

Region of Central Greece

EXPERIENTIAL TRAVEL



The other side of Central Greece

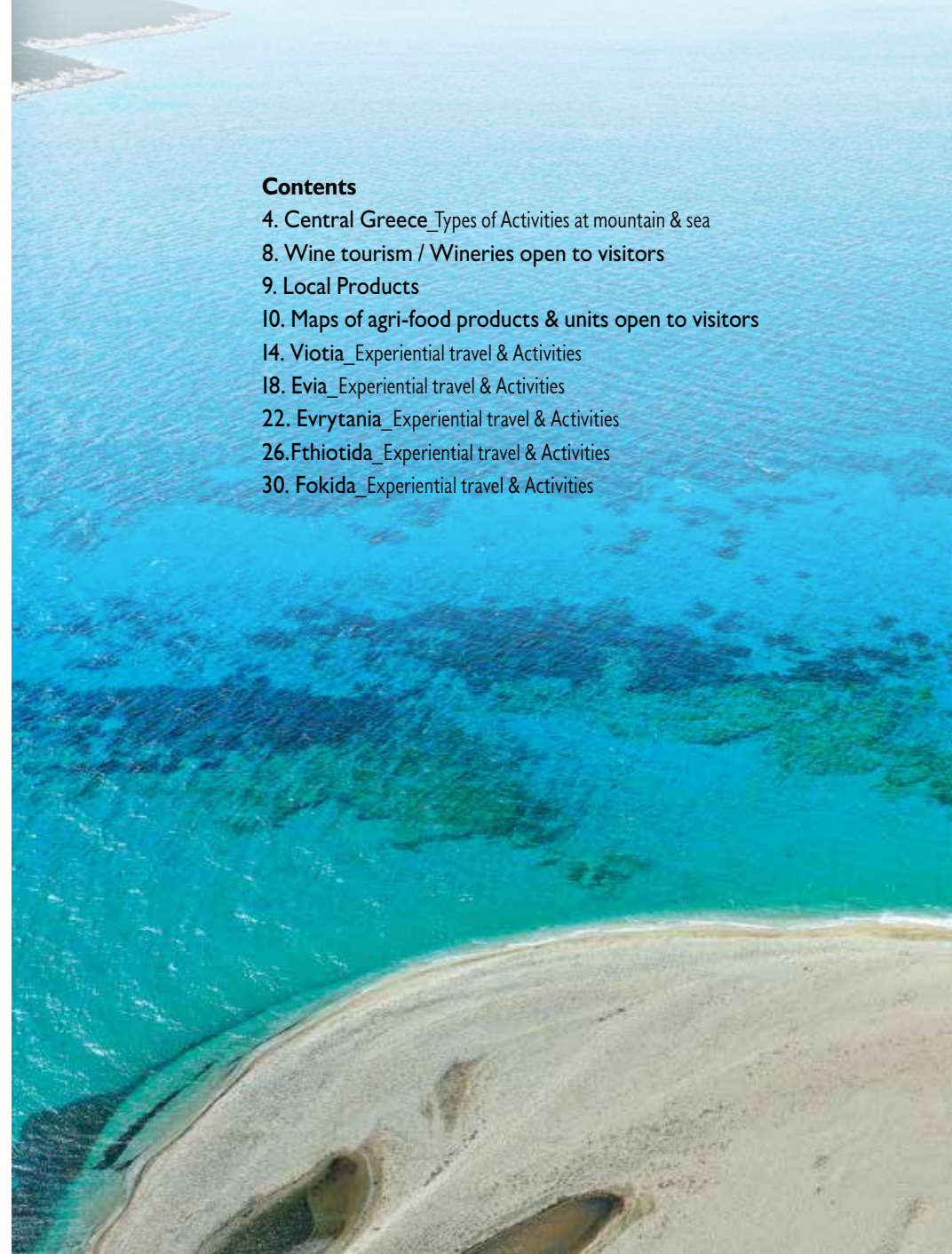
SPORTS TOURISM
ALTERNATIVE ACTIVITIES
EXPERIENCES





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CENTRAL GREECE



CENTRAL GREECE

A place to discover!

In the heart of Greece, where the magnificent mountains meet the beautiful beaches, the wild rivers, the peaceful seas, nature meets culture and the exciting history meets the long traditions, is Central Greece.

The land of contrasts, intense emotions and unexpected experiences.

Are you a mountain or sea lover? Is adventure part of your life? Are you seeking alternative activities and thrilling, authentic experiences? If so, then you have found the ideal destination! Central Greece can offer you hard-to-find experiences and invites you to discover this side as well!



