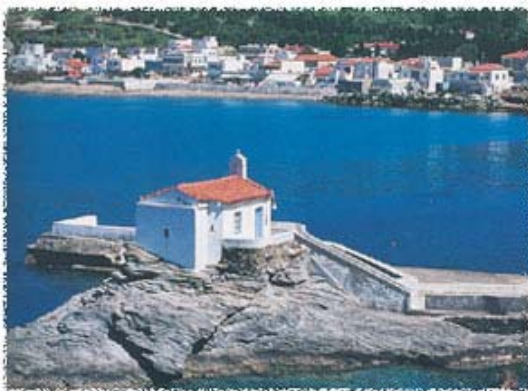
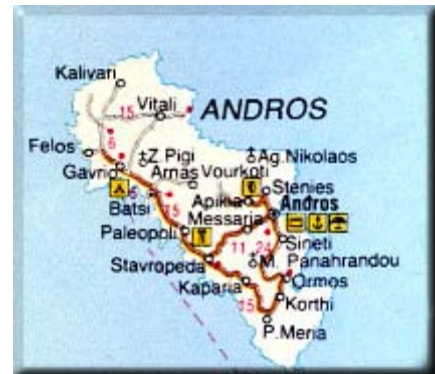


ΑΝΔΡΟΣ

[Andros](#), the most northerly island in the Cyclades and the second-largest in the group, is also among the most beautiful. Successive ranges of mountains with steep sides, separated by gorges, riverbeds and three large valleys planted with olive trees, figs, oranges, lemons and vines through which run numerous streams go to make this a landscape which often goes beyond what we think of as typically 'Cycladic'. The mountains end as rocky cliffs or steep promontories, while at the mouths of the valleys are sandy beaches.

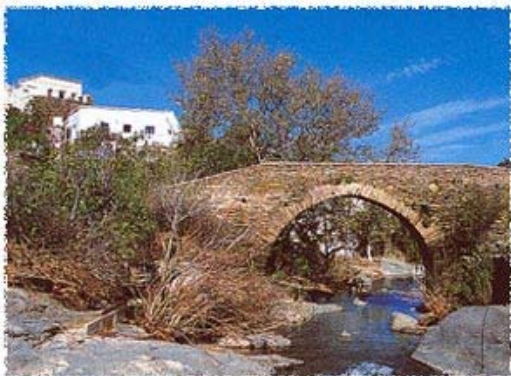
Andros is separated roughly into five parts by four mountain ranges which are as follows: Agia Saranda (714 metres high), Kouvara (1003 metres high), Gerakones (760 metres high) and Rachi (686 metres high). There are four rivers which cross the island from west to east through fertile valleys ideal for farming. These are the Arni River leading into the Bay of Levka, the Megalos Potamos leading to Paraporti Beach (Hora), the Achla River leading into Achla bay and the Dipotamata River which leads into the Sineti bay.



In the south-east is [Andros](#) or Hora, the capital of the island and its second most important harbour. This is a most attractive town, with neo-classical mansions side-by-side with Cycladic houses, steep and narrow alleys lined with arcades, fine churches and two pretty squares in the centre of a town which will make a lasting impression. Among the most important monuments of Hora are the castle, now ruined, and the church of Our Lady 'Palatiani' within its walls. On the cultural side, there is an Archaeological museum with finds from the Geometric, Classical, Hellenistic, Roman and Byzantine periods, a Museum of Modern Art with works by the sculptor Michalis Tombros, and a Nautical Museum with a rich collection of ship models, photographs and ship's

instruments. [Andros](#) is home to many of Greece's seamen, and interesting cultural events take place there all the year round.

Gavrio is the island's principal harbour, on the west side of [Andros](#). Among the interesting features in the vicinity is the tower of Agios Petros. Andros has numerous interesting things to see: the church of the Archangel at Messaria, the monasteries of Zoodohos Pigi at Batsi, of St Nicholas at Apikia (which is also the site of the Sariza mineral spring), of Our Lady 'Panahrantou' at Falika, and the Apano Kastro or "Tis grias to Kastro" (Upper Castle) to the north of the village of Kohilos. Special mention should be made of the ruins of an ancient city which have survived at Paleopoli. At Zagora, to the south of Paleopoli, one of the most important Geometric temples to have been discovered anywhere in Greece has come to light. There are good swimming beaches at Nimborio, Paraporti, Korthi bay near Batsi, Gavrio, Vitali and elsewhere. Andros has good tourist amenities and can easily deal with the steadily increasing numbers of visitors who choose it for its natural beauties, its attractive villages, its historical monuments, its superb beaches and its medicinal springs.



