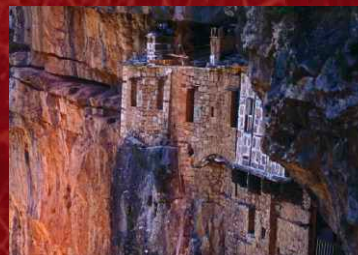
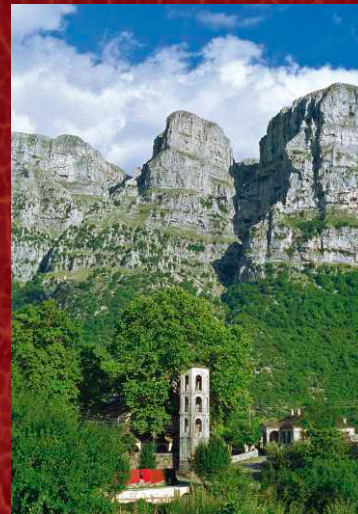




EPIRUS - GREECE

Ioannina

PREFECTURE OF

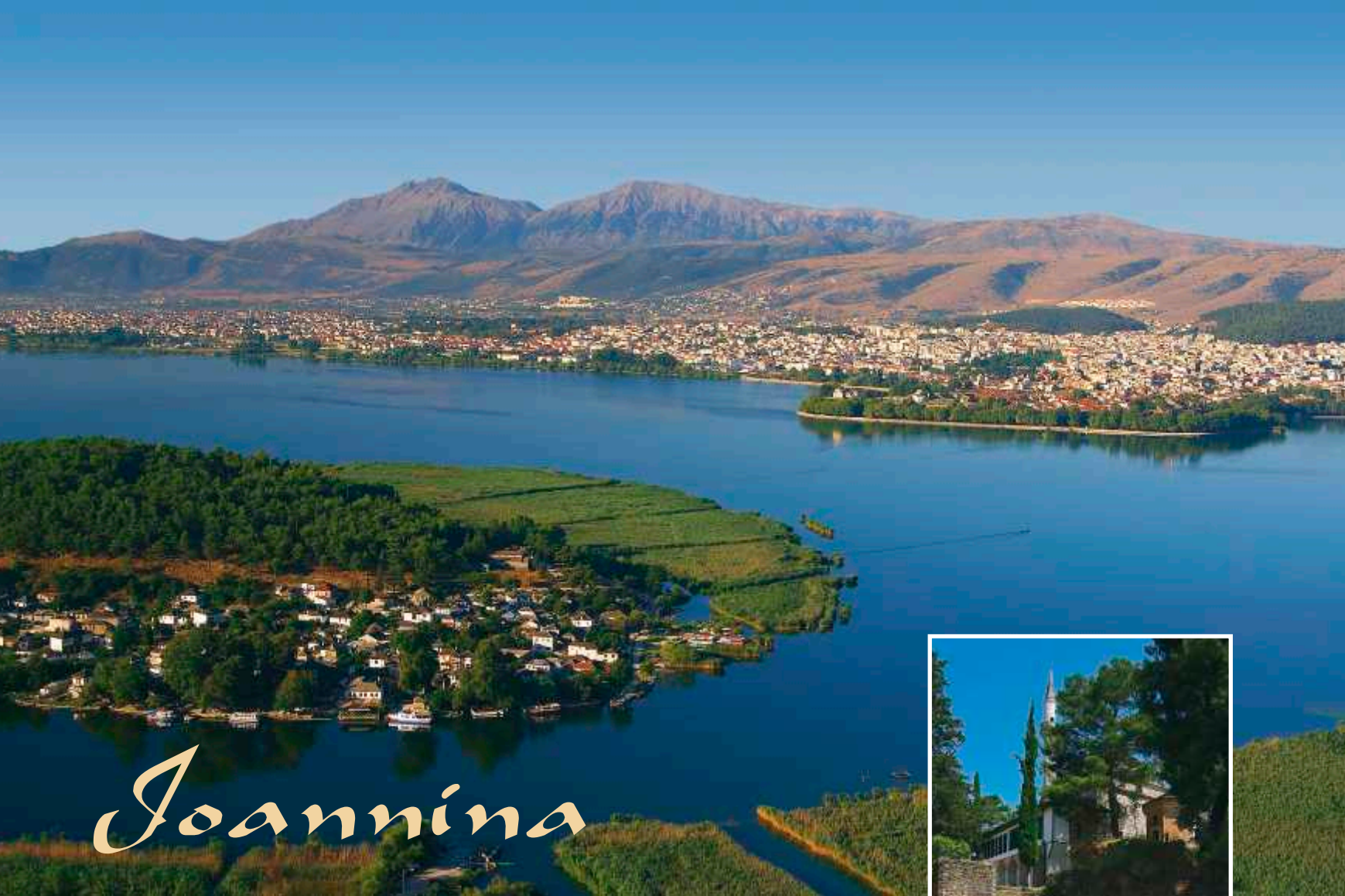


The Ioannina District of Epirus

The district of Ioannina is a breathtakingly beautiful mountainous region on the northwest extremes of Greece where the physical environment and the rich cultural inheritance have remained unaffected by the rapid and often irrational development of the modern age. For lovers of nature the region is a paradise: awe-inspiring mountain ranges with deep ravines carved out by gushing crystal clear streams, rare wild flowers, mountain lakes and wooded hillsides with hidden meadows reminiscent of the Alps combine to create a perfect natural environment that provides an ideal habitat for rare species of animals, birds and aquatic mammals. Together with the delight of its varied natural beauty, the region offers endless opportunities for all kinds of sport to those who seek adventure. At the same time however the area abounds with silent and relaxing havens for those wishing to leave the stresses and pressures of the modern world far behind them. The region is rich with religious and archaeological monuments, which bear physical witness to its bright and fascinating history. The past is also reflected everywhere in the traditional homes, watermills and bridges found all over the region and in the ancient customs and traditional music with which the inhabitants continue to celebrate their way of life.



In ancient times the sacred oracle of Dodonis and the cities of the Molossi prospered here while the monasteries, churches and other places of worship found spread across the region record with masterly murals the ages of Byzantine and Turkish domination. Through these ancient spiritual sites and the rich tapestry of local art, customs and folklore, history and legend are brought together here. A tradition of handing down skills through the generations in the cities' schools and workshops has ensured the survival of unrivalled craftsmanship in both letters and art which continues to develop and blend with modern tastes and habits. The entire region is renowned for the quality of its traditional art; gold and silversmiths, woodcarvers, stone sculptors, weavers and artists all continue to produce exquisite work and continue the deep-rooted creative traditions for which the area is famed. The traditional local cuisine is also characteristic and uses pure fresh ingredients as its foundation. Specially cooked meat, delicious pitas, handmade bread and famous cheeses and wines form the basis of the traditional menu. The district of Ioannina offers an unforgettable holiday experience all year round and invites visitors of all ages to experience its unique natural beauty, rich history and the warm hospitality of its people.



Iuilt at the edges of Lake Pamvotis, Ioannina is a beautiful traditional town that combines in a unique way the historical memories with the reality of a contemporary town. It is the town of legend, tradition and silver makers. In the green waters of the Lake, the legendary tales of Ali-Pasha and Kira-Frosini take life, while in the traditional alleyways of the Castle the memories of Byzantine past and yesterday's history are dominant.