The benefits of experiential travel and activities in human life, at the practical, mental, spiritual, useful and physical level, are indisputable. It is not by chance the fact that the number of visitors who focus on contact with nature, the true identity of the destination and its culture has risen sharply, aiming at essential contact and experiential participation.

Travelling is a lifetime experience, it is the direct contact with a place and its people. Central Greece has a lot to offer to those travellers who seek the different, adventure, activities and true contact, as it aims at experiential travel and the extraordinary experiences they can live during the journey.

I. ACTIVITIES (TYPES OF ACTIVITIES)

The range of sports activities choices for the visitors in Central Greece is large. Here you will find everything you wish for, all year round!

At the mountain

Skiing and snowboarding at their best! If there is only one region in Greece fairly boasting winter sports, this is Central Greece! With the majestic mount **Parnassus** as its trademark and the biggest ski resort in Greece, at an altitude of 2,457 meters, it has been established as the ultimate winter destination! On the other hand, in **Velouchi**, at 2,315 meters, you will find a famous ski resort within just 10km from Karpenissi, ideal for experiences skiers and families with kids!

ACTIVITIES:

- Skiing
- Snowboarding
- Snowmobile



At the Sea

Explore the scalloped coasts of Evia with a sailing yacht, enjoy your tour at Galaxidi, the town with the maritime tradition in Fokida, where sailing races are organised every year, attracting a large number of visitors from every part of the world. Go from **sailing** and **windsurfing** to diving at Viotia, try water sports and swim at the Malian Gulf in Fthiotida, go **rafting** and **kayaking** at the rivers of Evrytania...

The bravest ones can explore the natural beauty of the greek coasts from above, by **kite surfing** at Lefkanti, Marmari, Pefki and Raches and feel adrenaline rush and excitement! At Chalkida and Aliartos, just like in the most beaches and rivers of the region, you can feel the sense of "walking" at the river by going **waterskiing**, the most popular summer sport!

ACTIVITIES:

- | | |
|--|---------------|
| • Water Ski
(all types of water sports) | • Sailing |
| • Canoying | • Swimming |
| • Diving | • Surfing |
| • Kite surfing | • Windsurfing |
| • Kayaking | • Kite Guru |



For every season

Sports enthusiasts can enjoy a lot of activities for every taste and every season. Pass through firs, plane trees and lush gorges on a **4X4** vehicle at mount Kandili at the National Park of Parnassos, go **horseback riding** in the forests of Evia or the quaint trails of Koryschades until you reach the historical bridge, go **rafting** at the risky waters of river Tavropos to get an adrenaline booster, climb the steep mountains of Kymi, discover the magical landscape at Panta Vrehi gorge and marvel at its otherworldly beauty. The more adventurous visitors can enjoy the view from above by **paragliding** at Platees, Velouchi or Delphi and combine **horseback riding** with **archery** at Mexiates in Fthiotida to live their special adventure. Lastly, visit the air-sports center of Kopaïda at Amfissa **to fly with a glider** making the ancient human wish to fly a reality, an experience that words are poor to describe.

Nature lovers will love one of the few remaining fossilised forests in the lake of Evia, with trails that will take them into a trip to pre-history. Cross the Gorge of Mavri Spilia in Evrytania, climb at 1.050 μ. gazing at the open skyline from Tsangaralona admiring the biggest and most beautiful reservoir in Greece, Lake Kremasta, and discover the flora and fauna of Oeta National Park...

ACTIVITIES:

- Canyoning
- Kayaking
- Rafting
- 4X4 Jeep tours
- Horseback riding
- Abseiling
- Skydiving
- Bungee Jumping
- Paragliding
- Parapente
- Triathlon



Hiking & Cycling Routes

If you love adventure and action, follow the **cycling routes** at mount Dirfys in Evia or the impressive road of Karpenissi-Rachi at Timfristos-Arvanitovrysi-Aghia Paraskevi in Evrytania. Friends of **hiking** can cross the forested uphill trails, the beautiful plateaus and the breathtaking peaks at Kandili, Telethrio, Dirfys or the alpine landscapes of extraordinary beauty covered in firs at the National Park of Parnassos, the National Park of Oeta with the rounded peaks or the European trail of Delphi, which is part of the ancient trail that connected Delphi with Lilea. Try to climb 1,975 meters at Chelidona to enjoy the breathtaking views of the lake and the European E4 trail, passing through Fthiotida, Fokida and Viotia.

