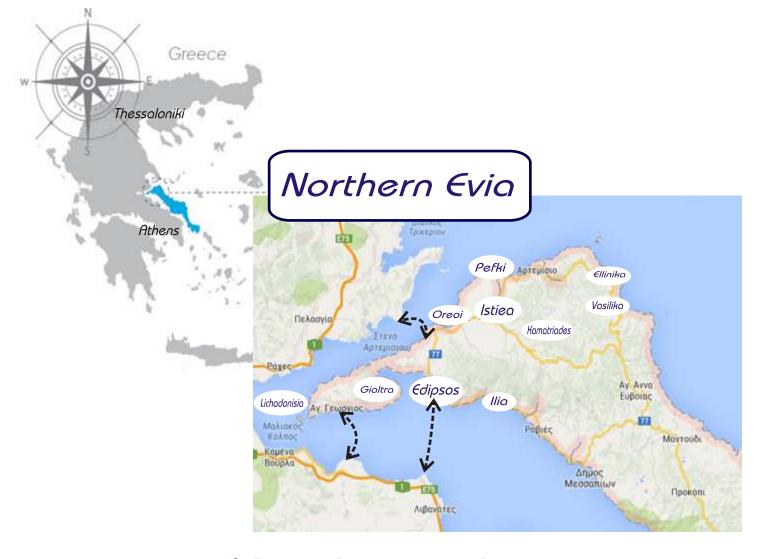


# **Edipsos** | source of life timeless / rejuvenating / therapeutic



Municipality of Istiea - Edipsos

www.visitedipsos.gr



### Northern Evia

Municipality of Istiea - Edipsos

Inebriated by the aromas of the resin, the oregano and the thyme, adorned with dense pine tree forests, and endless olive groves that extend to the sea and produce olives of exceptional quality, Evia is an island that "flirts" with your sensations in numerous ways.

If you are looking for a mountain and sea combination for your vacations, you are going to fall in love with the area. And with good reason.

Located a mere two and a half hours from a bustling Athens, it is the ideal destination for quality and value-for-money holidays!

The forested slopes, picturesque villages and windless fishing harbors, beaches with crystal waters, idyllic islets, significant monasteries, waterfalls and rivers that "flirt" with ageless plane trees are the "jewels" of northern Evia. The abundant healing springs that date back to antiquity, the source of life and wellness await you.

This is the reason you must visit northern Evia.

### Municipality of Istiea - Edipsos

Five Municipal Units



Edipsos: The most ancient European tourist town with miraculous healing springs. According to Greek mythology, it was the waters of Edipsos that helped Deucalion to renew the human race and to regenerate Hercules after each labor. Edipsos currently hosts the largest and most coordinated hotel complexes of Northern Evia.



Orei: One of the most luminous cultural centers of classical antiquity. Examples of the town's luminous past can be found everywhere and at all times since the ancient town coincides with the modern day town. The town of Orei is currently considered to be the most picturesque small harbors in Greece; an ideal location for those wishing to enjoy their coffee by the sea.

Istiea: The Municipality is domiciled here and it is the most populated town in the region. Other than the Municipality, all the Public Services, the branches of most Greek Banks, the Health Center, as well as many commercial stores are also domiciled here.



The greater region of Istiea, which covers most of Northern Evia, experienced a boom during antiquity. Homer, who cited its natural qualities, refers to it as "the land of many grapes".



Artemisio: Its beach (Pefki) is considered to be one of the most beautiful and most famous beaches in Evia, as well as in Greece. The famed sea battle, which signified the start of the end of Xerxes' ambitious campaign against Greece took place in the Artemisio sea in 480 B.C. Discovered in this sea region were also two of the greatest masterpieces of ancient Greek sculpture. Zeus and the Jockey of Artemision.