The town is first mentioned in the 9th C as episcopacy yet again others believe that it was founded by Emperor Ioustinianos. In the 13th C it was an important town of Epirus domain and had flourished economically, that situation prevailed over the next centuries. In 1430 the town was surrendered to the Turks under an agreement.

By the end of 19th century, beginning of 20th, the town became the capital centre of Ali Pasha domain, his period of legacy coincides with the biggest economic and cultural flourishing of the area. Treasures of the town's history which appeal to the visitors are its monuments: The Castle, the island's Monasteries with wonderful wall paintings, the Turkish church, old wealthy houses, the Jewish Synagogue.



The Lake



Museum of Pre-Revolutionary Capitals Era.



The Island



Castle

Most of today's castle of Ioannina was built during Turkish rule and within it there are older, Byzantine buildings. Inside the castle there are two acropolis. In the north-east Acropolis the Royal estates of the Byzantine sovereigns were built. Today at the top, Aslan Pasha's mosque dominates (1618).

The Second Acropolis, to the south-east is known as Its-Kale, meaning interior fortress. At the centre and at the place where in the 19th century Ali Pasha serai (residence) was, nowadays one finds the Byzantine Museum and near it, the Fetihe Mosque (1795) and Ali-Pasha's tomb. Inside the castle between the houses of the area is found Sufari Sarai (a riding school of Ali Pasha), the Turkish library, the Jewish synagogue, the ruins of a Byzantine bath, the house of Pasha Kalos (in the castle walls). Evidence of the Byzantine Past are expressed in the so-called tower of Voimoundos in the south-east acropolis and the Tower of Thomas, to the right of the central entrance of the castle.

Ioannina Island

The island of Pamvotis Lake is today one of the most picturesque sites in Ioannina combining natural beauty with rich historical tradition. It was a big religious and monastic centre during late Byzantine times and Turkish occupation, a fact manifested today by the monastery's great artistic and historical value.

Monastery of Philanthropinon

The monastery of Philanthropinon is one of the most important post-Byzantine monuments of Greece. The temple, dedicated in the St. Nikolaos, was built the 1292. The representation of ancient Greek Philosophers (16th C) is of great interest.

Panteleimon Church

The church was founded in the 15th C. Today's temple is a result of restoration done in 19th C. To the south one sees the cell where Ali-Pasha was murdered; here, one finds today the **Museum of Pre-Revolutionary Capitals Era**. Another cell to the north provides a home to the library and minutes of the Island's Monasteries. Other Monasteries that may be visited include **Strati-gopoulou Monastery, Prodromos Monastery, Eleousa Monastery and the Monastery of Metamorphosis of Sotiras**.





Museums

Archaeological Museum

Located in Litharitsa Park at the centre of the town. In its exhibits one sees findings from the greater Epirotic land, such as paleolithic tools, from Kokkinopilos, Asprochaliko, Kastritsa, findings from Dodoni ruins, from ancient habitats and cemeteries of Vitsa, Oracle of Acheron etc. In the Museum's exhibits are included headstones, architectural items, inscriptions as well as an interesting collection of coins coming from many places and periods. (Address is Square of 25th of March.

Tel.: 265 1033357, 265 103 1908, 265 1025490, fax: 265 107 1835).

Byzantine Museum

Located within the Castle, in the great interior Acropolis (Its Kale). Among the collections, findings include excavated objects, sculptures, icons, ceramics, coins etc., originating from different areas of Epirus, dated from Paleochristian Period and up until 19th C. Near the Museum, the so-called 'Treasury' contains an exhibition about Silversmithing, an artisanal craft form that was highly-developed in Epirus. Address : Ioannina Castle tel.: 265 1025989, 265 1039580 Fax: 265 1039349.

Municipal Museum

The Municipal Museum of the town is housed in the Turkish mosque of Aslan Pasha. Valuable traditional costumes and jewellery from different areas of Epirus, works of silver and ceramic art, woodcraft furniture feature amongst its exhibits and cover a period from 18thC till 20thC. In the mentrese (hieratic school) the Rapakousi collection is displayed. (Address : Municipal Museum, Ioannina Castle Tel.: 2656026356).



The Archaeological Museum



The Byzantine Museum



The mosque of Aslan Pasha's



Central Square



The Folk Art Museum



Limnea



Folk Art Museum

The Folk Art Museum was founded under the auspices of the Company of Epirotic Studies. Objects of Epirotic traditional art (weavings, woodcraft, items of silver etc.) items found in churches, objects of domestic use, ceramic art, local costumes etc. are among the precious collections. (Address : Folk Museum, Mich. Aggelos str. 42 tel.: 26560205 15).

Ath. Vrellis Museum

Located near the main entrance of the castle, it is also an important wax museum containing a collection of wax images from the ancient and more recent Hellenic history.

The Museum of Pre-Revolutionary Period.

Located in the island and housed in the cells of St. Panteleimon Monastery where Ali Pasha was murdered in 1822. In its collection are included exhibits from Pre-Revolutionary Period, souvenirs from the Ali-Pasha era (letters, costume of Kira-Vassiliki etc.)

The Museum of National Greek Resistance

Located in the restored mendrese (hieratic school) near Veli-Pasha Mosque opposite the Municipal Cultural Centre.

The Municipal Gallery

Includes important works of Hellenic modern artists and is housed at Pircinella Manor house.

Limnea

A personal collection of shells of Mr N. Pavlidis, "Limnea", is exhibited permanently at the "Hotel Du Lac". The collection is comprised of shells from the lakes, rivers and dry plains of the Epirus mountains.

Cultural activities

Cultural activities take place in the town all year round. At any time of the year visitors to Ioannina can enjoy an interesting range of cultural events and entertainment.

Athletic activities

Ioannina town has modern gyms, an enclosed swimming pool sport complex, football, tennis, basketball grounds etc. In Pamvotis Lake, Panhellenic and Balkan races of sailing, skiing, etc take place. Operating under the marine association, in Limnopoula, there is a school of swimming, rowing, canoe, kayaking etc. There is also an association of hang-gliding fans and a gliding school. The climbing association organizes excursions every Sunday to nearby mountains. In Ioannina there are annual races such as the Epirotic rally, 4x4 races, motor-cross races etc.



Perama

Lekanopedia



" Ioannina Basin"



At the roots of Mitsikeli and all around Pamvotis Lake, encircling the town of Ioannina stretches the basin of Ioannina; within it there are scattered the plain villages. Here in antiquity flourished the towns of Passaron and Tekmon. One of the most important monuments in the area is the well-known geological formation of Perama Cave, the stone built imposing bridge of Papastathis, and the fortresses of Bizani.

Perama Cave



Dourahani Monastery



Monastery of Kastritsa



Perama Cave

One of the most remarkable Greek caves. It is located at the centre of the settlement with the same name. The cave was created 1.400.000 years ago in the interior of Goritsa hill, and discovered accidentally in 1940. Inside its mazy corridors with stalactites and stalagmites compose a dreamlike world of formations. The cave stretches over an area of 14.800 sq. meters. however the tourist walk is 1100m and takes about 45 minutes to see it.

Dourahani Monastery

Dourahani Monastery is opposite the town of Ioannina and at the foothills of Mitsikeli mountain. According to tradition it was built in 1434 by Durahan Pasha, when one winter night, he and his army crossed with the frozen waters of the lake mistaking it for an iced valley. Today the monastery is known for its great social work, as it sponsors schools and a boarding school.