ACTIVITIES:

- Climbing
- Mountaineering
- Trekking
- River Trekking
- Biking
- Cycling





2. PRODUCTS-PRODUCERS

Wine tourism / Wineries open to visitors

As for experiential activities, wine tourism has a prominent position in Central Greece as the region is known for its exceptional wines. And this is no exaggeration as there are the right reasons contributing to this. The unique combination of cold winds from the mountains with the sea breeze from the Evian, Malian and Corinthian Gulf and also from the Aegean creates the ideal climate conditions for viticulture. The climate, along with experience, know-how, tradition and, of course, care for the production of good-quality wine, bring the wines of Central Greece to the top, both in terms of quality and taste.



The climate and soil of the region are suitable for the cultivation of vineyards. Wine aficionados can visit a lot of estates in many areas of the region, like Chalkida, Eretria, Edipsos, Istiea, Thebes and generally, Viotia, Fthiotida and Fokida to live a different experience! Here you will discover true tasteful gems, willing to initiate first-timers into the wine world and seduce the senses of the experienced wine lovers... Follow a wine route that will offer you a memorable experience... try the exceptional wine varieties of Central Greece and visit the wineries of the region. You will be taken into an occult journey of all senses...

NOTE: The main aim of the **Agrifood Partnership of Central Greece** is to show case the agricultural-food sector of the Region. You can see all the wineries and agrifood units that are open to visitors in the region at <https://agrifoodcentralgreece.gr>.

LOCAL PRODUCTS

Except for the wine, Central Greece has every right to boast many more tastes, as the region produces a plethora of culinary treasures. Thanks to the geological diversity of the landscape and the climate, the utilisation of natural sources, the rich culinary traditions, the know-how and, of course, love, Central Greece has a large variety of agrifood

products of premium quality to show. **Dairy products** such as Feta, Formaella Arachovas, Katiki Domokou, **olive oil** and **table olives**, **fish** and **seafood** like sea bream, sea bass, mussels, trout and other products like **honey**, **shelled peanuts**, **walnuts**, **almonds**, **dried figs**, **kiwis**, **mushrooms** and many more, are the proof of the culinary wealth of Central Greece.

In addition, among these products are some of the most renowned products bearing **protected designation of origin** (P.D.O.) and **protected geographical indication** (P.D.I.) of Greece. Specifically, 11 P.D.O. And 20 P.D.I. Wines are produced in Central Greece!

3. SPA TOURISM

Central Greece stands out among the **spa tourism destinations** thanks to its healing springs. Feel revived at the famous **Edipsos Baths** where Hercules used to relax after every labour. Continue your wellness journey at **Kamena Vourla** with the water of rare composition rich in natural salts or the revitalising **thermal springs of Thermopylae** and discover the famous **Ypati spring** located in the foothills of Oeta. And as the ancient Greeks believed, according to a marble inscription found in Ypati, those who visit the spring, forget everything. So, it is an opportunity to forget worries and enjoy the feeling!



BATHS/ HEALING SPRINGS:

- Ypati Baths
- Platystomo Baths
- Paleovracha Thermal Spring
- Dranista-Kaitsa Baths
- Kamena Vourla
- Thermopylae
- Edipsos Baths

