



Walking the Islands...Naxos

REF: CYCL Nax CONTENTS LIST

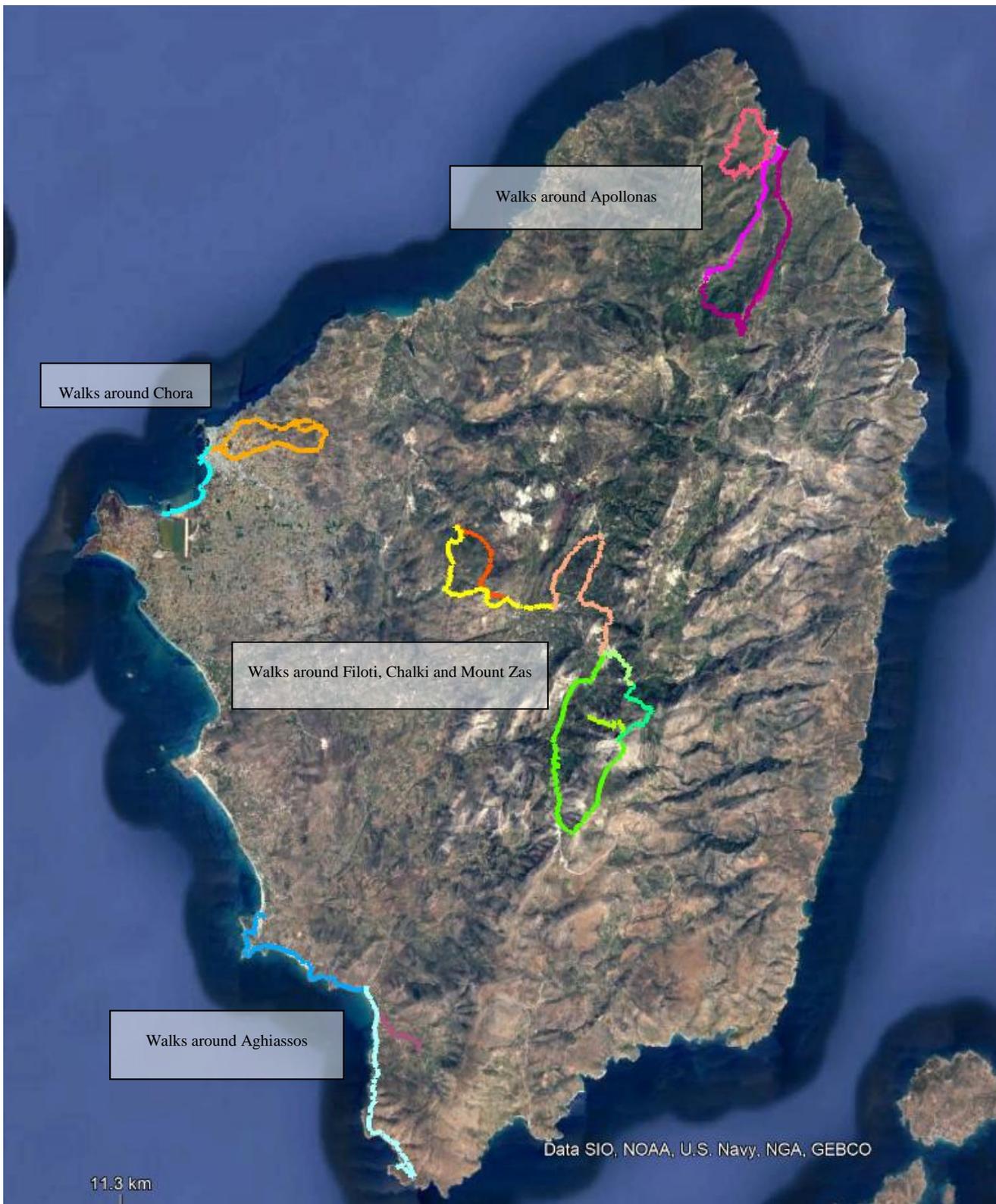
Naxos Pack Contents

ref	title	destinations	difficulty	description	p
CYCL Nax CONTENTS LIST	CONTENTS LIST			Pack contents list	3
Naxos OVERVIEW	Naxos Overview			expanded version of Island page with more detail about the island as a whole	4
CYCL Nax 1 	Beach Walks from Naxos Town	Chora, Grotta, Portara, St George's Bay, Lagouna Bay and salt flats	3.5 Km at sea level, minimum 45 minutes, plenty of refreshment stops at the town end of the walk	A beach stroll from the packed, serviced beach close to the town, out past water sports centres to the quieter end of the bay for dunes, a lagoon and salt marsh	2
CYCL Nax 2 	Round the Mountain	Chora, Aghios Polykarpos, Aghios Fokas, (Xilokastro summit), Chrysostomos Monastery, Theologos Cave Chapel	400 m ascent & descent over 8.6Km. Mostly well used paths, emergency water only at Aghios Fokas chapel and refreshments at Chrysostomos monastery. Allow 3½ hours	A tour of the spiky peaks behind Chora and an optional ascent of Xilokastro, "the Wooden Castle", 334m. Past a couple of rural chapels, a plantation of aloes by an old well, a welcoming monastery and a cave chapel Views of the Chora, the hills of Naxos, and out to sea to other islands.	4
CYCL Nax 2 Pan 	Panorama Diagram from Xilokastro			Summit panorama diagram showing the view from Xilokastro, the crags behind Chora	5
CYCL Nax 3 	Apollonas to Koronidha Valley side route	Apollona, Provalima, Koronidha (Komiaki)	660 m ascent over 5.7 Km, clear path, signed Route 9, water at each end. Allow 3½ hours.	Climb up kalderimi from port to hill town, passing fertile fruit and vegetable plantations then out onto open grazed hillside. Pass an important historic tomb site.	3
CYCL Nax 4 	Koronidha to Apollonas Ridge Route	Koronidha (Komiaki) <i>Koronos, Mesi, Apollona</i>	850m descent and 290 m ascent over 9.4 Km, mostly clear path partly waymarked. Needs confident navigation skills in places	Down from the hill town to the port along the eastern spur, passing water mills, an abandoned chapel, and the ruined fortress.	3
