

Kastania and Lagada. Photo: Ziegler175, CC BY-SA 3.0, via Wikimedia Commons

Exochori and the mountain villages

Drive up the hill behind the villa and you reach the stone villages of the lower Taygetos: Exochori, Tseria, Prosilio, Saidona and Kastania. Terraced olive groves, Byzantine chapels, cooler air on summer evenings and views right across the Gulf of Messenia, all within half an hour of the pool.

From the villa

Exochori about 10 minutes by car; the rest 15 to 30 minutes.

Ideal for

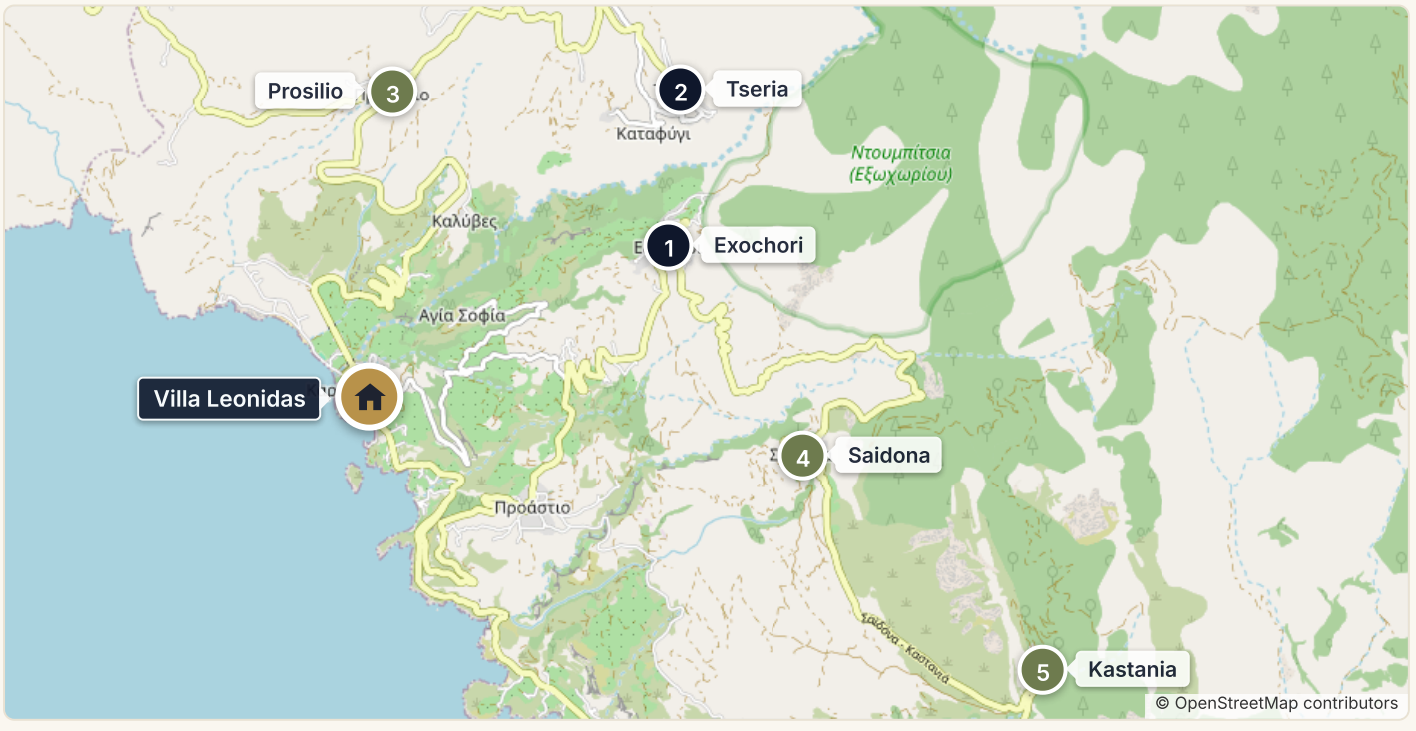
Walkers, quiet village lunches, chapels and panoramas.

Atmosphere

Very local; few shops and a handful of tavernas.

Take

Water, decent shoes and a layer for the cooler air.



Tap a place to open it in Google Maps

1 Exochori ↗
2 Tseria ↗
3 Prosilio ↗
4 Saidona ↗
5 Kastania ↗

Highlights

- **Agios Nikolaos chapel, Exochori.** A small church among the olives where Patrick Leigh Fermor scattered the ashes of his friend Bruce Chatwin in 1989. Peaceful, with a sea view.
- **Tseria.** Perched at the head of the Viros Gorge, with a path down into it.
- **Kastania.** Old towers and little churches in a village that feels barely touched.

Paths

- **Viros Gorge:** the best-known walk, linking Kardamyli and the hill villages; see our walking guide.
- **Mule paths** of laid stone connect Exochori, Tseria and Saidona; follow the painted marks.
- **An hour's loop** around Exochori gives terraces, chapels and views with little climbing.

Eating

- **A few tavernas** and kafeneia, simple and family run.
- **Hours are seasonal** and some open only at weekends outside summer; ask us first.
- **Shop in Kardamyli** before you drive up.

Seasons

- **Spring:** flowers along the terraces and the best walking weather.
- **Summer:** noticeably cooler than the coast in the evening.
- **Late autumn:** harvest nets under the trees and the presses running.

Tips

- Roads are narrow, steep and full of hairpins; take your time, especially in a large car.
- Phone signal fades in the gorges; save the map offline.
- Michael, our local manager, is on the phone if you need a recommendation during your stay.



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This guide online

Checked November 2026. Hours, prices, timetables and operators change, so please check before you set out. Second photo: Kardamyli and the Taygetos foothills, by AlMare, CC BY-SA 3.0, via Wikimedia Commons.