Hiking Greece's Menalon Trail

Trip Code: SGMT

Version:

WALK & TREK	SELF-GUIDED	5 MODERATE



HIGHLIGHTS

- Immerse yourself into the peace and tranquillity of the Arcadian mountains
- Hike on quiet forest trails surrounded by wild nature
- Discover fascinating monasteries in the Lousios Gorge
- Explore the impressive Open Air Water Power Museum in Dimitsana
- Enjoy genuine Greek hospitality at family-run guesthouses in each mountain village

AT A GLANCE

- 6 days walking
- Daily departures
- Suitable for 2+ travellers
- Join at Stemnitsa / End in Lagkadia

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Think of the Peloponnese and conjure up famous Greek myths and legends; of gods that walked and warred on the earth, and the fables of Homer's Iliad and Odyssey. Named for the mythical King Pelops, this corner of Greece has seen the change of many civilisations and revolutions over the centuries, each leaving its imprint on the peninsula. When you arrive to the heart of the Arcadian mountains, you will discover idyllic scenes and wild nature, with tantalising glimpses into its intriguing history. Here, you can create your own tales of adventure and exploration of this mystical region.

Boasting breathtaking cliffs, dramatic canyons, meandering rivers and lush green mountains dotted with the terracotta roofs of traditional buildings of stone and wood, this is an area of exceptional beauty and it is little surprise that so many writers wax lyrical about this wonderful region. The Menalon Trail was awarded the status of "Leading Quality Trail" by the European Ramblers Association, the first certified trail in Greece, and makes for an inspiring journey. Walking the complete 75km trail on these revived ancient routes connecting communities, you will discover monasteries, caves, museums and more. Staying in traditional guesthouses in small and heart-achingly picturesque mountain villages, you will be sure to have a warm welcome in this lesser-known and tranquil part of Greece, and experience an unforgettable mini-odyssey of your own.

Is this holiday for you?

If you enjoy the challenge of a long-distance hike and like to get off the beaten track, this holiday is ideal for you. Over the week you will complete the 75km Menalon Trail, walking on average around 5-6 hours each day over 6 days, in hilly to mountainous areas. This trek takes place in remote locations where there are few hikers, on varied terrain that consists of a mix of forest trails, rocky footpaths that can be sometimes loose underfoot, dirt or hard-packed roads, and occasionally cobbled footpaths. The paths are well-kept and the route is well maintained, with good signposting and waymarkers to help you on your way. Due to the mountainous nature of the region, the route is always undulating, and there are some parts of the trail which consist of long sections of steps. In wet conditions, forest paths and rock tracks can become more tricky underfoot and extra care should be taken. There are some short sections where the hillside path is more narrow, which may feel challenging for those suffering from vertigo.

In each of the mountain villages, you will stay in charming traditional guesthouses where you can be sure of a warm welcome each night. All accommodations offer private rooms and facilities.

For safety considerations on the more remote mountain trails, this trip is suitable for groups of 2 or more

travellers.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes (your map will be provided on arrival at the Menalon Trail office)
- Luggage transfers
- Menalon Trail souvenir T-shirt
- Contribution to trail maintenance voluntary organisation
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Stemnitsa
- Travel from Lagkadia
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per room per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Stemnitsa and ends at Lagkadia. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Kalamata Airport, but Athens Airport may be more convenient, with many departures from regional UK airports.

From Athens Airport, take the direct Airport Express Bus (line X93) to the KTEL bus station in Kifissou (see https://www.oasa.gr/en/ for more information). From Kifissou bus station, there is a direct bus to Tripoli, the journey takes around 2 hours. From Tripoli bus station, you can easily take a taxi to your accommodation in Stemnitsa. For more information, visit http://www.ktelarkadias.gr

At the end of the trip, you can take a taxi from Lagkadia to Tripoli bus station, from where you can take the bus to Athens.

It is also possible to fly to/from Kalamata Airport. From the airport, make your way to the KTEL bus station Kalamata by taxi or public transport. From Kalamata bus station, there is a direct bus to Tripoli that runs approximately five times daily. From Tripoli, take a taxi to your accommodation in Stemnitsa. At the end of the trip, take a taxi from Lagkadia to Tripoli bus station, from where you can take a bus to Kalamata.

We can also assist with private transfers to/from Athens Airport or Kalamata Airport if required, please contact our sales team for a quote.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Lunch provisions can be purchased at the villages before setting off; on some of the days you can also find restaurants open for lunch.

