



PREFECTURE OF RETHYMNO, CRETE --- E4 EUROPEAN PATH



The E4 European Path beginning at Gibraltar crosses Spain, France, Switzerland, Germany, Austria, Hungary and Bulgaria and ends up in the south-eastern edge of the Mediterranean, Greece, finishing its journey at the island of Venus, Cyprus. In Greece, the Hellenic Mountaineering Association has been appointed by the European Ramblers Association, its coordinative body, to define and mark the path. Today, the Hellenic Federation of Mountaineering and Climbing is its administrative body.

In the route that lies furthest in the south of Greece, the E4 crosses Crete, beginning at Elafonisi, on the west coast, and ending up at Kato Zakros, on the east coast. In this route, the path often branches off, so that hikers have the chance to choose among routes of variable natural and cultural beauty. In the prefecture of Rethymno, the E4 path also comprises two branches, the northern one and the southern one. The northern branch comes into the administrative borders of the prefecture from the region of Argiroupoli village and the northern one from the region of Rodakino. The two branches meet at the plateau of Nida on the mountainous mass of Psiloreitis and, from there, the path goes on to the administrative borders of the prefecture of Iraklio. The two branches in the prefecture of Rethymno cross areas of great natural beauty and lands of important geological, archaeological, historical and, generally, cultural value. They also offer the chance to go hiking in the mountains of Krioneritis, Kedros and Psiloreitis. Especially, Mountain Kedros and the south-western part of the mountain range of Psiloreitis belong to the **Natura 2000** European network, in which Kourtaliotiko Gorge, which is close to the E4 path, is also included. The southern branch is recommended to hikers in good form and to those whose interests focus on the byzantine era. The northern branch is recommended to hikers that are more interested in the Venetian occupation and modern culture.

This brief Guide offers a general description of the E4 path in the prefecture of Rethymno and it intends to facilitate people who wish to cross it as a whole or in part. It focuses on points of high interest, whether those are located on the route or at a close distance from it. Prospective hikers should be very careful concerning the marks of the E4, since at some points those marks are unnoticeable and/or damaged. In any case, hikers must consult the “Useful Guidelines” given at the end of this leaflet in advance, in order to be able to enjoy the beauties of the prefecture of Rethymno without being distracted.







# Kallikratis ---- Argiroupoli



**Route - Natural environment.** The route is the continuation of the E4 northern branch, coming from the administrative region of Chania. After *Kallikratis* plateau, the path goes down to *Asi Gonia*, crosses *Giparis* gorge and ends up at the water springs of *Agia Dinami* and the village of *Argiroupoli*.

**Geology.** The prevailing rocks of the region are limestone rocks with firestones, while there are also: A Phyllitic - Quartzose texture (with schist, phyllites, quartzites, meta-basaltic and meta-gabbro rocks) • Colluvial deposits containing mainly limestone • Breccia and porous dolomites.

**Culture.** *Kallikratis* is a stockbreeding village with a great amount of water and vegetation surrounding it. The church of *Agios Georgios*, the patron saint of flocks, is very interesting. *Asi Gonia* (meaning unruly corner) has a great revolutionary history. In the intriguing cave of *Chainospilios* functioned the first typographic center in Crete. The water springs of *Agia Dinami* are karst and form the river of *Mouselas*. The cavy church of *Agios Ioannis* - *Agia Dinami* is also of interest with water springing from the rock and six watermills, only one of which is abandoned. At *Argiroupoli*, at the site of which ancient *Lappa* flourished, it is worth visiting the roman reservoir, the mosaic dating back to the 2<sup>nd</sup> century BC, the scattered building material of the ancient town retained on contemporary buildings, the Venetian mansions and *Zografakis* Folklore Museum.

**Agrotourism.** At *Argiroupoli*, there are many options regarding accommodation including agrotourist dwellings and numerous restaurants and taverns in the village or near the water springs.

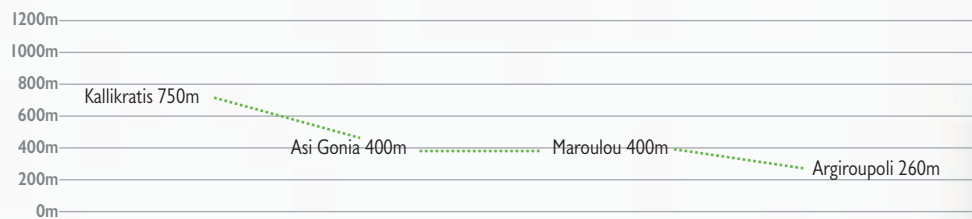
**Gastronomy.** In all villages on this route, exceptional stockbreeding products and quality wine are sold. The lucky travellers, who will find themselves in *Asi Gonia* on the name day of *Agios Georgios*, will have the chance to taste the milk obtained from the sheep and goats of the village, which is offered to believers by custom.







## HYPSONETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 16 KM, TIME: 5 hours, RECOMMENDED SEASON: Throughout the year**



## Argiroupoli ---- Agkouseliana



**Route - Natural environment.** In this route, the E4 begins at *Argiroupoli* and, through the stone-paved path, arrives at *Pente Parthenes* valley, goes on to *Kato Poros* village, crosses the gorge of *Kollita Vouna*, whose “doors” seem to touch each other, passes the village of *Nisi* and the churches of *Agios Georgios* and *Timios Stavros* in the region of *Nifis ta Potamia* and ends up at *Agkouseliana*.

**Geology.** Prevailing geological formations include the phyllitic - quartzose texture (with schist, phyllites, quartzites, meta-basaltic and meta-gabbro rocks and marbles) as well as clastic - bioclastic limestone rocks and: Conglomerates, marls, argils, limestones • Dolomitized limestones • Limestones and dolomites.

**Culture.** The valley in the east of *Argiroupoli* hides the cave church of *Pente Parthenes*, containing five of the numerous cubic porous sculpted tombs of the area, which date back to the roman years. At a close distance a huge sycamore tree adds to the grace of a lush green land. At *Kato Poros* there is the interesting church of *Agios Ioannis Theologos*, half of whose walls are painted. Visitors must pay particular attention to the dittany which is grown all around the region and be aware that they are in a village where many residents used to dedicate themselves to picking this aromatic herb in its natural environment. *Nisi*, with the church of *Agios Georgios*, used to be a pre-byzantine village but it was abandoned a few decades ago. *Agkouseliana* is surrounded by similar abandoned dorps at the sites of *Tsikalaria*, *Marmara* and *Sivritos* and there is the impressive cave of *Neragdotripa* on *Agrimokefala* hill.

**Agrotourism.** At *Agkouseliana* and *Mountros* visitors can lodge in agrotourist dwellings. Accommodation is also available at *Kato Poros*.

