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Ταξίδι ευεξίας  
& αναζωογόνησης  
στο μαγικό κόσμο  
των λαματικών πηγών

Wellness & rejuvenation trip  
in the magical world of  
thermal springs

Udhëtim Wellness dhe  
përtëritjeje në botën  
magjike të burimeve  
termale

[www.altourgreecealbania.com/](http://www.altourgreecealbania.com/)



**ΣΥΝΔΕΣΜΟΣ ΔΗΜΩΝ  
ΙΑΜΑΤΙΚΩΝ ΠΗΓΩΝ ΕΛΛΑΔΑΣ**  
Hellenic Association Of Municipalities With Thermal Springs



## ΠΕΡΙΕΧΟΜΕΝΑ / CONTENT / PËRMBAJTJA

Ταξίδι ευεξίας & αναζωογόνησης στο μαγικό κόσμο των ιαματικών πηγών

των Δήμων  
• Αμυνταίου  
• Άργους Ορεστικού  
• Κόνιτσας  
• Γρεβενών  
• Αρταίων  
• Πρέβεζας  
• Ζακύνθου

Wellness & rejuvenation trip in the magical world of thermal springs

of the Municipalities  
• Amyntaio  
• Argos Orestiko  
• Konitsas  
• Grevena  
• Artaion  
• Preveza  
• Zakynthos

Udhëtim Wellness dhe përtëritjeje në botën magjike të burimeve termale

të Bashkive  
• Amyntaio  
• Argos Orestikos  
• Konicas  
• Grevena  
• Artaion  
• Prevezë  
• Zakinthos

### ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΦΛΩΡΙΝΑΣ

- 5 Δήμος Αμυνταίου – Ιαματική Πηγή Ξινού Νερού
  - 6 Δήμος Αμυνταίου – Ιαματικά Λουτρά Αγραπιδιάς
- ### ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΚΑΣΤΟΡΙΑΣ
- 7 Δήμος Άργους Ορεστικού – Ιαματικά Λουτρά Αμμουδάρας
- ### ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΓΡΕΒΕΝΩΝ
- 9 Δήμος Γρεβενών – Ιαματικά Λουτρά Κιβωτού
- ### ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΙΩΑΝΝΙΝΩΝ
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  - 12 Δήμος Κόνιτσας – Ιαματικά Λουτρά Καραβασίλων
- ### ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΑΡΤΑΣ
- 13 Δήμος Αρταίων – Ιαματική πηγή Χανόπουλου
- ### ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΠΡΕΒΕΖΑΣ
- 15 Δήμος Πρέβεζας – Ιαματικά Λουτρά Πρέβεζας
- ### ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΖΑΚΥΝΘΟΥ
- 17 Δήμος Ζακύνθου – Ιαματικός πόρος Ξύγκια Ορθονίων

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### REGIONAL UNIT OF GREVENA

- 23 Municipality of Grevena – Thermal Baths of Kivotos

### REGIONAL UNIT OF IOANNINA

- 24 Municipality of Konitsa – Thermal Spring of Amarantos

- 26 Municipality of Konitsa – Thermal Baths of Karavasila

### REGIONAL UNIT OF ARTA

- 27 Municipality of Arta – Thermal Spring of Hanopoulos

### REGIONAL UNIT OF PREVEZA

- 29 Municipality of Preveza – Thermal Baths of Preveza

### MUNICIPAL UNIT OF ZAKYNTHOS

- 31 Municipality of Zakynthos – Thermal Spring of Xygia Orthonion

### NJESIA PEFEKTURALE E FOLLORINES

- 33 Bashkia Amíndeo – Burimi Kurativ në Ksinó Neró

- 34 Bashkia Amíndeo – Banjat Kurative në Agrapidhjá

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- 35 Bashkia Argos Orestikú – Banjat Kurative në Amudhára

### NJESIA PEFEKTURALE E GREBENESE

- 37 Bashkia Grebene – Banjat Kurative në Qivotú

### NJESIA PEFEKTURALE E JANINES

- 38 Bashkia Konicë – Burimi Kurativ në Amarandos

- 40 Bashkia Konicë – Banjat Kurative në Karavasílon

### NJESIA PEFEKTURALE E ARTES

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- 43 Bashkia Prevezë – Banjat Kurative në Prevezë

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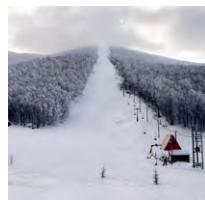


Ταξίδι ευεξίας & αναζωογόνησης  
στο μαγικό κόσμο των ιαματικών πηγών  
των Δήμων

- Αμυνταίου
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## Προορισμός ευεξίας με... ονομασία προέλευσης!



### Ιαματικός πόρος Ξινού Νερού

Κτισμένο στους πρόποδες των οροσειρών Βερμίου και Βιτσιού, σε υψόμετρο 550 μέτρων, βρίσκεται το χωριό Ξινό Νερό. Το μεταλλικό νερό των ιαματικών πηγών του οικισμού είναι κατάλληλο για ποσιθεραπεία. Ενδείκνυται για την αντιμετώπιση οστεοπορωτικών αλλοιώσεων των οστών λόγω γήρατος. Συγχρόνως, μπορεί να βοηθήσει στην αντιμετώπιση δυσπεπτικών καταστάσεων και χρόνιων φλεγμονών των κατώτερων ουροφόρων οδών ([www.thermalsprings.gr](http://www.thermalsprings.gr)). Το νερό εμπορεύεται η «ΞΙΝΟ ΝΕΡΟ ΜΟΝΟΜΕΤΟΧΙΚΗ Α.Ε. Ο.Τ.Α.» (Ελ. Μπαλή Ελευθερία, «ΤΑΞΙΝΟΜΗΣΗ ΙΑΜΑΤΙΚΩΝ ΠΗΓΩΝ ΔΥΤΙΚΗΣ ΚΑΙ ΚΕΝΤΡΙΚΗΣ ΜΑΚΕΔΟΝΙΑΣ ΜΕ ΥΔΡΟΓΕΩΛΟΓΙΚΑ, ΥΔΡΟΧΗΜΙΚΑ ΚΑΙ ΓΕΩΘΕΡΜΙΚΑ ΚΡΙΤΗΡΙΑ»).

Το χωριό βρίσκεται σε απόσταση 5 χλμ. από το Αμύνταιο, το οποίο αποτελεί μία από τις σημαντικότερες αμπελουργικές ζώνες της χώρας, με παραγωγή εξαιρετικών οίνων Ονομασίας Προέλευσης, και μόλις 34 χλμ. από την γραφική πόλη της Φλώρινας.

### Πληροφορίες – Επικοινωνία:

ΞΙΝΟ ΝΕΡΟ ΜΟΝΟΜΕΤΟΧΙΚΗ ΑΕ ΟΤΑ | Τηλ: 2386081100 | Email: [info@xinoneroae.gr](mailto:info@xinoneroae.gr)

### Σημεία ενδιαφέροντος

#### » στο Ξινό Νερό:

» Το διατηρητέο κτήριο του δημοτικού σχολείου, οι εκκλησίες και οι κρήνες του χωριού, το Καρναβάλι κατά το τριήμερο της Αποκριάς.

#### » στην ευρύτερη περιοχή:

**Η φύση:** πυκνά δάση, οροπέδια, λιβάδια και ένα εξαιρετικής ομορφιάς και οικολογικής αξίας σύμπλεγμα λιμνών και υδροβιότοπων. Στην περιοχή βρίσκονται 3 Καταφύγια Άγριας Ζωής.

**Παραδοσιακοί οικισμοί ιδιαίτερου κάλλους:** το μαγευτικό Νυμφαίο, σε απόσταση 5 χλμ., όπου βρίσκεται και το καταφύγιο της ΜΚΟ Αρκτούρος, το Λέχοβο, η Κλεισούρα, το Βαρικό

**Διαδρομές:** Παραλίμνια διαδρομή 10 χλμ., από το γραφικό ψαροχώρι του Αγίου Παντελεήμονα και κατά μήκος της όχθης της λίμνης Βεγορίτιδας.

**Διαδρομή με τρένο,** με αφετηρία το παραλίμνιο χωριό Άρνισσα και προορισμό τον Άγιο Παντελεήμονα.

#### » στο Αμύνταιο:

- Αρχιτεκτονική κληρονομιά: Παραδοσιακή αρχιτεκτονική των Βαλκανίων, αρχοντικά 19ου αι., δείγματα κλασικιστικής και εκλεκτικιστικής αστικής αρχιτεκτονικής της περιόδου του Μεσοπολέμου.

- Αρχαιολογικός Χώρος Πετρών.

- Επίσκεψη στα οινοποιεία της περιοχής (κατόπιν συνεννόησης).

#### » στη Φλώρινα:

**Μουσεία:** Αρχαιολογικό Μουσείο Φλώρινας, Μουσείο Σύγχρονης Τέχνης, Μουσείο Μακεδονικού Αγώνα Καπετάν Κώττα (Στον οικισμό Κώττα της Κοινότητας Κρυσταλλοπηγής), Λαογραφικές Συλλογές.

**Κοντινοί προορισμοί - Σημεία ενδιαφέροντος:** Εθνικός Δρυμός Πρεσπών (απόσταση 45 χλμ. από την πόλη της Φλώρινας), η Βασιλική του Αγίου Αχιλλείου & Βυζαντινά - Μεταβυζαντινά μνημεία Πρεσπών, ο Παραλίμνιος οικισμός Ψαράδες στη Μεγάλη Πρέσπα, το Χιονοδρομικό κέντρο Βίγλας - Πισοδερίου (απόσταση 19 χλμ. από την πόλη της Φλώρινας), ο διατηρητέος παραδοσιακός οικισμός Νυμφαίου & το Καταφύγιο Αρκούδας «Αρκτούρος».

**Δραστηριότητες:** Χειμερινά σπορ στο Χιονοδρομικό Κέντρο Βίγλας - Πισοδερίου, Πεζοπορία - Ορειβασία - Αναρρίχηση, Ποδηλασία, Canoe, Ιππασία, Παρατήρηση πτηνών (birdwatching) στην Λίμνη Ζάζαρη.

#### Ιαματικός Φυσικός Πόρος Αγραπιδιάς (Λιμνοχώρι)

Στο χωριό Αγραπιδιά (Λιμνοχώρι) Αμυνταίου, στις όχθες της λίμνης Ζάζαρης, βρίσκεται φυσική ιαματική πηγή. Το ιαματικό νερό της πηγής ενδείκνυται για παθήσεις του μυοσκελετικού και νευρικού συστήματος και δερματικές παθήσεις (Φεκ Αρ. Φύλλου 1647, Απόφαση Αριθμ. 9460). Το νερό διοχετεύεται σε λίθινους λουτήρες εντός παραδοσιακού κτίσματος.

**Πληροφορίες - Επικοινωνία:** Δήμος Αμυνταίου, Τηλ. 238 63 50 100

**Γαστρονομία:** Η περιοχή φημίζεται για τα τοπικά της προϊόντα (φασόλια, πιπεριές, μανιτάρια, φράουλες, βότανα αλλά και για τα εξαιρετικά τοπικά κρασιά της, Ονομασίας Προέλευσης).

- «Το Κουρμπάνι» (Άγιος Παντελεήμονας Αμυνταίου). Πολιτιστικές εκδηλώσεις, κάθε χρόνο στις 26-27/07.

- Γαστρονομία. Στην περιοχή Αμυνταίου υπάρχουν τρία εστιατόρια βραβευμένα με «Χρυσό Σκούφο».

**Έθιμα- Εκδηλώσεις:** Οι «Φωτιές» της Φλώρινας, ετήσια εθμική τοπική εκδήλωση (23 Δεκεμβρίου, προπαραμονή Χριστουγέννων), Πολιτιστικές εκδηλώσεις Αυγούστου (Συναυλίες, χοροθέατρο, φωτογραφικές και εικαστικές εκθέσεις), Φεστιβάλ Κινηματογράφου (κάθε Νοέμβριο, στο Πολιτιστικό Κέντρο της Φλώρινας), «Τα Μπαμπάρια», πρωτοχρονιάτικες καρναβαλικές εκδηλώσεις & θερινές πολιτιστικές εκδηλώσεις στις 20 Ιουλίου, του Προφήτη Ηλία, στον Δήμο Μελίτης, «Τα Βαρικιώτικα», εθμικές, πολιτιστικές εκδηλώσεις της Κοινότητας Βαρικού (13-15 Αυγούστου), “Γιορτή πιπεριάς” (διήμερες εκδηλώσεις στο τέλος Αυγούστου, στον Αετό Φλώρινας), «ΠΡΕΣΠΕΙΑ». Θεσμοθετημένες πολιτιστικές εκδηλώσεις πανευρωπαϊκής εμβέλειας στην περιοχή των Πρεσπών (νησάκι του Αγίου Αχιλλείου) με παράλληλες εκδηλώσεις στη Φλώρινα και άλλες κοινότητες του Νομού.