AGRI-FOOD PRODUCTS

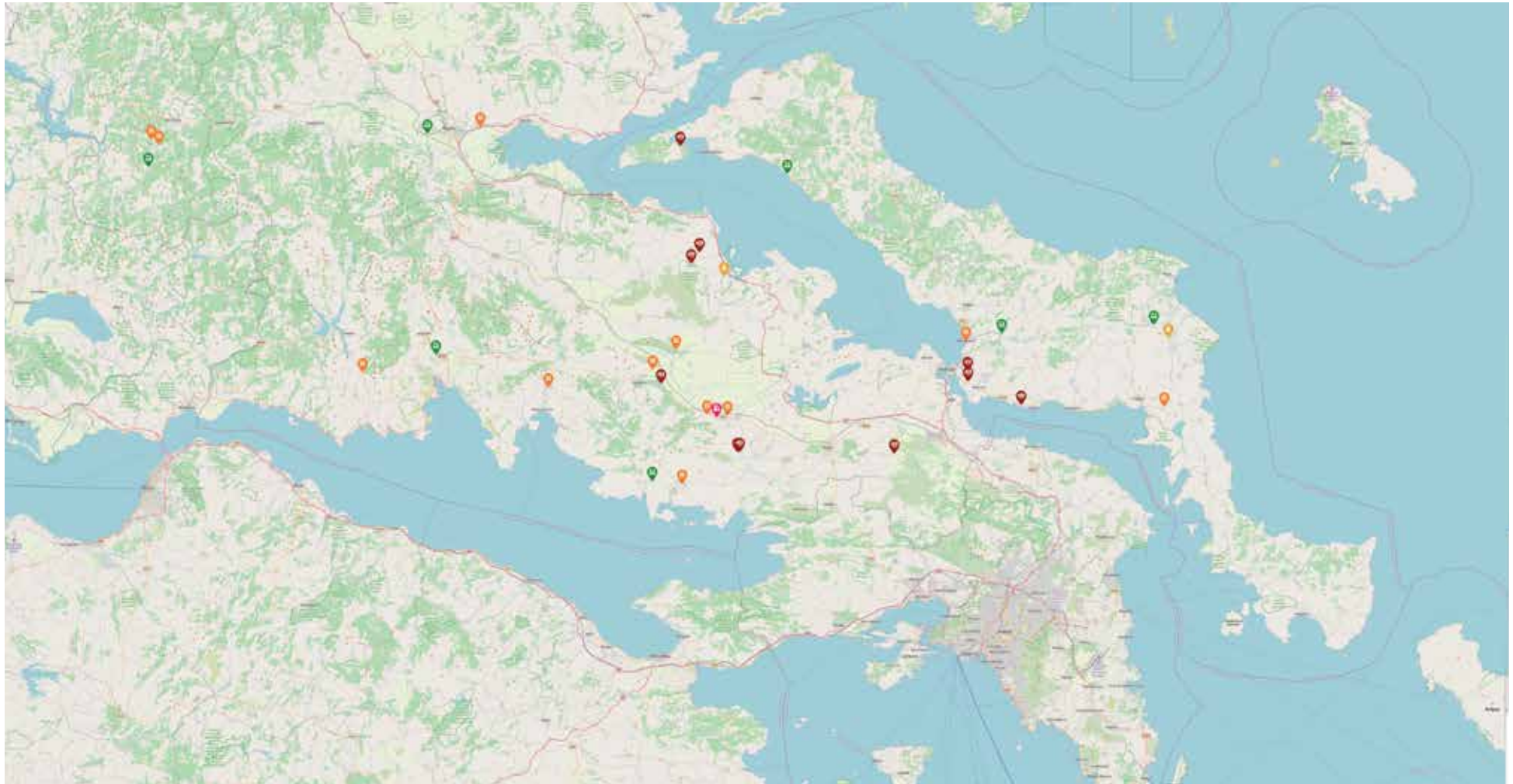
OF CENTRAL GREECE



<https://agrifoodcentralgreece.gr/>

AGRI-FOOD UNITS OF CENTRAL GREECE

OPEN TO VISITORS



TYPES OF UNITS OPEN TO VISITORS

<https://agrifoodcentralgreece.gr/>



WINERIES



ESTATE OR
AGROTOURISM
UNIT



BREWERY



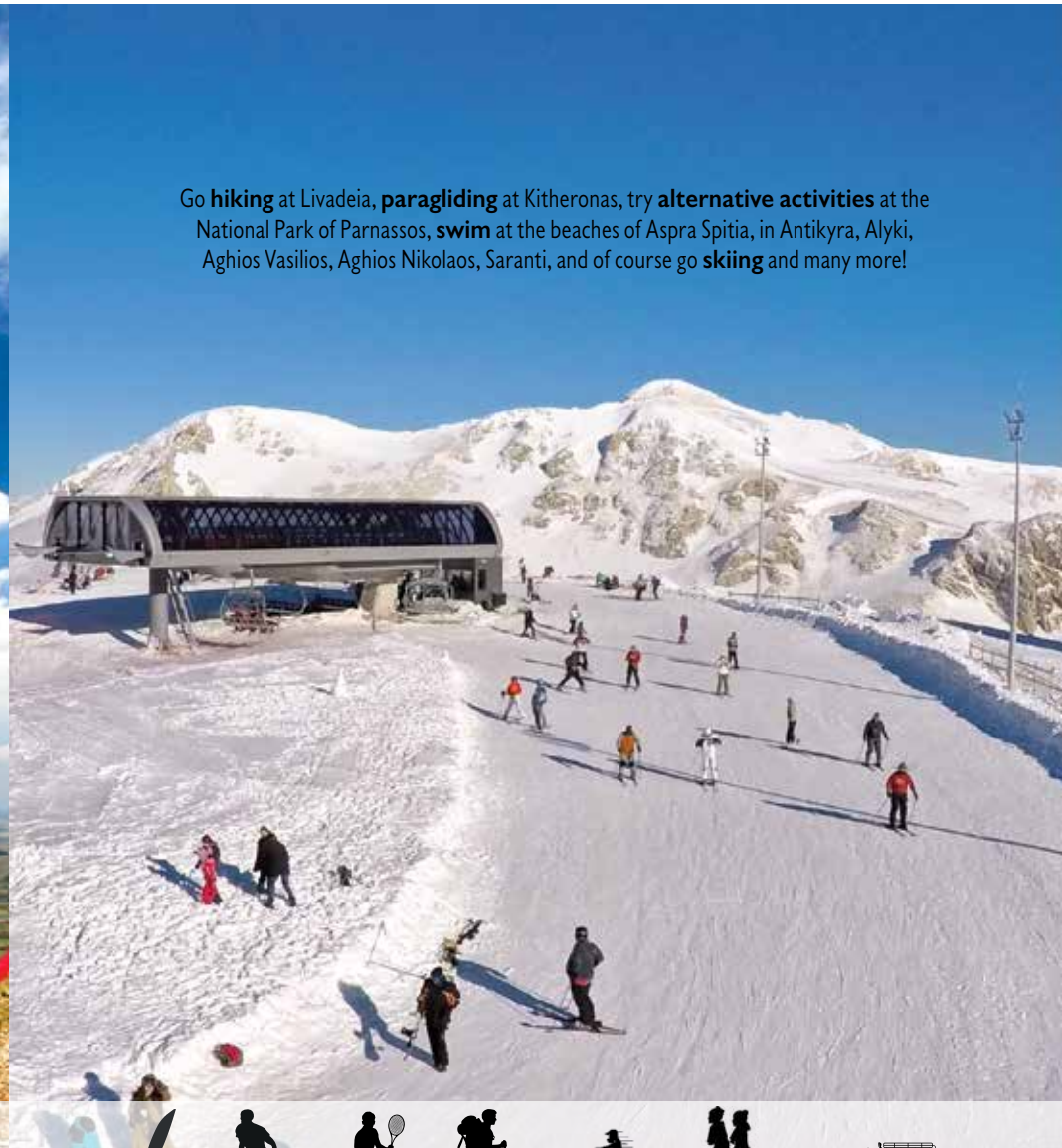
DISTILLERY



AGRI-FOOD PRODUCTS
PRODUCTION / PROCESSING
UNIT



Go **hiking** at Livadeia, **paragliding** at Kitheronas, try **alternative activities** at the National Park of Parnassos, **swim** at the beaches of Aspra Spitia, in Antikyra, Alyki, Aghios Vasilios, Aghios Nikolaos, Saranti, and of course go **skiing** and many more!



VIOTIA

In the snow!

Go **skiing** and **snowboarding** at the **Ski Resort of Parnassos** (www.parnassos-ski.gr), the biggest and best organised ski centre in Greece just 2,5 hours away from Athens. Here, beginners and advanced skiers will live a unique mountain experience in 21 slopes, 7 ski routes, 5 connecting trails, 4 slopes for beginners covering an area of 34 km. Experiences skiers, amateurs and every snow lover, with skis, a snowboard or a sleigh can descend from 2,260 meters and reach the 1,640 meters. Note: Equipment rental is available.



To Know:

- It has the most day of chairlift operation in Greece: 1,5 times more than the average.
- It is the biggest in chairlift and slopes dynamics: 4 times above the average.
- It is the most popular among visitors: 6 times above the average.



WHAT ELSE?

To do list

- **Go horse-riding.** Enjoy a horse ride in the nature in a specially designed area in Livadi.
- **Go skydiving** in Copais airport. Experience a free fall from 14.000 meters!
- **Go waterskiing** at the Boetoian Cefissus
- Rent a **bicycle** for city roads & mountain routes.
- With Livadi being your base, go **mountain biking** to explore quiet trails and dirt roads in the heart of the National Park.
- **Climb** rocky natural fields and steep slopes of mount Parnassus, Giona, Oeta, etc.
- **Go paragliding:** Watch Arachova, Livadi, Delphi and the Gulf of Itea and Galaxidi from above,

by flying with a two-seater paraglider.

