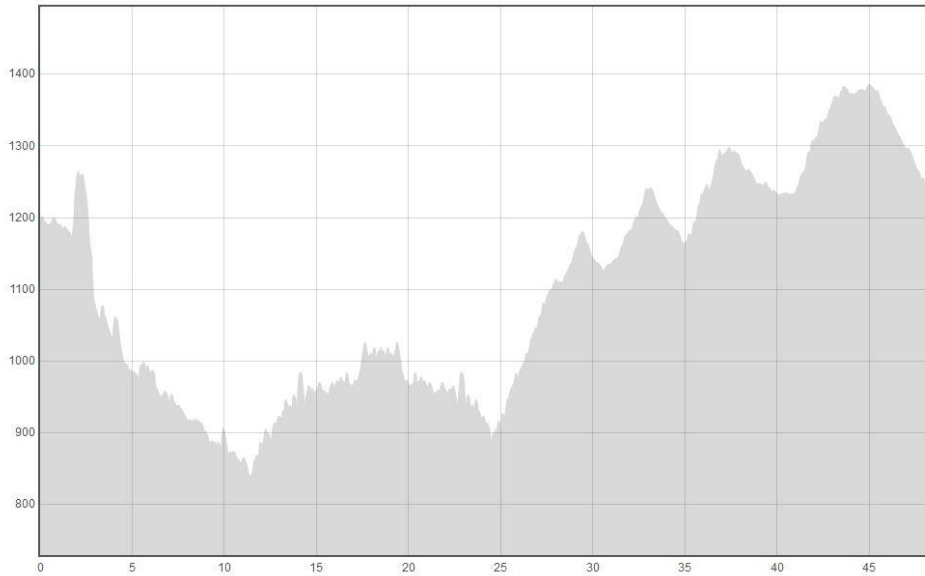


From Rodopi Mountains to Halkidiki Seashore (distance and elevation data)

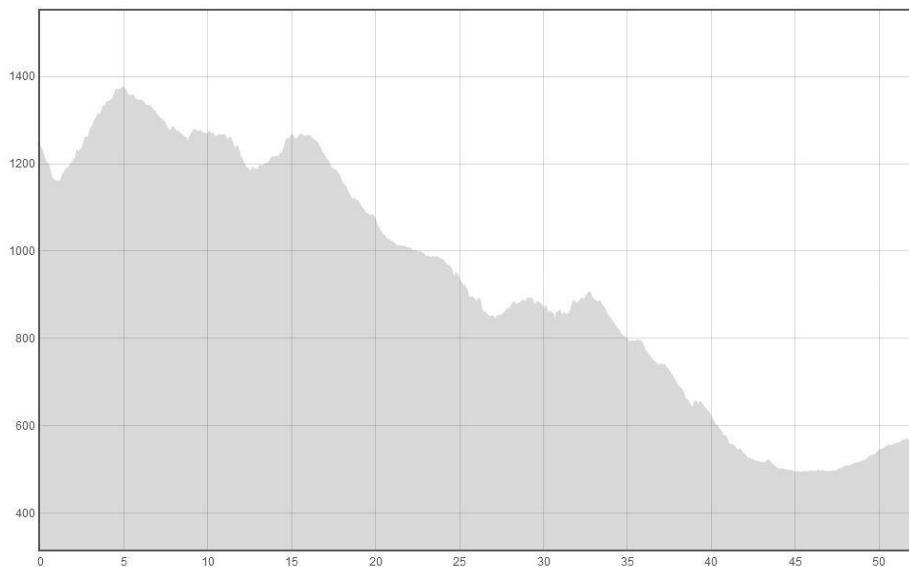
Day 2. Trigrad - Devil's throat cave - Yagodina cave - Dospat dam

Distance: 48.5 km
Total ascent: 2092 metres
Total descent: 2055 metres



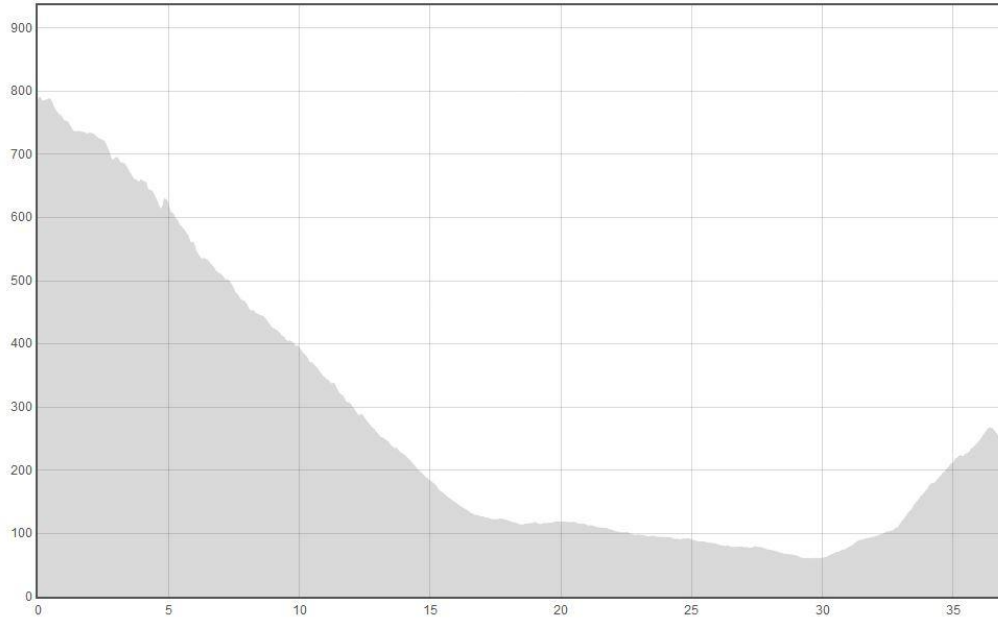
Day 3. Dospat - Kovachevitsa - Ognyanovo spa

