



DIGITAL ROUTES

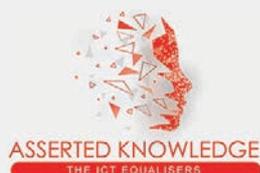
OF CULTURAL HERITAGE FOR A SUSTAINABLE FUTURE

PR. NR. 2020-1-PL01-KA205-080646



GREECE

Cultural Heritage Guidebook
for Young Travelers and Educators





Erasmus+

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FOREWORD

A WORD FROM THE

Greece is a country that combines the old and classic style with modern architecture.

In the capital, you can find places that combine multicultural experiences.

Migration movements influenced the local culture and brought diverse customs and languages to the local community and especially in the local market.

Greece is a tourist attraction during the whole year. Visitors either are willing to explore its cultural beauties or the local cuisine and entertainment.

Greece combines the corporate busy cities and the relaxed villages, which are very close to big cities and are the best options for small excursions during a weekend. Furthermore, the country combines the mountains with the rich nature and the coasts with the beautiful beaches to enjoy from April up to September due to its warm weather.





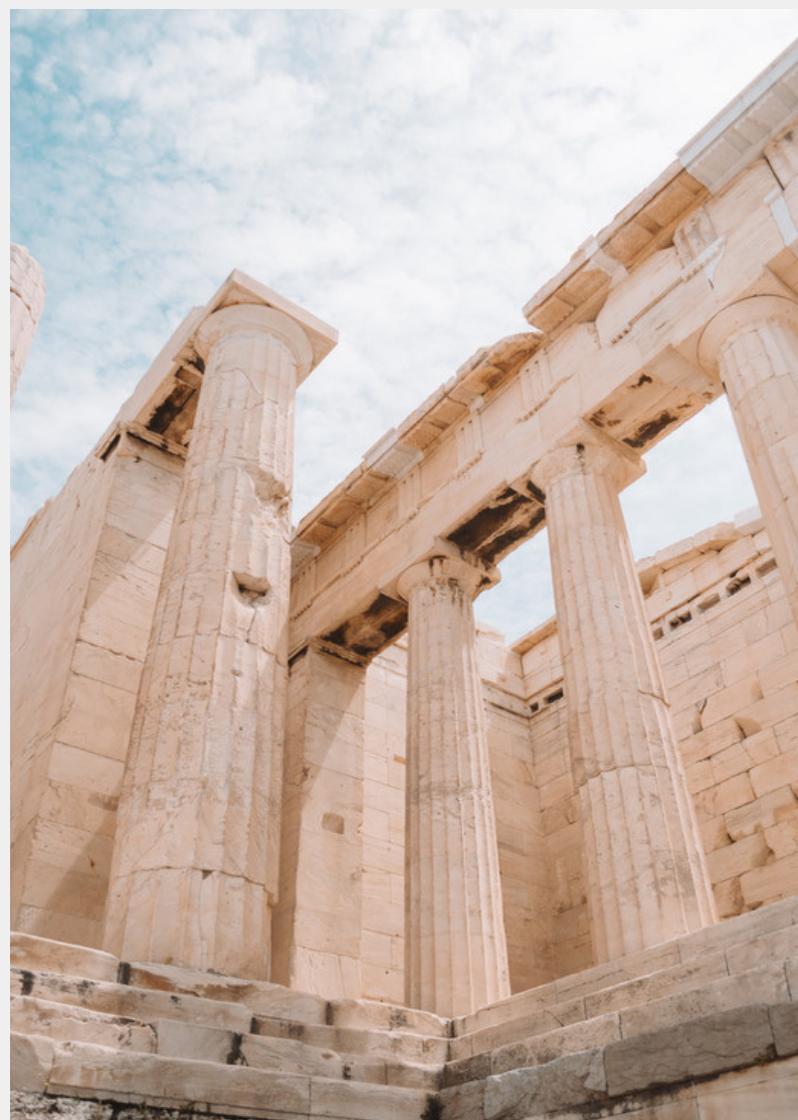
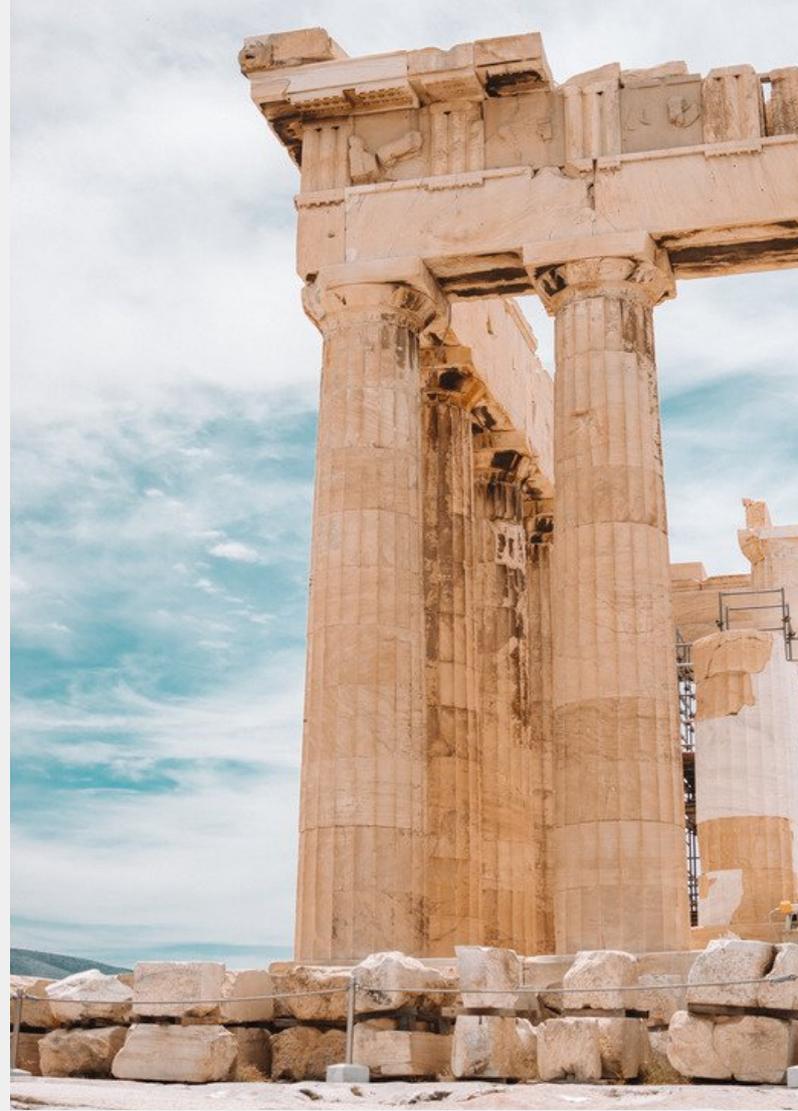




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**GREECE IS MORE
THAN A
COUNTRY. IT IS
AN EXPERIENCE.**





INTRODUCTION

Greece is the ultimate destination for history buffs and nature lovers. With an astoundingly rich historical and cultural heritage, Greece is famous for its influential contributions to western civilization and its numerous sites enlisted in UNESCO's World Heritage list. The country offers endless choices to its visitors and countless attractions.

Filled with unique monuments and overwhelming archaeological sites covering all periods of known history, Greece also preserves many elements of its traditional background, such as villages, recipes, etc. Moreover, apart from thousands of islands and islets, the country is home to stunning natural wonders, like forests, lakes, gorges, caves, volcanic rocks, and many more.

The aim of this cultural guidebook is to present some cultural routes for Greece.



This guidebook includes 3 cultural routes with 34 cultural spaces.





