river and it is worth going down a few meters towards Orlias bed to admire it...

From Agios Konstatinos to "Kokkinos Vrachos (Red Rock)" waterfall

We enter the uphill path in a mixed forest with low trees, which shortly gets a mild inclination and we move above and parallel to the river. At some openings of the forest, we can see the whole gorge reaching a high level, almost up to the alpine zone. The path we follow gets up



Dion, Hellenistic theater

to there, after going past **Koromilia refuge at approximately 1,000 meters and Petrostrouga refuge at 1,950 meters**. Then we can take another path to reach the **Plateau of the Muses** and the higher refuges below the mountain peaks.

We continue our ecojourney and as the vegetation gets thicker and humidity increases, the trees next to the path are full of moss and the atmosphere is like a fairy tale. The path becomes a green tunnel and the scarce light that goes through offers otherworldly images and plays games with our mind. At the opening of the forest that comes next, Orlias appears in front of us, but our imagination travels us back to the ancient era of "Elikonas"... We go past the river and some rocks and then reach a bench with a water spring, above lakes and waterfalls that are formed all around. **The location is called Itamos, just like the tree that is next to the water spring, with the beautiful red but toxic fruit.** As we continue, the path becomes uphill and enters a pine forest. It goes uphill with beautiful turns and continues parallel to and above the river. The forest becomes mixed with holm oaks, hornbeams and the first beeches. Their thin, long trunks allow visibility towards the steep slope and Orlias with its beautiful turns and impressive waterfalls steals the show...

What we have in front of us now is a small ravine that is interrupted above the path by an impressive compact and negative mountain face. **The area is called "Kremastos"** because of the waterfall that is formed here when the ravine brings down a lot of water to the Orlias torrent.



The path continues without any particular inclination and after going past some small dry torrents it reaches a crossroad. Going upwards, it continues to “Koromilia” and on the right and a little downwards to “Kokkinos Vrachos (Red Rock)” waterfall. As we go down, we soon reach Orlias for the second time, but it’s the first time we have to cross it. We find the easiest point to cross it and we go upwards next to the river, while we can already hear the strong sound of the waterfall. Here on our right, a path from the northern ridge goes down. We continue next to the river and after a while the sound turns into image. **We can see in front of us the impressive waterfall, more than 15 meters high.** It falls, fast-flowing, on sloping reddish rocks and breaks into a deep lake with crystal clear water. The end of our journey, “Kokkinos Vrachos (Red Rock)” waterfall...

From Agios Vasileios to “Kokkinos Vrachos (Red Rock)” waterfall

Precisely next to Dion and going past **Orlias**, we reach the settlement of Karitsa. From the village we follow the road to mount Olympus and we soon reach a characteristic headland above the river, at the church of Agios Vasileios. **Our ecojourney starts by taking the small concrete channel coming from Orlias and going past the church of Agios Vasileios.** We go past the channel and enter the path, which is large and leads us, through kermes and pines, to the characteristic elevation called “**Kastraki**”. We ignore the sideways on the left and enter a thick forest, where holm oaks dominate. We actually walk above a small ravine, which local people call “**Babitsi**”, and we ignore small



Agia Kori

paths going down towards this very ravine. At a certain point we reach a crossroad at the torrent bed, which is usually dry in summer. Our journey does not go through the torrent, but continues upwards and southwards, to reach the ridge above Orlias torrent.

The path continues often next to and above rocks and unstable land; it soon takes us to the ridge, at the location **“Melissi”**. From the ridge, the path falls impressively to the depth of the Orlias ravine, going through vertical rocks before it reaches the thick forest. We can hear the torrent and after a while we can see from above the impressive **“Kokkinos Vrachos (Red Rock)”** waterfall. The vegetation is impressive and the inclination becomes steep. We reach the torrent and join our path-ecojourney from Agios Konstantinos. A few meters further on the right there is the big waterfall and the end of our journey...

