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SPOR/Alon/1u	Up to the Old Town	Patitiri - Alonnisos Old Town	200m climb over 2.8 Km, minimum 30 minutes	climb along the ancient mule road up from the harbour to Chora	1
SPOR/Alon/1d	Down to the Port	Alonnisos Old Town - Patitiri	200m descent over 2.8 Km, minimum 20 minutes	old town to the harbour at Patitiri, descending a fertile valley	1
SPOR/Alon/2u	Through the Old Fields to the Old Town	Patitiri - Alonnisos Old Town via Kato Chorafi	200m climb over 2.8 Km, minimum 30 minutes	alternative ascent to the old town along the slopes of Kato Chorafi	1
SPOR/Alon/2d	Through the Old Fields to the Port	Alonnisos Old Town - Patitiri via Kato Chorafi	200m down over 2.8 Km, minimum 20 minutes	alternative descent from the old town along the slopes of Kato Chorafi	1
SPOR/Alon/3u	Across the Spine to a Quiet Bay	Patitiri - Ormos Tsoukalia	160m up & down over 3.6 Km, minimum 40 minutes,	over the spine of the island through a fertile valley to small shingle beach	2
SPOR/Alon/4d	Down to the Shore	Alonnisos Old Town - Mikro Mourtia via Kalovoul	200m descent over 3Km, difficult in parts, minimum 1 hour	down from the old town to a small quiet bay with some scrambling along razor sharp rocks on shoreline	2
SPOR/Alon/14u	A Look Across the Straits	Alonnisos Old Town - Kalovoulos	180m climb over 1Km waymarked allow 30 minutes	steep climb on waymarked path, spiky bushes in places	2

total

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