Chora – Andros (22820)

Post Code: 84500

Police: 22300 - 22.307

Port Authority: 22250

Health Center: 22222, 23333, 23703

Municipality: 22.275; Magistrate Court: 23160; Office of Province: 23700; Issuance of passports: 23419

Social Security Foundation: 22695; City Engineering Office: 24164

National Bank of Greece: 22232; Agricultural Bank: 22368; Credit Bank (Pisteos Bank): 23900

Buses: 24288, 22316

Taxi:22171

Batsi – Andros (22820)

Post Code: 84503

Police:41204

Port: 41986

Community Clinic: 41326

Community: 41343

Taxi: 41081



How to get there

**Distance from Pireaus 89 nautical miles,
distance from Rafina 36 nautical miles.**

By ferry from Rafina

Information: Rafina Port Authority, tel.: 22940/22300

Useful telephone numbers

Automatic dialing code: 22820

Police: 22300

Port Authority: 22250

Municipal Offices: 22275

Archaeological Museum: 23664

Museum of Modern Art: 22650

Things to buy

Cheese pies ('kaltsounia') almond confectionery ('amygdalota') ' preserved fruit.

Andros island, most northerly and second largest of the Cyclades group of Greek Aegean Islands, 380 square km in area. Its terrain is composed of ranges of mountains separated by river beds, gorges and valleys planted with vines and fruit trees.



The capital of the island is Andros, or Hora, and it's also one of its ports, the principal one being Gavrio. Andros was the birth place of many ship-owners and its Naval museum, in Hora, is a testament to that. Also in Hora there is an Archaeological Museum with Geometric, Classic, Hellenistic, Roman and Byzantine exhibits, as well as a Museum of Modern Art. Sea lovers can find good swimming beaches at Hora, Nimborio, Paraporti and in the small bays of Yiala and Pisso Yiala. Wooded, well-watered, and mountainous, it is an eparkhva ("eparchy"), with its capital at the town of Andros, on the east coast. South of the capital is the port of Korthion; to the north, the Palaiokastron 625 m, with ruins of a Venetian castle and medieval town. The ruins of Palaeopolis, the ancient capital, support a hamlet, Palaiopolis, on the western coast.



The ancient population was mainly Ionian. Originally dependent upon Eretria, the second city of ancient Euboea, it sent colonies to Chalcidice, the great peninsula of northeastern Greece, in the 7th century BC. It submitted to Persia in 490 BC and was harried by the Athenian fleet for supplying ships to the Persian king Xerxes in 480. The Athenian leader Pericles forced Andros to admit Athenian settlers, but it revolted in 411 or 410. During the 4th century it was again a member of the revived anti-Spartan Delian League. In 200 it was captured by a combined Roman, Pergamese, and Rhodian fleet. It remained with Pergamum until 133 BC, when it became part of the Roman province of Asia. From AD 1207 to 1566 it was under the protection of Venice, falling to Turkey in the latter year. It became part of Greece in 1829.

One of the most significant monuments in the capital of Andros, is its famous castle, which was built by Marinos Dandalos, after he conquered the island. The castle's towers and barracks, as well as the blazons of the Venetian rulers, were well preserved until 1943. After the heavy bombardment of that year, the castle was completely destroyed. Today, one can only see its ruins. From "Messa Castro", which included the chambers of the Venetian ruler, one can see only parts of the tower's wall, while from "Kato Castro" there are still parts of the walls and the buildings. The spring of mineral water of Sariza is situated in the village of



Apikia, 4 km west of Hora. The spring is situated above the village's central square, and it attracts many visitors who come to drink its water. In the same village - occasionally called "Sariza", because of the spring - is the bottle factory of the famous water which is recommended for cases of urinary gravel and psammiasis. After being poured to bottles, the water is sold throughout Greece under the name of "Sariza" or "Lezina". The Naval Museum of Andros is one of the most impressive buildings in Hora. It includes a wide collection of naval implements, models of ships and photographs. The Museum attracts a multitude of visitors, in the summer.