Ligiades

By the slopes of Mitsikeli, Ligiades offers a panoramic view over the settlement and the town. The church of St. Georgios is dated back to the beginning of 20th C., but is built at the site of an older important monastery.

Vassiliki -Tziora Monastery.

Dedicated to St. Nikolaos, is built on the west side of Driskos, near Vasiliki village. Its foundation is placed in Byzantine times but today's appearance of the temple section is due to restoration in 1663. When at the same time religious wall paintings were made.

Papastathis Bridge

One of the biggest bridges of Ioannina. It is a four-arched bridge built in 1746. It joins the banks of the River Arachthos spans the villages of Driskos and Anatoliki.

Krapsi

Today the settlement maintains several of its old wealthy houses. The church of St. Nikolaos is a basilica of great size with wonderful religious wall paintings dated in 1563 a work of Theban painters Fragos and Georgios Kontaris.

Daphnoula-Old settlement of Kontinon

Near Daphnoula is the old settlement of Kontinon with panoramic view of the gorge of the Arachthos River and the town of Ioannina.

Kastritsa-Monastery of Kastritsa

An important nunnery responsible for remarkable social work. Kastritsa monastery is located at the top of a hill bearing the same name, south east of Lake Pamvotis and at the site of the ancient town Tekmon that had already existed on the hill. Its foundation is placed in Byzantine times, today's temple is dated to 17th C.

Cave of Kastritsa

At the western foothills of Kastritsa Hill and in the southeast shores of the lake, excavations that took place in 1966-67, revealed the earliest human settlement in Ioannina basin, dated around 20.000 years ago. Many of these findings are exhibited in the Archaeological Museum of Ioannina.





Bizani

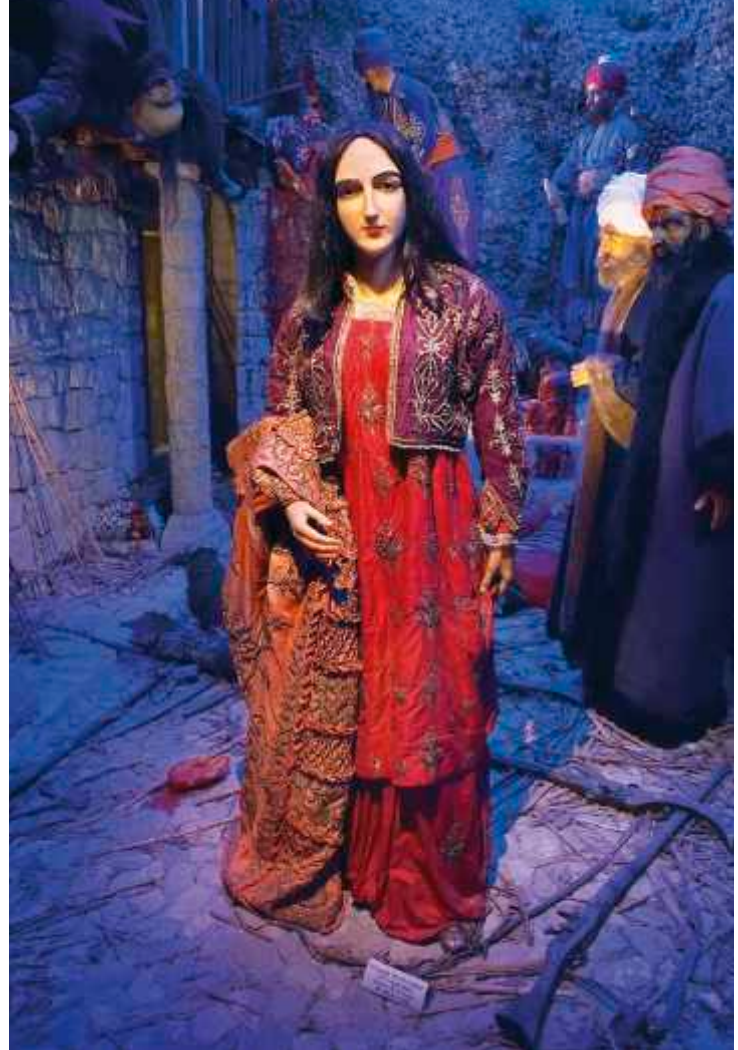
Known in recent Greek history for the intense combats that took place there during the First World War in 1912/13, during which the town of Ioannina was liberated. The fortresses are still saved today. In the area there is a monument for Bizani fighters.

Wax Museum of P. Vrellis

Near Bizani and housed in a building resembling a typical of Epirotic wealthy house; are 150 wax models, life size, representations of figures from recent history in three thematic unities. Pre-revolutionary period (illegal school, foundation of Friendly Company), events of 1821 (Ali-Pasha's death), Second World War (women of Pindos etc.) (tel.: 265 1092 128).

Passarona

It is located in Big Gardiki Hill, near Eleousa, where great polygonal walls are preserved. Passarona was the capital of Molossoi. It must have been founded in the 5th C, B.C. and is connected possibly to reformation efforts of King of Molossoi Tharipas. The town was destroyed in 167 BC. by the Romans.



Activites

Activities take place throughout the area during the year. Some of the most important are the festivities of Carnival in Pamvotis municipality. The area is good for hang-gliding and climbing in Mitsikeli where (above Ligiades) there is an organised refuge.

The event <Arachthos-Youth meeting-Adventure camping> attracts visitors from all over Greece, and takes place every year on the first weekend of July. It is a three-day meeting in Arachthos that includes camping near the river, rafting, trekking, mountain biking, horse riding etc. At the same time music events and theatrical performances are organised.

Zagori



peculiar geographical and cultural unity consisting of 46 traditional villages that are scattered in the east, central and west Zagori. It is geographically located between Ioannina, Metsovo and Konitsa with natural borders mainly Mitsikeli, Gamila and Aoo. The area is a combination of scattered pines and firs, crystal clear waters, traditional stone-made bridges, old manors, beautiful churches and lush vegetation. An area with flora and fauna of the richest in Greece not only in number of species but in rare ones also. Here one meets the bear, deer, wild-goat, jackal and others.

Makrino



Vovoussa



Tsipianis Bridge



East Zagori

Greveniti - Voutsas Monastery

It is nestled in a forested slope, near the banks of the River Vardas, 5km off Greveniti. According to tradition the monastery was built by emperor Konstantinos Pogonatos. The temple is dedicated to Panagia Theotokos, belongs to Agion Oros (Mount Athos) school. Remarkable wall paintings are dated back to 1680.

Vovoussa

One of the biggest vlahohori of Pindos. It experience exceptional growth during late Turkish domination years. It was burnt by the Germans in 1943. The village crosses the Aaos River. A big single arched bridge, built in 1743, joins today the riverbanks and makes communication easier for



Kaberaga Bridge

the people. The bridge is a starting point for kayak-lovers in the Aaos River.

Kaberaga Bridge

It spans the Zagoritikos River, near Miliotades. A single arched bridge, its name is taken from Kaber-Aga; the gentleman who donated he gave the money to built it.

Tsipiani Bridge

A single arched bridge, over the Vardas River. Was constructed in 1875 with funds from Anastasis Paspaliaris and the people of Greveniti.

Makrino -Panagia Monastery

At the edge of the settlement is the monastery of Panagia, built around 1700 with walls painted in 1792 by painters from Kapesovo. The monastery developed important philanthropic and cultural activity during Turkish Occupation.