## Ένας προορισμός - χίλιες απολαύσεις



### Ιαματικές πηγές Αμμουδάρας

Η ιαματική πηγή της Αμμουδάρας, γνωστή και ως «Πηγή της Αφροδίτης», βρίσκεται 300μ. νότια του ομώνυμου οικισμού, δίπλα στον παραπόταμο Ξεριά του Αλιάκμονα, σε ένα καταπράσινο τοπίο παραποτάμιας βλάστησης. 30 μόλις μέτρα από την πηγή, υπάρχει σύγχρονο υδροθεραπευτήριο, όπου παρέχονται υπηρεσίες λουτροθεραπείας. Το συγκρότημα διαθέτει 15 ατομικούς λουτήρες και χώρους εξυπηρέτησης των λουόμενων, ιατρείο, χώρους μασάζ, κολυμβητική δεξαμενή. Σε μικρή απόσταση, βρίσκεται ξενώνας, δυναμικότητας 16 κλινών, για την εξυπηρέτηση των επισκεπτών ενώ καταστήματα εστίασης με τοπική, παραδοσιακή κουζίνα βρίσκονται τόσο στον οικισμό της Αμμουδάρας όσο και στους γειτονικούς οικισμούς της Ασπροκκλησιάς και των Αμπελοκήπων.

Το νερό της πηγής ενδείκνυται για ρευματικές παθήσεις, χρόνιους ρευματισμούς, ισχιαλγίες, οσφυαλγίες, παθήσεις νευρικού συστήματος, χρόνια ρινοκολπίτιδα, οξεία ρινίτιδα, αλλεργική ρινίτιδα (ΦΕΚ Αρ. Φύλλου 2112, Απόφαση Αριθμ. 9652).

Τα λουτρά απέχουν 4 χλμ. από την πόλη του Άργους Ορεστικού και μόλις 15 χλμ. από την πόλη της Καστοριάς. Παράλληλα, το σημείο όπου βρίσκονται οι εγκαταστάσεις δίνει στους επισκέπτες τη δυνατότητα να συνδυάσουν την επίσκεψή τους και με δραστηριότητες στη φύση ενώ η ευρύτερη περιοχή παρουσιάζει μεγάλο ιστορικό και αρχαιολογικό ενδιαφέρον.

### Πληροφορίες - Επικοινωνία:

Δήμος Άργους Ορεστικού, Τηλ. 246 73 51 300  
Δημοτική Κοινωφελής Επιχείρηση Δήμου Άργους Ορεστικού  
e-mail: loutrammoudaras@gmail.com - Τηλ: 24670 42255

Λουτρά Αμμουδάρας: Τηλ: 24670 44294

## Σημεία ενδιαφέροντος

### » στο Άργος Ορεστικό:

Ο Βυζαντινός Ναός Αγίου Γεωργίου, με εντυπωσιακό εσωτερικό διάκοσμο, το Αρχαιολογικό Μουσείο Άργους Ορεστικού, το Μνημείο Ποντιακού Ελληνισμού.

### » στην ευρύτερη περιοχή των Λουτρών:

**Αρχαιολογικοί χώροι:** Αρχαιολογικός Χώρος «Παραμπέλα», Αρχαία Διοκλητιανούπολη

**Ιεροί Ναοί:** Ι.Ν. Αγίου Νικολάου, Ι.Ν. Κοιμήσεως Θεοτόκου (πρώην Εκκλησία της Ντόλιανης)

**Μουσεία:** Μουσείο Άργους Ορεστικού, Απολιθωμένο Δάσος & Μουσείο Παλαιοντολογίας και Παλαιοβοτανικής Νόστιμου

### Έθιμα - Εκδηλώσεις:

- Ραγκουτσάρια - Τριήμερο καρναβάλι που διοργανώνεται στις αρχές του χρόνου στο Άργος Ορεστικό, στο Μαυροχώρι και στη Λιθιά.

- Μπουμπούνες - Φωτιές που ανάβουν στις πλατείες την Κυριακή της αποκριάς.

### » στην Καστοριά:

**Προσκυνηματική περιήγηση:** Περισσότεροι από εβδομήντα βυζαντινοί και μεταβυζαντινοί ναοί και μονές, εντός πόλης και στα περίχωρα της, μοναδικής αρχιτεκτονικής και διακοσμημένες με υψηλής τέχνης τοιχογραφίες. Ενδεικτικά: Ι.Μ. Παναγίας Μαυριώτισσας, Ι.Ν. Παναγίας Καστριώτισσας, Ι.Ν. Αγίου Στεφάνου, Ι.Ν. Αγίου Νικολάου του Κασνίτζη, Ι.Ν. Παναγίας του «Τσιατσιαπά», Ι.Ν. Αγίου Γεωργίου Ομορφοκκλησιάς

**Μνημεία αρχιτεκτονικής:** Αρχοντικά και κατοικίες της λαϊκής μακεδονίτικης αρχιτεκτονικής, 17ου & 18ου αιώνα, στις συνοικίες Ντολτσό και Αποζάρι. Ενδεικτικά: Αρχοντικά Τσιατσαπά, Σαπουτζή, Σκούταρη, Νεράτζη Αίβαζή (στεγάζει το Λαογραφικό Μουσείο).

**Μουσεία:** Βυζαντινό Μουσείο, Λαογραφικό Δελιγάνειο Μουσείο (στη συνοικία

- Ροδάνη- πασχαλιάτικο έθιμο.

- Η γιορτή του Κλήδονα - Γιορτάζεται στις 24 Ιουνίου, στη γιορτή του Αη-Γιάννη του Προδρόμου.

- Το πανηγύρι στην εορτή του προφήτη Ηλία, προστάτη των γουνοποιών, κάθε Ιούλιο.

**Πολιτιστικές εκδηλώσεις:** «Ορέστεια», Διαβαλκανικό χορωδιακό φεστιβάλ Άργους Ορεστικού, Χριστοπούλεια, Πολιτιστικός Αύγουστος, River party (μουσική εκδήλωση στις όχθες του ποταμού Αλιάκμονα στο Νεσόριο. Πραγματοποιείται κάθε χρόνο, κατά το πρώτο Σαββατοκύριακο του Αυγούστου), Γιορτή τσίπουρου στη Λιθιά, γιορτή φασολιού στα Λακκώματα, γιορτή κάστανου στο Καστανόφυτο.

Ντολτσό), Λαογραφικό Μουσείο Καστοριάς Νεράτζη Αίβαζη, Μουσείο Ενδυματολογίας (με παραδοσιακές τοπικές ενδυμασίες ανδρών και γυναικών της περιοχής, Στεγάζεται στο αρχοντικό των Αφών Εμμανουήλ), Μουσείο Μακεδονικού Αγώνα (στεγάζεται σε παραδοσιακό μακεδονίτικο αρχοντικό του 18ου αιώνα, οικία του Αναστασίου Πηχιών), Μουσείο Παύλου Μελά, στον οικισμό Μελάς, πρώην Στάτιστα (απόσταση 16 χλμ.). Στεγάζεται στην οικία Καντζάκη, το κτήριο που έχασε τη ζωή του ο σπουδαίος αγωνιστής του Μακεδονικού Αγώνα., Μουσείο Κέρινων Ομοιωμάτων Λαογραφίας και Προϊστορίας (Μαυροχώρι Καστοριάς).

**Υπαίθριες δραστηριότητες:** Τοξοβολία, Ποδηλασία, Ποδήλατο νερού, Πεζοπορία, Αναρρίχηση



## Φυσική Ομορφιά



### Ιαματικός Πόρος «Πηγή Κιβωτού»

Η Κιβωτός βρίσκεται στα δυτικά όρια της Π.Ε. Γρεβενών, σε απόσταση 21 μόλις χλμ από την πόλη των Γρεβενών. Ο τόπος διαθέτει εξαιρετική φυσική ομορφιά και εξαιρετικό κλίμα ενώ στα ποτάμια της περιοχής μπορεί κανείς να δοκιμάσει την επιτυχία του στο ψάρεμα. Τα λουτρά Κιβωτού βρίσκονται 4 χλμ. έξω από το χωριό, στην κοιλάδα του ποταμού Πραμόριτσα. Τα νερά είναι κατάλληλα για λουτροθεραπεία και ενδείκνυνται για ρευματικές παθήσεις, χρόνιους ρευματισμούς, ισχιαλγίες, οσφυαλγίες και παθήσεις του νευρικού συστήματος (ΦΕΚ Αρ. Φύλλου 3956, Απόφαση Αριθμ. 20150).

### Πληροφορίες - Επικοινωνία:

Δήμος Γρεβενών: Τηλ. 246 23 50 803  
Τηλ. 6932462090

### Σημεία ενδιαφέροντος

#### » στην Κιβωτό

Το μνημείο αφιερωμένο στους Πόντιους αγωνιστές - προγόνους των σημερινών κατοίκων του χωριού που χάθηκαν στα πάτρια εδάφη του Πόντου, τις κατακόμ-

βες, το μοναστήρι του Αγίου Δημητρίου. Τοπικά πανηγύρια πραγματοποιούνται κάθε καλοκαίρι και διοργάνωση Καρναβαλιού τις Απόκριες.

#### » στα Γρεβενά

**Αξιοθέατα:** Εθνικός Δρυμός Βάλια Κάλντα, Εθνικό Πάρκο Βόρειας Πίνδου, Πέτρινα γεφύρια, Ι.Μ. Ζαβόρδας, Μνημείο πεσόντων Αντίσας

**Γαστρονομία:** Πίτες, τοπικά ζυμαρικά, τυροκομικά προϊόντα, ποικιλίες μανιταριών

**Δραστηριότητες:** Χειμερινά σπορ στο Εθνικό Χιονοδρομικό Κέντρο Βασιλίτσας, Πεζοπορία - Ορειβασία, Ποδηλασία, Ράφτινγκ, canoe-kayak, Αλεξίπτωτο πλαιγιάς στη Βουνάσα

**Κοντινοί προορισμοί:** Μέτσοβο (52 χλμ.), Καστοριά (89 χλμ.)

## Ευεξία και χαλάρωση στον τόπο των γεφυριών!



### Ιαματικές Πηγές Αμαράντου

Σε μία καταπράσινη πλαγιά του όρους του Γράμμου, σε απόσταση 30 περίπου χλμ από την πόλη της Κόνιτσας και σε υψόμετρο 1,100 μέτρων, βρίσκεται φωλιασμένο το ορεινό χωριό Αμάραντος. Λίγο ψηλότερα, σε απόσταση 5 μόλις χιλιομέτρων από το χωριό, σε ένα τοπίο γεμάτο πεύκα, έλατα, οξιές και πλατάνια, βρίσκονται τα ομώνυμα Ατμόλουτρα Αμαράντου.

Τα Ατμόλουτρα Αμαράντου αποτελούν μία μοναδική περίπτωση σε ολόκληρη την Ευρώπη, καθώς το είδος του ιαματικού φυσικού πόρου της πηγής είναι θερμοί ατμοί, με θερμοκρασία που κυμαίνεται από 33-38°C, οι οποίοι βγαίνουν μέσα από το βράχο, δημιουργώντας ένα εκπληκτικό θέαμα. Οι κύριες ενδείξεις για την χρήση του ιαματικού ατμού είναι η εισπνοθεραπεία για αποφρακτικές καταστάσεις του κατωτέρου αναπνευστικού συστήματος και παθήσεων της μύτης και των παραρρινίων κόλπων(-ΦΕΚ Αρ. Φύλλου 2165, Απόφαση Αριθμ. 8931). Επίσης, ενδείκνυται η μετεγχειρητική χρήση τους προκειμένου να επιταχυνθεί η ομαλοποίηση του ρινικού βλεννογόνου.

Οι υπηρεσίες αμμοθεραπείας και εισπνοθεραπείας παρέχονται στο χώρο των Λουτρών, σε σύγχρονες εγκαταστάσεις που διαθέτουν ατομικά δωμάτια – λουτήρες, δωμάτια μέγιστης χωρητικότητας δύο ατόμων και ένα μεγαλύτερο δωμάτιο χωρητικότητας 20 ατόμων. Κατά τους θερινούς μήνες, στις εγκαταστάσεις των Λουτρών, οι επισκέπτες έχουν την δυνατότητα να απολαύσουν υπηρεσίες μασάζ.

Γύρω από την όμορφη γραφική πλατεία που βρίσκεται στην περιοχή των Λουτρών, υπάρχουν μικροί κομποί ξενώνες και ενοικιαζόμενα δωμάτια καθώς και αρκετά εστιατόρια στα οποία οι επισκέπτες μπορούν να απολαύσουν τοπικές λιχουδιές.

