

The World of Kythera Trails



KYTHERIAN FOUNDATION
FOR CULTURE & DEVELOPMENT



MedINA
MEDITERRANEAN INSTITUTE
FOR NATURE AND ANTHROPOS



MUNICIPALITY
OF KYTHERA

Paths of Greece
ΜΟΝΟΠΑΤΙΑ ΤΗΣ ΕΛΛΑΔΑΣ



Bruce Trail
CONSERVANCY



Friendship Trail

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Consultant (MedINA)
Programmes Manager (KIPA)
Manger (Kythera Trails)

Jan 14, 2021

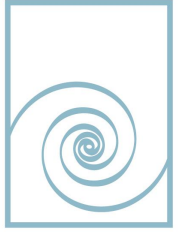
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KYTHERA
TRAILS



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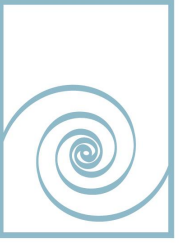
Friendship Trail



Bruce Trail
CONSERVANCY

May 13, 2017





“Kythera is one of the last untouched islands of the Mediterranean Sea”



Europe

Asia

Greece

Peloponnese

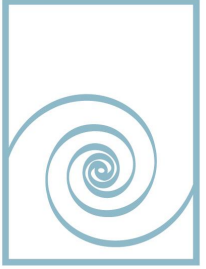
Kythera

Antikythera

Crete

Africa

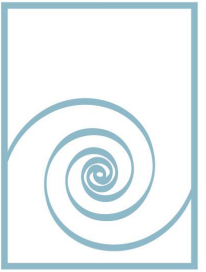
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*“At the crossroads of three seas,
between mainland Greece and Crete,
Kythera is a hidden island jewel”*





*“...an unspoilt wonder, away
from the masses”*



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“just pure bliss - no sweating crowds, no chain stores, no cruise ships”

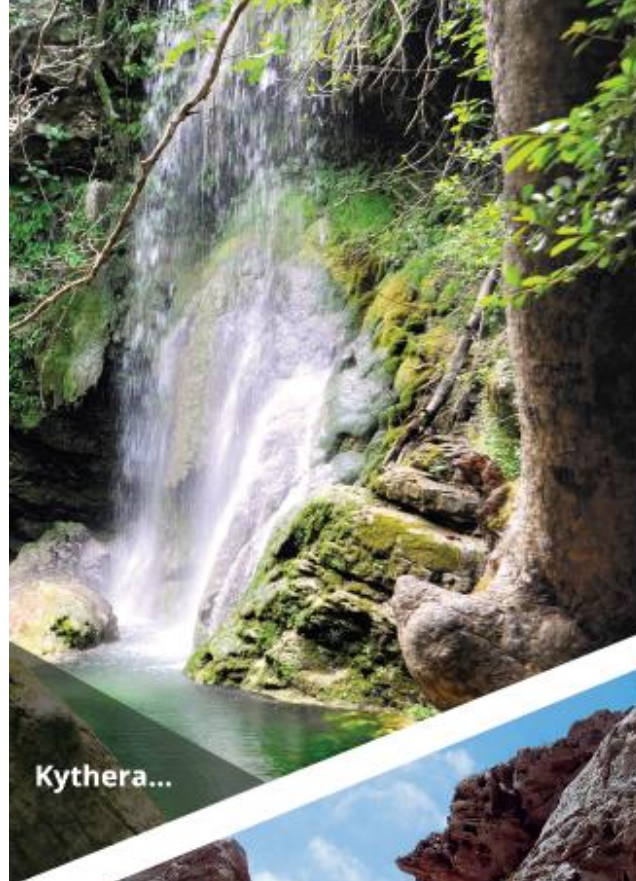


“Kythera is a unique mélange of influences being the gateway between eastern & central Mediterranean”

