



- The **network** of Emblematic Mediterranean Mountains consists of **nine** complex living **mountains** located around the **Mediterranean Sea**, in **France, Greece, Italy, Spain** and **Albania**. The respective territories are working together on common **challenges**:
- Preserving **patrimonial values** from endogenous and exogenous threats
    - Sharing **positive experiences** and good practices
    - Increasing **international recognition**



**EMbleMatiC Ecojourneys** are nine routes of **experiential slow tourism** across **hinterland areas** of European Mediterranean Mountain regions. By enjoying these journeys, visitors have a chance to **explore** the areas' **singularities** and the **activities** offered by local providers. These are journeys where **nature** and **culture** meet, and the experience with **body** and **soul** is such that it generously conveys the **emblematic character** of the territory.



Project co-financed by the European Regional Development Fund



# The Paths of Myth

## Mnt Idi (Psiloritis)



## **AKOMM**

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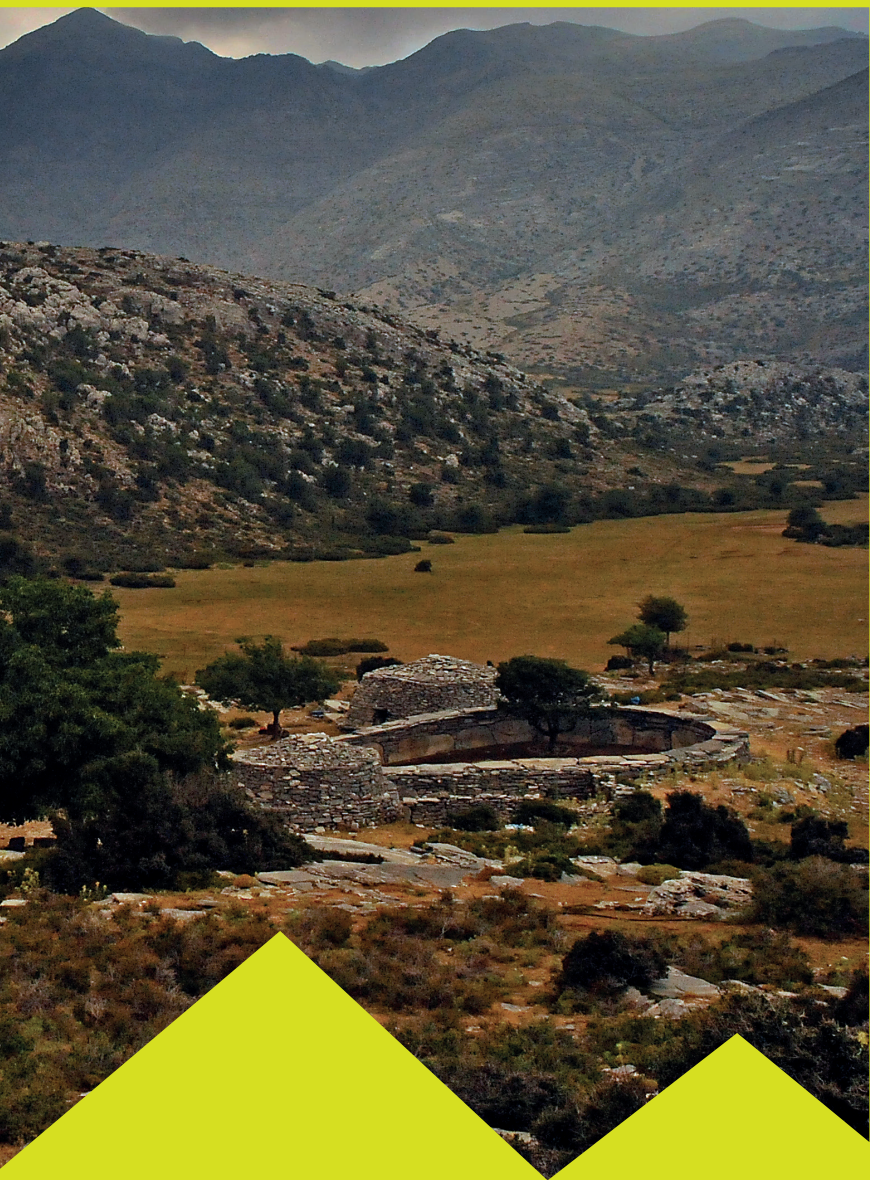
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Regional Development Fund



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# Introduction



## Emblematic Mediterranean Mountains



Dear reader,

What you have in your hands is not only a tourist guide of Mnt Idi (Psiloritis), but also the result of an ambitious project carried out by the Emblematic Mediterranean Mountains network. Mnt Idi (Psiloritis) belongs to a group of Mediterranean mountain areas that work together in order to offer you a more intensive, authentic and sustainable travel experience. You can enjoy these experiences through 9 different *Eco-journeys* (see map above), which lead you to discover with all senses the hidden gems lying around some of the most amazing mountains across the Mediterranean basin.

Each *Ecojourney* offers you a route or a group of routes across the hinterland area of these mountains. Whilst enjoying this journey on foot, biking or riding, or using public transports, you have a chance to explore the areas' singularities and to discover activities, creations and festivities offered by locals. All routes are perfectly integrated in landscapes that still preserve the footprints and the spirit of their ancient cultures and gorgeous nature.



But there's more: because we know how important aspects such as sustainability and responsible tourism are for you, we are committed to offer you an experience that...

- Is located in hinterland areas that are outside of the usual (and overcrowded) touristic routes;
- Has been conceived and developed mainly using and placing value on already existing infrastructure;
- Is a result of participatory processes with local stakeholders who are aware of environmental good practices related to water and energy consumption, waste management, fostering local and seasonal products, and obtaining ecolabels;
- Is conceived to favour interaction with local people and producers;
- **Will allow you to live for a while the essence of a Mediterranean mountain area, its nature, its culture and its people and traditions. Go for it, it's waiting for you!**

*Your EMbleMatiC Hosts*

## Nine EMbleMatiC ecojourneys

Once you will have enjoyed the ecojourney of this guide, you will be very welcome to carry on visiting the others 8 slow tourism routes located across the hinterland areas of the territories of the EMbleMatiC Mediterranean Mountains network. More information available on the network website [www.emblematic-med.eu](http://www.emblematic-med.eu) and below:

### Canigó, France

#### *The foothills of the Canigó*

Come to explore, to taste and be amazed whilst enjoying everchanging views over the Sacred mountain of Catalans! The foothills of Canigó, the promise of a slow and curious walk full of natural scents.

[www.canigo-grandsite.fr](http://www.canigo-grandsite.fr)



### Çika, Albania

#### *From Çika highlands to the beach*

A scenic route running in parallel to Çika crest, enriched with a bouquet of 5 extending paths to balconies and paysages, natural & cultural heritage and welcoming people, is the heart of this journey.

<http://himara.gov.al/>



### Pedraforca, Spain

#### *The seven faces of Pedraforca mountain*

The seven faces of Pedraforca is a new tourist experience that will take you to discover all the secrets hidden by this magical mountain. From one day up to seven days to impregnate yourself!

[www.elbergueda.cat](http://www.elbergueda.cat) / [www.visitbergueda.cat](http://www.visitbergueda.cat)

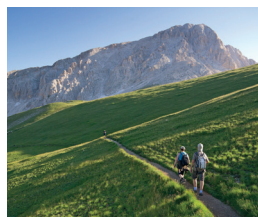


### Gran Sasso, Italy

#### *The Gran Sasso, a mountain of Saints and Warriors*

Ascend from the Tirino Valley to the Gran Sasso, the highest peak of the Appennini Mountains. Enjoy an emotional journey through nature, ancient traditions, landscapes and tasty local products.

[www.galgransassovelino.it](http://www.galgransassovelino.it) / [www.yesgransasso.com](http://www.yesgransasso.com)





## **Olympus, Greece**

### *"Olympios Zeus", Cultural Route*

A mythical route that combines grandiose environment with remarkable historical monuments in a unique harmony. Organized infrastructure and services offer experience that really worth the visit!

[www.pieriki-anaptixiaki.gr](http://www.pieriki-anaptixiaki.gr)



## **Etna, Italy**

### *An ecojourney through pathways of Etna "Ginesta" and "Vineyard" flowered fields*

Discover traditions that have not changed for hundred years. Live with the locals, experience their culture and everyday lifestyle whilst falling in love with this very special part of the world.

[www.galetnaalcantara.org](http://www.galetnaalcantara.org)



## **Serra de Tramuntana, Spain**

### *The route of Comte Mal*

Under the shelter of the majestic Mount Gatzó, that rises above the sea, you will wander on a land of legends, through an outstanding cultural landscape, shaped over centuries by proud local people.

<https://caminsdepedra.conselldemallorca.cat/en/-/la-ruta-del-comte-mal>



## **Mnt (Psiloritis) Idi, Greece**

### *On the Paths of Myth*

Through the ecojourney of Mnt Idi (Psiloritis) visitors could discover the Paths of Myths, History, Cultural Heritage and Natural Wealth in order to meet the original side and timeless value of Crete.