The two paths create a beautiful circular ecojourney by joining the two starting points. This is quite simple, as it is easy to go from one church to the other, going through the almost dry bed of Orlias. **Precisely where “Elikonas” hid and got lost under the earth...**

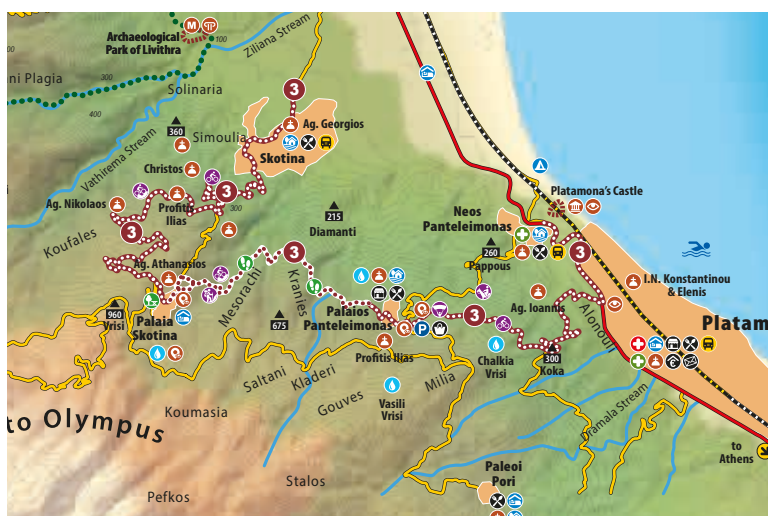


Kokkinos Vrachos (Red Rock)



Palaios Panteleimonas

3 "Artemis": Traditional settlements



Palaia Panteleimonas - Palaia Skotina

Length:	5000 metres	Difficulty level:	medium
Duration:	2 hours	Vertical drop:	250 metres
Starting point:	450 metres	Total ascent:	330 metres
End point:	700 metres	Total descent:	80 metres

Palaia Panteleimonas - Palaioi Pori

Length:	5000 metres	Difficulty level:	easy
Duration:	1 hour & 30 minutes	Vertical drop:	100 metres
Starting point:	500 metres	Total ascent:	150 metres
End point:	600 metres	Total descent:	50 metres

Our third part of the ecojourney is located at the southeast side of mount Olympus, which is a separate part of the mountain called Kato Olympus. We start from the settlement of Palaia Panteleimonas and we can move either towards the settlement of Palaia Skotina or towards the settlement of Palaioi Pori. All three settlements have been recognized as traditional, with restored houses or new houses built according to the local traditional style. They can be found at the eastern slopes of Kato Olympus, at an altitude of 500 to 700 meters. They can be accessed from the old national road at the level of Platamonas; the new settlements with the same name have been transferred there, and next to the sea. Palaia Panteleimonas is the largest settlement and



Leivithra, experiential park



Palaia Panteleimonas

one of the best preserved traditional settlements in Greece. Most of its residents have been restored. Stone and wood dominate in the traditional style. Its beautiful cobbled streets lead to the **paved square with the church of Agios Panteleimonas** and the traditional fountains in the center of the square. Under the old plane tree at the square but also at the beautiful alleys, restaurants of all types welcome the visitors. In the settlement there are numerous traditional guesthouses, as well as folk art shops and shops with traditional products. We park our car outside the settlement, with a view to mount Olympus and the shore of Pieria, and we follow the central paved road to another world. A world of the old times...

From Palaia Panteleimonas to Palaia Skotina

Our journey starts from the northwest side of Palaia Panteleimonas and more specifically from the building of Environmental Education Center of mount Olympus located at the settlement. We can get here by going through the village on foot or through a ring road downwards. A forest road starts westwards from the last turn before the Environmental Center; we follow this road at the beginning of our journey. At a certain point we leave it, following the marking to the left, and we go upwards to a beautiful path. From here we have a view to the peaks of the southeast side of mount Olympus while at the low mixed vegetation around us we can see a lot of arbutuses and chestnut trees. In particular chestnut trees dominate in the east slopes of Kato Olympus and around the settlements. The roads and paths connecting





