### Description

This stage leads from the ski center of Lailias mountain down to the valley, almost 1000m down. The route is on a dirt road, shaded by beautiful forests and with plenty of waters.

### Amenities

There is no accommodation in Kapnofito. Continue to Sidirokastro.

### Transportation

Once a week bus to Sidirokastro (23210 - 22822).

### Signposting

Sufficiently signed at junctions.