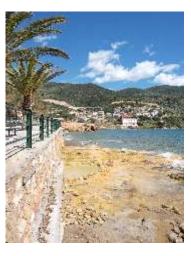
Lichada: According to mythology, the village took its name from Hercules' servant, Licha. This name was not only given to the settlement, but also to the adjacent islands (Lichadonisia) and the mountain in the same region (Mount Lichas). Located in the center of the village is the Church of the Assumption of the Virgin Mary, with the miraculous icon of the Virgin Mary.



# Edipsos

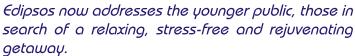
With its ambience of being the "grand old lady", the Spa City of Northern Evia is being given a "face lift". It no longer addresses only the elderly, but also all of us who are and feel young at heart.

It has undergone a complete makeover and provides elegant hotels and a smile for all.









Other than the National Tourism Organization's ultra modern healing spa facilities, you will also have access to another 20 private hydrotherapy centers-Spas, which are equipped with indoor and outdoor swimming pools, jacuzzi, hydromassage, aeromassage and waterfalls. All these can be combined with massage, sauna or Turkish baths (hamam).

Relieve the stress of everyday life and allow yourself to enjoy the excellent wellness and relaxation services offered by qualified professionals.

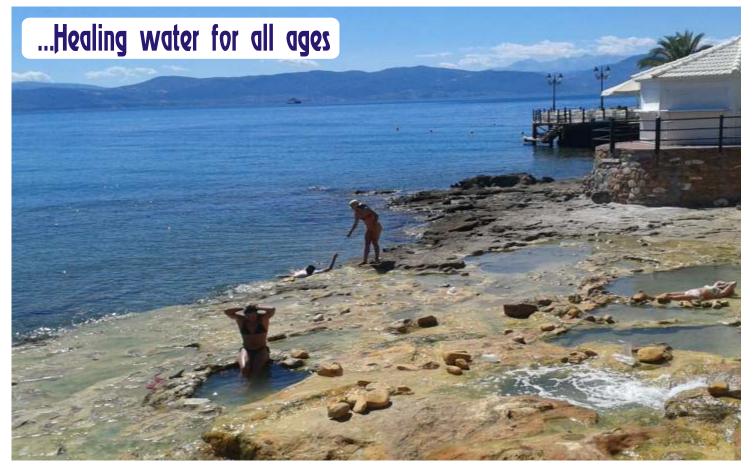


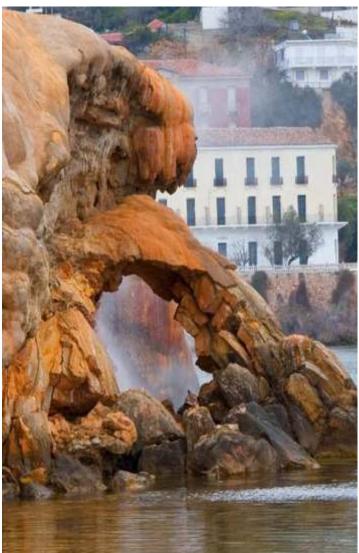






Municipality of Istiea - Edipsos





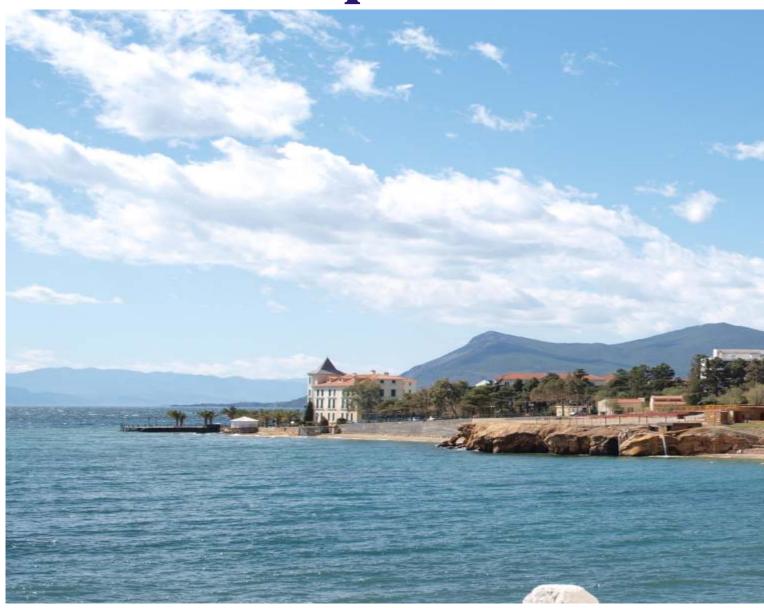
EDIPSOS "A city of health and wellness"