Palaios Panteleimonas square



Kati Lake

the villages go through chestnut tree forests that provide the inhabitants of the area with large production. Our path continues northwards and leads to a forest road which we follow to the right. We walk on the road and reach a crossroad, where we ignore another forest road coming from the right and we continue westwards, going through a ravine and entering chestnut tree forests. Soon, and at a new crossroad, we ignore a small road on our left, and we reach a new ravine, on which our road turns. After the turn at the open uphill slope we can see the first firs, which form small forests here. These forests take the place of the chestnut trees and, together with the beech forests, create forest zones and beautiful images that are characteristic of Kato Olympus. Here we will leave the road, to the left and north, in order to take an uphill path that goes under the firs and turns to the west in order to reach soon



Centre of Environmental Education of East Olympus (Palaio Panteleimonas)

again chestnut tree forests. A last upward slope and we reach again a forest road, which, to the left, will lead us soon to the **square of Palaia Skotina**. At the square and under the shadow of a centenarian plane tree there is the beautiful church of the **Assumption of Virgin Mary**. The village is extended around and above the central paved road in a green landscape. Some of the old houses have been repaired and some have been transformed into guesthouses. However, the forest dominates over the old half-ruined houses creating wonderful images...

From Palaios Panteleimonas to Palaioi Pori

From the parking area of Palaios Panteleimonas and the entrance of the village, we take the road that continues to Palaia Skotina and to high part of the mountain. Soon, at the first forest road we will see on our left and southeastwards, we turn following the marking. Old chestnut trees with trunks with impressive shapes dominate here, while we also have a view towards the castle of Platamonas and the sea. We continue in the forest road until we see some residents. We go past them and leave the road to the right entering a beautiful path. Our journey continues next to a pen and southwards. **Here, apart from chestnut trees, we can see also a lot of arbutuses with their wonderful red fruit.** We continue uphill, go past a ravine and enter a mixed forest with big pines. Our path soon leads us to a road, which we follow for a while to the left and south. We leave the road to the right and towards a beautiful ravine with a thick forest and a variety of trees, to take it again later just before the settlement of Palaioi Pori. This forest road starts from the central road Palaios Panteleimonas-Palaia Skotina, a bit higher than the point where we left it to follow our journey. It is in a good condition and links the settlement of Palaioi Pori with the other two traditional settlements. We follow this one to the right as we leave the path and soon we reach the square of Palaioi Pori. **Here we can have some rest and enjoy our meal or coffee under the shadow of the old plane tree.** We can also visit the church of **Agios Georgios**, the beautiful forest and chapels above the settlement and take a walk in the beautiful alleys. **In a green landscape embracing the restored stone houses and the traditional guesthouses of the village...**





Refuges - Accommodation

Refuges - Accommodation

The area of mount Olympus as well as the broader area of Pieria offers many accommodation options of all types. Hotels of all classes, rooms to rent and traditional guesthouses can meet everyone's needs. Restaurants and taverns, with local, Mediterranean dishes and more, offer the local products of Pieria, from the sea to the highest remote villages.

Even higher, **seven mountain refuges** connected to one another with paths, offer rest and overnight stay options, while all of them have organized kitchen facilities.

Refuge "Krevatia"



The refuge at the **location "Krevatia"** is placed at an altitude of **1,010 meters** with a view to the north slopes of the mountain but also to the sea. It can be reached through paths and also through a forest road of 8 kilometers, from the chapels of Aghioi Apostoloi and Aghia Triada, 4 kilometers far from village Vrontou. **It has 20 beds** and is open at the weekend. For Monday to Friday and during winter months, please contact the administrator.

For further information and reservations please call **+30 6971 773070**.

Refuge "Koromilia"

The refuge at the **location "Koromilia"** is a new building at an altitude of **1,010 meters** and with a beautiful view to the Thermaic Gulf. It can be reached through the path of Orlias as well as through a forest road of 9 kilometers, from the chapel of Agios Konstantinos and



Eleni, 4 kilometers far from village Dion. **It has 18 beds** and is open throughout the year but during winter months you have to contact the administrator. For further information and reservations please call **+30 6942 243349**.