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

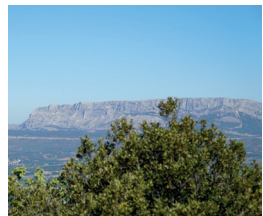


## **Sainte-Victoire, France**

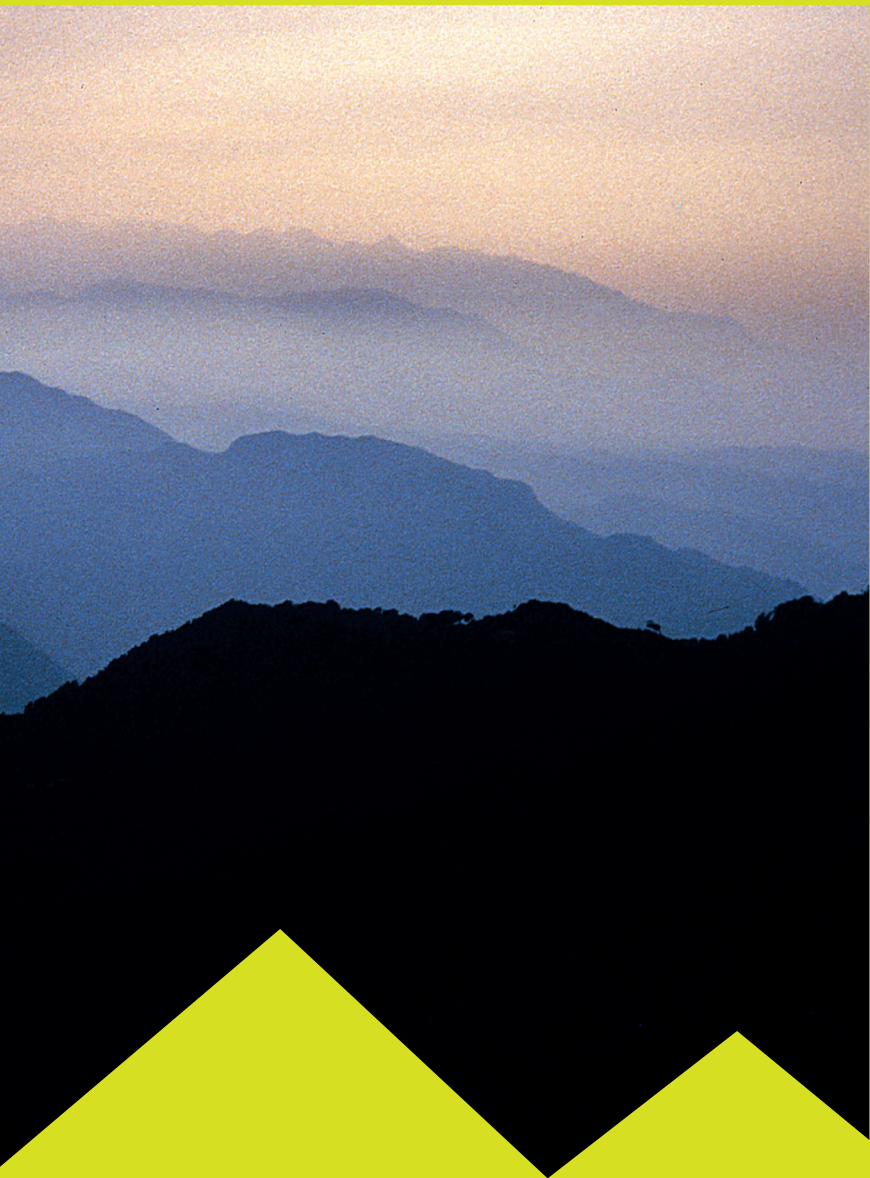
### *In the mood for Sainte-Victoire*

We want you to enjoy the unexpected Sainte-Victoire and share it's authentic mood. Experience our local way of life and meet people who embody the spirit of our living territory.

[www.fuveau-tourisme.com](http://www.fuveau-tourisme.com)







## **Introduction of the area**



## Psiloritis, the holy mountain of Crete



*Southwestern face of Psiloritis*

*Mnt Idi (Psiloritis) stands in the central part of Crete, covering an area of approximately 1200 km<sup>2</sup>. Its altitude ranges from 300 metres to the tallest peak in Crete, Timios Stavros, at an altitude of 2456 metres. The overall area it covers consists of 8 municipalities, it includes 165 hamlets with a total population of 40,000 residents, and combines geological characteristics with an exciting natural environment in a unique fashion.*

The long history of the human communities that have lived around Psiloritis over the centuries, from the 6th Millennium B.C. to this day, are characterised by unique customs, ways, and traditions that survive to this day in the locals' modern way of life.

Psiloritis locals always maintained their ancient, unbroken relationship to the land.

Their main occupation is the Primary sector, mainly Agriculture and Animal Farming, which is, for the most part, traditional, by keeping free range herds.

At the foothills of Psiloritias agricultural production mainly concerns olive cultivation. The olive oil produced throughout Psiloritis is of exceptional quality.

Viticulture is also very popular in Amari, Mylopotamos, and especially in the region of Malevizi, where the Malvasia wine is produced. According to researchers, the wine is connected to the medieval Malvasia variety.

High quality local products are the basis of the traditional diet that is connected to ancestral Cretan hospitality, which is still deeply



*Typical Psiloritis mitato*

rooted in the habits of Psiloritis' inhabitants to this day.

Its geographic location, its natural beauty, the climate conditions that are exceptionally favourable for humans, and, mainly, the rich natural resources of the broader Psiloritis region, along with the unique and complicated geological processes that are found in its minerals, make it a laboratory for the study of geological phenomena, contributing to the better understanding of Crete in general.

The various regions and isolated points of geological interest that, as a whole, compose a very interesting network of thematic »



*Chalepa Monastery*

habitat units throughout Psiloritis, play an important role in the composition of its natural environment.

It was for this reason that Psiloritis Geopark was created in 2001, with the initiative of the AKOMM (PSILORITIS DEVELOPMENT AGENCY OF LOCAL GOVERNMENT) – Psiloritis Developmental company and with the scientific support of the Natural History Museum of the University of Crete. It became part of the European Geoparks Network and the UNESCO Global Geopark Network.

The particularities of the landscape and minerals of Psiloritis shaped the special terrain, microclimate, and environmental conditions that allowed the various species to take on unique forms and characteristics, reflecting the particularities of the mountain.

This is why Psiloritis is characterised by a variety of landscapes, great biodiversity, the presence of many endemic species of flora and fauna, and even rare and endangered species. More than 100 species of plant in the region are endemic to the island.

The southwestern part of Psiloritis is characterised by sharp inclines with vertical cliffs and pine forests. In many cases the sudden geological elevations have created a large number of canyons, which are considered very important for the presence of reproducing and migratory birds of prey, such as Plataniás gorge.

The most important species of the region are the bearded vulture, the griffon vulture, the golden eagle, and the red-billed chough.

The east of the mountain is dominated by the peaks of Skinakas, Koudouni, Ameblakia, Samari, and Chalasokefala, which outline the two major interior valleys of Rouva and Vromonero, dominated by kermes oak forests.

Psiloritis is the main catchment area of central Crete. The concentration of water in the hydrological system discharges from various springs, the most important being those of Zaros and Gergeri in the south and Almyros in the northeast.

Human activity in the region dates back to the early neolithic era, with a number of archaeological sites its long history. There are several archaeological sites, the most important being the Minoan complex at Zominthos, the holy cave of Ideon Andron, and Kamares Cave (they are considered “Landscapes of Unique Natural Beauty”), the ancient kingdom of Axos, the ancient Homeric city of Eleutherna, ancient Sivritos, the small palace of Tylissos, the palace complex at Monastiraki Amariou, the late Minoan tomb at Apodoulou, etc.

The region is surrounded by several villages that have been connected throughout history by important historical events that





*Eastern slopes of Psiloritis*

took place on Psiloritis, such as Anogeia, Zoniana, Axos, Margarites, Eleutherna, Vistagi, Fourfouras, Kouroutes, Nithafri, Platanos, Kamares, Zaros, Gergeri, Asites, Kroussonas, Gonies, etc.

The Psiloritis mountain range is considered an Important Bird Area. A very small area of 0.2 hectares (Mana Nerou) above the village of Kamares, has been under protection as a “Natural Monument” since 1985, for the protection of the *Cephalanthera cucullata* orchid. ❧



*The gorge of Agios Nikolaos - Rouvas*



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**Presentation of  
the eco-journey**





*Southern slopes of Psiloritis*

## Short Description of the eco-routes

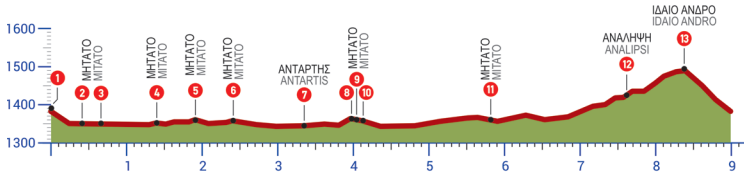
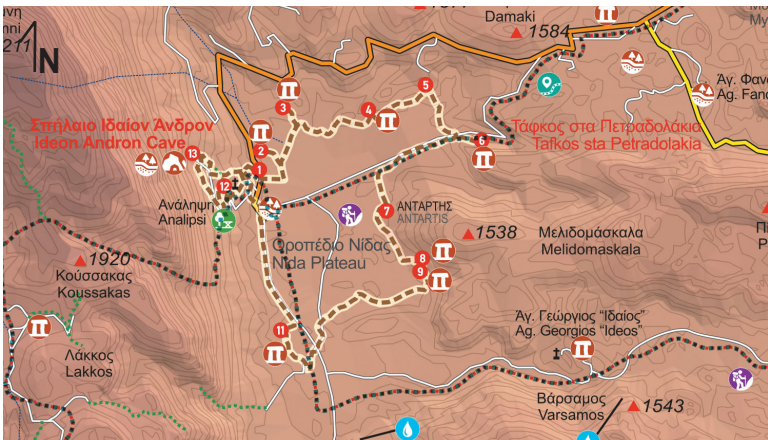
There are many different ways for one to become acquainted with Psiloritis. But there is only one way that reveals the secrets of nature and the soul of its locals; and that is to let yourself be carried away by the free and direct contact a journey through the diverse landscapes of the mountain offers, and to approach, through simple, daily relationships, the people who are a living continuation of the long history of the land filled with legends and myths. The routes on the ancient trails of the mountain may be the opportunity and means for this acquaintance.

