



Greece

7 Summits

Everything You Need To Know



OVERVIEW

High above the **Aegean Sea**, where storms gather around the throne of Zeus and ancient myths cling to the clouds, a journey unlike any other awaits. Over six days, you'll traverse the **Mount Olympus** massif, summing all seven of its major peaks: **Mytikas, Stefani, Skolio, Skala, Agios Antonios, Profitis Ilias, and Toumba**. This is Greece at its most raw and divine, a rugged circuit of ridges and alpine terrain that demands respect, endurance, and a willingness to step where legends were born.

The climbing is strenuous, with gully scrambles on **Mytikas** and **Stefani** that require sure footedness and a head for exposure. You'll traverse alpine ridgelines including the **Laimos** and the **Plateau of the Muses**, with panoramic views stretching from summit to sea. Nights are spent in mountain refuges perched above rolling clouds, with evenings to recover in **Litochoro**, the gateway village beneath **Olympus National Park**. No technical climbing experience is required, but honest fitness and confidence on rocky terrain are essential.

As with all our expeditions, you'll benefit from small group dynamics, experienced leadership from Jason Black and the elite guiding team, and our commitment to supporting local communities throughout the journey.

TRIP FACTS

**COUNTRY**

Greece

**DURATION**

6 days

**GRADE**

Strenuous

**MAX ALTITUDE**

2,918 m

**DAILY ACTIVITY**

8 hrs

**SEASON**

Summer

DESTINATION **GREECE**

Greece needs no introduction, but Olympus still surprises those who come expecting only myth. The mountain that gave the ancient world its pantheon of gods remains a serious alpine environment, rising nearly 3,000 metres directly from the Aegean coastline in a dramatic sweep of rock, forest, and exposed ridgeline. The Olympus massif sits within Greece's oldest national park, where endemic flora clings to limestone walls and golden eagles circle above the Plateau of the Muses. Below the peaks, Litochoro offers tavernas serving slow-cooked lamb and local wine, narrow streets winding beneath plane trees, and a culture that has welcomed pilgrims and climbers for centuries. Here the sea is never far from sight, and you can stand on the summit of Mytikas in the morning and watch the sunset over the Aegean by evening.

REQUIRED EXPERIENCE

Fitness Requirements

Being fit is essential, this challenge is physically demanding, involving daily trekking at altitude and significant elevation gain. Previous experience is beneficial but not essential, there is no technical climbing in this expedition, only trekking.

To fully enjoy and safely complete the expedition, participants must have:

- Good cardiovascular fitness – capable of hiking for 6–10 hours per day on varied terrain for seven days.
- Strong leg endurance – able to ascend/descend 1,000–1,500m multiple days in a row.
- Back-to-back hill day experience – familiarity with trekking for several days without full rest.
- Mental toughness – the ability to push through fatigue, adapt to changing weather, and keep spirits high in a team environment.

ROUTE MAP – GREECE 7 SUMMITS



WHAT ARE THE PEAKS ON THE ROUTE?

1. **Stefani (Στεφάνι)**
2. **Skolio (Σκολιό)**
3. **Skala (Σκάλα)**
4. **Agios Antonios (Άγιος Αντώνιος)**
5. **Profitis Ilias (Προφήτης Ηλίας)**
6. **Toumba (Τούμπα)**
7. **Ólympos Mytikas (Ολυμπος)**

COST INCLUDES

- All accommodation on a shared basis.
- Single room option available in Litochoro
- Single room option is not available in Mountain huts
- JBM Elite expert guiding
- Preparation training plan
- All accommodation
- In country transport during the expedition
- Greece 7 Summits Medal
- In mountain Breakfast – Lunch – Dinner
- Climbing equipment

COST EXCLUDES

- Personal International flights
- Personal hiking gear
- Personal Insurance

MEDICAL AND HEALTH INFORMATION

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

TRAVEL INSURANCE (MANDATORY)

Participants must carry travel insurance that covers hillwalking/scrambling (non-technical) up to 3,000 m in Greece, including trip interruption and medical cover. Bring your policy details in the event required. We recommend [True Traveler](#)