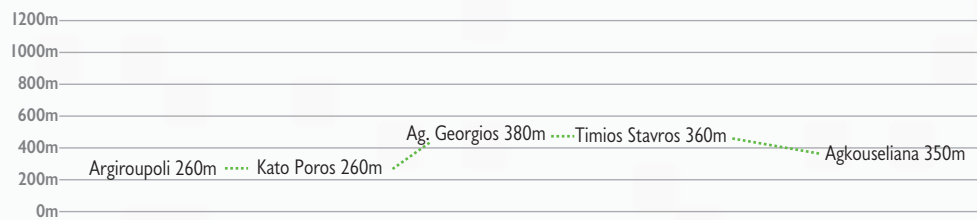
**Gastronomy.** At *Agkouseliana* and the nearby village of *Koumoi*, exquisite stockbreeding products are available. At *Pente Parthenes*, there is a fair on the name day of *Zoodoxos Pigi*, where visitors drink from the milk produced on the same day by the region's sheep and goats.







## HYPSONETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 23 KM, TIME: 7-8 hours, RECOMMENDED SEASON: Throughout the year**  
**DIFFICULTY OF THIS ROUTE: No significant difficulty**



# Agkouseliana ---- Spili



**Route - Natural environment.** The path crosses *Katsogrida* village, bypasses *Atsipades*, passes via *Koxare* and comes to the entrance of *Kourtaliotiko* gorge. Then, it crosses *Kato Mixorouma*, *Pano Mixorouma* and *Dariviana* and ends up at *Spili*.

**Geology.** The geological formations that are most frequently found in this region are terrestrial deposits of conglomerates, sands, sandstones, argils and limestones. There are also: Ophiolitic complex of peridotites, gabbros and dolerites • Carbonate rocks (limestones and dolomites).

**Culture.** In the south of this part of E4, above the village of *Atsipades*, there is *Karavellas* hill (510 m), on the peak of which there was a great Minoan sanctuary. *Katsogrida* is a typical Cretan family dorp. At *Koxare*, it is worth visiting the church of *Agios Georgios* at *Fatreliana* region, which has wall paintings dating back to the 14<sup>th</sup>-15<sup>th</sup> century, and the ruins of the Turkish castle of *Koules*, built on older castles of the Venetian and byzantine eras. At *Agia Pelagia*, there is the interesting church of *Agios Antonios*, half of which is built under a rock. At *Kato Mixorouma*, there are impressive watermills on the river banks. *Pano Mixorouma* is now the last basketry centre in Crete. The byzantine church of *Agios Ioannis* is also worth a visit. Rows of watermills are retained in the valleys of *Dariviana* and *Spili*. In this last town of this route visitors are impressed by the abundance of water coming out of 25 lion heads, the gorge of *Faraggas* in *Papas* region, and the churches of *Metamorfosis Sotira*, *Agios Georgios*, *Agios Theodoros* and *Koimisis Theotokou*, with their byzantine wall-paintings.

**Agrotourism.** *Spili* offers many choices regarding accommodation and restauration. Restauration is also available at *Mixorouma*. Visitors interested in canoeing can practise their sport in the river of *Kato Mixorouma*, as well as fish for trout.

**Gastronomy.** *Agia Pelagia* is famous for the quality of its red wine. *Mixorouma*, is famous for its exquisite stockbreeding and confectionery products.





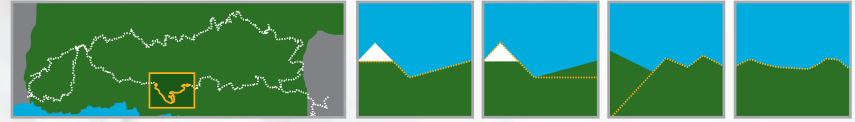


## HYPSONETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 13,3 KM, TIME: 4 hours, RECOMMENDED SEASON: Throughout the year, DIFFICULTY OF THIS ROUTE: None**

## Spili ----- Gerakari



**Route - Natural environment.** This route begins at *Spili* and reaches the spring of *Agia Fotia* and *Kissos*. It goes on to the *Monastery of Agio Pneuma* (the Holy Spirit) and gives the chance for a visit to *Kentrohori*. From *Agio Pneuma* it approaches, via a mountaineering path, the peak of *Kedros Mountain* and the churches of *Analipsi* and *Profitis Ilias*. For less experienced hikers, the route goes south to bypass *Mauro Mouri* peak, it crosses the southern foot of *Gious Kampos* plateau and ends up at *Gerakari*.

**Geology.** Apart from platy limestones of Zoni Pindou, which form Kedros mountain range, the following geological formations can be found on this route: Carbonate rocks (limestones and dolomites) • Terrestrial terrace with lightly rounded materials, consolidated with limestone-sandstone material • Phyllitic-quartzose texture with intercalations of black crystalline limestones locally.

**Culture.** Beneath the spring of *Agia Fotia* (Fotini), there is a watermill with a multi-arched bridge for the adduction of water. At *Kissos*, visitors are impressed by the grand sycamore tree on the village square, the fountain situated at its roots and the wall-painted churches of *Panagia* and *Agios Ioannis*. The abandoned premises of the *Monastery of Agio Pneuma* used to host an important educational center in the 19<sup>th</sup> century. At *Kentrohori*, it is worth visiting the wall-painted byzantine churches of *Agios Ioannis* and *Koimisis Theotokou*. A visit to the cave of *Profitis Ilias Kedrous* is impressive, among other reasons, for the sound of water flowing underground. At *Gerakari*, one of the most mountainous villages in Crete, the church of *Agios Ioannis* at *Fotis* site (13<sup>th</sup> century) and the lush green gorge of *Lamouri*, are quite interesting.

**Agrotourism.** *Gerakari* offers many choices regarding accommodation and restauration. Restauration is also available at *Kentrohori* and *Paragka Kissou*. The plateau of *Gious Kampos* (830 m) is a botanic heaven in spring.

