

Kardamyli from above Proastio. Photo: Tgvtornado, CC BY-SA 4.0, via Wikimedia Commons

Walking and hiking

Villa Leonidas sits on the edge of one of the finest walking networks in the Peloponnese. Cobbled mule tracks, the kalderimia, thread from Kardamyli to its old fortified quarter, the hill villages and the monasteries in the Viros Gorge. Most outings take 30 minutes to three hours, and several start in Kardamyli, a couple of minutes from the villa by car.

Best months

March to June, September to November; July and August are hot by mid-morning.

Waymarking

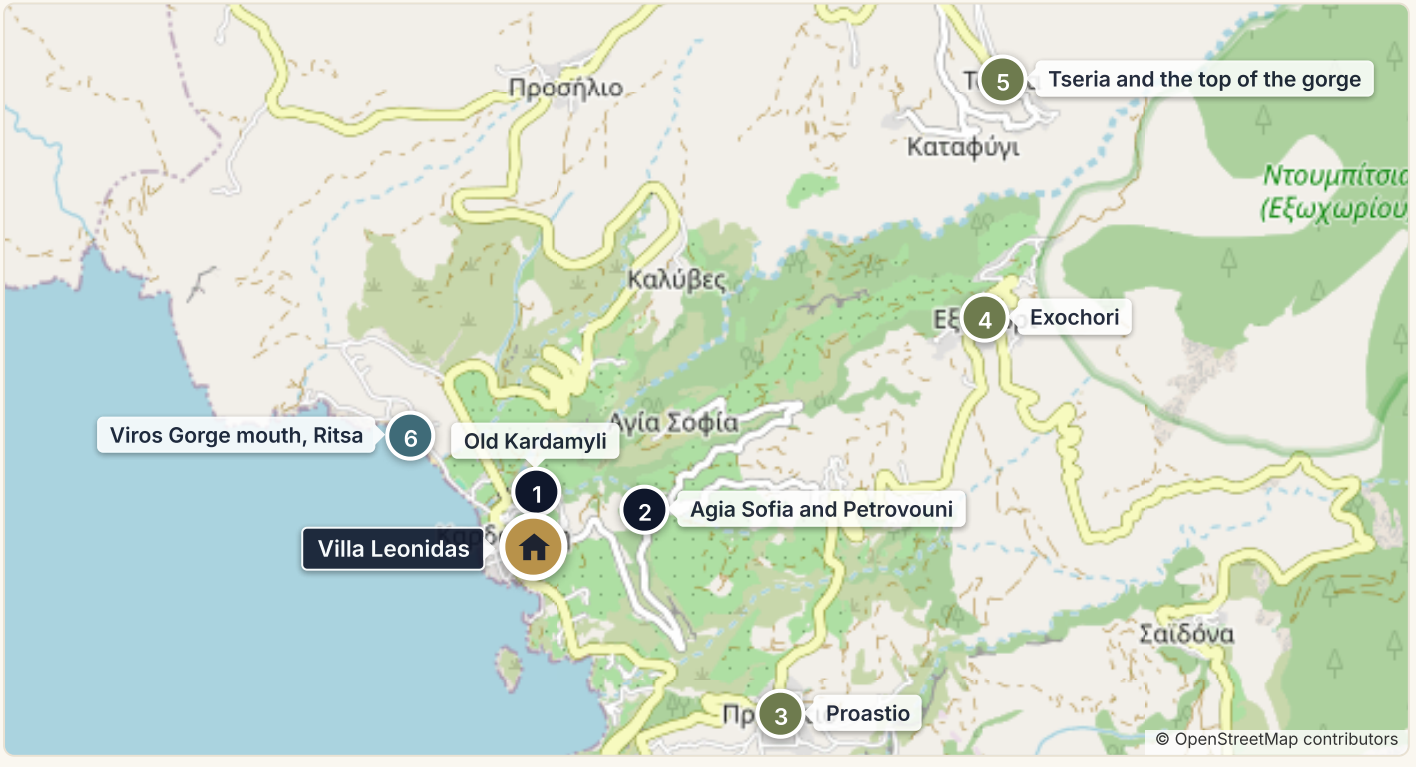
Painted marks and signs on most village paths.

Underfoot

Stone paths and steps: walking shoes, not sandals.

Carry

Water, a hat, a phone with an offline map.



Tap a place to open it in Google Maps

1. Old Kardamyli ↗
2. Agia Sofia and Petrovouni ↗
3. Proastio ↗
4. Exochori ↗
5. Tseria and the top of the gorge ↗
6. Viros Gorge mouth, Ritsa ↗

Short and easy

- **Old Kardamyli and Agia Sofia:** a loop of 5 to 6 km with about 200 m of climb, 1½ to 2 hours. The one to do first.
- **Proastio to Kardamyli:** about an hour downhill through olive groves to lunch in the village.
- **Exochori circuit:** about 3 km of terraces and chapels, little climbing once up there.

Half days

- **Kardamyli to Petrovouni** via Old Kardamyli and Agia Sofia: about 1 hour 15 minutes one way.
- **Kardamyli to Stavropigio:** about 2½ hours north on old paths; organise a lift back.
- **Village hopping:** Exochori, Tseria and Saidona are joined by stone mule paths.

Big days

- **Viros Gorge:** about 9.5 km and four hours, past two monasteries, from Ritsa beach towards the hill villages. Moderate to hard.
- **Taygetos summit**, Profitis Ilias (2,407 m): a serious mountain day for experienced hikers, best with a guide. Sections of the long-distance E4 cross these mountains.

Walking as a group

- Start early; shade is scarce on stone paths, and from June to September avoid walking in the midday heat.
- **Viros Gorge:** do not enter after heavy rain or when storms are forecast. Emergency number: 112.
- Agree a pace and a turn-back time, and carry more water than you think.
- Guided walks run from Kardamyli if you want stories along the way.

Maps

- Our walks map shows the main routes; the local topoguide map and app cover the full network.
- Tell someone your route on longer walks; signal drops in the gorges.
- Michael, our local manager, is on the phone if you need a recommendation during your stay.



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At the villa: Groups and celebrations · Family days at the villa

This guide online

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