THE MAP



3 CULTURAL ROUTES



34 CULTURAL SPACES



GASTRONOMY

Greek food

Greek food spreads its culinary influence throughout Europe and beyond. With an ancient tradition, Greek cuisine has been greatly influenced by both Eastern and Western cultures. Flavors of Greek food changes with season and geography. However, fresh vegetables, fishes & seafood plays a significant role in the dishes mostly because of its long coastline while meat is treated as less popular, with the exception of lamb.

Season also plays a great role in the type of dessert that is served. In the summer, lighter desserts such as halva, rizogalo, and spoon sweets paired with Greek yogurt are offered, whereas in winter, you're likely to see baklava and steamy galaktoboureko after traditional family lunches.



Courgette Balls



Dolmadakia



Feta cheese with honey



Greek salad



Meatballs



Moussakas



Cheese pie-Tiropita



Yemista



Tzatziki



GASTRONOMY

■ Greek desserts ■



■ Baklavas



■ Bougatsa



■ Galaktompourekos



■ Kataifi



■ Halvas



■ Loukoumades



■ Pasteli



■ Ravani



■ Yoghurt with
honey



LANGUAGE

The official language of Greece is Greek. The language is an amalgamation of Ancient Greek and modern Greek that also includes words from Latin and Turkish.

Here are some everyday Greek words and phrases:

English

Hello
Athens
Cheers
Good morning
Good night
Yes / No
Thank you
You are welcome
Okay
How are you?
Where is the...?
The bill please

Greek

Γειά (Geiá)
Αθήνα (Athína)
Γεια μας (Yiá mas)
Καλημέρα (Kaliméra)
Καληνύχτα (Kaliníχta)
Ναί / Όχι (Nai / Ochi)
Ευχαριστώ (Efcharistó)
Παρακαλώ (Parakalo)
Εντάξει (Entáxi)
Είσαι καλά; (Eisai kalá?)
Πού είναι το...; (Pou einai to..?)
Το λογαριασμό παρακαλώ
(To logariasmó parakalo)







CULTURAL ROUTES

ALL ACROSS GREECE



ARCHAEOLOGICAL SITES & MONUMENTS

Fourteen cultural spaces are included in the first cultural route of Archaeological Sites and Monuments:



The Athens Acropolis

The Acropolis is one of the most famous archaeological sites in the world. Several findings suggest that there was activity on the citadel for over 5,000 years. The ruins of ancient temples and sanctuaries ranging from the fifth century BC to the Roman period are the most prevalent and well restored, with the Parthenon being the most iconic site of all.



Address: Acropolis Area, Athens,
Greece



Kerameikos

In the north-west of the Acropolis lies Kerameikos, one of the largest districts of ancient Athens with a significantly big burial site. Kerameikos was the home of skilled potters known for their 'Attic vases'. Visitors can see funerary features, as well as famous remnants of the ancient citadel like the Themistoclean Wall, the Dipylon Gate and the Sacred Gate. The location also houses a museum with artefacts found on site that give an insight into customs and rituals associated with death and burial.



Address: Kerameikos, Athens (Ermou 148, Athens 105 53 Greece)



The Pnyx

The Pnyx is the famous rocky hill where the Athenian democratic assembly would meet and periodically vote on legislation. The curved retaining wall is still visible and its trapezoidal blocks supporting the open-air auditorium are the biggest ever quarried in Athens. The speaker's platform is also preserved carved into a rock in the middle of the stone ridge.



Address: Filopappou Hill, Athens Greece



Ancient Agora of Athens

The Agora was the epicentre of all civic activity in ancient Athens. This large open space was initially used for sociocultural exchanges, but eventually became the heart of any activity ranging from political to religious and from commercial to judicial. The Agora was surrounded by administrative buildings and temples and was traversed by the Panathenaic Way that led to the Acropolis. Visitors can admire the imposing temple dedicated to Hephaistos, the Hephaisteion, as well as the Museum housed in the restored Stoa of Attalos.



