

Region of Central Greece

TOURISM ♦ CULTURE ♦ GASTRONOMY





Contents

- 4 Regional Unit of Viotia**_Authentic & warm
- 12 Regional Unit of Euboea**_A destination for every season!
- 24 Regional Unit of Evrytania**_Life in the ... heights!
- 30 Regional Unit of Phthiotis**_The place of myths & history
- 42 Regional Unit of Phocis**_The Place of Contrasts!
- 48 Products with Protected Designation of Origin**



[01]

AUTHENTIC & WARM

Viotia, on the southern part of Central Greece and brimming with beautiful, picturesque villages, mountain and sea, sights, natural beauties, historical monuments and mythical heroes, promises the visitor unique experiences!

Mount Parnassus [01], one of the highest mountains in Greece, stands majestically on the north part of Viotia, with its **National Park** is one of the oldest ones in Greece, hosting a rare flora and fauna. According to the mythology, Parnassus was dedicated to Apollo and the Corycian Nymphs. Parnassus National Park is packed with dense vegetation. It is mostly covered in spruce and cedars, has rare indigenous plants and is home to a great number of wild animals and birds. The visitor has also the chance to see wonderful natural landscapes and sights, such as sinkholes and caves!



[02]

Parnassus is also famous in the entire country for its Ski Resort, the largest and most organised in Greece, with 21 ski slopes, 7 ski routes, 5 connecting trails and 4 slopes suitable for beginners. It covers an area of 34 km. Start descending at an altitude of 2,260 meters until you reach the 1,640 meters!

Explore the Viotian land!

Viotia is an attraction not only for the winter months. With Arachova and the ski resort stealing the show, it is considered as one of the most popular all-year-round destinations in Greece. In an area of a few kilometers, the visitors can choose among mountain, sea, picturesque villages, hiking trails, tours in the area, historical and cultural monuments and everything else they wish for, from experiential activities in nature to nice family experiences!

Of course, **Arachova [02,03]** has a prominent place in the area. It is the most famous and cosmopolitan village not only in Viotia but also in Greece, located in the foothills of mount Parnassus. Get lost in the quaint alleys of the area, enjoy your meal at the famous taverns and gourmet restaurants, drink a coffee, enjoy a drink or cocktail and have fun at its hangouts.



[03]



[04]

The picturesque **Antikyra [05]** settlement is nestled in the shade of Parnassus on the one side, and right by the sea on the other. With its beautiful waterfront lined with cafes and fish taverns, it is the ideal destination for a summer trip. Walk along the waterfront with the Lighthouse being its trademark, enjoy the panoramic views from Prophet Elias, and visit St. Isidoros, famous among locals and visitors for its beautiful beach of the same name, within just 2km from the main settlement.

Distomo [07] is a picturesque small town definitely worth visiting. In the centre of the town there is a monument of World War II and it is located within striking distance from Arachova (15km).

With the urban landscape characterised by natural beauties and sights, **Livadeia [04]**, the capital of Viotia, with a history dating back to the ancient times, is a town built between

mounts Parnassus and Elikonas at an altitude of 160 meters. Start your tour from the neighbourhoods of the town with the interesting, distinctive architecture, visit the Historical and Ethnological Museum, the Museum of Old Professions and the Clock Tower, which was built during the Francocracy and is one of the most characteristic spots of the town. Climb the hill of Prophet Elias to see the chapel of the Prophet, marvel at the old Castle that was reconstructed during the Byzantine Empire and the Francocracy (it is one of the 4 Catalan-style castles in Greece), as well as Trofonio Oracle in the foothills of the hill, one of the most important oracles of the ancient times. Complete your tour with a walk to the chapel of St. Jerusalem in the cave of Zoodochos Pigi. The mountain villages, within relatively short distance from Livadeia, are ideal destinations for a trip. Among them is picturesque **Kyriaki [08]**, built at an altitude of 720 meters in the western, verdant slopes of mount Elikonas. It is one of the most beautiful mountainous villages in the Viotian land. Visit **Arvanitsa** and look for the program of the top summer musical festival. Buy



[05]

a tent; the combination of music and camping in the mountain is a unique experience!

Climb Paliokastro hill, the panoramic views will take your breath away! Another mountainous place in the slopes of Elikonas, very close to Kyriaki, is the picturesque **Aghia Anna village**. On the way between the two villages you will find **Arvanitsa forest**, a retreat forest and a wonderful alpine landscape worth making a stop. If you have time, a visit to the coastal settlements on the northern coastline of the Corinthian Gulf is a beautiful experience.

Thebes [08] is another important town in Viotia and one of the oldest towns not only in Greece, but also in the entire world. According to the legend, Thebes was built by Cadmus, it was the birthplace of Hercules and the hometown of Oedipus, as well as many other historical and mythical figures. Thebes also combines mountain and sea, lush mountains mounts Elikonas and Kitheronas, wonderful valleys, forests, trails in the slopes of the mountains, "secret" caves a stone's throw from the town, ancient coastal settlements with crystal-clear waters, and **Iliki [06]**, a natural lake, situated in an impressive, beautiful setting and also an important wetland. The archaeological and historical interest of



[06]



[07]



[08]



[09]



[10]

Visit a true paradise on earth with impressive waterfalls, **the Petra Waterfalls [14]**. They were named after the neighbouring Petra village, with marvellous stone houses, located in the foothills of Elikonas at an altitude of 200 meters, close to Aliartos. The waterfalls are a true gem, a wonderful picture that looks like it was taken from a fairy tale. With a height of 25 meters,, it is the highest natural waterfall in Greece, but its most impressive feature is that, as the waters fall from the mountain slopes, they stagnate in the rocks and then they continue their impetuous flow, resulting in two smaller waterfalls and creating a natural landscape of unrivalled beauty.



[11]



[12]



[13]

the area is traced back for centuries. The cultural and archaeological monuments are of major value, like **the Kabeirion Ancient Theatre [09]**, the Mycenaean palace of Thebes or Cadmeion, the Fountain of Dirki, connecting the myth of the foundation of the town by Cadmus with the one of Dirki, wife of Lycus, King of Thebes. Among the most important sanctuaries of ancient Thebes is the Temple of Ismenius Apollo, built on the hill of the same name, while **Plataies** is another renowned archaeological site, famous for the Battle of Plataea that took place in 479 B.C. between the Greeks and the Persians. Due to this great archaeological value, the town features also an equally important museum, **the Archaeological Museum of Thebes [12,13]**, considered as one of the most important museums in Greece.

Natural sights

Erkinas river, trademark of the town, passes through the entire town and was named after Erkina, the Nymph that lived in the fountain of the same name. The famous **springs of Krya [10,11]**, with their waters flowing from the river, create probably the most beautiful setting in the area. It is a breathtaking landscape brimming with burbling waters, stone bridges, plane trees, watermills and waterfalls. Close to the springs is the stone theatre of Krya.



[14]

The Viotian Kifisus is the biggest river in the eastern part of Central Greece, traversing the fertile valley between mounts Kallidromo and Parnassus. Kifisus is also one of the perfect places in Greece and Europe for Water Skiing, thanks to the good weather conditions and the reduced intensity of winds in the area.

The Spring of the Charites [15,19] in Orchomenos is among the most important places in the wider area, brimming with rich vegetation and crystal-clear waters. According to the mythology, it was the birthplace of daughters of Zeus, and during the ancient times, it was a place of worship for the Three Graces (Charites), hence the name of the springs. The Charites used to wash Goddess Aphrodite in Akidalia spring, they perfumed her and clothed her with the “ambrosian veil” woven by themselves.

Close to the springs, on the western slope of mount Akontio, in the burbling waters of Melanas river, traversing **Orchomenos**, in

VIOTIA

the summer and winter swim and grow the famous trouts of Orchomenos, at a stable temperature of 14 °C. Especially, in September they have a field day, with the Trout Festival.

Cultural & archaeological monuments

The **Monastery of St. Luke [18]**, a UNESCO World Heritage Site is built in Stiri village, on a slope of mount Elikonas, also known as the "Mountain of the Muses. It is one of the most important monuments of art, architecture and history, as this is where the beginning of the Greek War of Revolution in Central Greece was officially declared in March 27 1821.

Another important monument in the area is **the Ancient Theatre of Orchomenos [16]** built during the Hellenistic years and located in the east side of the ancient town, close to Levidi village. It has been excavated and is open to visitors. The Mycenaean domed tomb, known as the "Tomb of Minyas", is one of the most impressive monuments in the area. It is estimated to have been built around 2.000 B.C. and was revealed by the excavations carried out by Heinrich Schliemann in 1881-1885. In the area you will also find prominent churches and monasteries, with the most important being **the temple of Panaghia Skripous [17]**, the most ancient byzantine monument in Viotia built during the 9th century.