- For **sailing, canoeing, windsurfing** and many more, all the roads lead from Distomo and Itea to Galaxidi! The beach of Distomo is an ideal place for diving.
- Go **ice skating** in Livadi! Practise unique moves on the ice in the housed ice rink called "Mountain Ice". If you feel like trying something more venturous, dip into the outdoor heated swimming pool!
- In the area, you will find state-of-the-art **football and tennis** facilities in Livadeia, as well as in Sernikaki in Delphi, at the brand-new Amfissaikos Arena facilities. It features two 9x9 and 5x5 football courts and can hosts tournaments, sports events and social events. Available on appointment.
- Walk around the **snowy pathways** of the fir forest.
- Cross the snowy trails of Parnassus with a **snowmobile** with the guidance of experts!
- Discover the unexplored side of Parnassus, through **mountain routes with a bicycle or a 4x4 vehicle!**
- **Trekking:** The ancient trail of Delphi (Delphi-Korikion Antron), the internationally renowned E4 trails and over 20 networks will introduce you to the hidden beauties of Parnassus.

Note: The above mentioned choices are indicative of the activities you can live in the area



Marked trails (indicative)

Kiriaki-Megali Loutsa (Kapsala). Through the square of Kiriaki, follow an upward route to the top of Megali Loutsa. It is a 3,5-long course of medium difficulty.

Arvanitsa-St. Serafim. From Arvanitsa head to Stavros and then right to the well. Continue to the paved road to reach the monastery of St. Serafim. The route is easy and the journey is about 1,5 hours long.

Gerontovrachos-Liakouda (the highest peak of Parnassus of 2,457 km). A 2,5-hour route, following the trail No. 22. From Liakoura you can enjoy the views of all the peaks of Parnassus, **Zemeno-Xerovouni.** After a 3-hour route, you will arrive at Distomo, from where the mountain range of Elikonas starts.

Trail No. 22 starts from Agoriani at mount Parnassus and passes through mounts Kirfi, Elikonas, Korobili, Kitheronas, Pastra and leads at Parnitha (Bafi Refuge).



Beauties, contrasts, rich vegetation, deep blue waters, healing springs, wetlands, gorges and mountain trails: these are just a few things of what Evia and Skyros offer visitors. In Evia, from the north to the south, from Edippos to Karystos, you can do everything! Whether you love relaxation and sea, or you are seeking theme tourism and adventure, Evia is ideal for alternative holidays: from sports tourism with trekking and cycling to wine tourism and cultural events!





WHAT ELSE?

To do list

- **Swim** in dreamy beaches (In Evia there are more than 120 beaches)
- Go **hiking** to Agali and Dimosari islands.
- Enjoy **mountaineering** in 40 marked routes in the entire island.
- **Climb** the fields Kamaria, Steni, Kambia, Katavolos.
- Enjoy **canoeing / kayaking** at Manikiatis
- Go **surfing** at south Evia.
- Try **bungee jumping** from the cable bridge at Chalkida
- Tour Euboea with a **sailing boat**
- Make a **trip** to Lichadonissia and Petalii islands.
- **Make an Enduro 7 Tour**
- **4X4 off-road** routes at Dirfys
- Go **horseback riding** in Aghia Anna, Kamatriades, Psaropouli bridge, Konistres
- Go **mountain biking** in Dirfys, Telethrio, Xiron Oros, Kotilea, Ochi.
- Go **climbing** in Kymi.
- **Cruise along** the Gulf of Northern Euboea
- Participate in the **triathlon** at Karystos
- Go **kite surfing** at Lefkanti, Marmari and Pefki.
- **Swim** at some of the most scenic beaches in Greece in limpid, deep blue waters and golden sandy beaches at **Skyros**, like the ones you will find in Molos, Magazia and Aspou.
- At the **beaches of Skyros** you will have the chance to try a plethora of **water sports**.

Note: The above mentioned choices are indicative of the activities you can live in the area



Spa/healing tourism

A special mention should be made to **Edipsos** and its **healing springs**. For those who want to feel revitalised, fight stress, relax and be relieved from various medical conditions can visit the famous baths of Edipsos. Hydrotherapy centres, spas, mud baths, swimming and the healing power of the waters promise to offer you a unique feeling of health, wellness and relaxation!

Marked trails (indicative)

Dragon houses at Styra: The trail starts from the three U-placed impressive structures, the famous “Dragon houses” (megalithic structures dating from the 7th-2nd century B.C.). The route ends at the Citadel of Styra, where the castle of Armeni was built. The megalithic gate and the chapel of St. Nikolaos standing majestically on the hill steals the show.

Drymonas Waterfalls-Mount

Xiron: The trail starts from the waterfalls of Drymonas. It is a route brimming with firs, pines, oaks and many forms of fauna. The top is located at an altitude of 990 m. and offers views of Skiathos and Skopelos. If the skyline is clear, you will even be able to see mount Athos.

