### Overview

The route climbs gently along the wild ravine formed between Avgo and Flega mountains. It is a relatively easy and well maintained hike and one of the best in northern Pindos through a unique and pristine landscape.

### Description

Take the paved road to Ioannina and just before crossing Aoos river over a metal bridge turn left on a dirt road. At a junction stay right walking parallel to the river. The track becomes faint as it crosses old fields and eventually becomes a footpath. Now it climbs a bit higher from the river traversing scree slopes (some care needed) and several small streams to reach Smixomata, where Arkoudorema stream joins Aoos. There is a junction here to the right that crosses the river and goes to either the refuge or Aoos lake. Continue straight parallel to Arkoudorema traversing the steep southern slopes of Avgo mountain, now more steeply. Eventually you descend to the stream and continue along it crossing it three times. After passing a junction to the right going to Flega peak and its alpine lakes, cross the stream once more over a bridge to join a track. Follow this track parallel to Arkoudorema to finish at the heart of the valley.

### Amenities

You have to camp in the wild at the heart of the park (there is water nearby). Although camping is officially prohibited, in practice it is tolerated as soon as you follow minimal impact practices.

### Signposting

There is sufficient signposting along the route.

### Transportation

None.

### Notes

Some river crossings may be tricky early in the season or after heavy rain.

### Maps

Anavasi map "Valia Kalda - Vasilitsa" (1:50000)