The **Folklore Museum of Tanagra** and **the Tanagra Necropolis** are sites of major importance. The cemeteries of Tanagra are of great historical, archaeological and cultural value. Since they date back to the Archaic-Roman years, they are a remarkable source of information and folklore data of that period. The renowned "**Tanagra Figurines**" are important archaeological findings of the area. They are works of art from ancient Greece depicting women in a standing or sitting position that were crafted since the 5th century B.C. by the so-called "figurine makers" in Tanagra and served as grave goods or lucky charms for their owner.



[15]



[16]



[17]



[18]



[19]

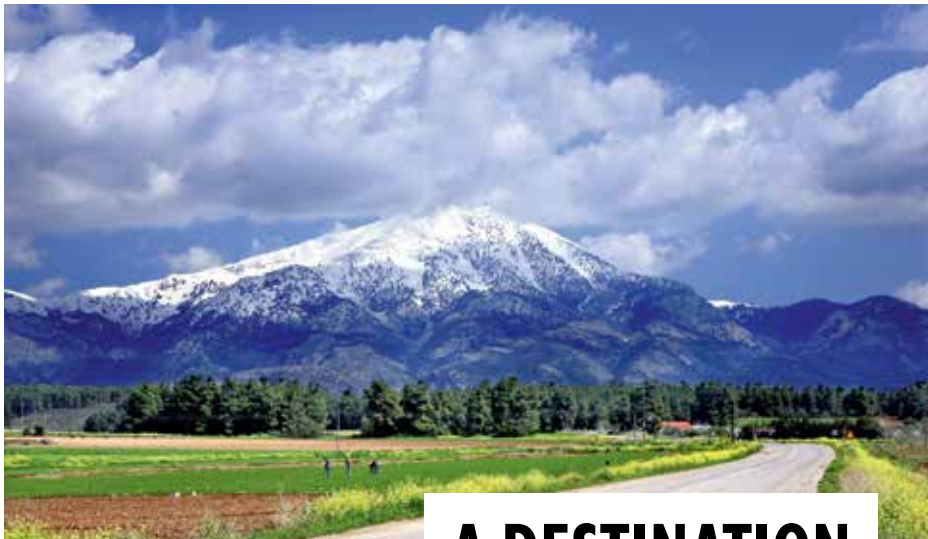
Don't miss!

It is a true experience to be "invited" to a "**Vlach Wedding**" in Thebes, one of the most famous folklore festivals! It is an ancient custom with its roots in the Cult of Dionysus that survived in centuries and today is a traditional custom of Clean Monday with a "ritual" taking place. The Vlach Wedding is listed in the National Intangible Cultural Heritage Appendix.

GASTRONOMY Tips

TRADITIONAL PRODUCTS & LOCAL CUISINE

From the fine local meats of Thebes and Livadeia to the famous Formaela Cheese from Arachova and the unique trout of Orchomenos, Viotia is a heaven of tastes! The various homemade pies have a prominent place in the Viotian cuisine. Try (or take home) Formaela, the famous cheese made from fresh sheep milk. The Opsimotyri is another type of cheese worth trying. It is made from sheep-milk yoghurt and is a delicious meze. The area and, particularly, Distomo, is famous for its Tsipouro, while there is also a significant local wine production. Enjoy the exceptional Karydato sweet, the tasty white bites made from local walnuts. You can also find homemade pasta, such as Chylopites and Tarhana. The area is also famous for its honey, premium olive oil, grains and vegetables.



A DESTINATION FOR EVERY SEASON!

The second biggest island in Greece and the 6th biggest in the Mediterranean Sea, hides unexpected pictures! Evia, with the numerous beauties, is the ideal destination for every season of the year, brimming with picturesque villages, amazing beaches, mountains, forests, rivers, thematic tours, monasteries and warm people. It is one of the most beautiful and interesting greek islands as for the natural beauty, the history, the culture and the folklore.



Sea, sea and more sea!

If you love sea, there is no better place for you than Evia! The relationship of the island with the sea is of vital importance! The choices are numerous and ideal for every taste... amazing beaches, some of them famous and other less famous, crystal-clear waters, coastal villages and settlements and fine seafood by the sea!

Evia is surrounded by the Aegean in the East and by the Evian Gulf in the West, so it has many beaches for every taste! Enjoy the summer sun, lay on its golden sandy beaches, swim into the crystal-clear, blue waters of the Aegean, get lost in the crowds or disconnect with your company, try water sports, explore secret coves and pebbly beaches... There are so many beautiful beaches that the visitor can discover! Among them the famous Chiliadou, the “hidden” postcard-like Vythouri, Petali, the famous Dafni beach, beautiful Nisiotissa [02], **Limnionas** [01], the beautiful Tsilaros beach [03], resembling a lake, wonderful Politika, another picturesque settlement with a gorgeous beach, ideal for families and relaxation... Head to the south to find the beaches of Agii Apostoli, Agios Dimitrios, Kalamos, Mourteri, Korasida and many more, depending on your taste and mood! A typical example, within striking distance from Chalkida, is the coastal part of Drossia, with its famous, cosmopolitan sandy beach called



“Alykes” covering a large area and packed with beach bars.

A visit to **Eglezonisi** (also known as “Ktyponissi”) is another amazing experience. It is an uninhabited islet opposite Panagitsa beach in Drosia that looks like a tiny piece of heaven! This small island is lush, covered in pines, with hills and, of course, beautiful sandy beaches. It is also a must destination for those who love fishing and diving.



[03]

Visit the coastal settlement of **Chili** (about 5km from Kymi). At this fishing village you will behold a unique picture capturing the magnificence of nature: the Aegean Sea unfolding in the skyline, sometimes calm and sometimes stormy. If you want to swim, you will have to go down the steep stairs leading straight to the deep, crystal clear waters of the sea. It is the ideal setting for those who love of scuba diving and exploring the sea bed.

Visit the famous **Lichadonisia** [03] (or “Lichades”) with the exotic beauty. It is a complex of 7 islets on the northernmost edge of Evia. They stand out for their deep blue waters and sandy beaches, with an equally interesting seabed. At a depth of around 10 meters, there is a shipwreck from 1943 that is barely visible through the water if you find yourself at this particular spot.

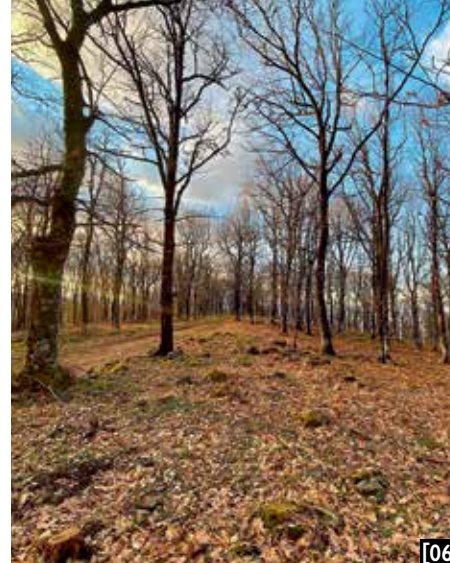


[04]

Opposite the picturesque coastal **Marmari village** [04], is the **complex of Petalii**. It basically consists of 10 small islands in the south Evian Gulf that look like small dots in the map. They have fantastic beaches with crystal-clear, blue waters, ideal for underwater explorations for the diving enthusiasts. Rocky coasts, sandy beaches, rich vegetation and magnificent coves, some of which accessible only by boat, create the authentic landscape and give the chance for a different summer experience.



[05]



[06]

And also...mountain!

You can find yourself in the mountains as easily as the sea! Evia combines both in a perfectly balanced way!

In Central Evia stands also the highest mountain in the island, **Dirfys**. It is believed that the sanctuary of Hera was built on top of the mountain during the ancient times. Here, you will also find some of the most beautiful villages in Evia, among which the renowned “**Dirfys villages**”. A roadtrip to the villages is an outstanding experience... Starting from the foothills of the majestic mountain, you will find many Byzantine monuments, while the wider area offers the visitor a plethora of choices! The access to the villages is easy. One of the most popular ones is **Steni** [08], with the plane trees, the burbling waters, the aesthetic forest and the famous taverns! Steni is ideal for hiking in beautiful trails. The route from Steni to **Stropones**, another beautiful village of Evia, is truly mesmerizing, as the road is surrounded by pines, plane trees, spruce and burbling waters. In the foothills of Dirfys you will find **Agali gorge**.



[07]

Mount Telethrio [06] with the rich flora and the possibility of many activities is a heaven with dense forests full of pine trees and oaks, creeks, gorges, trails and picturesque villages.



[08]

In South Evia, northeast of **Ochi**, you can find one of the most beautiful hiking trails in Greece of a length of 10 km! You will find this heaven in **Dimosaris gorge** [07], starting from an altitude of 950 meters at Petrokanalo, throughout the coastal settlement of Kalliana. Along the road, there are dozens of beautiful settlements and great natural landscapes brimming with vegetation and fresh waters!



