

SPORT ACTIVITIES IN THESPROTIKO AREA

We are going to present some of the most popular activities in Thesprotiko and generally around the area. There are plenty of fascinating activities that everyone can try and have fun. It is a good opportunity to take part if not in all, but at least in one of the sport activities and then you will surely like it. It is worthy, not only for the activity you will choose, but also it will become a great experience for everyone's whole life!

There is a variety of outdoor activities for all the different capacity levels you can choose from in order to meet with all the unique natural beauties of Thesprotiko and around it. The small town of Preveza city is indeed a big surprize for the new visitors in terms of memories, imagery, feelings.

One of the best ways to meet the hidden treasures of Thesprotiko is to be a part of the well organized activities.

- One of the most beautiful challenges of the area of Preveza is to experience the alpine landscape of Ziros lake, and ideal destination for lovers of:

i) Hiking



The majesty of Greek nature unfolds in a surprising way at that hiking route as it combines Alpine scenery of Lake Ziros with unique geological phenomenon of red clay. It is a good chance to admire, discover and learn.

ii) Cycling



The area of Ziros lake is an ideal cross country arena for cycling excursions as the impressive and diverse relief enables bicycle lovers to explore with special excitement this continental canvas.

iii) Rowing



And who would not want to try anything like rowing, something that would make him remember this time for his whole life?

iv) SUP



One of the most ideal places for starting with is the magical Lake Ziros. In this calm and clear water you will enjoy cruising safely the board and harmonize with the peaceful landscape which excites you throughout this route.

v) Running



Nothing is better from running around the Ziros Lake, bypassing that bright-red hills. It is something unique!

In conclusion, we can see that this area has a lot of interesting sport activities and a good memorable experience to offer!

- Another sport activity, and specifically, an air-sport activity near Thesprotiko, is Paragliding* in Pappadates.
- Paragliding is the recreational and competitive adventure sport of flying paragliders: lightweight, free-flying, foot-launched glider aircraft with no rigid primary structure.[1] The pilot sits in a harness suspended below a fabric wing. Wing shape is maintained by the suspension lines, the pressure of air entering vents in the front of the wing, and the aerodynamic forces of the air flowing over the outside.

Despite not using an engine, paraglider flights can last many hours and cover many hundreds of kilometers, though flights of one to two hours and covering some tens of kilometers are more the norm. By skillful exploitation of sources of lift, the pilot may gain height, often climbing to altitudes of a few thousand meters.

*Paragliding in Greece is called also <<Para-Pede>>.



Despite the area of Pappadates, Paragliding is also available in a small village near our place, called Kranea.



To sum up, our area is a place full of sport activities that anyone can try and remember this unforgettable experience for the rest of his life. Do not let this chance slip away!!!

Thank you in advance!