We recommend certain characteristic routes through which you can discover a large portion of Psiloritis' hidden secrets. The hiking and mountaineering routes of Psiloritis are for the most part identical with the ancient shepherd and holy routes that connected the settlements around the mountain with the major pilgrimages of the mountain, such as Kamaraiko Cave and Ideon Andron on the Nida plateau, which is considered the Bethlehem of Cretan and Greek mythology.



*Old Zominthos dairy*

1 Nida (Nida Plateau) - Zeus Pilgrim Route



Route:	<b>Nida (Nida Plateau)</b>	Duration:	<b>2 hours &amp; 15 minutes</b>
Map Symbol:		Height:	<b>1342 - 1493 m</b>
		Length:	<b>9 km</b>

Continuing on the asphalt road from Zominthos, and after leaving behind the detour to Skinakas peak on our left, where the only Observatory in Crete is located, the plateau of Nida sprawls out before us, at an altitude of 1400 metres.

The plateau is triangular, with its southern, narrowest part forming the so-called ‘Poros tis Milias’, which grants access to the southern foothills of Psiloritis and the region of Messara.

On the western slope of the plateau, above the spring of Analipsi, (Assumption) where the chapel got its name, and at an altitude of 1538 metres, is Ideon Andron, the Holy cave of the Cretans, which became renowned around Greece and was an important centre of worship and initiation site.

Tradition has it that this is where Zeus is born to the sound of the drums and dances of the Daktyloi Idaioi (Idean Fingers).

Information indicates that it had been an important place for





*Panoramic view of Nida Plateau*

the worship of Zeus since the 15th century B.C.

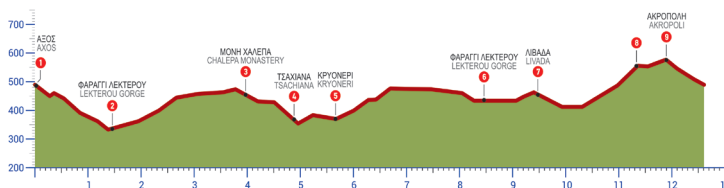
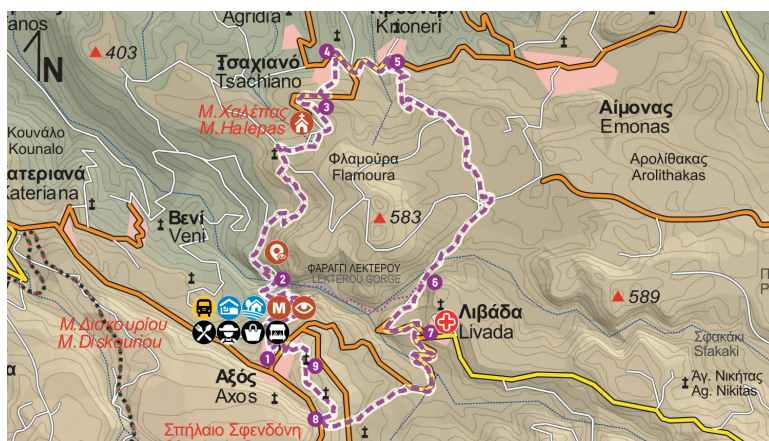
Its fame spread throughout Greece and it became one of the most important theology centres of antiquity. The catharsis and initiation rituals attract large numbers of pilgrims, among them major Greek philosophers, such as Epimenides and Pythagoras.

The importance of the cave was confirmed by the rich findings from the excavations, mainly weapons and utensils, bronze and clay idols, objects made from bone and ivory, tripods and vases, bronze disks, drums and shields covered with detailed reliefs. At present, Ideon Andron may be visited during the summer months.

Starting at the tourist kiosk **(1)** below Analipsi spring, the route leads around the periphery of the plateau, which is the location of most of the mitata **(2), (3), (4), (5), (6), (7), (8), (9), (10), (11)**, the seasonal homes of the region's shepherds. After completing the route around the periphery of the plateau, we follow the uphill dirt road and after passing Analipsi spring **(12)** we continue until the entrance to Ideon Andron **(13)**.



## 2 Axos Mylopotamou - Bronze Giant Talos route



Route:	<b>Axos Mylopotamou</b>	Duration:	<b>3 hours &amp; 10 minutes</b>
Map Symbol:		Height:	<b>327 - 577 m</b>
		Length:	<b>12,6 km</b>

Axos, at an altitude of 500 metres, is one of the most historical villages on northern Psiloritis and one of the most important cities of ancient Crete. It flourished during Greek antiquity, and the Roman and Byzantine periods, as revealed by the findings of the research and excavations that are exhibited at the museums of Heraklion and Rethimno. It got its name from Oaxos, grandson to Minos. According to tradition, it was destroyed by the Venetians, and its residents moved a few kilometres to the east and founded Anogeia. Parts of important monuments of the Acropolis from the ancient period have been preserved, such as the temple of Aphrodite, as well as various ruins found all around the village, such as domed tombs and parts of the ancient walls. There are also noteworthy small Byzantine churches, nine of which have been preserved in relatively good condition, some boasting mosaics and religious paintings. At the centre of the village is the 15th century church of Archangel Michael. The church has two aisles and is in ruins. In front of the church is a medieval font that still works today. Near the



*View of Axos valley*

central street of the village, the ruins of Agia Paraskevi, a 12th century three-aisled basilica, have been preserved. Also in the village is the church of Agia Irene, a domed cruciform church from the 14th–15th century. Near the cemetery is the church of Agios Ioannis, with its well-preserved murals and mosaic, which seems to have been built on top of an earlier basilica.

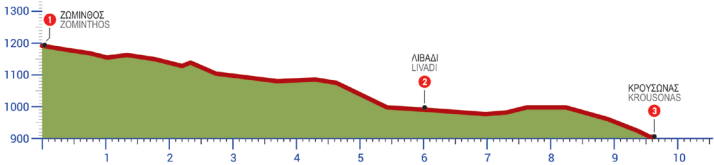
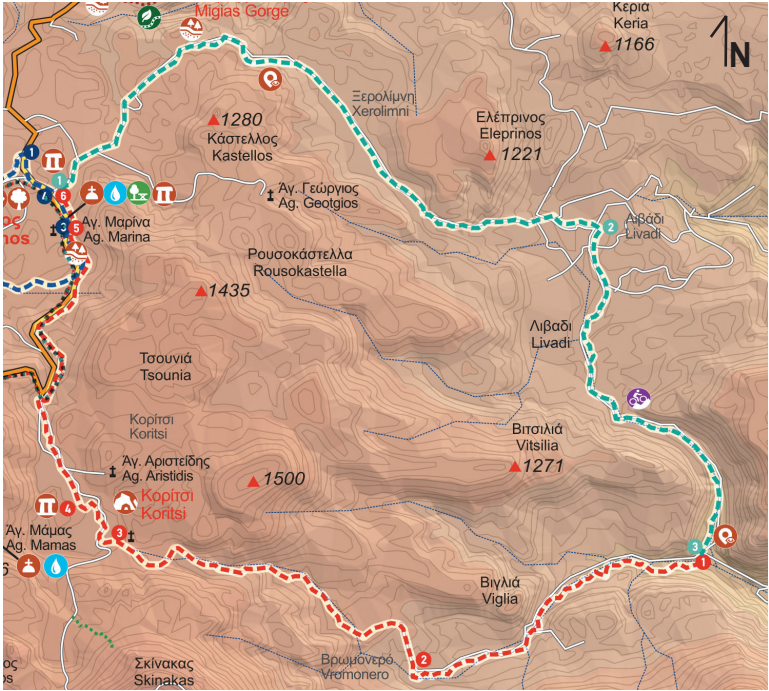
At present, Axos is a typical mountain village with hospitable locals who work in farming and animal farming.

Starting and ending at Axos, visitors may follow an exceptionally interesting circular eco-route in a rural landscape of great variety. From Axos **(1)** we head downhill, crossing the typical rural landscape of the area, until we reach the western mouth of Lektros gorge, **(2)** just below the ecotourism village of Enagron. After crossing over to the northern bank of the river, we follow the rural road to the abandoned Chalepa Monastery **(3)**, which was one of the most important monasteries of the area during the Venetian period.