Flabourari

Nested in a forested slope of Tsouka Rossa Mountain, at a height of 1000m. The old houses of the village were burnt by Germans during Second World War. However the church of St. Nikolaos was saved, a building dated back to 1774. Flaburari attracts, many tourists, since it is on the road that leads to Vovoussa and from there to Grevena, through a landscape of exceptional beauty.

Doliani

One of the prettiest villages of East Zagori, drenched in greenery. Although old manor houses were burnt by Germans, the central church of the village still stands and is dedicated to Panagia Theotokos dating back to 1791. It has wonderful wall paintings and a tower campanile on the east side.

Drakolimni



Monastery of Panagia Spileotissa



Papingo



West Zagori

Aristi - Monastery of Panagia Spileotissa

Dedicated to Virgin Mary the Monastery is built on a rock, over the west bank of Voidomatis River. The temple is dated back to 1665. It was an important monastery with cultural activity in the region of Zagori.

Papingo

A famous traditional settlement, built on the sides of Mt. Astraka (at a height of 2.436m). It consists of two settlements Small and Great Papingo that have kept their traditional appearance unaltered with big manor houses, stone paved streets and springs with crystal clear water. Remarkable are the churches of St. Vlasios and St. Georgios (Great Papingo) and Taxiarches (Small Papingo). Over small Papingo the <towers> of Astraka rise, while near the settlement the visitor sees the <ovires> natural shallow basins with clear water in rocky formations.

Drakolimni

It is the biggest lake of the national park of Vikos-Aoos and is located in the mountains of Timfi at a height of 2.050m.

It stretches to about 5 acres. Here lives the alpine triton, a rare amphibian species.

A magnificent landscape as Mt Astraka (2.436m.) and Mt Gamila (2.497m.) rise high above the lake impressive as they are.

For the visitor to get there, a road leads from Papingo to Astraka refuge, after 3 hours of walking.

From there follow the marked path to Drakolimni (approximately one hour walk).

Central Zagori

Vikos Gorge

Vikos gorge is at the west side of the National Park Vikos-Aoos and crosses West and Central Zagori. Its length reaches approximately 12 km., and the height of steep cliffs exceeds 1200m. in many spots, while its width is around 100 to 1000m. The gorge is water-made formation and is cut through by Vikos River, the water is seasonal.

Flora presents a wide variety of willow trees, sycamores, sphendamos but also flowers and herbs. In earlier days alternative doctors picked up herbs in the area the so- called Vikos-doctors. Skilful walkers can cross the gorge, it takes 5 hours to walk to the Springs of Voidomatis River, in a magnificent landscape, characterised by the grey rocks and the green vegetation.



Kipi - Plakidas Bridge



Dilofo



Vitsa



Monodendri

Monodendri is one of the most well known traditional settlements of Zagori. It is the home of Rizari Brothers benefactors, their foundation is well known all over Greece for its great social work. The great manor houses and churches express the economic prosperity of the citizens during Turkish occupation. Recently restored manor of Pantazis hosts occasional exhibitions, while in the outdoor theatre important theatrical and musical performances take place. Right at the centre of the settlement St. Athanasios church dates back to the beginning of 19th C. The icons of the temple are dedications by the Rizari Brothers. In a small distance from Monodendri is Oxia, well-known for the beautiful view over Vikos gorge, mostly for its stone-forest. There are huge rocky creations with horizontal layers of stone one over the other that form a natural monument of great geological interest.

Monodendri -St.Paraskevi Monastery

It is built at the edge of Vikos gorge. Founded in 1413/14 at the expense of Michael Voevodas Therianos and the people of nearby Vitsa. The tradition mentions that Therianos built the church as an act of thanksgiving for his daughter's saviour suffering from an incurable illness. Wall paintings of the temple are dated back to 15th C.

Monodendri -Church of St. Minas

The cross-domed church of St. Minas is near the square of the village and it was built in the beginning of 17th C. The wall paintings were concluded in two stages. In 1619/20 are dated those of the main church and narthex is dated to 1734. Wood-engraved and gilt-edged temple of the church is dated to 1782.

Vitsa (ancient settlement)

Between Monodendri and Vitsa are located the ruins of a small settlement of Molossi, dated in 9th C. up until the end of 4th C. B.C. Excavations brought into light ruins of stone houses as well as two cemeteries with important findings. (today are exhibited in the Archaeological Museum of Ioannina).

Vitsa (contemporary settlement)

One of the most important traditional settlement in Zagori. Well-maintained stone manor houses, built with grey stone, perfectly fit in the environment, present special architectural interest. Stone-paved streets, churches, house gates, create together with the environment a scenery of outstanding beauty. The inhabitants of Vitsa, already in existence since Byzantine times, <Vizitsini> according to inscription undertook the building of the monastery of St. Paraskevi in Monodendri in 1413/4. St. Nikolaos cross-domed church with later narthex is built at the edge of the village. It is dated according to inscription to 1612. The wall paintings were made in 1618- 19, woodcraft temple of the church is dated to 17th C, and icons are of 17th and 18th C.

Ano Pedina - Church of St. Nikolaos

A church of grate size dated from the beginning of 19th C. Wall paintings, woodcraft temple, rostrum are all of the same era. In the church a gospel with silver cover is kept, a work of Tzimouris, a great silver maker from Kalarites.

Ano Pedina - Evagelistria Church

Important nunnery at the entrance of the village. It is surrounded by high yard- walls and impresses with its fortress-like character. The temple was built in 1793 and religious paintings made in 1809.



Vradeto Stairs



Tsepelovo



Giftokambos



Koukouli - Church of Panagia

It is built at the centre of the settlement and is a basilica of great size with arched loggia (hagiati). The present shape is the result of the second restoration dated to 1788. Wall paintings of 1796 are a work of Lazaros while the north walls were repainted in 1854, by painters from Chionades. Remarkable samples of Epirotic woodcraft are the temple, the rostrum and bishop's seat with nice decoration.

Noutsou Bridge or Kokorou

It was built in 1750 by Noutsos Kontodimos. A big single-arched bridge over Vikos. It is also named Kokorou after the owner of a nearby mill who took care of its repair.

Bridge of Plakidas or Kalogeriko

A great three-arched bridge, that impresses one with its symmetry. It is near the village Kipi and joins Viko's banks. It was built in 1814 by Serafim, a monk in the monastery of Profitis Ilias in Vitsa, under whom it took its name. It was reconstructed in 1865 by Alexis Plakidas from Koukouli.

Vradeto stairs

It is cobble stone pathway down a steep rocky slope that leads to the traditional village of Vradeto, a work of great craftsmanship of Epirotic artisans. In older days it was the only access to the village, that maintains its traditional character. Vradeto is the most mountainous settlement of Zagori built 1340m above Vikos Gorge. From Beloi spot one can enjoy a magnificent view of Vikos Gorge.

Tsepelovo

A well-preserved settlement, at a height of 1.100m height. During Turkish

occupation it was the administrative centre of Zagori. Its manors are famous for the folk wall paintings. Near the square of the village the church of St. Nikolaos impresses the visitor with well-maintained wall paintings works of painters of Kapesovo in 1786. Tower like campanile is dated to 1868.

Tsepelovo-Monastery of St. Ioannis Rogovos

It is built in Tsepelovo village. The contemporary temple is dated to 1749. Wall paintings from 1765 are a work of Kapesovo painters. Among the wall paintings are the presentations of sponsors Kontodima and monk Nikodimos.