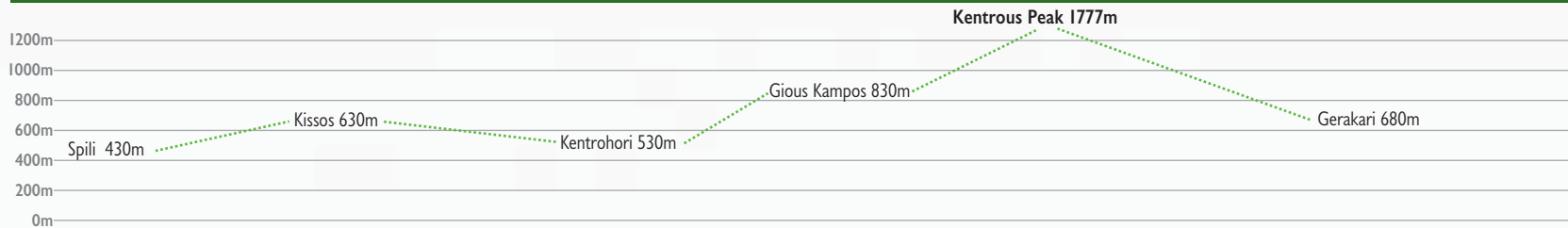
**Gastronomy.** All the villages of *Kedros Mountain* take wild bulbs and mushroom from this mountain and are famous for their stockbreeding products. Exquisite beans and wheat are produced at *Kissos* and fresh and drained cherries and morellos, liquor and deserts are produced at *Gerakari*. At *Kentrohori* the visitor has the opportunity to taste the authentic Cretan goods.





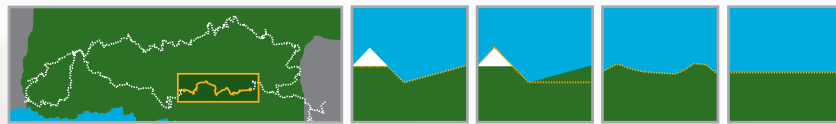


## HYPSOMETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH:** 18,5 KM, **TIME:** 8 hours, **RECOMMENDED SEASON:** March to October, **DIFFICULTY OF THIS ROUTE:** Relatively difficult to climb up to the peak of Kedros

## Gerakari --- Aplitra (Toumpotos Prinos shelter)



**Route - Natural environment.** From *Gerakari* the E4 goes on to *Elenes* and *Nefs Amari*. Then, it crosses *Opsigias*, *Petrohori*, *Vizari* and *Fourfouras*. From there, it climbs up to *Psiloreitis*, via a provincial road (up to 760 m) and then via a path, until it ends up to the mountaineering shelter at the site of *Toumpotos Prinos*. In its biggest part, the route crosses a verdurous landscape which ends up in an oak forest.

**Geology.** Platy limestones of Zoni Pindou prevail here. Other geological formations found on this route include: Phyllitic - quartzose texture with intercalations of black crystalline limestones locally • Carbonate rocks (limestones and dolomites) • Sandstone-siltstone flysch • Conglomerates, sandstones and sands, argils, lignites and fresh water limestones. • Terrestrial terrace with slightly rounded materials, consolidated with limestone-sandstone material.

**Culture.** At *Elenes*, the church of *Agios Nikolaos* (13th century) and the cave of *Mergetripa* are interesting. At *Nefs Amari*, the folklore collection, the local church campanile and the byzantine churches of *Agia Anna* (1225), *Agioi Theodoroi* (14th - 15th century), *Agios Ioannis* (12th - 13th century) and *Panagia Kera* are intriguing. At *Opsigias*, the churches of *Agios Georgios* and *Agios Dimitrios* are worth a visit. At *Lampiotes*, the church of *Panagia* (14th - 15th century) has exceptional wall paintings. At *Petrohori*, it is worth visiting the church of *Agioi Apostoloi* (1580). At *Vizari*, the early Christian basilica near the lake reservoir is of great importance. At *Fourfouras*, the capital of the Municipality of Kourites, there is an interesting church of *Agios Georgios* (1411). Finally, with a little detour from the route, there is a chance to visit the Minoan building block of the early palatial era outside *Monastiraki* village.

**Agrotourism.** At *Fourfouras* there is available accommodation and restauration. In order to spend the night in the mountaineering shelter, it is necessary to contact the Mountaineering Association of Rethymno in advance (2831057766). At *Vizari*, the art of wood sculpture gives life to the wood of olive trees.

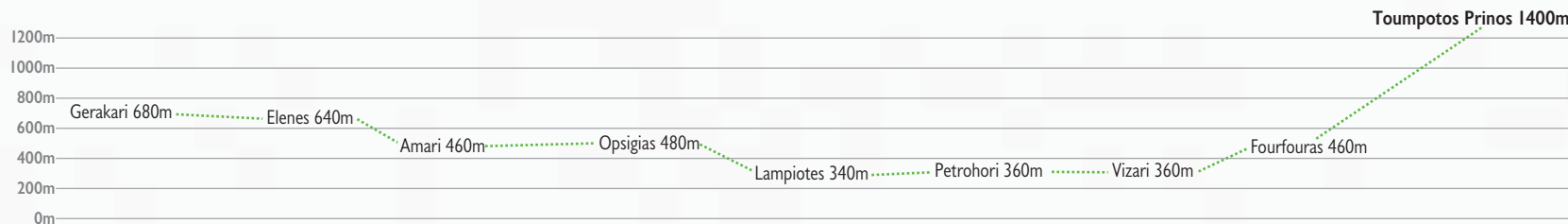
**Gastronomy.** Female associations at *Fourfouras*, *Mesonisia* and *Agia Fotini* make traditional products. Dairy products at *Kalogeros* and “apakia” at *Agia Fotini* are also worth trying.







## HYPSOMETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH:** 22 KM, **TIME:** 3-8 hours, **RECOMMENDED SEASON:** Throughout the year, **DIFFICULTY OF THIS ROUTE:** Moderate difficulties in the part between Fourfouras and the shelter

# Toumpotos Prinos shelter ----- Plateau of Nida



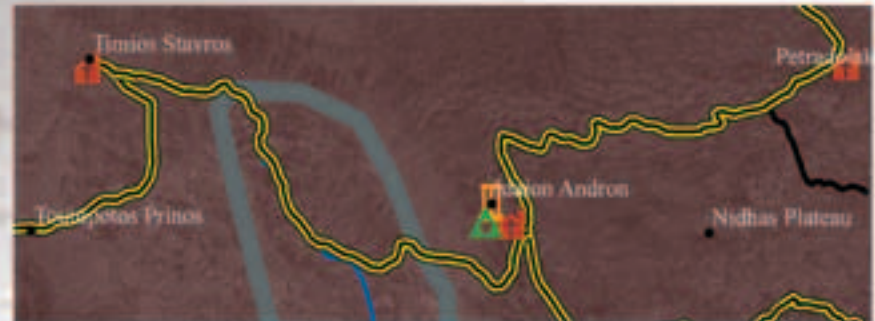
**Route - Natural environment.** From the mountaineering shelter, the E4 follows the bank of a stream for a while and comes into the region of *Kako Plai*. From there, it bypasses *Agkathia* peak (2424 m) and turns to the northeast to arrive at the highest peak, *Timios Stavros* (2454 m). Before the peak, it heads towards the east, crosses the region of *Limni*, bypasses *Kousakas* peak (2211) from the southwest, passes *Kollita* and goes on to the plateau of *Nida* (1360 m). Just a little before the church of *Analipsi*, it sidesteps for a visit to *Ideon Andron*. In the whole of this route, the landscape is treeless and mainly rocky. The plateau of Nida, which is a karstic landscape, is decorated by some characteristic plants, such as the *Polygonum idaeum*, and is surrounded by impressive platy limestones. Some of the most significant plants of the area are maples (*Calicotome villosa*), urchin's feet (*Genista acanthoclada*), aromatic herbs, cases, burnets (*Sarcopoterium spinosum*), piny spurges (*Euphorbia acanthothamnus*), asphodels (*Asphodelus aestivus*), cyclamens (*Cyclamen creticum*), dragon lilies (*Dracunculus vulgaris*), orchids and smaller endemic plants, such as the *Prospero autumnale*. As regards the wild fauna, raptors and unidentified populations of the Cretan wild cat often appear.