With this term we mean: The broad field of therapeutic and preventive applications relating to human health and wellness as well as other actions and activities that are conducted in the tourism thermal spa system of Edipsos, which comprises of renowned natural healing sources - of a unique ecological, historical and cultural nature - and the respective thermalism facilities intended for this purpose.



Municipality of Istiea - Edipsos

# Edipsos



### The beaches:

Along all of Northern Evia, the coastline constantly alternates. Rocky coasts or beaches with small or large pebbles or those with fine sand that resemble exotic islands. It is no coincidence that many visitors choose Evia for their summer destination.

#### The sea:

To the west, the waters are calm, warm, blue in color and they are ideal for families and for all ages since they are considered to be the cleanest in Greece. To the north, the waters are deeper with minor currents that constantly maintain it cool and clean.

To the east, the scene changes. Looking to the Aegean, the sea is deep blue in color and calm, but it can be intense at times, and its beaches are sandy.

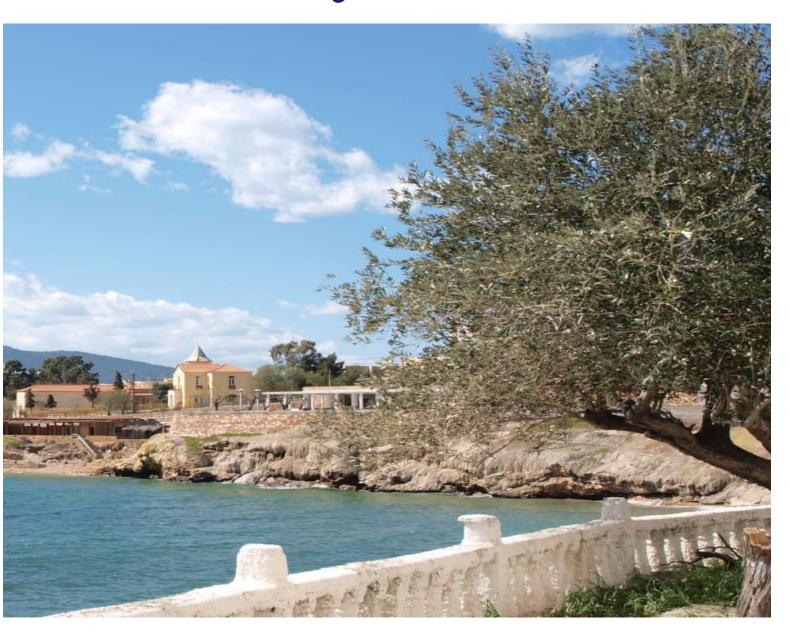
### The harbors:

Northern Evia has both small and large harbors, which are fully equipped for the mooring of small boats and yachts. Acting as connection points with Central Greece and the Sporades, the harbors of Northern Evia, give an island ambience to the region. The main ports are those of Edipsos, Aghiokambos, Pefki, Orei and Aghios Georgios.



Municipality of Istiea - Edipsos

## Have you been?



### Serene and cosmopolitan life:

The ideal destination for all types of vacations. These can be quiet family vacations, or with intense clubbing by virtue of numerous nightclubs in the area.

### "Sea - mountain" combination:

Although one can enjoy the beaches and the sea, the visitor also has the opportunity to visit the wonderful villages in the region and go mountain hiking through the majestic forests.

