



WONDERGREECE

## **To feel Messinia you have to walk!**

Plan Days 4

*With our base of operations the Altomira village and Moorea Iliia House, we discover the nature of Messinia! Gorges, cobbled roads, bridges compose our days which we explore on foot or flying!*

By: Christina Koraki



## Day 1

1. Moorea - Ilia House  
Accommodation
2. Biliovo cobblestone pavement  
Culture/Monuments & sights
3. Kapetanaki Tower  
Culture/Monuments & sights
4. Mikri Madineia - Akrogiali - Arxodiko  
Nature/Beaches
5. Ano Verga  
Interests & activities/Paragliding
6. Moorea - Ilia House  
Accommodation



## Day 2

1. Moorea - Ilia House  
Accommodation
2. Ridomo  
Nature/Gorges
3. Sadova  
Nature/Beaches
4. Mycenaean tholos tomb  
Culture/Archaeological sites
5. Moorea - Ilia House  
Accommodation



## Day 3

1. Moorea - Ilia House  
Accommodation
2. Noupantis gorge  
Interests & activities/Hiking
3. Foneas  
Nature/Beaches
4. Selinitza  
Nature/Caves
5. Moorea - Ilia House  
Accommodation



## Day 4

1. Moorea - Ilia House  
Accommodation
2. Verga - Top Kalathi Mount - Profitis Elias and return  
Interests & activities/Hiking





## 1. Moorea - Ilia House

Accommodation



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N36.9710685072637,  
W22.230677984061458

**Note:** Welcome to Altomira village and Ilia House!



## 2. Biliovo cobblestone pavement

Culture / Monuments & sights



**Απόσταση:**

by car 3.2km

**Χρόνος:**

09'

GPS: N36.973198542103624,  
W22.205644927325466

**Note:** Morning hiking to Sotirianika! You can do it like old times! Through the cobblestone pavement, Biliovo! In total it will take you about 4 hours with stops for exploration of nature!



## 3. Kapetanaki Tower

Culture / Monuments & sights



**Απόσταση:**

by car 8.6km

**Χρόνος:**

17'

GPS: N36.975125956303486,  
W22.176668250198418



## 4. Mikri Madineia - Akrogiali - Arxodiko

Nature / Beaches



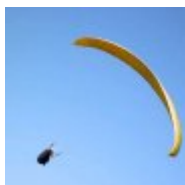
**Απόσταση:**

by car 7.2km

**Χρόνος:**

14'

GPS: N36.98466316299478,  
W22.149719313627656



## 5. Ano Verga

Interests & activities / Paragliding



**Απόσταση:**

by car 15.6km

**Χρόνος:**

25'

GPS: N37.0068, W 22.1756

**Note:** In the afternoon adrenaline rises high! Enjoying views of the Messinian gulf like birds!



## 6. Moorea - Ilia House

Accommodation



**Απόσταση:**

by car 10.6km

**Χρόνος:**

24'

GPS: N36.9710685072637,  
W22.230677984061458

**Note:** Μια γεμάτη μέρα! Ώρα για αφομοίωση όλων αυτών με ένα ρόφημα στο μπαλκόνι του Ilia και θέα το βουνό!

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## 1. Moorea - Ilia House

Accommodation



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N36.9710685072637,  
W22.230677984061458

**Note:** We get good breakfast and everything we need for hiking.  
Water, hat and small snacks!



## 2. Ridomo

Nature / Gorges



**Απόσταση:**

by car 31.4km

**Χρόνος:**

1h07'

GPS: N36.98400637155222,  
W22.260919890704372

**Note:** We will descend the gorge to the beach Santova!



## 3. Sadova

Nature / Beaches



**Απόσταση:**

by car 28.9km

**Χρόνος:**

52'

GPS: N36.94776826410982,  
W22.144751862532075

**Note:** The best combination! After hiking let yourself to the  
revitalization of the sea!



## 4. Mycenaean tholos tomb

Culture / Archaeological sites



**Απόσταση:**

by car 7.4km

**Χρόνος:**

09'

GPS: N36.9377051809526,  
W22.198243804793492



## 5. Moorea - Ilia House

Accommodation



**Απόσταση:**

by car 17.4km

**Χρόνος:**

32'

GPS: N36.9710685072637,  
W22.230677984061458



### 1. Moorea - Ilia House

Accommodation



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N36.9710685072637,  
W22.230677984061458

### 2. Noupantis gorge

Interests & activities / Hiking



**Απόσταση:**

by car 48.5km

**Χρόνος:**

1h08'

**Note:** It will take about five hours to descend the gorge! But in the end you will find yourself on the beautiful beach of Foneas!