Giftokambos

Well known for the meeting of Epirotes Sarakatsani which takes place every year on the first weekend of August. It is near the villages of Skamneli and Laista, at 1600m. In Giftokambos there is the Sarakatsaniki Stani an exhibitional ground from May till October. It is a place with big huts representing the life of Sarakatsani.

Kapesovo

A traditional settlement known for Kapesovo painters (Bogades) who worked in dozens of churches in Epirus during 18th and 19th century. It is also the home of important men like Ioannins Karamesinis his son Alexis Noutsos collaborators of Ali-Pasha and brothers Paschali who built Paschalios School. The great flourishing that Kapesovo experienced during the Turkish domination, is evident in the great manors with folk wall paintings and churches with wonderful paintings. In the centre of the village is Paschaleios School (built in 1861 as the most important educational foundations in Zagori), where one of the four copies of Rigas Fereos chart is kept.



Kapesovo - Church of St. Nikolaos

It was built in 1793, at the expense of Ioanoutsos Karamesinis, an eminent man of Zagori and Ioannina. The church belongs to the type three-aisled-basilica. Wall paintings made at the same time are work of painters from Kapesovo. Among the wall paintings a distinctive one is that of the God blessing St. Nikolaos.

Negades - St. Georgios

A great church, in the centre of the village was built at 1792. Wall paintings made at the same time also. Of interest are the paintings of Aristotle and Platon but also of the church's sponsors. The temple with wonderful woodcraft decoration, the rostrum and bishop's seat are works of creative imagination of Epirotic (taliadoroi) wood-craftsmen.

Vrisohori - Church of St. Charalambos

Built at a height of 940m. Vrisohori is surrounded by forests of conifers and crystal water rivers at the foothills of Gamila. The Germans burnt the settlement in 1943. Very interesting is the church of St. Charalambos in the square of the village, dated back to 1814.

Museum of Agapios Tolis

The folk museum of Agapios Tolis is located in Kipi-Zagori. The collections include local costumes, furniture, domestic items, photographic material and others from Zagori that have been gathered by Agapios Tolis himself in an effort to save hellenic heritage in Zagori.

Elati

The Elati is situated on the wooded southern slopes of Mitsikeli, a 960 metre mountain 30 kilometres from Ioannina. The old village was burned down by the Germans in 1943. The climate is fresh and healthy and the view towards the forest and mountain of Timfi is breathtaking. The church of Saint George (1806) is nearby and well worth a visit. Visitors can follow

the small paths and tracks in the area and find natural springs and the stone bridges of the village.

Dikorfo

The village is built at an altitude of 1000 metres and is situated 42 kilometres from Ioannina. It is known to have been a human settlement since 1431 and its long history is reflected in the stone mansions, the library, the cobbled streets and the large stones and garden entrances that link the houses. The church of Saint Mina (1770) is found in the large central square. Single cobbled tracks offer easy access to the monastery of Stoupainas (1440) and the bridge of Captain Arkouda

Museum K. Lazaridis

In Koukouli it is worth visiting the museum of K. Lazaridis where 2.500 dried species of herbs and plants from the area, many of which are known for their healing nature are exhibited. (tel.: 265305 1398).

Pantazi's Manor House

At Rizarios Centre of Meetings and Exhibitions in Monodendri occasional photographic exhibitions are hosted. In Papingo a centre for nature (W.W.F.) is open to the public.

Activities

Various river activities (canoe-kayaking, rafting and more. In Aspraggelos shooting galley, Panhellenic shooting games take place. In the same small settlement there is a centre of hang-gliding. Near Kato-Pedina there is a brewery of ostrich- birds a place of attraction for visitors. The area has an organised mountain refuge near Astraka (at 1950m). Signs along pathways attract visitors to walk in an environment with small lakes, forests of oak trees and sub-alpine scenery.





Mastorochovia Konitsa



uilt on the green slopes of Trapezitsa at a height of 630m it is a border town with its own dynamic features; old manors, stone paved streets next to Aaos Gorge where the famous single arched bridge is built. North of Konitsa one meets Pirsogianni and Vourbiani homes of artisans; people here worked for centuries with stone, building monasteries, manors and bridges all over Greece. Spa steaming springs of Amarantos and sulphur spas of Kavasila are well known for their healing nature.

Konitsa Bridge



Konitsa Bridge

It is located next to Konitsa settlement and spans Aaos Gorge. It was built in 1870 by Chief artisan Ziogas Frontzos, who came from Pirsogianni (famous village for artisans) with donations from rich Epirots and people of Konitsa.

Manor of Housein Sisko

It is at the centre of the old town of Konitsa and remains one of the most representative examples of urban architecture. The manor, as it is today, is dated back to 1845, but it is well known that it was built in 1771.

Hamko's Manor

The deserted manor of Hamko, mother of Ali-Pasha of Ioannina. It is about a number of buildings resembling a fortress expressing its importance. In a better state is the two-storey-tower (Koulia) and arched columns with stone-curved decoration.

Klidi

It is a rock shelter at a height of 30m. above the banks of Voidomatis River, well-known for the findings of pre-historic times that excavations brought into light. Human presence in Klidi is dated 16.000- 10.000 years ago and is due to exploitation of the favourable ecosystem of the area. The stone tools that were revealed are made of pyrites stone coming from Voidomatis River.

Stomio Monastery

The name of the monastery is taken by the small opening, that is <stomio>, in Greek, of the Aaos Gorge River. The Monastery was built in 1774, but it was ignited during Second World War by Germans. It is today a refuge point of climbers and starting point for climbing to Gamila and Drakon-Lakes.

Konitsa - Stomio Monastery



Kokkini Panagia

Dedicated to Zoodohos Pigi, it is located at a small distance from Konitsa. The church takes its name from the red colour of bricks with which it is built. It is dated to the end of 13th C- beginning of 14th C. Great interest present the wall paintings of 14th C., in the church's sanctum.

Dopolitsa Bridge

One more single arched bridge (1906) near Konitsa, over the Dopolitsa confluent of Aaos River.

Liatovouni

Liatovouni rises high at the centre of Konitsa's valley, near the junction of Voidomatis and Aaos Rivers. It is a significant site, at which an extended cemetery was discovered with worthy findings that are dated back to the first era of the Iron Age till the classical times.

The cemetery belonged to an unknown, till today, Molossos settlement (Molossoi was one of the most important genders in the area of central and west Pindos). The findings (weapons, vases, jewellery and more) from the cemetery are today exhibited in the Archaeological Museum of Ioannina.

Klidonia (old settlement)

It is located at the plateau Timfi (Gamila) at a height of 500m and is split off from Zagori by the famous Vikos Gorge. The view is magnificent from here. From this spot one sees the top of the mountains around it and the valley of Konitsa crossed by Voidomatis and Aaos Rivers.

A great number of churches and monasteries are still standing today, like the churches of St. Athanasios and St. Nikolaos and the monasteries of St. Apostoli and St. Anargiri. The monastery of Metamorphosis was built even earlier, according to tradition it was built by Emperor Konstantinos Pogonatos.

Klidoniavista Bridge



Klidoniavista Bridge

It takes its name by the neighbouring village of Klidonia and joins Voidomatis River banks. It is a single-arched bridge built at the entrance of the Gorge of Vikos built in 1853.

