

Welcome to the Municipality of Amfikleia – Elateia!

A captivating region that stretches gracefully from NE Parnassos – including the Ski Centre – to the fertile plains of the mythical river Kifisos and the beautiful mountain Kallidromo. Administratively, it falls within the Prefecture of Fthiotida and it is an ideal gateway for the inhabitants of Athens, as the city is only a 160 km drive from the Seat of the Municipality, Kato Tithorea. The four railway stations of Kifisos, Tithorea, Amfikleia and Bralos are also very convenient for travellers.

During the last years, the aesthetically appealing guesthouses and agritourist units that have been created with due respect to the desired experience of the visitor, have provided the necessary boost to this unique tourist product. This is to say, they have come to complete what was already there: the diverse natural landscape, the impressive historical monuments and the rich folklore tradition, the beautiful villages and the listed traditional settlements, the authentic dishes of Roumeli and, above all, the hearty hospitality of the people that will be delighted to guide your dance steps at the legendary festivals!

When you get close, you will be welcomed by the imposing volume of Mt Parnassos, which captivates your gaze and demands devotion. After all, this side of the mountain is not disturbed by human activity and pretentious demeanor.

Everything is more authentic. Everything is anew!

Parnassos anew...

Discover it!

Parnassos Ski Centre

Parnassos Ski Centre is only 17 km away from Amfikleia. It is the largest and most well-organised ski centre in the country, with facilities in Kelaria and Fterolaka. The chalet in Fterolaka has recently been renovated.

It offers 19 ski runs, 7 ski trails, 8 connecting trails and 3 beginner mini ski runs with baby-lifts, covering a length of 36 km.

Downhill ski runs begin at an altitude of 2,260m and descend to 1,640m. Their individual length ranges from 300m to 4km and covers all levels of difficulty and skill.

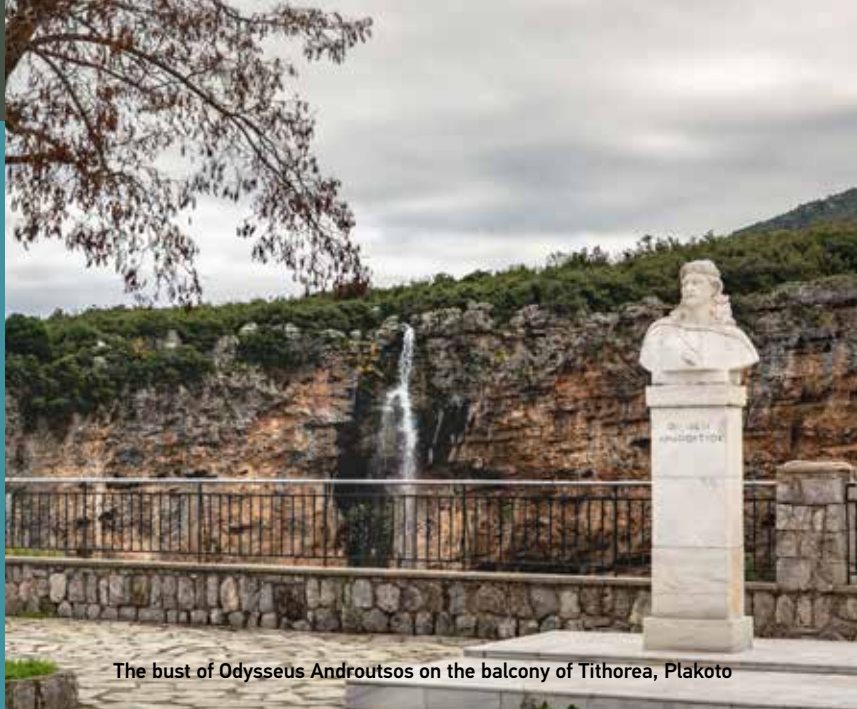
Four of the ski runs, Vackhos (2), Iniochos (6), Heracles (8) and Odysseas (9) are certified by the International Ski Federation for the organization of international ski competitions.

Parnassos ski Centre also organizes night skiing events.

At the Ski Centre, there are two café-chalets and a restaurant, ski and snowboarding schools, ski and snowboard equipment rental shops and a playground service for the little ones.

