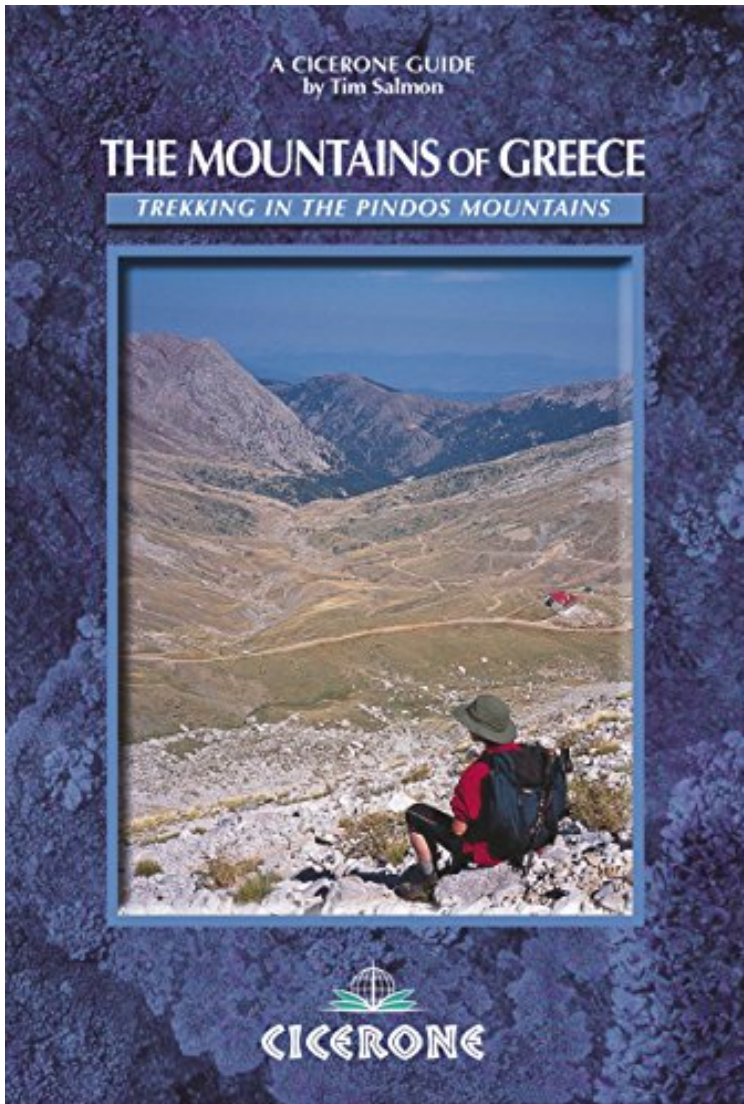


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# The Mountains of Greece: Trekking in the Pindhos Mountains



*Par Tim Salmon*

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## Description :

Prsentation de l'diteurThis guidebook contains route descriptions for 41 challenging day walks in the mountains of Greece, namely the Pindhos Range, Athens and the east coast and the Peloponnese areas. The Pindhos Range accounts for the vast majority of them. They can be put together to form continuous multi-day treks but they demand a high degree of commitment and physical ability due to their remoteness and difficult terrain. Most of Greece is mountains, not the islands and seaside that many visitors tend to think of. They are beautiful mountains: rugged, undeveloped, remote and yet accessible. Alpine pastures soften the harshness of the crags, forests fill the ravines, and springs and rivers abound - a startling contrast to the

baking lowlands. There is a rich and rare variety of wild flowers and butterflies. Presentation de l'auteur This guidebook contains route descriptions for 41 challenging day walks in the mountains of Greece, namely the Pindhos Range, Athens and the east coast and the Peloponnese areas. The Pindhos Range accounts for the vast majority of them. They can be put together to form continuous multi-day treks but they demand a high degree of commitment and physical ability due to their remoteness and difficult terrain. Most of Greece is mountains, not the islands and seaside that many visitors tend to think of. They are beautiful mountains: rugged, undeveloped, remote and yet accessible. Alpine pastures soften the harshness of the crags, forests fill the ravines, and springs and rivers abound - a startling contrast to the baking lowlands. There is a rich and rare variety of wild flowers and butterflies. Biographie de l'auteur Tim Salmon first visited Greece in 1958. He has lived and worked in the country, visited countless times, written and translated books and articles, and made a film about shepherd life for Greek TV. Michael Cullen was born in Greece and spent his childhood there. In 1990 he set up his own trekking business and has spent most of the last fifteen years researching and leading hikes throughout the country, as well as compiling walking guidebooks.