

Parnassos Hiking Trail E4



image source: <https://pixabay.com/photos/landscape-delphi-greece-view-coast-790929/>

Delphi is a major attraction for hikers, known for its ancient path for pilgrims from Korykeio Andro (cave) to Delphi, all part of the European E4 path.

Paragliding, skiing at Parnassos Ski Center, as well as mountain and road cycling help maintain the interest of the most active visitors.

A walk in the shops and streets of Delphi is ideal after a day of adventure on Mount Parnassos.

Route: Korykeio Andro – Paleopanagia – Kroki – Delphi

Route features

Route length: 10 km (forest road and part of E4)

Elevations: Beginning 1,134 m. - Maximum 1,324 m. - Minimum 1,018 m.

Degree of difficulty: Moderate

Suggested period: March-November

The ancient path of Delphi passes through the mountain of Parnassos and has been recognized as one of the oldest paths in the world. Its importance in the past was undeniable, as it connected the inhabitants of Delphi with the mountains, offering them access north to Korykeio Cave or south to the shores of the Corinthian Gulf.

From the mountain slopes to the village of Delphi, the route is full of imposing landscapes. And although it takes 4 to 5 hours to traverse the path, it is worth every second! In addition, the refreshing atmosphere and natural coolness of the area form an ideal environment for hikers.

Path description



image source: <https://pixabay.com/photos/delphi-mountains-ancient-mystical-2057357/>

The starting point is the eastern entrance of Delphi. Heading north we see a large traditional staircase, which will lead us to the beautiful slopes of western Parnassos.

Following the signs, we pass the Museum of Angelos & Eva Sikelianos (Museum of Delphic Festivals) and continue on the asphalt road of the city until we reach the parking lot of the northern entrance of the archeological site.

Another E4 sign indicates that it is time to start going out on natural ground.

The first hundred meters are a bit steep and require fast walking.

After a few minutes the course improves and now we pass the Ancient Stadium (on our right). "Skala" is in front of us for a little smooth and beautiful climbing over the city of Delphi, which will lead us directly to the summer camp settlement "Kroki".

The view to the Delphic Landscape, the Olive Grove and the Crissaeus Gulf is amazing.

Soon, we will turn left on a flatter path (through a smooth ravine) towards the Kroki area where a source of drinking water will quench our thirst with clear water. After a break, we take the dirt road to the right and after about 400m we reach the Kroki camp with the chapel of "Agia Paraskevi" on our left. The flat and easy road will guide us through the beautiful flora of Parnassos National Park. We will find the route signs in the trees of this fir-covered virgin land. After about 2.5 km we will reach a 3-branch intersection. We take the direction to the right. The landscape remains the same until the entrance of the National Park about 1.2 km after the intersection.

We have already reached "Paliopanagia", another large recreation area in the beautiful courtyard of the chapel of "Agia Triada" which is located directly opposite the entrance of the park.

400m below on the same route we find the sign of the ancient path that leads to "Korykeion Andron".

A red square on a metal sign informs us to change direction to the left and enter a small path on the mountain slope.

The 800 m route is quite steep and requires more care than when accessing the previous passages.

Just before we reach the entrance of the cave, the path next to the rocks is smooth again and looks like a staircase that leads to the magical life that this place lived from time to time.

The rays of the sun will guide our path inside the cave and will show us the beauty that the nature of Delphi keeps alive for our sake.