



# A 3 day tour in broader Athens- Piraeus





## I. SUSTAINABLE TOURISM PRODUCT 1

### I. The concept



- To create a walking route through the broader centre combining the three dimensions of a multi-thematic route (culture, gastronomy, environment) **(Day 1)**
- To offer the opportunity for hiking on the mountain of Hymettus (Imittos) within the urban environment of the city **(Day 2)**
- To discover the broader area of Piraeus as a vivid entertainment district **(Day 3)**

### II. The target group



The itinerary addresses travelers aged 25-50 of middle income seeking a holistic experience of interaction with local people, cultural and physical environments rather than purely attraction-led tourism. The specific target group includes repeat visitors wanting to go beyond well-known tourist attractions, walk through the city and discover that within an hour's drive the visitor can find him/herself hiking on a mountain or enjoying the sea.

### III. The related itinerary



The package refers to a 3day visit to Athens (4 nights- 3 days) during June.





**Day 1:** It includes walking through the areas of Gazi, Metaxourgeio, Kerameikos, Psirri, Thissio, Acropolis, Monastiraki, Plaka, Philopappou Hill, Makrigianni, Koukaki, Ano Petralona

**Day 2:** includes hiking on Mount Hymettus (Imittos), discovering the neighbourhoods of Kaisariani, Vyronas

**Day 3** enjoying the coast Piraeus, Marina Zeas, Kastella, Mikrolimano, Peiraiki

### **1<sup>st</sup> afternoon**

- arrival at the hotel preferably in the area of Koukaki <sup>1</sup>
- night stroll around the area (Koukaki/Makigianni) for a drink or dinner at a local traditional tavern (optional)

### **Day 1**

Most of Athens main tourist attractions are centrally located making it extremely convenient for walking. To encourage foot travel, new pedestrian zones have been added in the broader area of the city.

Gazi, Metaxourgeio, Kerameikos, Psirri, Thissio, Acropolis, Syntagma, Plaka, Monastiraki, Philopappou Hill, Makrigianni, Koukaki, Ano Petralona

### ***Locations of interest (except monuments):***

**Flea Market:** As well as having lots of tiny shops Monastiraki is famous for its huge bazaar. You can find anything on this market antiques, clothes, magazines, books, coins, paintings, uniforms, Roman helmets, souvenirs etc.



<sup>1</sup> **Reasoning:** the area has been selected on the basis that it lies a bit out of the tourist maelstrom but yet a 10-15 minutes' walk back to the city centre and visitors can find nice cozy hotels with reasonable prices-the area lies at the base of Filopappos Hill



**Anafiotika:** the most surprising section in Plaka is Anafiotika, a scenic tiny neighbourhood in the northern east side of the Acropolis hill with glaring white - coloured houses with blue doors and small narrow streets you can "hardly" walk through. The resemblance to the typical villages on the Cyclades islands is no coincidence. The houses were built in 1841 by workers who hailed from the Cycladic island of Anafi, hence the name Anafiotika.



**Varvakeios Central Market:** An extravaganza of sights, smells and sounds. Its 73 shops apart from fish, fruit and meat, there are lots of little shops around the market area which sell all kinds of products, such as Greek cheeses, pastourmas, a highly seasoned, air-dried cured beef, salted dried cod, spices, herbs, olives other local products such as dried fruit, pastelli, loukoumia, nuts, and all sorts of gastronomical delights. For good quality meat there are two-three taverns within the Market.





Small shops in **Athinas, Evripidou, Aioulou** and around with all sorts of products.



The **Athens Stock Exchange** building with a classic facade with four Doric style columns



**Cine "Thissio"**: Athens is home to multiple outdoor movie theatres that crop up during the summer but none provide as majestic a view as Cine Thissio. From your seat at **Cine Thissio** you not only get to view the latest blockbuster but also the Acropolis, and the Parthenon that sits on top. Cine Thissio is the oldest outdoor movie theatre in Athens, built in 1935, and is usually open from April to October. **Cine Thissio** shows both first-run studio releases and classic movies (" Movie Theaters: 10 of the World's Best" according to CNN)





**Dora Stratou Theatre:** The open-air Dora Stratou Theatre on Filopappou Hill provides the venue for traditional Greek dances performed from May to September.



