

# Adventure tourism in Arta and Preveza

## Nature trails in Southern Epirus



FOREST TRAIL ON MT. PEZOVOLO



FROM ANO SKAFIDOTI TO KORYFOULA

*There is a dramatic and unfiltered beauty in the historic land of Southern Epirus. Sunblasted beaches and rugged mountains, swirling rivers and lush woodlands, make up a unique natural mosaic that awakens the senses and creates an unparalleled travel experience.*

### Hang-gliding on Mt. Gilberina

Mt. Gilberina is a popular launch spot for hang-gliding enthusiasts. Certified trainers are available to guide visitors through this once-in-a-lifetime experience. The Arta Flying Club, founded in 1995, sponsors many events and coaching programs to promote safe and enjoyable hang-gliding, paragliding, hill flying, paramotoring and winch flying experiences. "Kontra" in Grimbovo is the favorite launch spot for these activities.

### Birding and nature watching in the Ambrakian Wetlands

The Ambrakian Gulf and the Arachthos and Louros deltas are among the most important Greek wetlands, protected by national and international law (Ramsar Convention). The Lagoon of Tsoukalio and the Marsh of Rodia have been officially designated as wildlife reserves, and the Lagoon of Katafourko and the Korakonisia (crows' islands) enjoy special protection status by the Greek state (GR2110004).

Approximately 250 different bird species find refuge here, including some very rare types, such as the collared pratincole, the black-winged stilt, the stone curlew and the booted eagle. The area also harbors one of the largest Dalmatian pelican colonies in Europe after the Prespa Lakes, while several species of fish and eels are bred in the lagoons and estuaries.

### *The Agrilos Lagoon*

The Agrilos Lagoon lies behind Ramma, an extension of the beach that spans the Ambrakian Gulf from Menidi to Kopraina. The Agrilos Lagoon is only a small part of the rich Ambrakian wetlands, which features a total of 24 lagoons. In geological terms, it is classified as a large internal lagoon, covering 179.5 hectares and having a maximum depth of 1 meter. The lagoon harbors a most impressive ecosystem, including herons and sandpipers in the spring, terns and other seabirds in the summer, kingfishers and white-tailed eagles during their fall migration, and mallards in the winter.

### *Mountain biking in Zaloggo - Eurovelo 8*

The Eurovelo 8 is a Mediterranean cycling route, leading from the Pyrenees to Athens. The route is still under development and a large part will be built along the Ionian coastline, crossing Zaloggo, Parga, and Preveza. Little known parts of Zaloggo are also crossed by cyclists participating in the MTB Open Race Zaloggo.

*And the adventure continues...*

### Lake Pournari

The landscape surrounding Lake Pournari is one that will both impress and inspire visitors. Suggested activities: Hiking trips to Lake Pournari. Trekking in the Arachthos Gorge and along the river shores. Off-the-beaten-track 4x4 trips to neighboring villages. Rafting and kayaking on the Arachthos. Canoeing on Lake Pournari.

### Hiking on Mt. Gilberina

The hike up Mt. Gilberina (1100m) promises a most thrilling adventure. An abandoned mountain trail is ideal for rock climbing, while mountain biking is recommended only for really intrepid bikers. In the winter months, the trail is covered with snow and ice. Hikers will be rewarded with breathtaking views of Grimbovo and Lake Pournari.

### Canoeing on Lake Zirou

Located 40m above sea level and with a maximum depth of 70m, Lake Zirou is nestled among steep hills and lush woodlands of oak, pine and fir. A hike along the circular trail above the lake is an unforgettable experience. Visitors can also explore the lake on hired canoes.

### Hiking in Dryona

Dryona is another beautiful mountainside village, located just 4km from Korfovouni. The road passes through a lush forest of elm, oak, pine, spruce and fir, and the small village can be reached by following the signs for "Katafygio Dryonas" (Dryonas lodge) in the direction of Rodavgi. The road is unpaved and in poor condition, but offers amazing views of the lake.

### Watersports in Parga

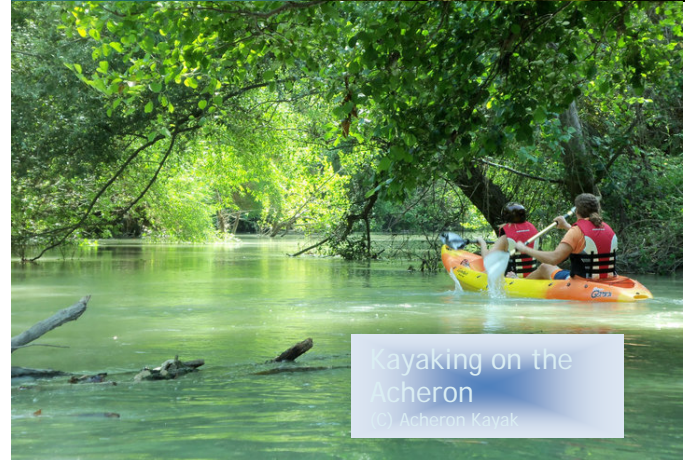
Waterskiing, windsurfing, beach volley - for both young and old - are available on the fabulous beaches of Parga.



Hiking in Dryona



Fishing on Lake Pournari



Kayaking on the Acheron  
(C) Acheron Kayak



Biking on Artolithia Beach  
(C) IntotheWild Preveza

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