



Walking the Islands...Astypalaia

REF: CYCL Ast CONTENTS LIST.docx

Astypalaia Pack Contents

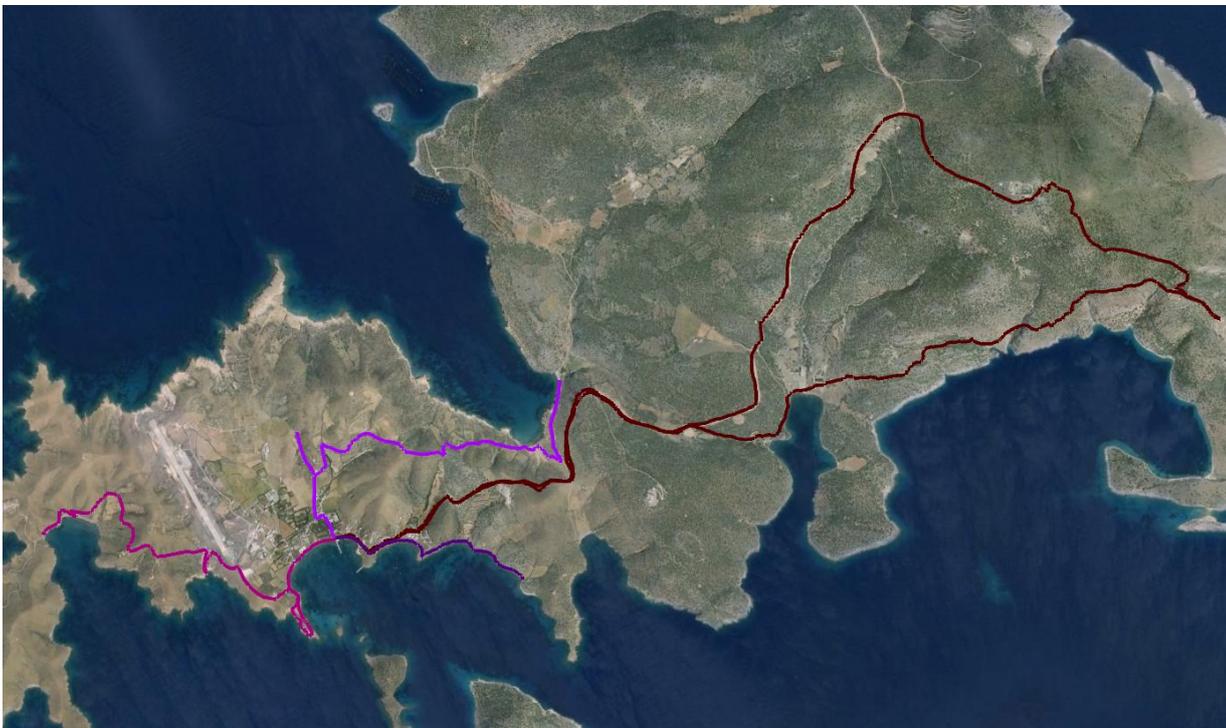
ref	title	destinations	difficulty	description	pages
CYCL Ast CONTENTS LIST	Astypalaia Pack Contents				2
CYCL Ast INFO	Astypalaia Overview			expanded version of web page with more detail about the island as a whole	6
Walks in Exo Nisi (around Chora & Livadi)					
CYCL Ast 1	The Beaches of Livadi Bay	Livadi, Tzanaki, Moura, Papou, Ayios Konstantinos	230 m climb and descent over 5Km. Refreshments at end	Walk along the shore of Livadi Bay to a series of small quiet coves and beaches, to Ayios Konstantinos, for a seasonal taverna, sunbeds, and a dayboat link back to Chora and views back to Chorio, and out to the islets	2
CYCL Ast 2	Southern Loop	Ayios Konstantinos, Landes, Aghios Savvas, Echili, Archavli	290m climb over 5.5Km, no water	Circular walk round southern tip of Astypalaia to hidden coves, deserted chapels, and ruined farmsteads. Some sections pathless. Optional detours to rocky promontory & cove.	2
CYCL Ast 3	From Coast to Crags	Livadi to Ayios Stavros via Reservoir	290m climb over 4.7 Km, fairly stony underfoot. Minimum 1¼ hrs, no water	The most direct way up to the mountain chapel of Stavros, nestling under the summit crags and offering a commanding view of the valley, with its reservoir built in 1990.	2
CYCL Ast 4	Ridge Route to the Crags	Chora to Ayios Stavros via Ridge	310m climb, 150m descent over 6.2 Km, minimum 1½ hours, all on dirt road no water	A steady climb from Chora up to Ayios Stavros, up the curving central ridge of western Astypalaia. The walk reveals much of the character of this end of the island and is straightforward to follow on and the dirt road.	2
CYCL Ast 5	Flevariottissa Monastery Loop	Circular Route Chora to Panayia Flevariottissa and Ayia Marina	500m up and down over 10Km walk taking 3 hours, possible water at the monastery. The first 4km and final 3km are shared with route 3.	Circular walk across the central ridge to the north coast of the island to visit a neo-Byzantine monastery, and an oasis of green in the brown hills then to an unusual chapel dedicated to Ayia Marina	3