### Cuisine and local products:

The visitor is able to find fresh fish and seafood at the taverns and try traditional sweets. Not to mention the pure olive oil and the superb wines and tsipouro.

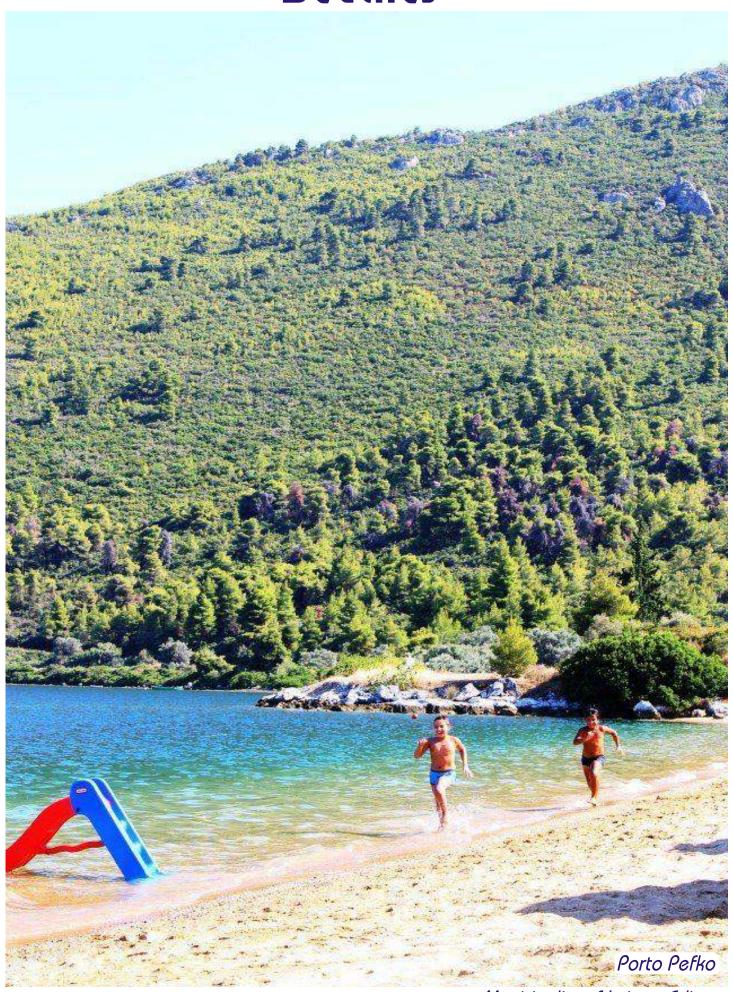
### Notable & quality tourist accommodation:

You are able to choose from the full range of accommodation facilities from 5 star hotels, hostels and rooms to let at economical prices and exceptional quality.

Please refer to the Hoteliers Association website for more information.



## Beaches



Municipality of Istiea - Edipsos

### 19 beaches, 19 choices to get to know the Wlunicipality of Istiea - Edipsos:

Western region:

Loutra Edipsos Aghios Nikolaos - Ilia - Fteri - Riviera - Porto Pefko - Mylos -Loutra Gialtra - Hrysi Akti - Kavos - Lichadonisia. Northern region:

Northern region: Aghiokambos - Nisiotissa - Orei - Tsokaiti - Kanatadika - Pefki.

Eastern region:

Agriovotano (Koutsoubri) - Aghios Nikolaos Ellinika - Psaropouli.



Edipsos beaches and Healing spas: You can swim in the sandy beach of Loutra Edipsos with the healing springs that run down from the rocks.

The Loutra Edipsos beaches are distinguished by the rocky beaches that alternate between pebbles and sand with hot or warm waters. They are ideal for families since they are relatively shallow, without currents.

Aghios Nikolaos: With crystal blue waters and a beautiful sandy beach. Here, you can enjoy fresh fish and seafood at the small seaside taverns.