Within the boundaries of the Ski Centre, there are 4 mountain biking trails (downhill, free ride & cross country).

Info: www.parnassos-ski.gr | T. +30 22340 – 22700



The bust of Odysseus Androutsos on the balcony of Tithorea, Plakoto



General view of Tithorea with Parnassos in the background

Municipal Unit of Tithorea

Overlooking the fertile plains, **Kato Tithorea**, the administrative centre of the Municipality of Amfikleia – Elateia, enjoys all the conveniences of an urban settlement, under the watchful eye of Mt Parnassos. The square is an oasis of greenery and the centre of the locals' life. It is especially charming during Christmas, when it transforms into a Christmas Wonderland. Here stands the bust of the "father" of Greek Cinematography, Philopimin Finos. His birthplace pays tribute to him every July, by organizing various cultural events and needless to say, lots of film projections!

The village of **Agia Marina** is perched on the foothills of north Parnassos, at an altitude of 350 metres. At the courtyard of its church, there is an immense plane tree that has been desognated as a traditional natural element. Drive towards the inner part of Parnassos and witness its wild beauty from a perspective no other trail up the mountain offers. The Monastery of the Assumption of Virgin Mary, an imposing fortress whose history is lost in the depths of the ages, will suddenly reveal itself. Outside its walls, you can taste the crystal clear water of Mt Parnassos that flows from the stone-built well.

Agia Paraskevi is one of the smallest villages of Amfikleia – Elateia and it is located by the frontier of the County of Viotia. Enjoy a relaxing walk at the grove that surrounds the village and at Kifisos River with its stone-built bridge, while Mt Parnassos guides your way.

On the foothills of Mt Kallidromo, **Modi** stands out for its traditional architecture. On the outskirts of the village, there is the post-byzantine chapel of the Transfiguration of Christ, which was constructed in 1571 and has been listed as a historic heritage monument. Other sights of great interest are the Ancient Quarry, a monument of ancient construction and mining technology, and Modi Hill at Pyrgos, where the walls of a Hellenistic ancient city have been preserved.

Tithorea was first populated in 2000 BC and its name derives from a toponym of Parnassos. It is enchanting as it is built at an altitude of 450 metres on the foothills of eastern Parnassos, where an impressive rock hangs on top of the house rooftops which extend to the opening of the Kahala gorge, defining not only the wild beauty of the mountain, but also the wisdom of our ancient ancestors who chose this ideal location-natural fortress. There are many sights to visit: The ancient walls of the Hellenistic period (323-30 B.C.), the *Balcony or Plakoto* of Tithorea, the century-old plane tree of 1887 at the square, the aesthetic forest of Tithorea (Natura 2000), the Kahala gorge, the Trypi waterfall, the impressive cave –hideout of Odysseas Androutsos.



Lake Nevropoli on Mt Kallidromo

Nature | Trails | Routes

The rich natural landscape that lies within the geographical boundaries of the Municipality of Amfikleia – Elateia is a serendipity for its inhabitants and a challenge for its visitors. The imposing **Mt Parnassos** (Liakoura peak 2,457m), with its diverse geomorphology, satisfies even the most demanding mountaineer. Gorges, steep slopes, snow-covered peaks, waterfalls and crystal clear plunge pools form unique images, especially in the southwestern part of the Municipality, which includes **Parnassos National Forest**.

Mt Kallidromo (Gioza peak 1,419m), opposite Parnassos, is one of the most beautiful mountains of Mainland Greece, with mild terrain and many plateaus where seasonal lakes are formed. Indicatively, we mention Lake Nevropolis, an alluring location that has been listed as Landscape of Outstanding Natural Beauty. It is easy to hike – as its name indicates – therefore, it is ideal for children too. As regards mountain biking, choices are infinite!

Recommended routes: 1. Tithorea – Androutsos Cave/2. Amfikleia – Hagiarsali

1. The trail with a view to the Kahala Gorge begins at Platanakos, next to the bust of Odysseas Androutsos. During spring and winter, you can admire the waterfalls, whose rapids fall from a height of 30 metres or more. On the way, you will come across the chapel of St George, which is surrounded by huge oak trees. However, when you set eyes on the gigantic cave of Odysseas Androutsos which nests 20 metres above ground, you will make sense of the real hideout and the greatness of man! Dyseas Cave or Black Hole, as it was called at the time, was his last hideout until his death in 1825.