Towns, villages, settlements & sights

The capital and biggest town in Evia, **Chalkida** [09,10,14], is located in the centre of the island and is one of the most beautiful towns in Greece, built on both sides of Euripus strait, with its one part in Central Greece and the other on Eurboea. It is famous inside and outside Greece for the unique in the world **Euripus tidal phenomenon**. The waters move constantly and change direction every 6 hours towards and North and South Gulf of Evia, respectively.

Here, you can stroll along the pedestrianised waterfront, admire the magnificent phenomenon and see the landmark of the town, the cable-stayed **bridge** dividing the town into two sides. If you find yourself there in the evening, it is very possible to see the bridge open, letting ships and yachts pass underneath.

Other significant sights of the town are the Venetian Fortress of Karababas (Kanithos), the Red House, the House with the Statues, **the Folklore Museum**, the New Museum of Arethousa, and many more. The “**historical triangle**” of Chalkida is also worth visiting, with the temples of three Eastern religions standing majestically: the famous Emir Zade Mosque, the Jewish Synagogue, the oldest in Europe, with a continuous presence of 2,500 years and, of course, the Basilica of St. Paraskevi dating from the 13th century.

Chalkida is the ideal destination for a short trip, for fresh fish and seafood, coffee, drink, swimming and walks. Particularly when it comes to food, the town stands out, since it is popular for its ouzo restaurants serving fine, fresh seafood. Apart from Chalkida, the neighbouring small towns of **Artaki** [15] and **Lampsakos** are also famous for their ouzo restaurants.

South of Chalkida, in about 20km is **Eretria**, a coastal town in the heart of the Evian Gulf, with an amazing landscape combining sea and mountain in the background. Within short distance, you will find the also coastal town of **Amarynthos** [11] with the beautiful beaches. Both in Eretria and Amarynthos you can enjoy fine seafood at the picturesque taverns on the

waterfront! **Note: The Archaeological Museum and the Ancient Theatre of Eretria** are of major importance. In Amarynthos stands out the Temple of Evangelismos Theotokou (Assumption of the Mother of Jesus), and also the Monastery of St. Nikolaos from the 12th century inside the forest and the Folklore Museum.

Nea Styra is another beautiful settlement in the **Gulf of Petalii** [12]. In the southeast of the settlement is the ancient Castle of Armeni on top of mount Kliosi, with the endless view. In the ancient times, the castle held a major strategic position.

Karystos [17,18] is a coastal town in South Evia that combines mountain and sea and a very vibrant tourist hub. Among the places of special interest is **the Archaeological Museum of Karystos**, the **Folklore Collection of Charilis Deligiorgis** and his wife, the



[16]



[17]



[18]

“**Karystian House**” in the centre of the town, reviving the lifestyle, customs and traditions of past times in the area and the majestic **Castello Rosso** in the foothills of mount Ochi, overlooking the Gulf of Karystos and revealing its visitors historical secrets. Just 15' from Karystos is the beautiful **Marmari** with the dreamy coasts!

Kymi [21,22] is one of the most picturesque villages in Evia. Walk around the village and admire the old mansions of beautiful architecture. Visit the house where Georgios Papanikolaou, the great pioneer doctor that invented the PAP Test contributing significantly to the international evolution of medicine, was born and grew up. Visit the settlement of St. Marina with the beautiful Soutsini sandy beach. Aghios Georgios is another must-visit area, where you will see the “white slabs”, an unusual picture in the shallows of the beach.

The picturesque villages of Kymi with the asleep volcano of **Oxylithos** looming over the highest point of the area are also an oasis in Evia. For nature lovers, the Kotylaia forest is ideal for mountain sports, with the view of the Aegean. In the winter, it is transformed into a beautiful lake with intense vegetation that is really worth visiting! **The settlement of Episkopi** is another beautiful and picturesque fishing village of Kymi with narrow alleys and island vibes, also known as the captains' village. Another wonderful place is **Zarakes village** with the beautiful vintage architecture, the stone houses, as well as a dreamy beach about 4km from the settlement. The area is widely famous for the renowned “**Purple Cave**” [16]. It is a masterpiece of nature, an awe-inspiring and impressive undersea cave in Zarakes, accessible only by boat. It was named after the purple seaweeds growing on its rocks.

Among the important sights within short distance from



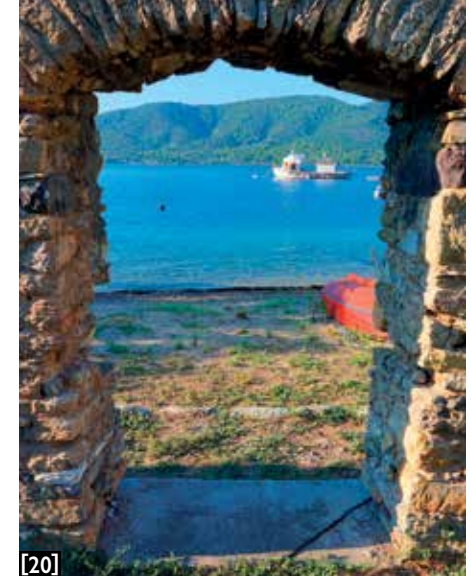
[19]



[21]



[22]



[20]

Kymi is definitely the **Convent of Sotiras**, a place of intense religious and cultural interest. It is built in a remote location, 250 meters above the sea level. It is believed to have been built in the 15th century by monks from Mount Athos. In the centre of the Convent is the Monastery of Sotiras built in 1643, a sight of major cultural and historical value. Although it has gone through many sufferings during the longtime history, it still stands majestic and since 1976 it operates as a convent.

Built amphitheatrically over the suntrap north Evian Gulf, **Limni [19,20]** is a wonderful coastal town with magnificent views of the endless blue. It combines harmoniously the sea with the green landscape - a typical picture of the entire island of Evia. You can walk around its alleys, admire the neoclassical buildings, the bright colours and the island vibes it exudes...

Within a lush landscape, a few kilometers away from Limni is the historical Nmonastery of St. Nikolaos, also known as “**Moni Galataki**” and the oldest monastery in Evia. It is located



at an altitude of 200 meters overlooking the Evian Gulf and mount Kandili. In addition, the ancient temple of the Monastery has been kept in a perfect condition, with the wonderful murals that were completed in 1567!

A particularly popular tourism destination is the beautiful **village of Aghia Anna**, located at an altitude of 300 meters on the northeastern side of Evia, attracting a large number of visitors. An equally popular spot is the large and famous sandy Aghia Anna beach, with the crystal-clear Aegean waters. Over the last years, the beach has become even more famous due to its organised camp.

Artemisium is a traditional village with an interesting architectural style. It is also an area of major historical value, as this is where during the Persian Battles, the Greeks closed the narrow pass where the naval battle of the same name took place, at the same time with the Battle of Thermopylae.



Close to the beautiful village of **Rovies**, is the **Holy Monastery of St. David [24]**, a very popular attraction. It is one of the most beautiful and historical monasteries in Evia, with a plethora of pilgrims arriving from every part of Greece.

On the other side, at the picturesque village of **Prokopi**, there is **the Holy Pilgrimage of St. Ioannis Rossos [25]**, another popular religious spot attracting every day a large number of pilgrims and visitors, where the holy relics of the Saint are kept.

Live a unique experience!

The thermal **baths of Edipsos [23,26,27]** are a very famous spot. According to the mythology, when Athena asked Hephaistus to create warm waters with healing properties so that Hercules could relax after every Labou,r Hephaistus choose Evia. According to another myth, Hera advised Deucalion and Pyrrha to wash themselves with the

waters of Edipsos in order to have many and healthy children. After a while, they had Hellen, their son and progenitor of the Hellenes!

In Edipsos there are the oldest **thermal springs** with proven healing properties, surrounded by a mesmerizing lush lanscape reaching the blue of the sea! A special mention should be made to the thermal healing spa of Helion at Edipsos. You can also find thermal springs in Gialtra village, built on a hillside, with magnificent views and a large coastline with beautiful beaches.



Don't miss!

- See the famous **Dragon houses [28]!** According to legends, the “Dragons”, mythical creatures, used to live there, hence their name. The Dragon Houses are located on the southern part of the island, close to Styra, in Karystos and the top of Ochi. They are 23 rectangular structures made from huge slabs from the mountains, dating back to the 5th century B.C. Thousands years later, they stand majestically, although they have no foundations nor connection materials! Their single view is awe-inspiring and this becomes even more intense if you think that, until this day, their date of construction, the way they were made, their creators and how the slabs were placed still remain unclear!
- **The waterfalls at Drymonas village [29]**, a truly magnificent image!
- **The Fossilised forest at Kerasia.** Among Aghia Anna, Papades and Kerasia, you will find a fantastic place, the fossilised forest of Kerasia, one of the few fossilised forests in Europe, with its age estimated at 20.000.000 years! A walk around its pathways is like a trip into the pre-historical period! The impressive findings from the paleontological excavations made here are housed in the Museum of Fossilised Mammals in Kerasia.