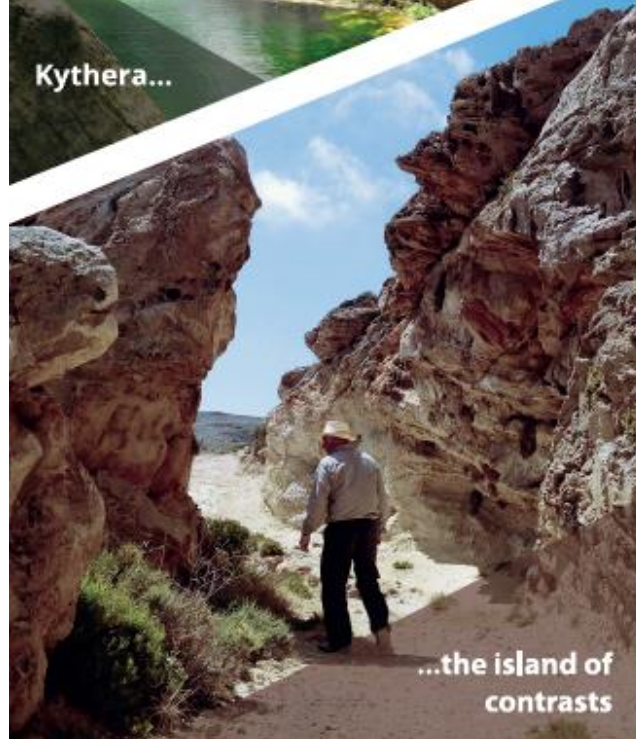
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Kythera...



...the island of contrasts

“an immersive experience, hiking through diverse landscapes”

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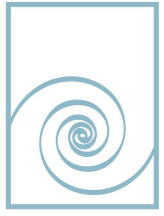


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*“an island of living
traditions”*



*“eat honest
local food”*



*“savour the real
Mediterranean
culinary culture”*



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GO HIKING

GO HIKING

KYTHERA TRAILS

“By hiking on Kythera, you support heritage conservation, small businesses and the local community protecting the island”

*Kythera Trails is the official trail network of Kythera Island
It is a programme run by the following 4 organizations*

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Lead organization:



KYTHERIAN FOUNDATION
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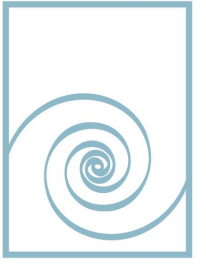
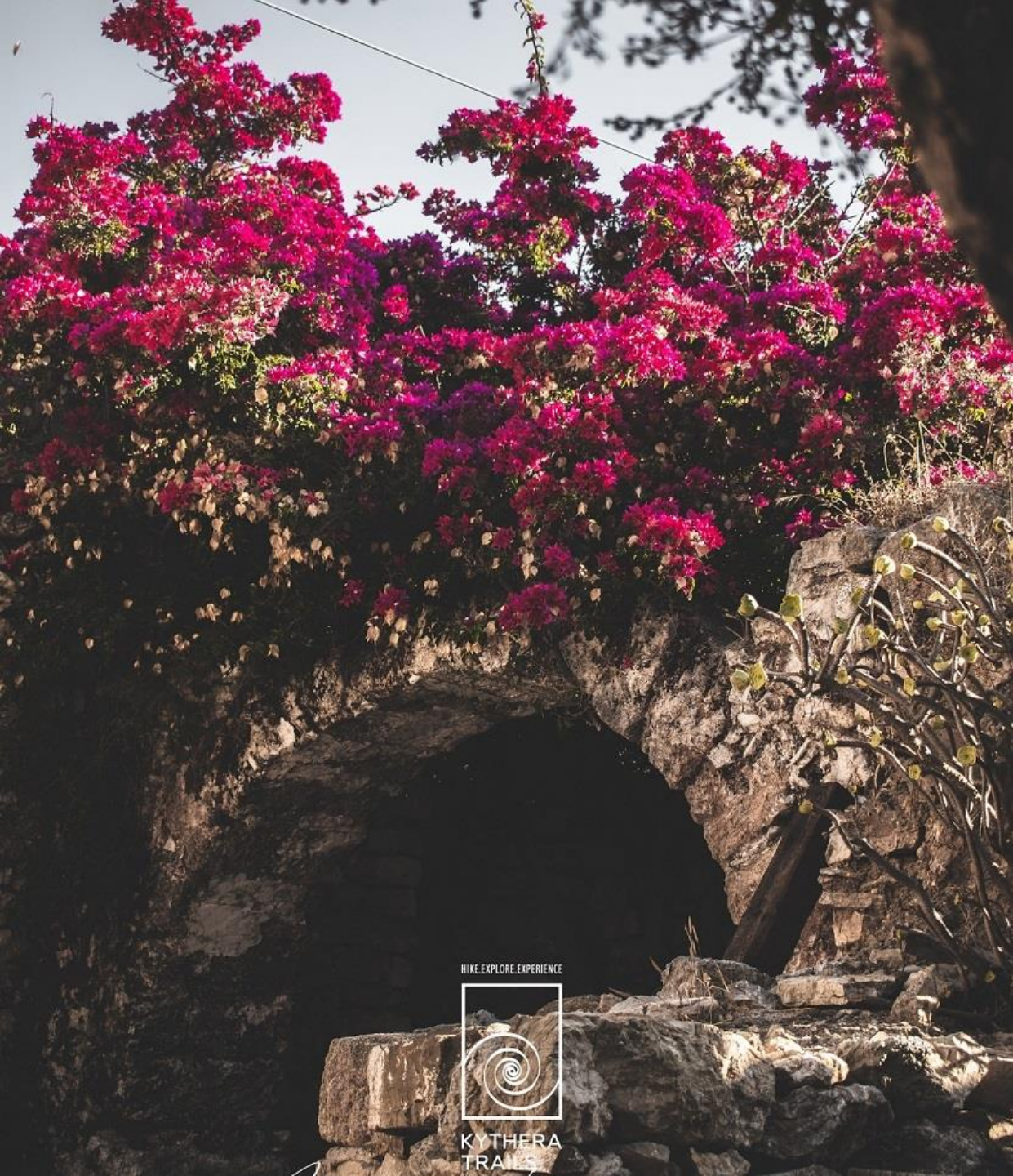
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DOMESTIC ESTATE MANAGEMENT COMMITTEE
OF KYTHERA & ANTIKYTHERA



