





















Walking the Islands...Tinos

Tinos Index (kmz files available on request where marked )

ref	title	destinations	climb, distance, time	description	pages
CYCL Tin CONTENTS LIST	Contents List			List of all documents in pack	4
CYCL Tin 1U	Stroll to the Monument on the Point	Chora to Cape Aghios Fokas	1Km, 20mins	A walk to the memorial on the peninsular of Akrotiri, a favourite viewpoint for the harbour and for sunsets, also offering possibilities for a quick swim from the rocks or the swimming jetty just past the tip.	1
CYCL Tin 2D	South East Coastal Path from Porto 	Porto Chora to Laouti Aghios Sostis, Vrekaastro, Aghios Fokas, and Chora	6.5Km, 2hr	A walk along the coast taking in beaches, bays and a rocky shoreline and a choice of bathing from full facilities to none and fairly isolated. Views across to Mykonos and Syros.	2
CYCL Tin 2PAN	View from Vrekaastro	(Panorama diagram)		Panorama diagram for Vrekaastro	3
CYCL Tin 2U	South East Coastal Path from Chora	Chora to Aghios Fokas, Vrekaastro, Aghios Sostis, Laouti and Porto	6.5Km, 2hr	A walk along the coast taking in beaches, bays and a rocky shoreline and a choice of bathing from full facilities to none and fairly isolated. Views across to Mykonos etc..	2
CYCL Tin 3U	Port to Potamia by Kalderimi	Chora to Tripotamos , Sbiradhos, Ktikados, and Chadziradhos	330m up over 4.5Km, 1½hr	A classic kalderimi, (old stone road) linking the port in to a cluster of well-watered hill villages passing substantial ruined walling at Poles, the ancient capital	2
CYCL Tin 3D	Potamia to Port by Kalderimi 	Tripotamos , Sbiradhos, Ktikados, and Chadziradhos to Chora	330m down over 4.5Km, 1hr	A classic kalderimi, (old stone road) linking the cluster of well-watered hill villages to the port, passing substantial ruined walling at Poles, the ancient capital	2
CYCL Tin 4U	Kionia to Komi	Kionia across the central hills, passing several high villages, then down to Komi	420m up and down over 8.5 Km, 3½hr	A traverse from Komi in a farmed central valley over the central hills, passing several high villages, then down to the south coast at the resort and archaeological site of Kionia	3
CYCL Tin 4D	Komi to Kionia 	Komi across the central hills, passing several high villages, then down to Kionia	420m up and down over 8.5 Km, 3½hr	A traverse of the south coast at the resort and archaeological site of Kionia over the central hills, passing several high villages, then down to Komi in a farmed central valley	3

CYCL Tin 5	Aghios Romanos and Kionia Coastal Walk 	Floporia , Kionia, Aghios Romanos	540m up and down over 11 Km 4hr . (one way coastal walk 120m up and down over 4.5Km, 1½ hours)	From the island's waist, down to the resort of Kionia	3
CYCL Tin 6	Port to hills and Reservoir Valley 	Chora, Moundadhos	330m up and down over 8.0Km, worn and overgrown kalderimi, tricky middle section, about 3 hours	A circuit of the farmed valley behind Chora, with views of the reservoir and visits to a number of chapels. One route to the eastern hill towns, Moundadhos, Arnadhos etc.	3
CYCL Tin 7D	Steni to the Sea 	Steni, Maroulii, Lichniftia, Porto,	Overall 730m descent and 350m climbing, up and down over 10.5Km, 4½hr	From a village on the col between Kechrovouni and Tsiknias through farmed terraces, with examples of traditional rural architecture, down to coves on the unfrequented eastern shore of Tinos. A coastal section leads to Portos, from which there's a bus to Chora, or you can continue along the south east coastal path (walk 2D)	3
CYCL Tin 7U	From the Shore to Steni	Porto, Lichniftia, Maroulii, Steni	Overall 730m climb and 350m descent over 10.5Km, 5½hr	From Porto round the unfrequented eastern shore of Tinos then up a river valley through farmed terraces, with examples of traditional rural architecture to a village on the col between Kechrovouni and Tsiknias. Can be added to walk 2U for a long hike from Chora, or use buses	3
CYCL Tin 8D	Boulders and Dovecotes: Volax, Aghapi and Sklavochorio clockwise	Volax, Aghapi and Sklavochorio	325m up and down over 6.5 Km, 2hr	A tour of the boulders and dovecotes linking three traditional villages.	2
CYCL Tin 8U	Boulders and Dovecotes: Volax, Sklavochorio and Aghapi anticlockwise 	Volax, Sklavochorio and Aghapi	325m up and down over 6.5 Km, 2hr	A tour of the boulders and dovecotes linking three traditional villages.	2
CYCL Tin 9PAN	Tsiknias summit panorama	(Panorama diagram)		Panorama diagram for Tsiknias summit and Profitis Ilias chapel	5
CYCL Tin 9U	Tsiknias, the island summit 	Steni, Profitis Ilias hill chapel, Tsiknias summit	380m climb over 3.5 Km,	A climb to the island summit taking in a hilltop chapel.	3
CYCL Tin 10	Xombourgho	Car park to summit	100m climb over 0.5 Km, 20mins.	Short climb to top of crag, easy road access or add onto another local walk	2