**Fteri - Riviera**: This is a long, sandy, organized beach with a beach bar. Ideal for families and youth.

**Porto Pefko**: Situated among the pine trees, this beach with fine sand, crystal clear deep waters and an organized beach bar, is ideal for those that wish to find themselves embraced by the gulf overlooking the city of Edipsos.

Mylos: A surreal location where the greenery of the pine trees meets the sea's blue crystal waters.

Loutra Gialtra: Passing through Gialtra, we come across Loutra Gialtra and its beach. At this fishing village you will enjoy the sandy beach and calm sea.





Municipality of Istiea - Edipsos

















Municipality of Istiea - Edipsos









Municipality of Istiea - Edipsos

Hrysi Akti (Golden Coast): As the name implies, the Hrysi Akti beach has fine, white-golden sand and is one of the best beaches in the area. Enjoy your coffee at the organized beach bar. The braver individuals can indulge in water sports.

Kavos - Lichadonisia: Many, refer to them as the Seychelles of Evia. These volcanic islands are an attraction point for visitors and small boats. Your visit will be memorable due to the extremely good beach bar.

Aghiokambos: At the Aghiokambos harbor you will find well-organized beach bars and a beach for all ages. Fine sand and cool, turquoise waters.

Nisiotissa - Orei: Upon our arrival at Pyrgos, we come across Nisiotissa beach. The fine golden sand and the island that was once joined to the mainland leaves a lasting impression.

Tsokaiti Kanatadika: Tsokaiti beach is known to young and old. The length of the beach, its cool waters and the numerous beach bars are the reasons that make this beach so well known. The Livari wetlands and Kanatadika beach are close by.

**Pefki**: One of the most well known beaches of N. Evia, due to its length, its fine sand and the harbor that connects Evia with the islands of Skiathos and Skopelos.

Psaropouli - Ellinika: After Gouves, the road leading up to the picturesque Agriovotano village with the magnificent view alternates between pine trees and olive trees. At Ellinika you will find the sandy beach of Aghios Nikolaos and the homonymous islet. Only a short distance away, we come across Psaropouli beach with the extensive sandy beach and the abundant taverns.

## Monuments and regions to be visited....



# Image 1



One of the most well known healing caves in Evia, where the Roman General Sylla was cured with the healing water of Edipsos.

### Balnea Facilities (Edipsos): Image 2

One of the many Roman Balnea Facilities (public baths), that has been excavated in Edipsos is located in the court yard of the historical "Thermae Sylla" hotel.

### Archeological collection:

A particularly interesting archeological collection is housed in the National Tourism Organization hydrotherapy facilities.

Edipsos Tower: Image 3
A monument dating back to the Venetian domination that is salvaged in the location of Aghia Paraskevi.



# Image 4

### Monastery of Aghios Georgios of Ilia:

A 12th century Monastery. The Monastery is situated in a location of outstanding beauty making it ideal for prayer and devout concentration.

### Folklore Museum of Aghios: Image 4

Do not forget to visit the Folklore Museum of Aghios, which is located 15 minutes from Loutra Edipsos. 80 families from Aghios and from the nearby villages have donated various items, such as:

agricultural tools, household furniture and appliances, dowry items, various coins, photographs, old documents, etc.



### Museum of Natural History of Istiea: Image 5

This is one of the most noteworthy museums of its type in Greece, which has been operating since 1956. It is situated along Istiea's eastern exit towards Sinaso, next to the town's athletic field.

In the town of Istiea you will also come across the church of **Saint Nikolaos**, a three-nave basilica with a wooden roof. Presently, a small part of the original 14th frescoes century are preserved in its interior. *Image* 6











Municipality of Istiea - Edipsos

The castle of Orei and the church of Saint Vasilios: Image 7, Image 8

Located in Ano Orei are the salvaged ruins of the Byzantine castle, which was built on the walls of the ancient Acropolis. Located beneath the castle of Orei is the small post-Byzantine church of Saint Vasilios.

### Bull of Orei and the Folklore Museum of Orei: Image 13, Image 14

A large sculpture of exceptional artwork that testifies the past glamor of the town. The sculpture is dated between 290 and 280 B.C. and it was dedicated to Dimitrios the Besieger.