Level of difficulty: Fairly easy/ Duration: 1h30mins

2. A very steep path among fir trees begins at Amfikleia and the nearby Gorge of Varsamo and leads to the chapel of Hagiarsali, after about an hour. Hagiarsali is a corruption of the name Hagia Ierousalim (St. Jerusalem), which is celebrated the second day of Easter. The faith of the people who built it in the outermost part of the area and carved it into a vertical rock is awe-inspiring. Its balcony gazes into the vastness and we would urge you to go on this journey with limited company, so as to feel the sacred tranquility of the mountain.

Level of difficulty: Moderate / Duration: 1 hour

Municipal Unit of Amfikleia

In Antiquity, it was called Ophiteia and later on Amfikaia. **Amfikleia** is the largest settlement of the Municipality and it ideally balances the variety of services a small town offers with the preserved traditions of a village, which are reflected in architecture and folklore. Visit the only Bread Museum in Greece and the Craftmanship Museum at the plane-tree-covered central square. Stroll around the upper part of town and get enchanted. Around the stone-built well of Chorefataria, the splendor of the past unfolds, which officially designated Amfikleia as a Traditional Settlement. Amfikleia is only 17 km away from Parnassos Ski Centre. An ideal destination!

In Antiquity, most of the settlements of the area were destroyed by Xerxes, therefore, strong fortification walls were built around them later on (5th century B.C.). The most well-preserved of all stands at the entrance of renowned **Drymaia**. As you walk to the top of the hill, picture the walls that stopped at the banks of River Kifisos and continued across, climbing up the backbone of Mt Parnassos to fortify another settlement. Feel the awe of history! Do not skip the visit to Drymaia and the chapel of St George, which seems miniature next to the centuries-old towering oak trees.

Have a unique experience at **Bralos** while you visit its magnificent folklore museum, founded by "Kipseli", the Progressive Women's Association of Bralos. The splendid "Tsipouro Festival", organized by the Cultural Association of Bralos, is held in November, when the alluring surrounding nature of the village dresses in the colors of autumn. Witness the distillation process, taste delicious dishes accompanied by tsipouro and enjoy the dance groups honoring Roumeli in one of its most authentic revels!

Xilikoi, located among lush vegetation and running water on the slope (600m) of Kallidromo, is revealed to the public during the celebrations of St Paraskevi, on the 26th of July. During the emblematic folkloric festival, the visitor initially browses through writings about the history of the wider area at the book fair, then enjoys the folkloric dance groups and finally participates actively in the revels, the way they do in Roumeli. The shepherds offer the first prize in the lottery, which is... a local lamb or goat!

The beautiful **Paleochori Dorieon**, built on Mt Kallidromo at an altitude of 500 meters, gazes across the mountains of Parnassos, Giona and Vardousia. In Antiquity, Kitinion was located here, which formed part of the Doric Tetrapolis that was constructed during the descent of the Dorians. Due to its abundant nature, it is an ideal gateway to the mountain, and Lake Nevropolis (Nevros: deer) of Kallidromo, a plateau of unparalleled beauty, surrounded by plane trees and rare wildflowers. It is a lifetime experience one should not miss!

Tithronio offers an unobstructed view to the meadow of Kifisos and the mountains of Roumeli, while at the stone-built square, visitors can share some of the locals' privileges. According to Pausanias, Ancient Tithronio was 15 stadiums away from Amfikleia and 20 stadiums away from Drymaia and it had a temple that was dedicated to Apollo and an oracle of Dionysus. The archaeological site of Palaiocastro is where Odysseas Androutsos found shelter after the battle of Gravia.



The fountain of Horefataria - Amfikleia



Amfikleia, general view

Folklore | Tradition

In this land, the heart of tradition beats all year round and the preservation of the folk culture and customs of Roumeli is expressed through a wide range of events. The following indicative suggestions are a good place to start. Visit:

► **Amfikleia** during the carnival, where celebrations include Dionysian customs, bells, maypole dance, a huge bonfire (che) and a 130-metre kontosou-vli, the largest in the world.