Refuge “Dimitris Bountolas” (Stavros)



The refuge at the **location “Stavros”** is dedicated to a Greek local mountaineer who lost his life at the Himalayas. It is located at the location “Stavros” at **930 meters**, with a beautiful view to the Thermaic Gulf and Pieria and at the ninth kilometer of the road Litochoro-Prionia. It can be reached from Litochoro and through the path of “Zilnia”. **It has 30 beds** and is open throughout the year.

For further information and reservations please call **+30 6948 593275** or **+30 23520 84100**.

Refuge “Spilios Agapitos”

The refuge is dedicated to the first president of the Greek mountaineering Federation. It has been built at the **location “Balconi”** at **2,040**



meters, with a view to the peaks, the gorge of Enipeas and the sea. **It has 110 beds** and is open from May to October. It can be reached through the E4 path from Prionia, 18 kilometers from Litochoro.

For further information please call **+30 23520 81800** and **+30 6973 210687, +30 6973 210688**.

Refuge “Petrostrouga”



The refuge is located at the **location “Petrostrouga”** at **1,940 meters** with a view to Pieria and the sea. **It has 70 beds** and is open from May to October and the rest of the year subject to arrangement. It can be reached through the path from the location “Gortsia-Crossroad” at the thirteenth kilometer of the road Litochoro-Prionia as well as through the path of “Orlias” from Dion.

For further information and reservations please call **+30 6977 246350** and **+30 6948 821513**.

Refuge “Christos Kakkalos”

The refuge is dedicated to the first Greek who reached the peak of



the mountain and first guide of mount Olympus. It is located at the **Plateau of the Muses** at **2,640 meters** below the highest peaks. **It has 17 beds** and is open from end of May to October and the rest of the year subject to arrangement. It can be reached through the path "Prionia-Spilios Agapitos" and then through the paths "Kofo" or "Zonaria", but also through "Gortsia-Petrostrouga", "Orlias", "Gomarostalo" and other routes...

For further information and reservations please call **+30 23521 00009** and **+30 6937 361689, +30 6937 306019**.

Refuge "Giosos Apostolidis"



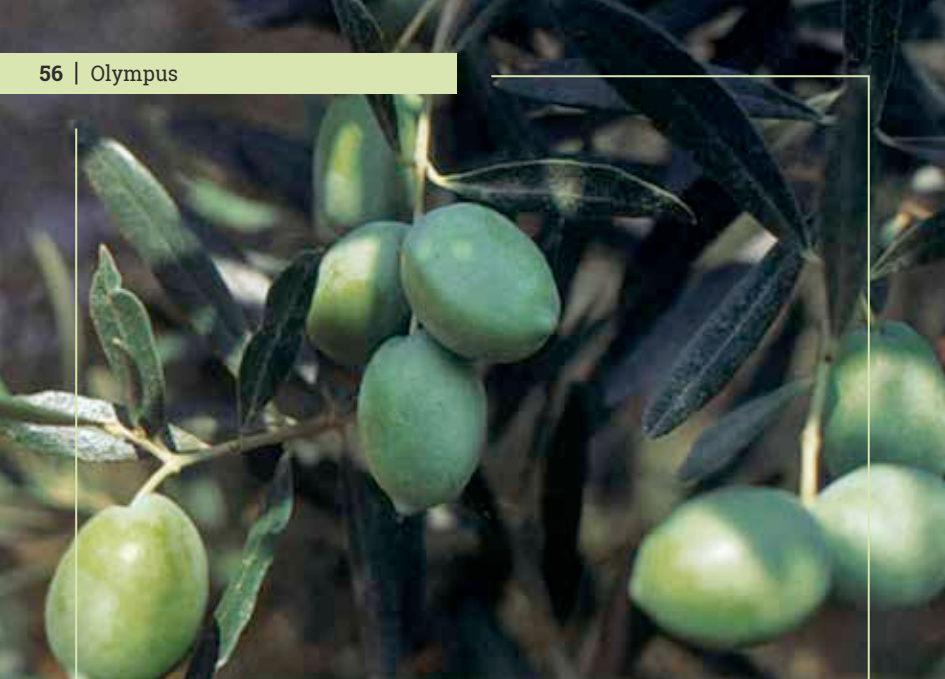
The refuge is dedicated to the mountaineer who was the leader of its construction. It is located at the **Plateau of the Muses**, at **2,700 meters** below the highest peaks. **It has 90 beds** and is open from June to October and the rest of the year subject to arrangement. It can be reached through the path "Gortsia-Pestrostrouga", but also through "Prionia", "Orlias", "Kopsi Barbala" and other paths...