Our Mission

“is to develop an integrated model of sustainable tourism on Kythera and Antikythera islands that will

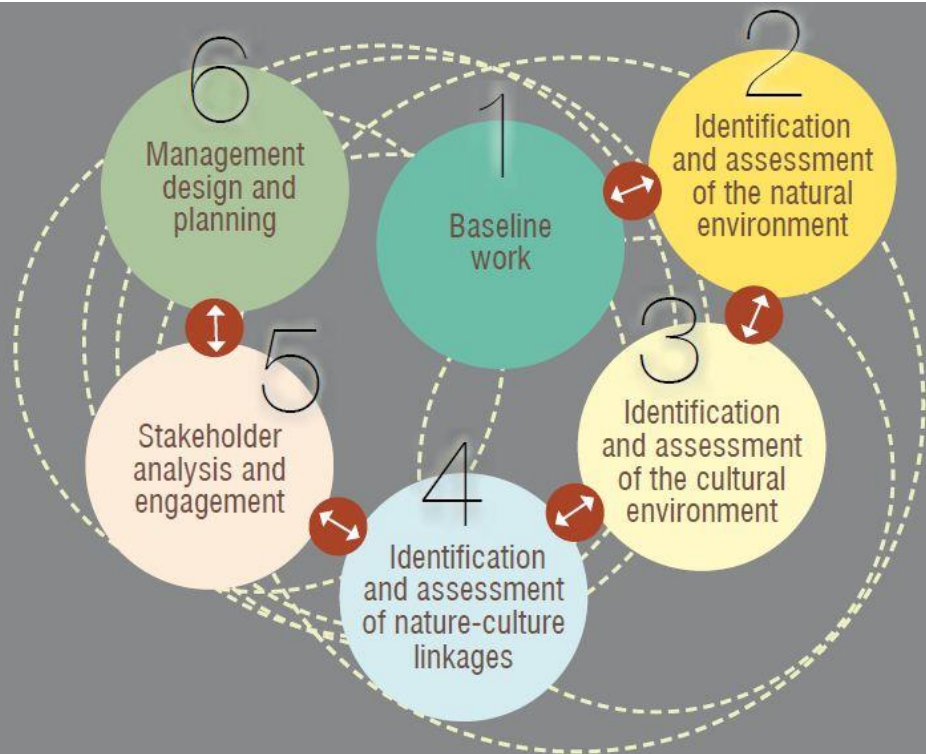
- provide meaningful experiences to visitors & residents*
- contribute to the prosperity of the local community*
- enhance the islands’ natural & cultural heritage.”*



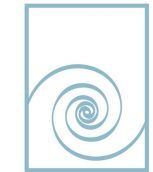


THE INCREASE APPROACH

on Integrating Culture and Nature
for Better Conservation Outcomes:



