

WALKS IN STOUPA AND KARDAMYLI

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Lance Chilton

A guide for walkers in the Stoupa,
Kardamyli and Agios Nikolaos area of Greece

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Please note that unless described otherwise, all these routes were in reasonable condition at the time of writing, but this situation could change quickly in an area of sometimes violent weather, and subsequent land-slips, erosion or altered surfaces. Building work can also compromise routes, particularly in the Stoúpa, Léfkthro and Neohóri areas, where much of the countryside is rapidly being converted into suburban sprawl.

Most paths have at least some loose stones, and rain can make the steeper ones unsuitable for the less agile. Caution is particularly necessary on paved stone paths after rain. Written for the active walker, none of the walks are intended as a light stroll, nor are they suitable for someone with, for example, dodgy ankles, bad knees or a serious weight or health problem.