For further information and reservations please call **+30 23510 82840** and **+30 6948 043655, +30 6939 777064**.





Local products & gastronomy



The waters of mount Olympus and Pieria mountains keep supplying and enriching the plain of Pieria and its groundwater horizon throughout the year.

The **Mediterranean sea breeze** enters the closed plain and the microclimate that is shaped creates ideal conditions and quality characteristics for all cultivations. The plain and beautiful hills of Pieria host fruit cultivations of all types. The **strawberries** with their particular savor, as well as **cherries** and other local fruit, are to be distinguished. This soil is suitable also for **kiwis**; thanks to their high quality they have been recognized as a particular product of Pieria (PGI). The produc-





tion of **rose-colored table grapes** keeps increasing, due to the high demand. There is a general increase in the cultivation of **grapes** and **olives**, which produce a **particular type of Mediterranean wine** and **oil** here. In recent years, a **series of small wineries have been created next to the vineyards**, increasing both the variety and the **quality of the local wine**.

Higher towards the mountain, the **chestnut** tree forests give their





beautiful products, while the **tea and other aromatic herbs of mount Olympus** are also to be distinguished. They also give the particular taste to the **honey** of the area, while they enrich the food of the animals that graze on mount Olympus slopes. This is why we have **cheese, yogurt and other quality dairy and meat products**, produced at the large livestock farming units of the area.

The famous **mussels** of the area are produced in the sea and in the north of the Thermaic Gulf, in special aquaculture units, while the rich Aegean Sea provides Pieria with all types of fish.

All this production, organized in small family units, creates more transformed high quality traditional products such as prepared **meat**





products, pasta, sweets, beverages, cosmetics products, etc. From the shores to the mountain slopes, the visitor will find shops to buy or taste the local products. Inhabitants have different origins and therefore there are many traditional recipes combining the quality products to offer unique dishes.

For sure the inhabitants of this area have not found yet the recipes for the nectar and ambrosia of the gods to offer them to the visitor. **But whatever they offer to the visitor will be made of those same good ingredients...**





Information Centre of Olympus National Park



Leisure



Dion Museum

The ancient, byzantine and modern history of the area is highlighted in the archaeological sites, monuments, settlements and mount Olympus itself. A visit to the museum and exhibition centers of the area will provide a comprehensive picture.

The **Archaeological museum of Dion** presents findings of the sanctuaries and the town that was dwelled from the classical to the Paleochristian era. It also hosts exhibits from other archaeological sites of Pieria as well as an exhibition on the everyday life in ancient Dion.



Litochoro, Maritime Museum



Litochoro, Sacristy & Library collection of the Holy Monastery of Agios Dionysios, Litochoro

At the **Holy Monastery of Agios Dionysios** outside Litochoro, we can visit the **Ecclesiastic Byzantine Museum** to see relics of high historical and artistic value. At the new monastery there is the church of Agios Dionysios, while it is worth admiring the temple of the church of the Assumption of Virgin Mary, at the enclosure (avato) of the monastery, which hosts the hagiographies of the great hagiographer **Fotis Kontoglou**.

Very close is also the **Information Center of the National Park of**



Olympus Festival event at the Hellenistic Theater of Dion



Litochoro, Sichna

mount Olympus. It is a museum dedicated to the emblematic mountain and its natural wealth. Impressive pictures from the mountain's morphology, rocks, fauna and flora and a 3D movie create a place that leads the visitor progressively from the lowest mountain parts to the highest peaks.