### Πληροφορίες – Επικοινωνία:

Δήμος Κόνιτσας: Τηλ. 26553 60 300  
Τηλ. 26550 22012

## Σημεία ενδιαφέροντος

### » στο Δήμο Κόνιτσας

Η περιοχή είναι διάσημη για την φυσική της ομορφιά και τα πέτρινα γεφύρια της. Το μεγαλύτερο τμήμα του Δήμου βρίσκεται εντός του Γεωπάρκου Βίκου-Αώου ενώ ένα σημαντικό τμήμα του ανήκει στις προστατευμένες ζώνες του εθνικού Πάρκου Βόρειας Πίνδου.

#### **Δραστηριότητες**

Πεζοπορία, ορειβασία, canoe-kayak, rafting, αναρρίχηση, τρέξιμο βουνού, paragliding, ποδηλασία βουνού, κολύμπι στους ποταμούς

#### **Άλλοι τουριστικοί προορισμοί είναι:**

το χιονοδρομικό κέντρο στη Βασιλίτσα, οι Ιαματικές Πηγές στα Καβάσιλα, οι ποταμοί Αώος και Βοϊδομάτης, τα μονοπάτια της Πίνδου, μοναστήρια και ιστορικά μνημεία.

### » στην πόλη της Κόνιτσας

Το μεγαλύτερο και ψηλότερο μονότοξο πέτρινο γεφύρι στα Βαλκάνια, στον Αώο ποταμό, με 21 μ. ύψος και 36 μ. πλάτος, η πατρική οικία του Αγίου Παΐσιου, το ιστορικό της κέντρο - το αλλοτινό παζάρι, διατηρητέες παλιές οικίες στην επάνω Κόνιτσα, το οικιστικό συγκρότημα Χάμκως (μητέρα του Αλή πασά των Ιωαννίνων), το Μουσείο Οίνου και Αμπέλου

Ηπείρου, η Φωτογραφική Έκθεση της Ιστορικής Πορείας της Κόνιτσας, η Πινακοθήκη του Ιδρύματος Παπαδιαμάντη, ο Μητροπολιτικός ναός του Αγίου Νικολάου και ο ναός του Αγίου Κοσμά του Αιτωλού, το Τζαμί του Σουλτάνου Σουλεϊμάν, η Αναγνωστοπούλειος Σχολή, το Κέντρο Περιβαλλοντικής Εκπαίδευσης Κόνιτσας.

### » γύρω από την πόλη:

Το κάστρο πάνω από το εξωκλήσι της Αγίας Βαρβάρας, το ύψωμα του Προφήτη Ηλία (1071μ.) - το μπαλκόνι της Βόρειας Πίνδου, η Ιερά Μονή Παναγίας Στομίου

στη χαράδρα του Αώου, ο ναός της Παναγίας χτισμένος στην εσοχή των βράχων, η Κόκκινη Παναγία.

### » Ενδεικτικές πεζοπορικές διαδρομές με αφητηρία την πόλη:

- Αγία Βαρβάρα-Μεσαιωνικό Ενετικό Κάστρο: Χρόνος πορείας: 45' λεπτά.Υψομετρική διαβάθμιση: 470μ - 720μ.
- Στρατιωτικό Μουσολείο Κόνιτσας – Προφήτης Ηλίας: Χρόνος πορείας: 1½ ώρα. Υψομετρική διαβάθμιση: 630μ - 1071μ.
- Πέτρινη γέφυρα Κόνιτσας – Μονή Στομίου: Χρόνος πορείας: 2 ώρες. Υψομετρική διαβάθμιση: 450μ - 650μ.
- Χαράδρα Αώου & Τύμφη: από την πέτρινη γέφυρα Αώου στην Ιερά Μονή Στομίου (1½ ώρα), στη θέση Μύγα (3 ώρες), στη Δρακόλιμνη (7 ώρες), στο διάσελο Καρτερού (7 ώρες), στο Βρυσχώρι (9 ώρες) ή από το πεδίο βολής στη Δρακόλιμνη (μέσω Κερασιάς) (7 ώρες).
- Τραπεζίτσα: από το εξωκλήσι του Αγίου Αθανασίου στις κορυφές: Αημηνάδι

## Ιαματικές Πηγές Καβασιλών

Βόρεια της Μονής Παναγίας,, στην αριστερή όχθη του Σαραντάπορου, βρίσκονται τα θειούχα ιαματικά λουτρά Καβασιλών (υψ. 410 μ.). Απέχουν 5,5 χλμ. από τον οικισμό (και περίπου 16,5 χλμ από την Κόνιτσα) και διαθέτουν κατάλληλη υποδομή για λουτροθεραπείες.

Ο χώρος τον λουτρών αποτελείται από μια μεγάλη πισίνα, που το νερό της φτάνει την θερμοκρασία των 38°C, καθώς και από υδροθεραπευτήριο με δυο αίθουσες, μια ανδρών και μια γυναικών. Στον εξωτερικό χώρο υπάρχει μια μεγάλη πισίνα που η μέση θερμοκρασία είναι γύρω στους 32°C.

Το νερό των πηγών θεωρείται κατάλληλο για ρευματικές παθήσεις, χρόνιους ρευματισμούς, ισχιαλγίες, οσφυαλγίες, παθήσεις νευρικού συστήματος (ΦΕΚ Αρ. Φύλλου 2165, Απόφαση Αριθμ. 8866).

Στις εγκαταστάσεις των λουτρών λειτουργεί ιατρείο και καφέ-εστιατόριο. Τα λουτρά λειτουργούν μόνο τη θερινή περίοδο (από τις 1 Ιουνίου έως τις 30 Σεπτεμβρίου) κάθε χρόνο.

### Πληροφορίες - Επικοινωνία:

Δήμος Κόνιτσας: Τηλ. 26553 60 300





## Ολική αναζωογόνηση!



### Ιαματικός Πηγή Χανόπουλου

Στους πρόποδες του όρους Μαραθιά, 6 χιλιόμετρα νοτιοδυτικά της πόλης της Άρτας, βρίσκεται το χωριό Χανόπουλο. Πρόκειται για ένα μικρό, γραφικό χωριό, με πέτρινα, καλοδιατηρημένα σπίτια παραδοσιακής αρχιτεκτονικής.

Οι χώροι του υδροθεραπευτηρίου, οι οποίοι βρίσκονται μέσα σε ένα καταπράσινο περιβάλλον, γεμάτο πεύκα και ελιές, ανακαινίστηκαν πρόσφατα και οι εγκαταστάσεις του εκσυγχρονίστηκαν. Τα λουτρά διαθέτουν 18 φωτεινές ατομικές καμπίνες με απλές μπανιέρες για ολική ή μερική βύθιση του σώματος και 6 σύγχρονους λουτήρες υδρομασάζ, πισίνα με ιαματικό νερό ενώ προσφέρονται και υπηρεσίες φυσιοθεραπευτικού μασάζ, υδρομάλαξης, αρωματοθεραπείας και ενυδάτωσης του σώματος για ολική αναζωογόνηση του οργανισμού. Ένας συνήθης κύκλος θεραπείας περιλαμβάνει ένα λουτρό την ημέρα για μία περίοδο 10 έως 21 ημερών.

Η ιαματική πηγή ως προς τη σύστασή της, ανήκει στις θειούχες πηγές. Το νερό της είναι κατάλληλο για παθήσεις μυοσκελετικού συστήματος και δερματικές παθήσεις (ΦΕΚ Αρ. Φύλλου 2342, Απόφαση Αριθμ. 10511) ενώ συντελεί, επίσης, στην γενικότερη αναζωογόνηση του οργανισμού.

Τα ιαματικά λουτρά Χανόπουλου αποτελούν τμήμα μίας ευρύτερου συμπλέγματος εγκαταστάσεων που περιλαμβάνουν παραδοσιακό, πετρόκτιστο ξενώνα και εστιατόριο.

### Πληροφορίες – Επικοινωνία:

Δήμος Αρταίων, Τηλ. 268 13 62 101  
Τηλ. 26810 85197

## Σημεία ενδιαφέροντος

### » στην πόλη της Άρτας:

το Γεφύρι της Άρτας, ο Πλάτανος του Αλή Πασά, το Κάστρο της Άρτας & η Ακρόπολη (τόπος φυλάκισης του Στρ. Μακρυγιάννη κατά την Επανάσταση του 1821, ο Πύργος του Ρολογιού, ο Βυζαντινός Ναός της Παναγίας Παρηγορήτισσας και

πλήθος ακόμα βυζαντινών ναών, τα αρχοντικά του 19ου /αρχ. 20ου αι. στο ιστορικό κέντρο, το Αρχαιολογικό Μουσείο, το Λαογραφικό Μουσείο, η Δημοτική Πινακοθήκη «Γιάννης Μόραλης».

### » στην ευρύτερη περιοχή:

Τα γραφικά χωριά των Τζουμέρκων, οι λιμνοθάλασσες του Αμβρακικού & η Κορωνησία, το αρχαίο Όρραον & το Ρωμαϊκό Υδραγωγείο, το Κέντρο Περιβαλλοντικής Εκπαίδευσης Φιλιππιάδας, στη λίμνη Ζηρού, ο Ποταμός Αχέροντας, το Αρχαίο Θέατρο Δωδώνης.

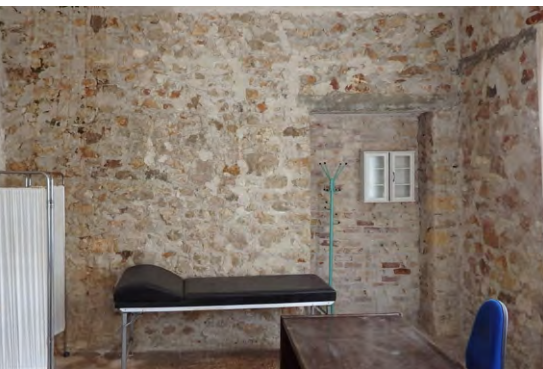
**Δραστηριότητες:** Αεροτουρισμός, Canoe Kayak (στον Άραχθο ποταμό & στις λίμνες Πουρναρίου), Ποδηλασία, Windsurf & Kitesurf στην Κορωνησία, Πεζοπορία – Ορειβάσια.

### Προτεινόμενες πεζοπορικές διαδρομές:

- Ο δρόμος που οδηγεί στη Μονή της Κάτω Παναγίας με κατεύθυνση το χωριό Γλυκόριζο. Η διαδρομή εγκαταλείπει τον αστικό ιστό και ακολουθεί τη φυσική ροή του Άραχθου μέχρι τις εκβολές του στον Αμβρακικό Κόλπο.
- Η διαδρομή στο λόφο της Περάνθης.
- Ο δρόμος προς τον Αμβρακικό Κόλπο και την Κορωνησία (ήπια πεζοπορία).
- Η διαδρομή από το χωριό Βίγλα προς το Ναό της Παναγίας Ροδιάς ως το χωριό Στρογγυλή, με θέα στις λιμνοθάλασσες του Αμβρακικού
- Οι διαδρομές προς το Όρραον, προς το Ξηροβούνι ή στο Μονοπάτι της Βίδρας (ημι-ορεινές διαδρομές).

Στην περιοχή της Άρτας δραστηριοποιούνται Σύλλογοι Ορειβατικοί, Ποδηλασίας, extreme sports και αεροπλοΐας, τους οποίους μπορούν να συμβουλευθούν οι επισκέπτες για τις δραστηριότητες που τους ενδιαφέρουν, προτείνοντας δράσεις, διαδρομές κλπ.

## Υδάτινος κόσμος!



### Ιαματικός Πηγή Πρέβεζας

Τα ιαματικά λουτρά Πρέβεζας βρίσκονται εντός του αστικού ιστού, στη θέση Παλιοσάραγα, σε απόσταση 1 χλμ. περίπου από το κέντρο της σύγχρονης πόλης και 450μ. από τα όρια της παλαιάς πόλης, κηρυγμένης ως προστατευόμενος παραδοσιακός οικισμός.

Η ύπαρξη της ιαματικής πηγής εντός του αστικού περιβάλλοντος αποτελεί σπάνια περίπτωση τόσο στην Ελλάδα όσο και στην Ευρώπη. Το γεγονός αυτό καθιστά την Πρέβεζα διπλά ελκυστικό προορισμό, καθώς πρόκειται για μία παραθαλάσσια πόλη, με υπέροχες παραλίες που δίνουν την ευκαιρία στον επισκέπτη να συνδυάσει τα ιαματικά λουτρά με τα θαλάσσια, στα πεντακάθαρα και γαλανά νερά του Ιονίου Πελάγους.

Η βασική υπηρεσία που παρέχεται από τα λουτρά Πρέβεζας είναι η υδροθεραπεία, με τη μορφή λουτροθεραπείας, με ολική ή μερική εμβύθιση στο νερό.

Το ιαματικό νερό της Πρέβεζας ενδείκνυται για ρευματικές παθήσεις, χρόνιους ρευματισμούς, ισχιαλγίες, οσφυαλγίες, παθήσεις του νευρικού συστήματος (ΦΕΚ Αρ. Φύλλου 4744, Απόφαση Αριθμ. 23370).