**Geology.** The main mass of the mountain range of Psiloreitis includes platy limestones of the Ionia Zoni. Other rocks found on this route include: Limestones and dolomites • Conglomerates, sands and argils, coming from rivers or lakes • Limestone schist rocks in green and red colour.

**Culture.** The peak of *Timios Stavros* is crowned by a simple two-aisled church made of stone. The view from there is breathtaking, if, of course, weather conditions are good enough, since they are usually characterized by strong winds and low temperatures. At the cave of *Ideon Andron*, there used to be the most respected place for the worship of the Cretan-born Zeus. The worship was strongly present during the Minoan and Mycenaean eras and faded out in the 5<sup>th</sup> century AD. Excavations have been performed regularly and findings have been impressive. There is a country sculpture dedicated to the Rebel of Peace, which is a tribute to rebels of all times.

**Agrotourism.** At the tourist kiosk of *Nida* there is a variety of restaurants.

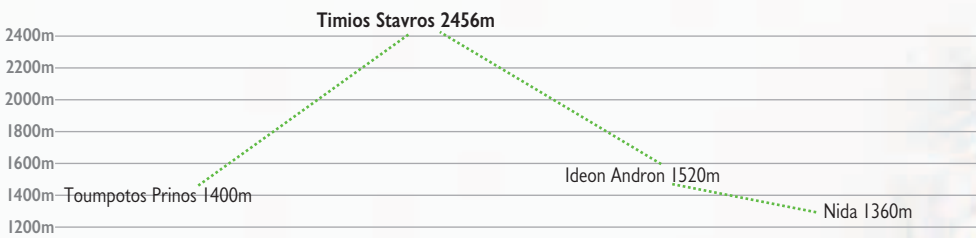
**Gastronomy.** Psiloreitis stockbreeding products are famous, as is its wild edible flora. Especially at *Nida*, picking wild herbs is prohibited.







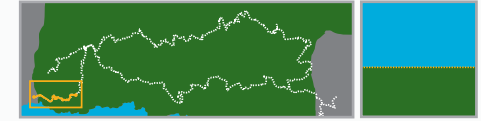
# HYPSOMETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH:** 14 KM, **TIME:** 6.30 hours, **RECOMMENDED SEASON:** April to October  
**DIFFICULTY OF THIS ROUTE:** Hiking on high altitude. Bare landscape without shade.



# Fragkokastello ---- Rodakino



**Route - Natural environment.** The first part of the E4 southern route is characterized by a relatively treeless landscape, which is the result of prevailing strong winds. From *Fragkokastello*, the route follows the asphalt road to *Skaloti*, goes on to *Argoules* and passes in the administrative borders of Rethymno towards *Pano Rodakino* and *Kato Rodakino*.

**Geology.** The area is dominated by the phyllitic - quartzose texture with schist stones, quartzites, marbles, meta-basalts and meta-tuffs. There are also: Sea deposits of blue-grey argils, conglomerates and breccia limestones • Alluvium • Limestone-dolomitic melanic-grey breccia.

**Culture.** *Fragkokastello* is a typical medieval castle, built on the south edges of Crete, in order to contain the undisciplined residents of Sfakia during the Venetian occupation. It became famous later, during the 1821 revolution, when in 1828 Chatzi Michalis Dalianis and his horsemen set up the resistance here and found his tragic death. “Drosoulites”, the figures of horsemen that, as villagers claim, appear in the horizon in early summer, seem to recall memories of those people. At *Skaloti*, there is the interesting byzantine church of *Profitis Ilias* (1355-56). *Argoules* is a typical Cretan dorp, built amphitheatrically facing the Libyan Sea. *Rodakino* village is a good example of scattered residence, which took its final form of two independent dorps divided by a steep gorge later in time. Both dorps were important revolutionary centres and were demolished by the conquerors during the most recent German occupation. On *Korakas* beach at *Kato Rodakino*, Greek raiders unloaded munitions, which were stored in the nearby cave of *Skotini*, during the revolution of 1866.

**Agrotourism.** *Kato Rodakino* and the beaches of *Polirizo* and *Korakas* offer many choices regarding accommodation and restauration.

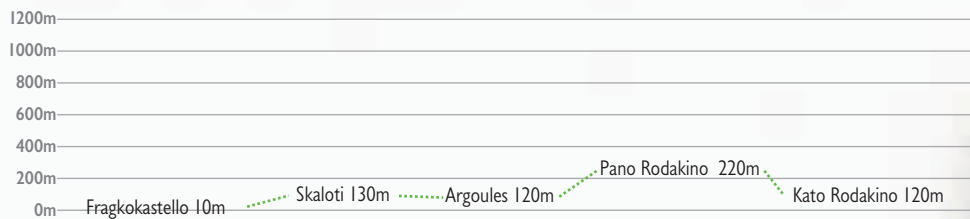
**Gastronomy.** Stockbreeding products and olive oil produced in all the villages found on this route are famous for their taste. At *Fragkokastello* and *Skaloti*, the famous pies of *Sfakia* are offered. The sweet rusks of *Sfakia* and the “*apakia*”, which are made of pork and smoked in the country at Christmas with a mix of aromatic herbs, are also worth trying.