ITINERARY

Days	Itinerary
Day 1	<p>Arrive Thessaloniki SKG airport and transfer by team bus to Litochoro (60–90 min). Team meeting at Litochoro hotel</p> <ul style="list-style-type: none"> • Expedition briefing • Gear check • Welcome dinner and early night. <p>Sleep: Litochoro hotel</p>
DAY 2	<p>Gortsia → Petrostrouga → Plateau of the Muses (Refuge) Trailhead at Gortsia → Petrostrouga Refuge → Skourta → Laimos ridge → Plateau of the Muses.</p> <p>lunch at Petrostrouga Refuge at 2000m – amazing sea view.</p> <p>Hike time: 7 hr steady pace with breaks. Sleep: Apostolidis Refuge.</p>
DAY 3	<p>Skolio → Skala → (Mytikas if conditions allow) Plateau → Skolio (2,911 m) → Skala (2,866 m) → scramble to Mytikas (2,918 m) → descend through Louki (I/II gully scramble) and return to refuge.</p> <p>Notes: Skala–Mytikas and descent through Louki (Gully) is an exposed I/II scramble (1 hr each way).</p> <p>Climbing gear recommended and provided.</p> <p>Hike time: 6 – 8 h. Sleep: Apostolidis Refuge.</p>
DAY 4	<p>Stefani → Agios Antonios → Profitis Ilias → Toumba Plateau.</p> <p>Climbing gear for Stefani recommended and provided.</p> <p>Hike time: 6 – 7 h Sleep: Apostolidis Refuge.</p>
DAY 5	<p>Descent to Pronia and transfer down to Litochoro. Coffee stop at Apostolidis Refuge.</p> <p>Hike time: 5 – 6 hr. Sleep: Litochoro hotel</p>
Day 6	Transfer Litochoro → Thessaloniki Airport SKG (60 – 90 min). Depart for home.

PACKING LIST – GREECE 7SUMMITS

Travel Documents

- Passport 6mts Valid
- Insurance Papers
- Photocopy of passport

Footwear

- Robust hiking boots with good tread (well broken-in)
- No trainers on this trip.

Clothing

- Waterproof jacket (helmet-compatible hood preferable)
- Waterproof trousers
- Wicking base layer warm
- mid-layer (fleece or light synthetic), spare warm layer
- Hat, buff, and two pairs of gloves (one spare dry pair)
- Hiking trousers (no jeans/cotton)

Other

- Sunscreen, sunglasses, lip balm; personal meds; cash/card for meals
- Travel towel (hostel towels may be hired)

Seasonal/route-specific notes

- Late May can still be cold/wet on ridges; pack warm layers.
- Light scrambling and sustained rocky terrain, good boots essential.

Safety

- Head torch with fresh batteries
- Personal first-aid and blister kit
- Emergency bivvy/survival bag and whistle
- Fully charged phone in waterproof pouch; power bank
- Water 2–3Ltr total capacity (bottles or bladder)
- High-energy personal sugary snacks for long days.

Additional Personal Items

(Add your own personal items here)

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TRAINING PLAN

Here is our suggested 12 week training program for Greece 7 Summits

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains

Every training season must include 15min warm up and 15 to 20 min of cool down after training.

TRAINING AND FITNESS

Although no mountaineering experience is required on this trip, a good level of physical fitness is necessary. You must be comfortable hiking up to 8 hours a day, with many steep uphill sections, uneven, rocky terrain and in unpredictable weather. This hike is a strenuous one, so the better prepared you are, the more you should enjoy it.

Hillwalking: Everybody is different, so I cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the trip. We would recommend hiking on a very regular bases and at least 4 big hikes per month in preparation for this expedition, (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least two high intensity cardio training sessions per week. The type of training is not important you just need to elevate your heart rate go a high level interval style for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

PASSPORTS, VISAS ENTRY REQUIREMENTS

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Irish citizens do not need a visa to enter **Greece** for short stays. You require a valid passport with a minimum 6 months validity. Contact your local embassy, or consulate for the most up-to-date visa requirements.

FLIGHTS

Book your flights now – arrive / depart airport for the advertised dates. If you'd like to arrive earlier or staying later just let us know and I can book extra nights.

It is your responsibility to be on time for the climb. You will be picked at airport arrivals by your expedition leader and transported to your accommodation, Don't panic he will see you before you see him, just look out for the Jason black mountaineering sign.

Airport Transfer outside of the Itinerary will require an additional cost of €100

ARRIVAL COMPLICATIONS

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact us immediately at jason@jasonblack.ie

MEETING POINT INSTRUCTIONS

Black Mountaineering will arrange your arrival transfer from the airport. Please advise your flight arrival details at least 14 days prior to your departure.

For your confirmed arrival transfer, you'll be met outside the Airport (by a transfer representative holding a Black Mountaineering sign.) In case of flight cancellations, changes, if you experience severe delays at immigration, baggage collection or customs, or if you are not able to reach the driver, please contact us directly) by email on jason@jasonblack.ie

TREKKING AT HIGH ALTITUDES

OVERVIEW

Our treks include challenging activities at altitudes over 2000m and are suitable only for those in excellent health and fitness. With over 30 years of experience, we maintain a strong safety record. Proper training and preparation is crucial.