We continue heading north until we reach the small village of Tsachiana **(4)** and then we continue east. After crossing the village of Kryoneri **(5)**, we head southeast until we reach the eastern mouth of Lektros gorge **(6)**, we cross over to the south bank, and continue to Livadi village **(7)**. Heading south we return just east of Axos, arriving at the area of the ancient Necropolis **(8)**, and then we end our hike back at the hamlet.

**3 Kroussonas Field, Zominthos -  
The Royal route to Idi Gods (a)**

**4 Kroussonas Field, Vromonero -  
The Royal route to Idi Gods (b)**



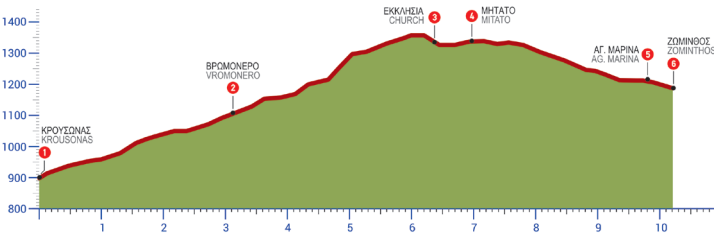
Route: **Kroussonas Field, Zominthos**

Map Symbol:  1 km 2 km 3 km

Duration: **2 hours & 25 minutes**

Height: **900 - 1190 m**

Length: **9,6 km**



Route: **Kroussonas Field, Vromonero**

Map Symbol:  1 km 2 km 3 km

Duration: **2 hours & 20 minutes**

Height: **896 - 1357 m**

Length: **10,2 km**



*Krousonas "Valley"*

Krousonas is located on the eastern slopes of Psiloritis at an altitude of 460 metres. It is one of the largest *kefalochori* (head-villages) of Crete and Psiloritis. The hamlet is perched amphitheatrically amidst the rich terrain of the slope composed by Plagia, Koupos, and Livadiotis hills. Its approximately 3000 residents mainly work in farming and animal farming.

The placename Krousonas is considered ancient Greek. However, others attribute the etymology to the word *koursos* – *koursa*, which is connected to the verb *koursevo* (to dominate). On Koupos hill archaeologist Stefanos Xanthoudidis identified the ruins of walls belonging to a great settlement dating back to Mycenaean or Geometric times, and whose necropolis was located in the area of Chiromantres. The excavations carried out in 1983 revealed buildings from the Archaic period (7th – 6th century B.C.). Based on the ceramic finds, iron weapons, relief tablets, and a gilded bronze medal from the Hellenistic period, etc., it seems that the ancient hamlet flourished mainly in the post Minoan era and up until the Hellenistic period. In the broader region there are also many Byzantine churches, indicating a long religious tradition. One of the most important churches in the village is Panagia Kera, which is the oldest church in the village. It was built during the second Byzantine period and is a basilica - its bell tower contains a bell that is renowned for its sound - and it is said to be the tribute of a Russian princess. Also located in the village are the churches of patron saint St Charalambos and of Agios Georgios o Thavmatourgos (St George the Miraculous). Other important churches are the two-aisled church of the Assumption and the Entry,



*Myga gorge*

and Panagia i Polemissa. Above the village, at the foot of the Gournos peak, at an altitude of 700 metres is the women's communal Convent of Agia Irene. The convent dates back to 650 A.D. Since then it has been destroyed and restored four times. It was last rebuilt in 1944. The main church of the convent is dedicated to St Irene and the Assumption of the Virgin.

The road that continues above the convent of St Irene branches off and embraces Gournos peak (at an altitude of 1293 metres) in eastern Psiloritis. **Krousonas Gorge** lies on the northern side of the peak and the stream running through it collects the waters of the Livadi small plateau, which is full of fruit bearing trees. The ancient trail leading to ancient Zominthos crosses the gorge. The second gorge of the area lies to the south of the peak. It boasts imposing vertical cliff sides and collects the waters from the area of Vromonero wood. The road heading up the southern slope of Gournos, moves up hill and to the west from the entrance to the gorge **(1)** and leads to Vromonero wood **(2)**, an area dedicated to animal farming. From Vromonero there is a trail that leads west to the mountainous area of Agios Eleftherios **(3)** and then north, ending at Agia Marina **(4)** and Zominthos. A little further north than Zominthos **(1)**, a path/road/trail initially heads northeast and then southeast, crossing the area of Xerolimni, which is devoid of any vegetation, and then continues to Livadi **(2)**, ending in the area of Krousonas, above Agia Irene Convent.

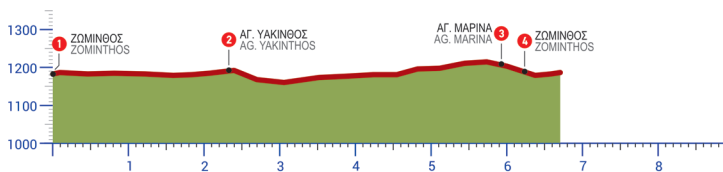



*View of the Kroussonas hamlet*



*Agia Irene Convent*

## 5 Zominthos - Minoan Mountainous Palace



Route:	<b>Zominthos</b>	Duration:	<b>1 hour &amp; 45 minutes</b>
Map Symbol:		Height:	<b>1162 - 1212 m</b>
		Length:	<b>6,7 km</b>

Halfway along the route from Anogeia to Nida plateau, at an altitude of 1220 metres, lies the small mountain valley of Zominthos, which, following the systematic research and excavation activity of archaeologists Yiannis and Efi Sakellaraki, has proven to be one of the most important excavation sites in Crete. The archaeological research has revealed important buildings with findings indicating a permanent settlement which started in the Late Minoan period (approximately 1600 B.C.) and lasting until 1350 B.C., at which point it seems that a major earthquake completely destroyed it. A large two-storey building has been revealed, bearing structural characteristics of Minoan palaces. In an area that operated as a ceramics workshop, a large number of clay vases and potter's tools were discovered.

To the east of the excavation site is the spring by the same name, Zominthos, and a short distance from it, around the restored dairy, buildings with ceramics from the 14th century B.C. have been discovered.

The spring of Zominthos supplies water to Anogeia (altitude 750 metres), one of the most historic mountain villages of Crete, with





*Zominthos antiquities*

exceptionally important folklore and ethnological elements surviving and composing a singular folk culture.

Characteristics with ancient roots survive in Anogeia, both linguistically and as regards social behaviour.

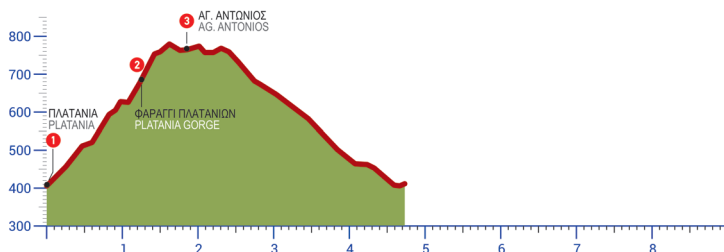
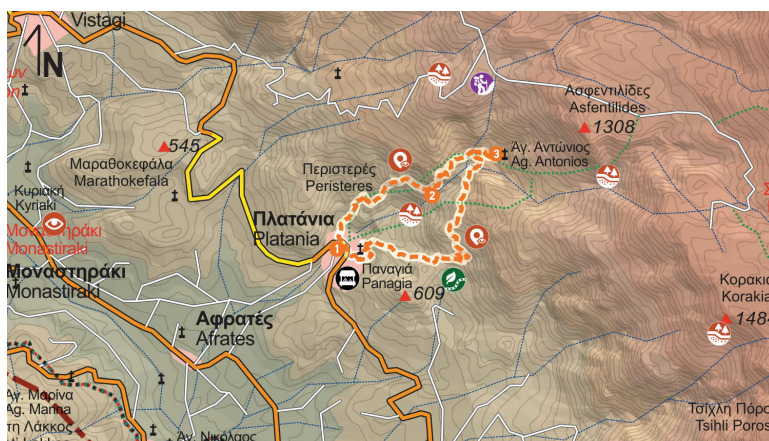
The animal farming character of the Anogeia community, in combination with the craft – cottage industry activities that are supported by animal farming, were the framework that preserved these unique characteristics.


The broader region of the valley of Zominthos, with its unique nature and numerous traditional dry stone construction, the Mitata, is ideal for an enjoyable circular hike.

To the north and a short distance from the archaeological site, starts a dirt road **(1)** heading west. It crosses the smooth, level part of the valley until the unique, dry stone church of Agios Iakinthos **(2)**, around which, in specially created areas and the open air stone theatre, the Yakinthia celebrations are held every summer, inspired by singer-songwriter Loudovikos ton Anogion. From Agios Iakinthos the route continues to the southeast, following the smaller southern valley to the spring and chapel of Agia Marina **(3)**, a short distance to the south of the archaeological site of Zominthos, which is open to visitors. This part of the route is one of the most beautiful on Psiloritis, especially during spring.



## 6 Platania Amariou - God Pana's Route



Route:	<b>Platania Amariou</b>	Duration:	<b>1 hour &amp; 10 minutes</b>
Map Symbol:		Height:	<b>406 - 782 m</b>
	1 km      2 km      3 km	Length:	<b>4,8 km</b>

One of the most interesting gorges of Psiloritis is located in the region of the Amari valley, in southwest Psiloritis: Platania gorge. It got its name from the village by the same name that is located just outside its mouth, at an altitude of 430 metres.