Address: 24 Adrianou Str., 105 55
(Central Athens)



Lykeion, Archaeological Site

The Gymnasium of Lykeion was founded in 334 BC. It took its name from the sanctuary of Apollo Lykeios formerly featured in the area and it is the location of Aristotle's school of philosophy. It continued to function as a school until its destruction by the Roman general Sulla in 86 BC. Today, visitors can see parts of the palaestra, the ancient wrestling school.



Address: Metro 'Evangelismos', Rigillis street



Theatre of Dionysus

The ancient Theatre of Dionysus in Athens was the theatre and sanctuary of the god Dionysus Elefthereus and is located at the southern slope of the Athenian Acropolis. Its initial parts were built in the sixth century BC to host the festival in honor of Dionysus, the Dionysia. By the fourth century BC, the theatre had reached a capacity of up to 17,000 and was used till the Roman period.



Address: 25 Mitseon str., 117 42, Athens



Hadrian's Library

Hadrian's Library was built in 132 AD as a gift from Emperor Hadrian to the people of Athens. In typical Roman Forum architectural style, the library featured several reading rooms and lecture halls that surrounded an inner courtyard. Rolls of papyrus were kept in the eastern part of the building. The library was severely damaged in the third century AD, and, during the byzantine era, churches were built onsite.



Address: On the north side of the Athens Acropolis



Archaeological Park of Plato's Academy

The Academy was founded in the late fourth century BC by Plato. Remnants in the archaeological park date from the prehistoric to archaic periods, including a sixth century BC gymnasium. The Academy's most famous student was Aristotle the philosopher, who studied there during the Classical period. Sadly, the academy was severely damaged during the Roman siege (86 BC) and only a few stone walls remain today.



Address: Akadimia Platonos, Athens
Greece



Olympieion – Temple of Olympian Zeus

Olympieion was the temple of Olympian Zeus in southern Athens. One of the greatest temples of its time, Olympieion was founded in the sixth century BC. However, its construction was completed in the second century AD, under the reign of the Roman Emperor Hadrian. Among other remnants, 16 out of 104 columns remain to this day, offering a hint at the temple's former glamour.

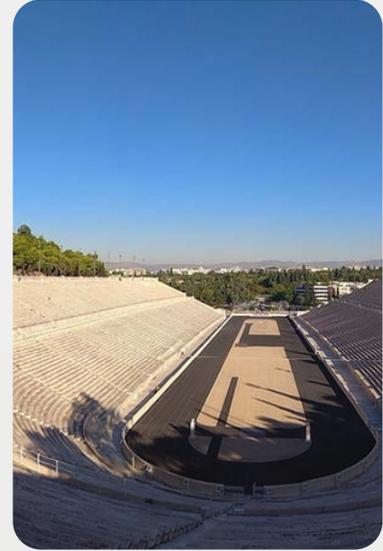


Address: Vassilisis Olgas Avenue, Central Athens



Panathenaic Stadium

The Panathenaic Stadium in central Athens is a multi-purpose stadium also known as 'Kallimarmaro' (which means 'beautiful marble'), as it is built entirely of marble. The location initially hosted the Panathenaic Games (around 330 BC). By 144 AD, the stadium was rebuilt in marble by Herodus Atticus and could host 50,000 people. While it lost its splendour during the Christian era, it was restored in the 19th century and hosted the first modern Olympics in 1896.



Address: Vasileos Konstantinou Avenue, Athens 116 35



Roman Agora

The Roman Agora was an open-air market in central Athens during the Roman Empire. Its location was strategically picked as an intersection of all important civic activities. Constructed between 19 and 11 BC, the Roman Agora suffered several damages through the centuries, as it was eventually covered with many kinds of buildings. Upon their demolition, excavations revealed significant remnants.



Address: 3, Polygnotou Str., 105 55, Plaka-Athens



Odeon of Herodes Atticus

This Odeon (also known as Herodeion) was an amphitheater commissioned by Herodes Atticus. It was built between 160AD and 174 AD on the southern slopes of the Acropolis. Renovated in the 20th century, it can seat 5,000 people and provides a sensational acoustic experience. Visitors can enjoy live performances here, like classical concerts and classical theatre.



