













Walking the Islands...Sifnos

REF: CYCL Sif CONTENTS LIST.docx

Contents of Sifnos pack

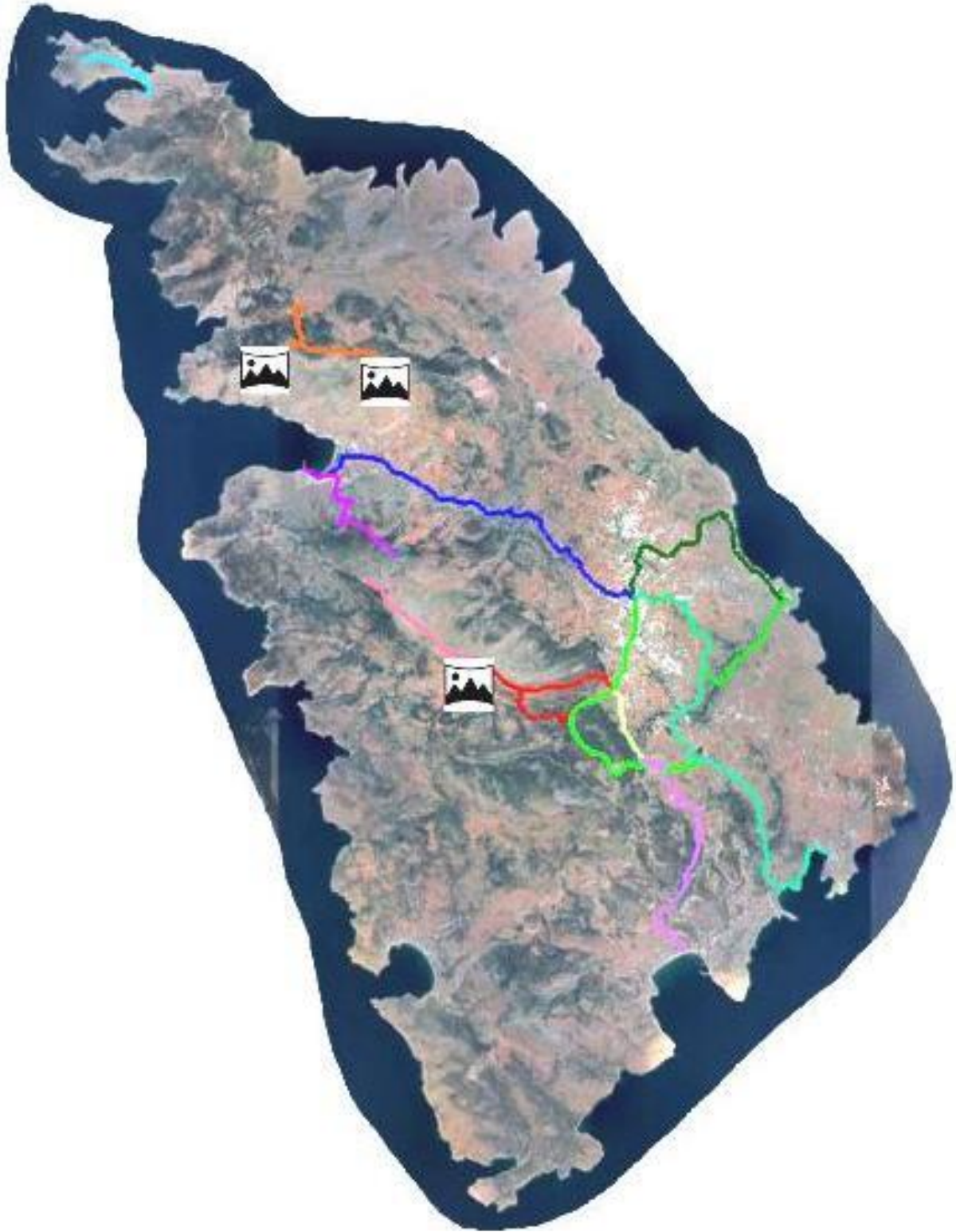
Ref	title	destinations	difficulty	description	pages
CYCL Sif OVERVIEW	Overview & further reading			General introductory information on how to get there, where to stay, how to get about, and sources of further information.	4
CYCL Sif 1 	The Black Caves	Kamareas, Mavri Spilia, Kapsalos	280m over 1.6km, up to 1 hour, to the caves, no water. 455m climb over 3km to Kapsalos, up to 2 hours	A steep climb up some natural caves with aerial views of the port. On past some ancient towers and the old mining area of Kapsalos, to join the loop round the mountain.	2
CYCL Sif 2D 	The Old Stone Way from Chora to Port	Apollonia, Livadhas River Valley, Kamareas	170m drop over 5.9km, less than 2 hours. Water at each end, cisterns en route. Route 10/10a	Old donkey track from the hilltop capital, down to the port via a fertile river valley. Waymarked and well maintained, with views of hilltop monasteries and old mine workings. Pass several chapels, an ancient signalling tower and two dams.	2
CYCL Sif 2U 	The Old Stone Way from Port to Chora	Kamareas ,River Valley, Livadhas, Apollonia	190m climb, over 5.9km, taking 2½ hours. Water at each end, cisterns en route. Route 10/10a	Take the kalderimi, old donkey track between port and hilltop Chora, up the fertile valley to the central hill towns, Waymarked track with views of the three hilltop monasteries and old mine workings. Pass two dams, an ancient signalling tower and many chapels	2
CYCL Sif 3 	Cheronisos, the Far North	Cheronisos, the chapel of Ag. Georghios & Kofto	80m climb over 1.2km ½ hour. Refreshments in the village	A short walk out on the peninsular to a chapel, ruined tower base, plus Kostas' very unusual pottery.	1
CYCL Sif 4 	The Prophet on the Summit	Apollonia, Katavati, Profitis Ilias Monastery, (Petrotos)	508m climb over 4.5km, 3 hours. Possible refreshments at the monastery, and there's untreated well water	Climb to the conspicuous monastery on the island's summit, for commanding views. Waymarked, and well maintained path. Optional alternative but tricky direct ascent and a rewarding ridge walk to the western summit.	4
CYCL Sif 4 PAN	View from the Summit			Panorama diagram from Profitis Ilias Apsilos Monastery	4