A shepherd village for the most part, Platania has approximately 190 residents, and it is the birthplace of a greatly respected woman, Kalliroi Parren, a dynamic feminist of the early 20th century, intensely active in the struggle for social rights of Greek women.

One of the most important sights of the village is the small Byzantine church of the Assumption with its wonderful murals.

Platania gorge is the natural end to the west of the watershed that forms at the foot of Psiloritis' peaks, Stolistra and Modi, at approximately 1380 metres. The walls of the gorge become characteristically narrow once you hike higher than approximately 730 metres, while its bed, after a certain point, becomes exceptionally



*View of Platania*

steep, making it impossible to cross without ropes and climbing gear. On the contrary, hiking along the northern walls on the well-defined and cleared trail is a very pleasant and safe experience.

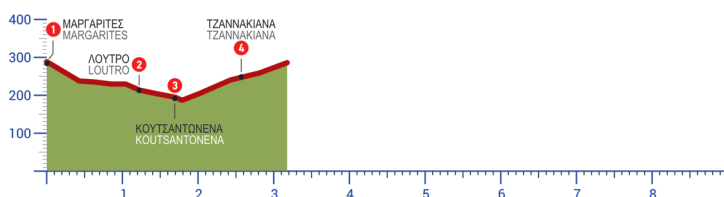
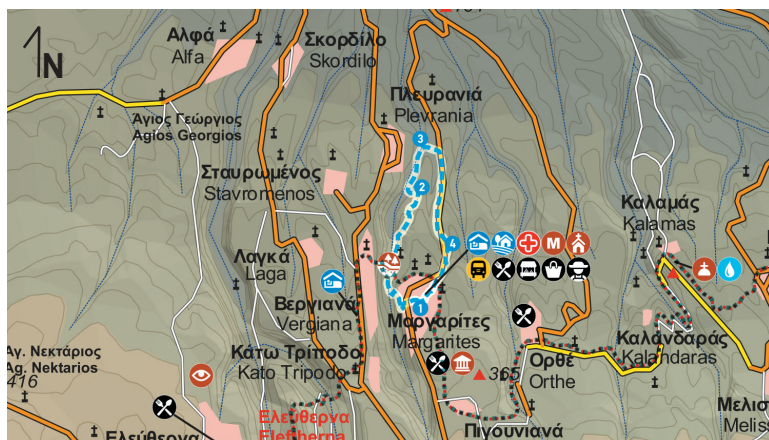
Hiking the Platania trail is one of the most beautiful hikes one can go on in Crete, since it harmoniously combines noteworthy elements of nature, such as the untamed mountain landscape, the precipitous and wooded slopes of the mountain, the gorge itself with its vertical limestone walls, the tall peaks basking over the village, the rich vegetation, the vultures nesting in the area, and the noteworthy sea fossils at an altitude of 800 m.

One of the most wonderful moments on the hike is when you can observe a colony of vultures (approximately 30 adults) nesting on the vertical cliffside, opposite a naturally occurring arch at 636 m.

This is a circular route on a well-defined trail that starts in Platania hamlet **(1)**. It follows the steep wooded northern slope of 'Platania' gorge **(2)**, with its imposing vertical slopes, and heads uphill to an altitude of 803 metres, to end at the small chapel of Agios Antonios **(3)** at the Kolyve position.

On the way back we circumvent the gorge from the south and, as there is no well-defined trail, we walk along clearly and well-marked animal trails until we meet the dirt road in the woods, that leads to Platania and the church of the Assumption **(4)**.

## 7 Margarites Mylopotamou - Kourites Route



Route:	<b>Margarites Mylopotamou</b>	Duration:	<b>45 minutes</b>
Map Symbol:		Height:	<b>187 - 283 m</b>
		Length:	<b>3,1 km</b>

The northwest hilly slopes of Psiloritis compose an exceptionally interesting rural landscape, interrupted by small valleys with natural vegetation, dominated by small traditional hamlets, interspersed among the ancient olive groves.

At the centre of this region, at an altitude of 300 metres and between two small valleys brimming with cypress trees, is the picturesque hamlet of Margarites, one of the major pottery centres of Crete.

Margarites displays exceptional folk architecture, which, combined with the ceramics workshops, make the village a great centre for modern folklore. Local agricultural and animal farming products from the region are also excellent.

The broader region has small traditional hamlets with interesting architecture, Byzantine churches, and antiquities. A very short distance to the west of Margarites is a region of incredible natural beauty, where, during antiquity, ancient



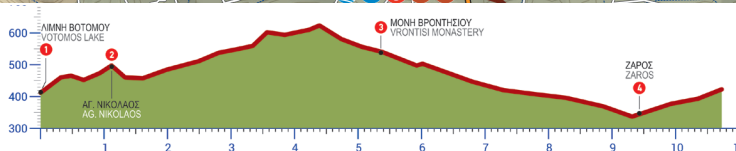


*Margarites, snowy Psiloritis*

Eleutherna flourished, and where, at present, there is the exceptionally interesting archaeological museum that houses the finds from the digs. The region seems to have been inhabited since 2000 B.C., according to the Protominoan and late-Minoan ceramics and building ruins. However, the city reached its peak during the development of the ancient Greek Polis (8th and 7th centuries B.C.). The first major works were constructed during this period, like the enormous carved underground tanks.

Visitors to Margarites may enjoy the area's natural landscape by following a short and easy circular route, which starts at the small village square **(1)**, follows the downhill trail deep into the valley, and continues along the eastern bank of the stream to the north, reaching Loutro position **(2)**, which may have taken its name from the existence of an ancient bath. The route then crosses the stream and follows its western bank to Koutsantonena position **(3)**. From here, the route crosses the stream once again and heads south to the eastern slope of the valley, walking amongst the densely growing cypress trees to return to the hamlet of Margarites.

## 8 Zaros - The fountain of Idi / Europe and Zeus Passage (A)



Route: **Zaros**

Duration: **2 hours & 45 minutes**

Map Symbol:

Height: **339 - 627 m**

1 km 2 km 3 km

Length: **10,7 km**

Zaros, at an altitude of 340 metres, is one of the most important villages in the southern foothills of Psiloritis.

In the area of Sterna and Votomos, where one will find the small picturesque lake by the same name, lie the ruins of the aqueducts that supplied water to ancient Gortyna.

The gorge of Agios Nikolaos is located to the north of the hamlet. It leads to the renowned wood of Rouvas, the largest kermes oak forest in Greece.

On the eastern slope of the gorge entrance, above the monastery of Agios Nikolaos and at an altitude of 600 metres in a rocky depression in the rock, is the skete of St Efthymios.

South of Zaros and at an altitude of 550 metres lies Vrontisi Monastery, one of the most historic monasteries in Crete. It is estimated to have been built just before 1400 and has held a singular position in the monastic life of Crete since 1500. Especially during the final century of Venetian rule, it became a spiritual and artistic centre whose radiance was far-reaching.



*Zaros, Lake Votomos*

Tradition would have great Cretan painter Michael Damaskinos be a brother at Vrontisi Monastery, where he painted the renowned icons, sensational works of the Cretan school of religious paintings, which are at present located in the museum of Agia Ekaterini in Heraklion.

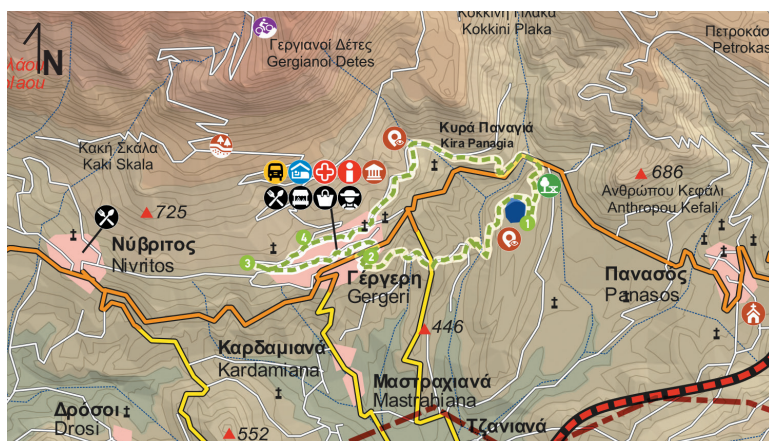
The monastery was destroyed during the revolution of 1866, along with its rich library. The church dedicated St Antonios and Thomas the Apostle had many murals, but very few religious paintings survived the destruction of 1866. The square floor plan of the church's bell tower is unique.


The church holds the icon of Christ as the Vine, painted in the 16th century by the painter Angelos.

Starting from lake Votomos **(1)** to the north of Zaros, the mountaineering path leads us to the Monastery of Agios Nikolaos **(2)**. From there, following the easy dirt road at the foot of the mountain, amidst the ancient olive groves, we reach Vrontisi monastery, where we can admire the carved marble font — which boasts exceptional technique and aesthetic value — located in the courtyard below the old plain trees. Then, following the rural road to a lower altitude, we return to Zaros.



