



# Walking the Islands...Kos

## Kos Pack Contents

ref	title	destinations	difficulty	description	pages
DODEC Kos contents	Contents list				2
DODEC Kos info	Kos overview	General introduction to Kos, expanded version of our web page.		Expanded version of home page giving general information about the island.	3
DODEC Kos 1 	A Hot Bath	Aghios Fokas, Therma	3 Km, about ¾ hour along road/track, two cantinas	Walk along the coast road to the Thermal Springs, where scalding hot water pours out of a fissure into the sea plus coastal scrambling possibilities to secluded bathing spots	2
DODEC Kos 2 	Kamari Beach and Basilica	Kamari	Beach walk 700m, Basilica walk 500m	Two short walks from Kamari;... to smaller, less frequented beaches to an early Christian basilica just above the beach.	1
DODEC Kos 3 	Southern Beaches	Camel, Paradise (Bubbles), Langada Beaches	Total 3Km, cantinas and tavernas on the way	A stroll along some of the beaches outside Kefalos	2
DODEC Kos 4 	A Walk Around Pyli	Pyli, Chamylou Tomb	Total 50m ascent and descent over 2.2 Km, about ¾ hour, plenty of water at the fountains	A stroll around the town, visiting a gushing drinking fountain, a 2300 year old tomb and a fruit growing area	2
DODEC Kos 5 	The Castle on the Crag	Amaniou, Palaiopyli Kastro,	Total 220m ascent and descent over 4.5 Km, about 1¾ hours, refreshments	A climb to the ruined Byzantine fortress and abandoned village with three ancient chapels, perched on a crag in a wooded valley on the slopes of Mt Dikaiois..	2
DODEC Kos 6 	Mount Dikaiois	Climb to the island's 850m summit from Zia or Palaiopyli	From Zia: 600m climb, 100m descent over 4.1 Km, about 3 hours, no water From Palaiopyli: 630m climb, 50m descent over 4.0 Km, about 3 hours, spring water on the way	Substantial climbs over well marked tracks through forests then rocky paths in the upper sections, with commanding views over the islands and out to sea in all directions.	4

DODEC Kos 6 pan 	View from Mt Dikaiois			Panorama diagram for Mt Dikaiois summit	3
DODEC Kos 7 	Round the Western Hills	Kefalos, Vigles, Koutsouri, Latra, Ag Ioannis Monastery	565m ascent and descent over 16 Km, (or 310m, 8Km) about 5 (or 2½) hours, water on the way up and refreshments near the end	A walk round the perimeter track of Mt Latra at about 100 to 200m altitude, starting from Kefalos town, or, with transport, from a trail head 4 km away in the hills.	2
DODEC Kos 7 pan 	View from Kefalos	Mt Latra, Limnionas		Panorama diagrams for western hills	4
(colours refer to map below)				total	27



*KMZ files available (free) for downloading onto GPS device and/view on Google Earth.*



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