



APOLLO TRAILS

FIND YOUR PATH

apollotrails.com

A TIMELESS JOURNEY



Enjoy the routes through time, from Greek Antiquity till today. Visit the Temple of Apollo Epicurius, the ancient sanctuary of Pan, the amazing stone-built threshing floors and the old watermills.

The alternating patterns of nature that follow the flow of water will most definitely enchant you along the way. Walk amidst the majestic chestnut woods, the oak trees, the old plantations and the streams with plane trees.

All this journey through picturesque little villages and small churches that looks like a journey through time, is nothing but a timeless journey. Because when you enjoy what you do, you stop having the sense of time.

THE LOCATION



Bordering on the prefectures of Arcadia, Ilia and Messinia, with Abelionia as the epicenter, the **APOLLO TRAILS** run across the region between the Temple of Apollo Epicurius, the Mount Lykaion and the River Neda.

Historic Arcadia, home of ancient god Pan, patron of the farmers who lived a simple pastoral life in the woods, the rivers and the green valleys, is linked to the values of bliss, purity and creation.

Far from the influence of the modern way of life and untouched by time, the region maintains its purity, offering the visitor calmness and serenity.

In the arts, "Arcadia" refers to an imaginary, heavenly place. In the **APOLLO TRAILS**, this becomes a reality.



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ABELIONA RETREAT



Built on the green mountainous hillside of Abeliona, in complete harmony with the surrounding natural landscape, the **ABELIONA RETREAT** awaits to host you in one of its 22 spacious rooms and apartments.

Enjoy the reading of a book in front of the fireplace of the lounge or your room, and taste in our restaurant recipes made of local producers' pure ingredients.



ABELIONA RETREAT

abeliona-retreat.com

ABELIONA GUESTHOUSE



Ideal for hiking lovers and groups of friends, the old community guesthouse of Abeliona can host up to 14 people. It consists of 6 rooms, 2 bathrooms, a kitchen and a sitting room with a fireplace and wi-fi.

Take the time to prepare an energizing breakfast before leaving for your hiking excursion, with fresh ingredients left for you in the kitchen, and relax while playing board games by the fireplace, when you return in the evening.

ABELIONA
GUEST
HOUSE

abeliona-guesthouse.com



- APOLLO TRAILS**
- 1** Neda - Abelona - Apollo Epicurius
Néda - Αβελώνα - Επικούριος Απόλλωνα
→ 18.1 Km ⌚ 5h 25' ⚡ 2/5
 - 1A** Stavrouli - Vigla
Σταυρούλι - Βιγλά
→ 1.8 Km ⌚ 25' ⚡ 1/5
 - 2** Neda - Neda Springs - Abelona
Néda - Πηγάς Νέδας - Αβελώνα
→ 5.4 Km ⌚ 1h 55' ⚡ 1/5
 - 3** Abelona - Agios Sostis - Neda
Αβελώνα - Άγιος Σωστής - Νέδα
→ 7.6 Km ⌚ 2h 35' ⚡ 1/5

- PARNASSIAN HERITAGE PARK TRAILS**
ΜΟΝΟΠΑΘΙΑ ΠΑΡΝΑΣΣΙΑΣ ΕΛΛΑΔΟΣ
ΜΟΝΟΠΑΘΙΑ ΚΑΡΦΑΓΚΩΝΙΑΣ
- PARH** Neda - Ano Karies
Néda - Άνω Καρύες
→ 4.2 Km ⌚ 1h 25' ⚡ 2/5
 - Neda - Sanctuary of Pan
Néda - Αρχαίο Θησείο Παναός
→ 2.8 Km ⌚ 48' ⚡ 1/5
 - REA** Ano Karies - Agios Georgios
Άνω Καρύες - Άγιος Γεωργίου
→ 1.7 Km ⌚ 35' ⚡ 1/5

- LEGEND**
ΥΠΟΜΟΝΗΜΑ
- Summit (Κύμα)
 - Viewpoint (Ποιητικό)
 - Rest Stop (Σταθμός)
 - Aged Chestnut (Κουτσουριά)

- Apollo Trails**
- Parnassian Heritage Park Trails (Μονοπάτια Παρνασσίας)
 - Main Trail (Κεντρικό)
 - Other Trail (Άλλο)
 - Route at no Trail (Διαδρομή χωρίς μονοπάτι)

- UNESCO World Heritage Site**
Παγκόσμιο Πολιτισμικό Μνημείο της UNESCO
- Archaeological Site (Αρχαιολογικός χώρος)
 - Old Greek Signpost (Αρχαίο σήμα)
 - Ancient Sanctuary (Αρχαίο θησείο)
 - Church (Εκκλησία)
 - Church Ruins (Ερείπια εκκλησίας)

- Other Symbols**
- Cemetery (Νεκροταφείο)
 - Prostrate (Προσηύχτη)
 - Spring (Πηγή)
 - Watermill (Μυλός)
 - Threshold (Πόρτα)
 - Shambled (Σπασμένο)
 - Stone Bridge (Πέτρινο γέφυρα)
 - Hotel (Ξενοδοχείο)
 - Guest House (Καλύβι)
 - Eating (Φαγητό)
 - Populated Area (Αραιοκατοικημένη περιοχή)
 - National Road (Εθνική οδός)
 - Country Road (Προαστική οδός)
 - Main Asphalt Road (Κεντρική ασφαλτική οδός)
 - Other Asphalt Road (Άλλη ασφαλτική οδός)
 - Main Dirt Road (Κεντρική χωματόδρομος)
 - Other Dirt Road (Άλλη χωματόδρομος)
 - Very Bad Dirt Road (Πολύ κακή χωματόδρομος)