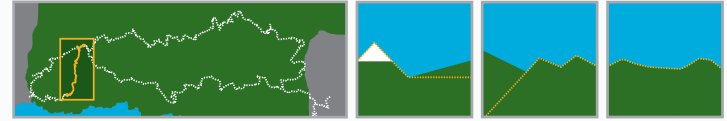
## HYPSOMETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 14 KM, TIME: 3 hours 25 minutes, RECOMMENDED SEASON: Throughout the year, DIFFICULTY OF THIS ROUTE: None (asphalt road)**



## Rodakino ---- Agios Konstantinos



**Route - Natural environment.** The route follows the provincial road towards the church of *Agio Pneuma* and the peak of *Krioneritis* (1322 m), goes on to *Alones* and, from there, to *Vilandredo*. Then, it heads towards the abandoned dorp of *Nisi* and *Kato Poros* (where it meets the E4 northern route) and ends up at *Agios Konstantinos*. At first, vegetation is only minimal and turns into wild vegetation at the gorge of *Kato Poros*. The route follows the bank of the gorge and the stream of *Foinikias*. The church of *Agio Pneuma* is very close to *Krio Nero* spring, after which the mountain was named. The view from the peak is magical. *Alones* are graced by meek arbutus and oak forests.

**Geology.** Geological formations on this route mainly include limestones, melano-grey rocks and dolomites, as well as conglomerates, marls, argils and limestones. Other formations found on this route are: Limestone-dolomitic, melano-grey, conglomerate rocks • Phyllitic - quartzose texture (with schist rocks, quartzites, marbles, meta-basalts and meta-tuffs) • Colluvial deposits • Clastic - bioclastic limestone rocks.

**Culture.** At *Vilandredo*, there is the interesting church of *Eisodia Theotokou* and the caves of *Filippos* and *Mpimpikis*. At *Kato Poros*, the church of *Agios Ioannis Theologos* is also interesting. *Nisi* was an early Christian dorp but was abandoned a few decades ago. *Agios Konstantinos* retains memories of the Venetian occupation of Crete. It is interesting to see the two-aisled church with the beautiful campanile dating back to 1863 and the 18<sup>th</sup> century byzantine icons, the two factories and the wonderful valley in the east, which is dominated by cypresses, sycamore trees, myrtles and kalmias.

**Agrotourism.** Accommodation in agrotourist dwellings is available at *Agios Konstantinos*. There are also many taverns at *Agios Konstantinos* and *Kato Poros*.

**Gastronomy.** The “*apakia*” made at *Agios Konstantinos* are famous for their taste and the female association of the village sells a variety of delicious products. On the name day of *Agio Pneuma*, special dishes are offered to believers.







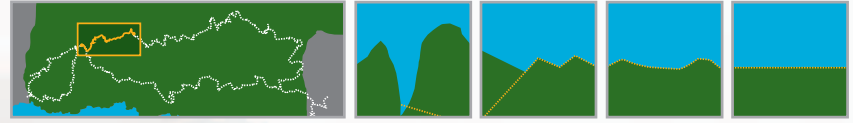
### HYPSONETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 20.5 KM, TIME: 7-8 hours, RECOMMENDED SEASON: March to October**  
**DIFFICULTY OF THIS ROUTE: No significant difficulty**



# Agios Konstantinos ---- Armenoi



**Route - Natural environment.** The route offers the chance for a direct access to *Kalonihtis*, via a path or a detour towards *Rousika* using provincial roads. The route from *Kalonihtis* to *Ano Valsamonero* is magical, particularly in the part of *Petres River*. The route towards *Monopari* goes through a lush green environment. Then, the plateau of *Armenoi*, where both the Late Minoan cemetery and the homonymous village are found, retains parts of past extended oak forests.

**Geology.** Geological formations in this part of the route mainly comprise conglomerates, marls, argils and limestones. Other formations in this area include: Limestones and dolomites

- Phyllitic - quartzose texture (with schist, phyllites, quartzites, meta-basaltic and meta-gabbro rocks).

**Culture.** At *Roustika*, there are more than 20 churches and little country churches, the most important of which is the two-aisled church of *Koimisis Theotokou - Metamorfosi Sotira*, with wall painting dating back to 1381-82. It is worth visiting *Seragio* mansion for its domes, the *Monastery of Profitis Ilias* just outside the village, the *Ecclesiastical Museum* and the *Museum of Costumes*. At *Kalonihtis*, there is an interesting windmill and the church of *Agios Antonios*. At *Ano Valsamonero*, it is worth visiting the church of *Koimisis Theotokou* (1909) and, at *Monopari*, the castle at *Kastellos* site (about 1210), where two sets of walls, three castles and some water reservoirs are saved. The late Minoan cemetery of *Armenoi* is the biggest known one in Crete up to now. Until today, more than 220 sculpted vaulted tombs have been excavated, with rich findings that are exhibited in the Archaeological Museums of Rethymno and Chania. At *Armenoi*, there are the interesting traces of *Pano Armenoi* dorp, *Korakias* gorge and the rescued parts of a vast oak forest.

**Agrotourism.** *Armenoi* village offers many choices regarding accommodation and restauration. *Kalonihtis* and *Roustika* also offer many restaurants.

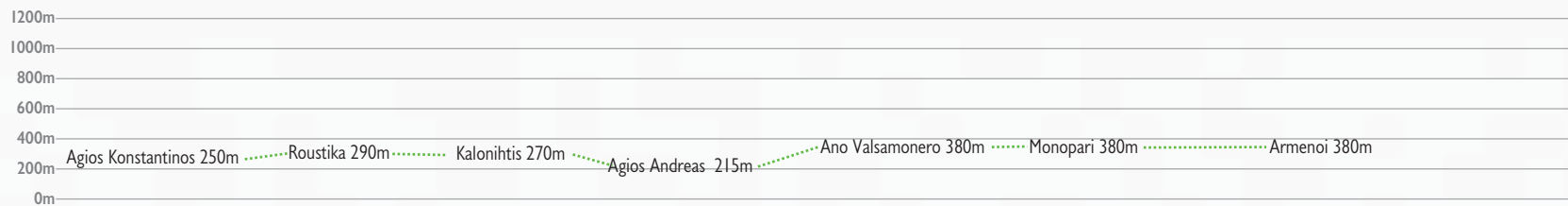
**Gastronomy.** Biological products made at *Kalonihtis* farm are famous for their quality. The stockbreeding products of *Kato Malaki* village, near *Monopari*, are also well-known.





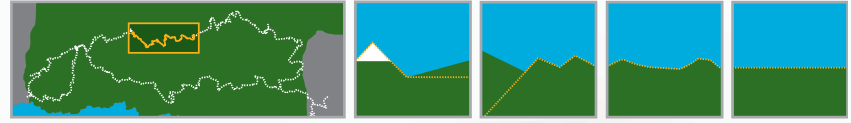


## HYPSOMETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 15 KM, TIME: 5 hours, RECOMMENDED SEASON: Throughout the year, DIFFICULTY OF THIS ROUTE: None (relative difficulty in the winter at Kalonihtis stream)**

## Armenoi ---- Arkadi



**Route - Natural environment.** The E4 begins at the Late Minoan Cemetery of *Armenoi*, goes up to the peak of *Brisinas* Mountain (858 m) via a dirt road and then down to *Selli*. The view on Rethymno and the Cretan Sea is panoramic from the peak of *Visinas*. The route continues to *Mirthios*, sidesteps *Prases* from the south and goes on to *Harkia* and *Kavousi* to end up at the *Monastery of Arkadi*. The region around *Selli* village and nearby *Genni* is famous for its fossils. Vegetation locally includes makia or genista.