**Ano Petralona:** This picturesque district, made up of stone houses just west of the peripheral road of Filopappou hill, is a unique residential and architectural phenomenon as well as one of the oldest refugee settlements in Athens. 170 stone houses of 55 m<sup>2</sup> each, form a small quarter within the larger district of Petralona. Founded by Queen Frideriki in 1952, the settlement was built to shelter refugees from Asia Minor who already occupied the area, living in unruly shacks. A simple stroll along the narrow streets between the houses fools you into thinking that instead of being in the center of modern Athens, you are actually in a small district of post-war Athens; freshly washed laundry hanging out to dry, gardens with lemon trees, locals sitting at small tables out in the street or just keeping cool in their shady gardens with the doors wide open. The area thrives with bars, taverns, cafeterias and restaurants with good quality food.

**Makrigianni:** A residential area which extends from Dionisiou Aeropagitou Str. up to the foot of Filopappou Hill. Its neoclassic houses as well as more modern houses (after war constructions) give to the area unique beauty and make it one of the most beautiful districts in Athens. Mitsaon, Parthenonos, Webster, Kavalloti, Kallisperi, R. Gkali, Mouson and other streets have typical for the area features.

**Koukaki:** It is the extension of Makrigianni area and has unique charm especially in the part adjacent to Filopappos Hill (Panaetoliou and Arakynthou Streets).





If it is a **Tuesday** or a **Friday** and you are in **Athens** interact with locals by renting a bike, join the “Bicycle’s friends” (filoi tou podilatou) or the Cycling Freeday Tour and explore the city by night. Every Tuesday or Friday from Thissio at 21.30 following a different route each time, which lasts 3-4 hours, at a loose pace with frequent stops so that everybody (locals and visitors) joins.

Small cafeterias, bars, family taverns, mezedopolia, souvlatzidika pop in front of the visitor in every little corner of the city. Psiri has become an Athenian favourite. It is the small neighbourhood in downtown Athens that is directly adjacent to Plaka. It is the place for good food and nightlife. The streets are filled with working class people and a variety of shops and businesses that might be described as practical or business oriented, from type-setters, to fixtures, and material goods for making clothing.

The area is a hotbed of nightlife with a bulk of cafes and restaurants that look like they have been closed for years. In the afternoon Psiri undergoes the transformation from a working-class industrial area, to a mecca of cafes, bars, restaurants and eateries.

The streets get filled with tables and chairs and what were parking lots during the day become dramatically lighted outdoor dining areas for restaurants. Each restaurant has its own style, from traditional Greek taverna to 60's style cafes that may remind you of a luncheonette in an old movie. Many are decorated with historic photos of Athens and some with relics of our modern society.



A tour to Athens nightlife would not be complete without a visit to the industrial district of Gazi. Most of the galleries, mainstream bars, restaurants, clubs and Greek nightclubs here (featuring live Greek pop singers), are trademarked by their industrial design as many of them are housed in remodeled -- and once abandoned -- factories. Gazi is one of the trendiest neighborhoods' of Athens nightlife.

## Local product tastings

**Koulouri**, a sesame seed-coated ring of bread that can be found almost everywhere at bakeries on the street corners (street vendors)



**Pies:** wild greens pie, spinach pie, cheese pie, milk pie, onion pie, tomato pie, mince pie, eggplant pie



**Spinach Pie**



**Cheese pie**

Fresh fish, fava, spoon sweets, ouzo, retsina (flavoured with pine resin wine), loukoumades, bougatsa, kanellada (cinnamon drink) served in Kanella restaurant in Gazi



**Bougatsa**



**Loukoumades**



**Spoon sweets**

**Where to eat or enjoy a drink (indicative):**

**Archeon Gefsis Restaurant (Metaxurgio):** The world's first thematic restaurant. It serves only Ancient Greek cuisine, with recipes taken from ancient Greek manuscripts, from the publication entitled *Deipnosophistes*, but also from many hours of study by specialist. The restaurant does not serve potatoes, tomatoes, lemon, rice or sugar as they did not exist in Ancient Greece





**Ktistakis (in Sokratous):** The best loukoumatzidiko in town serving loukoumades based on authentic chaniotiki (from Crete) recipe. The syrup wets the small donuts from the inside. The crispy crust is maintained the donuts are sprinkled with cinnamon and sesame seeds and with the first bite, the honeyed "heart" fills the palate with flavors.