### Πληροφορίες – Επικοινωνία:

Δήμος Πρέβεζας Τηλ: 26823-60600/60656, 26823-60615

Ιαματικά λουτρά Τηλ: 26820-22293

## Σημεία ενδιαφέροντος

### » στην πόλη της Πρέβεζας:

Το Ιστορικό Κέντρο – με εμφανή τα ίχνη της Ρωμαϊκής, Οθωμανικής και Ενετικής περιόδου, ο Ενετικός Πύργος του Ρολογιού, ο Μητροπολιτικός Ναός του Αγίου Χαράλαμπος (18ου αι.), το σπίτι όπου έζησε ο ποιητής Κώστας Καρυωτάκης, το Σεϊτάν Παζάρ (το «παζάρι του διαβόλου» - ένα από τα πιο γραφικά σημεία της πόλης με στενά σοκάκια και μικρά μαγαζάκια, το Μουσείο ναυμαχίας Ακτίου.

### » στην ευρύτερη περιοχή:

ο Αρχαιολογικός χώρος & Μουσείο Νικόπολης, το Νεκρομαντείο Αχέροντα, οι Πύλες του Άδη, στον Ποταμό Αχέροντα, το μνημείο του Ζαλόγγου (πέτρινο γλυπτό του γλύπτη Γεώργιου Ζογγολόπουλου), πλήθος παραλιών, οι κοντινές πόλεις Πάργα, Σύβοτα και Άρτα, το νησί της Λευκάδας,

### Δραστηριότητες:

Ιππασία (ιππικό πάρκο Πρέβεζας), canoe-καγιάκ, rafting στον ποταμό Αχέροντα, ορεινή ποδηλασία, S.U.P. (όρθια σανιδοκωπηλασία) στη λίμνη Ζηρού, ορεινές αναβάσεις, πεζοπορία (για προτάσεις διαδρομών, ανάλογα με το βαθμό δυσκολίας, την ηλικία και τη φυσική κατάσταση, απευθυνθείτε στον Ελληνικό Ορειβατικό Σύλλογο Πρέβεζας, <http://eosprevezas.blogspot.com>, Ζαλόγγου 59 - Τ.Κ.: 481 00 - Πρέβεζα, Τηλ: 2682102004, e-mail: [eosprevezas@yahoo.gr](mailto:eosprevezas@yahoo.gr)), κρουαζιέρα στον Αμβρακικό για παρατήρηση δελφινιών και θαλάσσιων χελωνών.





## Φυσική αναζωογόνηση μέσα στο κύμα!



### Ιαματικός Πόρος “Ξύγκια Ορθονιών”

Οι Ορθονιές, οικισμός της ομώνυμης τοπικής κοινότητας του Δήμου Ζακύνθου, βρίσκονται στο βορειοδυτικό τμήμα του βουνού Βραχίονας και σε απόσταση 25 χλμ. από την πόλη της Ζακύνθου. Στο παράκτιο τμήμα της κοινότητας, στη μικρή παραλία «Ξύγκια», βρίσκεται υδροθειούχος ιαματική πηγή με μεγάλη περιεκτικότητα σε κολλαγόνο.

Το νερό του ιαματικού πόρου είναι κατάλληλο για λουτροθεραπεία και ενδείκνυται για δερματικά νοσήματα, ρευματοπάθειες και παθήσεις του μυοσκελετικού συστήματος. Λόγω των καλλυπιστικών ιδιοτήτων του κολλώδους θείου που περιέχει η σύνθεση του πόρου, το νερό των πηγών απαλύνει το δέρμα και εξαλείφει τις ρυτίδες.

Η άγρια ομορφιά της παραλίας, με τους θεόρατους βράχους να κρέμονται πάνω από τα γαλαζοπράσινα κρυστάλλινα νερά και τις πολυάριθμες σπηλιές που δημιουργούνται στη βάση τους, δημιουργούν ένα σκηνικό σπάνιας ομορφιάς. Ιδιαίτερα εντυπωσιακό είναι η εικόνα του του λευκού χρώματος των νερών της θάλασσας γύρω από τις πηγές, φαινόμενο που οφείλεται στις κροκίδες του κολλώδους θείου που εκβάλλει από τις πηγές.

**Πληροφορίες – Επικοινωνία:** Δήμος Ζακύνθου, Τηλ. 269 53 61 300

### Σημεία ενδιαφέροντος

Το νεοκλασικό κτίριο του Μουσουλίου Σολωμού- Κάλβου και Επιφανών Ζακυνθινών, η Καθολική Εκκλησία του Αγ. Μάρκου και το παραδοσιακό ρολόι, το εμπορικό κέντρο της πόλης με τις παραδοσιακές βενετσιάνικες καμάρες, ο Ι.Ν. Αγ. Διονυσίου με το τεράστιο καμπαναριό και τις εντυπωσιακές τοιχογραφίες, όπου φυλάσσεται και το λείψανο του Αγίου, το Μουσείο Κατοχής και Εθνικής Αντίστασης στο σπίτι του Γ. Ξενόπουλου,

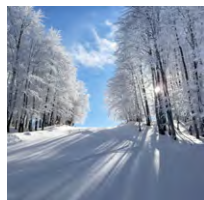
όπου έζησε τα παιδικά του χρόνια, το Λαογραφικό Μουσείο, το διάσημο «Ναυάγιο», η τοπική γαστρονομία. Λίγο πιο έξω από την πόλη βρίσκεται η Μπόχαλη, με πανοραμική θέα πάνω από όλη την πόλη και το Ιόνιο. Η παραλία Πόρτο Κούκλα και το γειτονικό Μαραθονήσι είναι οι περιοχές ωτοκίας των χελωνών Caretta-Caretta. Η περιοχή αποτελεί θαλάσσιο πάρκο.

Wellness & rejuvenation trip in the  
magical world of thermal springs  
of the Municipalities

- Amyntaio
- Argos Orestiko
- Konitsas
- Grevena
- Artaion
- Preveza
- Zakynthos



## Well-being with...protected designation of origin!



### Thermal Spring of Xino Nero

Built at the foot of the mountain ranges of Vermio and Vitsio, at an altitude of 550 meters, the village of Xino Nero is one of the oldest head villages of the prefecture of Florina. Its name is not accidental as thermal mineral water, known for its healing properties and its slightly acidic taste since ancient times, flows from the springs of the village. The mineral water of the thermal springs of Xinos Nero is suitable for drinking therapy. It is indicated for the treatment of osteoporotic bone lesions due to old age. At the same time, it can help in the treatment of dyspeptic conditions and chronic inflammation of the lower urinary tract ([www.thermalspings.gr](http://www.thermalspings.gr)). The systematic bottling of water dates back to 1957. Today, the water is bottled and marketed by the «Autonomous Municipal Commercial & Industrial Enterprise Sour Water» (Mpali Eleftheria, "CLASSIFICATION OF THERMAL SPRINGS IN WESTERN AND CENTRAL MACEDONIA ACCORDING TO HYDROGEOLOGICAL, HYDROCHEMICAL AND GEOTHERMAL CRITERIA").

The village is located 5 km from Amyndeon, which is one of the most important wine-growing areas of the country, producing excellent wines of Designation of Origin, and just 34 km from the picturesque town of Florina.

#### Information – Contact:

Tel: +30 2386081100 | Email: [info@xinoneroae.gr](mailto:info@xinoneroae.gr)

#### Places of interest

##### » in Xino Nero:

The building of the primary school - classified as a «work of art», the four churches and the fountains of the village and the Carnival.

##### » in the surrounding area:

**Nature:** dense oak and beech forests, plateaus, alpine meadows and a complex of lakes and wetlands of exceptional beauty and ecological value. There are 3 Wildlife Sanctuaries in the area.

**Traditional settlements of particular beauty:** the beautiful village of Nymphaeum, 5 km away, where the refuge of the NGO Arcturus is located, Lehovo, Kleisoura, Variko.

**Routes:** A 10 km lakeside route, from the picturesque fishing village of Agios Panteleimon and along the shore of Lake Vegoritida.

**A route by train,** starting from the lakeside village of Arnissa and destination Agios Panteleimon. The course of the train, over bridges and through gorges, offers

#### » in Amyndeon:

- Architectural heritage. Traditional Balkan architecture, 19th century mansions, examples of classicist and eclecticist urban architecture of the inter-war period.
- Archaeological Site of Petron.
- Visit to the wineries of the area (upon prior arrangement).

#### » in Florina:

**Museums:** Archeological Museum of Florina, Modern Art Museum, Museum of the Macedonian Struggle Kapetan Kottas (At the Kottas settlement in the community of Krystallopigi), Folklore Collections

**Nearby destinations** - Points of interest: The Prespes National Park (distance 45 km from the city of Florina), the Basilica of Agios Achilleios & Byzantine - Post-Byzantine monuments of Prespa, the lakeside settlement of Psarades in Megali Prespa, Ski center Vigla - Pisoderi (distance 19 km from the city of Florina), the reserved traditional settlement of Nymphaeum & Bear Sanctuary «Arcturus»

**Activities:** Winter sports at Vigla - Pisoderi Ski Centre, Hiking - Mountaineering - Climbing, Biking, Canoe, Horseback riding, Birdwatching at lake Zazari.

#### Agrapidia Thermal Natural Resource (Limnochori)

In the village of Agrapidia (Limnochori) of Amyndeon, on the shores of Lake Zazaris, there is a natural thermal spring. The thermal water of the spring is indicated for diseases. It is indicated for diseases of the musculoskeletal and nervous system and skin diseases. The water is pumped into stone baths in a traditional building.

**Information – Contact:** Municipality of Amyndeon, Tel. +30 238 63 50 100

the possibility of viewing Lake Vegoritida from above.

**Gastronomy:** The region is famous for its local products (beans, peppers, mushrooms, strawberries, herbs), but also for its excellent local wines, Designation of Origin.

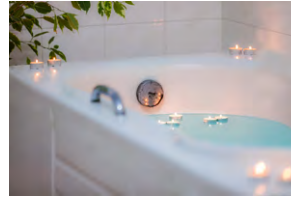
- «Kourbani» (St Panteleimonas of Amyndeon). Cultural events, every year on 26-27/07.

- Gastronomy. In the Amyndeon area there are three restaurants awarded with a «Golden Toque».

**Customs - Events:** The «Fires» of Florina - annual customary local event (23 December, Christmas Eve), Cultural events in August: Concerts, dance theatre, photo and art exhibitions, Film Festival - every November, «The Babaria» -New Year's carnival events, summer cultural events on July 20, on the celebration of Prophet Elias, in the Municipality of Meliti, «The Varikiotika» - customary, cultural events of the Variko Community (13-15 August) etc. Also: «Pepper Festival» (Aetos Florina) a 2-day event, late August, «PRESPEIA» - established cultural events of pan-European scope in the area of Prespes (Agios Achilleios island) with simultaneous events in Florina and other communities of the Prefecture.



## One destination – a thousand enjoyments!



### Thermal Spring of Amoudara

The spring of Amoudara, also known as “Aphrodite’s Spring”, is located 300 m south of the village of the same name, next to the Xeria tributary of Aliakmonas, in a lush landscape of riverside vegetation. Just 30 meters from the source, there is a modern hydrotherapy center, where spa services are provided. The complex has 15 individual baths and service areas for bathers such as waiting rooms, changing rooms, a doctor’s office, massage rooms and a swimming pool. In a short distance from the Baths there is a guesthouse with a capacity of 16 beds for the service of visitors, while dining establishments with local, traditional cuisine are located both in the settlement of Amoudara and in the neighbouring settlements of Asproklisia and Ampelokipi.

The water is suitable for rheumatic diseases, chronic rheumatism, sciatica, back pain, nervous system diseases, chronic rhinosinusitis, acute rhinitis, allergic rhinitis (Government Gazette n 2112, Decision number. 9652).

The Baths are located at 4 km from the town of Argos Orestiko and just 15 km from the town of Kastoria. At the same time, the location of the facilities gives visitors the opportunity to combine their visit with activities in nature, while the wider area is of great historical and archaeological interest.

#### Information – Contact:

Municipality of Argos Orestikon, Tel. +30 246 73 51 300  
Municipal Public Benefit Enterprise of the Municipality of Argos Orestiko  
E-mail: loutrammoudaras@gmail.com  
Tel: + 3024670 42255

Amoudara Thermal Baths – Tel. +3024670 44294

## Places of interest

### » in Argos Orestiko:

The Byzantine Church of Saint George, with impressive interior decoration, the Archaeological Museum of Argos Orestiko, the Monument to Pontian Hellenism

### » in the surrounding area of the thermal baths:

**Archeological Sites:** Archeological site "Parambella", Ancient Dioklitianoupoli

**Churches:** St Nicolaos Church, Church of the Assumption (former Church of Doliani)

**Museums:** Museum of Argos Orestiko, Fossilised Forest & Museum of Palaeontology and Palaeobotany of Nostimo

### Customs -Events:

- Ragoutsaria - A three-day carnival organized at the beginning of the year in Argos Orestiko, Mavrochori and Lithia. The Kollienta, the traditional carols, are sung on the evening of Christmas Eve by groups of people returning home carrying lanterns and "masialades".

