

Crete E4 Trip Log  
Oct-Nov 2015

Leg	Date	Km.	Region	Comments
1	25/10/15	15.5	Chochlakies-Zakros Gorge	late start-11 am., camp 1
2	26/10/15	26.7	Zakros-Chandras-Vori	windy, camp 2
3	27/10/15	23.9	Dafni-Chrisopighi-Orino	windy, camp 3
4	28/10/15	24.7	Thripti-Monastiraki-Vasiliki	camp 4
5	29/10/15	22.2	Meserleri-Prina	camp 5
6	30/10/15	29.2	Kathro Plain-Aghios Georgios	camp 6
7	31/10/15	21.8	Plati-Afentis-Kasteli	Hotel Kalliopi
8	01/11/15	25.6	Apostoli-Mirtia-Kouvani-Archanes	Villa Orestis
9	02/11/15	25.9	Profitis Ilias-Kiparisos-Venerato	bus to Heraklion, Lena Hotel
10	03/11/15	12.2	Siva-Ano Asites-Prinos Refuge	bus to Siva, late start, camp 7
11	04/11/15	24.0	Rouvas-Ammoudara-Nida Plateau	camp 8
12	05/11/15	17.1	Psiloritis-Toumbotos Refuge-Aplitra	camp 9, late start, -4 in the morning
13	06/11/15	22.5	Fourfouras-Amari-Elenes	camp 10
14	07/11/15	24.7	Gherakari-Kisos-Spili-Mixorouma	camp 11
15	08/11/15	25.7	Koxare-Agouseliana-Argyroupoli	camp12
16	09/11/15	27.6	Asi Gonia-Choreftres-Ammoudari	long day, camp13
17	10/11/15	17.1	Niato Plain-Skafidakia-Agathopi	late start to get supplies, camp 14
18	11/11/15	21.1	Roussies-Pachnes-Katsivele-Melintaou	camp 15
19	12/11/15	23.3	Kalergi Refuge-Xiloskalo-Achlada	camp 16
20	13/11/15	23.3	Koustogerako-Sougia-Paleochora	camp 17
21	14/11/15	21.1	Koundoura-Vribokabos	camp 18
22	15/11/15	10.2	Elafonisi-Chrisoskalitisa-	end of trek, hitchhiked to Falasarna

485.4 km./22 days = 22.06km/day