GPS: N36.88366650596281,  
W22.283000056344576



### 3. Foneas

Nature / Beaches



**Απόσταση:**

by car 15.5km

**Χρόνος:**

19'

GPS: N36.86741131412579,  
W22.248141452098025



### 4. Selinita

Nature / Caves



**Απόσταση:**

by car 9.6km

**Χρόνος:**

11'

**Note:** An impressive cave created by an underground river! It is one of the largest in Greece with a length of 2,000 meters near. Definitely worth a visiting.

GPS: N36.80296386523709,  
W22.297504811578392



### 5. Moorea - Ilia House

Accommodation



**Απόσταση:**

by car 19.7km

**Χρόνος:**

39'

GPS: N36.9710685072637,  
W22.230677984061458



## 1. Moorea - Ilia House

Accommodation



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N36.9710685072637,  
W22.230677984061458

## 2. Verga - Top Kalathi Mount - Profitis Elias and return

Interests & activities / Hiking



**Note:** For the end we left the top! Beautiful route with the view at the end coming as a tonic and as a gift after 4 days hiking in Messinia!

**Απόσταση:**

by car 12.4km

**Χρόνος:**

38'

GPS: N36.99902024834985,  
W22.16871615955506

## Messinia Prefecture

### Access

**By car:** The prefecture of Messinia with its capital Kalamata is located in the southern part of Peloponisos. It is surrounded by the prefectures of Arkadia, Lakonia and Ilia. Messinia is 240 kilometers away from Athens and 690 kilometers from Thessaloniki. Patra is 215 kilometers away, Pyrgos 120 kilometers, Tripoli 85 kilometers and Sparta 60 kilometers. Your trip by car will be relatively comfortable as the road network is in a very good condition.

**By bus:** You can also use the bus as the Messinia buses connect the prefecture with other large cities of Peloponisos, Athens and Thessaloniki. It is also possible to use the buses to move inside the prefecture.

Messinia buses: (+30) 27210 28581

Athens buses: (+30) 210 5120887

[www.ktelmessinias.gr/?module=default&pages\\_id=3&lang=el](http://www.ktelmessinias.gr/?module=default&pages_id=3&lang=el)

**By plane:** If road trips are too tiring for you, Kalamata has its own airport that is connected with Thessaloniki, Iraklio and Rodes with flights that vary according to the season.

T: (+30) 27210 69696-7

**By train:** The prefecture is also connected with Athens by train. The itinerary goes through Patra while there is a local railroad that connects cities and villages of the prefecture with each other.

[www.ose.gr](http://www.ose.gr)

[www.trainose.gr](http://www.trainose.gr) for ticket purchase

**By boat:** The port of Kalamata is the only port of the island and is connected with Kithira, Antikithira, Githio and Chania.

Port authorities of Kalamata: (+30) 27210 22218

### Local transportations

**Marinas:** In case you have your own boat, the modern marina in the city of Kalamata can accommodate your needs. Its capacity is 250 ships and is 3 meters deep.

Marina of Kalamata: (+30) 27210 21037, 21054

### Useful telephone numbers

#### Health Services

Ambulances: 166

Hospital of Kalamata: (+30) 27210 46000

Health Centre of Meligala: (+30) 27240 22222, 22844

Health Centre of Messini: (+3) 27220 24751-2

Health Centre of Pilos: (+30) 27230 22315

Health Centre of Filiatra: (+30) 27610 33333

#### Municipality

Municipality of Kalamata: (+30) 27213 60700

Municipality of Messini: (+30) 27223 60100, 60113, 60161

Municipality of Pilos-Nestoros: (+30) 27233 60200, 60242

Municipality of Trifilia: (+30) 27613 60700, 60790

Municipality of Ichalia: (+30) 27243 60300, 60321

Municipality of Messiniaki Mani: (+30) 27210 73976

#### Police Authorities

Police: 100

Police department of Kalamata: (+30) 27210 44600, 44654



Tourist police of Kalamata: (+30) 27210 44680-1  
Police department of Gargaliani: (+30) 27630 22210  
Police department of Meligala: (+30) 27240 22201  
Police department of Messini: (+30) 27220 22211  
Police department of Pilos: (+30) 27230 22316  
Police department of Filiatra: (+30) 27610 34189

**Port Authorities**

Port Authority of Kalamata: (+30) 27210 22218

**Fire Services, forestry**

Fire Service: 199

Fire service of Kalamata: (+30) 27210 92100, 28585

Forestry of Kalamata: (+30) 27210 22510

Forestry of Kyparissia: (+30) 27610 22400

**Transportation**

Kalamata buses: (+30) 27210 28581

Athens buses: (+30) 210 5120887

Kalamata: (+30) 27210 23434 22522 29898 21112 90999

Koroni: (+30) 27250 22281

Kyparissia: (+30) 27610 22666

Methoni: (+30) 27230 31333

Pilos: (+30) 27230 22555

Filiatra: (+30) 27610 32100