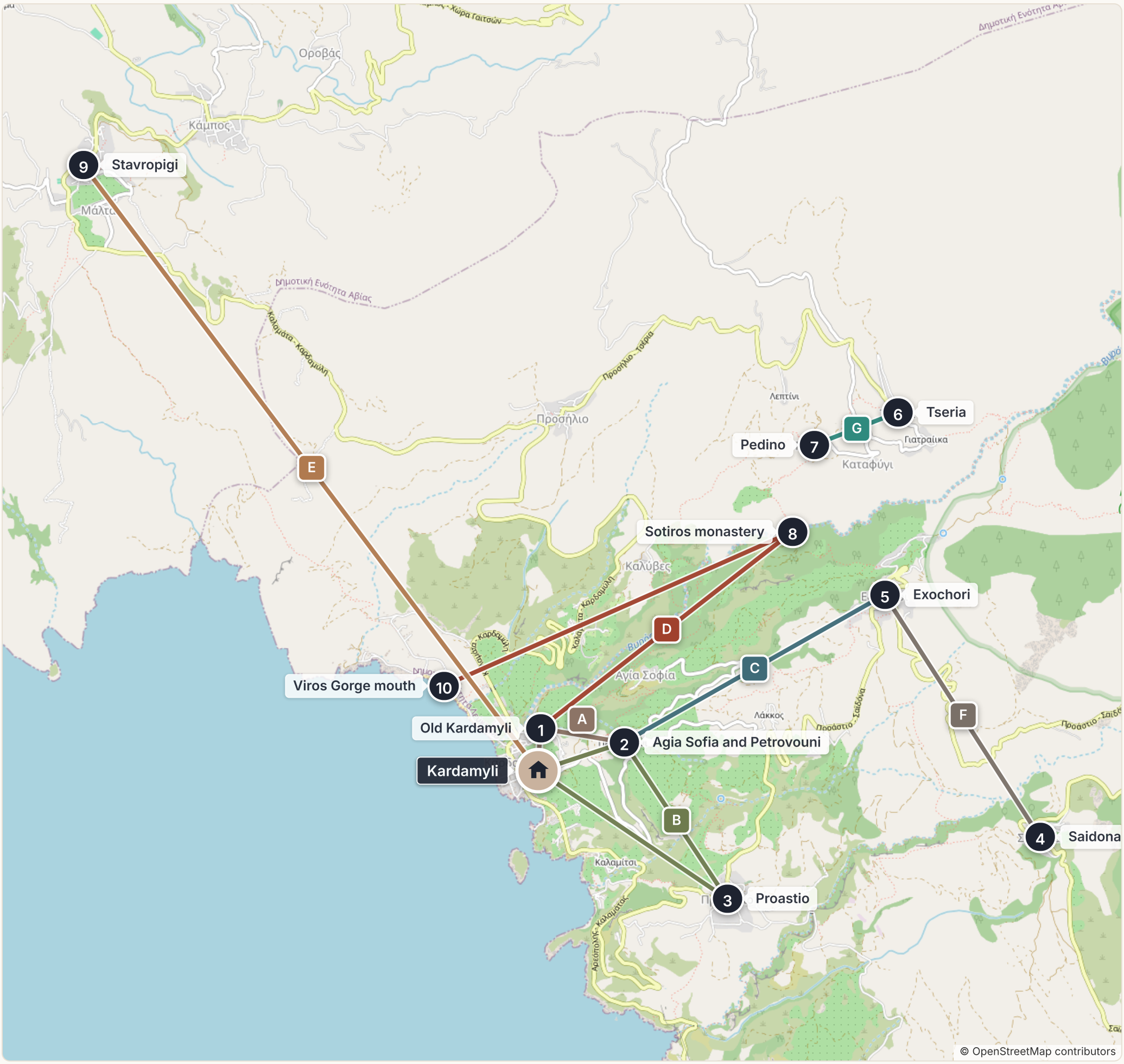
ACHILLES COTTAGE
KARDAMYLI

Walks from Kardamyli

THE MARKED VILLAGE PATHS · ACHILLES COTTAGE · WEST MANI · GREECE



Short walks

A **Kardamyli to Old Kardamyli, Agia Sofia and Petrovouni** about 1 hr 15 min one way
Up through the tower houses of Old Kardamyli to the chapel of Agia Sofia, with views over the gulf.

A **Old Kardamyli and Agia Sofia loop** about 5 km · 190 m climb · 1½ to 2 hrs
The same path as a circuit back to the village. The best first walk.

B **Kardamyli, Petrovouni and Proastio** about 1½ hrs, then 1 hr back
Olive groves and stone lanes to Proastio and its churches, returning down to Kardamyli.

Half-day walks

C **Petrovouni to Exochori** about 1 hr 45 min one way
A climb to the mountain village of Exochori, high above the Viros Gorge.

E **Kardamyli to Stavropigi** about 2½ hrs one way
North along the old paths to the hill village of Stavropigi.

F **Saidona to Exochori** about 3 hrs one way
Via the monasteries of Agios Samuel and Voidonitsa on the edge of the Taygetos.

Longer walks

D **The Viros Gorge** about 9.5 km circuit · 380 m climb · about 4 hrs
Past the monasteries of Lykaki and Sotiros and back down the gorge to the sea. A real mountain walk: sturdy shoes and plenty of water.

G **Viros, Kalyves, Pedino and Tseria** about 3 hrs 15 min loop
A high circuit through the gorge villages, for confident walkers.

Best months
March to May and late September to November. Avoid the midday heat in summer and the gorge after heavy rain.

Paths start in Kardamyli village; the road from the cottage is busy with no pavement, so drive to the village and park. Times come from the regional trail guide (Visit Peloponnese) and our own guides; lines on the map are indicative only. Follow the painted waymarks on the ground and carry water. Map data © OpenStreetMap contributors.

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