For Hotel information you can visit <http://www.andros-hotels.com>







For more information you can visit <http://www.agn.gr/hellas/cyclades/andros.asp>

For more information you can visit <http://www.ellada.com/cyclad02.html>



For more information you can visit <http://www.dilos.com/region/cyclad/andros.html>



| HOTEL NAME | PLACE | TEL | KATEGORY | TYPE | RANKING |
|--|---------------|---|----------|------------------|---------|
| TOURIST OFFICE | GAVRIO | 22820- | | TOURIST OFFICE | |
| THE PARADISE LIFESTYLE HOTEL www.paradiseandros.gr  balcony view | ANDROS | 22820-22187 22820-22188 22820-22189 | B | Hotel | 1 |
| NIKI | ANDROS | 22820-29155 | B | Hotel | 1 |
| AEGLI | ANDROS | 22820-22303 | C | Hotel | 2 |
| STAGEIRA APPARTMENTS  | ANDROS | 22820-22303 22820-23525 22820-24502 | A | Hotel-Appartment | 1 |
| MYRTO | ANDROS | 22820-23673 | D | Hotel | |
| ALKYONI STUDIOS | ANDROS | 22820-23652 | A | Appartment | |
| STELLA www.pension-stella.gr | ANDROS | 22820-22471 | A | Appartment | |
| VASSILIKI APARTMENTS  | ANDROS | 22820-23547 | A | Appartment | |
| Ka ZABETA | ANDROS | 22820-22807 | | Appartment | 1 |
| ENOIKIAZOMENA XORA | ANDROS | 22820-22886 | | Appartment | |
| IRENE VILLAS www.irenes-villas.gr | ANDROS | 22820-23344 | | Appartment | |
| 9 MOUSES | ANDROS | 22820-24777 | | Appartment | 1 |
| STOUDIO VASILIKI | ANDROS | 22820-23547 | | Appartment | |
| STEFANOU | ANDROS | 22820-22066 | | Appartment | 1 |
| PIGI SARIZA  | APIKIA | 22820-23799 | B | Hotel | |

| | | | | | |
|---|------------|---|----------|--------------|---|
| ANEROUSSA BEACH  | APROVATOU | 22820-41044 | C | Hotel | |
| GALINI | APROVATOU | 22820-41472 | E | Hotel | |
| ANDROS HOLIDAY HOTEL  | GAVRIO | 22820-71443 | B | Hotel | |
| PERRAKIS  | GAVRIO | 22820-71456 | B | Hotel | 1 |
| EL.DO.SO | GAVRIO | 22820-71296 | C | Hotel | |
| OSTRIA  | GAVRIO | 22820-71551 | C | Hotel | |
| GALAXIAS  | GAVRIO | 22820-71228 oder 71005 | D | Hotel | |
| VILLA SOFIA | GAVRIO | 22820-71249 | D | Hotel | |
| AKTIO STUDIOS  | GAVRIO | 22820-71773 22820-71607 6932-988972 | A | Appartment | |
| MEDOUSA | Ag. PETROS | 22820-71045, 22820-72330 | | Appartment | |

| | | | | | |
|---|--------------|---------------------------|---|------------|--|
|  | | | | | |
| NIRIIDES | AGIOS PETROS | 22820-71600 | B | Hotel | |
| EPAMINONDAS | BATSI | 22820-41682 | A | Hotel | |
|  | | | | | |
| CHRYSSI AKTI | BATSI | 22820-41236 | C | Hotel | |
|  | | | | | |
| KARANASSOS | BATSI | 22820-41480 oder 41481 | C | Hotel | |
|  | | | | | |
| BLUE BAY VILLAGE | BATSI | 22820-41150 | | Appartment | |
|  | | | | | |
| SKOUNA HOTEL | BATSI | 22820-41240 oder 41165 | C | Hotel | |
| VILLA ARNI | BATSI | 22820-41360 | C | Hotel | |
|  | | | | | |
| AVRA | BATSI | 22820-41216 oder 41209 | D | Hotel | |
| MELTEMI | BATSI | 22820-41016 | D | Hotel | |
| KELARIA APARTMENTS | BATSI | 22820-42030 | A | Appartment | |
| VILLA RENA | BATSI | 22820-41024 | A | Appartment | |

| | | | | | |
|--|--------------|----------------------------|---|------------|--|
| VILLA GALAZIO  | BATSI | 22820-41223 22820-42962 | | | |
| VILLA MARIMINA | BATSI | 22820-41176 | | Appartment | |
| KORTHION | KORTHI | 22820-61218 | C | Hotel | |
| KALOGRIDOU | | 22820-24260 | | Appartment | |
| ANEMOMILOI | | 22820-22201 | | Appartment | |
| PANTAZIS | | 22820-22777 | | Appartment | |
| ALKIONI | | 22820-24522 | | Appartment | |
| ΕΡΜΗΣ | AGIOS PETROS | 22820-72246 | | Appartment | |
| ANASTASIA TRADITIONAL GUEST HOUSE  | GAVRIO | 22820-72287 | | Appartment | |

Beaches of the island

Agia Marina

Where is it : at the western coast, Batsi area

How do we go : from Batsi next to Stivari beach

How does it look like : a sandy beach - in shade - there's a tavern

Agios Petros

Where is it : at the western coast, after Gavrio

How do we go : from Gavrio we follow the central road to Stavropeda

How does it look like : a wide sandy beach with shallow waters, there are taverns

What else should you know : on the slope over the beach one can distinguish the cylindrical tower of Agios Petros.