Steni-Refuge: Starting from behind the field of Steni, at an altitude of 450 meters, you can reach the “Michalis Nikolaou” Refuge in about 2,5 hours,

EVRYTANIA

Wild nature, authentic pictures, contrasts of landscapes... Evrytania is the ideal place for those seeking experiential activities and outstanding experiences! Karpenissi is fairly considered a training center as it has the respective facilities. High mountains, dense forests, gorges and trails create a movie-like setting! Go **rafting, hiking, mountain biking, canoeing, canoying, horseback riding, off road 4X4, hiking, river trekking , paragliding** and many more... You will go hiking at Mavri Spilia, the trails of Tornos, Bouzonikoa dn Panta Vrehi gorges and all sorts of activitiies, **from paint ball, mountain bike and abseiling to horseback riding** in the beautiful nature of Evrytania and **orienteering!**



EVRYTANIA

Ski time!

Velouchi

It is the closest **ski resort** to a town in Greece and is ideal for everyone...from the most demanding skiers to families with kids (www.velouxi.gr). It is famous for its renovated facilities, while its highlight is its mechanical walkway, the biggest in Greece and the Balkans, as well as the snow carousel for kids. The friends of skiing and snowboarding can enjoy 18 high-standard pistes, divided into colour zones depending on the level of difficulty and the visitor. The green zone is suitable for kids and beginners. If you love skiing but are not rather experienced yet, then choose the blue pistes, while the masters of skiing will be excited by the black zones. The more brave and adventurous visitors can also try skiing at the 4 free routes.



Marked trails (indicative)

Monument of Markos Botsaris-Klafsí Bridge: It lasts an hour, it is easy and connects the historical Kefalovryso village with Klafsí, a beautiful village in Potamia, passing along river Karpenissiotis.

Proussos Monastery-Mavri Spilia: Starting from the monastery, you will visit the traditional charcuteriemaker of the village, the only in Greece producing prosciutto and leads to Mavri Spilia.

Tornos: A tiny village yet with a remarkable trail network! At the entrance there is an instructive sign, while all routes are marked and clean. The trails of the Waterfalls and Triantafyllia are among the most popular ones.

Velouchi Ski Resort-Psili Korfi: Start climbing to Iraklis slope, right by the steep gorge and the breathtaking wild rocks.

Stenoma- Old Stone Bridge of Viniani: It is the part of the E4 European Trail that connects Stenoma village with the famous single-arched bridge of Viniani.

WHAT ELSE?

To do list

- **Rafting** in Tavropos, Acheloos and Trikeriotis. With six-seater and twelve-seater inflatable rafts, navigate the crystal-clear and bubbling waters of the rivers.
- **Canoyoning:** Descent the gorges of Viniani and Vothonas (one of the most difficult ones in the country) with special equipment, combining three activities: hiking, swimming and abseiling.
- **Canoeing:** With one- or two-seater vessels especially designed for lakes, go hiking at Lake Kremasta.
- **Go Kayaking** in Krikellopotamos. One of the most isolated places and a difficult river with many technical trails that create narrow passages and many rapid waters. Suitable for experienced visitors only.
- **Swim in a river.** A great experience at Aghia Vlacherna beach!
- **Go river trekking.** Walk along rivers and creeks without using vessels at the best spot, the gorge Panta Vrechi.
- In Evrytania there are numerous **trails** waiting for you to explore. Go **hiking** at Mavri Spilia, at the trails of Tornos, at Bouzonikos and Panta Vrehi gorges, tour Proussos Monastery by crossing a path or go hiking from Ananiada village to mount Kalliakouda.
- **Do road trips** to mountain villages. Travel through labyrinthine routes of dozens km and capture the unique images that are typical of Evrytania.
- **Drive a 4x4 vehicle.** Travel to magnificent places through mountainous routes, like Agrafta, an unexplored paradise in Greece, Chelidona, the mountain reaching at an altitude of 1.712m and Panta Vrechi gorge with the high waterfalls.

Note: The above mentioned choices are indicative of the activities you can live in the area





Mountain and sea, remarkable infrastructure, unique natural beauties, thermal springs, impressive flora and fauna, the wider region is generously gifted by nature! From **swimming** and relaxation at cosmopolitan beaches and from **water sports** to treatments and revitalization at the famous **healing springs at Kamena Vourla and Ypati**, Fthiotida has a lot of hidden surprises for its visitors!