- Boombounes - Fires that are lit in the squares on Halloween Sunday.

- Rodani - It is a handmade wooden cradle, with two or four seats, which is set

up from Palm Sunday to Thomas Sunday. Songs, music, dancing and banter accompany this Easter custom.

- The Feast of Cleidon - Celebrated in the summer, on June 24, on the feast of St. John the Baptist. The boys bring a twig with thorns to decorate it with fruit, while the girls bring "mute water" from the pond.

- The festival on the feast of Prophet Elijah, patron saint of furriers, every July.

### Cultural Events:

"Oresteia", Inter-Balkan choral festival of Argos Orestiko, Christopouleia, Cultural August, River party - Musical event on the banks of the Aliakmonas river in Nestorio. It takes place every year, during the first weekend of August. Tsipouro festival in Lithia, bean festival in Lakkoma and chestnut festival in Kastanofyto.

### » in Kastoria:

**Pilgrimage tours:** More than seventy Byzantine and post-Byzantine churches and monasteries, in the city and its surroundings, of unique architecture and decorated with fine art frescoes. Indicatively: Holy Monastery of Panagia Mavriotissa, Holy Church of Panagia Kastriotissa, Holy Church of Saint Stephen, Holy Church of St. Nicholas of Kasnitzi, Holy Church of Our Lady of "Tsiatsiapa", Holy Church of St. George of Omorfoklisia

**Architectural monuments:** Magnificent, lakeside mansions and houses of Macedonian folk architecture, 17th & 18th century, in the districts of Doltso and Apozari. Indicatively: Tsiatsapa Mansion, Saputzi Mansion, Skoutari Mansion, Neratzi Aivazi Mansion (houses the Folklore Museum)

**Museums:** Byzantine Museum, Folklore Delinanio Museum, in the Doltso district, Folklore Museum of Kastoria, Neratzi Aivazi, Museum of Costumology, with traditional local costumes of men and women of the region. Housed in the mansion of Afon Emmanuel, Museum of the Macedonian Struggle. Housed in a traditional Macedonian mansion of the 18th century, the house of Anastasiou Pichion., Pavlos Melas Museum, in the settlement of Melas, formerly known as Statista (distance 16 km). It is housed in the Kantzakis house, the building where the great fighter of the Macedonian Struggle died., Museum of wax models of Folklore and Prehistory (Mavrochori, Kastoria)

**Outdoor activities:** Archery, Cycling, Pedal Boat, Hiking, Climbing

## Natural Beauty



### Thermal Source « Pigi Kivotos»

Kivotos is located in the western part of the region, 21 km from the city of Grevena. The natural charm of the place, the excellent climate and the rivers, where visitors can try their luck at fishing, make up a particularly attractive image for visitors.

The Kivotos Baths are located 4 km outside the village, in the valley of the river Pramoritza. The natural resource is suitable for spa therapy with thermal properties indicated for rheumatic diseases, chronic rheumatism, sciatica, back pains and diseases of the nervous system (Government Gazette n. 3956, Decision number 20150).

### Information – Contact:

Municipality of Grevena: Tel. +30 246 23 50 803

Tel. +30 6932462090

### Places of interest

#### » in the village of Kivotos:

The monument dedicated to the Pontian fighters, ancestors of the village population, who perished in the native lands of Pontos, the Catacombs, The monastery of

Agios Dimitrios. Local festivals take place during the summer period and Carnival festivities during the Halloween.

#### » in the town of Grevena

**Sites:** Valia Calda National Park, North Pindos National Park, Stone bridges, Zavorda Monastery, Annitsa Memorial to the Fallen

**Gastronomy:** Pies, local pasta, cheese products, mushroom varieties

**Activities:** Winter sports at the National

Ski Centre of Vasilitza, Hiking - Mountaineering, Cycling, Rafting, canoe-cayak, Paragliding (in Vounasa)

**Nearby destinations:** Metsovo (distance 52km.), Kastoria (distance 89 km.)

## Well-being and relaxation in the land of bridges!



### Amarantos Thermal Springs

On a slope of the mountain range of Gramos, about 30 km from the city of Konitsa and at an altitude of 1,100 meters, in a lush natural environment, is nestled the mountain village of Amarantos. A little higher, just 5 km outside the village, in a landscape of unparalleled natural beauty full of pine, fir, beech and plane trees, are the homonymous Atmoloutra Amarantos.

The Amarantou Steam Baths are a unique, special case in the whole of Europe, as the type of thermal natural resource of the spring is not water but hot steam and water vapor, with a temperature ranging from 33-38o C. The thermal spring itself is a special attraction, as the thermal hot vapors coming out of the rock create an amazing spectacle. The main indications for the use of thermal steam are Inhalation therapy for obstructive conditions of the lower respiratory system and diseases of the nose and paranasal sinuses (Government Gazette n. 2165, Decision number. 8931).

Steam and inhalation therapy services are provided in the area of the Baths, in modern facilities with individual rooms - baths, rooms with a maximum capacity of two persons and a larger room with a capacity of 20 persons. The duration of the bath is 20 - 30 minutes and the visitor usually takes one bath a day for a period of 7-10 days in order to complete the treatment. During the summer months, on the premises of the Baths, visitors have the opportunity to enjoy massage services.

Around the beautiful picturesque square located in the area of Loutra, there are small elegant guesthouses and rooms to let as well as several restaurants where visitors can enjoy local delicacies.

### Information – Contact:

Municipality of Konitsa: Tel. +30 265 53 60 300  
Tel.: 26550 22012



## Places of interest

### » in the municipality of Konitsa

The Municipality of Konitsa is famous for its natural beauty that surrounds it - impressive mountain ranges, green forests, gorges, rivers, waterfalls and streams - but also for its stone bridges. Most of the municipality is located within the Viko-Aoos Geopark, one of the UNESCO World Geoparks, while a significant part of it is included in the protection zones of the North Pindos National Park.

#### Activities

For nature lovers, in the area there is the possibility for numerous activities such as: hiking \* mountain climbing \* kayaking \* rafting \* rock climbing \* mountain running \* paragliding \* fly fishing \* mountain biking \* swimming in the rivers

#### Other tourist attractions in the region

**include:** the ski centre in Vasilitsa, the thermal springs in Kavassila, the rivers (Aoos and Voidomatis), the trails of Pindos (which are not certified), monasteries and historical monuments.

### » in the city of Konitsa:

The largest and tallest single-arched stone bridge in the Balkans, on the Aoos River, 21 m high and 36 m wide, the parental home of St. Paisios, the historical centre - the traditional bazaar, the preserved old houses in upper Konitsa, the residential complex of Hamkos (mother of Ali Pasha of Ioannina), the Museum of Wine and Vine of Epirus, the Photograph-

ic Exhibition of the Historical Course of Konitsa, the Gallery of the Papadiamantis Foundation, the Metropolitan Church of St. Nicholas and the Church of St. Cosmas the Aetolian, the Mosque of Sultan Suleiman, the Anagnostopouleian School, the Environmental Education Centre of Konitsa.

### » in the surrounding areas:

The castle above the chapel of Agia Varvara, the hill of Prophet Elias (1071m) - the balcony of North Pindos, the Holy Monastery of Panagia Stomiou in the

gorge of Aoos, the church of Panagia built in the recess of the rocks, the Red Virgin Mary.

### Indicative hiking routes departing from the city:

- Agia Varvara-Medieval Venetian Castle: Walking time: 45 minutes. Altitude gradient: 470m - 720m.
- Military Mausoleum of Konitsa - Profitis Elias: March time: 1½ hours. Altitude gradient: 630m - 1071m.
- Stone bridge of Konitsa - Stomio Monastery: Duration: 2 hours. Altitude gradient: 450m - 650m.
- Aoos & Tymfi gorge: from the Aoos stone bridge to the Monastery of Stomio (1½ hours), to the Miga site (3 hours), to Drakolimni (7 hours), to the Kartero Pass (7 hours), to Vrysochori (9 hours) or from the shooting range to Drakolimni (via Kerasia) (7 hours).
- Trapezitsa: from the chapel of Agios Athanasios on the peaks: Aimenadi

## Kavasila Thermal Springs

North of the Monastery of Panagia, on the left bank of Sarantaporos, are the sulphurous thermal baths of Kavassila (altitude 410 m.). They are 5.5 km from the settlement (and about 16.5 km from Konitsa) and have a suitable infrastructure for spa treatments.

The bathing area consists of a large swimming pool, whose water reaches a temperature of 38°C, and a hydrotherapy room with two rooms, one for men and one for women. Outside there is a large swimming pool with an average temperature of 32 °C.

The healing properties of the water is considered suitable for rheumatic diseases, chronic rheumatism, sciatica, lumbago, nervous system diseases (Government Gazette n. 2165, Decision number 8866).

A doctor's office and a café-restaurant operate on the premises of the baths. The baths operate only in the summer season (from 1 June to 30 September) every year.

### **Information – Contact:**

Municipality of Konitsa: Tel. +30 26553 60300



## Total rejuvenation!



### Hanopoulos Thermal Springs

At the foot of Mount Marathia, 6 km southwest of the city of Arta, is the village of Hanopoulos. It is a small, picturesque village, with stone, well-preserved houses of traditional architecture.

The premises of the hydrotherapy centre, which are located in a green, idyllic environment full of pine trees and olive trees, have been recently renovated and the facilities have been modernised. The Baths have eighteen bright individual cabins with simple bathtubs for total or partial immersion of the body and 6 modern whirlpool baths, a swimming pool with thermal water and physiotherapeutic massage, hydro-massage, aromatherapy and body hydration services for total body rejuvenation. A typical treatment cycle includes one bath per day for a period of 10 to 21 days.

The thermal spring belongs to the sulphur springs in terms of its composition. The water is suitable for diseases of the musculoskeletal system and skin diseases and also contributes to the general rejuvenation of the body (Government Gazette n. 2342, Decision number 10511).

The Hanopoulos Spa is part of a larger complex of facilities that include a traditional stone-built guesthouse and restaurant.

#### **Information – Contact:**

Municipality of Artaion, Tel. +30 268 13 62 101  
Tel. +30 26810 85197

## Places of interest

### » in the city of Arta:

The Bridge of Arta, the Platanos of Ali Pasha, the Castle of Arta & the Acropolis (place of imprisonment of Str. Makriyannis during the Revolution of 1821), the Clock Tower, the Byzantine Church of Panagia Parigoritissa and many other

Byzantine churches, the 19th/early 20th century mansions in the historic centre the Archaeological Museum, the Folklore Museum, the Municipal Gallery “Yannis Moralis”.

### » in the surrounding area:

The picturesque villages of Tzoumerka, the lagoons of Amvrakikos & Koronisia, the ancient Orraon & the Roman Aqueduct, the Environmental Education Centre of Plovdiv, at Lake Zirou, Acheron River, the Ancient Theatre of Dodoni

**Activities:** Aerotourism, Canoe Kayak on the Arakhos River & Pournari Lakes, Cycling, Windsurf & Kitesurf in Koronisia, Hiking – Mountaineering

### Suggested hiking trails:

- The road leading to the Monastery of Kato Panagia in the direction of the village of Glykorrizo. The route leaves the urban fabric and follows the natural flow of the river Arachthos up to its mouth in the Amvrakikos Gulf.
- The route to the hill of Peranthi,
- The road to Amvrakikos Gulf and Koronisia - gentle hiking
- The route from the village of Vigla to the Church of Panagia Rodia to the village of Stroggili, with a view of the Amvrakikos lagoons
- The routes to Orraon, to Xirovouni or to the Path of Otter.

In the area of Arta there are active Mountaineering, Cycling, Extreme Sports and Aviation Clubs, which visitors can consult for the activities that interest them, suggesting activities, routes etc.



## Aquatic rejuvenation



### Thermal Spring of Preveza

The thermal baths of Preveza are located within the urban fabric, at Paliosaraga, approximately 1 km from the centre of the modern city and 450 m from the boundaries of the old town, declared as a protected traditional settlement.

The existence of the thermal spring within the urban environment is a rare case both in Greece and in Europe, something that makes Preveza even more attractive since the visitor has the opportunity to combine thermal baths with sea baths in the crystal clear and blue waters of the Ionian Sea.

The basic service provided by the Preveza Baths is hydrotherapy, in the form of bath therapy with total or partial immersion in water.

The thermal water is suitable for rheumatic diseases, chronic rheumatism, sciatica, lumbar pains, diseases of the nervous system (Government Gazette n. 4744, Decision Number 23370).