Ateni

Where is it : at the north - eastern coast, Batsi area

How do we go : from Batsi there's a fork on the left towards the East and the middleland

How does it look like : sandy a good beach for fishing

What else should you know : Lefka beach is nearby

Achla

Where is it : at the eastern coast, Chora area

How do we go : after Vourkoti heading to Arni, a country road on the right slopes down the valley to the beach

How does it look like : a beach with fine pebbles - shade under the trees - a good spot for fishing - calm even when strong wind blows

What else should you know : the whole valley and beach are places of distinguished natural beauty

Vitali

Where is it : at the eastern coast, Cavrio area

How do we go : after Gavrio, heading SE, we follow the fork on the left towards Agios Petros. At the village the road splits to the left towards Vitali and to the right splits to the left towards Vitali and to the right towards Gides

How does it look like : it has pebbles a good spot for fishing - must shade under the rocks - during summer months there's a tavern

Vlyhada

Where is it : at the western coast, Gavrio area

How do we go : the same dirt road with the one leading to Kaminaki

How does it look like : sandy beach, good for fishing

What else should you know : northern wind blowing

Vori

Where is it : at the north-eastern coast, Batsi area

How do we go : from the road to Remata, Arni, after Remata and before Arni on the left, from the county road and to the left at the first fork

How does it look like : a sandy beach - you'll find shade under the trees - good for fishing

What else should you know : to the rocks there're the ruins of an old commercial ship

Bros and Piso Gialia

Where is it : eastern coast, Chora area

How do we go : from Chora we follow the road to Neborio, we turn left, go up the road and turn at the first fork we meet on the right (towards Stenes). Piso Gialia are only a few minute's walkaway from Bros Gialia

How does it look like : the beach at Bros Gialia is marble-pebbled; there's a fish tavern; there's a sandy beach at Piso Gialia

What else should you know : the whole area of Stenes is very beautiful

Old woman's jump

Where is it : at the eastern coast, Kothi area

How do we go : from ormo Korthi we follow the coastline to the North. After the port (Vintzi) and the crossing Rogo we continue ahead and we meet the beach on the right

How does it look like : a sandy beach

What else should you know : the extraordinary cliff, which gave its name to the beach, has a story: According to the tradition the Upper Castle or Kohylou was impassable. The Turks in order to conquer it forced an old woman and her daughter to ask shelter. When the inhabitants accepted them, the old woman opened the gates and the city was conquered. However, the old woman couldn't stand the shame. She jumped over the cliff and was petrified.

Zorkou

Where is it : at the north-eastern coast, Gavrio area

How do we go : from Gavrio to Palestou and from there a country road takes us to Kato Varidi

How does it look like : a sandy beach, good for fishing - you'll find shade under the rocks - in summer months there's a tavern

Kaminaki

Where is it : at the western coast, Gavrio area

How do we go : from Myrmigies there's a country road sloping down

How does it look like : a sandy beach, good for fishing

What else should you know : northern wind blowing

Koutsi

Where is it : at the western coast, Batsi area

How do we go : we follow the central road to Stavropeda. After the crossing left to Aprovatou and on the right there's the beach. Accessible from the country road or on foot

How does it look like : beach with pebbles and rocks, good for fishing

Kypri

Where is it : at the western coast, Batsi area

How do we go : from the central road to Stavropeda, after Chrysi Ammo and before Batsi

How does it look like : a small sandy beach surrounded by rocks - you'll find shade - good fishing - there's a tavern

What else should you know : at the edge of the beach we can see the church of St. Kyprianos

Limanaki

Where is it : at the western coast, Gavrio area

How do we go : taking the country road on the right which starts from the road to Pisolimniona or from Myrmigies and then left

How does it look like : a beach good for fishing

What else should you know : on a little peninsula and higher from the beach we can see the little church of St. Sosti. In the past sailors used to find shelter there when there was a sea storm at Kafireas