At Litochoro it is worth visiting the **Naval Museum**. It is a beautiful place with naval relics composing a rare collection, which safeguards the rich naval cultural heritage of Litochoro while presenting the **local naval history**.



Palaio Panteleimonas, Chestnut celebrations



Olympus Festival event at the Hellenistic Theater of Dion

The rich artistic heritage results in cultural events organized by the clubs and associations of the area.

The **Olympus Festival** is one of the most important events at national level promoted also internationally. Throughout the summer, at open venues and in all historical places of the area (ancient theater of Dion, Leivithra, Pydna, Castle of Platamonas, etc.), the audience can enjoy performances and other artistic events of the festival. At the end of September and for nine days, it is the turn of the event **“Olympia in Dion”**. It is an international youth meeting of ancient drama, music and sports, taking place in ancient Dion, organized by the Directorate of Secondary Education of Pieria and the Office of Innovative Actions. At the beginning of October, at the slopes of Kato Olympus, the chestnut becomes the reason for organizing beautiful events at Palaios Panteleimonas. The Social Cooperative Enterprise (SCE) of Palaios Panteleimonas “Olympus Cultural Routes” in cooperation with local agents and the Environmental Center organize a **“chestnut feast”** with various events; they offer grilled chestnuts, chestnut sweets and other local products. In winter, on the Epiphany day, in Litochoro one can see the **“Sichna”**, the naval flags of every old naval family. A big event and procession is organized in order to baptize the “Sichna” in the sanctified water of Enipeas...

Everywhere in Pieria, events are constantly organized. The best moment is in spring and summer when local festivals take place at the beautiful churches of mount Olympus celebrating their Agios... Almost up to the peak...





Sports & activities



Olympus Marathon



Mount Olympus with its numerous paths provides many kilometers of routes for trail running and is a pioneer in organizing trail running events.

“Olympus Marathon” is a marathon from ancient Dion to the peaks and return to Litochoro. It is a trail running event attracting runners from all over the world and the three-day events that accompany it include other shorter and longer races.

“Mythical Trail” is a trail running race of 100 kilometers going





through the whole northeastern side and the mythical peaks, while **“North Olympus Trail Vrontou”** is a trail running race of 20 kilometers at the north of the mountain.

There is also the trail running part of **“OLYMPOS-X”**, the triathlon event that takes place in the area, as well as **“Faethon”**, a race at the south part of the mountain. In autumn the races continue with the **“Lost trail”** running event and in winter with the **“Winter Enipeas”** and **“Rogas”** events in the broader area of Litochoro...



The morphology of mount Olympus provides the possibility to exercise **any type of mountaineering activity**. Alone or with a trained mountain guide, we have many choices for easy and harder **mountain hiking**. With the help of experienced mountain guides, we can try harder routes of **traditional mountaineering, climbing and mountain ski**. Traditional climbing can be performed in ensured routes next to Litochoro (Zilnia, Golna) but also on the faces of the highest peaks.

For the lovers of the **sport climbing**, there are numerous climbing fields, easily accessible (Litochoro, Aghia Kori, Krevatia, Petra). In winter, mountaineering continues with hiking and harder winter routes, as well as climbing on the frozen mountain slopes and faces of the high peaks, while the **mountain ski** can offer journeys until the end of spring! It is the time when the gorges of Enipeas, Orlas, Araplakos, Aghia Kori and Papa torrent welcome the lovers of **canyoning**. A network of forest roads also provides routes for biking, while lower there are harder sports routes of **mountain biking**. **Even paragliding is available here from the eastern slopes of the mountain to the sea...**







Responsible Behavior General Information

Responsible Behavior



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.

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**



Further Rules

- When entering into a protected area, follow the rules and the instructions from the staff
- Take care of not damaging any signaling and other itinerary facilities
- Respect any kind of private property, incl. buildings, crop fields
- Respect cultural heritage (churches, ruins, walls, and any other constructions)
- Be polite and fair with locals and other users, including hikers, riders and cyclists
- Respect the peace and calmness of the place

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.