Municipality of Istiea - Edipsos







### Archeological collection:

Collection of findings from the continuous excavation in the town of Orei.

### Tower of Drosini (Gouves): Image 9

A Venetian-type tower-house built in the 18th century. It was purchased by the grandfather of the poet Georgios Drosini in 1839. The poet lived here towards the end of the 19th century and experienced some of his most wonderful youthful years.

Filaretou Residence (Istiea): The tower belonging to the family that played a fundamental role during the Age of Reason in N. Evia following the liberation of Turkish occupation. Image 10

### Kastradaki:

In the region of Gouves, Artemisio, there are traces of an ancient settlement in the location of Paliokastro.

### Fortresses of Kastri:

Dilapidated fortressed premises of the 1930s.

### Folklore Museum of Istiea: Image 11

The collection comprises of many household items, costumes, furniture and handmade traditional woven fabrics. The area has been designed to resemble a small, warm and hospitable home that will travel you back in time. As you read the business correspondence of the Economou family; or examine the opioid medicines that were once used by Doctor Georgios Lilis; or the vest once worn by Angelis Vlachothanasis; or the silverware belonging to the Machou family and many more, you will take a wonderful journey to yesteryear.

### Fountain of Galatsades: Image 12

The fountain was built by the Turkish Aga in the region in memory of his son that died at a young age.

## Lichadonisia

For a boat ride and swim at the so-called Greek Seychelles

Head towards the beach of Aghios Nikolaos and circle the Gialtra cove. Continue until you arrive at Mylos beach and go passed Loutra Gialtra.

Shortly before the Club Méditerranée enclosure, turn left towards the organized sandy "Hrysi Akti" beach with beautiful waters and pine trees. This is followed by the picturesque harbor of Aghios Georgios, with its abundant fishing boats, taverns and coffee shops. Only another 4 km remain to reach Kavos with the endless sandy beach that is adorned by thousands of sea shells.

The boat's captain will be waiting for you at this point to tour you through the Lichadonisia. There are 15 small volcanic islets planted with olive trees and for many years now it constitutes the permanent residence of the cute seals.

Magnolia, the largest of the islands, is well-known for its white sandy beach and turquoise waters. It has an organized beach with deck chairs and a canteen for coffee and a snack.

One of the islets has abandoned stone-built fishermen's homes, whereas a faint image of a shipwreck dating back to 1943 (a cargo ship that fell on the rocks) can be seen in the waters (at a depth of 10 m).

Upon your return, you can drive up to the stone-built Vasilina Lighthouse situated at the homonymous cape.







Municipality of Istiea - Edipsos

## **Activities**



Time goes by pleasantly at N. Evia Beaches in combination with mountain, rivers and paths are suitable for all types of activities.

for the sports lovers, the area offers an abundance of activities that will satisfy even the most demanding visitor.



Try swimming, wind surfing, water skiing, jet skiing, kiting and scuba diving.

For the mountain lovers, a stroll through the hiking paths is ideal.



If you like horse riding, you can visit the villages Kamatriades or Taxiarchis, where you can go riding through the forest and learn riding secrets from

the expert trainers.



If you love fishing, N. Evia is the right destination for you since a number of coastal fishing or boat fishing seminars are offered.



During the summer, various sports activities are organized throughout the area such as beach volley tournaments, bicycle races, 4 x 4 races, as well as other events such as yoga trips and kick boxing training classes.



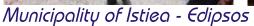
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## **Cultural Events**









### Routes

According to the majority of testimonies, the Northern Evia beaches are the most popular since they are vastly diverse in terms of their natural landscape, the endless and spotless sandy beaches and the spectacular rocky coasts where the pine trees literally shade over the waves.

Along the Edipsos-Istiea road there are detours that lead to Aghiokambos, Nisiotissa and the cosmopolitan duo that is none other than the ancient town of Orei and the evergreen refuge settlement of Neos Pyrgos.