ALTITUDE SICKNESS (AMS)

Trekking above 2000m poses a risk of Acute Mountain Sickness (AMS), which can be life-threatening if untreated. Common symptoms include:

- Sleeplessness
- Loss of appetite
- Vivid dreams (2500-3800m)
- Shortness of breath
- Periodic breathing
- Blocked nose, dry cough, mild headache

If you experience nausea, dizziness, or other severe symptoms, inform your group leader immediately. Pre-existing conditions or medications may affect your ability to acclimatize.

No need for the use of diamox at these low altitudes.

SAFETY MEASURES

Our trips adhere to strict altitude safety measures, and our leaders are trained in First Aid. Descent will be arranged if continuing is deemed unsafe. Be aware that some ascents may exceed recommended rates, but our safety protocols ensure acceptable risks.

MEDICAL AND INSURANCE

Ensure your travel insurance covers high altitudes and helicopter evacuation. Carry proof of insurance for verification by your group leader.

TRAVEL CLOTHES

Travel clothes and extra luggage can be stored at the team hotel until you return from your expedition.

SAFETY

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your governments advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you wont need it while trekking. A lock is recommended for securing your luggage. When on expedition in a group trip, please note that our Jason Black Mountaineering guide has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Our guide will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your guide will assist you with options available in a given location please note that any optional activities you undertake that are not part of your itinerary, we will not take any responsibility about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on the trip are generally safe during the day, there can be risks to wandering throughout any major cities at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night-time excursions.

GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

RULES

Illegal drugs will not be tolerated on any Jason Black Mountaineering trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking Marijuana and opium is a part of local culture in some parts of the world but is not acceptable on our expeditions. Our philosophy in adventure is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our guides have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

GROUP GUIDE

All group trips are accompanied by one of our Black mountaineering group guide(s). The aim of the group guide is to take the hassle out of your travels and to help you have the best trip possible. Black Mountaineering endeavours to provide the services of an experienced group guide however, due to the seasonality of travel, rare situations may arise where your group guide is new to a particular region or training other group guides.

Your group guide will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

COMMUNITY GUIDELINES

At Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email Jason@jasonblack.ie.

TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

MONEY MATTERS

The currency of Greece is the Euro.

ATMs are widely available in all major towns and cities. Credit cards are useful for large purchases, but generally they are not widely accepted. Please ensure you only use banks, licensed money exchangers, or hotels. We also suggest you keep your receipts. Do not change money with street touts as this is illegal.

Changing money is easy and you will find banks and exchange bureaus in large cities.

When it comes to spending money on the trip, every traveller is a little different.

You know your own spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

Please note at the end of the hike that you will be required to give €50pp to your guide.

Of course, you are free to tip more as you see fit, depending on your perception of service and quality of your trip.

Key Tips

- Carry sufficient cash outside main cities.
- Use new, clean currency notes.
- Prepare enough small denomination currency for treks.
- Budget for optional expenses and have contingency funds.
- Tip appropriately for good service.

ITINERARY DISCLAIMER

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our Journey will take us. Due to our style of adventure and the regions we visit, adventure can be unpredictable. The expedition document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered.

CANCELLATIONS

Deposits are non-refundable and cancellation terms vary, please see the specific booking conditions. If Jason Black Mountaineering cancel the trip you will receive a full refund including the deposit payment.

FORCE MAJEURE EVENT – OUTSIDE FORCE

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable nights. Make sure you have access to an extra **€300-500** for emergencies e.g. severe weather, natural disasters, civil unrest, transport strikes or cancellations, airport closures or other events that result in unavoidable changes to the itinerary.

Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved, but we will do everything to avoid this happening.

Jason Black Mountaineering will have your departure transfer to the airport arranged. Please advise your flight arrival details at least 14 days prior to the start of your trip. If you have a confirmed departure transfer your leader will advise your pick up time the day before your trip ends. If our driver has not arrived within 70 minutes of the scheduled pick up time, or your departing flight is cancelled or changed, please contact your guide or us directly by email on jason@jasonblack.ie

BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).
We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.
Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. You're notice of cancellation will only be effective when it is received in writing by us.
Except as set out in paragraph 8 below, the following cancellation charges will be payable.
For more information about our refund terms, please visit [this link](#)

WHY BLACK MOUNTAINEERING?

Black Mountaineering is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[Greece 7 Summits](#) Page

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