**Booze Cooperativa:** In each city there is at least one place you stumble upon by accident and all of a sudden feel like someone who has opened an oyster shell and discovered a pearl inside. Booze Cooperativa is one of those places. It is a café, club and centre for alternative art all in one, hosting dozens of unusual events in the shape of art exhibitions, theatre performances and video art projects. It is housed in a three story 1850 neoclassicism building on Kolokotroni Street which is one of the oldest in Athens; it used to serve as dwelling house.

**Stavlos (Thissio):** Housed in an area that used to house the old stables of king Otto, Stavlos is a multispace that includes a restaurant, a pub, an art gallery and a unique inside garden. It is a youthful hangout, ideal at all hours. A multidimensional space which offers good drinks, delicious food, great music, art. Several events and happenings, such as art exhibitions and live gigs take place there.



**TAF (Monastiraki)** The initials stand for "The Art Foundation" and it is one of the most amazingly designed spaces in one of the last remaining 19th century houses still left in Athens. The building alone is a work of art and an example of architecture rarely seen nowadays in Athens. A bar-café is located in its inner courtyard under a huge plane tree. It is a gallery – café



– club, depending on the time of day you visit. The Various visual arts projects by Greek and foreign artists are on display in the surrounding rooms



**Kanella (in Gkazi):** A hip, contemporary taverna that appeals to a mixed crowd. It has a traditional open kitchen where the day's food is on display and yet remains modern and hip in

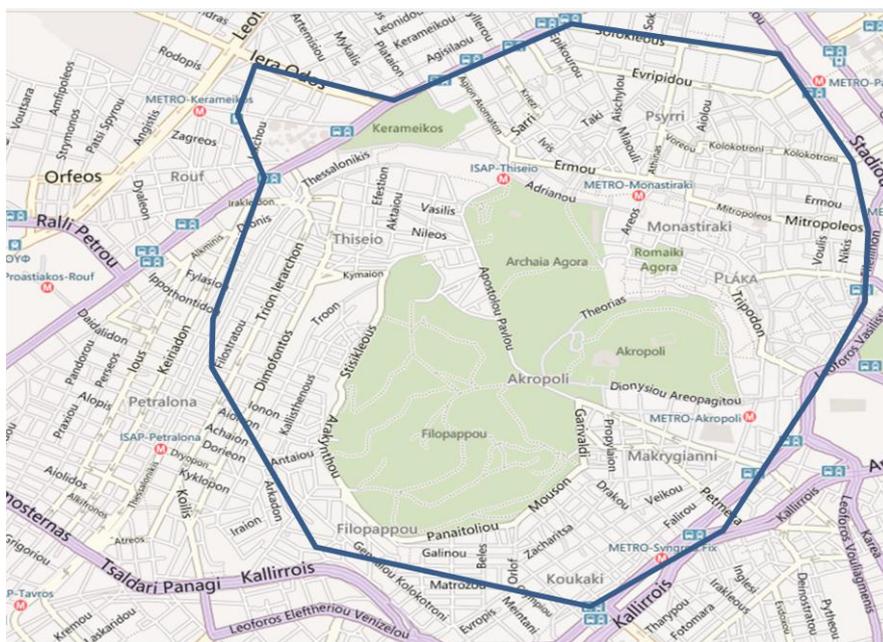


design. Kanella serves up a cuisine totally in sync with its prices: simple, straightforward, easy food that has one foot in tradition and one foot in downtown hip.

**Six d.o.g.s:** is a day & night cultural entertainment center at the heart of Athens (Monastiraki), which combines a Project Space (non-profit space for presenting visual art projects and other likewise one-off events), Bar, Café, Gig Space for hosting live gigs, theatrical performances, bazaars, workshops, talks, screenings, and educational programs, and a vivid 600m2 Back-Garden. It is suggested as a space which aims at creating a high-profile dynamic nucleus of cross-genre activities right in the heart of the Historic Center, initialized by an equally dynamic experienced group of young art professionals, aiming at being both avant-garde and pop, sharing similar qualities. It is open from 10 in the morning till late in the night, daily, serving a wide range of local goodies, special cocktails, and home-made delights, all in a price-friendly package.