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!**

General Information

Olympus National Park regulations

Entrance to the National Park is permitted only along existing routes from sunrise to sunset and straying from the marked pathways is forbidden.

The following is prohibited:

- Entrance of children under 14 without a guide.
- Parking outside the allocated parking areas.
- Cutting down trees, removal of soil, collecting bushes, plants or seeds.
- Lighting of fire and outdoor camping.
- Hunting of any type of animal by any means year round.
- Destruction or collection of nests, eggs or hatchlings and generally the disturbance and destruction of types of fauna.
- Causing damage to geological formations.
- Unleashed pets of any kind.

Olympus National Park is protected by special legislation. The following legislative decrees apply to offenders of the law: Legislative Decree 86/1969, Legislative Decree 996/1971, and Laws 177/1975, 998/1979, 1650/1986, 2742/1999 and 3044/2002.

How to access Litochoro

Litochoro is easily accessible all year long, as it is located at a distance of only 5 km from the Athens-Thessaloniki Motorway.



By car through the E75 Motorway (Athens - Thessaloniki) - Litochoro exit



By Intercity Coaches (KTEL) serving passengers to Katerini through the Thessaloniki - Athens itinerary



By rail, through Litochoro transit Railway Station on the Athens - Thessaloniki line or the Thessaloniki - Larissa suburban line.



By plane, through "Makedonia" Airport of Thessaloniki at a distance of 100 Km from Katerini

Distance from main cities:

- Athens - Litochoro: 419 Km • Thessaloniki - Litochoro: 92 Km
- Katerini - Litochoro: 22 Km • Larissa - Litochoro 65 Km

												
LITOCHORO												
N. PANTELEIMONAS												
P. PANTELEIMONAS												
SKOTINA												
P. PORI												
LEPTOKARYA												
PLATAMONAS												
N. PORI												
DION												
VRONTOU												

 First Aid	 Information Centre	 Museum/Collection
 Pharmacy	 Restaurant/Tavern	 Church
 Bank – ATM	 Hotel/Rooms to let	 Monastery
 Post Office	 Traditional Accommodation	 Handmade Crafts Store

Events

Organizer	Event/Custom Title	Location	Time Period
Olympus Festival Organization	Olympus Festival	Dion, Platamonas, Kontariotissa, Pydna	July - August
Olympia en Dio NGO	International Youth Meeting for the Ancient Drama, Music and Sports "Olympia en Dio"	Dion	2nd half of September
Urban non-profit Company "Olympus Marathon"	Olympus Marathon	Litochoro	Last Friday of June
"Olympus Trails" Association	Olympus Mythical Trail	Litochoro	July 2-3
Environmental Education Centre & Neos Panteleimonas Culture Club & Olympus Cultural Routes Social Enterprise	Chestnut Celebrations	Palaios Panteleimonas	October (2nd Sunday)
Litochoro Culture Club	Olympus Festival	Litochoro	Last week of July - 1st week of August
Dion - Olympus Municipality & Church	Epiphany Water Sanctification	Litochoro	January 6
Dion - Olympus Municipality	Burning of Cedars (Kedroi)	Neighborhoods of Litochoro	Sunday Night of the Carnival