Distance: 52.4 km
Total ascent: 874 metres
Total descent: 1540 metres



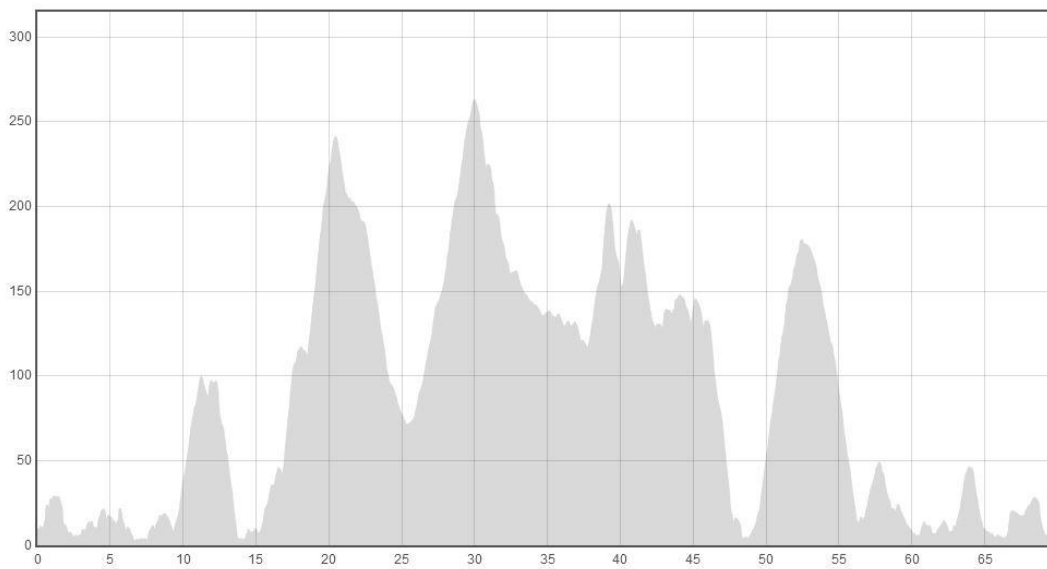
Day 4. Granitis – Alistrati

Distance: 37 km
Total ascent: 316 metres
Total descent: 843 metres



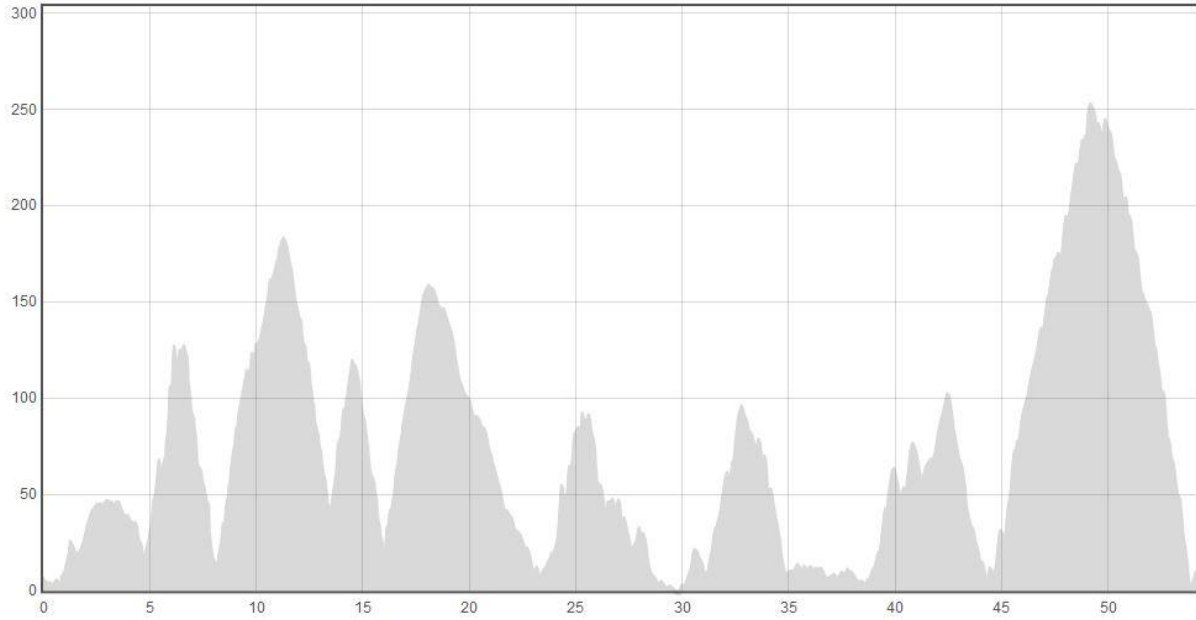
Day 6. Ouranoupoli – Vourvourou

Distance: 69.9 km
Total ascent: 1257 metres
Total descent: 1259 metres



Day 7. Vourvourou - Kalamitsi beach - Porto Kofu

Distance: 54.1 km
Total ascent: 1416 metres
Total descent: 1412 metres



Day 8. Porto Kofu - Nikiti

Distance: 45.3 km
Total ascent: 833 metres
Total descent: 835 metres