## MAP- CITY CENTRE BROADER AREA (DAY 1)



### Day 2

It is dedicated to walking through Mt Hymettus (Imittos), Vyronas, Kesariani. Almost half of the day will be spent on the mountain.

Mt Hymettus (Imittos) is an oasis often overlooked by people visiting Athens. It is situated in the eastern part of Athens. Many walking trails start from there and run into the forest. Hike through the forest on easy path, enjoy the panoramic view of Athens, have a pic-nic, cycle on forest roads and trails.

The Botanical Trails starts from Kalopoula, where there is a small coffee shop and exits near the Monastery of Kesariani.

Visit the **Monasteries of Kesariani, St. John Theologos, St. George Koutalas** and the protected by Natura 2000 **Kesariani Aesthetic Forest**.





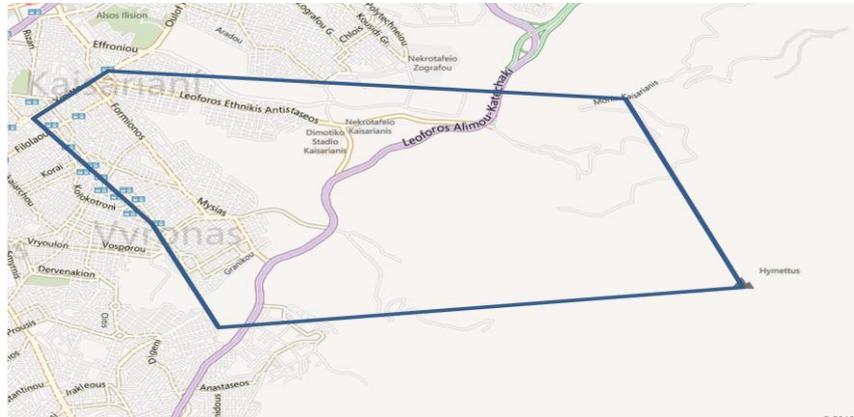
**Vrachon Theatre (Vyronas):** The Vyronas Festival takes place annually at the Vyronas Cultural Center during the summer months. Surrounded by huge rocks the theatre (also named Rock Theatre) is quite stunning and has become one of the major summer concert theatres. The annual festival incorporates a large selection of events with the participation of Greeks and international artists.



**Kesariani:** It preserves the essence of an old neighborhood with small lanes, narrow streets, picturesque old houses and small family taverns, "koutoukia", fish taverns popping up like mushrooms in every little corner.



**MAP – Mt HYMETTUS (IMITTOS), KESARIANI, VYRONAS,**



**Day 3**

***Around Piraeus***

The third day is dedicated to exploring the main port of Athens, Piraeus and the surrounding areas. Piraeus is technically its own city but it is easy to access from Athens itself. The tavernas lining in Microlimano give a nice feeling of being on a Greek island - albeit a very busy one. The Archaeological Museum, with its excellent and often ignored collection of large bronze statues the Museum of Nautical History, which often has a reproduction of an ancient vessel sitting in the harbour, make Piraeus well worth a visit.

***Areas worth visiting***

**Pasalimani** is found on the southern side of central harbour and has a great marketplace. It hosts many impressive yachts, while around there are lots of restaurants, cafeterias and commercial shops.





**Piraiki** is the best area to enjoy fresh fish in the numerous taverns with views to the Saronic Gulf and the amazing sunsets. It is an unforgettable experience to enjoy an ouzo with grilled shrimps octopus from Piraiki while watching the sun setting over Salamina island and Aegina while the ships passing by on their way to the Greek islands.

**Kastella** is a picturesque quarter filled with pastel colored Neo Classical houses built between 1834 and 1900. The labyrinth of narrow and steep streets and stairways with a village atmosphere somewhat of old Athens makes it a great place to explore on foot.

In **Mikrolimano**, there are a series of traditional restaurants with fresh fish and typical Greek delicacies served with ouzo and wine.

### MAP: PIRAEUS, MIKROLIMANO, KASTELLA, PASALIMANI, PIRAIKI



## Monuments-Churches-Museums

Apart from the Acropolis, the Acropolis museum, the Parthenon, the Propylaea, the temple of Athena Nike and the Erechtheion which we presume that a repeat visitor has already visited, Athens thrives with cultural and natural assets.





