



WONDERGREECE

### **3-day trip with rafting at Lousios, and not only!**

Plan Days 3

*Excursion in nature and the villages of Arcadia and the archaeological sites of Korinthia! A weekend full of beautiful pictures!*

By: Christina Koraki



## Day 1

1. Athens  
About region/Main cities & villages
2. Corinth Canal  
Culture/Monuments & sights
3. Ancient Korinthos  
Culture/Archaeological sites
4. The Castle of Acrokorinthos  
Culture/Archaeological sites
5. Karytena  
About region/Main cities & villages



## Day 2

1. Karytena  
About region/Main cities & villages
2. Rafting  
Interests & activities/Rafting
3. Castle of Karytena  
Culture/Castles



## Day 3

1. Karytena  
About region/Main cities & villages
2. Stemnitsa  
About region/Main cities & villages
3. Folklore Museum of Stemnitsa  
Culture/Museums
4. Dimitsana  
About region/Main cities & villages
5. Water - Power Museum  
Culture/Museums
6. Agia Fotini  
Culture/Churches & Monasteries
7. Athens  
About region/Main cities & villages





## 1. Athens

About region / Main cities & villages



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N37.99345652844329,  
W23.747162483203056



## 2. Corinth Canal

Culture / Monuments & sights



**Απόσταση:**

by car 81.3km

**Χρόνος:**

59'

GPS: N37.93777358008524,  
W22.97947267736822

**Note:** If we do not stop, to be careful because we will pass over the canal!



## 3. Ancient Korinthos

Culture / Archaeological sites



**Απόσταση:**

by car 12.6km

**Χρόνος:**

16'

GPS: N37.9071706,  
W22.881429600000047

**Note:** Morning walk in Ancient Korinthos!



## 4. The Castle of Acrokorinthos

Culture / Archaeological sites



**Απόσταση:**

by car 4.2km

**Χρόνος:**

09'

GPS: N37.890098086081984,  
W22.8694754367707

**Note:** Would be nice to buy coffee to enjoy it from the top of the castle. The view is unlimited!



## 5. Karytena

About region / Main cities & villages



**Απόσταση:**

by car 131.5km

**Χρόνος:**

1h36'

GPS: N37.4844743,  
W22.04142580000007

**Note:** As we approach the view of the river that flows down from the village and the castle on the top, enchants!



## 1. Karytena

About region / Main cities & villages



**Απόσταση:**

Start -

**Χρόνος:**

-

GPS: N37.4844743,  
W22.04142580000007

**Note:** How nice to wake up in such a place! :)



## 2. Rafting

Interests & activities / Rafting



**Απόσταση:**

by car 5.0km

**Χρόνος:**

06´

GPS: N37.511398511024005,  
W22.03824179245146

**Note:** Time for action! Our man is Mr. Kolintzas Trifonas: ( 30)  
6974 4597 53, 27910 25978 from TREKKING HELLAS ARKADIAS



## 3. Castle of Karytena

Culture / Castles



**Απόσταση:**

by car 6.6km

**Χρόνος:**

09´

GPS: N37.48311212319357,  
W22.03943023649299

**Note:** Back in the village, relaxing and afternoon walk in the castle!



### 1. Karytena

About region / Main cities & villages

**Απόσταση:**

Start -

Χρόνος:

-

GPS: N37.4844743,  
W22.0414258000007



### 2. Stemnitsa

About region / Main cities & villages

**Απόσταση:**

by car 18.8km

Χρόνος:

26'

GPS: N37.55556033674253,  
W22.082435568261758

**Note:** Breakfast and coffee in the beautiful Stemnitsa! Here there are many traditional products like our favorite sweet chestnut!



### 3. Folklore Museum of Stemnitsa

Culture / Museums



Location:  
Stemnitsa

Contact:  
Tel: (+30) 27950 81252

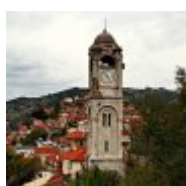
**Απόσταση:**

by car 0.1km

Χρόνος:

02'

GPS: N37.554973460420506,  
W22.08214052527012



### 4. Dimitsana

About region / Main cities & villages

**Απόσταση:**

by car 9.0km

Χρόνος:

10'

GPS: N37.59611175254348,  
W22.039778792065363

**Note:** Maybe we would like to eat lunch in Dimitsana.



### 5. Water - Power Museum

Culture / Museums



Location:  
Dimitsana

Contact:  
Tel: (+30) 27950 31630

**Απόσταση:**

on foot 1.7km

Χρόνος:

21'

GPS: N37.58298537538741,  
W22.046784722012262

**Note:** A museum with a permanent music, the sound of running water!



## 6. Agia Fotini

Culture / Churches & Monasteries



**Απόσταση:**

by car 58.5km

**Χρόνος:**

51'

GPS: N37.61837486704665,  
W22.388237587141475

**Note:** This is what we call 'different' church! It only takes a small detour. It is open, do not forget to close the door when leaving!

