

# MOUNT OLYMPUS HIKE

SPEND A NIGHT WITH THE GODS



**PERROTIS  
COLLEGE**  
A DIVISION OF THE  
AMERICAN FARM SCHOOL

**Summer Term**



## What to Expect on the Trail

Day 1: Prionia to Stavros Refuge

You'll begin your journey at Prionia, the highest point on Mount Olympus accessible by car. Surrounded by lush forest and the sound of waterfalls from the Enipeas Gorge, the trail immediately immerses you in nature.

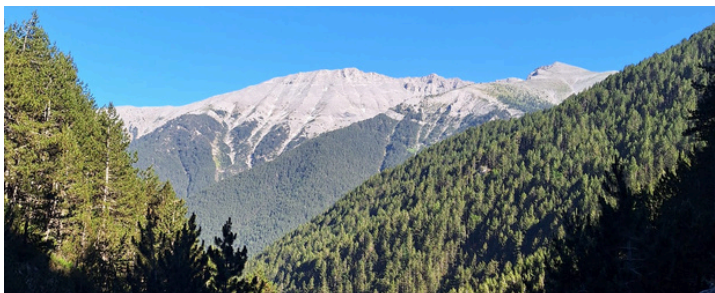
The trail winds steadily uphill, sometimes on switchbacks through dense fir and pine forests, occasionally opening to breathtaking views of the gorge and surrounding peaks. While there are no technical sections (no ropes or climbing), the incline can be intense at times, especially for beginners. Expect to break a sweat and take rest stops — but the trail is safe, well-maintained, and clearly marked.

## Overnight Hiking Trip: Prionia to Stavros Refuge (Mount Olympus, Greece)

Route Overview:

- Starting Point: Prionia (1,100m)
- Destination: Stavros Refuge also known as Petrostrouga or Spilios Agapitos
- Duration (Ascent): 3.5 to 5 hours
- Duration (Descent): 2.5 to 3.5 hours
- Difficulty Level: Moderate
- Elevation Gain: Approx. 800–900 meters
- Trail Type: Well-marked forest trail with occasional steep sections
- Overnight: Yes — overnight stay at the refuge
- Meal: Dinner at the refuge included
- Guides: Experienced mountain guides accompany the group

As you gain altitude, you may notice temperature drops and changing vegetation. Your guides will pace the hike so no one gets left behind. Group cohesion and morale are essential — you'll feel the sense of shared accomplishment as you arrive at the Stavros Refuge, nestled high in the forest canopy with panoramic views.







## At the Refuge

The refuge is a warm, welcoming mountain hut with bunk beds, shared facilities, and home-cooked meals. Expect a rustic mountain vibe – cozy, minimal, and social.

- **Dinner:** Typically includes pasta, soups, and local dishes – hearty, nourishing, and carb-rich.
- **Facilities:** Shared bathrooms, no Wi-Fi, possibly no hot water.
- **Atmosphere:** Mountain stories, laughter, the scent of pine and food, and perhaps even starry skies if the weather is clear.

You'll likely be exhausted – and exhilarated. It's the kind of night where friendships form quickly, and you fall asleep early, full and proud.

## Day 2: the Descent

After an early breakfast, you'll begin your descent back to Prionia. While downhill may sound easier, it challenges different muscles, especially knees and ankles. The key is steady footing, good balance, and not rushing.

Your guides will again lead the pace, allowing time for photos, nature observation, and reflection.

### Skill Level and Physical Requirements

Difficulty Rating: Moderate

This hike is suitable for fit beginners and intermediate hikers.

#### Skills You Need:

- **Basic hiking stamina:** You should be able to walk uphill steadily for 3–5 hours with breaks.
- **Decent balance:** Especially for uneven terrain, tree roots, and descending safely.
- **Mental resilience:** The hike can be tiring. Staying positive and pushing through moments of fatigue is key.
- **Team spirit:** Listen to guides, stay with the group, and encourage others.

### Packing and Safety

#### Packing List (Essentials)

- Daypack (20–30L)
- Hiking shoes or boots (broken in!)
- Layered clothing:
  - Base layer (moisture-wicking)
  - Mid layer (fleece or light jacket)
  - Outer layer (windbreaker or light waterproof jacket)
- Hat/sunglasses/sunscreen
- Water bottle or hydration system (at least 1.5–2L)
- Snacks (nuts, protein bars, etc.)
- Headlamp or flashlight
- Sleeping bag liner (optional but hygienic)
- Toiletries (toothbrush, small towel, wet wipes)
- Cash (some refuges do not accept cards)

#### Safety and Other Tips

- Your guides are trained in first aid and mountain safety – follow their lead.
- Weather can change quickly in the mountains – be prepared.
- No signal at most points – let someone back home know your plan before starting.
- Respect the environment – leave no trace.
- If you feel unwell or too tired, speak up. That's what the guides are for.