 CYCL Sif 5U ■	Kastro to Apollonia via coast path	Kastro, Dialiskari, Artemonas, Apo Petali, Apollonia	280m climb, 160m descent over 4.2km, 2 hours. Water each end, and at several settlements en route. Follows part of Municipal route 1.	Northern Route via Dialiskari coast path, some coastal chapels, then up coastal slopes and farmland to the villages on the plateau.	2
 CYCL Sif 5D ■	Apollonia to Kastro via Erkie Valley	Apollonia, Kato Petali, Dialiskari, Kastro	155m climb, 270m descent over 4.2km, 1½ hours. Water each end, and at several settlements en route. Follows part of Municipal routes 1 and 3.	Southern Route via Erkie Valley: Walk to the old city through three of little towns then farmland, following lanes, kalderimia (old stone mule-roads) and waymarked paths, and passes a few little country chapels.	2
 CYCL Sif 6 ■	Apollonia to the Acropolis and Faros	<i>(alternative routes)</i> Apollonia, (<i>Kato Petali</i>), (<i>Katavati, Firoghia, Aghios Andreas acropolis</i>), Tholos, Dipotamata, Panaghia Chrysopigi, Faros	Approx 200m climb, 400m descent over up to 8.6 Km, depending on route, about 3 hours. Water each end.	Alternative walks down across eastern slopes to celebrated shoreline chapels on a popular bay, with option acropolis visit on the way.	4
 CYCL Sif 7 ■	Aghios Andreas to Platis Yialos	Aghios Andreas acropolis, Platis Yialos	300m drop over 3.6km 1 hour. Refreshments at the start and end	Walk down a watercourse from the central hills to the shore at a popular serviced beach. Links with walk 6, Apollonia to Faros.	1
 CYCL Sif 8 ■	The Northern Hills	Troulaki, Monasteries Profitis Ilias and Aghios Simeon	270m climb, 100m descent over 3.0km, 1 hour water at Ag. Simeon	A simple walk from the small settlement of Troulaki to the hilltop monasteries above Kamares for spectacular views, a favourite at sunset.	2
CYCL Sif 8 PAN	Troulaki Panoramas			Panorama diagrams from Aghios Simeon and Profitis Ilias Troulaki Monasteries	7

total 37



KMZ files included



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