Lydi

Where is it : at the eastern coast, Chora area

How do we go : by sea - it's the next bay after Paraporti

How does it look like : a beach with pebbles, good for fishing

Batsi

Where is it : within Batsi settlement

How does it look like : a sandy beach - there's possibility for water sports (ski, surfing, sea bike, etc.) - very close to taverns, cafes, shops, etc

What else should you know : the busiest and liveliest beach

Mylos

Where is it : at the eastern coast, Korthi area

How do we go : from Ormos we take the road to the South and in a few minutes we arrive at the beach

How does it look like : a sandy beach - good for fishing - there's an old windmill almost at the centre of the beach

Neiborio

Where is it : on the north of Chora

How do we go : taking the central road to Stenies or on foot

How does it look like : it's the port and one of the town beaches - a sandy beach - there're taverns, cafes, shops

Paleopoli

Where is it : at the western coast, Batsi area

How do we go : taking the central road to Stavropeda at Paleopoli settlement. Taking the road we meet a path with many stairs going down the slope

How does it look like : a beach with pebbles

What else should you know : the area is full of traces of the antiquity, in water of the bay, there hides the arm of the ancient port. You'll swim next to the finds of the Ancient Market

Paraporti

Where is it : on the south of Chora

How do we go : on foot from kairi square or by car from Livadia

How does it look like : a sandy beach - there's a tavern

Mikri and Megali Peza

Where is it : at the northern coast, Gavrio area

How do we go : from Gavrio we take the road to Ano and Kato Fello, we cross the fork to Myrmigies, take the right turn middleland and at the next fork we meet we turn left. After Sidonta a country road leads us to chartes and finally to the beaches Mikri and Megali Peza. There's another road from Kalyvari

How does it look like : a beach with pebbles, good fishing

What else should you know : because it looks to the north, a north-east summer wind blows

Pisolimionas

Where is it : at the western coast of the island, Gavrio area

How do we go : the road to Fellos is crossed with the country road that leads to Pisolimiona

How does it look like : a beach with pebbles; You won't find shade under trees; no taverns; good spot for fishing

Plaka

Where is it : at the western coast, Korthi area

How do we go : taking the road from Stavropeda to Korthi, after Zaganiari on the right or from Korthi to Stavropeda after Kapariait's the second fork on the left. It's a country road.

How does it look like : a sandy beach - you'll find shade under the trees - good for fishing

What else should you know : traces of a prehistoric settlement were found in the area

Pyrgos

Where is it : at the western coast, Korthi area

How do we go : the same country road that leads to the beaches Kaminaki, Vlyhada or taking the road from Psoriariza

How does it look like : a sandy beach, good for fishing

What else should you know : at the north-western edge of the beach we can see the Eneitic tower of Makrotantalos

Stivari

Where is it : at the western coast, Batsi area

How do we go : from the road that passes through Batsi, after the port we turn right next following the coastline

How does it look like : a small sandy beach - good for fishing - there's a tavern

Syneti

Where is it : at the eastern coast, Chora area

How do we go : from Chora we follow the central road to Korthi, turn left to the village and immediately left to the beach

How does it look like : a beach with pebbles and caves in the sea - the mountains shade the beach

What else should you know : here ends the canyo Dipotamata with the traditional watermills

Fellos

Where is it : at the western coast of the island, 4,5 Km on the north of Gavrio

How do we go : after Gavrio there is a fork on the left

How does it look like : a sandy beach - you'll find shade under the trees and taverns - good for fishing

What else should you know : northern wind blows. very near you can find Kourtali and Selki beaches

Chalaritis

Where is it :at the northern coast, Gavrio area

How do we go : after Myrmigies take the country road on the right heading north, pass through Psoriariza, Kalamos and then you either turn left to Pyrgos and right to Chalariti

Chalkolimionas

Where is it : at the western coast, Chora area

How do we go : to Stavropeda there's a fork to the right heading west, an asphalted road which turns into a country road leading to the beach

How does it look like : a beach with pebbles; good for fishing

What else should you know : there were mines in the area from antiquity till modern times

Chrysi Ammos

Where is it : at the western coast, Cavrio area

How do we go : taking the central road to Stavropeda after Agios Petros

How does it look like : a fine blond sandy beach a wide beach with shallow waters. You can find shade - during summer months there's a canteen

Useful telephones - information

POLICE

- Andros Police Station : 22300 - 22307
- Police Chief : 22330
- Gavrio Police Station : 71220
- Batsi Police Station : 41204
- Korthi Police Station : 61211

GOAST GUARD

- Rafina Coast Guard Station : 0294 - 23300
- Andros Coast Guard Station : 22250
- Gavrio Coast Guard Station : 71213
- Batsi Coast Guard Station : 41986

