

A CICERONE GUIDE
by Tim Salmon, with Michael Cullen

THE MOUNTAINS OF GREECE

TREKKING IN THE PÍNDHOS MOUNTAINS



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THE MOUNTAINS OF GREECE

A WALKER'S GUIDE

by
Tim Salmon
with
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Dedication

For Fulla and John Chapple, my base camp for half a lifetime,
and
in memory of Kate, my long-time writing partner.

Notice to Readers

Readers are advised that while every effort is taken by the authors to ensure the accuracy of this guidebook, changes can occur which may affect the contents. It is advisable to check locally on transport, accommodation, shops and so on, but even rights of way can be altered. The publisher would welcome notes of any such changes.

Front cover: Vardhoúsia: looking west over the valley of the Kariótiko stream

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Warning

Mountain walking can be a dangerous activity carrying a risk of personal injury or death. It should be undertaken only by those with a full understanding of the risks and with the training and/or experience to evaluate them. Whilst every care and effort has been taken in the preparation of this guide, the user should be aware that conditions can be highly variable and can change quickly, thus materially affecting the seriousness of a mountain walk.

Therefore, except for any liability which cannot be excluded by law, neither Cicerone nor the author accept liability for damage of any nature (including damage to property, personal injury or death) arising directly or indirectly from the information in this book.

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Most of Greece is mountains – beautiful, rugged, undeveloped, remote and yet accessible. Alpine pastures soften the harshness of the crags, forests fill the ravines and springs and rivers abound. And what survives of the ancient pastoral way of life is full of interest too.

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