You can access the coast of Tsokaiti and the Kanatadika wetlands either from Orei or Istiea. The unique, pine-tree planted coasts of Asminio as well as the other northeastern coasts of Evia are accessible via the detours on the Istiea-Chalkida road.

The entire sea region, whether in its depths or along its coasts, reserves pleasant surprises for the amateur fishermen.

The visitor is also sure to acquire a lasting experience from the mountains of Northern Evia. Each of the mountainous getaways includes a route of approximately 70-80 km on relatively good road.

There are two recommended routes:

- a) Edipsos Istiea Voutas Kokkinomilia -Kryoneritis - Milies - Monokarya - stiea - Edipsos,
- b) Edipsos Istiea Aghios Georgios -Kastaniotissa - Galatsades - Kamatriades -Kamaria - Istiea - Edipsos.

As you plan another longer 140 km day trip, you could start off from Edipsos, continue onto the picturesque village of Ilia, the inviting sandy beaches at Rovies, the "diamond" of the Evia gulf known as Limni, the traditional Aghia Anna with the spectacular beach, the pine tree coasts of Vasiliko, the petrified forest of Kerasia, the area of Gouves with the Tower of Drosini, the historical Artemisio, Pefki, Asminio, Sinaso and Istiea. Each village or town has a unique history and individual identity that is marked by the gifts of nature.





Visit the Drymona Waterfalls at a height of 930m and enjoy the majestic scenery.

## Religious Tourism



Saint John the Russian was born in a village in S. Russia around 1690 and was the son of virtuous and faithful Orthodox parents. During the period of Peter the Great, he took part in the Russo-Turkish War in 1710 to 1711 and was captured by the Tatars. They in turn sold him to an Ottoman Cavalry Officer, who lived in Prokopi, Cappadocia in Asia Minor. In 1824, the refugees of Cappadocia transferred his sacred relics and vestments to Prokopi, Evia.

Presently, the holy church of the Hosios is a worldwide pilgrimage center.





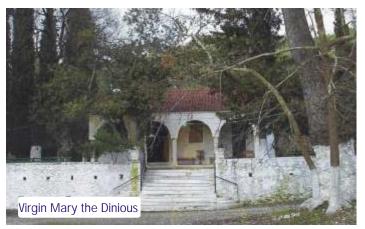
One of the most beautiful routes that overlooks the tranquil sea of the Evia gulf and the pine tree forests that extend down to the waves, will initially bring you to Kato Ilia.

From here, head north to Ano Ilia to light a candle at the female Monastery of Saint George of Ilia, a place of devout concentration and serenity and a spectacular view.

The monastery has the holy remains of the Saints Georgios, Marina, Mamantos and Kyriaki.

The church's wood-carved iconostasis is a wood-carved iconostasis is a wood-carving work of art dating back to 1834, with an inscription above the Holy Gates.

Municipality of Istiea - Edipsos



Virgin Mary the Dinious is a small church in Northern Evia close to Istiea, where the miraculous icon of the Virgin Mary is kept.

According to legend, during Ottoman rule, a Turkish soldier fired at the icon of the Virgin Mary in an attempt to kill a Greek that was being hunted and who had hidden behind the icon. The bullet was ricocheted from the miraculous icon and the soldier of different faith was killed. This version is strengthened by the fact that the shot from the Turk's rifle is evident on the Virgin Mary's forehead. The ricocheting of the bullet gave the name to the church, which was named Virgin Mary Dinious or Donious from the Turkish word Donus meaning "return" (namely the Virgin Mary of return).



After Ilia, shortly before arriving at Kaminia, head left to visit the Monastery of Saint Irene Chrissovalladou and enjoy the breathtaking view.

The significant Monastery of Hosios David the Elder of the 14th century finds refuge on the forested slopes of the Kavalari and Xiro Mountains. The fame of his holiness spread quickly, he performed many miracles and before his death (1 November), he led many to salvation "due to the greatness of his speech and work".