► **Kato Tithorea** during the Carnival, where the custom of the *mutton in the cauldron* is held. It is cooked with pasta and accompanied with lots of revels and dance!

► **Tithorea**, on Ash Monday, where the customs of the Vlach wedding and the preparation of the traditional bean soup are revived.

► **The villages at Easter** that get festive, along with nature. In every neighborhood, you will come across the traditional pits where lamp is roasted.

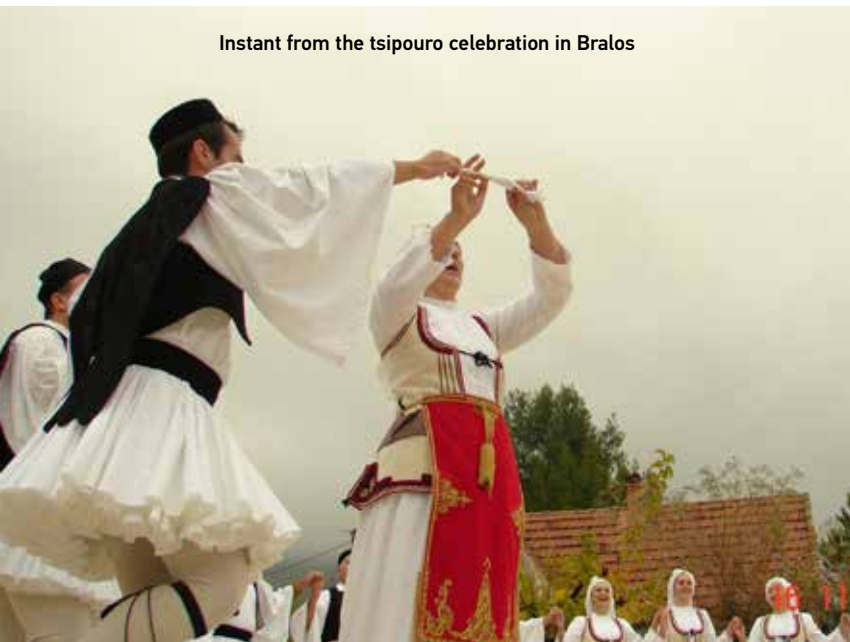
► **Amfikleia** on the 21st of November, where a three-day bread festival takes place every two years, with focus on the Bread Museum..

► **Bralos** and **Tithorea** during the Tsipouro Festival in November: Distillation, tapas and traditional celebrations with dance groups.

► **Amfikleia**, on the eve of St Nicholas day on the 5th of December, where the custom of chondros is held by the Folklore-Dance Association *Dadiotiki Estia*.

► **Kato Tithorea** and its wonderful Santa's village at Christmas.

► **Elateia**, on the 2nd of January, where the Local Youth Association cuts the largest Vasilopita (New Year's cake).!



Instant from the tsipouro celebration in Bralos

Accomodation		
Amfikleia		
Amfikleia Farmhouse www.amfikaia.gr	22340 48860 - 885, 697 7596196	
Dadi Mansion www.xenonasdadi.gr	22340 29040, 698 2270088	
Hotel Andreas	22340 22696	
Hotel Leonidas	22340 22234 – 544	
Hotel Panorama	22340 22111	
Kiriaki Guesthouse www.xenonaskiriaki.gr	22340 29011	
Lithos Villas www.lithosvillasamfikleia.gr	697 0519265	
Zaggos Appartments www.zaggos.gr	22340 22818	

Elateia		
Kranaia Athina Guesthouse www.kranaia-athina.gr	22340 31400	
Kato Tithorea		
Hotel Zakas	22340 49279	
Hotel Triantafyllou www.hoteltriantafyllou.gr	22340 29329, 697 6611019	

Tithorea		
Dryades Studios	22340 49279	
Titho Rooms to Let (Theodoros Stafilas)	22340 71021	
Tithorea Farmhouse http://tiθorea.gr	693 2410539, 695 5282851	
Tithorieon Stone Houses www.tithorieon-spitia.gr	694 8829863, 694 3752594	