**Geology.** Geological formations around this route include mainly dolomites and dolomitic limestones (*Visinas* mountain range), as well as the Phyllitic - Quartzose texture (schist rocks, phyllites, quartzites, marbles, meta-basalts and meta-gabbro rocks). There are also conglomerates, marls, argils, limestones and limestones with cherts.

**Culture.** At the site of *Agio Pneuma*, an important sanctuary flourished in the middle Minoan era. At *Selli*, the wall-painted byzantine churches of *Agios Ioannis Theologos* (1411-1412) and *Michael Archaggelos* are intriguing. At *Harkia*, there is the interesting church of *Agia Anna*, which is built in a lush green landscape, under a large oak tree. At *Kavousi*, it is worth seeing the water spring on the east side of the village, as well as *Agios Ioannis Theologos*. After the village, there are remnants of an important forest of arias, oak trees, cypresses, pine trees, hollies and lindens. The *Monastery of Arkadi* is a Pan-Hellenic symbol of freedom, because in the 1866 revolution its defenders preferred to sacrifice themselves rather than surrender to the besiegers. The building block of this monastery is square with the katholikon, the two-aisled church built in 1587, placed in the centre of the internal precinct. The front side of this church is of a renaissance type with baroque characteristics.

**Agrotourism.** Accommodation is available in agrotourist dwellings at *Selli*, *Amnatos* and *Eleftherna*. At the tourist kiosk near the monastery, there is a restaurant.

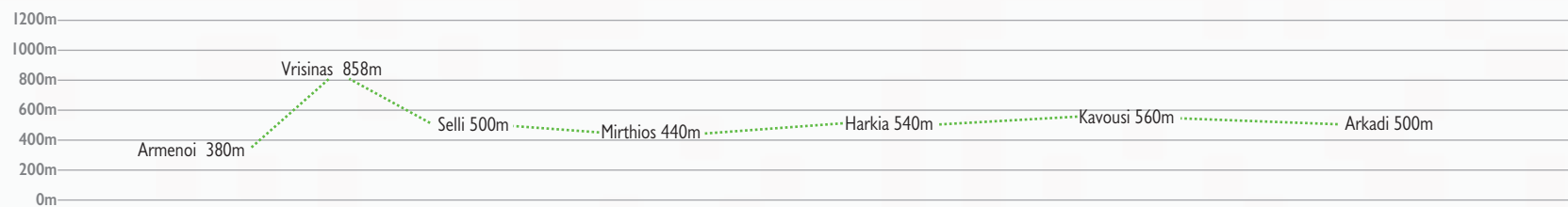
**Gastronomy.** Stockbreeding products of *Seli* and *Harkia* (especially a kind of soft cheese called “anthotiro”) are famous, as is their wine.







## HYPSOMETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 29 KM, TIME: 9-10 hours, RECOMMENDED SEASON: Spring, DIFFICULTY OF THIS ROUTE: Relatively difficult in the winter**

## Arkadi --- Garazo



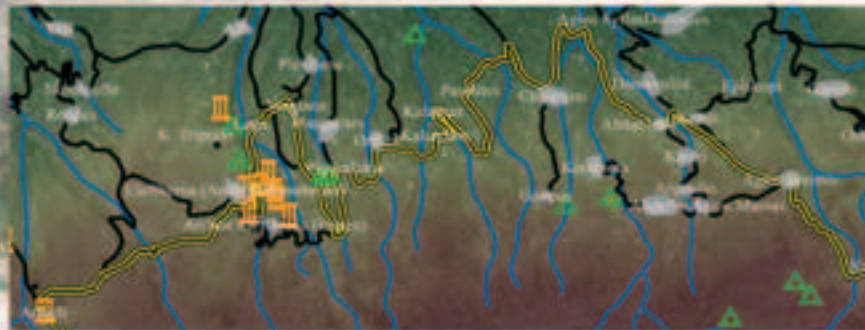
**Route - Natural environment.** The route crosses the plateau of the *Monastery of Arkadi*, passes by the church of *Agia Paraskevi*, arrives at *Eleftherna*, follows the path into the archaeological site, approaches *Lagka* and *Vergiana* and ends up at *Margarites*. From there, it crosses a number of villages and ends up at *Garazo*, the capital of the Municipality of *Kouloukonas*.

**Geology.** The main geological formation of this area consists of limestones, marls, argils and conglomerates. Other formations on this route include: Clastic meta-deposits, (meta-sandstones, meta-pilites, schist rocks, phyllites) • Dolomites grey-white to grey.

**Culture.** At Nisi site near *Eleftherna*, the precinct of an important sanctuary of the ancient town has been excavated. At *Pirgi*, the oldest building in the area was found. Other findings include an important part of the town centre at *Katsivelos* and a cemetery of the geometrical era at *Orthi Petra*. *Pirgos* has existed since the Hellenistic era and the two nearby water reservoirs since the roman era. *Kato Tripodos*, *Vergiana* and *Lagka* have been characterized as a village of high cultural importance. At *Margarites*, one of the last villages with potters in Crete, it is worth visiting the churches of *Agios Dimitrios* (14<sup>th</sup> century), *Agios Ioannis Theologos* (1383), *Agios Georgios* (14<sup>th</sup> century) and the gorge, which is full of cypresses. Visitors are impressed by the remnants of watermills near Kiriatheli stream at *Orthes* and the prevalence of stone in architecture at *Kalandare*. At *Palasites*, there is the significant wall-painted church of *Metamorfosi Sotira* and, at *Kalamas*, the cross-in-square church of *Agios Georgios* (12<sup>th</sup> century). At *Houmeri*, it is worth visiting the church of *Panagia* and, at *Damavolos*, the re-erected old school. At *Avdanites*, there is a remarkable spring under the big sycamore tree and, at *Episkopi*, the ruins of the Episcopal church of *Agios Ioannis* and the Turkish mansions of *Kir-imides*. *Garazo* offers the chance for a visit to the Folklore Museum and *Garazana Hania*.

**Agrotourism.** Restauration and accommodation are available at *Margarites*, *Eleftherna*, *Ancient Eleftherna* and *Garazo*. There are restaurants at *Lagka* and *Episkopi* as well.