Thermal springs

A special mention should be made to the **healing-thermal tourism** in the area. Natura has gifted generously the region with healing water at the thermal springs. **Kamena Vourla**, built between the mountain and the sea, is a place famous for the thermal springs with the healing properties. Visit also the **thermal springs in Thermopylae**. According to the mythology, they were gifted by Hephaistus to Athena and Hercules. When you find yourself in the area, you will realize that water temperature reaches 40°C! The warmth and pressure caused by the water fall create a revitalizing sense of relief. You can also visit and enjoy the healing properties of the **thermal baths in Ipati**,



Platystomo, Kallidromo, Paleovracha and **Kaitsa-Dranista**, offering health, wellness and beauty.

Oeta, known as the mountain of flowers and Hercules, the mythical hero, is a mountain of unique natural beauty, with extensive fir forests, rare and impressive species of plants, rich fauna and abundant waters. Within its gorges there are often **waterfalls**, like **Kremastors**, considered to be the biggest in Central Greece. Although from low height it seems to be a steep mountain, when you visit it, you will discover a different picture, packed with meadows covered in wild flowers. The **Natural Park of Oeta** has been founded for the protection of the area. All you have to do it walk!



WHAT ELSE?

To do list

- Outdoor activities at the **National Park of Oeta**.
- **Swim** at the Malian Gulf and the coasts stretching from Glifa to Theologos, where you can find organised and non-organised beaches.
- You can choose among **water sports**, beach volley and other activities.
- Go **mountain hiking** all year round in Othris to the peaks "Giouzi", "Arkodopirni", and "Portes" and "Nerospilia" locations towards "Gerakovouni", the small gorge "Kanalía" and the springs of Velas.
- Visit the **Boeotian Kifissos** with the old watermills and the stone bridges. The area is ideal for **hiking**, exploration, watching of the rich Flora and Fauna the along the bank of the river, while the most active visitors can try **canoyoning**.
- Go **horseback riding** at Spercheios [01]. Another amazing experience!
- Try **kite surfing** at Raches.
- **The wetlands** of Fthiotida are places of major significance. The wetland of spercheios Delta is very important, covers an area of 196 sq.km., its largest part consists of cultivable land and is home to a rich avifauna. Here you can go birdwatching and see 21 different bird species that reside in the wetland permanently, while 63 more bird species spend winter in the area. There are also 20-30 couples of storks living close to the villages of Aghia Paraskevi, Antihliand Moschochori. On the other hand, you can also visit the wetland of Aghia Paraskevi, located in Sperchios Delta, 3km east on Lamia. The springs at the village are home to the unique in the world primitive species of fish Pungitius hellenicus, which is about 4cm long.

Note: The above mentioned choices are indicative of the activities you can live in the area

A landscape of great geomorphological diversity, a place of thousands years old, a trip of contact with the majesty of Greek nature... Fokida offers everything you wish for and even more.

Swim at the coastal part of Fokida, from Aghios Minas at Desfina to Chiliadou and the beaches of Trizonia, **go skiing and snowboarding at Parnassus**, **hiking and mountaineering at Portes and Sykia**.



FOKIDA

At the mountain...

Only due to the fact that from Fokida you have direct access to Parnassus, the choice of activities is big. The top activity is, of course, **skiing and snowboarding** on the slopes of Parnassus, however the mountain n will surprise you every season of the year! From **climbing, mountaineering** and **hiking** to **mountain biking** in mild trails and dirt roads of the **National Park**, the experiences are numerous and powerful!

Action time!

Hiking at the **European trail E4** is a unique experience, as a big part of it passes through Parnassus and connects Delphi with Agoriani. The route is part of the ancient path that used to connect Delphi with ancient Lilea. You can also go **hiking at Neraidospilia**, close to Vargiani village, the most impressive cave in Parnassus! In addition, in the area you can also access the sea... Go **windsurfing** and **kitesurfing** at the beautiful beach of Chiliadou with the golden sand at the west edge of Fokida, experience **diving** to explore the underwater beauties of the Corinthian Gulf, try **water sports** at many of the beaches of the south coastline of Fokida, to **canoe and kayak** at Galaxidi and Itea!

WHAT ELSE?

To do list

- Skiing
- Climbing
- Diving
- Sailing
- Fishing
- Water sports
- Hiking and walking at beautiful routes
- Mountaineering
- Mountain biking

Note: The above mentioned choices are indicative of the activities you can live in the area







VIOTIA EVIA EVRYTANIA FTHIOTIDA FOKIDA



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