Molivoskepasto

A Picturesque village =, built on a slope of a green hill, with a view over the Aaos and Greek Albanian borders. It is mentioned in Byzantine writings with the name Dpalitsa.

From that distant time the church of St. Dimitrios has been preserved. The churches of St. Sozonta, Zoodohos Pigi and St. Apostoli witnessed the growth that the village experienced during Turkish occupation.

St. Apostoli Church

A parish church of great size that took its contemporary appearance in 1537 and wall painted in 1645. Yet again the church of St.Apostoli is mentioned already in 1298 as the place of Pogoniani Head of Church.

Molivoskepasto Monastery

An important Byzantine monastery found near Greek-Albanian borders, at the junction of Voidomatis and Aaos Rivers. According to tradition its founding is due to Emperor Konstantinos Pogonatos.

The monastery takes its name from (molivos) lead-leaves that covered the roof of the temple. The wall paintings are dated back to 16th C. The Monastery attracts many visitors who come as pilgrims to worship the miraculous icon of Virgin Mary.

Konitsa



Kastanea



Aidonohori -Goura Monastery

It was built possibly in 16th C. at the top of a big rock (gur in Albanian means rock) it took its name after it. It was set fire by Turks around 1829 and in its place it was built the contemporary church in mid- 19th C.

Amarantos

The steam baths of Amarantos at a height of 1260m. are regarded as unique all over Greece. In the area of Konitsa other spa springs exist, like the sulphur waters of Kavasila and Pixaria.

Plagia - Monastery of Zerma

The Monastery of Zerma is found at the slopes of Grammos. It had already been mentioned in 1618, but it was restored according to inscription in 1656, the same time the wall paintings are dated. Impressive is the entrance of the church with the inscription and the beautiful stone carved decoration.

Bourazani

In the midst of lush vegetation, Bourazani is an idyllic area near Aaos banks. It is a recreational site where the visitor can taste delicious dishes (deer, wild pig etc.) Here one finds a centre for environmental education and a water-mill, a water-driven monument .



Rafting in Aaos



Pirsogiani



Vasilitsa Ski Resort



Mastorohoria (Pisrogiani-Vourbiani)

Famous for its artisans who for years engraved stone and built churches, bridges and manors all over Greece. In Pirsogiani is the church of St. Nikolaos which is dated to 18th c. is quite significant.

Molista, Gannadio, Kastaniani

Built on the green slopes of Smolikas, they consist a number of dwellings of most beauty. Natural beauty is combined with stone paved streets, stone houses and churches from 18th, 19th C with stone campaniles.

Chioniades

A famous settlement of local painters. Painters from Chioniades dominated the 19th C. and beginning of 20th C. in religious painting of churches and manors in Epirus and Western Macedonia.

National Park of Vikos - Aaos - Aaos Gorge

South East of Konitsa in northwest Pindus between Timfi and Smolikas the Gorge of Aaos, is a part of the National Gorge of Vikos-Aaos. The access to the Gorge is through a path near the old single-arched bridge, at the edge of Konitsa. The area is characterised by changes in scenery, intense contrasts, where the steep gorges and calm mountain slopes are found one next to another.

In the National Gorge of Vikos-Aaos find shelter the most rare birds and animals like the bear, the wolf, the jackal, wild goat and the most rare species of Greek fauna. The species of amphibians that have been recorded here exceed ten, remarkable is the Alpine Triton (Tritus Alpestris), with habitat the Drakolimni. The Gorge offers to the visitors unique chances for canoe-Kayaking (Aaos), climbing (Astraka top), climbing and walking along easy paths where one can observe nature.

Activities

Evathlos is one of the most important athletic events in the area. They are races of adventurous athletic games with international participation, taking place each year in the last week of May. It includes rafting races, canoe-kayaking, climbing etc. On the other hand musical happenings take place at the side of the river. Above Konitsa it operates a school of hang-sliding, the visitor can fly with para-pente or a mountain parachute. In Vasilitsa there is a modern ski centre, at 1300m.

Besides rafting and canoe-kayaking in the rivers of the area, many are the possibilities for climbing in near mountains. One of the best routes is that leading from Konitsa to Trapezitsa (2022m) and Roidovouni (1977m). The brave ones can follow the route from Konitsa bridge to Stomio Monastery, Kartero passage, Skanneli Zagori. The route is through Aaos Gorge, through a forest of conifer trees and it takes 10 hours to cross it. Among the most modest activities are trout fishing in Voidomatis or Aaos (outside the borders of the National Gorge and the walks in the park of environmental education in Bourazani).

In the old town of Konitsa there is a photographic exhibition of the history of the town and of the surrounding area. Also of interest to the visitor are the collections of local art such as the Local Art Museums of Konitsa and Pades, the Museum of Natural History and Local Art at Mazi and many others.



Metsovo

Metsovo, a cattle-raising settlement initially, became in time an important commercial centre, exploiting its geographical place and historical events. It is a representative example of resistance to the abandonment of the Greek countryside. It is built amphitheatrically in one of the mountain slopes of Pindos (1160m height). It attracts visitors with its wealth, the diversity of the scenery and the way of life the people lead and experienced.



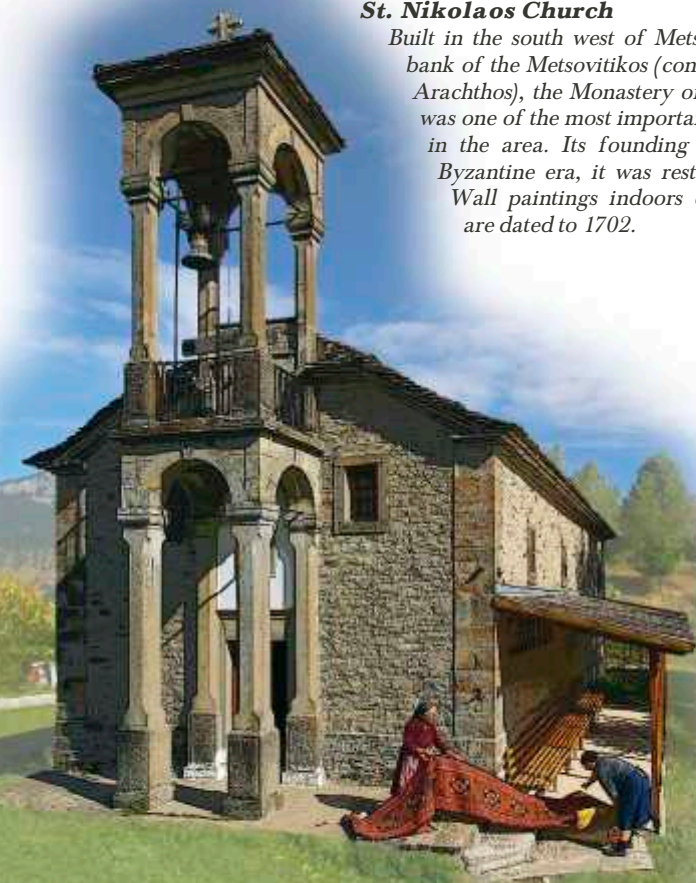


Metsovo

Metsovo already existed in late-Byzantine time, since it is mentioned in the <Chronicle of Ioannina>, however, exceptional growth during Turkish occupation, due to administrative autonomy allowed to the people by the Turks, especially for the protection of passage of Zigos (passage from Epirus to Thessaly). From Metsovo come many of national benefactors like M. Tositsas, G. Hatzikostas, Stournaris and more, who undertook the erection of buildings and social welfare foundations in Ioannina and Athens.

