

Walk 17: Kampí coastal trail (Municipality of Elatión)

Distance/time: 8km/5mi; about 2-3h.

Grade: easy-moderate, with three ascents of about 50-75m/165-250ft each (2-4; 8-10; 6-4) and corresponding descents.

Equipment: see pages 85-86.

Travel: The walk location is about a 45-minute drive (27km/17mi) out of Zákynthos town. Take the Kerí road and turn right up into the mountains at the Lithakiá crossroads. At the fork for Agalás, veer left for Kilioménois. At the T-junction in Kilioménois village, turn left and drive north through Ágios Léon. About 2km after Ágios Léon, turn left at the sign for Kampí. Drive through the hills and into the village. Park in the village near the square (1), by the signpost for the Kampí sunset.

Suggested time of year: any, but in summer only attempt the walk

Limniónas inlet and one of the sea caves (Alternative route 2)



Walking notes

From the starting point on the main road, facing **Kampí church (1)**, turn left and follow the road out of the village. Ignore the first right turn, just past the church (a

during the cooler hours of the day.

Protection status: Natura 2000 Specially Protected Area: Site code GR2210001.

Alternative routes: There are several variations that you can make on this walk:

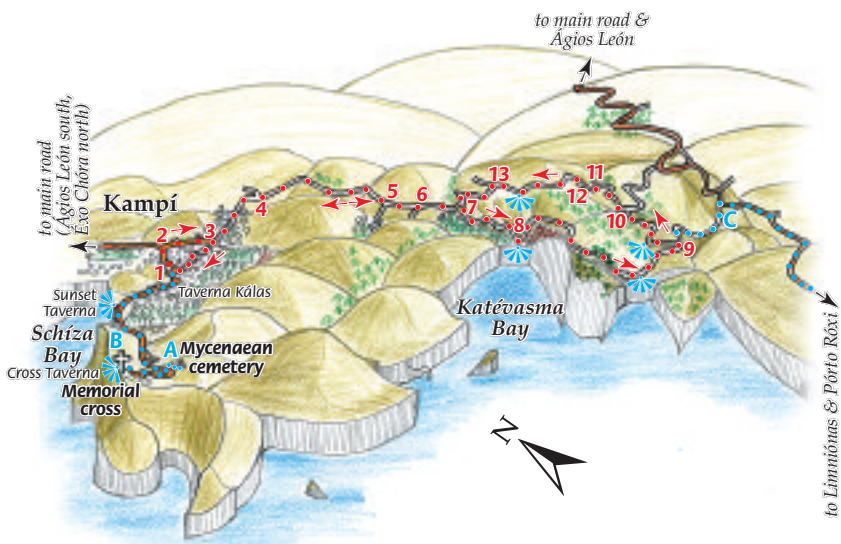
1) You can extend the walk by 30 minutes by visiting the sign-posted Kampí Mycenaean cemetery (A) and taking in the views of Schíza Bay from the Memorial Cross (B).

2) You can extend the walk by 1 hour by turning right at point (9) and right again at point (C), to visit the Limniónas sea caves.

3) The walk can be reduced to 4km/2.5mi (about 1.5h, with an ascent/descent of about 100m/330ft) by making it a linear ('out and back') walk between Kampí and Katévasma Bay — from point (1) to (8) and back.

Additional suggestions: After the walk, visit the Kampí Museum, Mycenaean cemetery and memorial cross. Then drive back into Ágios Léon, and from there follow the signposts for Limniónas inlet, to see and/or swim at the sea caves and experience the beautiful turquoise sea. On leaving Limniónas, follow the tarmac road that forks right and leads around the coast to the Pórto Róxi inlet, set along a rugged rocky peninsula with more unusual limestone geology. You can return directly to Ágios Léon from Pórto Róxi to complete the loop.

private road); take the second tarmac turning to the right (2). At the next junction (3), with a small **chapel** on the right, veer left on a track lined with drystone walls.



Follow this through a valley, continuing straight on at the next three junctions (4, 5 and 6). At the T-junction (7), turn right and follow the track through a valley, to the stunning **viewpoint at Katévasma Bay (8)**.

Continue following the track to the next junction (9), where you turn left up a hill. At the next junction (10), turn left again and walk up into the hills, enjoying

the coastal views towards Kampí. Keep to this track, ignoring turns to the right (11) and then left (12). At the next fork (13), turn left and descend into a valley, back to the junction at point (7).

From here retrace your steps back to the fork in the road by the small chapel (3), veer left, and walk down through **old Kampí village** to the church and square in Kampí where you began.