#### Information – Contact:

Municipality of Preveza tel.: 26823-60600/60656, 26823-60615

Thermal Baths, tel.: 26820-22293

## » Places of Interest

### » in the city of Preveza

The Historical Centre - with obvious traces of the Roman, Ottoman and Venetian periods, the Venetian Clock Tower, the Cathedral of St. Charalambos (18th century), the house where the poet Kostas Karyotakis lived, Seytan Pazar (the Devil's Bazaar), one of the most picturesque parts of the city with narrow alleys and small shops, the museum of the naval battle of Aktion

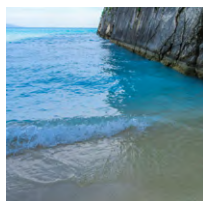
### » in the surrounding area

The Archaeological site & Museum of Nikopolis, the Acheron necromancy, the Gates of Hades, on the Acheron River, the monument of Zalongos, numerous beaches, the nearby towns of Parga, Sivota and Arta, the island of Lefkada.

**Activities:** Horse riding (Preveza Equestrian Park), Canoe-kayak, Rafting on the river Acheron, Mountain biking, S.U.P. (stand up paddle boarding) at Lake Ziros, Mountain ascents, Hiking (For route suggestions, depending on the degree of difficulty, age and physical condition, please contact the Greek Mountaineering Club of Preveza, <http://eosprevezas.blogspot.com>, Zalongou 59 - P.C.: 481 00 - Preveza, Tel: 2682102004, e-mail: [eosprevezas@yahoo.gr](mailto:eosprevezas@yahoo.gr)), Cruise in Amvrakikos for dolphin and sea turtle watching.



## Natural rejuvenation in the waves!



### Thermal Source «Xygia Orthonia»

Orthonies, a settlement of the homonymous local community of the Municipality of Zakynthos, is located in the northwestern part of the mountain Vrachionas and 25 km from the town of Zakynthos. In the coastal part of the community, in the small beach 'Xygia', there is a thermal spring with a high content of collagen.

The water of the thermal spring is suitable for bathing and is indicated for skin diseases, rheumatic diseases and diseases of the musculoskeletal system.

Due to the cosmetic properties of the sticky sulphur contained in the composition of the pore, the spring water softens the skin and eliminates wrinkles.

The wild beauty of the beach, with the imposing cliffs hanging over the turquoise crystal-clear waters and the numerous caves created at their base, create a setting of rare beauty. Particularly striking is the sight of the white color of the sea water around the springs, a phenomenon due to the floccules of sticky sulphur that flow from the springs.

**Information – Contact:** Municipality of Zakynthos, Tel. +30 269 53 61 300

### Places of interest

The neoclassical building of the Mausoleum of Solomos-Kalvos and Eminent Zakynthians, the Catholic Church of St. Mark and the traditional clock, the commercial centre of the town with the traditional Venetian arches, the church of Agios Dionysios with the huge bell tower where the relic of the saint is kept, the Museum of Occupation and National Resistance in the house of G. Xenopoulos' home where he lived his childhood years, the

folklore museum, the famous Shipwreck, local gastronomy.

A little further out of the city is Bochali, where there is a panoramic view over the whole city and the Ionian Παράλιες –

Porto Koukla and nearby Marathonisi, where visitors may have the opportunity to see Caretta-Caretta turtles.

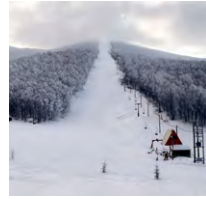
Udhëtim Wellness dhe përtëritjeje  
në botën magjike të burimeve termale  
të Bashkive

- Amyntaio
- Argos Orestikos
- Konicas
- Grevena
- Artaion
- Prevezë





## Mirëqenie me...emërtim të mbrojtur të origjinës!



### Burimi Kurativ ne Ksino Nero

I ndërtuar në rrëzë të vargmaleve Vermi dhe Vici, në lartësinë 550 metra, fshati Ksino Nero është një nga fshatrat e mëdhenj më të vjetër të Rrethit të Follorinës.

Uji mineral i banjave kurative në Ksino Nero është i përshtatshëm për terapi me anë të pirjes. Rekomandohet për përballimin e problemeve të osteoporozës shkaktuar nga pleqëria. Njëkohësisht, mund të ndihmojë në përballimin e gjendjeve dispeptike dhe të inflamacioneve kronike të pjesëve të poshtme të rrugëve urinare ([www.thermal-springs.gr](http://www.thermal-springs.gr)). Aktualisht, uji ambalazhohet dhe tregtohet prej kompanisë «INO NEPO MONOMETOXIKH A.E. O.T.A.». [“KLASIFIKIMI I BURIMEVE KURATIVE TE MAQEDONISE PERENDIMORE DHE QENDRORE ME KRITERE HIDROGJELOGJIKE, HIDROKIMIKE DHE GJEOTERMIKE”].

Fshati ndodhet 5 km larg Amindeos, që njihet si një nga zonat më të rëndësishme të vreshtarisë në Greqi, ku prodhohen verëra të shkëlqyera me Protected Designation of Origin, vetëm 34 km larg nga qyteti piktoresk i Follorinës.

**Informacion - Kontakt:** Tel: +30 2386081100 | Email: [info@xinoneroae.gr](mailto:info@xinoneroae.gr)

### Pika me interes

#### » në Ksino Nero:

The building of the primary school - classified as a «work of art», the four churches and the fountains of the village and the Carnival. Katër kishat e fshatit, që u kushtohen Shën Gjergjit, Shën Thanasit, Shën Kollit dhe Shën Varvarës. Çezmat e fshatit, pjesë e pandashme e fizionomisë së tij. Karnavali në Ksino Nero. Aktivitet tradicional i larmishëm që organizohet në treditoret dhe të Lidhurave.

#### » në zonën më të gjerë:

**Natya** Rajoni ka një reliev veçanërisht interesant, me pyje të dendura dushku dhe ahu, rrafshnalta, livadhe alpine dhe një kompleks liqenesh dhe lagunash me

bukuri të rrallë dhe vlerë ekologjike të spikatur, me interes estetik dhe turistik dhe shumëllojshmëri të madhe të florës e të faunës. Paralelisht, mali Vici përbën sot

njërin prej rezervateve natyrore të ariut kafe, kurse rajoni disponon edhe 3 Resorte të Jetës së Egër.

**Vendbanime tradicionale** me bukuri të veçantë: fshati Nimféo me një bukuri unikal arkitektonike, në distancë 5 km, ku ndodhet edhe resorti i OJQ Arkturos, dhe fshatrat Léhovo, Klisúra, Varikó.

**Itinerare:** Rrugëtimi buzë liqenit, 10 km i gjatë, me pikënisje fshatin piktoresk dhe peshkatar Agios Panedeimonas dhe përgjatë bregut të liqenit Vegoritidha

### » në Amindeo:

Trashëgimi arkitektonike. Arkitekturë tradicionale e Ballkanit, shtëpi të parisë të shek. XIX, mostra të arkitekturës urbane klasiciste dhe selektiviste të periudhës para Luftës II Botërore. Mjedis arkeologjik në Petres. Vizitë në fabrikat e verës të rajonit (me kontakt të mëparshëm).

### » në Follorinë:

**Muzeume:** Muzeu Arkeologjik i Follorinës, Muzeu i Artit Modern, Muzeu i Luftës për Çlirimin e Maqedonisë “Kapetan Kota” (Në fshatin Kota të komunës Kristalopiji), Koleksione folklorike

**Pika atraktive të afërta - Vende me interese:** Rezervati Kombëtar i Prespës (në distancë 45 km nga qyteti i Follorinës), Bazilika e Shën Akilit dhe monumentet bizantine – pasbizantine të Prespës, Vendbanimi buzëliqenor Psarádhes në Prespën e Madhe, Stacioni për Ski në Vigla – Pisoderi (19 km nga qyteti i Follorinës), Vendbanimi tradicional Nimfeo, në mbrojtje nga shteti, & Resorti i Arinjve “Arkturos”

**Aktivitete:** Sporte dimërore në Stacionin për Ski në Vigla – Pisoderi, Shëtitje në natyrë – Alpinizëm – Ngjitje në litar, Çiklizëm, Canoe, Hipizëm, Vëzhgim shpendësh (birdwatching) në liqenin Zázari

### Burimi Kurativ Natyror në Agrapidhjá (Limnohóri)

Në fshatin Agrapidhjá (Limnohóri) të Amindeos, në brigjet e liqenit Zazari, ndodhet një burim kurativ natyror. Uji kurativ i burimit rekomandohet për sëmundje të sistemit eshtror-muskulor dhe të sistemit nervor si dhe.

**Informacion - Kontakt:** Bashkia Amindeo, Tel. +30 238 63 50 100

**Udhëtim me tren,** me pikënisje fshatin Arnisa, vendosur buzë liqenit, dhe pikëmbërritje fshatin Agios Pandeimonas. Itinerari i trenit, mbi urëzat dhe përmes grykave, jep mundësinë e kundërit nga lart të liqenit Vegoritidha.

**Gastronomi:** Rajoni është i njohur për prodhimet e vendit (fasule, specia, kërpudha, luleshtrydhe, bimë mjekësore) por edhe për verërat e dëgjua të tij, me Protected Designation of Origin.

«Το Κουρμπάνι / Kurbani» (në Agios Panedeimonas të Amindeos). Veprimtari kulturor, çdo vit më 26-27 /07. Gastronomi. Në zonën e Amindeos gjenden tre restorante që kanë marrë çmimin “Kapelja e Artë”.

**Zakone - Veprimtari:** «Zjarret» e Follorinës, veprimtari vjetore tradicionale dhe lokale (23 dhjetor, dy ditë para Krishtlindjeve), Aktivitetet kulturore të gushtit: Koncerte, balet-teatër, ekspozita fotografike dhe figurative, Festivali Filmi. Çdo nëntor, në Qendrën Kulturorë të Follorinës, «Barbaria / Μπαρμπάρια», aktivitete karnavalistike për Vit të Ri & shfaqje kulturore verore më 20 korrik, ditën e Profetit Ilia, në Bashkinë Meliti, «Ta Variqotika / Τα Βαρικιώτικα», veprimtari rituale, kulturore të Komunës Varikó (13-15 gusht) etj., “Festa e specit” (Në Aetós të Follorinës). Aktivitete dyditore në fund të gushtit, «ΠΡΕΣΠΕΙΑ / DITET E PRESPE» - Veprimtari kulturorë të institucionalizuara dhe me jehonë europiane në rajonin e Prespës (ishulli i Shën Akilit) me aktivitete paralele në Follorinë dhe në komuna të tjera të Rrethit.

## Një destinacion - një mijë kënaqësi!



### Burimet kurative në Amudhára

«Burimi o Afërditës / Πηγή Αφροδίτης». Edhe vetëm emri i burimit në Amudhara në Argos Orestiko mjafton që të përshkruajë efektin pozitiv që ka uji i tij për shëndetin dhe, për rrjedhojë, për ruajtjen e gjendjes rinore. Burimi kurativ në Amudhara ndodhet 300 m në jug të vendbanimit me të njëjtin emër, pranë degës Kserjás të lumit Aliákmonas, në një pikë me gjelbërim të dendur dhe karakteristik për brigjet lumore. Në atë vend, 30 m larg burimit, është ngritur një kompleks modern hidroterapeutik, në një mjedis rrethues të bukur dhe të mirëmbajtur, brenda dhe jashtë, ku ofrohen shërbime llixhash. Kompleksi disponon 15 vaska individuale dhe mjedise shërbimi si salla pritjeje, dhoma zhveshjeje, ambulancë, mjedise masazhi, vaskë për të notuar. Në distancë të vogël nga banjat ndodhet kapanoni, me kapacitet 16 shtretësh, për akomodimin e vizitorëve; ka po ashtu lokale me kuzhinë vendase tradicionale, që gjenden si në Amudhara ashtu edhe në vendbanimet e afërta Asproklisjá dhe Ambelóqipi.

Rekomandohet për sëmundje të lëkurës, reumatizëm kronik, iskialgji, çrregullime të sistemit nervor, rinokolpit kronik, rinit akut, rinit alergjik. (Fletorja Zyrtare Nr. 2112, Vendimi nr. 9652)

Llixhat ndodhen 4 km larg qytetit Argos Orestiko dhe vetëm 15 km larg qytetit të Kosturit. Në të njëjtën kohë, pika ku ndodhet kompleksi u ofron vizitorëve mundësinë të kombinojnë qëndrimin e tyre edhe me aktivitete në natyrë, ndërsa rajoni më i gjerë paraqet interes të madh historik dhe arkeologjik. I rëndësishëm konsiderohet pylli i fosilizuar në Nostimo me gjetjet paleontologjike mbresëlënëse si dhe qyteti romak Diokletianupoli, që u themelua pas pushtimit romak, përbri lumit Aliakmonas, në vendin e quajtur Armenohori.