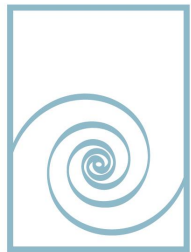
“our programme applies an innovative & collaborative approach, integrating culture and nature”



Paths of Greece
ΜΟΝΟΠΑΤΙΑ ΤΗΣ ΕΛΛΑΔΑΣ

“Trail design and implementation of high technical expertise, based on the old traditional trails of Kythera ”



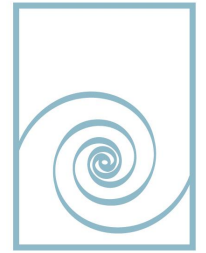


“We carry out an ethnographic study to save local knowledge for storytelling along the trails”





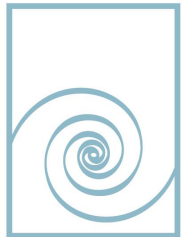
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“Two first Trails in Europe certified with the Green Flag for Sustainable Management”





*“The first Via
Ferrata in a small
Greek island”*

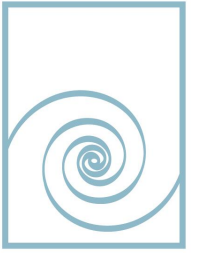


*“follow the ‘iron trail’,
a combination of
canyoning, climbing &
hiking, to experience
safely the hidden world
of Kakia Lagada gorge”*





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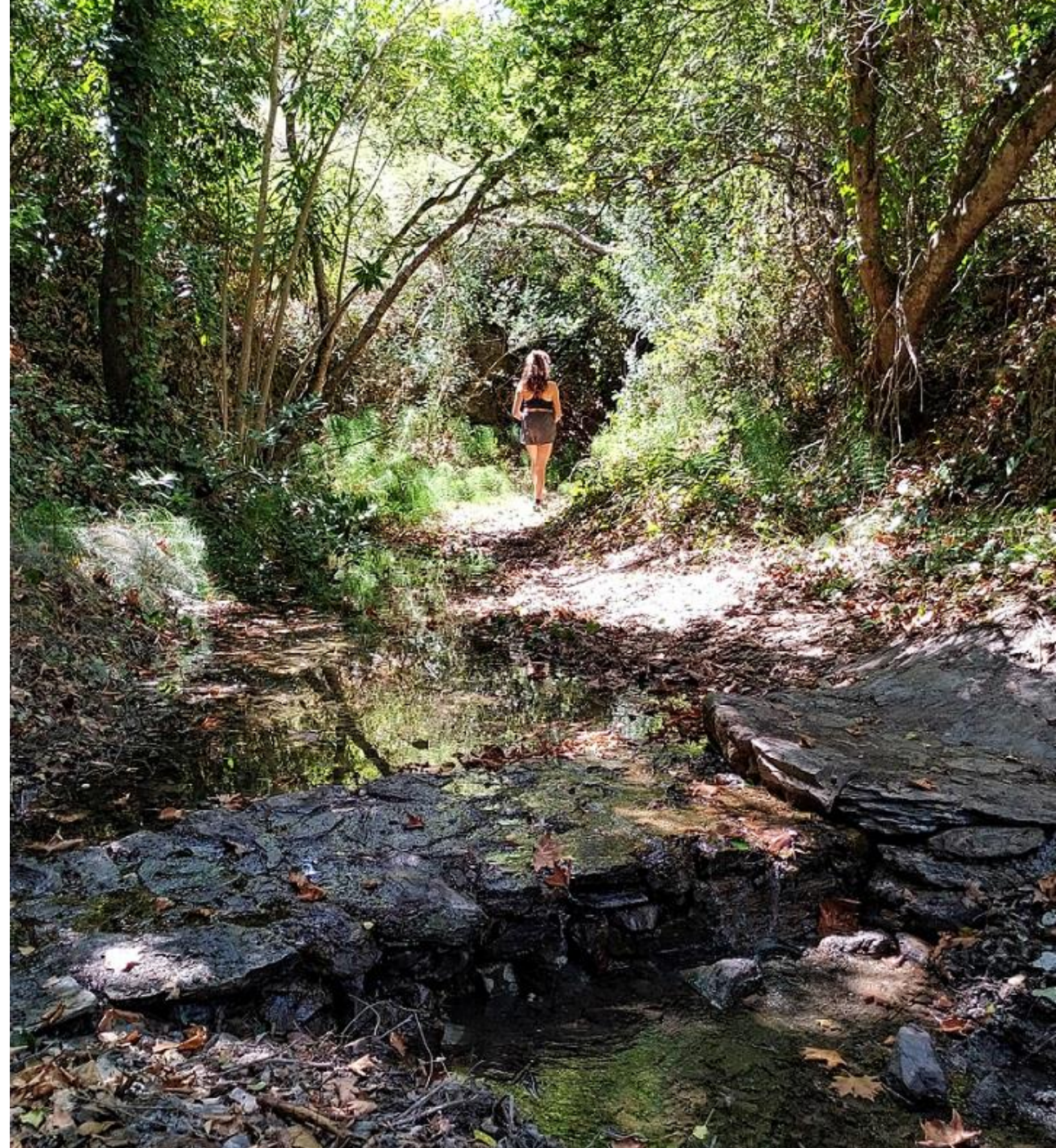
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“our local community is supporting and celebrating trails & hiking, on the footsteps of their ancestors”