Palaiochori Dorieon		
Tetrapolis Guesthouse	6944 270318	



Detail from the Archaeological Museum of Elateia

Municipal Unit of Elateia

Elateia was the second most important city, after Delphi, during the Hellenistic and Roman times. The prominent temple of Kranaia Athena stood at the foothills of Mt Kallidromo. Get familiar with the glorious past of the region by visiting the rich Archaeological Collection, which includes many important findings of West Lokrida – northeastern Fokida in Antiquity – that date back to the Paleolithic period. The presentation of the exhibits is extraordinary, as the visitor gets in direct contact with the artifacts in their functional space: earthenware, tools, figurines, jewellery. In consultation with the Municipality, you can plan a visit to the remarkable Mycenaean Chamber Tombs.

Zeli is the only mountainous village (500m) in the Municipal Unit of Elateia. Enjoy a cup of coffee at the beautiful square with a view to the mountains and don't miss out on the impressive Monastery of Prophet Elias that was erected during the Frankish rule, and the Holy Church of Osios Seraphim, where parts of the Saint's Holy Relics are kept.

In **Leukochori**, the visitor can stroll around and admire the well-preserved stone-built buildings of the traditional architecture of the early 20th century. Take a walk to Alisaki to pay tribute to the Memorial of the Fallen of 1821 and then rest at the big square with the mulberry trees opposite the imposing church of St George.

Panagitsa is a lowland village of Kifisos, whose intense marks of the past are reflected in the well-preserved mud-brick houses. It's adjacent to the plane tree forest, a remarkable attraction and an oasis of freshness.

The extensive cultivation of the fields marks the entrance of the village of **Sfaka** on Mt Sfiggio. Around the church of St Demetrious, which dates back to 1830, this peaceful village looks like theatrical scenery, where the leading actors take their daily seats at the old coffee shops.

Sports Events

► **Parnassos Path** mountain trail (6 km – 10.9 km – 24.2 km) takes place in mid-April and starts and ends in **Amfikleia**. Information & registration: : www.dionysosamfiklias.gr

► **Nevropolis Lake** mountain trail (10 km & 21 km Semi-marathon) takes place the last 10 days of October and starts and ends in **Palaiochori Dorieon**. Information & registration: www.neuropolisrace.gr

► **Kato Tithorea MTB Race** takes place in mid-September and starts and ends in Kato Tithorea. Information & registration: www.mtbxpert.gr

Getting there

Train Itinerary: T. 14511, www.hellenictrain.gr

Daily service to Tithorea, Amfikleia, Bralos from Larissis Railway Station in Athens.

By car 1. From Athens | 2. From Thessaloniki

1. Take the Athens-Lamia National Road, take the exit at the Castro junction and follow the signs to Livadia and then Amfikleia.