FIRST AIDS - HOSPITALS

- Health centre Andros : 23333 - 23703 - 22222

Local Health Clinics

- Gavrio : 71210
- Batsi : 41326
- Korthi : 61217
- Veterinary Clinic : 22819

PHARMACIES

- Hora Maria Venetiki : 22220
- Eleni Diapouli : 22329
- Achilleas Logothetis : 22238
- Gavrio Simosthenis Kozanitis : 71329
- Batsi Giota Hondrogianni : 24100 - 41541
- Korthi Haralambos Tsagas : 61644

LOCAL GOVERNMENT (MUNICIPALITY)

- Andros municipality : 22275

Communities

- Hydrousa : 71250 - 71785
- Korthi : 61219
- Kairios Libraty : 22262, Fax : 24504
- Community Touristic Kiosk : 41856
- Tourist Information office : 71282

PUBLIC ADMINISTRATION

- Provincial Government Office : 23700
- Provincial governor : 24306
- Tax Office : 22453 - 22349
- Town Planning Office : 24164
- Customs Office : 22363

UTILITIES

- Telecommunications : 22121
- Electricity : 22355
- Andros Water Supply : 22275

BUS SERVICE : 24288

TAXI

- Hora : 22171
- Gavrio : 71564
- Batsi : 41081

MUSEUMS

- Andros Archaeological Museum : 23664
- Museum of Modern Art, under the Shield of Vasilis & Eliza Goulandri's : 22444 & 22650
- Art Gallery, Petros & Marika Kidonios' Institute : 24598

Hiking Routes

Note the distance and the possible time of a hiking concern only route from one place to another and not its return. The routes recommended are presented according to where they face geographically. It would be good to prefer morning or afternoon hours for the hiking walks since the temperature is rather high at noon especially during the summer months. Be careful also with your provisions because it isn't certain that you can find shops in your way.

Have a nice time with those routes !

Gavrio - Fellos

Distance: 4,5 Km

Time: about 90 '

What else one should know: A tavern is situated near the beach

Gavrio - Agios Petros (Tower of Agios Petros)

Distance: 3 Km to the beach and 5,5 to the tower

Time: about 30' and about 60'

What else one should know: Near the tower about 100 m to the left a pic-nic place is offered.

Ateni - Lefka

Distance: 4 Km

Time: about 50'

What else one should know: Lefka is a quiet and usually deserted beach. Attention with provisions (water, hats, snacks, etc.)

Remata - Lefka

Distance: about 7 Km

Time: 140'

What else one should know: From the village Remata an old path starts that follows the gorge Megala Vrochia to the deserted beach. The route is fascinating. One should make sure that food provisions have been made in advance as the area doesn't offer facilities to the visitor.

Batsi - Agios Kyprianos

Distance: 2 Km

Time: 40'

What else one should know: Near the little church of Agios Kyprianos there's a tavern with excellent food

Batsi - Katakilo

Distance: about 4,5 Km

Time: 130'

What else one should know: In Katakilo one find a tavern with excellent food.

Batsi - Agia Marina

Distance: 2 Km

Time: 40'

What else one should know: An easy route under tree shadow all the way down the road and the beach. There's a tavern.

Paleopoli - Paleopoli Beach

Distance: about 2 Km

Time: 40'

What else one should know: Heading down the central road, through the village, almost opposite the tavern. One can find the passage to the path. Descending the first stairs which are rather, one finds a tiled path and then turns right and down some more stairs. He then goes on without turning left and he meets for a third time some more stairs and crossing. He goes straight ahead. Again stairs in front ; yet one goes on without turning and after a while he is at the beach (excavations at work) which overlooks the part month.

Aladino - Falika - Foros Cave - Panachrantou Monastery

Distance: about 6 Km

Time: 130'

What else one should know: From Aladino there stairs the path that climbs up the northern slope of Gerakonas Mt, moves past Falika and arrives at the cave. The path is well sign-posted helping tourists all the way ahead. The beautiful faros Cave isn't visitable and it is difficult to trace its entrance. from there to Panachrantou Monastery it's 30' walk. The wonderful view, the coolness of the air, the hospitality of the remarkable monastery, the spring with the sparking clear water can be the reward.

Stavropeda - Panachrantou Monastery

Distance: about 16 Km

Time: 340'

What else one should know: Generally a very nice route on the way one can find shaded spots and drinkable water in Aladou. Leaving Stavropeda one walks down the central road south to Zaganiari and before the village in about 1,5 Km one can find on his right the little church of Agia Triada. From there heading NE and having the mainland on the left starts the path. In less than an hour one meets a soiled road that leads to Aladinou. Leaving the village behind, one follows the path and meets the villages Sasa and Koureli one after the other. Then once more one follows a soiled road, which soon becomes a path. This pathway meets with the one coming from Foros Cave and Falika. From that point on there are about 30' left to the Panachrantou Monastery.