## 9 Gergeri - Europe and Zeus Passage (B)



Route:	<b>Gergeri</b>	Duration:	<b>2 hours</b>
Map Symbol:		Height:	<b>409 - 592 m</b>
<div><div></div><div>1 km</div><div>2 km</div><div>3 km</div></div>		Length:	<b>7,5 km</b>

At the southeastern foot of the mountain is Gergeri, one of the largest villages on Psiloritis. The name of the village is pre-Hellenic and is probably related to the existence of abundant springs in the region. Parts of the Roman aqueduct that supplied water to ancient Gortyna still survive near the village at the large font of Fountana. There were many watermills in Gergeri along the river from the 15th century onwards, during the period of Venetian rule, for the milling of cereals.

Approximately 1 km outside the village, on a hill, is the seasonal natural lake 'tou Digeni to Mnima', also known as 'Vromolimni', and next to it is the artificial reservoir that is supplied by the springs of Gergeri.

On the eastern slopes of Rouvas wood are the mitata of Gergeri's animal farmers, where the koures (sheerings) take place in May. Sheep sheering is accompanied by festivities, wine, and food.

A number of cultural events are held in Gergeri, in an effort made



*Gergeri, 'Digeni' reservoir*

by the locals to keep the region's traditions and customs alive.

On 3 November a fest is held in honour of St George Methystis. Locals open their new wine barrels for the first time.

Also, on 23 September, at the celebration of St. John of Rouvas, one of the most important shepherd fests in Crete is held, with the participation of many animal farmers of Psiloritis.

On Clean Monday (Ash Monday) the Apokrigiomata are held, one of the most important folklore events of Crete, which contain a number of smaller events that are based on customs of the region. The most important element of this event is the participation of bands from other parts of Greece or abroad that have similar traditions.

Starting from the Reservoir and '*tou Digeni to Mnima*' **(1)** we head down the eastbound rural road that leads to Gergeri, where we visit the font of '*Fountana*' and the Natural History Museum **(2)**, and then we follow the road leading to the north of the village, which offers an incredibly distant view of the valley to the south of the hamlet. We leave the local water bottling plant behind us on the right and continue back to the reservoir.







**Where to eat**



*For Cretans hospitality is not just a habit; it is an offering. This framework of the sacred offering of hospitality of the residents of Psiloritis shaped their ancient dietary habits, based on what the Cretan land generously offers them: olive oil, wheat, wine, honey, wild greens, and herbs are the foundations of Cretan cuisine, the health benefits and nutritional value of which were recently proven by long-lasting scientific studies.*

Traditional Cretan cuisine, of which the cuisine of the Psiloritis region is a typical example, is at present considered one of the healthiest and tastiest culinary traditions in the world, with a variety of tasty and aromatic treats. The wealth and variety of local products in combination with the age-old gastronomy tradition, have resulted in the creation of unique flavours.

The cheese products, honey, herbs, wild greens, and many other products of Psiloritis are the basis of the miracle that is the local cuisine.

The renowned olive oil and edible olives produced in the centuries old olive groves of Psiloritis are considered the healthiest in the world, due to the unique climate conditions of the region.

Apart from the olive oil, traditional local wines also play an important role in local cuisine. They come from the small vineyards growing ancient endemic varieties that sprawl out over the gentle slopes all around the mountain.

In many hamlets, during the period after the grape harvest, namely in October and November, the traditional *raki* stills operate, where you can observe the process of distilling *raki*, the traditional Cretan spirit. *Raki* production is not just a production process for Psiloritis





locals. It is a celebration, an opportunity to come together, join in a group, and sing, as well as to eat well.



Information on dining areas can be found at the link  
<https://www.psiloritisgeopark.gr/en/for-the-visitors/where-to-eat>







**Where to sleep**

## Where to stay



*Visitors to Psiloritis have the opportunity to get to know the nature, history, and cultural wealth of the mountain, and to enjoy the high quality services available at many of the villages with tourism infrastructure.*

You can enjoy accommodation services in the wonderful spaces available at units that combine a comfortable stay with flawless hospitality in a family environment.

These are small or larger agrotourism accommodations or classic hotels, many of which are located in traditional hamlets or are part of the wonderful Cretan landscape of olive groves and vineyards that grow on the slopes and in the valleys around the mountain.

**Information about your stay can be found at the link**

**<https://www.psiloritisgeopark.gr/en/for-the-visitors/accommodation>**











**Local products and  
folk tradition**



## Local products and folk tradition



*The broader Psiloritis region provides more than just high quality local agricultural products: it offers a wealth of folklore and art the roots of which are lost in ancient times, but which are the basis of modern cottage industry and crafts activities in the region. Ceramics, weaving, microsculpture, and instrument crafting are some of the activities that enrich contemporary local arts and crafts production.*

One arts and crafts sector in which Psiloritis has a long tradition to display, is that of traditional folk weaving and embroidering.

In the sector of ceramics, Crete generally has one of the oldest traditions, the roots of which are lost in the First Minoan period. Minoan craftsmen reached the pinnacle of their craft, creating amazingly beautiful and technical pottery, which vividly depicted the plants and animals of the island.

It is in this same natural environment and stepping in the footprints of this great ceramic tradition that contemporary Cretan potters create their own masterpieces. In the village of Margarites, the traditional ceramics centre, visitors may enjoy exceptional examples of the contemporary Cretan ceramics craft.

Woodcarving is also part of a long tradition that matured during the Byzantine period, as it has noteworthy products to present, mainly smaller utensils and items of ecclesiastic use.

Psiloritis locals love music and they are proud of their local traditional dances, which are connected to the main traditional musical instruments, which are the lyra, the laouto, and askomantoura (bagpipes). At present, many hamlets of Psiloritis boast workshops that produce high quality traditional musical instruments.



A new generation of instrument makers, with knowledge of both the instruments as well as Cretan musical tradition, are assisting in the creative evolution of their traditional craft.



Information about artists in the area can be found at the link  
<https://www.psiloritisgeopark.gr/en/for-the-visitors/kallitexnes-tou-yiloreiti/>

## Workshops and production spaces



*Getting to know Psiloritis is not just related to its nature and culture; it is also an acquaintance with the modern production process.*

In many areas on the mountain there is significant activity in the processing of local products and accommodation services, in the production of cottage industry – arts and crafts products, and in agrotourism services.

Especially the local product workshops and women's production associations that operate several villages, have in many cases changed the lives of young farmers and women, offering them extroversion, additional income, and new opportunities for dignified work.

The young people and women of Psiloritis utilise the pure and high quality products of the land, reviving the wonderful dietary culture they inherited, and they use traditional ways of producing foods that are of high nutritional value, safe, and healthy.

They are rejuvenating local tradition and promoting on the market nutritional and arts & crafts products in singular colours and of unique aesthetics, adapting traditional designs to contemporary constructions.

In the high quality agrotourism accommodations of Psiloritis, visitors have the opportunity of enjoying local hospitality, participating in the village's pace of life, tasting authentic traditional flavours, and becoming acquainted with an agricultural way of life.







ΜΕ  
ΦΕ  
ΣΑ  
ΕΡΗ  
ΦΙΛΟ  
ΚΕΤΑ  
ΒΑΦΛΑ  
ΣΑΝΤΟΥΙΤ  
ΑΝΑΒΕΤΤΑ





**What to see and what to do**



## Activities



*Top of the Holy Cross*

*The broader Psiloritis region offers visitors a number of alternative activities throughout the year. In spring and autumn, the conditions are ideal for hiking and mountaineering on the mountain.*

The impressive vertical slopes in the south and southeast of Psiloritis, as well as the slopes of its Gorges, are exceptional climbing fields, and the dense network of dirt roads presents great opportunities to explore the mountain by bicycle.

The routes of European Path E4, a large number of which cross the mountain, are ideal for visitors to become acquainted with almost all of Psiloritis.

In order to meet increasing demand for nature tourism and forest recreation, infrastructure and facilities have been developed in the area with the support of AKOMM (PSILORITIS DEVELOPMENT AGENCY OF LOCAL GOVERNMENT) and Psiloritis Geopark, which include geotrails, nature and culture routes, forest recreation areas, camp sites, and many more educational activities, such as small Thematic Museums, Environmental Information and Education Centres, information centres, etc.

Specifically, the activities visitors can enjoy in the broader Psiloritis region are:

- Ecotourism
- Agrotourism
- Geotourism
- Cultural tourism
- Canyoning
- Climbing
- Mountain biking
- Hiking – trekking

Visitors can ask for information regarding mountaineering – hiking activities on Psiloritis from the local mountaineering associations of Heraklion and Rethimno.

### **Greek Mountaineering Club of Rethimno**

Tel: +30 2831 057766

Address: 2 Dimokratias St, Rethymno,  
GR-74100, Crete, Greece

Url: <http://www.eosrethymnou.gr>  
email: [eosrethymno@rethymnon.com](mailto:eosrethymno@rethymnon.com)



### **Mountaineering Club of Heraklion**

(20:30-22:30 every day Monday to Friday)

Tel: +30 2810 227609

Address: 53 Dikeosinis St, Postal Code:  
GR- 712 01, Heraklion

Url: <http://www.cretanland.gr/orivatikos>,  
e-mail: [eos@cretanland.gr](mailto:eos@cretanland.gr)



### **Trigiodos Shelter in Psiloritis**

Information Anogia Municipality

Tel: +30 28340 32500

Url: [info@anogeia.gr](mailto:info@anogeia.gr)









**Traveler**

## Responsible behaviour



*Being a responsible traveler and minimizing the impact your visit creates is important for the sustainability of the area. After all, sustainable tourism is a way of traveling and exploring a destination whilst respecting its culture, environment and people.*

### General Rules



Respect **nature (flora, fauna and land)** and don't introduce alien species of flora and fauna



Stay on the **paths** and trails waymarked and **camp** only in those authorized places



Light **fires** only in the authorized areas



Do not drop any of your **litter**, bring it back.



