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

PLAN SUMMARY

WONDERGREECE

Day 1

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

Day 1

WONDERGREECE

1. Athens

About region / Main cities & villages

Απόσταση:
Start -
Χρόνος:
-

GPS: N37.99345652844329, W23.747162483203056

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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!

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3. Ancient Korinthos

Culture / Archaelogical sites

Απόσταση:
by car 12.6km
Χρόνος:
16΄

GPS: N37.9071706, W22.881429600000047

Note: Morning walk in Ancient Korinthos!

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4. The Castle of Acrokorinthos

Culture / Archaelogical 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!

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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!

Day 2

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! :)

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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

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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!

Day 3

WONDERGREECE

1. Karytena

About region / Main cities & villages

Απόσταση:
Start -
Χρόνος:
-

GPS: N37.4844743, W22.04142580000007

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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!

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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

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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.

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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!

7. Athens

About region / Main cities & villages

Απόσταση:
by car 154.6km
Χρόνος:
1h40΄

GPS: N37.99345652844329, W23.747162483203056

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
TRAINOSE and OSE: TRAINOSE 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 and 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

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

Port of Lavrio: Nearly at the southest 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

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

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

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
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 Papandreuou 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
Attiko Metro: (+30) 210 5194001, www.ametro.gr
Suburban Railway: (+30) 210 5272000, www.proastiakos.gr
Tram: (+30) 210 9978000, www.tramsa.gr
Electric Railway: (+30) 210 3248311, 1440, www.isap.gr

Hellenic Railways Organization: (+30) 210 5297777, www.ose.gr
Suburban Buses: (+30) 1440210, 5124910, 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, Zevgolatio 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