Panachrantou Monastery - Mesa Vouni - Faneromeni Castle

Distance: 5,7 Km

Time: 140'

What else one should know: Leaving the Monastery behind one follows a soiled road up to Meas Vouni. Attention: at the road-fork that one meets in about 1,5 Km after the Monastery he should turn left. Just out of the village one meets the stone spring of the church of Virgin Mary (Panagia). People say that the water of this spring is especially beneficial to bile stones. the tourist follows his route down the street that threads its way to the gorge Dipotamata with the watermills. At the next fork one meets he turns right to Kochylou village. at about 2 Km from the fork and while one is on his way to the village he has to turn north and left to the mountain. One ascends a cemented road and finally end the stairs to the walls of the castle. In Kochylou we a cafe is found.

Exo Vouni - Dipotamata - Syneti

Distance: 4 km

Time: 80'

What else one should know: Dipotamata is a gorge that extends from Gianisseo to the Syneto Beach. In the past there were horizontal water mills the so called "Board-Mills", all over the place. It's cobble-stoned which follows the gorge. Today the route is being put to use. The whole area has been under protection since it appears to be an open - air museum of the pre-industrial era. Consequently the water mills and the path are being gradually restored. From the village Exo Vouni one follows the central road NE to the bridge. Then he descends the cobble-stoned path, which goes either deeply down the stream or higher up at the slope. The pathway leads to the village Syneti. A cafe is situated there. One may wish to follow the path which leads from the village to the Syneti Beach.

Lamyra - Strapourgies - Ypsilou - Mesathouri

Distance: 5 Km from Chora to Lamyra

What else one should know: One of the most charming routes in the island. The numerous paved lanes with the stone steps are meandered through the green gardens and the houses and offer one pictures of special beauty. At noon or early in the morning the dancing light on the leaves transforms the landscape magically.

Chora - Paraporti

Distance: 4,5 Km

Time: 90'

What else one should know: A very easy and short route. the longest part of the route is under the tree shadows. Through Chora we follow the central road GK Embirikou street, and at the end of the town we turn left to Livadia. After crossing over the little bridge and before leaving behind horse farm, we turn left following the narrow asphalted road next to the gorge. In our way we meet a bridge, not in use today. At various points vertically to the stream people have placed big stones or cement oblongs used as a passage to the fields. Finally, the road takes us to the mouth of the stream which forms something like a small lake where ducks swim. In order to return to the town, one should walk on the left and north to the steps that end to Kairi square.

Chora - Gialia - Stenies - Apoikia - Pithara

Distance: 8 km

Time: 160'

What else one should know: One of the most beautiful routes in an absolutely green landscape. One arrives at Gialia either, by walking on the central road from Chora for 45' or by any other means of transportation (taxi, bus, etc.). From the sandy beach in about half of the distance where the little river flows, there starts the path. Many forks on the right can lead one to various points of Stenies settlement. In our way among plane-trees, cypresses, olive-trees, lemon-trees and almond-trees one can meet an old pasta factory, Bisti's Tower, the stone bridge of the Lions. The rich natural beauty appears to be completed here by the human artefacts. After the bridge one should go up the asphalted road to Apoikia. Before the village from the central road on the left SW, one can see the sign that points to the beginning of the path to Pithara site. It's a narrow path taking one up to the slope. One fills his eyes with its wild vegetation which sinks little by little to the river. Before reaching the waterfalls with the smooth rocks and the water reflections of the dancing

light under the tall planes, one can distinguish on the left in the ravine a strange tall sypress which grew horizontally as if it wanted to bridge the two sides. This walk lasts about 30'. In Apoikia one can find taverns and can freshen up at the well-known spring Sariza.

Gialia - Piso Gialia

Distance: 2,5 Km

Time: 15'

What else one should know: Piso Gialia is a quiet beach . From Bros Gialia there starts a path that climb up the hill with the church of Agia Fotini on top. Then it slides down to Piso Gialia beach.