Address: Dionysiou Areopagitou, 105 55, Athens



Galaxidi Nautical and Ethnological Museum

The Museum was founded in 1928. It is housed in the former City Hall building that was built in 1870. Among its precious collections on maritime activity, the museum holds the Galaxidi Chronicles written in 1703 by Priest-Monk Euthymius, rare nineteenth and twentieth century nautical paintings and objects, as well as rare photographs of 1821 Greek Revolution fighters. The museum also features important archaeological findings.



Address: 4, Mouseiou Str., Galaxidi 330 52



Old Town of Corfu

The Old Town of Corfu is one of UNESCO's World Heritage enlisted sites. Founded in the eight century BC, the town has had a rich history thanks to its strategic position at the entrance to the Adriatic Sea. Known as Kastropolis (Castle city) because of its two castles during the Middle Ages, the Old Town is now a beautiful mix of Venetian period buildings and nineteenth century newest additions.



Address: Palaia Poli Kerkiras, 491 00, Kerkyra





FOOD & DRINK



The Museum of the Olive and Greek Olive Oil

The museum offers an insight into the history of the olive and the olive oil, as well as the evolution of the technology around olive oil production in Greece and the Mediterranean: it is a study on their linkage with local identity and with complex cultural aspects of the Mediterranean lifestyle (economic, nutritional, religious, artistic), from as early as the prehistoric times.



Address: 129, Othonos-Amalias Str., 231
00 Sparta



Ktima Spiropoulos

Ktima Spiropoulos is a family winery founded in 1860 on the Ancient Mantinia plateau, in the Peloponnese. Today, the winery owns private vineyards both in Mantinia and in Ancient Nemea and cultivates organic and certified grape varieties. The winery at Ktima Spiropoulos is a specimen of traditional architecture and the tour in the area offers great insight into the history of wine and other local products.



Address: 15th klm. Tripoli- Artemisio road – 221 00, Anc. Mantinia, Arcadia



Domaine Skouras

Domaine Skouras was initially founded in Gymno, Nemea in the 1980s by a well-travelled wine connoisseur, George Skouras. Today, the winery is situated in the village Malandreni within the PDO Nemea wine zone. Having invested in wine tourism, the winery offers a unique experience for visitors who love wine and want to learn about all wine-production stages, all the while enjoying high aesthetics.



Address: 10th km Argos-Sternas – 212 00, Malandreni, Argolida



Tselepos Estate

Tselepos Estate was founded in 1989 by oenologist Giannis Tselepos. at an altitude of 750 metres at the Mantinea plateau, the Tselepos vineyards produce local and international vine varieties. The Estate offers an insight into nineteenth century industrial architecture, a restored watermill dating back to the Greek pre-revolutionary period, and a beautiful chapel of Saint Trifor overlooking the

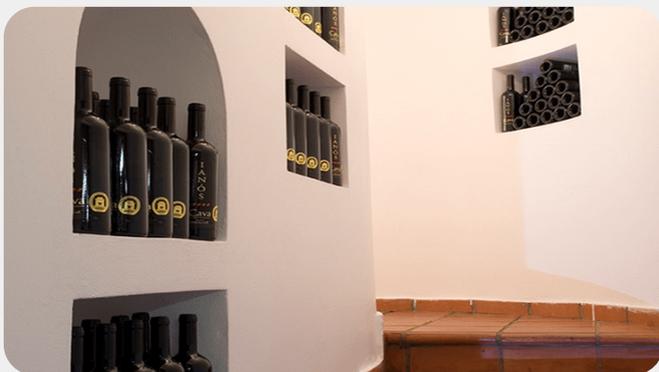


Address: 14th km Tripoli-Kastri road – 221 00, Rizes, Arcadia



Rouvalis Winery (Oenoforos)

Rouvalis Winery was founded in 1990 by oenologist Angelos Rouvalis in Aigio. Since then, the winery has evolved into a modern and creative place that combines cosmopolitanism, tradition and modern technology. The beautiful landscape of the slopes of Aigialia (northern Peloponnese) overlook the Corinthian Gulf and offer multiple cultural routes to visitors eager to learn more about vines, wines and raisins, as well as the history of the area.