**Gastronomy.** All agricultural and stockbreeding products made at the villages of this route are exceptional. The confectionery products of *Margarites* and *Damavolou* are also famous.





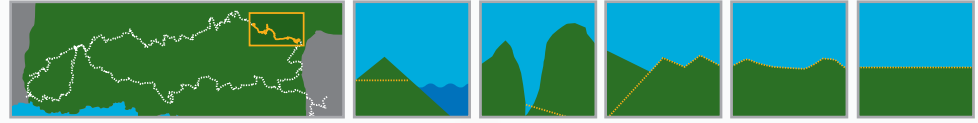


## HYPSONETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 32 KM, TIME: 11-12 hours, RECOMMENDED SEASON: Throughout the year, DIFFICULTY OF THIS ROUTE: Gentle slopes, but a tiresome route**

## Garazo ---- Anogeia



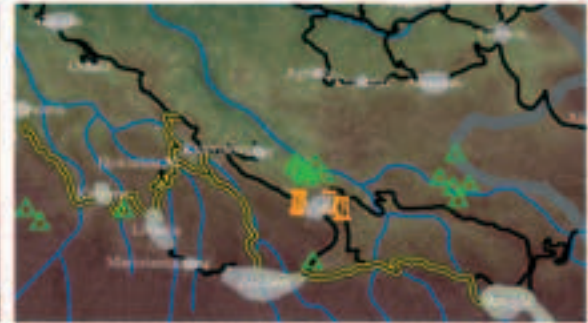
**Route - Natural environment.** The E4 crosses a number of mountainous villages to end up at Anogeia. It passes through archaeological sites of the classical and Venetian eras, Turkish dwellings and monasteries. At *Kalivos*, clusters of hollies forests are rescued. *Livadia* is a big stockbreeding village, built on a hill. The gorges of *Davalisimio*, *Spartofaraggo* and *Mirtidi* are also interesting. The first part of this route goes through a typical Cretan landscape, while the last one crosses an area that has been deserted due to excess grazing.

**Geology.** The formation that dominates this area is platy limestones with firestones of the Ionios Zoni (main mountainous mass of Psiloreitis). There are also: Conglomerates, siltstones, marls and limestones • Clastic meta-deposits (meta-sandstones, meta-pilites, schist rocks, phyllites) • Dolomites grey-white to grey • Dolomites and limestoned grey to grey-black • Flysch.

**Culture.** At *Kastri*, the 14th century castle remnants prevail with building blocks and sculpted fountains. The churches of *Agios Stefanos* (1391) and *Koimisis Theotokou* are very important. At *Agios Ioannis*, the church of *Panagia* has 14th century wall paintings, while the military quarters of the Genitsaroi have been re-erected. At *Agios Mamas*, the churches of *Agia Eirini* and *Agios Mamas* (14th century) are worth a visit. At *Veni*, the church of *Koimisis Theotokou* rescues wall paintings, while *Krana* rescues in its name the Doric version of the word “krini” (fountain). At the *Monastery of Diskouri*, the katholikon of *Agios Georgios* is wall painted from the floor up to the dome, as is the country church of *Agios Ioannis Prodromos*. At *Zoniana*, there is a Wax Museum and the cave of *Sfendoni*, which has the most beautiful interior of all Cretan caves. *Axos* is built on the site of *Ancient Oaxos* and has 46 churches, of which *Agios Ioannis* and *Agia Eirini* are the most interesting. At the peak of the hill, there are ruins of a fortification wall and a temple of goddess Venus.

**Agrotourism.** Accommodation is available in agrotourist dwellings at *Kastri*, *Axos* and *Anogeia*. Restauration is available at *Livadia*, *Zoniana*, *Axos* and *Anogeia*. Cretan nights for visitors are organized at *Axos*.

**Gastronomy.** The area offers famous stockbreeding products. *Anogeia* are known for their “ksobliasta” rolls, spaghetti with soft cheese called “anthotiro” and a meat dish called “antikristo”. *Veni* is famous for its cherries.





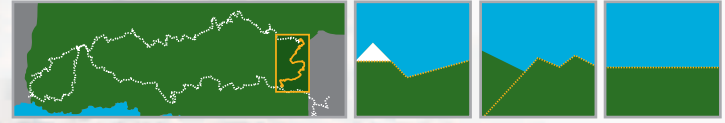


**HYPSOMETRIC TABLE OF THE PATH** (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 16 KM, TIME: 5 hours, RECOMMENDED SEASON: Spring to autumn, DIFFICULTY OF THIS ROUTE: None**

# Anogeia --- Zominthos --- Zominthos --- Nida



**Route - Natural environment.** From *Anogeia*, the route sidesteps the public road from the west and goes towards the region of *Zominthos*, after passing the church of *Agios Iakinthos*. Then, it follows the asphalt road to *Agia Marina* spring and the church of *Agios Mamas* and arrives at the crossroads to the observatory of *Skinakas*. It continues following the central road, leaving it in the entrance of *Nida* plateau and crossing it on the southeast side. The wider region of *Nida* is considered to be a speleological heaven. The landscape around this route is generally bare and rough. At *Zominthos*, the unique remaining grove of maples (*Acer sempervirens*) in Crete and the whitethorns (*Crataegus monogyna*) are really impressive. *Chortisirea*, a very rare Cretan endemic plant and one of the 4 endemic species in Greece, grows at the nearby plateaus and faces the danger of extinction.

**Geology.** Apart from platy limestones with firestones of the *Ionios Zoni*, which comprise the main mountainous mass of *Psiloreitis Mountain*, there are: Flysch • Limestones grey to grey-black • Schist rocks green and red with marble intercalations • Conglomerates, sands and argils.

**Culture.** *Anogeia* is a big mountainous village, built in separate quarters on a 700 m to 790 m altitude. It is a great stockbreeding and weaving centre. Here, there is a chance to visit the “Old Anogeian House” and “Griliou” museums, as well as the church of *Agios Ioannis-Evangelismos Theotokou* with its wall-painted south aisle (14<sup>th</sup> century). On the way to *Nida*, there are impressive stone-built dry-wall dwellings, called “mitata”, which are used for stockbreeding activities. The church of *Agios Iakinthos* is a typical example of such dwellings, around which there is a wonderful precinct. At *Zominthos*, an impressive late Minoan palace is being excavated. It has a surface of 1400 square metres and is surrounded by a Minoan dorp. The area is famous for its deep gulches, such as *Koritsi* (200 m), *Petradolakkia* (475 m) and *Tafkoura* (960 m).

**Agrotourism.** The village of *Anogeia* offers many choices regarding accommodation and restauration. The homonymous cultural festivals take place at the end of July in *Agios Iakinthos* and “Cultural August” is organized in August at *Anogeia*. The wider region of *Nida* is considered to be a speleological heaven.