## I. DAY 1

### Sites of interest:

**Around Acropolis:** the ancient Theatre of Dionysus, the ruins of the Asklepieion, the Stoa (porch) of Eumenes, the Odeion of Herodus Atticus (venue for the performances of the Contemporary Athens Festival) , the Areios Pagos (the most ancient law court of the world), Ilias Lalaounis Jewelry Museum

**Filopappou Hill:** the Filopappos Monument, the Pnyx (citizens assembled 10 times per year to listen to orators and take political decisions), what is considered to be “Socrates Prison”, “Kimoneia Graves”, the National Observatory (it constitutes the oldest Research Institution in the Balkans), Dora Stratou Theatre (with live performances of Greek traditional dances)

**Plaka:** Kanellopoulos Museum in Anafiotika, also to see the Roman Agora, the Tower of the Winds (an octagonal Pentelic marble clocktower on the Roman agora), the Athens University Museum Museum of Greek Children’s Art , Lysicrates Monument (Lantern of Diogenes), Fetiye Mosque, Museum of Greek Folk Art, Museum of Greek Popular Musical Instruments

**Monastiraki:** Tzistarakis mosque on Monastiraki square (now transformed into a traditional ceramics museum), Hadrians’ Library, Pantanassas Byzantine Church, Museum of Greek Folk Musical Instruments

**Thissio:** Herakleidon Museum (private), Agion Asomaton Byzantine Church, the Ancient Agora (Thissio – Kerameikos), the Temple of Hephaestus (Thissio – Kerameikos), Hat-Factory (a remarkable industrial building made of stone and covered with tiled roof. It was a hat-factory for many years and nowadays it is a preserved monument. Nowadays, it operates as a venue for many activities (“Melina Merkouri” Cultural Center), Karagiozis shadow Puppet Theatre (within the Cultural Center).

**Psirri:** Scenic neoclassic neighbourhood with narrow lanes located between Athenas, Ermou and Euripides streets. Very busy especially during the night with coffee houses, small bars,



clubs, restaurants, taverns with live Greek music, theaters, galleries, art venues and antique shops. Also to see the churches of Agioi Anargiroi , Agios Dimitrios, Agios Grigorios (Armenian Church)

**Kerameikos:** (most important necropolis-cemetery in Athens) , the ruins of the fortified enclosure with its two main gates, the Sacred Gate (Iera Pyli) and the Dipylon, public buildings, impressive civilians graves and military tombs. The Kerameikos museum showing finds from the excavations, the Benaki Museum with the Islamic art collections, the grounds of the ancient Agora (currently undergoing development), the Doric temple of Hephaestus (the "Theseio") and the Museum of the ancient Kerameikos necropolis (cemetery).

**Gazi:** This area surrounds the old Gazi (gas) Factory and its former name was Gazochory (Gas Village). The Gas Factory has been announced as preserved, as it is one of its kind in Europe. The buildings have a simple neoclassic stone architecture, coated facets and wooden roofs with attic windows and are covered with Byzantine or French tiles and iron plates. Nowadays, it is an industrial park and is also used as multipurpose art and exhibition, festivals cultural center by Athens Municipality ("Technopolis"). The one permanent exhibition is the small Maria Kallas Museum.





**Metaxurgio:** It is a traditional district of Athens' city center, constructed by the architect Chr. Hansen. It took its name from the silk textiles factory (Metaxi), which operated in the area until 1875 (the factory is still preserved), the new Art Gallery of Athens Municipality.

## II. DAY 2

**Mt. Ymittos:** Situated in the eastern part of Athens, it stands at 1,026m and is visible from most spots in the city. It is covered with pine forests and small lush valleys with well-marked paths leading you up to green slopes, every season hides special delights.





**Kaisariani Monastery** (an Orthodox monastery built on the north side of Mt Ymittos in the late 11th century by the Macedonian Emperors)



### III. DAY 3

**Veakio**, the summer open theatre is located on one of the most beautiful spots of Piraeus, the hill of Castella (crowned by the church of Prophet Ilias) offering breathtaking views of Athens and Piraeus. During the summer there is remarkable artistic movement, with appearances of Greek and foreign folk groups, concerts, festivals, theatrical plays.

The Naval museum located in Marina Zeas displaying effigies of boats, naval tools, various objects, photographs, historical documents that reveal aspects of naval tradition and history of Greece