2. Passing Lamia, turn left at Bralos junction and follow the signs to Amfikleia and then Kato Tithorea.

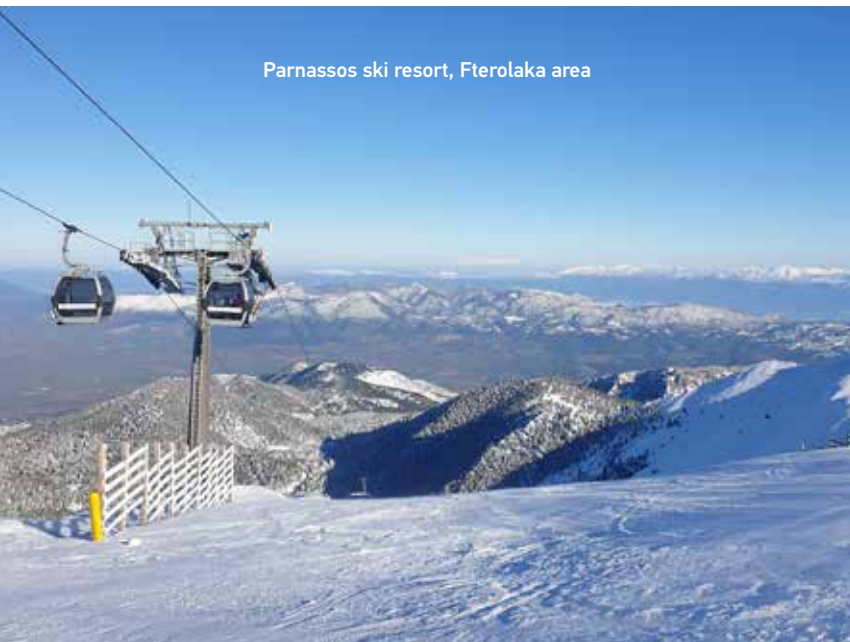
Comparative advantages

► The trip from Athens to the Municipality of Amfikleia – Elateia starts in the metro. Board the train at Larissis Station and in less than two hours, you will arrive at the foothills of Parnassos.

► Amfikleia is only 17 km away from Parnassos Ski Centre, thus, it is the closest destination.

► The best value for money, as regards accommodation and restaurants, is undoubtedly the greatest advantage of the Municipality of Amfikleia – Elateia, compared to the wider area of Parnassos.

www.dimos-amfiklias-elatias.gr



Parnassos ski resort, Fterolaka area



Υπόμνημα / Key

- Αυτοκινητόδρομος - Έξοδος / Motorway - Exit
- Κύριος ασφαλτόδρομος / Main asphalt road
- Ασφαλτοστρωμένος δρόμος / Asphalt road
- Κεντρικός χωματόδρομος / Main unsurfaced road
- Δευτερέων χωματόδρομος / Minor unsurfaced road
- Σιδηροδρομική γραμμή - Σταθμός Τραίνου
Railway - Railway Station
- Ποταμός / River
- Μοναστήρι / Βυζαντινό μοναστήρι
Monastery / Byzantine monastery
- Οχύρωση - Πύργος - Αρχαία Λείψανα - Ταφές
Fortification - Tower - Ancient Remains - Burials
- Μονοπάτι - Ορειβατικό καταφύγιο
Footpath - Mountain refuge
- Σηματοδοτημένες πεζοπορικές διαδρομές
Waymarked hiking routes

Υψομετρικές Ζώνες / Elevation

- 0 - 300 m.
- 300 - 600 m.
- 600 - 1,000 m.
- 1,000 - 1,500 m.
- 1,500 - 2,000 m.



Σύνθεση χάρτη: Πηνελόπη Μatsuούκα, εκδόσεις ANABASΗ
Map composition: Penelope Matsouka, ANAVASI editions

Useful Phone Numbers

Municipal Unit of Amfikleia	
Amfikleia Town Hall:	+30 22343 50100
Amfikleia-Elateia Police Station:	+30 22340 22222
Amfikleia Fire Brigade:	+30 22340 23199/23570
Amfikleia Health Centre:	+30 22343 50000
Bralos Regional Medical Centre:	+30 22310 92555
Pharmacies	
Xiromeritis G. – Xidaki S. & CO:	+30 22340 22260
Papakousoula Asimina:	+30 22340 23412
Municipal Unit of Elateia	
Elateia Town Hall:	+30 22343 50200
Elateia Regional Medical Centre:	+30 22310 31288
Zeli Regional Medical Centre:	+30 22330 71231
Pharmacies	
Lignos Ioannis & CO:	+30 22340 31988
Tzileas Ioannis:	+30 22340 31002
Municipal Unit of Tithorea	
Town Hall:	+30 22343 50300
Kato Tithorea Regional Medical Centre:	+30 22310 49247
Pharmacies	
Thomaidou Despina – Voulgaris Panagiotis:	+30 22340 49776
Tsiaras Konstantinos:	+30 22340 49733



MUNICIPALITY
OF AMFIKLIA
ELATIA

15584

CITIZEN SERVICE LINE



Brochure design and text: Thimios Kakos

GREECE

MUNICIPALITY
OF AMFIKLIA
ELATIA



MAP & GUIDE

Parnassos
anew

Parnassos
anew

MAP & GUIDE



MUNICIPALITY
OF AMFIKLIA
ELATIA

GREECE

www.visitgreece.gr