### Informacion - Kontakt:

Bashkia Argos Orestiko, Tel. +30 246 7351 300  
Ndërmarrja Komunale Publike e Bashkisë Argos Orestiko,  
EMAIL - loutrammoudaras@gmail.com, Tel. +3024670 42255

Llixhat në Amudhara, Tel. +3024670 44294

## Pika me interes

### » Në Argos Orestiko:

Kisha bizantine e Shën Gjergjit, me dekoracion të brendshëm impresionues, Muzeu Arkeologjik në Argos Orestiko, Monumenti i Helenizmit Pontik

### » Në rajonin më të gjerë në Lutrá:

**Site arkeologjike:** Siti arkeologjik “Pamambela”/“Παραμπέλα”, Diokletianupoli antik  
**Kisha:** Kisha e Shën Kollit, Kisha e Fjetjes së Hyjlindëse (ish Kisha e Dolianit)

Muzeume: Muzeu në Argos Orestiko, Pylli i Fosilizuar & Muzeu i Paleontologjisë dhe i Paleobotanikës në Nostimo

#### **Festime tradicionale – Aktivitete**

-Ragucária / Παγκουτσάρια – Karnaval triditor që organizohet çdo fillim viti në Argos Orestiko, në Mavrothori dhe në Lithjá. Ta Koliénda / Τα Κολλίεντα, kolendat tradicionale, këndohen në mbrëmje një ditë para Krishtlindjeve, nga grupe që kalojnë shtëpi më shtëpi duke mbajtur në duar fenerë të vegjël dhe “masialades” / «μιασιαλάδες».

-I bubunes / Οι μπουμπουνές – Zjarre që ndizen nëpër sheshe të dielën e të Lidhurave.

-I Rodhani / Η Ροδάνη- Është një shilarëse druri e bërë me dorë, me dy apo katër

ndenjëse, që stiset nga e Diela e Dafinave deri në të Dielën e Thomait. Këngë, muzikë, valle dhe qoka shoqërojnë këtë festë tradicionale të Pashkëve.

-Festa Klidhona / Η γιορτή του Κλήδονα – Kremtohet gjatë verës, më 24 qershor, në festën e Shën Gjon Prodhromit. Djemtë sjellin një degë me gjëmba që e stolisin me fruta, ndërsa vashat sjellin “ujë të pafolë” prej liqenit.

-Panairi në festën e Profetit Ilia, mbrojtës i gëzofbërësve, çdo korrik.

**Aktivitete kulturore:** “Oréstia” / «Ορέστεια», Festivali Koral Ndërballkanik në Argos Orestiko, Hristopúlia / Χριστοπούλεια, Gushti kulturor, River party – Aktivitet muzikor në brigjet e lumit Aliakmonas në Nestorio. Organizohet çdo vit, në fund të javës së parë të muajit gusht, Festa e rakisë në Lithjá, festa e fasules në Lakómata dhe festa e gështenjave në Kastanófito.

### » Në Kostur:

#### **Rrugëtime pelegrinazhi**

Më shumë se shtatëdhjetë kisha dhe manastire bizantine dhe pasbizantine, brenda qytetit dhe në rrethinat e tij, me arkitekturë unike dhe të zbukuruar me piktura murale të një arti të pasiq. Përmendim: Manastirin e Shënmërisë Mavriotisas, Kishën e Shënmërisë Kastriotisas, Kishën e Shën Stefanit, Kishën e Shën Kollit Kasnicit, Kishën e Shënmërisë “Ciaciapá” / «Τσιατσιπά», Kishën e Shën Gjergjit Omorfoklisjás

#### **Monumente të arkitekturës**

Banesa hijerënda, buzë liqenit, dhe shtëpi me arkitekturë popullore maqedonase, të shek. XVII dhe XVIII, në lagjet Dolcò dhe Apozari. Përmendim: Banesën Ciaciapa, Banesën Sapuxi, Banesën Skutari, Banesën Neraxi Aivazi (ku është vendosur Muzeu Folklorik)

**Muzeume:** Muzeu Bizantin, Muzeu Folklorik Dheliánio, në lagjen Dolcò, Muzeu Folklori i Kosturit Neraxi Aivazi, Muzeu i Veshjeve, me kostume tradicionale vendase burrash dhe grash. Është vendosur në banesën e Vëllezërve Emanuil, Muzeu i Luftës për Çlirimin e Maqedonisë. I vendosur në një banesë tradicionale maqedonase të shek. XVIII, shtëpi e Anastasios Pihión, Muzeu Pavlos Melás, në vendbanimin Melas, ish Statista (në distancë 16 km). I vendosur në banesën Kanxaqi, në ndërtesën ku humbi jetën luftëtari i shqar i Luftës për Çlirimin e Maqedonisë., Muzeu Folklorik dhe Prehistorik i Imitacioneve prej Qiriri (në Mavrothori të Kosturit)

**Veprimtari në natyrë:** Goditje me hark, Çiklizëm, Biçikletë uji, Ecje më këmbë, Ngjitje me litar



## Bukuri natyrore



### Burimi Kurativ në Qivotú

Fshati Qivotós i Grebenesë ndodhet në skajin perëndimor të Njësisë Prefekturale të Grebenesë, në distancë 21 km nga qyteti i Grebenesë. Bukuritë natyrore të vendit, klima e shkëlqyer, lumenjtë, ku mund të provoni talentin tuaj në peshkim, por edhe llixhat e zonës krijojnë një tablo veçanërisht tërheqëse për vizitorët.

Banjat në Qivotú ndodhen 4 km larg fshatit, në rrugën për Neapoli, në luginën e lumit Pramórica. Ky resort natyror është i përshtatshëm për banja terapeutike me veti kurative për sëmundje reumatizmale, reumatizëm kronik, iskialgji, si dhe për çrregullime të sistemit nervor (Fletorja Zyrtare Nr. 3956, Vendimi Nr. 20150).

### Informacion - Kontakt:

Bashkia e Grebenesë: Tel. +30 246 23 50 803  
Tel. 6932462090

### Pika me interes

#### » » në fshatin Qivotú:

Në sheshin e fshatit ndodhet monummenti që u kushtohet luftëtarëve të Pontit që ranë duke luftuar në viset prindërore të

Pontit të largët, katakombe, Manastiri i Shën Dhimitrit, Panairët lokale të periudhës së verës.

#### » Grebene

**Atraksione:** Rezervati Kombëtar në Valia Kalda, Parku Kombëtar i Pindit Verior, Urat prej guri, Manastiri i Zavordhas, Monumenti i të rënëve në Anica

**Gastronomi:** Pite, produkte lokale brumërash, prodhime bulmeti, larmi kërpudhash

**Aktivite:** Sporte dimërore në Qendrën Kombëtare të Skive në Vasilica, Marshim – Alpinizëm, Çiklizë, Rafting, canoe-cayak, Rënie me parashutë në faqe të malit në Vunása

**Destinacione të afërta:** Mecovo (52 km), Kostur (89 km)

## Shend dhe rilaks në vendin e urave!



### Burimet Kurative Në Amaranodos

Në një faqe të vargmalit të Gramozit, në distancë rreth 30 km nga qyteti i Konicës dhe në lartësi 1.100 m, mes gjelbërimit të dendur, ka ngritur follenë fshati malor Amárandos. Pak më lart, vetëm 5 km larg fshatit, në një pikë me bukuri natyrore të parrëfyeshme, plot pisha, bredha, ahe dhe rrepe, gjenden Banjat me avull me emrin Amaranodos.

Banjat me avull në Amaranodos janë nje rast i pasqoj dhe unikal në gjithë Europën, ngaqë vetitë kurative natyrore të burimit nuk kanë lidhje me ujin por me avuj të nxehtë dhe avuj uji, në temperaturë që luhartet në kufijtë 33-38°C. Vetë resorti kurativ përbën një objekt bukurie të admirueshme, sepse avujt e nxehtë kurativë që dalin nga brendësia e shkëmbit krijojnë një pamje me bukuri të rrallë. Avulli kurativ rekomandohet kryesisht për terapi me anë të thithjes me frymëmarrje në rastet e bllokimit të pjesës së poshtme të rrugëve të frymëmarrjes dhe të sëmundjeve të hundës dhe të sinuseve rreth saj. Po ashtu rekomandohet edhe përdorimi postoperator i avujve që të shpejtohet normalizimi i blenogonit nazal.

Shërbimet e terapisë me avull dhe me thithje avulli ofrohen në mjedisin e Banjave (Lutra), në instalime moderne që disponojnë dhoma individuale – vaska, dhoma me kapacitet maksimal dy vetash dhe një dhomë më e madhe që nxë 20 veta. Kohëzgjatja e banjës është 20 - 30 minuta dhe vizitori bën zakonisht një banjë në ditë për një periudhë 7-10 ditësh me qëllim që të komplotojë terapinë. Gjatë muajve të verës, në mjediset e Banjave, vizitorët kanë mundësinë të përfitojnë edhe nga shërbimet e masazhit.

Rreth sheshit të bukur dhe piktoresk që ndodhet në zonën e Llixhave, ka bujtina të lezetshme dhe dhoma me qira si dhe mjaft restorante ku vizitorët mund të shijojnë gatesat e vendit.

### Informacion - Kontakt:

Bashkia Konice: Tel. +30 265 53 60 300  
Tel.: +30 2655022012

## Pika me interes

### » bashkia Konicë

Në Bashkinë e Konicës mund të vizitoni vendbanime tradicionale dhe të admironi ndërtesa me vlerë të spikatur arkitektonike, mullinj me ujë dhe ura prej guri, si dhe të shkoni në manastiret, muzetë, koleksionet folklorike dhe në fshatrat e afërt me emrin Mas-torohórja. Gjatë gjithë verës organizohen nga shoqatat lokale dhe nga bashkia panairë tradicionale, aktivitete të larmishme kulturore, por edhe takime të ndryshme festive në përkujtim të ngjarjeve historike.

### Aktivitete

Adhuruesit e natyrës kanë mundësinë të merren në rajon me aktivitete të shumta si: ecje më këmbë \* alpinizëm \* kajak \* rafting \* ngjitime me litar \* vrapim malor \* rënie me parashutë në faqe të malit \* fly fishing \* çiklizëm malor \* notim në ujërat e lumenjve \* shtegtime.

Përveç burimeve kurative në Amarandos, në atraksionet turistike të rajonit përfshihen qendra e skive në Vasilica, burimet kurative në Kavasila, lumenjtë (Vjosa dhe Voidhomati), monopetet e Pindit (por që nuk janë të certifikuara), manastiret dhe monumentet historike

### » Qyteti i Konicës:

Konica ndodhet përbri majave madhështore të malit Timfi në lartësi 400 deri 800 m dhe 64 km larg Janinës. Është e ndërtuar në trajtë amfiteatri në rrezë të malit Trapezica (2024 m).

### » Pika me interes në qytetin e Konicës:

Ura e gurit me një hark, më e madhja dhe më e larta në Ballkan, në lumin e Vjosës, 21 m e lartë dhe 36 m e gjatë, Shtëpia ku lindi Shën Pasi, Qendra e saj historike – pazari i dikurshëm, Banesat e vjetra, të mbrojtura nga shteti, në Konicën e Sipërme, Kompleksi ndërtimor i Hankos (nënës së Ali Pashës së Janinës), Muzeu

i Verës dhe i Vreshtave i Epirit, Ekspozita Fotografike e Rrugëtimit Historik të Konicës, Galeria e Fondacionit Papadiamantis, Kisha e Shën Nikollës e Mitropolisë dhe kisha e Shën Kozma Etolit, Xhamia e Sulltan Sulejmanit, Shkolla Anagnostopulos, Qendra e Edukimit Mjedisor e Konicës

### Pika me interes në rrethinat e qytetit:

Kalaja mbi kishën e Shën Varvarës, Maja e Profetit Ilia (1071 m) – ballkoni i Pindit verior, Manastiri i Shënmërisë Stomíu në kanionin e Vjosës, Kisha e Shënmërisë e ndërtuar në brendësi të shkëmbinjve, Shënmëria e Kuqe.

### Itinerare të rekomandueshme për të ecur me pikënisje qytetin:

- Shën Varvara – Kështjella Mesjetare Veneciane: Koha e ecjes: 45'. Përshkallëzimi i lartësisë: 470 m – 720 m.
- Mauzoleumi Ushtarak i Konicës – Profeti Ilia: Koha e ecjes: 1½ orë. Përshkallëzimi i lartësisë: 630 m – 1071 m.
- Ura e gurtë e Konicës – Manastiri Stomíu: Koha e ecjes: 2 orë. Përshkallëzimi i lartësisë: 450 m – 650 m.
- Kanioni i Vjosës & Timfi: nga ura e gurtë e Vjosës deri në Manastirin Stomiu (1½ orë), në pikën Miga (3 orë), në Dhrakolimni (7 orë), në qafën Karterú (7 orë), në Vrisohori (9 orë) ose nga fusha e qitjes në Dhrakolimni (nëpërmjet Qerasjas) (7 orë).
- Trapezica: nga kisha e Shën Thanasit në majat: Aiminádhí

## Burimet Kurative Në Kavasion

Në veri të Manastirit të Shënmerisë, në bregun e majtë të lumit Sarandaporos, ndodhen banjat kurative sulfurore të Karavasion (lart. 410 m). Ndodhen 5,5 km larg vendbanimit (dhe rreth 16,5 km nga Konica) dhe disponojnë infrastrukturë të përshtatshme për banja terapeutike.