St. Nikolaos Church

Built in the south west of Metsovo, near the bank of the Metsovitikos (confluent river to Arachthos), the Monastery of St. Nikolaos, was one of the most important monasteries in the area. Its founding goes back to Byzantine era, it was restored in 1700. Wall paintings indoors of the temple are dated to 1702.



Church of St. Paraskevi

At the centre of Metsovo, stands one of the most important churches. Many precious findings are kept in this church, donations of wealthy Metsovian people living in Russia and Egypt.

Panagia Church

The Monastery is at the edge of Metsovo settlement. The temple is dedicated to the Virgin Mary, built in 1754 and painted around the same time. Near the monastery there is a traditional water mill restored recently; it is a water- driven monument

Vallia Kalda

The National Park of Valia Kalda (warm valley) one of the most important in Greece, is included in the list of the world's most endangered areas requiring protection. It is one of the most significant nature areas in Europe, providing shelter for over 80 species of birds, such as the golden eagle, water blackbird, gold-hawk, black wood-pecker and some of the rarest mammals such as the brown bear, wild goat, wildcat, vidra, all threatened with extinction. The flora here is one of the richest in all of Greece. Within the Park, grow many black pinus and robolo (white pine), many of which exceed 700 years of age.

Chrisovitsa - Panagia Church

The church of Panagia is known for the religious icon of Panagia Chrisovitsa (it is devoted to Evagelist Loukas), a work possibly of 16thC. The church was earlier a temple monastery that, according to tradition, was built in Byzantine times.

Anthohori - Monastery of Zoodohos Pigi

Located at Kokkino Lithari. This monastery was founded in 18th C and has wall paintings dating from from the 19th C.

Profitis Elias



Vallia Kalda



Metsovo Ski Resort



Politsies

A small plateau, with forests of firs and beech trees, near Metsovo. The alpine scenery of the area in combination with the man-made lake of Aaos provides an ideal spot for recreation recreation.

Metsovo - Tositsa Manor.

Tositsa manor houses a museum and Foundation of the same name. Traditional Metsovian weaving, quilted costumes, important late-Byzantine icons are exhibited in the rooms of the manor. (tel.: 265604 1084).

Metsovo - Art Gallery

Founded with care by the Evagelos Averof Foundation and including works of important Greek artists from the 19th and 20th C., such as Litras, Gizis, Parthenis, Moralis, Hatzikiriakos- Gikas, and more (tel.: 265604 12 10).



Ostrakopama

A personal collection of shells of Mr N Pavlidi that is exhibited permanently at trade centre Diaselo. The collection contains around 100 different types of shells from all the oceans of the world. The exhibition is open to the public every weekday apart from Monday.

Activities

The area is a popular destination with tourists throughout the year. In a short distance from Metsovo are two well-equipped ski centres; Prophet Elias and Foundation of Baron Michael Tositsas. The former has five ski areas of 700m and 1000m, degree of difficulty is moderate, with lift, restaurant etc. The latter has two ski areas of 1000m and 1200m.

The climbing resort of Mavrovouni at the place of Pante-Laki (height 1950m) is an ideal base for excursions to the National Park of Vallia Kalda and the Drakon Lakes. It is a traditional building with capacity to accommodate 30 people. The internationally marked path E6 crosses the Park, while in the area there are more walking paths, signed (P1,P3 and more) offering the visitor a variety of routes.

In the first weekend of July, the "Vlahi Meeting" takes place in Metsovo, while on the last weekend of the same month the "Pihtios Walk", is organised which includes walks in the mountain and over-night stays on the mountain, at 2000m height, in Mavrovouni, with singing and dancing around campfires.

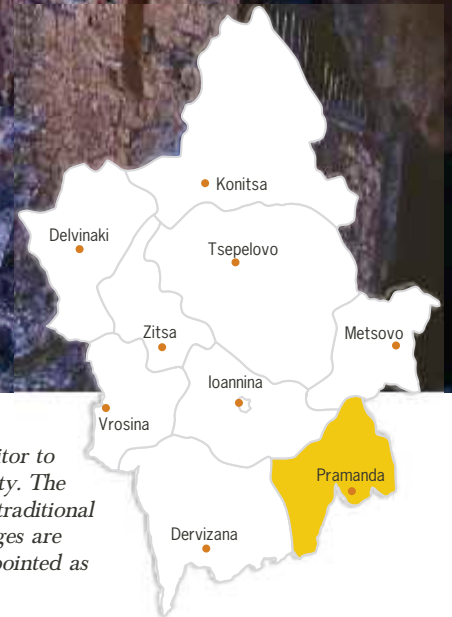
There are many traditional festivals in the area such as that on Prophet Elias, at a height of 1400m., of St. Paraskevi, in Metsovo and Anilio such as the "night of cattle-breeders" festival during which the best animals of the village are adjudged and awarded.



Monastery of Kipina

Katsanochoria *Tsoumerka*

Talking through the mountains and gorges around Arachthos River, four stone bridges help the visitor to reach Tsoumerka village and to be conquered by its evergreen natural beauty and human creativity. The Gorges of Arachthos and Kalaritikos, the rich eco-system of the area, stone bridges, monasteries, traditional settlements of Sirrako, Kalarites and Pramanta (thriving centre of the area), and many small villages are elements that impress and attract the visitor. Fans of rivers and mountain-sports will not be disappointed as there are many possibilities for adventures in kayaking, rafting, climbing and revelling in nature's glory.



Sirrako



Pramanta



Kalarites

Pramanta

Built amphitheatrically on the slopes of Mt. Strogoula (840 m. height) this is one of the most well known artisanal villages in Tzoumerka. Near the settlement there is the Anemotripa Cave, where stalagmites and stalagmites create a magical world. The waterfalls 'Kamili' and 'Vasilis', watermill and gorge of St. Athanasios are the most remarkable sights in the area.

The monastery of St. Paraskevi near the road to Pramanta and Melissourgí, is well known for the reason that in 1908-1912 it was the home of known chieftain of Epirus, Ioannis Poutetsis. Its foundation was by the monk Dionisios and dated possibly to 1878.

Sirrako - Kalarites

Sirrako and Kalarites are two of the prettiest and most important settlements of Ioannina prefecture. Built on the remote slopes of Mt. Tzoumerka, they impress with their architectural variety, and perfectly fit the environment and land morphology. Although the settlements were abandoned, the multi storey-manor houses, the stone springs, gorgeous churches, snaking, stone-paved streets, impress the visitor with the settlement's past history.

People of Sirrako and Kalarites had created commercial firms in big European towns like Livorno, and Triest, already by mid-17th C, since the two villages were centres for exporting products of nearby villages but also Thessaly. Kalaritians were also known for the art of silver-making. Many of them like Tzimouris and Bafas worked on Ionian islands after the village was destroyed in 1881. Sirrako was home of I. Kolettis, G. Zalokostas, and K. Kristallis.

Kalarites - Monastery of Kipina

Built in a long cave stretching over a steep slope, over the Kalariotikos, a stream of Arachthos the monastery is perfectly fitted to the rocky environment. From here the visitors can take a glimpse over the peak of Tzoumerka (Athamanika Mountains), where it is believed that ancient Athamanes lived. The monastery is dated to 18th C, yet tradition mentions its founding in Byzantine time.



