



WONDERGREECE

## **Hiking and biking E4, in Zorba trails**


Plan Days 5

*Starting from Hotel Katafigi, enjoy five days in the Pieria Mountains with hiking, cycling, gastronomy and much more!*


By: Wondergreece Traveler



## Day 1

1. Thessaloniki International Airport  
"Macedonia"   
About region/Access & Useful info
2. Hotel Katafigi  
Accommodation

## Day 2

1. Hotel Katafigi   
Accommodation
2. Katafigio - Katsaradika - Katafigio  
Interests & activities/Mountain bike
3. Hotel Katafigi  
Accommodation

## Day 3

1. Hotel Katafigi   
Accommodation
2. Katafigio - Top of Flampouro - Katafigio  
Interests & activities/Hiking
3. Metohi Velventou - Katafigio - Katafigio  
S.E.O Kozanis (1945m)  
Interests & activities/Hiking
4. Refuge SEO Kozani - peak Flampouro  
2193m  
Interests & activities/Hiking
5. Hotel Katafigi  
Accommodation

## Day 4

1. Hotel Katafigi   
Accommodation

## Day 5

1. Hotel Katafigi   
Accommodation
2. Thessaloniki International Airport  
"Macedonia"  
About region/Access & Useful info



## 1. Thessaloniki International Airport "Macedonia"



About region / Access & Useful info

**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N40.5238784,  
W22.97640899999999

**Note:** We pick you from the airport. The drive to the Hotel Katafigi is about 3 hours! The excursion begins!

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## 2. Hotel Katafigi

Accommodation



**Απόσταση:**

by car 148.6km

**Χρόνος:**

2h13'

GPS: N40.262066308140575,  
W22.141252737542686

**Note:** Settle in your rooms, relaxation time and depending on the time of arrival we enjoy lunch or dinner!

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### 1. Hotel Katafigi

Accommodation



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N40.262066308140575,  
W22.141252737542686

**Note:** From 7-10 you can enjoy your breakfast with homemade creations from fine local ingredients! Stand out: pies, trachanas, cookies and bread, jam, fruit compote, local hoecake pie, Olympus honey and natural tea of our mountain. All handmade and chosen with care. Get powers! We will explore the Pieria Mountains with mountain bike !!



### 2. Katafigio - Katsaradika - Katafigio

Interests & activities / Mountain bike



**Απόσταση:**

on foot 0.0km

**Χρόνος:**

00'

GPS: N40.262074495276025,  
W22.141231279870567

**Note:** We will climb up to 1680 meters! On the lovely route and will learn about the flora of the region. We will rest in Katsaradika where we will enjoy a picnic that we have prepared for you! Cold sandwich with high quality cold cuts, cheese and natural fruit juice to replenish forces. Necessary to fill the batteries again!! Following is excellent downhill 7 kilometers!!



### 3. Hotel Katafigi

Accommodation



**Απόσταση:**

on foot 0.0km

**Χρόνος:**

00'

GPS: N40.262066308140575,  
W22.141252737542686

**Note:** Back at the hotel after our visit and home of Alexis Zorba! Time to relax! 19:00-22:00 enjoy our dinner with local recipes!



### 1. Hotel Katafigi

Accommodation



**Απόσταση:**

[Start](#) -

**Χρόνος:**

-

GPS: N40.262066308140575,  
W22.141252737542686

**Note:** Breakfast!! 7-9 today! Preparing for the peak of Flampouro!



### 2. Katafigio - Top of Flampouro - Katafigio

Interests & activities / Hiking



**Απόσταση:**

[on foot](#) 0.0km

**Χρόνος:**

00'

GPS: N40.26206630814055,  
W22.141231279870567

**Note:** A wonderful journey takes us to the Refuge of EOS Kozani! After we just have to conquer the top! Overall we will need 3.5 hours! The view will amaze you! Picnic at the top with views of Mount Olympus and Western Macedonia! Unique experience!



### 3. Metohi Velventou - Katafigio - Katafigio

S.E.O Kozanis (1945m)

Interests & activities / Hiking



**Απόσταση:**

[on foot](#) 22.6km

**Χρόνος:**

6h21'

GPS: N40.25078099410692,  
W22.086594903796367

**Note:** We will follow this route but starting from the village Katafigio! The calculated distances are from the highway! We will follow the wonderful trails!