Keep **pets** always **on a leash** and under the control of the owner



Circulate and park **motorised vehicles** only in authorised **road/areas**



## Further Rules

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- When entering into a protected area, follow the rules and the instructions from the staff
- Take care of not damaging any signaling and other itinerary facilities
- Respect any kind of private property, incl. buildings, crop fields
- Respect cultural heritage (churches, ruins, walls, and any other constructions)
- Be polite and fair with locals and other users, including hikers, riders and cyclists
- Respect the peace and calmness of the place




## Recommendations before you start

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- If you walk alone, tell someone of your itinerary.
- Don't overestimate yourself and choose it according to your physical abilities.
- Choose the appropriate clothes and equipment
- Check the weather forecast before leaving and adapt your route according to the weather conditions
- Remember to take enough water.
- Report any breach to the corresponding authority



### LEGEND

	National Road		Local Product Selling Points		Monument
	Paved Road		Local Producer		Mitato - Shelters
	Forest Road		Drinkable Water		Speleology
	National Park Boundaries		Medical center		Monumental Tree
	Geotrail		Medical office		Spa Resort
	E4		Tourist Information Point		Climbing
	Mountain Peak		Panoramic Viewpoint		Hiking
	Bus Station		Museum		Mountain Biking Route
	Accommodation / Hotel		Cultural Site / Heritage site to visit		Picnic Areas
	Rural House		Geological Site		Other Signalled Paths / Walking Itineraries / E4
	Hut Refuge		Paleontological Site		Geotrail
	Food Services / Restaurants		Byzantine church		
	Grocery Stores		Church		

### ROUTES

<b>1</b>		Nida - (Nida Plateau) Zeus Pilgrim Route	<b>6</b>		Platania Amariou - God Pana's Route
<b>2</b>		Axos Mylopotamou - Bronze Giant Talos route	<b>7</b>		Margatites Mylopotamou - Kourites Route
<b>3</b>		Kroussonas Field, Zominthos - The Royal route to Idi Gods (a)	<b>8</b>		Zaros - The fountain of Idi / Europe and Zeus Passage (A)
<b>4</b>		Kroussonas Field, Vromonero - The Royal route to Idi Gods (b)	<b>9</b>		Gergeri - Europe and Zeus Passage (B)
<b>5</b>		Zominthos - Minoan Mountainous Palace			

0-180	181-360	361-560	561-740	741-940	941-1120	1121-1320	1321-1500	1501-1700	1701-1880	1881-2080	2081-2260	2260-2456
												



## General activity guidelines for responsible travellers

*In general Psiloritis is ideal for visiting and exploring throughout the year (except during periods of snow), due to the mild climate and favourable weather conditions that characterise the region. Spring and autumn are the ideal seasons, as we avoid winter snows (which may last until April) and the extreme summer heat.*

### Tourist services

Almost all the villages on Psiloritis have coffee shops, while many of them have taverns and offer accommodation. Any information you may need is available at the Citizens' Service Centres (KEP) and the Municipality of each area.

### Weather forecasts

Detailed weather information per region is available online (Website: [www.meteo.gr](http://www.meteo.gr)).

### Recommended gear

The clearly mountainous routes of Psiloritis require full mountaineering gear, while in the semi-mountainous areas light gear is adequate. For winter routes and even certain summer routes through canyons with water, it would be wise to provide for specialised equipment.

### Water

There are few springs with potable water throughout all the routes on Psiloritis. Taking into account that the duration of each route varies depending on its length, it would be advantageous to calculate how much water you will need beforehand, so that you do not run out. Avoid drinking water from rivers, wells, or springs that aren't signposted as potable.

### Difficulties

On routes that cross shepherds' areas you may run into closed fences. Make sure you close the gates behind you after passing through. Also, stay away from any sheepdogs you encounter and avoid any movement that could be interpreted as aggressive towards them.

### Crossing time

The crossing time of each route is indicative and corresponds to the





pace and capabilities of the average hiker. (Attention! Breaks and stops are not included in the calculations). In the easier hilly areas the pace of walking is calculated at a speed of approximately 4 kilometres per hour. In clearly mountainous routes with high inclines, hiking up is calculated at 300 metres of altitude difference per hour, while hiking down is calculated at 400 – 500 metres of altitude difference per hour. Naturally, this depends on the personal pace and the fitness of the hiker, the weather conditions, the weight of the backpack, etc.

### Changes in routes

The information included in this Guide was accurate at the time of this printing and does not commit the publisher with regards to »





possible future changes. Possible changes to the course of the routes or the condition of the trails may be due to human intervention (agriculture, animal farming, public works) or climate conditions (local torrential rain may cause significant alterations to the trails).

### **Changes in routes: Safety**

In general, Psiloritis' routes are accessible, without great difficulties or technical requirements. It should be noted that hikers follow the routes described at their own risk. They are responsible for any accidents that might befall them and they are liable for any damage they may cause, such as forest fires, pollution, degradation of the environment, etc. Safety in nature depends exclusively on the personal judgement, training, and experience of hikers, as well as properly evaluating their own capabilities. Use of the information contained in this guide should be combined with understanding, on the side of visitors, of the dangers inherent in being in unknown areas, as well as with the recognition of the responsibility they bear as regards their personal choices concerning their safety. ❧❧











**How to get here**

## Destination of Psiloritis



*Travelling responsibly in times of climate change? Yes, you can! Just offset your CO2 emissions...*

- Reaching our mountain areas from other parts of Europe or the world would be not possible without air travel. However, aviation is one of the largest emitter of greenhouse gases and, therefore, contributes to the anthropogenic climate change **in a decisive manner**.
- Fortunately, you can **offset the generated carbon footprint on a voluntary basis** in one of the existing carbon offsetting initiatives. These initiatives usually offer a web tool with a calculator so that everyone can calculate the price of their own carbon offsets. By purchasing the emitted CO<sub>2</sub>, you can mitigate your own greenhouse gas emissions from transportation (e.g. your flight), but also from using non-renewable energy sources during your stay.
- The purchased offsets are usually dedicated to **on- or off-site forest management projects, but also to conservation of biodiversity** in collaboration with local managers. You can contribute to these projects with small amounts. For instance, the offsets from a flight from Berlin to Thessaloniki (round trip) cost less than 20 Euro, and from Stockholm to Catania, about 30 Euro.
- You can offset your emissions wherever you like. We suggest using **"Atmosfair"**, being one of the most well-known and reliable platform. Just have a look at [www.atmosfair.de](http://www.atmosfair.de)!
- **Thank you for making responsible and sustainable travel possible!**





**From Rethymno** (Rethymno KTEL bus, Tel.: +30 2831 022212)

ANOGEIA	MONDAY - FRIDAY: 05:30 & 14:00
AXOS	MONDAY - FRIDAY: 05:30 & 14:00
MARGARITES	MONDAY - FRIDAY: 06:15 & 13:15
FOURFOURAS	MONDAY - FRIDAY: 07:00 & 14:30 Saturday: 14:30, Sunday: 07:00

**From Rethymno** via connection

(Heraklio KTEL bus, Tel.: +30 2810 246530, +30 2810 245020)

KROUSONAS (Messara KTEL bus, Tel.: +30 2810 255965)	MONDAY - FRIDAY: 07:30
GERGERI (Heraklio - Lassithi KTEL bus)	MONDAY - FRIDAY: 13:30
ZAROS ((Heraklio - Lassithi KTEL bus)	MONDAY - FRIDAY: 13:30

**From Heraklio** Heraklio KTEL bus, Tel.: +30 2810 246530, +30 2810 245020,  
Messara KTEL bus, Tel.: +30 2810 246530

ANOGEIA	MONDAY - FRIDAY: 14:00 & 16:30
AXOS	MONDAY - FRIDAY: 14:00 & 16:30
KROUSONAS (Messara KTEL bus, Tel.: +30 2810 255965)	MONDAY - FRIDAY: 07:30
GERGERI	MONDAY - FRIDAY: 13:30
ZAROS	MONDAY - FRIDAY: 13:30

**From Heraklio** via connection

(Rethymno KTEL bus, Tel.: +30 2831 022212)

MARGARITES	MONDAY - FRIDAY: 06:15 & 13:15
FOURFOURAS	MONDAY - FRIDAY: 07:00 & 14:30 Saturday: 14:30, Sunday: 07:00

*The airports that service the Psiloritis region are those of Heraklion and Chania, while the ports of Rethimno and Heraklion are closest to the mountain.*

Those who have no means of transportation may use the exceptionally well organised destination network offered for the Psiloritis region by the KTEL intercity bus service, at very reasonable prices.

Access to Psiloritis routes is provided via the villages, which operate as gateways. Most of these villages have daily connections to Heraklion and Rethimno via public transportation (KTEL). The road network of the region surrounding the mountain is dense and consists of asphalt roads, usually narrow, with adequate traffic signs.

Itineraries from Heraklion set off from the **KTEL station**, which is located in the port area (Ikarou Avenue and Ethnikis Antistaseos St).