Operating Hours of Museums / Collections

Museum / Collection	Operating Hours	Admission	
Dion Archaeological Site and Museum	<u>Summer Schedule:</u> MON.-SUN. 08:00-20:00	Joint Ticket	Full Price: 8€ Reduced Price: 4€
	<u>Winter Schedule:</u> WED.-MON. 08:30-15:30 (Closed on Tuesdays)	<i>(The reduced price of individual tickets is valid for all visitors between the 1st of November and the 31st of March of each year)</i>	
	For possible operation hours adjustment, information available at: http://odysseus.culture.gr		
Byzantine Castle of Platamonas	<u>Summer Schedule:</u> MON.-SUN. 08:00-20:00	Joint Ticket	Full Price: 2€ Reduced Price: 1€
	<u>Winter Schedule:</u> WED.-MON. 08:30-15:30 (Closed on Tuesdays)	<i>(The reduced price of individual tickets is valid for all visitors between the 1st of November and the 31st of March of each year)</i>	
	For possible operation hours adjustment, information available at: http://odysseus.culture.gr (Monument: Byzantine Castle of Platamonas)		
Experiental Park of Leivithra	Visit after communication with +30 23510 47883	Free admission	
Sacristy & Library Collection of the Holy Monastery of Agios Dionysios	<u>Daily:</u> 09:00 - 13:00	Free admission	
	<u>Sunday:</u> 10:00 - 13:00		
Maritime Museum of Litochoro	<u>July-August:</u> MON.-SAT. 20:00-22:30 SUN. 10:00-12:00	Ticket: 2€ FREE: Children under 12, school visits, Disabled, Army Forces	
	<u>Sept-June:</u> MON.-SAT. 18:00-21:00 SUN. 10:00-12:00		
Information Centre of Olympus National Park	<u>May-October:</u> MON.-FRI. 9:00-18:00 SAT.-SUN. 9:00-16:00	Free admission	
	<u>Nov.-April:</u> MON.-SUN. 9:00-16:00, (Public Holidays 9:00-16:00)		

Useful Telephone Numbers

Dion Archaeological Site	+30 23510 53484
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
Camping Association of Pieria	+30 23520 41115
Hoteliers Association of Pieria	+30 23510 37219
Association of Travel Agents of Pieria	+30 23510 45698
Holy Monastery of Agios Dionysios	+30 23520 84220
"Vryssopoulos" or "KEOAH" Refuge	+30 24930 62163

“Yossos Apostolidis” Refuge	+30 23510 82840, +30 6939 777064
Dion “Koromilia” Refuge	+30 6942 243349, +30 6981 448978
Vrontou “Krevatia” Refuge	+30 6971 773070, +30 6938 186984
“Bountolas” or “Stavros” Refuge	+30 23520 84100, +30 6939 225857
“Petrostrouga” Refuge	+30 23512 00766, +30 6977 246350
“Spilios Agapitos” Refuge	+30 23520 81800 / 81329
“Christos Kakalos” Refuge	+30 6937 361689, +30 6937 306019
Litochoro Health Center	+30 23523 50000
Pieria Intercity Bus Station (KTEL)	+30 23510 23313
Litochoro Intercity Bus Station (KTEL)	+30 23520 81271
Maritime Museum of Litochoro	+30 23520 81402
Litochoro Hellenic Alpine Club Rescue Team	+30 23520 82444
Rooms to let owners Pieria Federation	+30 23520 64447
Olympus Festival Organization	+30 23510 76041
Hellenic Railways Katerini Station	+30 23510 23709
Hellenic Railways Litochoro Station	+30 23520 22522
Pieria Regional Unit - Department of Tourism	+30 23513 51251
“Pieriki Anaptixiaki” Development Company	+30 23510 27541
“Prionia” Cantine – Restaurant	+30 6932 484868
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

Useful Web Sites

Archaeological Museum of Dion	www.ancientdion.org/ http://odysseus.culture.gr
Archaeological Site of Leivithra	www.leivithrapark.gr
Municipality of Dion-Olympos	www.dion-olympus.gr
Hoteliers Association of Pieria	www.pieria-hotels.gr
Holy Monastery of Agios Dionysios	http://imado.gr
Pieria Intercity Bus Station	http://ktelpierias.gr
Maritime Museum of Litochoro	http://nmlitohorou.gr
Rooms to let owners Pieria Federation	www.makedoniaholidays.gr
Hellenic Railways	http://www.trainose.gr
Olympus Festival Organization	http://festivalolympou.gr
Regional Unit of Pieria	http://pieria.pkm.gov.gr
Region of Central Macedonia	www.rcm.gr
“Pieriki Anaptixiaki” Development Company	www.pieriki-anaptixiaki.gr
Olympus National Park Management Body	https://olympusfd.gr