NbS Water - Restoration of traditional micro-dams

Why Micro-dams?

- Green infrastructure
- Support biodiversity
- Support farming
- Support wildlife, especially migrating birds
- Recharge the aquifer
- Affordable, small-scale, simple solution
- Local cultural values
- Fully integrated in the trails network
- Stories to visitors via an android app & website





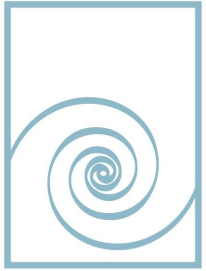
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How can you reach Kythera?

 By plane -----

30 minutes from Athens
(daily, depending on season)

 By ferry -----

7 hours from Piraeus (Athens)
1 hour from Neapoli (daily)
3 hours from Gythio (Peloponnese)
4 hours from Kissamos (Crete)
1.5 hours from Antikythera Island





Antikythera
island

Crete

“combine your visit to Kythera with your adventures in southern Peloponnese or western Crete – yet Kythera can be your standalone multiday destination with so many unique areas to discover”

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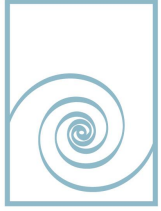


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*11 Trails of 100 km in total
1 Via Ferrata
278 km² is the size of Kythera, boasting:
65 villages
60+ beaches
Countless places of interest & secret spots*



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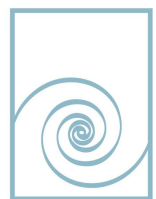
When to hike on Kythera?

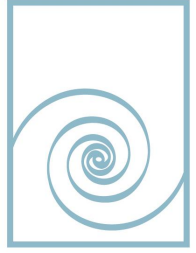
*“All year round, yet Spring & Autumn
are the ideal seasons”*





Trail M41 [4.7 km, 2h30']
'The Valley of the Watermills'





Trail M49 *‘The Valley of the Watermills’*

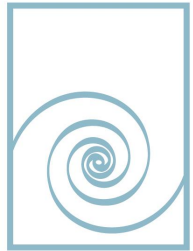


Bruce Trail
CONSERVANCY

Friendship Trail

“An open air museum of culture & nature with 23 watermills, waterfalls and a medieval fort. Probably Kythera’s most iconic village square with the big plane tree and the local kafenio for food & drinks”





Trails M31 & M44

[9.1 km, 4h30' & 8.8km, 3h45']

'Medieval Kythera'

"Conquer the medieval capital of Kythera. Walk through authentic villages, protected for their architecture"





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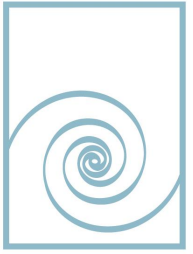
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Trails M31 & M44
'Medieval Kythera'



Trails M49 & M49A
[11,5 km, 5h30' & 2,7 km, 1h30']
Kythera North
'Nature In Contrast'

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Trails M49 & M49A
Kythera North
'Nature In Contrast'





Trails M49 & M49A
Kythera North
'Nature In Contrast'

*"From the lush green valley of
Karavas...."*



Trails M49 & M49A
Kythera North
'Nature In Contrast'

"... to the dry seascapes of Moudari, where one of the most iconic lighthouses of Greece stands"

*“Welcome to the world
of Kythera Trails*

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 [kythera.trails](https://www.instagram.com/kythera.trails)

www.kytheratrails.gr

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