EVIA

Skyros

Skyros is the largest and southernmost island in the North Sporades and an ideal summer and winter destination, the windswept corner ("Anemoessa") of Central Greece! It is a mythical island of a mythical beauty, as Odysseus, Theseus and legendary Barbarossa left their marks on it! In the summer, the island steals the show with its natural beauties, beaches, nice food and elegant accommodation options, especially for those seeking peace and tranquility in their holidays. In the winter, on the other hand, it shows its wild beauty, with the lush vegetation full of pine trees and its waters wavy due to the strong winter winds. Skyros stands out for its balanced combination of the beauty of the Cyclades with that of the Sporades, as its southern part is mountainous and picturesque, while its northern part is brimming with **lush areas** reaching **the sea**. Among the must-visit locations of the island are Gialos, Achili, Vrachia, etc. Walk around its quaint alleys, swim at the wonderful beaches and see remarkable archaeological sites, like **the Castle** situated above Chora, which used to be the ancient citadel and seat of Nicomedes, the ancient King of the island. According to the myth, at "Andriotis Cave" location, Lycomedes killed Theseus, the King of Athens.

Skyros is an island of major religious and cultural interest, as you will find many



Byzantine churches, like the temple of St. Georgios Skyrianos, dating back to the 10th century.

You can also visit the Museum of Manos Faltaits, one of the first local historical-folklore museums



in Greece, which was created to preserve the local tradition and heritage and today it counts more than 5 decades of presence on the island!

The unique in the world **Skyrian Horses** are the stars of the island! Don't miss the chance to see them! It is an ancient Greek horse species that looks like a pony and is one of the rarest ones in the world!

The Carnival is one of the most vibrant seasons in the island. Joyful feasts, dances, people dressed up and unique customs like the one with the old man ("Geros") and the young girl ("Korela"). The custom probably comes from the Cult of Dionysus and it dates back to the past centuries. It is definitely a very impressive event that takes place every year!

Don't forget to try the renowned **Lobster Pasta of Skyros!** The island is famous for this dish and this is not by chance!

GASTRONOMY Tips

TRADITIONAL PRODUCTS & LOCAL CUISINE

The Evian cuisine is rich and interesting. It is famous for its simplicity and variety, strong flavours and fresh raw materials. In every coastal settlement, you will taste the finest produce of the sea, freshly-caught fish, great variety in seafood, as well as meze snacks to pair the premium ouzo or tsipouro.

The lobster pasta in Skyros is another famous dish. You will also find many taverns serving meat, pies, freshly baked bread, traditional recipes and local wines, particularly in mountainous villages. It is a blessed place combining mountain, sea, vineyards and plains... The dried Kymi figs are also famous, just like the Amygdalota (almond sweets), Pasteli (honey-sesame bar), Rovies olives and Dirfys mushrooms, homemade chilopites, tarhana and the aromatic herbs, the fine honey, the cheese and meat of south Evia. The area has also amazing syrup traybakes and spoon sweets. A special mention should be made to the exceptional wines of Evia, with their fame extending well beyond the island.

LIFE IN THE ... HEIGHTS!

Authentic lifestyle, breathtaking landscapes, endless natural beauties, historical and religious monuments [04], dense forests [01], picturesque villages, unique routes [03,05,06], rich gastronomy, warm people are a few of the features of the authentic and wild Region of



[01]



[02]

Evrytania. In addition, some of the most important historical moments of the country have taken place in some the villages of Evrytania, leaving their indelible marks, just like the places commemorating them.



[03]



[04]

Karpenissi, the picturesque capital of Evrytania with the amazing alpine landscape, a fir forest unfolding in front of your eyes and with the snowy mount Velouchi overlooking the town. It is nestled on the southwestern slopes of Velouchi at an altitude of 960 meters surrounded by forests and high mountains, offering a unique experience full of tours, action, adventure and relaxation! The town is fairly characterised as “Switzerland of Greece”. However, unlike Switzerland, Karpenissi is not just a winter destination, as every season the natural beauties of the area are altered and showcased, accompanied by the different activities depending on the season.



[06]



[05]

The famous **Velouchi ski resort** [02] is closest to a town than any other ski resort in Greece, as it is located just 10km from Karpenissi. It is a true experience for the lovers of ski, and everyone else! At an altitude of 2.315 meters, you will find 18 ski slopes constructed according to high standards and suitable for every grade of difficulty. You can also find 4 free ski routes for those seeking more action or an adrenaline rush! The ideal destination for a winter trip!

Karpenissi offers large hotels, warm guest houses, nice food and a recently regenerated town centre ideal for walking. The marble



[07]

paved Markos Botsaris Square with the enormous plane trees and the stone fountains is a landmark in the town, just like the historical temple of St. Triada dating from the 17th century. Get lost in the narrow streets, admire the stone houses with the roof tiles, enjoy your coffee or meze at a traditional cafe or a tavern and interact with the warm locals. The History & Cultural Centre of Evrytania is an interesting place in the heart of the town, housed in an impressive stone building. In its 6 rooms, you will discover the treasures of Evrytania and you will connect with the history and the culture of the entire area.

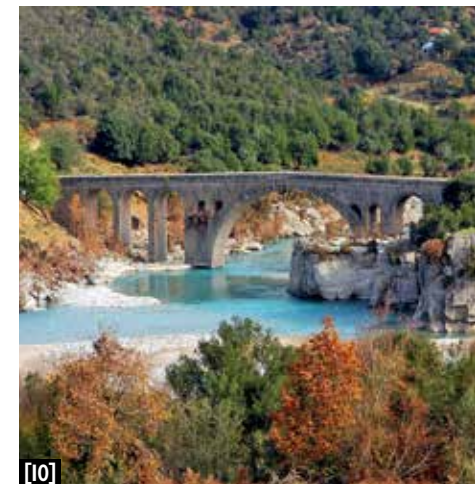
Discover the authentic Evrytanian land!

From the beautiful town of **Karpenissi** as your base, can discover the entire region of Evrytania, which features many beautiful villages and picturesque settlements within short distance from the capital and very close with each other. The villages are full of sights, historical monuments and a nature of univalled beauty.

In the heart of Greece, **Agrafa**, the most mountainous area in Central Greece, is such an authentic area that feels almost intact and wins the visitor from the very first moment with the purity of its wild landscape. The abundant burbling waters look like crystal. Nature has artfully created this place to mesmerize those who behold it! You will discover **traditional villages and settlements [09]**, mountains “hiding” myths,

legends and history, rivers and foundations, **bridges [08]**, gorges, as well as historical, cultural and ecclesiastical sights, like castles and historical churches. The settlements and nature surrounding every part of Agrafa reflects a wild, yet authentic setting with a breathtaking view. Don't miss a walk to the stone bridge of Agrafa, estimated to have been built in the 17th century and located in the foothills of Agrafa village.

Krentis village is a typical example of the villages in the area and is considered the “Gate to Agrafa”. Get to know this traditional, authentic village, in a key location that will become your base to explore the village of Agrafa. The route is amazing and the panoramic views of the valley of Agrafiotis river is simply unequalled!



[10]



[08]

Visit the historical village of Kefalovryssos, where the historical battle of the same name took place in 1823. The Greek victory was sadly overclouded by the death of Markos Botsaris.

Make a stop at the **Folklore Museum** of Megalo Chorio, the **Museum of National Defense in Koryschades**, Domnitsa, the early Christian temple of St. Leonidis from the 5th century at village Klafsi, where excavations revealed part of the mosaic floor.



[09]

Visit **Tsagaralona [10]** near the traditional Fidakia village... You will find a place offering unique views of **Lake Kremasta** and the **current Tatarna bridge [07]**. Visit the historical village of Palia Viniani where, among the deserted yet wonderful stone houses, you will be initiated into history, as the village had a very active participation into the years of National Defense, while it has also been the capital of the free Greek nation. In the village there is also the **Museum of National Defense**.



Southwest of Karpenisi is **Aghia Vlacherna** beach. Here, nature has done magic! The high rocks surround and isolate the beach, while the white pebbles make it different from the others... The beach is also in front of Trikeriotis river with the crystal clear waters! It is hard to resist and not dip into the great waters of the river!

A little outside Roska village, the renowned **Panta Vrechi gorge [11]**, is nestled between Roska and Doliana. It is a trademark of Evrytania and a unique sight attracting a large number of visitors from Greece and abroad. It is fairly considered as one of the most beautiful gorges in the country. It wouldn't be an exaggeration to say that it is a true wonder of nature. There is a particular spot of the gorge, where the cold waters flowing from mount Kaliakouda and trying to connect with the water of Trikeriotis river flow into the springs on top of the gorge, creating waterfalls! However, due to the great

height, the water flow is not constant, so that it falls like rain drops, in an impressive natural landscape, hence its truly weird and unusual name (it means "always raining"). **Note:** You can reach the gorge by car until one particular spot and then by river trekking.