CYCL Ast 6	St John the Further Monastery and Bay	Ayios Stavros to Ayios Ioannis Monastery & Bay	150 m climb, 350m descent over 4.5km, taking about an hour. Possible water at end.	From the chapel of Stavros, via Profitis Elias to a remote monastery in a fertile valley above a secluded bay.	2
CYCL Ast 7	Vardia the Island Summit	Ayios Stavros to Vardia Summit	250m climb over 1.8 Km. Allow 45 minutes. No water	A brisk climb up from chapel to summit for sweeping views across the island and out to sea to distant islands	1
CYCL Ast 7 PAN	Vardia Summit Panorama			Panorama diagram showing near and distant features visible from Vardia summit	4
CYCL Ast 8	Kaminakia Bay	Livadhia, Ayios Panteleimon, Kaminakia Bay	340m climb and descent over 6.7Km taking 2 hours	Cross the western hills to a remote bay with seasonal cantina, passing monasteries and chapels.	2
CYCL Ast 9	Vatses and the Black Caves	Livadhia to Vatses, plus optional detour to Ioannis Richtis Bay	250 m climb and descent over 6.1Km. Seasonal cantina at Vatses	A walk to a beach with seasonal facilities in the south western corner of the island, with a pair of caves up on the hillside, one allegedly a pirate's lair. Optional extra trip to a tiny hidden cove.	3
CYCL Ast 10	The Summits	Vatses valley, Koutela, Vardia, Tourkovigla, Ftera and Profitis Ilias	730m climb, 540m descent over 7.8km, 4½ hours, no water	A walk from south to north along the summit ridge with views across the island and out to sea.	2
CYCL Ast 10 PAN	Diakaki Summit panorama			Panorama diagram showing near and distant features visible from Diakaki summit	4
Walks in Mesa Nisi (around Maltezana)					
CYCL Ast 21	Maltezana Coastal walks	Maltezana, Schinondas, Dhiapori, Stenos	1.6Km level walk east, 3.1Km west, Refreshments in 2 villages, cantina at Stenos.	Short walks along the south coast in both directions, with access to beaches and swimming coves and some Roman ruins.	3
CYCL Ast 22	Maltezana North shore	Maltezana, Ayia Varvara, Psili Ammos, Vai Beach	130m up and down over 3.7 Km overall, no water	A visit to Vai Bay on the wilder north coast, via a rewarding site of great antiquity close to the resort. This route can be used with Route 23 to avoid the 2.5Km tarmac section at the start.	2
CYCL Ast 23	Kastellanos Circuit	Maltezana, Agrelidhi, Panaghia Poulariani, Kastellanos	700m up and down over 17.7 Km, some tarmac, coastal path quite thin No water	Loop walk to some ancient settlements, an abandoned asbestos factory, the island's eastern summit, and some dramatic coastal walking.	3
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Western wing, Exo Nisi, walks around Chora and Livadi



Eastern wing, Mesa Nisi, walks around Analipsi/Malteza



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