

Olympus rises on the northeastern side of Thessaly and the northwestern side of Macedonia. Mitikas or Pantheon is the higher peak of Olympus. Olympus was probably formed during the Eocene epoch, about 50 million years ago.



CLIMATE

Olympus climate is not uniform, because due to hypsometric differences there are many dissimilarities and variations. So, it is common to observe different meteorological phenomena at the same time. Temperature drops 6 degrees Celsius every 1,000 meters and, combined with the strong winds, the climate here offers a different picture: the phenomena are much more intense.

FAUNA

Many wild animals and birds lived in Olympus until the 18th and 19th centuries. Unfortunately, since the beginning of the 20th century, the loss of some forests and human activities (woodcutting, hunting, pasturing) combined to annihilate the biggest part of the rich fauna.



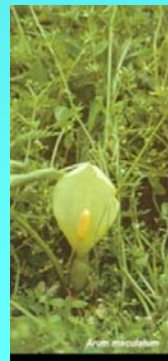
Thus, some of the few species that exists today are: *Canis lupus* (wolf), *Vulpes vulpes* (fox), *Sus scrofa* (boar), *Capreolus capreolus* (roe deer), *Rupicapra rupicapra* (wild goat), *Martes foila* (badger), *Lepus capensis* (hare), *Mustela nivalis* (weasel), *Erinaceus europaeus* (hedgehog), *Sciurus vulgaris* (squirrel).

There are also various species of snake, turtles, lizards and scorpions. The wild goat is the animal that any climber or hiker can easily meet. Also you can find plethora of birds of prey, eagles, hawks, doves, cuckoos, owls, woodpeckers etc.



FLORA

Olympus is divided into three basic vegetative zones. The vegetation of the maquis – i.e. evergreen arbutus, holly, briar, quercus ilex, dominates the first zone (300-600 m) along with small deciduous trees – shrubs like paliurus, Celcis siliquastrum, Carpinus orientalis, Fraxinus ornus et al.



In the second zone (600-2.300 m) we find conifer and big deciduous trees which constitute immiscible forests. The most common species here are black pine (*Pinus nigra*) which forms huge forests on the north and east slopes of the mountain. A very characteristic tree is the well-known “robolo” of Olympus (*Pinus heldreichii*) which grows from an altitude of about 1.000 meters to the end of the forest zone.



Finally, in the alpine zone (over 2.400 m) there is no vegetation, with the exception of some *Pinus heldreichii* in shrub form – but even those grow on some slopes only. However, in the extended alpine zone of Olympus there is a wealth of plants, herds, wildflowers and rare endemic vegetation.



PHARMACEUTICAL PLANTS (SIMPLES)

Many botanists have visited Olympus since the middle of the last century and have studied its opulent flora. Over 1.700 species have been recorded 23 of which are endemic. The distinguished botanist Arne Strid carried out the last scientific work. The Danish doctor of botany studied and explored the whole of Olympus for five years in the 1970s, from spring to autumn. His book, “Wild Flowers Of Mount Olympus”, is the result of this laborious work. In this textbook he describes analytically over 1.100 species of plants and the text is accompanied by photographs.



SOME PHARMACEUTICS PLANTS

Viola striis:

We select the flowers in winter and the leaves in winter or in spring. In the roots occurs a styptic essence which is called violin.

If decoction is made by the flowers it could be used for the cure of catarrh, bronchitis, kidneys' and bellows' inflammation. The eating of the plant's fresh leaves for a long time period cures the derma's cancer



Veronica officinalis:

We collect the plant before or during της in the summer.

The plant contains organic acids and oils.

If decoction is made after 20' boil, it could be used for the cure of the stomach's debilitation and bronchitis.

If flowers of the plant are boiled, the decoction could be used to imbue compress made by cotton to cure eye's inflammation.



Rubus fruticosus:

We collect the leaves during all year period and the stools in summer.

The plant contains vitamin C and organic acids.

If decoction is made by the stools, it could be used for the cure of diabetes. The patient drinks a glass of decoction every morning before breakfast.

Also someone could boil the leaves and drink the decoction for the cure of anemia and diarrhea.



Tussilago farfara

We collect the leaves and the flowers during spring. We drain the leaves and we keep them in a dry place.

Asthmatic people breathe in smoke from the burning leaves and flowers.

If decoction is made by the flowers or leaves, it could be used for the cure of bronchitis and cough. Also it could be used to imbue compresses to cure pimples and abscess.



Verbascum sp.

Flowers are collected in spring or summer and must be drained quickly so preserved the yellow color.

If decoction is made by the leaves it could be used for the cure of diarrhea and dysentery.

If decoction is made by the flowers it could be used for the cure of catarrh.

If decoction is made by the green plant it could be used for the cure of neuralgia, gastritis and tracheitis.