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## 7. Athens

About region / Main cities & villages



**Απόσταση:**

by car 154.6km

**Χρόνος:**

1h40'

GPS: N37.99345652844329,  
W23.747162483203056

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## Attiki Prefecture

### Access

#### By bus

**Bus station Kifissos (KTEL):** This is the central bus station connecting Athens with most cities of Greece. It is located at 100 Kifissou Avenue Str. and it can be accessed by the bus lines X93 from "Eleftherios Venizelos" airport, 051 from Omonia and 420 from Piraeus.

Tel.: (+30) 210 5124910-11, 5132601

**Bus station Liosion (KTEL):** The station is located at 26 Stratigou Dagkli Str. and there are several itineraries to neighboring prefectures of Attica. It can be easily accessed since there is a large number of bus lines passing by the station, such as X93, 420, 701, 704, A10, B10 et al.

Tel.: (+30) 210 8317186

You can call 14505, where recorded information for all the bus stations (KTEL) and the itineraries are provided.

#### By train

TRAI NOSE and OSE: TRAI NOSE is the suburban railway company and OSE is the traditional railway company. There are itineraries that connect Attica with central and smaller cities.

Tel.: 14511 (recorded messages)

[www.trainose.gr](http://www.trainose.gr) and [www.ose.gr](http://www.ose.gr)

**By boat:** The prefecture of Athens has three ports to service the passengers' wants. The largest one, the port of Piraeus, is located closer to Athens and thence depart most of the ships. Then follow the ports of Rafina (40km from Athens) and Lavrio (60km from Athens), which have less traffic and itineraries only to certain islands of the Aegean Sea.

**Port of Piraeus:** It can be easily accessed due to its close distance from Athens. Moreover, the easiest way to get there is by electric-powered train, whose terminal station is located across the port. The passengers can also take the Suburban Railway, whose terminal station is a few meters away from the station of the electric powered train. Moreover, a large number of buses connect the port with several areas of Athens and the suburbs, while it is connected with the airport via the bus line X96.

Tel.: 14541 (for itineraries, changes or delay information)

[www.olp.gr](http://www.olp.gr)

**Port of Rafina:** To the east of the prefecture of Attica, on the coast Andreas Papandreou is located the port of Rafina. The port can be accessed either by private means or by the itineraries of the bus station (KTEL) of Attica, from where ships depart for Andros, Syros, Tinos, and Mykonos.

Tel.: (+30) 22940 23605, 22840

[www.rafinaport.gr](http://www.rafinaport.gr)

**Port of Lavrio:** Nearly at the southeast part of Attica, shortly after Sounio, lies the port of Lavrio. It can be accessed either by car or by taxi or by bus (bus station (KTEL) Attica). The port of Lavrio is 60km from Athens and 25km from "El. Venizelos" airport. Moreover, this port has several itineraries to Kea, Lesvos, Limnos, Chios and some other islands of the Aegean Sea.

Tel.: (+30) 22920 27711, 22089

[www.oll.gr](http://www.oll.gr)

**By plane:** "Eleftherios Venizelos", the national airport of Athens, is located in Spata and is one of the most modern airports. It can be accessed by the following public means of transport: the Suburban Railway, the Metro (blue line), and the bus lines X95 from Syntagma Square, X96 from Piraeus, X93 from the bus station Kifissos and X97 from the metro station Dafni.

Tel.: (+30) 210 3530000

[www.aia.gr](http://www.aia.gr)

### Domestic transportation

Means of transport in Athens and Piraeus: The public transport in Athens and Piraeus accommodates almost every corner of the city. In particular, there are:

- The buses (ETHEL) and the trolley buses
- The Attic Metro, which is the fastest mean of transport in Athens
- The Electric-powered Railway, which connects the northern suburbs with the port of Piraeus and is also connected with the two Metro lines.
- Moreover, there are two tram lines that connect Piraeus with the center of Athens and the southern coastline from Piraeus till Voula.
- For itineraries information, you can contact the Urban Transport Organization of Attica in the telephone numbers 185 and (+30) 210 8200999  
[www.oasa.gr](http://www.oasa.gr)

**Bus station Attica (KTEL):** The destinations within the prefecture are accommodated by the point of departure in Athens and specifically at Mavromateon in Pedion of Areos (railway station "Victoria") and at the Agion Asomaton Square in Thissio (railway station "Thissio").