Proussos is a village of exceptional historical, cultural and religious interest and amazing natural beauty. It is located at an altitude of 900 meters and is characterised by the monastery of Proussos, standing majestically, impressing and awe-inspiring inside a deep canyon. **The Monastery of Panagia Proussiotissa [12]** is a pilgrimage site in the wider region with thousands of visitors swarming from every part of Greece to worship the icon of Virgin Mary and Luke the Evangelist. After the monastery, make a stop to **Klidi location [13]** to take a photo! It is a particularly impressive picture.

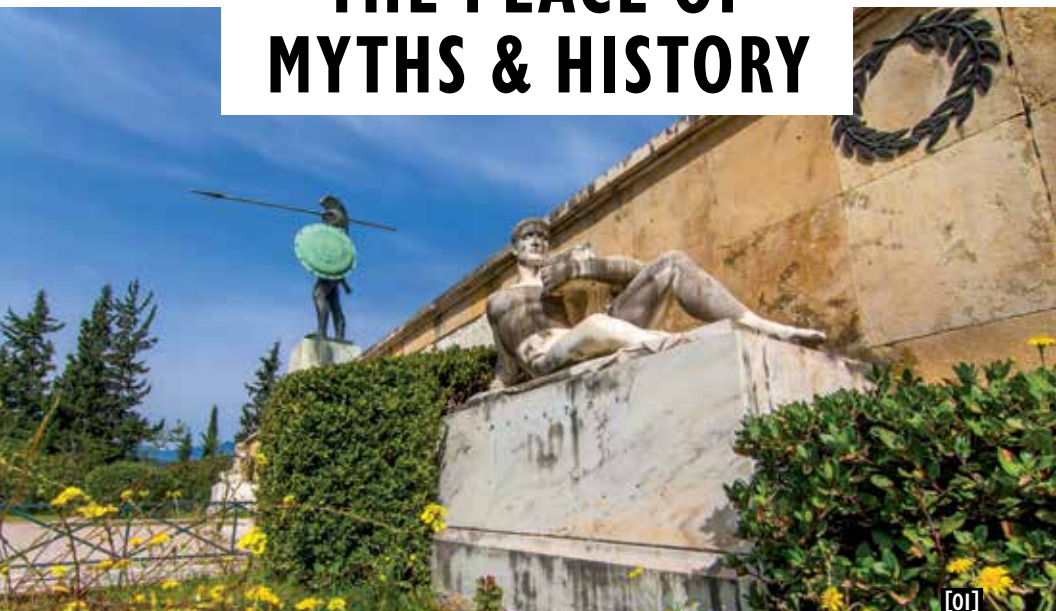
GASTRONOMY Tips

TRADITIONAL PRODUCTS & LOCAL CUISINE

A plethora of tastes and products defines the area. Katiki is among the start products of the area, the delicious soft cheese, the homemade tarhana, the famous prosciutto, the exceptional honey, the berries and Cornelian cherries, chestnuts, walnuts and the great spoon sweets. Don't miss to try the wild or farmed trouts from Lake Kremasta and Krikellopotamos. Definitely taste the mushrooms that are abundant in the region of Evrytania...At Voutyro **Mushroom Museum**, apart from exhibits and products, you can also attend seminars. Of course, the local cuisine has also beverages and spirits: the local Tsipouro and "Mouro" (an extract from blackberries reminiscent of Tsipouro), tea from Velouchi and many more brews.

Note: Every year, gastronomy festivals take place in various areas of Evrytania, like the Mushroom Festival (every May in Krikello), the Chestnut Festival (late October in Aghia Triada) and the Tsipouro Festival (every November in Domnista).

THE PLACE OF MYTHS & HISTORY



[01]

According to the myth, the ancestors of the Hellenes were born in Fthiotida, when Deucalion and Pyrrha, who had their kingdom in Phthia, the town of the Myrmidons, had Hellen, their son and progenitor of the Hellenes, and created the new human genus. Here was the place of the Achaeans, the first Greek race, here is where Achilles was born, where the Labours of Hercules took place and where he lived the last years of his life. Here, in Fthiotida, from the mythology to history, the stories are numerous...

Brimming with beautiful pictures, it remains authentic in time. From the beautiful villages nestled in the shade of the majestic mountains, like Oeta, Timfristos and Othrys, to the beaches and the Malian Gulf and from river Spercheios and from the wetlands to the lush landscapes that are covered in spruce and the magnificent views, Fthiotida, in the centre of Greece, with Lamia being its biggest town and capital, is an all-year destination offering a plethora of activities,

Direct link to Greek History

Full of historical spots and sights, like **the monument of Athanasios Diakos [02]**, in memory of the historical battle that took place in Alamana in 1821, the famous town of Thermopylae, **the statue of Leonidas [01]**, **Gorgopotamos brisge [03]** that was blown up during the national defense in November 25 1942, everything is reminiscent of the long and proud Greek history.

Here you will find the universally renowned **Thermopylae** in the shade of mount Kallidromo, known in the centuries and the “narrow pass” where King Leonidas answered “**Molon Labe**” (Come and Get it) to King Xerxes in 480 B.C. when he asked the Greeks to surrender in the narrow pass of Thermopylae and the battle between the Greek and Persian army took place. This battle put Leonidas and his 300 warriors to the pantheon of immortals and is a timeless part of the worldwide history and inspiration.

Here is **the monument of Leonidas** and his fellow soldiers, while in the area there is also **the Centre of Historical Documentation of Thermopylae** that is an innovative museum using digital technology.

The mountain of flowers...

At one of the peaks of Oeta, Hercules is believed to have been burnt whilst trying to free himself from his poisoned tunic, which was gifted to him by his wife, Deianeira. Then, Zeus, wrapped him with clouds and lifted him on mount Olympus...

Oeta [04], between Phthiotis and Phocis, also known as the “mountain of flowers”, is a landmark in the area. It is a mountain of unique natural beauty, covered with fir forests, rare and impressive plant species, as well as a rich fauna and many bubbling waters. Within its gorges there are often waterfalls like Kremastos, considered as the biggest in South Greece! Although the mountain seems rugged, when you visit it, the image is completely different, with grasslands



[02]



[03]



[04]



[05]



[06]

packed with wild flowers. **Oeta National Park [07]** has been created for the protection of the area, where there is also a shelter. In the hillsides are also some of the most important villages in the area, like **Pavliani** and **Ypati**, from which you can climb to the peaks of Oeta. The wider area is ideal for direct contact with nature, mountain and bike routes. Rivers Mornos and Gorgopotamos flow from Oeta.

Visit the historical **Monastery of Agathonas [06]**. It was founded in the 14th century by monk Agathonas, after whom it was named. It is located within short distance from Oeta National Park at an altitude of 530 meters and hosts very important herilooms, icons, vessels and books of major religious, cultural and historical value. At the courtyard of the monastery is **the Oeta Museum of Natural History**. It hosts a collection of environmental, climatological and geological exhibits of the Oeta National Park, while there is also a library-workshop aiming at the research and development of the museum. On the outside of the museum, there is a unique in the area small botanical garden with the most important flora species in Oeta.

Tip: In the summer, don't miss the annual Oeta Festival, the biggest one in Fthiotida, definitely an unforgettable experience.

The magic of nature!

The thermal springs, after which the **Thermopylae pass [05]** was named, are still on the fringes of the hill, in a rugged location where the access was made from the gates: the East, the Middle and the West. According to the mythology, Hephaistus, at the request of Athena, created the springs as a gift to Hercules to regain his power after every labour. If you visit the springs today, the water temperature reaches the 40°C. The relief you will feel if you stay under the hot waters falling from the waterfalls cannot be described in words.



[07]

Spercheios is definitely a point of reference. It is 80-km-long and features the famous valley and more than 60 tributaries! **Spercheios Delta** is an area protected by **NATURA 2000 Network [08,09]**. The river flows from the gorges of Timfristos towards the East, flowing into the Malian Gulf.

The wetlands of the area are also famous, e.g. the one of Spercheios Delta, which is of great importance and was formed by the alluviums of the river. The biggest part of the area it covers consists of cultivable land (mostly rice fields), while it is also home to rich avifauna. Close to Spercheios Delta is also the important wetland of Aghia Paraskevi. The low-lying mount **Kallidromo** hides some perfect hiking trails. At the same time, on the north side, is the forest of the same name, a place of unrivalled beauty characterised by dense vegetation and pine trees. As you tour the area, you will also see fresh waters, while on the top there is also a small lake. The entire landscape is a place of unique beauty. Herbs, aromatic plants, gorges, creeks with plane trees, hills and colours adapted in every season, create one-of-a-kind pictures!



[08]



[09]

FTHIOTIDA

The picturesque **Mendenitsa village** is also nestled in the lush area of mount Kallidromo, offering exceptional views. Apart from the great view, here you will also see a medieval castle, one of the most important and well-preserved ones, with the panoramic view disappearing into the blue of the sea. The Folklore Museum of the village is another must-visit place.