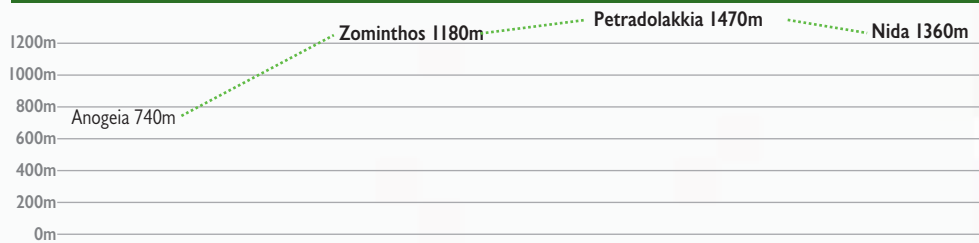
**Gastronomy.** *Anogeia* are known for their “ksobliasta” rolls, spaghetti with soft cheese called “anthotiro” and a meat dish called “antikristo”.







## HYPSONETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)

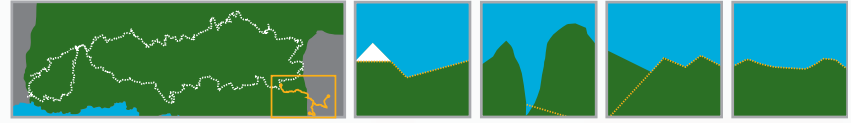


**TOTAL LENGTH:** 11 + 11 KM, **TIME:** 8 hours

**RECOMMENDED SEASON:** Spring to autumn, **DIFFICULTY OF THIS ROUTE:** Relatively easy



## Nida ---- Rouvas ---- Zaros



**Route - Natural environment.** The E4 crosses the plateau of *Nida* and at its foot it turns towards the east. It passes *Ammoudara* region and sidesteps the peak of *Mavros Koumos* (1610 m). There, the route turns towards the southeast and arrives at the region of *Dio Prinoi* and the two-aisled church of *Archaggelos-Agia Efsosini*. Further down, it crosses the oak forest and *Rouvas* (or *Agios Nikolaos*) gorge, following the stream of *Gafaris*. Near the *Monastery of Agios Nikolaos*, it turns towards the lake of *Votomos* and ends up at *Zaros*. Under 1000 m of altitude, the route comes into a verdurous landscape with abundant water, compared to the rest of Crete. *Psiloreitis* Mountain was included in the founding members of the European Network of Geoparks due to its exceptional geological phenomena, which are obvious in this route as well. In the gorge and forest of *Rouvas*, there are hollies, cypresses, a special kind of hollies, called *Phillyrea latifolia*, maples and the *Zelcova* (*Zelcova abelicea*, protected within a special fence). Orchids and small plants are not rare.

**Geology.** On this route, limestones and dolomites of light or darker colours prevail, whereas there are also: Platy limestones of the *Ionios Zoni* (main mountainous mass of *Psiloreitis*)

- Sandstone-Pillitic flysch
- Alternations of conglomerates, sandstones, sands, marls and argils.

**Culture.** *Zaros* is a big village with many sights. The most important of these sights are the churches of *Agios Nikolaos* and *Agios Efthimios* (1438), the spring of *Votamos*, the lake, the watermill (the only one that functions out of a total of 10), *Agia Kiriaki* church in the village of *Zaros* with its impressive wood-sculpted temple, and the *Monastery of Vrontisi* with the 14<sup>th</sup> century wall paintings, the portable icons of painter *Aggelos* and the Renaissance fountain with the embossed picture of Adam and Eve.

**Agrotourism.** At *Samari* and *Trigiodo* regions there are mountaineering shelters. At *Zaros*, there are plenty of choices regarding restauration and accommodation in agrotourist dwellings. There are also wood-sculpture, instrument making and weaving workshops.

**Gastronomy.** The female association “*Idaia Gi*” produces exquisite products. Trout fed in the waters of this area and offered at local taverns are quite well-known.







## HYPSONETRIC TABLE OF THE PATH (THIS TABLE DOES NOT SHOW DISTANCES IN KILOMETRES)



**TOTAL LENGTH: 19.5 KM, TIME: 5 + 2.5 hours, RECOMMENDED SEASON: March to October DIFFICULTY OF THIS ROUTE: Relatively easy route**



## Useful guidelines

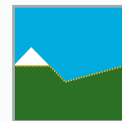
- It is better for hikers to wear suitable shoes and hat for the type of route they are going to follow, and carry a windproof jacket. They should also be supplied with plenty of food and water. In the winter, suitable equipment for climbing in the snow is necessary. It is not unnecessary to have a mobile phone or at least to have informed a friend or relative in advance about the route to be followed.
- Climbing up to the peaks of Krioneritis, Kedros and Psiloreitis is by all means difficult for people who are not used to walking long distances every day. People who wish to conquer these peaks would better be accompanied by a guide. In the winter, suitable equipment for walking in the snow is necessary.
- Hikers should respect the wild and tame flora and fauna of the areas they visit. In case they come across fences in their way, they should close the doors before leaving, so that animals kept cannot escape or cause damage to the agricultural facilities.
- Generally, hikers should respect foreign property, be extremely careful not to cause a fire, leave litter or cause trouble.
- Entrance to worship places (monasteries, churches) is allowed only to people who are dressed suitably. Any damage or lift of any item is prohibited in archaeological sites.
- Crete does not host any animals that are dangerous for humans (snakes etc). Some insects can be annoying (mosquitoes, flies, bees, wasps, silkworms) and are definitely dangerous to people who are allergic to them. Scorpion stings can be painful and, sometimes, dangerous too. In such a case, medical help must be sought immediately.
- It is very likely that you will be offered by locals to eat or drink something on one of your routes, especially on one of those that do not cross tourist areas. Accept! Be sure that the offer does not have any hidden purpose, but it is only an expression of hospitality.

### Useful telephone numbers

Hellenic Mountaineering Association of Rethimno	2831057766
Emergency Centre (EKAV)	166
Hospital	2831 087100
Fire brigade	199, 2831035288
Police	100
Tourist police	2831053450, 2831028156



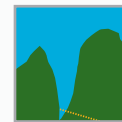
Route on a slope  
parallel to the sea



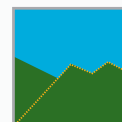
Route on a slope  
on a high altitude



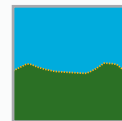
Route on a slope  
containing a crossing



Route in a gorge



Route crossing small  
bare peaks



Route crossing smooth hills



Route crossing areas  
of valleys