Information and details regarding the itineraries are available on the Heraklion – Lasithi website:

**<http://www.ktelherlas.gr>**

(telephone No +30 2810 246530 & +30 2810 245020)

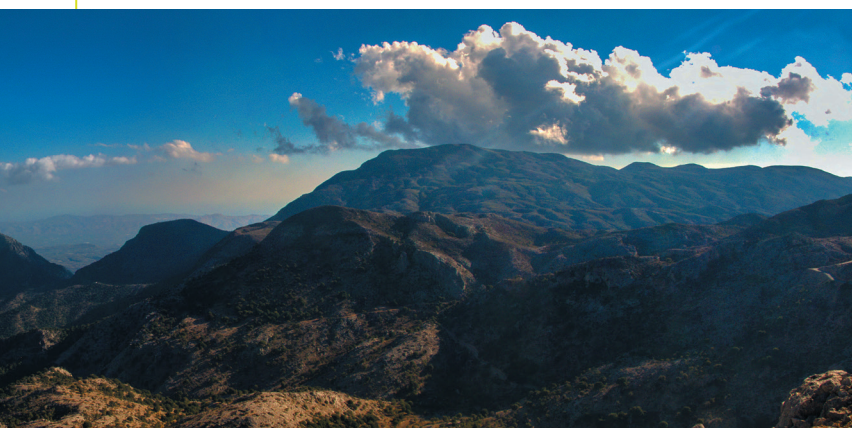
From Rethimno catch the **Chania – Rethimno KTEL bus** from the Central Station

(Igoumenou Gavriil St and Emmanouil Kefalogianni Avenue).

Information and details regarding the itineraries are available on the Chania – Rethimno website:

**<http://www.e-ktel.com>** (tel. No +30 28310 22212)











## **Glossary**

μισό	misó	half
ένα	éna	one
δύο	dío	two
τρία	tría	three
τέσσερα	téssera	four
πέντε	pénte	five
έξι	éxi	six
επτά	eptá	seven
οκτώ	októ	eight
εννιά	eniá	nine
δέκα	déka	ten
έντεκα	éndeka	eleven
δώδεκα	dódeka	twelve
δεκατρία	dekatria	thirteen
δεκατέσσερα	dekatéssera	fourteen
είκοσι	ícossi	twenty
εικοσιένα	icossiéna	twenty
τριάντα	triánda	one thirty
σαράντα	saránda	forty
πενήντα	penínda	fifty
εξήντα	exínda	sixty
εκατό	ekató	one hundred
(το) πρωί	to proí	morning
μεσημέρι	messiméri	noon
απόγευμα	apógevma	afternoon
βράδυ	vrádi	evening
κάθε μέρα	káthe méra	every day
σήμερα	símera	today
αύριο	ávrio	tomorrow
χτες	htés	yesterday
προχτές	prohtés	the day before yesterday
μεθαύριο	methávrio	the day after tomorrow
ώρα	óra	time
εβδομάδα	evdomáda	week
Δευτέρα	Deftéra	Monday
Τρίτη	Triti	Tuesday
Τετάρτη	Tetárti	Wednesday
Πέμπτη	Pémpiti	Thursday
Παρασκευή	Paraskeví	Friday
Σάββατο	Sávato	Saturday
Κυριακή	Kiriakí	Sunday
καλημέρα	kaliméra	good morning
καλησπέρα	kalispéra	good evening
καληνύχτα	kalinihta	goodnight
γεια σας	giá sas	hello
(δεν) καταλαβαίνω	(den) katalavéno	I (don't) understand



(δεν) ξέρω	(den) xéro	I (don't) know
τι κάνετε;	ti kánete?	how are you?
ποτέ	poté	never
τι	ti...?	what...?
που είναι	pu íne...?	were is...?
υπάρχει;	ipárhí...?	is there...?
παρακαλώ	parakaló	please
θέλω	thélo	I would like
έχετε;	éhete...?	do you have...?
πόσο κάνει;	póso káni...?	how much does it cost?
είναι (πολύ) ακριβό	íne (polí) akrivó	it's (too) expensive
πόσο;	póso?	how much?
ναι	né	yes
όχι	óhi	no
εντάξει	entáxi	ok
ευχαριστώ	efharistó	thank you
παρακαλώ	parakaló	you are welcome
συγγνώμη	signómi	excuse me
δεν πειράζει	dén pirázi	never mind
τίποτα	típota	nothing
μπορώ να...;	boró na...?	may I...?
μιλάτε τα αγγλικά;	miláte agliká?	do you speak english?
τι ώρα είναι;	ti óra íne?	what time it is?
τι ώρα θα φύγει;	ti óra tha figí?	what time does it leave?
εδώ / εκεί	edó / ekí	here / there
μικρό / μεγάλο	mikró / megálo	big / small
καλό / κακό	kaló / kakó	good / bad
ζεστό / κρύο	zestó / krío	hot / cold
κατάλογος	katálogos	catalogue
θέλω να πληρώσω	thélo na plirósso	I would like to pay
μαγαζί	magazí	shop
περίπτερο	períptero	kiosk
φούρνος	fóurnos	bakery
ανοικτό / κλειστό	aniktó / klistó	open / closed
ταχυδρομείο	tahidromío	post
γραμματόσημο	gramatósimo	office
γράμμα	gráma	stamp
φάκελο	fákelo	letter envelop
τηλέφωνο	tiléfono	telephone
τράπεζα	trápeza	bank
επείγοντα	epígonda	emergency
γιατρός	giatrós	doctor
οδοντίατρος	odontíatros	dentist
νοσοκομείο	nossokomío	hospital

βοήθεια	voíthia	assistance
φαρμακείο	farmakío	pharmacy
αστυνομία	astinómia	police
τουριστικές πληροφορίες	touristikés pliroforíes	tourist information
εστιατόριο	estiatório	restaurant
ξενοδοχείο	xenodohío	hotel
δωμάτιο	domátio	room
έχετε ένα δωμάτιο;	énete éna domátio?	do you have a room?
είσοδος / έξοδος	íssodos / éxodos	entrance / exit
τουαλέτα	toualéta	toilet
κρεβάτι	kreváti	bed
λουτρό / ντους	loutró / doús	bathroom / shower
πρωινό	proinó	breakfast
φαγητό	fagitó	meal
ψωμί	psomí	bread
κρέας	kréas	meat
αρνί	arní	lamb
χοιρινό (κρέας)	hirinó (kréas)	pork
τυρί	tirí	cheese
φέτα	féta	feta cheese
ψάρι	psári	fish
σαλάτα	saláta	salad
αυγά	avgá	eggs
σούπα	sóupa	soup
ελιές	eliés	olives
φρούτα	frouíta	fruit
λάδι	ládi	oil
νερό	neró	water
κρασί	krassí	wine
γάλα	gála	milk
χυμός	himós	juice
καφές	kafés	coffee
τσάι	tsái	tea
αλάτι / πιπέρι	aláti / pipéri	salt / pepper
πίατο / ποτήρι	piáto / potíri	dish / glass
κουτάλι / πιρούνι	koutáli / piroúni	spoon / fork
μαχαίρι	mahéri	knife
αριστερά / δεξιά	aristerá / dexiá	left / right
εμπρός / πίσω	ebrós / písso	front / back
ευθεία	efthía	straight
μακριά / κοντά	makriá / kontá	far / nearby
ψηλά / χαμηλά	psilá / hamilá	high / low
πάνω / κάτω	páno / káto	up / down
ο πρώτος δρόμος	o prótos drómos	the first road
ο δεύτερος δρόμος	o défteros drómos	the second road
λεωφορείο	leoforío	bus

καράβι / βαπόρι	karávi / vapóri	boat
ποδήλατο	podílato	bicycle
αυτοκίνητο	aftokínito	car
εισιτήριο	issitírio	ticket
αναχώρηση	anahórisi	departure
άφιξη	áfixi	arrival
το επόμενο λεωφορείο	(to epómeno) leoforio	(the next) bus
σταθμός	stathmós	station
στάση	stássi	stop
βενζινάδικο	venzinádiko	Gas station
βενζίνη	venzíni	Gasoline
συνεργείο	sinergío	Car workshop
γεωγραφικός χάρτης	geografikós hártis	Geographical
δρόμος / οδός	drómos / odós	map Road /street
σταυροδρόμι	stavrodrómi	Crossroads
κέντρο	kéntro	Centre
πλατεία	platía	Square
εκκλησία	eklissía	Church
εκκλησιάκι	eklissáki	Chapel
μονή	moní	Monastery
ναός	naós	Temple
αρχαία	arhéa	Ancient
παραλία	paralía	Beach
θάλασσα	thálassa	Sea
μουσείο	moussío	Museum
πόλη	póli	Town
χρώματα	hrómata	colors
άσπρο	áspro	white
μαύρο	mávro	black
κόκκινο	kókino	red
κίτρινο	kítrino	yellow
μπλε	ble	blue
πράσινο	prássino	green
καφέ	kafé	brown
οικογένεια	ikogénia	family
γυναίκα	ginéka	woman
άνδρας	ándras	man
παιδί	pedí	children
πατέρας	patéras	father
μητέρα	mitéra	mother
γιος	yiós	son
κόρη	kóri	daughter
παππούς	papούς	grandfather
γιαγιά	yiagiá	grandmother