GEOLOGY

The precipitous white cliffs and surrounding hills of this region are composed of the Mount Vrachíonas region detrital limestone of the Cretaceous age. During the walk it is worth stopping to view the precipitous cliffs of Schíza Bay at Kampí and, later, the rock formation at Katévasma (which, literally translated, means 'straight down') Bay — where a fault line has resulted in the dipping, folding and vertical uplifting of the rocks. Nearby Limniónas inlet has several limestone sea caves that swimmers can explore.

HABITATS

Due to the frequency with which these hills are deliberately burnt, *garrigue* and *phrygana* vegetation are the primary habitats — although in areas that have not been burnt for at least five years new growth of young pine trees speckles the hillsides. Pockets of *maquis* may be found in sheltered hollows, in gullies or where hills join. Along the cliffs, or on hills separated by deep gorges, mature Aleppo pine forests are the dominant habitat.



From top to bottom, left to right: view of precipitous sea cliffs from the trail; gorge forested with Aleppo pines; Cretan irises; bumblebee orchid; sea stock

PLANTS

Spring

In spring, broom, sea stock and rock roses carpet the hills of this region. Orchid species can be found on the verges of cultivated land, in abandoned meadows and sheltered under scrub vegetation; among their number are dense-flowered, crescent, bumblebee, woodcock, funeral, horseshoe, sombre bee, yellow ophrys, eastern yellow ophrys, Grecian spider, sawfly, Italian man, lax-flowered, pink butterfly, four-spotted and scarce tongue-orchids.

Summer

In summer, the hills are carpeted

with flowering thyme, broomrape, capers and fleabane.

Autumn

In autumn, heather and satureja carpet the hillsides, interspersed with the towering white-flowered sea squill. Myrtle, lentisc, the wild strawberry tree and common smilax flower and produce berries during this period.

Winter

Rosemary flowers carpet the hillsides and cliff edges during the winter months. Other species include hyacinthellas, narcissi, mayweed, annual daisies, field marigolds, Bermuda buttercups, spiny chicory, cyclamens, and catchflies. In winter both Algerian irises and Cretan irises can be found (the two species are very similar but can be distinguished by leaf width; the former have a width of 7-15mm, while the latter are less than 3mm wide). Mushrooms flourish after heavy rainfalls in winter, and local people can be found searching the scrub of this region for edible delicacies.

CULTURE

Kampí is a small, traditional mountain village built at the edge of the 300-metre-high cliffs of Schíza. It has one of the most prominent landmarks on Zákynthos — a giant memorial cross honouring the resistance fighters during the civil war who were sent to their deaths over the cliff edge. This cliff is also the site of an ancient Mycenaean graveyard with several engraved tombs. Kampí village also has a small and interesting folk museum with domestic and agricultural paraphernalia.

AGRICULTURE

During the walk you will notice many beehives, the honey of which can be found for sale in the village of Kampí. The hills of this region remain mostly uncultivated and are grazed by several herds of goats and sheep. Closer to the village of Kampí, there are vineyards and several olive groves set among drystone walled fields — some of them fairly ancient, dating back about 300 or more years. Drystone walls are a beautiful tradition of the mountain villages and a skill that is almost lost.

WILDLIFE**Invertebrates**

Between spring and autumn honey bees are the most noticeable insect, due to the abundance of managed beehives in this region. Other species include bumblebees, wasps, hornets, cicadas, grasshoppers, bush-cricket, predatory ground beetles, bloody-nosed beetles, spiders, scorpions, etc.

Reptiles and amphibians

Among the lizards are Balkan green and wall lizards, skinks, Moorish geckos and Greek *Algyroides*. Snakes include the Montpellier, four-lined, leopard, grass and Balkan whip snakes. Tortoises are also present.

Birds

In spring, the hoopoe, an elegant and distinctive bird, can easily be spotted in this region searching for insect food among the scrub. Other spring and summer migrants include nightjars, turtle doves, wheatears, warblers, whinchats and swifts. Among the resident and overwintering species are robins, blackbirds,



From top to bottom, left to right: Kampí's Mycenaeen cemetery; free-grazing goats; bloody-nosed beetle; Moorish gecko; kingfisher



thrushes, wrens, dunnocks, wagtails, larks, fieldfare and rock thrushes. Kingfishers can also be spotted in coastal areas. Birds of prey include buzzards, hobbies and kestrels. Seagulls, terns, shearwaters and cormorants can be sighted off the sea cliffs.

Mammals

Land mammals include hedgehogs, dormice, hares, martens and several bat species (myotis, European free-tailed). In the sea, the resident Mediterranean monk seals might be spotted along the coast — or migratory species such as bottlenose and common dolphins.