Address: Selinous – 251 00, Aigio, Achaia



Cavino



One of the largest wineries in Greece, Cavino's neoclassical architecture offers an insight into the country's industrial and beverage production activity and units. Cavino's owner also produces limited editions of high-quality wines at Domaine Mega Spileo, on the 21st kilometer of the road that connects Diakopto and Kalavryta. Mega Spileo is housed at a traditional stone-made building overlooking the Vouraikos Canyon. It is also historically linked with the sixteenth century monastery of the same name at a location nearby.



Address: Meganiti Bridge – P.O. Box 6,
251 00,
Aigio, Achaia



Monemvasia Winery

Monemvasia Winery was founded in 1997 in an area known for its wine variety 'Malvasia' since the Middle Ages (12th century). As of 2009, the wine Monemvasia-Malvasia is a PDO product thanks to Monemvasia Winery. The multiple-award-winning winery is open to visitors all year round and can be combined with many other cultural and natural sites worth-seeing in Laconia.



Address: Velies Monemvasia – 230 70, Lakonia



Mercouri Estate

Mercouri Estate features one of the most iconic wineries in Greece, with a history beginning in the nineteenth century. Managed by the same families for generations, the Estate produces 13 different wines of native and international varieties, as well as extra virgin olive oil made from privately-owned olive groves. Old stone-made buildings with tiled rooftops, a small church and a folk museum are only some of the things that visitors can admire here.



Address: Korakochoi – 217 00, Ilia



Lantides Estate

Lantides Estate is a family-owned business founded in 1993 in Nemea. The family cultivates both native and international wine varieties in a privately-owned vineyard of 35 hectares spanning across different altitudes in Nemea, Scotini and Koutsis of Nemea. The winery is housed at a beautiful neoclassical building and can host up to 20 people at independent premises.



Address: Xerokampos – 205 00, Nemea,
Corinthia



Palivou Estate

Palivou Estate modernized its facilities in 1995 and has been thriving in the area ever since. Its vineyard is one of the largest in Nemea and produces the infamous Greek red variety 'Agiorgitiko' and several other quality wines. The Estate is worth visiting for its hospitable premises, as well as for its proximity to the impressive archaeological site of Nemea.



Address: Ancient Nemea – 205 00, Corinthia



Lafazanis Winery

The Lafazanis Winery was founded in 1993 in the village of Ancient Kleones. It produces native and international varieties of high-quality wine by combining modern technology with traditional and environmentally friendly methods. The winery is very close to several archaeological attractions, such as the Acropolis of Ancient Kleones and the Temple of Hercules, as well as the site of Ancient Nemea in a 5.5 km distance.



Address: Ancient Kleones – 205 00, Nemea, Corinthia



Strofilia Estate

Strofilia Estate is a winery in Asprokambos, at the Stymfalia lake plateau. The Estate is the largest mountain winery in Greece and produces both Protected Designation of Origin (PDO) and Protected Geographical Indication (PGI) wine. Fermenting grapes from mountainous vineyards in both the Peloponnese and Attica, the Estate invests in innovative methods to produce local and international varieties.



Address: Asprokambos – 205 00, Nemea,
Corinthia



Domaine Bairaktaris

Domaine Bairaktaris is a family business run in the fertile lowlands of Nemea. The area of Nemea is famous for the grape variety 'Agiorgitiko' and is inscribed as Protected Designation of Origin (PDO) zone. The Bairaktaris winery uses natural methods of cultivation and vinification along with modern equipment to produce high-quality varieties of wine. Having invested in the wine tourism, the winery welcomes visitors for tours and wine tasting.



