

# 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**



### 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

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## 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:** 

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GPS: N37.99345652844329, W23.747162483203056



the canal!

2. Corinth Canal Culture / Monuments & sights

Note: If we do not stop, to be careful because we will pass over



**Απόσταση:**by car 81.3km **Χρόνος:**59'

GPS: N37.93777358008524, W22.97947267736822



3. Ancient Korinthos
Culture / Archaelogical sites

Note: Morning walk in Ancient Korinthos!

the castle. The view is unlimited!



**Απόσταση:**by car 12.6km **Χρόνος:**16'

GPS: N37.9071706, W22.881429600000047



**4. The Castle of Acrokorinthos** Culture / Archaelogical sites

Note: Would be nice to buy coffee to enjoy it from the top of



Aπόσταση: by car 4.2km Χρόνος:

GPS: N37.890098086081984, W22.8694754367707



**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



2. Rafting
Interests & activities / Rafting

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

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



Απόσταση:

by car 5.0km **Χρόνος:** 

06′

GPS: N37.511398511024005, W22.03824179245146



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, W22.04142580000007



chestnut!

2. Stemnitsa About region / Main cities & villages

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



Απόσταση: by car 18.8km Χρόνος:

26′

GPS: N37.55556033674253, W22.082435568261758



3. Folklore Museum of Stemnitsa Culture / Museums



**Q** Location: Stemnitsa

Contact: Tel: (+30) 27950 81252

Απόσταση:

by car 0.1km Χρόνος:

GPS: N37.554973460420506, W22.08214052527012



4. Dimitsana About region / Main cities & villages



Απόσταση: by car 9.0km Χρόνος:

10'

GPS: N37.59611175254348, W22.039778792065363



5. Water - Power Museum Culture / Museums

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



Contact:

**♀**Location:

Dimitsana

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

# Πρόσβαση και Χρήσιμες πληροφορίες



### **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

# Πρόσβαση και Χρήσιμες πληροφορίες



### **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

# Πρόσβαση και Χρήσιμες πληροφορίες



### **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