Make a trip to **Kato Tithorea village**, famous for the large **Aesthetic Forest**, located in the southern part of the village. It spreads over hundreds of decares covered with rich vegetation, mostly oaks, cedars, firs, as well as wild trees. Within the forest there is also one of the two remaining towers of the ancient wall of the area.

The Thermal Springs

The famous town of **Kamena Vourla [12,14]**, built between the mountain and the sea, on the southeast edge of the Malian Gulf and in the foothills of mount Knimis, is a timeless holiday resort since the 1960s. The beautiful beaches and the green forest are in perfect balance, while you will also find easily accessible neighbouring coasts, picturesque villages within short distance, historical and cultural



sights, amazing restaurants and interesting nightlife choices. As for the thermal springs, for which the area has always been famous for, they are a secret of beauty and wellness!

Kamena Vourla, with the beautiful natural landscape in the background, offers visitors a plethora of choices. Within a few minutes, you can find yourself from the mountain to the sea! The east side of the area is surrounded by the Malian Gulf and a small part by the north Euboean Gulf. As a result, the area hides many low-lying spots, and mountainous settlements, most of them built amphitheatrically -the view is magnificent as it disappears into the endless blue of the sea!

The bath town of **Ypati [10]** is another important and interesting place, with the thermal springs dedicated to goddess Aphrodite, as during the ancient times, they used to offer the divine gifts of beauty and health. Other remarkable sights are the Byzantine Museum, **the Medieval Castle [13]** and the Kakogianneion Astronomy School of Ypati that also has a planetarium.

In the area are also **the thermal springs of Dranista-Kaitsa [11]**. The baths are located in a green landscape of striking beauty outside Markyrrachi and very close to Lake Smokovo.

In addition, **the thermal springs Aba of Paleovracha**, with their proven healing properties, are the gem in Paleovracha and an attraction for locals and visitors.

Towns, villages, settlements & sights!

The capital of Fthiotida, Lamia [15,17,19,21], lives at the edge of the past with the present. It is a modern town with 4 squares in the center, very close to each other, famous for its prominent **Castle** and its fine taverns! Definitely make a stop to **the Archaeological Museum** and then visit **the verdant hill of Aghios Loukas [16]**,



Domokos, with the panoramic views. West of the castle still remain parts of the Cyclopean Walls of the ancient castle. In the west side of Domokos, you will find the building of the **Frankish Baths**, reconstructed by the Ottomans. South of Domokos, in just 11km, is the historical Xiniada village [22], with the famous Monastery of Eleousa or Faneromeni.

Neo Monastiri, the most recently established community and the last settlement of Fthiotida, is built in an key location. Here is also the **Ancient Citadel of Proerna** [20], which is open to visitors, a place of major archaeological interest. According to findings, the area has been inhabited since the Copper age!

At the small **settlement of Thavmakos** you will see the three-aisled early Christian basilica

from the 6th century, with the amazing mosaic adornment brought to light after archaeological excavations. The church is of great religious, historical and cultural interest, as it is a typical example of the early Byzantine period.

The Monastery of Aghia Triada Melitaia is of equal interest, built at an altitude of 800 meters in ancient Melitaia.

Another remarkable and particularly famous place is **the Monastery of the Nativity of the Mother of God of Damasta** [25], almost 20 km away from Lamia, built in a verdant, mountainous area offering amazing views.

Very close to Omvriaki village is **the Monastery of St. Athanasios**, built in 1565. The murals inside the main temple are particularly remarkable and interesting.



easily accessible and located very close to Diakos square. Enjoy a coffee, marvelling at the magnificent views of Oeta, the valley of Spercheios and the Malian Gulf.

On the hill inside the forest there is **the chapel of St. Luke** [16] dating from 1919, surrounded by a beautiful verdant landscape. The small chapel is a place of cultural and historical value, apart from its religious importance, as it is closely linked to historical events. Therefore, it has been declared as a listed monument by the Ministry of Culture.

Other important towns of the area are **Kamena Vourla, Atalanti, Elateia,**



Larymna, Amficleia [18], **Tithorea, Ypati, Makrakomi, Spercheiada, Platystomo and Domokos.**

With **Elateia** as your base, start a very interesting tour in **Lokrida**. The wider area is of major historical and archaeological interest, taking into account that the carved tombs with the rich burial goods discovered in Elateia, along with other archaeological findings, have provided valuable information both for the history of the area and the Mycenaean civilisation and the early iron age. There are also scattered examples of structures of the ancient town of the same name. Visit **the Medieval Frankish Castle of**





Behind the Castle, there is the very beautiful **church of St. Paraskevi**. Apart from its religious importance, it stands out for the gorgeous spot where it has been built, offering panoramic views.

In the beautiful small town of **Atalanti [24]**, built in the foothills of **mount Rodas**, you will see the historical catacomb of St. Athanasios, while in the background is the church of the Saint, the Archaeological Museum of Atalanti, the chapel of St. Serafim inside the forest, the monastery of St. Anargyri dating from the 17th century, the chapel of St. John of Rodas nestled in a verdant setting, etc.

Explore the villages... The mountainous **Kyrtoni** village, also known as “Kolaka”, is built on the slopes of mount Roda at an altitude of around 500 meters. In the area is also the “Kyrtoni Catsle”, at Pyrgos, while in the village you will also find the ancient “Kamini” fountain. At Kaminaki there is a rock with chilled water with healing properties.

The beautiful and picturesque **settlement of**



Megas Platanos opposite Atalanti is built on a hill offering amazing views of the Gulf of Atalanti. Northwest of the settlement is the archaeological site of Paliokastrá.

South of Atalanti, among olive groves, is the tiny village of **Kyparissi**. The picturesque **Kalapodi** village, built amphitheatrically, offers amazing view of Parnassus!

Makrakomi built on the slopes of west Othrys, at an altitude of 280 meters, offers magnificent view of river Spercheios and its beautiful valley. In Makrakomi, you will see the castle built on the rocks at the gorge of Nevrikos as well as the Castle of Laina, in the south, just like the famous **Plane Tree Forest [26]**, within short distance from the town. Walk around **Timfristos village**, built in the foothills of the mountain of the same name, at an altitude of 450-900 meters and admire the magnificent views of Spercheios valley and the National Park of Oeta.

Another must-visit sight is **the Monastery of Metamorfofi Sotiros**



(Transfiguration) [23] from the 11-12th century, which due to its altitude, offers amazing views of the Malian Gulf. Very close to the traditional and beautiful Karya village, is the famous **Monastery of Karya**, a precious historical monument. Within striking distance is Karya village, so, as you leave the monastery, it is definitely worth making a stop! It is a traditional and mountainous place, an ideal place to make a walk and enjoy the magnificent views.

At Achinos settlement, east of Styliá,

is the castle-citadel with a fortified courtyard dating back to the 4th century B.C., with more recent additions as well. Last but not least, visit the tower houses, proving that the current settlement of Achinos has also a remarkable recent history.

The **settlement of Pelasgia** has a long history, prominent in many places of the wider region and having offered many important information. Such spots are the parts of the wall of the fortified courtyard of the ancient town that have been preserved, like the castle of Andronas and the mythical town of Alos. At the settlement is also the Ecclesiastical Museum of Pelasgia, brought to light after excavations in 1979, as then at the underground site of the church of Pelasgia was revealed the previous temple of St. Apostles from the 19th century. The temple has been restored and transformed into a museum. In addition, in the village there is a Folklore Museum.

Fthiotida has also a popular **coastline**. Make a roadtrip to the coastal villages to



[27]



[28]

enjoy the sea and nice food, as the Malian Gulf and the south beaches are ideal for a trip. Visit **Theologos** [30], **Livanates**, **Arkitsa** [29], **Aghios Konstantinos**, **Molos**, **Aghia Marina** [28], **Stylida** [27], **Pelasgia**, **Glyfa**, etc., the aesthetic forest, the retreat park and the Water-Power Museum at the beautiful mountainous village of **Pavliani**, and many more.

Make a trip to **Skala**, the coastal town of **Atalanti**, just 6km from the main settlement. In direct contact with the sea and packed with premium options for seafood, coffee and drink, Skala is ideal for a short trip. Here you will also find one of the biggest and most beautiful sandy beaches in **Lokrida**. The wider area stands out for its beaches, many of which have been awarded with the Blue Flag, with interesting geomorphological features and amazing (mostly) seafood tastes!

Arkitsa is a tiny heaven for those seeking tranquility and the lovers of

underwater fishing, with the amazing sandy beaches and the crystal-clear waters.

Tip: The “**Mirror of Arkitsa**” is also located in Arkitsa. It is a geological phenomenon of universal geological importance and heritage.

Among the beautiful beaches of Arkitsa is the sandy Souvala beach, Livrichio, awarded with the Blue Flag, the scenic Kalamia beach as well as Kedros, one of the most famous beaches in the area. Livanates is another area with beautiful coastlines and clear waters.