### 4. Refuge SEO Kozani - peak Flampouro

2193m

Interests & activities / Hiking



**Απόσταση:**

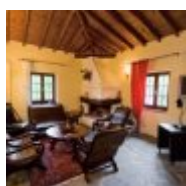
[on foot](#) 30.0km

**Χρόνος:**

7h31'

GPS: N40.24066993951162,  
W22.168933134576378

**Note:** The route from SEO Kozani to the top!



### 5. Hotel Katafigi

Accommodation



**Απόσταση:**

[by car](#) 8.4km

**Χρόνος:**

19'

GPS: N40.262066308140575,  
W22.141252737542686

**Note:** Back at the hotel! Time to rest! 19:00-22:00 enjoy our dinner with local recipes!





## 1. Hotel Katafigi

Accommodation



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N40.262066308140575,  
W22.141252737542686

**Note:** Breakfast 7-9! This day has activities in our facilities!  
9-10: preparing for the cooking class with recipes from Macedonia - Crete - Thessaly and Greek pastries. 10-12.30: presentation of gastronomy of the region, raw materials, etc. 12:30: -14:30: time for cooking! After finishing what better than to taste our creations !! So time for lunch! For those not want to attend cooking classes can indulge in archery! The rest of the day is free for strolling in the village! In the evening we have Greek night!



## 1. Hotel Katafigi

Accommodation



**Note:** Breakfast 7-9 with strong doses of oxygen! Slowly getting ready for the return to the airport! We hope your days at Hotel Katafigi be filled you with the energy of nature and joy! We will be glad to see you again!

**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N40.262066308140575,  
W22.141252737542686



## 2. Thessaloniki International Airport "Macedonia"

About region / Access & Useful info



**Απόσταση:**

by car 148.4km

**Χρόνος:**

2h14'

GPS: N40.5238784,  
W22.976408999999999



## Thessaloniki Prefecture

### Access

**By car:** The prefecture of Thessaloniki can be easily accessed by car and its capital, Thessaloniki, is 503km from Athens, 70km from Katerini, 153km from Kavala, 301 km from Alexandroupolis and 260km from Ioannina.

**By plane:** Thessaloniki has the second largest airport of Greece, the International Airport "Macedonia", which receives both domestic flights (Athens, Chios, Chania, Heraklion, Karpathos, Corfu, Kos, Mykonos, Mytilini, Samos, Santorini and Rhodes) and flights from airports abroad (Cyprus, Italy, France, Germany, Russia, etc.). The airport (14 km.) can be also accessed by the bus lines 8 and 78N (night) from the center of Thessaloniki.

T: (+30) 2310 985000, 473212, 473312, 985177, 985188

**By boat:** Thessaloniki has a ferry connection with the islands of the Aegean and the frequency of the itineraries varies depending on the season. Some of the ports from where depart itineraries to Thessaloniki are: Chios, Mytilini, Limnos, Skiathos, Skopelos, Volos, Vathi in Samos, Rhodes, Kos, Ikaria and Heraklion.

For information call port authorities of Thessaloniki

T: (+30) 2313 325821-4

**By train:** Thessaloniki has a railway station, which connects the city with Athens and intermediate stations as well as the northeastern part of Greece.

28 Monastiriou Street (2km from the city center)

T: (+30) 2310 517517

For itineraries information: 1110

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

**By bus:** Thessaloniki has a very frequent bus connection with Athens and other big cities. For itineraries information call 14505. Interurban station Macedonia: It is located 5km to the west of the city center. On its website, you will see a map of all the cities with which there is a bus connection.

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

Bus station Thessaloniki (KTEL): For itineraries Thessaloniki-Athens

T: (+30) 2310 500111

[www.ktel-thes.gr](http://www.ktel-thes.gr)

Bus station Chalkidiki (KTEL): For itineraries Thessaloniki-Chalkidiki. The bus station is located on the 9km of the Thessaloniki-Neon Moudanion Highway.