Tel.: (+30) 210 8808080

You can also call 14505, where recorded information are provided for all the bus stations (KTEL) and the itineraries.

**Marinas:** If you are traveling by private boat in Attica you will find several marinas

Marina of Flisvos: Trokantero area T: (+30) 210 9871000-2

Marina Zeas: Piraeus (+30) 210 4559000

Marina Vouliagmeni: 77 Apollonos Str., T: (+30) 210 8960012-5

Marina Alimos: Kalamaki area, T: (+30) 210 9880000

Marina Glyfada: 2 Saki Karagiorga, Glyfada T: (+30) 213 2025366, 2025200

Marina Olympic: 77th km Athens-Sounion, Lavrio T: (+30) 22920 63700

## Useful telephone numbers

### Health Services

The number you can call to learn on duty hospitals is the 166 and the 106, which you can also call in an emergency.

Emergency call: 166

Poisons Centre: (+30) 210 7793777

On duty hospitals/pharmacies/doctors: 14944

### Municipalities

Municipality of Athens: 63 Athinas Str., Kotzia Square

T: (+30) 213 2082200, 5277000, 33108261

[www.cityofathens.gr](http://www.cityofathens.gr)

Municipality of Piraeus: Korai Square & 1 Dragatsi Str., Piraeus

T: (+30) 213 2022000, 4127941, 4194000

### Police Authorities

Emergency call: 100

Tourist police: 171, (+30) 210 6977386

All police services: 1033

Traffic police: (+30) 210 5230111

Road service: 10400

### Port Authorities

Port authority of Piraeus: Coast Miaouli 50, Piraeus: (+30) 210 4147800, 4226000

Port authority of Rafina: Coast Andrea Papandreou 1, Rafina: (+30) 22940 22300, 28888

Port authority of Lavrio: (+30) 22920 25249, 26859

Emergency call: 108

### Fire Service, Forestry

Emergency call: 199

Forestry: (+30) 210 60173290, 6395280

### Transportations

Urban buses: 185 [www.oasa.gr](http://www.oasa.gr)

Attiko Metro: (+30) 210 5194001, [www.ametro.gr](http://www.ametro.gr)

Suburban Railway: (+30) 210 5272000, [www.proastiakos.gr](http://www.proastiakos.gr)

Tram: (+30) 210 9978000, [www.tramsa.gr](http://www.tramsa.gr)

Electric Railway: (+30) 210 3248311, 1440, [www.isap.gr](http://www.isap.gr)



Hellenic Railways Organization: (+30) 210 5297777, [www.ose.gr](http://www.ose.gr)

Suburban Buses: (+30) 1440210, 5124910, [www.ktel.org](http://www.ktel.org)

Athens Sightseeing Public Bus N.400: 185

Taxi

Kosmos: 18300, (+30) 210 5200020

Hellas: 801 1157000, (+30) 210 6457000

Enotita: 801 1151000, (+30) 210 6459000

Hermes: (+30) 210 4115200

Ikaros: (+30) 210 5152800

Europi: (+30) 210 5023783

Express: (+30) 210 9943000

Athina 1: (+30) 1203, 210 9212800

Apollon: (+30) 210 3636508

Asteras: (+30) 210 6144000

Protoporia: (+30) 210 2130400

Glyfada: (+30) 210 9605600

## Korinthia Prefecture

### Access

**By car:** The prefecture of Korinthia and Korinthos city is easily accessed by driving, following the road network of the area. For example, Korinthos is 82 km from Athens through a modern high way, 133 km from Patras through a slightly less modern highway, 573 km from Thessaloniki and 162 km from Kalamata.

**By bus:** Korinthos is well-connected with the Greek Capital via the KTEL coach service, with regular departures roughly every half hour. The journey takes about 45 min. The bus station of Athens at 100 Kiffissou Avenue is connected with El. Venizelos Airport (ATH), and with the port of Piraeus. Buses from the city of Korinthos will lead you to any destination in the prefecture you desire to reach.

Bus station Korinthos: (+30) 27410 75425

Bus station Athens: (+30) 2105150220, 2105150287

Bus station Xylokastro: (+30) 27430 22218

Bus station Kiato: (+30) 27420 22243

**By train:** Korinthos is easily and quickly accessible from Athens by the Suburban Railway. With a frequent timetable, the train stops over at Agioi Theodoroi, Korinthos, Zevgoliati and Kiato. After Kiato there is also a train connection to Patras.