Vourkoti - Achla

Distance: 15 Km

Time: 180'

What else one should know: One can find the nearest cafe in Vourkoti. The valley is fertile and the landscape is extremely beautiful. In the way one can find some shaded spots and water. From Vourkoti we follow the path that slides down and gradually sinks in the valley. From the village the path winds to the left - northern side of the valley and takes one to the stream. Then over the bridge to arrive at other, right - southern side. After the bridge one should follow the country road on the roght and south in order to find the Monastery of Agios Nikolaos. From there the path goes down to meet the stream again and in the end to end up in peaceful beach.

Ormos - Rogo - Episkopio

Distance: 4 Km

Time: about 60'

What else one should know: The villages are very beautiful with old houses and narrow lanes. In Episkopio one can see a horizontal paddle - wheel, into the Greece. From Ormo one should follow the coastal road north. Then he turns left at the first fork and finds him self in Rogo village. After wandering in the alleys of the village, one should follow the path to Episkopio, that is, to the left to the stream and then to the right. The route is rather up hill. The traveller meets a spring after Rogo and dovescots. A little outside Episkopio one can visit an old windmill and a stone bridge.

Ormos - Korthi - Aidonia - Mousionas

Distance: 5 Km

Time: 90'

What else one should know: In the villages one can see many castles, important shurches and nicely shaped spring. In the way the hiker haw the chance to walk in shade and drink water. From Ormos he should follow the asphalted road to the left south and take the road to Korthi. From there heading off west gradually meets the villages one after the other.

Ormos - Old Woman's Jump

Distance: 2 Km

Time: 30'

What else one should know: A rock spotted in the blue waters gave its name to the beach. From Ormos one should fol low the road to the North having the sea to one's side, and then after Vintzi, the port, one should turn left and meet the beach on the right.

Old road of Chora - Gavrio

Distance: About 20 Km

Time: about 7 hours

What else one should know: The route is the old paved road that used to unite the villages together and the capital with the port. It starts from Mainites and climbs up the slopes of the mountains passing gradually from Pitrofo, Paleopoli, Batsi. The route from Mainites to Pitrofo is accessible while after leaving the path behind buildings ruins wad and weeds block the way since it has been out of use for many years. There is also the possibility to walk in fog especially in summer. The whole island is embroidered with paths, some of them paved and other graven by the user.

Roads used to unite all the villages of the island together with the fields and the near by beaches. One feels like it he could discover more roads and routes apart from these that are recommended here. The islanders will be more than happy to help by providing useful information and advice. Anyway, a chat with somebody who has walked the route many times can be very useful and enjoyable.

Flavors of Andros

Andros as well as the rest of Greece, each hold their own traditional and local cuisine. *Andros* is famous for a large variety of local dishes. This is the yummy section and one of the most important.

Due to the islands climate and earth, *Andros* is a prime island for agriculture. Each year, the earth brings forth, a bounty of fruits and vegetables. The deep sea surrounding *Andros*, is also a haven for fish and also a fisherman's dreams. In *Andros*, you can find fresh fish as well as other delights from the Aegean Sea.

Here is a sample of the various dishes you can find only in *Andros*.

Frutalia

An omelet with homemade ingredients, including eggs, sliced potatoes, herbs, mainly peppermint, slices of homemade sausage, fried together in "Glina", which is pork fat.

Cheeses of Andros

Volaki

Sun-dried cheese. It is hard and salty.

Kopanisti

Spicy cheese left to melt inside sheepskins.

Armexia or Hloro

Soft cheese, which is unsalted and is eaten freshly made.

Meats & Fish of Andros

Lampriatis

Stuffed lamb usually served on Easter Day. The stuff is made of a variety of cheeses, eggs, herbs-mainly peppermint. The stuffed lamb is roasted and served with potatoes.

Home Meat

The local production of meat (goat, lamb, pork, veal and beef) fully suffices the needs of the island. Since the animals are fed on salty grass and are free to graze around, their meat is exceptionally tasty.

Homemade Sausage

Sausages are made of animal intestines filled with pork meat and fat cut in cubes. They are left to dry and be smoked near a fire.

Fish in Marinade

This is a local recipe. *Andros* women after frying the fish marinated them in vinegar and next floured them to retain their taste.

Hirosfagia

It is the name of the ritual of the pig slaughter. In villages every family breeds and is fed by a pig which is slaughtered sometime between October and December every year. That day, every villager is invited and takes part in the slaughter, the rinsing of the pig and the making of the sausages. It is a day celebrated with eating, singing and dancing.

Wines of Andros

Liasto :

A Traditional *Andros* homemade wine. This wine is produced from grapes grown in the mountainous regions of Sineti, Kohilou and Vouni. The grapes are left under the sun for 10 - 15 days and are then mashed. The wine manufactured this way is usually rose or red and varies from dry to sweet.