Address: 83 El. Venizelou – 205 00, Nemea,
Corinthia





HEALTH & WELLNESS



Pozar Thermal Baths

Loutra Pozar (also known as Loutraki) are thermal baths located in Loutraki Arideas, in the prefecture of Pella, at mount Voras (Kaimaktsalan). Pozar features a natural warm water spa (37°C) which is certified as therapeutic. Hot waterfalls, a swimming pool, and the beautiful natural surroundings offer a unique experience to visitors seeking alternative tourism activities. The town offers multiple choices in accommodation, restaurants, spa treatments and more.



Address: Loutraki Almopias 58400



Agkistro Thermal Springs



Address: Agkistro Serron, 62300 Serres, Greece

Agkistro features the oldest hammam in Greece. Its main stone-made Byzantine building was built in 950 AD. Recent expansions comprise new hot bathtubs and a guest house. Open 24 hours a day, Agkistro baths offer ideal conditions for relaxation and privacy in therapeutic waters of up to 41°C. The village is built at the foot of the homonymous mountain and the natural surroundings are ideal for several alternative tourism activities.



Sidirokastro Thermal Baths

The thermal springs of Sidirokastro have a long history and are well known since the Byzantine era for their therapeutic properties. The renovated hydrotherapy center offers several choices in treatments and the spring water reaches a temperature of 43.7°C. Situated on a pine-covered hillside, the place also offers accommodation with a view to Mount Beles, the river Strymon and the plain of Serres.



Address: 6th km of Sidirokastro-Promachonas,
Sidirokastro 62300



Thermal Springs of Lagkadas

Known for its balneotherapy facilities since 900 AD in the valley of Mygdonia, the thermal baths have evolved through the years along with the growth of the city of Lagkadas. With two byzantine tanks (900 AD and 1400 AD) and expanded, renovated facilities (individual jacuzzies, personal tubs), the thermal baths of Lagkadas are ideal for both group- and private use and offer a multitude of relaxation, beauty and rehabilitation treatments.



Address: Municipality of Lagkadas, Central Macedonia



Thermal Spa Agia Paraskevi

In the beautiful and popular Kassandra peninsula, the thermal Baths of Agia Paraskevi are a well-established hydrotherapy center. Its therapeutic waters have special properties and natural temperatures from 37,5 to 39°C. Visitors can enjoy both group- and individual experiences in swimming-pools, saunas, hamam, and hydromasaz facilities. Situated on a cliff overlooking the Aegean Sea, the spa offers great view and a fully organized touristic experience all year round.



Address: Address: Loutra 630 85, Kassandra, Halkidiki



Pikrolimni Thermal Baths

In the precious and protected biotope of the lake Pikrolimni near the city of Kilkis, the homonymous thermal baths fully benefit from special environmental conditions. Pikrolimni is a hypersaline and shallow lake which is also famous for its black mud (natural saline clay). Its saline water and black mud are used for balneotherapy and pelotherapy in the well-organized local spa that specializes in various treatments.



Address: Xylokeratia 611 00



Nigrita Thermal Spa

The spa was founded in 1950. However, the local thermal springs have been known since the Roman times and Roman public baths are still preserved in the vicinity. The therapeutic water has a temperature of 45.6°C and contains beneficial minerals and trace elements. Recommended for various physical disorders, the spa is open only during the summer and offers a fully equipped hydrotherapy center and accommodation.



Address:
Nigrita, 62200, Serres



Mud Baths of Krinides

Krinides is known for its rich clay and thermal water. The Mud baths offers exquisite treatments of partial or full immersion of the body in clay, as well as hydrotherapy, steam rooms and massage sessions. This holistic experience has multiple therapeutic effects (mechanical, thermal and chemical). On top of that, visitors can enjoy fully equipped and well-organized facilities all years through.



Address: Kalambaki 640 03, Krinides
Kavalas



RESOURCES

Greek Ministry of Tourism



<https://mintour.gov.gr/en>



mailbox@mintour.gr



T: (+30) 210 3736001



Visit Greece



www.visitgreece.gr



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Athens Official Guide



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