Train station: Korinthos: (+30) 27410 22522 – Kiato: (+30) 27420 22267 – Xylokastro: (+30) 27430 22297 – Derveni: (+30) 27430 31557 – Nemea: (+30) 27460 23057

### Domestic transportation

**Marinas:** In Korinthia there are organized marinas at Kiato, Korinthos and Xylokastro with dockage available, that also provide the vessels with water, electricity, fuel and supplies. There are some smaller marinas also in Loutraki and Vrachati.

### Useful telephone numbers

#### Health Services

General Hospital Korinthos: (+30) 27410 25711

Health Center Kiato: (+30) 27420 26311, 22222

Health Center Goura: (+30) 27470 51333

Health Center Loutraki: (+30) 27440 63444

Health Center Xylokastro: (+30) 27430 22222

Health Center Nemea: (+30) 27460 22089

#### Municipalities

Municipality of Agii Theodori: (+30) 27410 74000

Municipality of Assos Leheo: (+30) 27410 86241

Municipality of Velo: (+30) 27420 30134

Municipality of Evrostini: (+30) 27420 30101

Municipality of Korinthos: (+30) 27413 61000

Municipality of Loutraki-Perahora: (+30) 27440 69000

Municipality of Nemea: (+30) 27460 20000

Municipality of Xylokastro: (+30) 27410 39900

Municipality of Sikiones: (+30) 27420 20314

Municipality of Soligia: (+30) 27410 93580

Municipality of Stymfalia: (+30) 27470 22595

Municipality of Tenea: (+30) 27410 98288

Municipality of Feneos: (+30) 27470 51071

#### Police Authorities

Police station Korinthos: (+30) 27410 77250

Tourist police: (+30) 27410 23282

**Port Authorities**

Port authority Korinthos: (+30) 27410 28888

**Fire Services, Forestry**

Fire service Korinthos: (+30) 27410 24600

**Transportations**

Bus stations Korinthos: (+30) 27410 75425

Bus station Athens: (+30) 2105150220, 2105150287

Bus station Xylokastro: (+30) 27430 22218

Bus station Kiato: (+30) 27420 22243

Train station Korinthos: (+30) 27410 22520

Train station Kiato: (+30) 27420 22267

Train station Xylokastro: (+30) 27430 22297

Train station Derveni: (+30) 27430 31557

Train station Nemea: (+30) 27460 23057

Taxi Korinthos: (+30) 27410 73000

Taxi Kiato: (+30) 27420 28200

Taxi Loutraki: (+30) 27440 65000, 26666

**Other**

Corinth Canal: (+30) 27410 37167

## Arcadia Prefecture

### Access

**By car:** Tripolis, the capital of the district, is 157 km from Athens, 56km from Nafplion, 58km from Sparta and 202km from Patra. You can visit Tripolis either by car or by bus. The railway station isn't operating at the moment.

### Domestic transportation

Domestic transportation could be either by car or by interurban buses. However, the frequency of bus services is not the same for all the destinations. Tripolis is 55km from Dimitsana, 25km from Levidi and 40km from Astros.

### Useful telephone numbers

#### Health Services

Panarcadiko Hospital: (+30) 2713 601700

Health Center Megalopolis: (+30) 27910 22974

Health Center Tropeon: (+30) 27970 22701

Regional Hospital Leodarion: (+30) 27910 61282

Health center Dimitsana: (+30) 27950 31401

Regional Hospital Tyros: (+30) 27570 41212

Regional Hospital Karytena: (+30) 27910 31300

Regional General State Hospital "The Evangelistria" (Tripolis): (+30) 2710 238542

Regional Hospital Ag. Andreas: (+30) 27550 31338

Health Center Leonidio: (+30) 27570 22950

Health Center Astros: (+30) 27550 22222

Health Center Levidi: (+30) 27960 22274

#### Municipality

Municipality of Tripolis: 15181

#### Police Authority

Police Station: (+30) 2710 230540

#### Fire Service, Forestry

Fire service: (+30) 2710 371010

#### Transportation

Bus station Arcadia: (+30) 2710 230140-63

Bus station Megalopolis: (+30) 27910 22238

Bus station Astros: (+30) 27550 22218

Bus station Leonidion: (+30) 27570 22255

Bus station Tropea: (+30) 27970 22214

Bus station Levidi: (+30) 27960 22456

Bus station Vytina: (+30) 27950 22881