Your evening meal can be taken a local restaurant in the village, or at the restaurant of your accommodation.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

The Mediterranean diet widely found in Greece is known to be one of the healthiest in the world. You can expect plenty of fresh, local produce, varying with the seasons and full of flavour. Local tavernas will usually offer typical dishes such as Greek salads, grilled or oven-baked meat, roast vegetables or baked pulses, and various meze. Traditional mountain fare can be rustic but hearty, combining roasted meats with potatoes and vegetables. But there is much more nuance to each dish, led by the flavours of the herbs, the rich tomato sauce, or the piquant notes of quince or apples. Each restaurant will have its own specialty dish or perhaps a dish of the day, so do ask the kitchen and you might be pleasantly surprised!

Some of the best local produce to hail from Arcadia are apples, cherries, chestnuts, aubergines, olive oil and honey. Local wines produced in the PDO (protected designation of origin) of the Peloponnese to sample include the crisp white Mantinia, or the sweet red Mavrodaphne of Patras.

Accommodation

For this trip, we have handpicked a selection of welcoming guesthouses in the small villages we stop at along the Menalon Trail, offering a lovely space to relax after your day's walk, without a care in the world in the midst of the peace of the Arcadian mountains. These traditional stone and wood buildings have been converted into comfortable guesthouse accommodation, run by delightful hosts and each with its own charm, all waiting to welcome you with effusive traditional hospitality.

Each guesthouse has cosy communal spaces and pleasant outdoor areas, with wonderful views of the surroundings. In the cooler months, you can bask in the crackling warmth cast from the fireplaces; there is nothing quite like a wood fire for warming the body and soul.

All accommodation is arranged in double or twin rooms on a bed & breakfast basis; occasionally twin rooms are arranged with a double bed and a sofa bed. Each morning you can tuck into hearty breakfasts to fuel you for your walk - alongside homemade Greek specialties and pastries, you can also find a buffet spread typically with breads, cooked meats, cheese, jam, eggs, fruit, yoghurt, along with tea, coffee and juice.

Accommodations are subject to availability and can change but any alternatives would be of a similar standard.

It is possible to arrange additional nights accommodation if you would like to extend your stay in this idyllic area. Please speak with one of our sales team for further details.

Additional Information

In some rural areas, you may encounter dogs. As a precaution, rental of a dog repellent device is included in your trip price. You will collect this from the Menalon Trail office in Stemnitsa, and return it at the end of your trip at the final hotel in Lagkadia.

Baggage Allowance

Your main luggage will be transferred between each of your guesthouses while you are out on your hike. We ask that you please ensure your luggage is limited to one piece under 20kg per person, and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however, getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be aerobically fit and comfortable with walking 5 to 6 hours for consecutive days in hilly and mountainous terrain.

Climate

The optimum time to do this walking holiday is in the spring and autumn months. The region commonly experiences snowfall during the winter months.

In the early spring and the late autumn, the temperature in this mountainous region can feel fresh and cool, with average daytime highs of up to 12 C. Evenings will be chilly, with the mercury as low as 4 C, but the accommodations all have cosy fires to keep toasty.

Temperatures start to warm up around May, this time of year as well as the months of September and October make for very pleasant conditions for walking, with average daytime highs of up to 21 C.

The summer months of July and August can feel too hot for walking, with daytime temperatures in the region of 30 C.

Mountainous regions such as this do generate their own micro climates and the weather can change quickly and unexpectedly. Precipitation can occur at any time of the year and you should always be prepared for all eventualities with waterproofs and warm layers, as well as your sunhat in your day pack.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Bradt Travel Guide - Greece: The Peloponnese

The Greek Revolution - Mark Mazower

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack

- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Your self-guided route notes
- Please note: In churches and monasteries, shoulders and legs should be covered. Long trousers are recommended for men and a skirt for women (a sarong is very handy in this respect).

Land Only Information

Please note our 'from price' listed is based on 4 persons in double/twin occupancy, however this trip is suitable for groups of 2 or more travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

Complete the hidden gem that is the Menalon Trail under your own steam, hiking over six days through untouched nature and superlative scenery, and experience authentic Arcadian hospitality. Ranked by Lonely Planet as one of the 10 best hikes in Greece - get there before the crowds arrive! With all accommodation bookings and luggage transfers taken care of for you, you just need to put one foot in front of the other and enjoy the journey.

Please Note This document was downloaded on 04/11/2026 and the trip is subject to change