CYCL Tin 10PAN	Xombourgho panorama diagram	(Panorama diagram)		Panorama diagram for Xombourgho summit	3
CYCL Tin 11U	Spine walk north 	Arnados, Moundadhos, Sbiradhos, Tripotamos, Ktikadhos, Chadziradhos, Floporia/ Ay Marina Kardiani, Isternia, Pyrgchos	750m climb and 1000m descent over 20 Km, 6 hours,	Day hike along the spine from the villages around the foot of Xombourgho down to, Kato Meria at Floporia/ Ay Marina then along the ridge above the high villages of Kardiani and Isternia, down to Pirghos Can be walked in sections.	6
CYCL Tin 11D	Spine walk south 	Pyrgchos, Isternia, Kardiani, Floporia/ Ay Marina, Chadziradhos, Ktikadhos, Tripotamos, Sbiradhos, Moundadhos, Arnados,	1000m climb and 750m descent over 20 Km, 7 hours,	Day hike along the spine from Pirghos along the ridge above the high villages of Kardiani and Isternia, down to Kato Meria at Floporia/ Ay Marina then up through the villages around the foot of Xombourgho Can be walked in sections.	6
CYCL Tin11PAN	Views from the spine	(Panorama diagrams)	View diagrams from spine near Arnadhos (S)and Isternia (N) and summit panorama from Melissa	Panorama diagrams from spine near Arnadhos (S), Melissa summit and Isternia (N)	9
CYCL Tin 12D	Pyrgchos to Panormos hillside route 	Pyrgchos via Vounia Ridge to to Panormos	60m up and 100m down over 2.5 Km, 35mins	A walk down a kalderimi to the port on the north coast from the marble town.	1
CYCL Tin 12U	Panormos to Pyrgchos hillside route 	Panormos via Vounia Ridge to Pyrgchos	160m up and 60m down over 2.5 Km, 45mins	A walk up a kalderimi from the port on the north coast to the marble town.	1
CYCL Tin 13D	Pyrgchos to Panormos valley route 	Pyrgchos to Panormos via Kambos valley	100m down over 2.5 Km, 35mins	A walk down the river valley to the port on the north coast from the marble town.	1
CYCL Tin 13U	Panormos to Pyrgchos valley route 	Panormos to Pyrgchos via Kambos valley	100m up over 2.5 Km, 45mins	A walk up the river valley from the port on the north coast to the marble town.	1
CYCL Tin 14	Panormos coastal walk	Panormos to Volia, Aghia Thalassa, Kavalorko beaches and Planitis islet	1.5 Km <i>level walk</i> , 30mins plus optional 2.5Km detour	A coastal walk to secluded beaches, coves and the islet of Planitis	2
CYCL Tin 15U	Katafighi, the Prophet on the Hilltop 	Marlas to Katafighi summit & chapel	130m up over 1.5Km, 30mins	Climb up the summit of the western end for a summit chapel and views	2
CYCL Tin 15PAN	Katafighi panorama diagram	(Panorama diagram)		Panorama diagram for Katafighi summit	5

CYCL Tin 16U	Panormos to Xeni Monastery: the Lady from Afar	Panormos, Kambos, Kyra Xeni, Flegha, ruined village	140m up over 2.3 Km, 45mins, optional extra 100m over 1.5Km to the ruins.	Pilgrim's kalderimi to a monastery and Mycenean Tholos tomb then on up to inspect an extensive ruined village	2
CYCL Tin 17D	Isternia top to bottom 	Isternia town and port	300m down over 2.7Km, less than 1 hour	Trader's kalderimi from hill town to port easy to follow, see marble graffiti	2
CYCL Tin 17U	Isternia bottom to top 	Isternia port and town	300m up over 2.7Km, 1 hour	Trader's kalderimi from port to hill town, easy to follow, see marble graffiti	2
CYCL Tin 18	Kardiani Hill Town to beaches and coastal walks 	Kardiani, Yiannaki, Kalivia and Aghios Petros beaches	300m up and down taking 1 ½ hours each way, coast walk 1.8Km, 30 minutes	Two alternative kalderimia between hill town and coast, plus a coastal path linking beaches and bathing places	5
CYCL Tin 20 INFO	Delos day trip	Delos ruins and summit	90m climb over 1 Km, 30 minutes	How to head for the quieter spots on Delos, including the summit..	2
CYCL Tin 20PAN	View diagram for Mt Kynthos, Delos	(Panorama diagram)		Panorama diagram for Mt Kynthos, Delos	4
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