

Kardamyli from the path at Proastio. Photo: Tgvtornado, CC BY-SA 4.0, via Wikimedia Commons

Walking and hiking

Kardamyli sits at the centre of one of the best walking networks in the Peloponnese. Old cobbled mule paths, the kalderimia, link the village with Old Kardamyli, the hill villages and the monasteries of the Viros Gorge. Most walks take between 30 minutes and 3 hours, and many start in Kardamyli, a couple of minutes' drive from the cottage.

Best seasons

March to June and September to November. July and August are too hot after mid-morning.

Waymarks

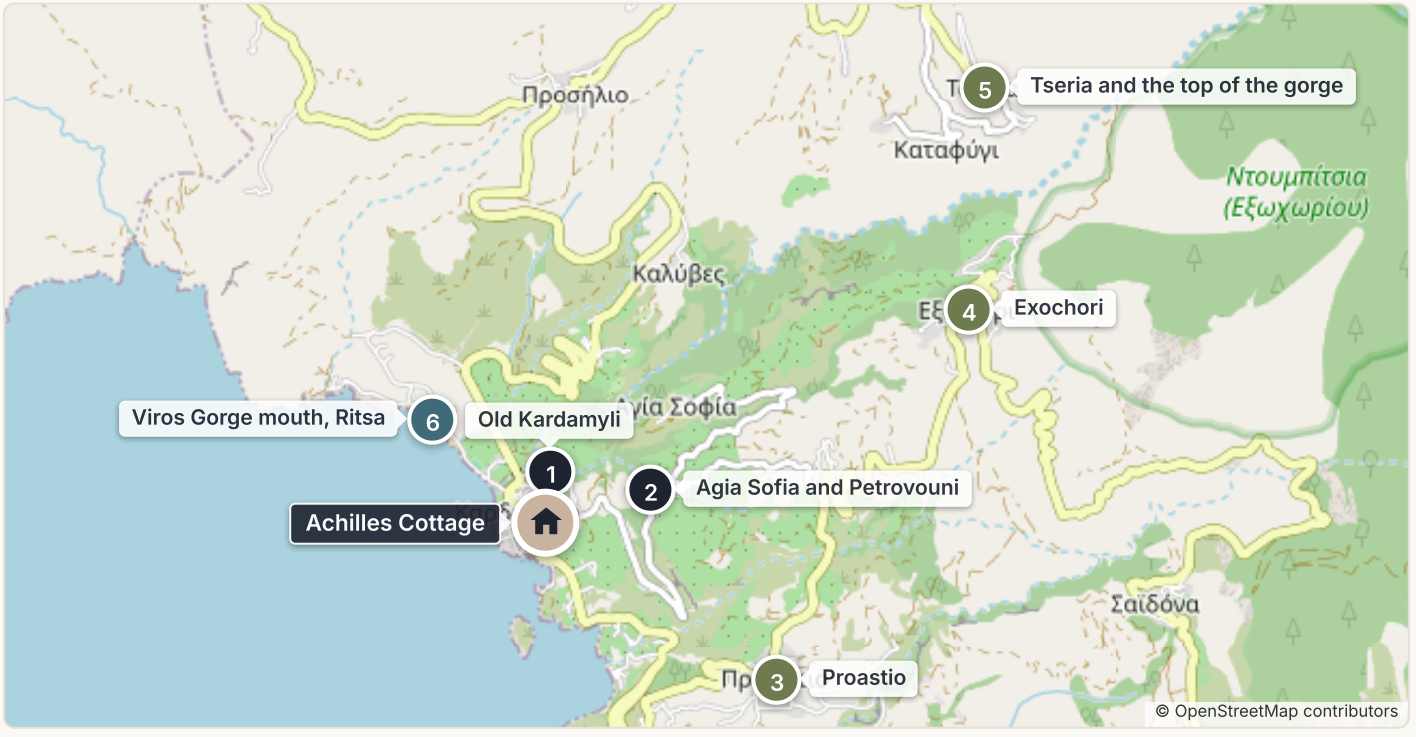
Painted marks and signposts on most village paths.

Terrain

Stone paths and steps; good shoes, not sandals.

Bring

Water, sun hat, a phone with an offline map.



Tap a place to open it in Google Maps

1. Old Kardamyli
2. Agia Sofia and Petrovouni
3. Proastio
4. Exochori
5. Tseria and the top of the gorge
6. Viros Gorge mouth, Ritsa

Easy walks

- **Old Kardamyli and Agia Sofia loop.** About 5 to 6 km, around 200 m of climbing, 1½ to 2 hours. The classic first walk.
- **Proastio to Kardamyli.** About an hour through olive groves, ending in the village for lunch.
- **Exochori loop.** About 3 km of terraces, chapels and views, with little climbing once you are up there.

Half-day walks

- **Kardamyli, Old Kardamyli, Agia Sofia and Petrovouni.** About 1 hour 15 minutes one way, with gulf views.
- **Kardamyli to Stavropigio.** About 2½ hours north on old paths; arrange a lift back.
- **Village to village.** Exochori, Tseria and Saidona are linked by cobbled mule paths.

Full days

- **The Viros Gorge.** About 9.5 km and 4 hours, past two monasteries, from Ritsa beach up towards the mountain villages. Moderate to hard; see our Viros Gorge post.
- **The Taygetos.** The summit, Profitis Ilias (2,407 m), is a serious mountain day for experienced hikers; go with a guide. Sections of the long-distance E4 path cross these mountains.

How to walk here

- Start early: shade is scarce on the stone paths, and from June to September avoid the midday heat.
- **Viros Gorge:** do not enter after heavy rain or when storms are forecast. Emergency number: 112.
- Paths can be slippery after rain and steep in places.
- Guided walks run from Kardamyli if you prefer company and stories along the way.

Maps and help

- Our walks map shows the main routes; the local topoguide map and app cover the full network.
- Tell someone your route for longer walks; mobile signal drops in the gorges.
- Michael, our local manager, is a phone call away during your stay for route advice.



More guides from Achilles Cottage

Getting here: From Kalamata airport · From Athens airport
Town guides: Kardamyli · Stoupa · Agios Nikolaos and Trachila · Exochori and the mountain villages · Kambos and Zarnata · Kalamata · Areopoli and Limeni · Diros, Gerolimenas and Vathia
Activities: On the water · Food and olive oil · Rainy days and families · Walking and hiking

This guide online

Details checked November 2026. Operators, opening hours, prices and timetables change: check before you go. Second photo: Old Kardamyli by Harald Rossa, CC BY-SA 3.0, via Wikimedia Commons.