Enjoy the crystal-clear waters, the wide skyline and the magnificent sunset from Theologos, a beautiful settlement with a beach of the same name and a remarkable tourist resort.

Visit the coastal **Stylida town**, stroll along its beach, enjoy well-made mezes, drink your coffee and drink and, if you have time, admire the natural and cultural sights of the area. **Note:** Another important fact is that the first Centre of Environmental Education in Greece was founded in Stylida to control and preserve the Maliakos-Oeta-Spercheios Ecosystem.

Make a trip to the picturesque, coastal fishing village **Achladi** with the sandy beach and the natural port. Here is also the Zakkeiko mansion also known as the “House of Avrakomi”, preserved in an excellent condition. The beautiful beaches of the area like Raches and Glyfa have a prominent position. Organised or not, in the summer they are filled with visitors, just like the waterfront taverns.



[29]

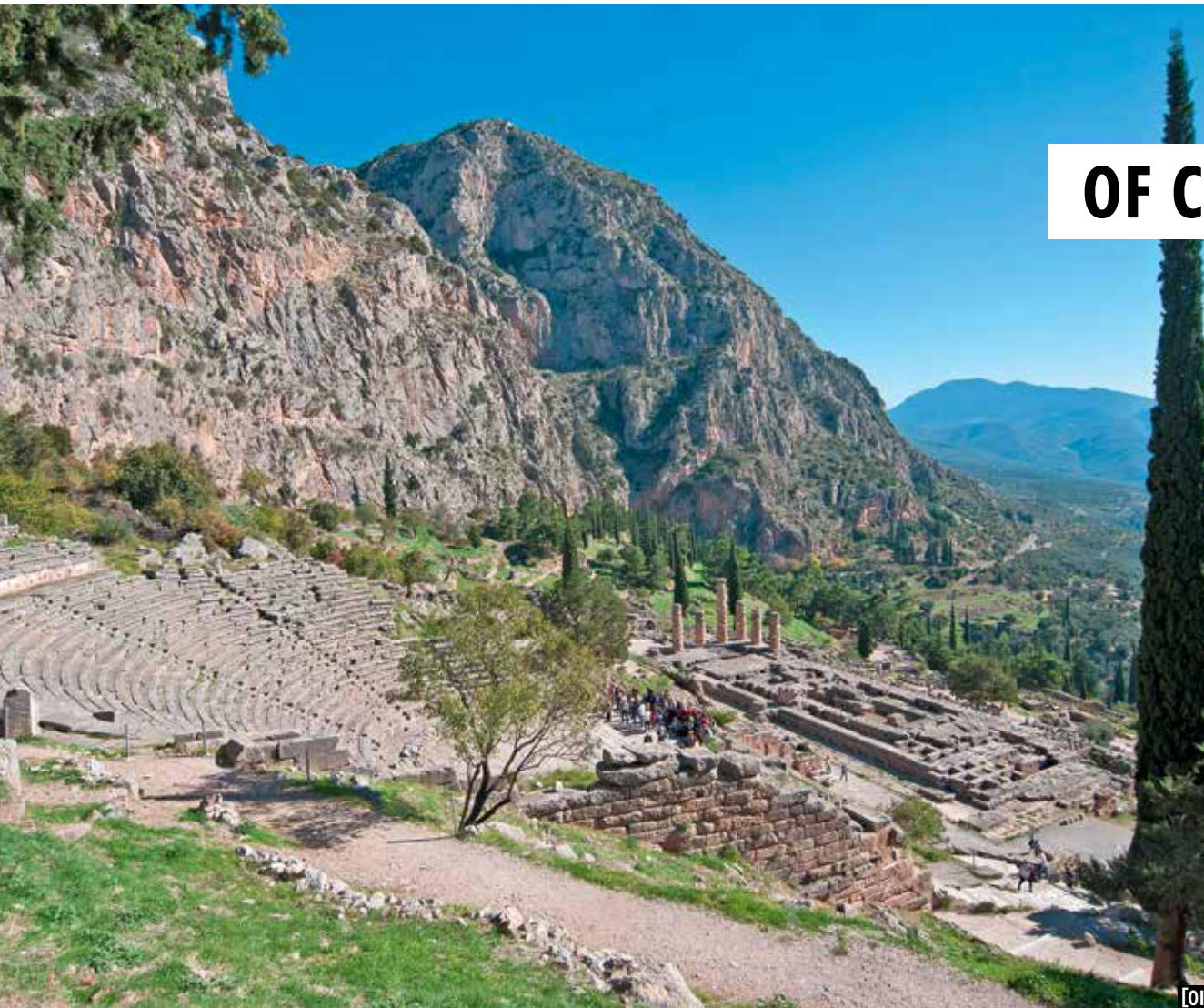


[30]

GASTRONOMY Tips

TRADITIONAL PRODUCTS & LOCAL CUISINE

Authentic and unsophisticated, the cuisine of Fthiotida is characterised by traditional greek recipes, with emphasis on quality, delicious local meat. Most of the traditional dishes are accompanied with the exceptional potatoes from Livanates, often cooked with butter, and freshly baked bread. The area has also exceptional pies, made from fresh, local ingredients, as well as traditional pasta. The premium Katiki Domokou is probably the most famous local product. It is a white, low-fat, soft cheese. Enjoy your meal with excellent wine, as the area is famous for its wine production, as well as the aromatic tsipouro. Of course, in the local cuisine you will also taste sweets! Try the famous Galaktoboureko (custard pie) of Lamia, Baklava with the homemade phyllo and the delicious Kourabiedes (almond cookies)!



[01]

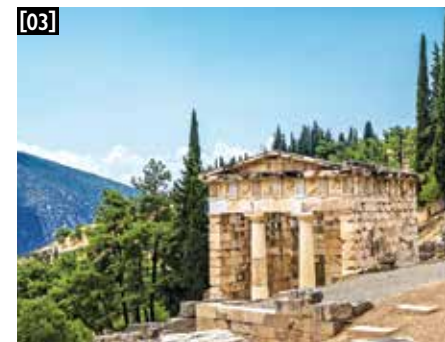
THE PLACE OF CONTRASTS!

The “Naval of Earth”... the internationally renowned area of Delphi is located here. Fokida, beautiful in its contrasts, has a plethora of historical and archaeological treasures, preserved areas, traditional settlements, mountain and sea, as well as a rare flora and fauna. From Giona to Parnassus, up to the Gulf of Corinth. Surrender into the majesty of this outstanding Greek land and follow the traces of its great history. The majestic landscape, compared with the neat options in food and accommodation, make it a must destination.



[02]

The prominent site of Delphi
Delfi, renowned in every part of the universe, the centre of the world, is all the majesty of ancient Greece concentrated in the heart of the ancient world! According to the myth, when Zeus set two eagles free, one to the East and one to the West, they met over Delfi. Here, in the foothills of mount Parnassus, during the ancient times, used to exist the most famous oracle in Greece, with great contribution to the evolution of the civilisation, **the Oracle of Delphi.**



[03]



[04]



[05]



[06]

According to the myth, it was Dionysus and not Apollo the first who acquired the oracular tripod, the principal symbol of the Oracle and then Apollo claimed and got it from him.

Delphi is an extensive protection zone including the impressive **Delphic Site, the archaeological site of Delphi [01,03], the olive groves** of Amphissa, the National Park of Parnassus and many more. Of course, you should definitely visit the important archaeological site of Delphi, a UNESCO World Heritage Site, one of the most important and famous cultural monuments in the world, revealed after the systematic excavations of the French Archaeological School in the late 19th century and attracting a plethora of visitors. The Treasures, the Sancturay of Apollo, the Temple of Athena Pronaia, the theatre and the stadium, the Castalian spring, are just a few of what you will see. Complete your visit to the Museum of Delphi, one of the most impressive ones in the country. In its rooms, you will find important findings of major archaeological value, like **the Charioteer of Delphi (Heniokhos) [02]** and the Sphinx of Naxos.

Discover the beauties of Fokida!

Mak a walk to the capital of Fokida, **Amfissa [07]**, situated between Parnassus and Giona. The olive grove is its landmark, one of the biggest ones in the world, with more than one million olive trees, protected by NATURA 2000 Network. It is the most ancient olive grove in Greece, as it is 3.000 years old! The Dome stands majestically in the centre of the town, dedicated to the Evangelism of the Mother of Jesus and standing out for its byzantine architecture and inner adornment painted by the famous hagiograph, Spyros Papaloukas. In addition, the trademark of Amfissa is its Castle, also known as **the Castle of Salona [08]**, with great history in the centuries from the ancient times to the Greek War of



[07]



[08]



[09]

Revolution in 1821, when the castle and the wider area, Salona, became the epicentre of the Revolution in Central Greece. It was the first castle that fell into Greek hands during the War, at Easter of 1821, when leader Panourgias, head of the Greek warriors, decimated the large guard of the Turks and regained the castle. The house of Panourgias is also preserved in Amfissa, which has been transformed into the “Museum of the Greek Revolution” since 2019.