T: (+30) 2310 316555, 316565

[www.ktel-chalkidikis.gr](http://www.ktel-chalkidikis.gr)

### Useful telephone numbers

#### Health Services

Emergency call: 166

On Duty Hospitals and Pharmacies: 1434

General Hospital "Hippokration": (+30) 2310 3312000

General Hospital "Agios Dimitrios": (+30) 2313 322100

General Hospital "Genimatas Georgios»: (+30) 2313 308100/963100

General Hospital "Georgios Papanikolaou": (+30) 2313 307000

University Hospital "AHEPA": (+30) 2313 303110-1/303310

Hospital "Agios Pavlos": (+30) 2313 304400

General Hospital "Papageorgiou": (+30) 2310 693000

#### Municipalities

Municipality of Thessaloniki: (+30) 2310 877777/877099

Municipality of Ambelokipi: (+30) 2313 313600-2

Municipality of Kalamaria: (+30) 2313 314110-12  
Municipality of Kordelio-Evosmos: (+30) 2313 302100  
Municipality of Neapoli-Sikeon: (+30) 2313 313201  
Municipality of Chalkidona: (+30) 23913 30101-2  
Prefecture of Thessaloniki: (+30) 2310 413651

#### **Police Authorities**

Emergency call: 100  
Police station: (+30) 2310 388000, 388006-7, 388009  
Tourist police: (+30) 2310 554871, 554874  
Traffic police: (+30) 2310 250740, 251907

#### **Port Authorities**

Port authority: (+30) 2313 325821-4

#### **Fire Services, Forestry**

Emergency call: 199  
Fire service: (+30) 2313 326121  
Forestry: (+30) 2310 545585, 545595

#### **Transportations**

Airport Thessaloniki Macedonia: (+30) 2310 985000, 473212, 473312  
Bus station: (+30) 2310 500111  
Urban Transportation of Thessaloniki: (+30) 2310 981100  
Train station: (+30) 2310 517517-8  
Taxi:  
Thessaloniki: (+30) 2310 551525  
Lefkos Pyrgos: (+30) 2310 214900  
Macedonia: (+30) 2310 550500  
Megas Alexandros: (+30) 2310 866866  
Mercedes Club: (+30) 2310 525000  
Omega: (+30) 2310 511855

## Kozani Prefecture

### Access

**By car:** The distance from the capital of Kozani Prefecture to Athens is about 480km and to Thessaloniki just 125km and the road network is in a great condition.

**By bus:** To reach Kozani Prefecture, except with your own mean, you can also use Kozani Buses.

<http://www.ktelkozanis.gr/Home.aspx>

**By train:** If you prefer a route among the magnificent nature you can travel by train. For further itineraries and price information:

<http://www.trainose.gr/en>

**By plane:** Kozani's airport "Filippos" connects the prefecture with Athens four times a week with a half an hour to forty-five minutes flight.

### Useful telephone numbers

#### Health Services

Ambulances: 166

General Hospital of Kozani "Mamatseio": (+30) 24610 67600

General Hospital "Bodosakeio": (+30) 24630 54000, 54006

Health Center of Tsotyli: (+30) 24683 50000

Health Center of Siatista: (+30) 24653 50000

Health Center of Servia: (+30) 24643 50000

#### Municipality

Kozani City Hall: (+30) 24613 50300

Municipality of Voio: (+30) 24653 50100

Municipality of Eordaia: (+30) 24633 50100, 50107

Municipality of Velvedo-Servia: (+30) 24643 50104

#### Police Authorities

Kozani Police Department: (+30) 24610 54420, 54457

Security Department: (+30) 24610 54438

Traffic Department: (+30) 24610 54441

#### Fire Service, Forestry

Fire Service: 199

Kozani Fire Service: (+30) 24610 26600

Ptolemaida Fire Service: (+30) 24630 81445-6

Kozani Forest Department: (+30) 24610 53448

Kozani Forestry: (+30) 24610 53443

#### Transportation

Kozani Buses: (+30) 24610 34454

Kozani Railway: (+30) 24610 34563, 36067

Taxi

Kozani: (+30) 24610 40500, 40513, 34605

Neapoli: (+30) 24680 22508

Servia: (+30) 6977824253

Tsotyli: (+30) 24680 31617