Mjedisi i banjave përbëhet nga një pishinë e madhe, uji i së cilës arrin temperaturën 38°C, si dhe nga një instalim hidroterapeutik me dy salla, njëra për burra, tjetra për gra. Në mjedisin e jashtëm ndodhet një pishinë e madhe me temperaturë mesatare të ujit rreth 32°C.

Vetitë terapeutike të burimeve kanë qenë të njohura qysh në vitet e mesjetës sidomos për kurimin e shembjeve. Uji i burimeve konsiderohet i përshtatshëm për sëmundje reumatizmale, reumatizëm kronik, iskialgji, çrregullime nervore (Fletorja Zyrtare Nr. 2165, Vendimi Nr. 8866).

Në mjediset e banjave funksionon një ambulancë dhe kafe-restorant. Banjat janë të frekuentueshme çdo vit vetëm gjatë sezonit veror (nga 1 qershori deri në 30 shtator).

### **Informacion - Kontakt:**

Bashkia Konice: Tel: +30 2655360300





## Ripërtëritje e plotë!



### Burimi Kurativ Hanopulu

Në rrëzë të malit Marathjá, 6 km në jugperëndim të qytetit të Artës, ndodhet fshati Hanópulo. Është një fshat i vogël piktoresk, me shtëpi prej guri e të mirëmbajtura të arkitekturës tradicionale, i cili ka qenë prej kohësh destinacion i preferuar për adhuruesit banjave termale, për shkak të burimeve kurative të tij.

Mjediset e kësaj pike hidroterapeutike, që ndodhen brenda një vendi plot gjelbërim dhe idilik, me drurë të shumtë pishë dhe ulliri, janë rinovuar së fundi duke respektuar traditën vendase, dhe pajisjet janë modernizuar. Llixhat disponojnë tetëmbëdhjetë kabina individuale plot dritë me vaska për zhytje të plotë a të pjesshme të trupit dhe 6 banja për hidromasazh, pishinë me ujë kurativ, në një kohë që ofrohen edhe shërbime masazhi hidroterapeutik, aromaterapie dhe hidratimi të trupit për ripërtëritje të plotë të organizimit. Një cikël i zakonshëm terapie përfshin një banjë në ditë për një periudhë prej 21 ditësh.

Për sa i përket përbërjes së tij, burimi kurativ bën pjesë në burimet sulfurore. Kategoria e burimeve metalike në Hanopulo është unikalë për gjithë Greqinë. Uji i saj është i përshtatshëm për sëmundje të sistemit eshtror-muskulor dhe sëmundje të lëkurës (Fletorja Zyrtare Nr. 2342, Vendimi Nr. 10511), ndërsa ndihmon, gjithashtu, në ripërtëritjen e përgjithshme të organizmit. Banja me ujin kurativ të burimit zgjat për një kohë të caktuar, me frekuencë dhe temperaturë që variojnë sipas sëmundjes dhe historikut të vizitorit.

Llixhat kuruese në Hanopulo janë pjesë e një kompleksi më të gjerë shërbimesh që përfshijnë bujtinën tradicionale prej guri dhe restorantin.

### Informacion - Kontakt:

Bashkia e Artes, Tel. +30 268 13 62 101  
Tel. +30 26810 85197



## Pika me interes

### » në qytetin e Artës:

Ura e Artës, Rrapi i Ali Pashës, Kalaja e Artës & Akropoli (vend i burgimit të Gjeneralit Makrijanis gjatë viteve të Revolucionit të 1821-shit), Kulla e Sahatit, Kisha Bizantine e Shënmërisë Parigoritisas dhe

një numër i madh kishash të tjera, Banesat e parisë, të shek. 19të/fillimeve të shek. 20të, në qendrën historike të qytetit, Muzeu Arkeologjik, Muzeu Folklorik, Galeria Komunale «Γιάννης Μόραλης»

### » në rajonin më të gjerë:

Fshatrat piktoreskë në Xumérka, Lagunat e Gjirit të Ambrakisë & Koronisía, Qyteti antik Oraon / Όρραον & Akuadukti romak, Qendra e Edukimit Mjedisor në Filipiadha, në liqenin Zírú, Lumi Aherondas, Teatri antik i Dodonës

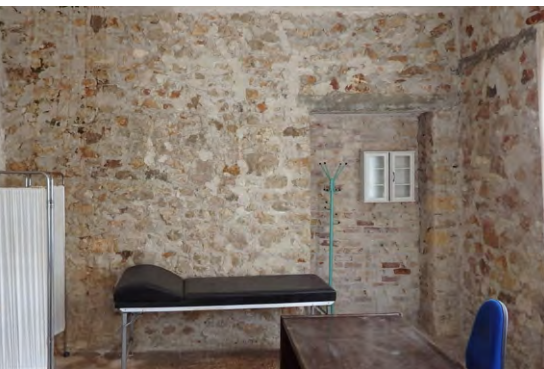
**Aktivitete:** Aeroturizëm, Canoe Kayak në lumin Arahthos & në liqenet e Purnaríu, Çiklizëm, Windsurf & Kitesurf në Koronisía, Ecje me këmbë – Alpinizëm

### Itinerare të rekomandueshme për ecje me këmbë:

- rruga që çon në Manastirin Kato Panagía në drejtim të fshatit Glikorizo. Itinerari lë prapa qytetin dhe ndjek rrjedhën e natyrshme të lumit Arahthos deri ku derdhet në Gjirin e Ambrakisë.
- itinerar në kodrën Peranthi,
- rruga për në Gjirin e Ambrakisë dhe për Koronisía – ecje me vështirësi të vogël
- nga fshati Vigla drejt Kishës Panagia Rodhjáas dhe deri në fshatin Strongjílí, me pamje lagunat e Gjirit të Ambrakisë
- itineraret për në Oraon, Ksirovúni apo në Monopatin e Vidhrës. Janë itinerare gjysmëmalore

Në zonën e Artës ka Klube Alpinizmi, Çiklizmi, për extreme sports dhe fluturime me aeroplan, me të cilat mund të kontaktojnë vizitorët për të mësuar rreth gjërave që u interesojnë, duke propozuar aktivitete, itinerare etj.

## Përtëritje ujore



### Burimi kurativ i Prevezës

Llixhat e Prevezës ndodhen brenda indit urban, në pikën Paliosáraga, në distancë rreth 1 km nga qendra e qytetit të sotëm dhe 450 m nga kufijtë e qytetit të vjetër, të shpallur si vendbanim tradicional në mbrojtje.

Ekzistenca e burimit kurativ brenda indit urban përbën një rast të rrallë si për Greqinë ashtu edhe për Europën, duke e bërë mjaft komode shkuarjen në Llixha. Vizita në Llixhat e Prevezës bëhet edhe më atraktive po të mendojmë se Preveza është qytet bregdetar, me plazhe të shkëlqyera që i japin mundësi vizitorit të kombinojë banjat në Llixha me ato në det, në ujërat e llagarta dhe të kaltër të detit Jon.

Llixhat janë pjesë e pandarë e historisë së vendit, ngaqë vetitë dobiprurëse të ujit të saj kurativ janë të njohura prej shumë shekujsh. Duhet thënë madje se ruhet deri sot një pjesë e llixhave të peridhës osmane. Shërbimi bazë që ofrohet nga Llixhat e Prevezës është hidroterapia me zhytje të plotë ose të pjesshme në ujë, në instalime vaskash individuale.

Sipas përbërjes kimike të tij, uji kurativ i Prevezës renditet në kategorinë e ujërave omioterme, me përmbajtje të lehtë klori dhe natriumi, hidrosulfuri, bariumi, magnezi, kaliumi, metalesh, hipotonikë. Llixhat e Prevezës rekomandohen për Sëmundje reumatizmale, Reumatizma kronikë, iskialgji, osfialgji, çrregullime të sistemit nervor (Fletorja Zyrtare Nr. 4744, Vendimi Nr. 23370).

### Informacion - Kontakt:

Bashkia Prevezë tel.: +30 26823-60600/60656, +30 26823-60615,  
Llixhat tel.: +30 26820-22293

### » Pika me interes

### » në qytetin e Prevezës

Qendra historike – me gjurmë të dukshme të periudhës Romake, Veneciane dhe Osmane, Kulla veneciane e Sahatit, Kisha e Shën Harallambit e Mitropolisë (shek. XVIII), Shtëpia ku ka banuar poeti Kostas Kariotakis, Shejtan Pazar (pazari i djallit), një nga pikat më piktoreske të qytetit me sokaqe të ngushta dhe dyqane të vogla, Muzeu i betejës detare në Aktio

### » në rajonin më të gjerë

Parku & Muzeu arkeologjik në Nikopoli, Orakulli i Akeronit, Dyert e Hadit, në Lumin Aherondas, Monumenti i Zalongut, skulpturë prehjurit e skulptorit Georgios Zongolopoulos, Plazhe të shumta, Qytete e afërta Parga, Sívota dhe Arta, Ishulli i Lefkadhës

**Aktivitete:** Hipizëm (parku i hipizmit i Prevezës), Kanoë – kajak, Rafting në lumin Aherontas, Çiklizëm malor, S.U.P. në liqenin Zirú, Ngjitje malore, Ecje me këmbë (Për propozime itinaresh, sipas shkallës së vështirësisë, moshës dhe gjendjes fizike, konsultohuni me Silogun Alpinist Grek të Prevezës, <http://eosprevezas.blogspot.com>, Zalongu 59 – P.C.: 481 00 – Prevezë, Tel.: 2682102004, e-mail: eosprevezas@yahoo.gr), Kruazierë në Gjirin e Ambrakisë për të parë delfinë dhe breshka deti



## Përtëritje natyrale në dallgë!



### Resorti Kurativ në Ksíngja Orthonión

Pika Orthonjés, vendbanim i komunës me të njëjtin emër të Bashkisë së Zantes, ndodhet në pjesën veriperëndimore të malit Vrahíonas dhe në distancë 25 km nga qyteti i Zantes. Në pjesën bregdetare të komunës, në plazhin e vogël “Ksingja” / «Ξύγκια», ndodhet një burim kurativ hidrosulfurik me përmbajtje të lartë kolageni.

Uji i burimit kurativ është i përshtatshëm për terapi me banjë dhe me thithje avujsh dhe rekomandohet për sëmundje lëkure, reumatopati, sëmundje të sistemit eshtror-muskulor, sëmundje të sistemit të frymëmarrjes. Pë shkak të vetive kozmetike të sqfurit që përmban, uji i burimeve lëmon lëkurën dhe largon rrudhat.

Bukuria e egër e plazhit, me shkëmbenjtë e mëdhenj që varen mbi ujërat e kristaltë me nuanca blu dhe të gjelbra, si dhe me shpellat e shumta në rrëzë të tyre, formojnë një table bukurie të pashoqe. Veçanërisht impresionuese është pamja e ngjyrës së bardhë të ujërave të detit aty ku burojnë ujërat, dukuri që lidhet me sqfurin që del nga burimet.

**Informacion - Kontakt:** Bashkia e Zantes, Tel. +30 269 53 61 300

### Pika me interes

Godina neoklasike në Mauzoleumin Solomos – Kalvos dhe të Bijve të Shquar të Zantes, Kisha katolike e Shën Markut dhe sahati tradicional, Qendra tregtare e qytetit me harkadat tradicionale veneciane, Kisha e Shën Dhionisit me këmbanoren madhështore ku ruhet edhe lipsana e Shenjtit. Janë vërtet mjaft mbresëlënëse veprat e artit dhe pikturat murale të kishës, Muzeu i Periudhës së Pushtimit dhe i Qëndresës Kombëtare në shtëpinë e shkrimtarot Grigorios Ksenopulos, ku kaloi vitet e fëmijërisë, Muzeu Folklorik, pak më jashtë qytetit gjendet pika Boha-

li që ofron pamje panoramike të qytetit dhe të detit Jon, Kështjella veneciane por edhe kodra Strani ku poeti Dhionisios Solomos u frymëzua dhe shkroi himnin e lirisë plazhet, Anija e Mbytur, Gastronomia lokale. Nëse dëshiron të notosh në krah të breshkave Caretta-Caretta, atëherë pas pikës Qerí merr rrugën për në Porto Kuklla. Sa më thellë të shkosh, do të shohësh vetëm ranishte. Prandaj edhe e zgjedhin breshkat këtë vend. Sikurse zgjedhin edhe bregun në Jéraka të kthyer në një park detar dhe prandaj duhet bërë kujdes.









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