The historical byzantine **monastery of Panaghia Pantanassa [05]** from the 15th century is also worrrth visiting, located in an amazing green landscape in the historical town of Gravia, which remained in history mostly for the battle and victory of Odysseas Androutsos and the 120 warriors against the Turks in May 1821 at the renowned “**Gravia Inn**” [06]. **This is where** one of the most important battles for the progress of the Greek Revolution took place. The building also houses a museum, dedicated to the battle and victory of Greeks.

Walk around the district of **Charmaina [04]** in Amfissa, definitely the most quaint neighbourhood in the town. As you walk around its pebbly alleys, the atmosphere will take your breath away. In the past, it used to be famous for its tanneries, also known as “Tabakaria”. Only a few of them are still in business today. For many centuries, the area has been accompanied by a legend of the so-called “Ghost of Charmaina”. It is a narrative that has survived from generation to generation and is about a tragical love story. The legend is revived every year the last weekend of the Carnival season.

The Eptastomos cave [12] is located in Parnassus, above the village of Kalyvia in Avlaki. It was named after to the seven chasms leading to its inner part, hence tis strange name (which means “seven mouhts”). The size and depth of the cave remain unclear until this day. The temperature inside the cave is constantly very low, ranging from 0 to 2 °C. Stalactites and stalagmites have been created due to these temperatures over the centuries. It is open to adventurous visitors who want to explore it!



In the heart of Krissaos Gulf is **Galaxidi [09,10]**, a picturesque coastal town with island vibes, noble atmosphere, a feeling of a past period and one of the most traditional maritime villages. It is a turquoise piece of Earth, just 30 km from Amfissa. Walk around its alleys, admire the majestic captain houses and stroll along the two natural ports of the area, those of Agora and Chiroulakas. The walk on the waterfront in the summer nights is a special experience. Visit also the Maritime and Ethnological Museum to see important exhibits, get lost in the small narrow streets and try the local exceptional seafood delicacies. **Note:** The famous **“Alevromoutzouromata”** is a custom that takes place in Galaxidi every year, on Clean Monday.

The beautiful town of **Itea** is nestled in the Gulf of Corinth and overlooking the endless blue. Stroll along the large waterfront and enjoy fine food, mostly based on seafood. Visit, among others, the beaches of the west side, with Trokantero, awarded with the Blue Flag, stealing the scene. Enjoy your swim and the sun, while you are drinking your coffee or eating a fine meal near the sea. In addition, in the west side, you will find the equally famous and also awarded Miami beach, within a beautiful setting, with many fish taverns contributing to the development of the tourism sector in the area. For those seeking more quiet beaches, visit Nafsika and Evangelistria. The braver ones can visit the island rocks in the Gulf of Itea (Krissaos) that were used as shelters during the so-called early byzantine centuries.

The alpine area of Vardoussia, **the Mornos reservoir at Lidoriki**, the scallop-shaped beaches in Evpalio and the island landscape and scent in Tolofonas complete the majestic beauty of the area. Here you will come into direct contact with nature and you will keep in your memory the impressive pictures that nature created artfully! Visit the small, yet biggest in the Gulf of Corinth and only inhabited (with a few



thousands of people) **Trizonia islet**, just 5 minutes from the mainland! Quiet, yet small and colourful, it is the ideal destination for a summer trip.

Don't miss: The **Fokis Mining Park** also known as Vagonetto, within short distance from Amphissa, south of Gravia. It is the only thematic park for bauxite extraction in Europe! It is open to visitors so that the public can learn about the history of bauxite and make a trip in time using the στο vagonetto which was the train the mine workers used that will take you to a different world!

GASTRONOMY Tips

TRADITIONAL PRODUCTS & LOCAL CUISINE

The famous olives of Amfissa are the top product of the area of excellent quality and taste. The olive oil is also exceptional, while the meats and dairy products from Lidoriki and Giona and the seafood gems of Galaxidi are also popular. The area of Giona is famous for the local cheese, meat and homemade pies. Desfina town has a great tradition in rusk production. Dairy production is widely spread in Fokida. There are many cheese factories in the area. Other popular products are Opsimotyri and Lidoriki Feta. Opsimotyri is an exceptional type of cheese with spicy yet cooling taste, served in every tavern in the area. The fish taverns and restaurants of Galaxidi and Itea are also of exceptional quality, serving fresh fish and seafood. Accompany your meal with fine local wine and tsipouro and complete your taste with local yoghurt topped with honey from fir trees. Revani is a special and famous sweet in Galaxidi, while other confectionaries include the almond sweet and revanaki, reminiscent of ravani.

PDO PRODUCTS

Central Greece, due to the diversity in landscape, climate and soil, its deep culinary history and the tradition of thousands of years in utilisation of natural resources, produces a rich selection of farm and nutritional products of exceptional quality. A special mention should be made to the fact that among the gastronomy gems of Central Greece are some of the most famous and important products with protected designation of origin (PDO) and protected geographical indication (PGI) of Greece.



PRODUCTS WITH PROTECTED DESIGNATION OF ORIGIN

KATI KI DOMOKOU Katiki Domokou is a type of cheese made from sheep and goat milk, produced in Domokos at Phthiotis. It is a white, soft and low-fat cheese. It has a maximum humidity of 75%, 1% salt and 40% minimum dry fat.

FETA Feta is white cheese made from goat and sheep milk maturing in brine. Although it is produced in every part of

Greece, some areas, particularly the mountainous ones, are famous for their Feta, probably due to the exceptional mountain flora. The entire region of Central Greece is one of them.

FORMAELLA OF ARACHOVA It is made from sheep or goat milk, or a combination of both, in small, cylindrical baskets. It has a semi-hard texture, yellow colour and rich, spicy and medium

salted flavour. It is covered with a small connecting hull. It can be eaten mainly “saganaki” (deep fried) or grilled.

ATALANTI KONSERVOLIA OLIVES In Phthiotis grows the Atalanti Konservolia, protected with PDO. It is black, green or light yellow in colour, with fruity flavour and crunchy flesh that is easily removed from the core to facilitate our taste.

STYLIDA KONSERVOLIA OLIVES This variety produces table olives famous for their rich organoleptic characteristics. The temperate Mediterranean climate of the area, the ideal altitude of the cultivated land, the distance from the sea, combined with the mean annual temperature of 16,5 degrees Celsius help the trees of this variety grow, ensuring a balanced proportion of all those nutritional elements that make this variety unique and the produced quantity satisfying. The products of this variety include green, organic green, black, organic black, decorated, stuffed, cut in slices and half olives.

AMFISSA KONSERVOLIA OLIVES It is a large, table greek olive variety, known with various name, such as “Chontrelia”, “Konservolia”, “Mavroelia”, etc.

ROVIES KONSERVOLIA OLIVES “Rovies Konservolia” is characterised as a large fruited variety (120-260 pieces/kg). It is harvested very early, in September or late October at the latest, the green ones (about 70% of the total production). The blond variety is harvested from the middle of October and the black variety from the middle of

November to late December. The boundaries of the municipality of Rovies in Euboea are considered as the geographical zone of origin and processing.

PHTHIOTIS PISTACHIOS IN SHELL Phthiotis Pistachio in shell is a PDO product, without chemical debugging and roasting, keeping its natural taste, as well as its nutrients. PDO Phthiotis Pistachio in shell is one of the farm-nutritional products that Central Greece offers in the international food and beverage market, reflecting the commitment of local producers to ultimately sustainable farming practices. The entire power of nature is concentrated in this exceptional super food, with its excellent tasty imprint.

TAXIARCHIS DRIED FIGS “Taxiarchis dried figs” are dried figs (*Ficus carica*) of Smyrneiki variety and its special taste is due to the fact they are dried in a natural way in the sun, the particularly sweet taste of the flesh and the size of the fruit. Taxiarchis Dried Figs have an even semi-yellow colour, thin skin and a flesh of honey-like texture, with pleasant smell and sweet taste. They are big in size, 45-55 pieces/kg. The fig

trees cultivated are exclusively in the geographical zone defined by the municipalities of Taxiarchis, Neos Pyrgos, Aghios Georgios, Orei, Istiea, Kamaria and Kastaniotissa in Northern Euboea. The area the figs are grown is surrounded by the mountains of Northern Euboea on three sides and by the sea on one side, resulting in a special micro-climate in the area.

KYMI FIGS It is a unique product, recognised by the European Union, as a product with Protected Designation of Origin (PDO). It is a traditional product made exclusively in Kymi of Euboea from 25.000 fig trees of the local variety. What makes figs a unique product is that they have been split and opened before they are placed in the sun. When this process comes to the end, the two become one what is known as “askada”. The Figs of Kymi are covered with a thin crust with a special blond color and are very sweet in taste.

SPERCHEIOS KIW Spercheios Kiwi stands out from the rest products of this kind, thanks to its taste, durability and distinctive green colour. Due to the aforementioned characteristics, in 1993, it was recognised as a PDO product.





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