CYCL Nax 5 	Apollonas Coastal Hill Walk & Kouros	Apollonas, Aformous Bay, Sikala, Kouros	390 m ascent and descent over 7 Km, mostly clear paths and tracks, no water, allow 2½ hours	From a rocky beach on the edge of town, climb the hills to walk around the valley behind the town, and return crossing deep fertile valleys fed by springs, passing the kouros in its quarry.	2
CYCL Nax 6 	Mount Zas	Mount Zas via Ayia Marina, Aria Spring and Zeus Cave, or Southern Ridge	Up to 500m climb, some exposed rock sections 2+ hours	3 exhilarating routes up and down Zeus's mountain, the summit of the Cyclades	7

CYCL Nax 6 Pan 	Zas panorama diagram	Mount Zas		panorama diagram from Zas summit	4
CYCL Nax 7 	Treasures of the Tragea	Filoti, Moni, Chalki	300 m ascent, 400m descent over 8 Km, clear paths, mostly waymarked, 2½ hours	A walk through the central hill country, the Tragea, with ancient chapels, gardens, craft workshops and rural tavernas. This area of is rich in typical upland flowering plants and trees..	3
CYCL Nax 8 	Heritage Sites in the Central Hills	Chalki, Tsikalario, Geometric Necropolis, Apano Kastro, Ano Potamia, Mili, Flerio	Outward about 300m up and down over 6.5 Km, waymarked path refreshments in villages, allow 2½ hours Optional alternative return for experienced, confident island walkers	Explore the Tragea, central Naxos: heritage sites and historic buildings set in a fertile, hilly farmed landscape. Includes an ancient necropolis, ruined Kastro, two kouroi, lying in their quarries..	3
CYCL Nax 9 	Southern Beach Walk	Cape Agali, Kedros, Hawaii Beach, Cape Kouroupia, Alyko Bay, Pyrgaki, Psili Ammos, Roos, Aghiassos	130 m ascent and descent over 6.3 Km, clear paths and coastal walking. Refreshment stops in a number of seasonal tavernas, cantinas etc	Explore a stretch of dunes, sandy beaches bays, protected marsh, a few small settlements. the sandy beaches in the heavily wooded south western region of Naxos.	3
CYCL Nax 10 	The Chapel on the Shore	Aghiassos, Kochlidia, Ghrias Cave/Castle, Aghios Sozon Bay and Chapel	350 m ascent, 270m descent over 7.7 Km, clear tracks, no water. Allow 2¼ hours	Continues the Southern Coastal walk to the southern tip of Naxos, via small bathing coves and a chapel on the water. Plus optional detour to a hidden Byzantine chapel inland, and a visit to the Ghrias' Cave	2

total

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(2019)