Father lakovos (1920-1991) one of the 3 modern saints lived, died and was buried at the Monastery of Hosios David.

## Local Cuisine and Products





The well-known "Taxiarchis" dry figs originate from the "Smyrneiki" variety fig trees that are exclusively cultivated in the Taxiarchis, Neos Pyrgos, Aghios Georgios, Orei, Istiea, Kamari and Kastaniotissa communities.

Edipsos is renowned for the quality, hand-made noodles as well as its sour and sweet-tasting trahana. As experts of their tradition and excellent products, the local industries prepare and pack their products with great pleasure. Moreover, the region is known for the Schortsanitis feta and other cheese products that it produces.

Given its rich and fertile soil, Northern Evia is considered to produce the most pure and best quality honey.

Loukoumades are one of the signature sweets in Edipsos. It is also worth trying local delicacies such as yogurt with honey or spoon sweets as well as traditional oven-baked sweets with or without icecream.

Northern Evia is a place that has been blessed by God. Its fertile land is suitable for the cultivation of many species of grapes resulting in the production of many remarkable wine varieties.

In Northern Evia, as is the case throughout Greece, quality oil and olives are in abundance. At local food stores and open markets you are able to find green, cracked, vinegary, pressed olives and anything else that you may desire.

















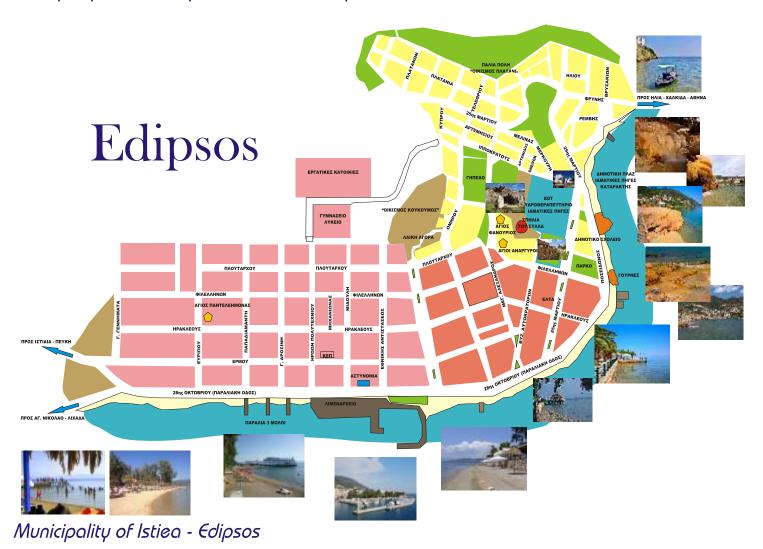




Municipality of Istiea - Edipsos



The Municipality of Istiea - Edipsos is a municipality of the Central Greece region that was established under the Kallikratis Program by merging the existing municipalities of Edipsos, Artemisio, Istiea, Orei and the Lichada Community. The new Municipality extends over 499.3 km² and according to the 2011 census, it has a population of 22,722 residents. The Municipality is domiciled in Istiea. ISTIEA HEALTH CENTRE: 2226053311, Municipality of Istiea - Edipsos: 2226350010, Edipsos Branch: 2226022262



Easy and relatively fast access from ATHENS, THESSALONIKI and any starting point.

By road via the CHALKIDA bridge. By Ferry from ARKITSA - €DIPSOS (Tel.: 22260-23330) & from GLYFA - AGHIOKAMBOS (22260 - 31680)



Northern Evia has an inexhaustible number of beauties and surely more than one trip is required to visit them all. We have simply given you an idea of the most popular locations.

You need to bring good company, good spirit and the mood for a carefree summer, which continuously alternates between evergreen mountain slopes and laced clean coastlines. You will be undoubtedly fascinated by Northern Evia.

Municipality of Istiea - Edipsos

Tourism Development and Promotion Committee December 2013

www.visitedipsos.gr