Tsouka Monastery



Potistika



Plaka Bridge



Elliniko - Tsouka Monastery

The monastery is built at the top of the hill near the village Elliniko. It was founded according to tradition in 1190 by Emperor Isaakios B' Aggelos (1185-1195). Yet today's appearance is due to how it was built possibly in 18th C. Wall paintings are dated in 1779. The Monastery of Tsouka is well-known in the area of Ioannina and also an important pilgrimage destination. In the backyard, the view over the Arachthos River is magnificent. The gorge is a place of special natural beauty.

Plaka Bridge

A big single-arch bridge (length 40m. and height 20m.) that impresses with its symmetry. It spans the Arachthos River and eases communication of villages built on the slopes of Tzoumerka. It was built in 1866. The bridge of Plaka is today a starting point for impressive routes for rafting or canoeing in the Arachthos River.

Matsouki - Monastery of Viliza

The Monastery of Viliza is built on the slopes of Mt. Tzoumerka, between the village of Kalarites and Matsouki. The temple is dedicated to Theotokos Virgin Mary, and restored in 1783. The interior is decorated with wall paintings made in 1797. Apart from the temple today the complex of cells and smaller church of Prodomos is well preserved.

Raftanei - Monastery of Plaka

Plaka monastery is located on the east bank of Arachthos River, near the old bridge with same name and a small distance from Raftanei Village. The interior is decorated with wall paintings dated back to 17th C. The temple is wood crafted and overlaid with gilt.

Activities

The area is suitable for climbing in the mountains of Tzoumerka. Route from Matsouki to Viliza and Kalarites is impressive (signposted, it takes 2 hours), one of the most impressive. Those who dare can follow the walk from Matsouki to the top of Strogoula, at a height of 2.429m. (without signs, it takes four hours). The mountain refuge at 'Tsioma' site has a capacity to host 40 people. Xerovouni slopes are offered for sliding while Arachthos River for kayaking or rafting (Plaka bridge is a junction point for breathtaking routes along the river). The area also offers a riding club in Lazaina.



Anemotripa Cave

Pogoni

Pogoni is a number of villages in the north west of Ioannina prefecture, bordering the Greek Albanian border. It is an area of special character due to its geography, an important passage to Iliria, since ancient times. In contrast to other areas of Epirus, Pogoni was not a favourable area during Turkish domination. Social turmoil and the migration of Pogoni's indigenous population are strongly expressed in its distinct musical tradition.



Kato Meropi



Dolo - St. Nikolaos



Pogoniani



Pogoniani - St. Nikolaos

Great, three-aisled Basilika of 1873, with three edges coming out to the east side and built-in elements of urban architecture. Well-known Epirotes benefactor Zosimades contributed to its construction. Interesting is the more recent, wood-carved temple.

Pogoniani - Folk Museum of Pogoni-Deropolis

In the collections here are included items of everyday life, agricultural tools, costumes, woodworks, needle-works and wood-crafts of the villagers of the greater area of Pogoni and Deropolis (Address. Pogoniani P C. 44005, tel.: 2657031230).

Gormos Valley

Excavation research in the south west of the river-side valley of Gormos (near Meropi) discovered various places with buried tombs and settlement ruins dated to the Late Copper Age until Hellenic times and express the significant role of the area in antiquity. Important findings from these tombs are today exhibited in the Archaeological Museum of Ioannina. The area has been characterised as having exceptional natural beauty and has been included in NATURA network.

Vissani

This important settlement was developed during the Turkish domination. It still possesses much of its traditional architecture. The boarding school,

the Hellenic School and great church of St.Nikolaos of 18th C. (wall paintings of same time) express still today the economic and spiritual growth of the past.

Vissani - Monastery of Avel

From the most important monasteries of Pogoni, its name is taken by Avelis, the owner and restorer. The temple, one-aisle basilica with dome was built and painted in 1770. Wall paintings are in a good state, work of painters from Chionades-Konitsa.

Dolo

Traditional settlement near the Gorge of Kouvaras. Characteristic is the parish church of St. Nikolaos with great loggia (roofed veranda) and inclusive bell -tower on the south side.

Kato Meropi - Panagia

A church with exceptional interest due to wall paintings made in end of 15th C by painter Xenos Digenis. Digenis, was a remarkable painter, forerunner of a painting style that prevailed in Epirus during 16th C.

Kato Meropi - Monastery of Ioannis Prodromos

The monastery was built in 1614 by Nikolaos Logothetis, a wealthy man locally-born, living in Vlahia. The wall paintings from the same period are also of the temple. The monastery was rich and received grants by Russian imperial Fund, other monasteries in Epirus also benefited.

The Folk Museum of Pogoni



Doliana - Panagias Church



Vissani St. Nikolaos



Delvinaki

Administrative centre of Pogoni territory with remarkable traditional manor houses. At the centre of a small town the parish church dedicated to Panagia Theotokos, and was built in 1619 and restored in 1830.

Lavdani-Monastery of Makrialexi

According to tradition, which was not affirmed historically, the monastery was built by Emperor Konstantinos Pogonatos and restored by Makrialexis, and subsequently named after him. Today's building is dated to 1585. Wall paintings are dated in 1599.

Kouvaras Gorge

This gorge was created by the homonymous river. Natural beauties of the gorge, rich vegetation and changes of scenery are combined with architectural interest of surrounding villages.

Zaravina Lake or Delvinaki Lake

Located on the road that leads to Delvinaki. The ecosystem of the lake is rich and is a habitat for birds and plants, many of which are rare, like the vidra.

Water-driven Monuments

Preserved monuments have been characterised water-mills and water-'laundrettes' found in Palaiopirgos and Oraiokastros. Water driven monuments provide important information on the way of life of the people in past ages.

Paleopirgos

Special interest here includes geological formations (known to locals as 'fonts'), that are due to land corrosion by the waters of Gormos River.

Activities

The area offers climbing in the mountain Nemertika (height of 2.209m) and walks in wild virgin nature. There are no marked paths, but there are many walks that one can follow with or without a guide. The most well-known are Kouvaras and the Gormos valley. During the first ten-days of August the municipality of Delvinaki organises a polyphonic folk-song festival, an important event for the area.

There are also many other festivals taking place during summer months. Festivals have a local character and here, the musical and dance tradition of the area comes to life, with its own special character. In Pogoniani there is a Folk museum, with interesting collections of everyday life objects, from the people of Pogoni and Deropolis.

Dolo





Zitsa Valley of Ano-Kalamas

Zitsa is built near the foothills of Prophet Elias and is surrounded by famous vineyards famous all over Ioannina. It underwent economic growth and flourished during the Turkish domination. The church of St. Nikolaos at the centre of the settlement was built in 1890. Each year, in the last week of August the wine festival is organised in Zitsa, near the monastery of Prophet Elias, where visitors may enjoy local famous wines.

Pateron Monastery



Zitsa - Prophetis Elias Monastery

One of the area's most famous monasteries. Lord Vironas was given a roof here in 1809, travelling from Ioannina to Tepeleni. Witnesses tell of the existence of the monastery since 1647 and connect it with foundation of St. Ioannis monastery in Voukouresti. The temple is dated possibly in 1636. Wall paintings were decorated in 1657/8 and present special interest includes the wood-carved temple.

Lithino - Pateres Monastery

Founded in 16thC and dedicated to Panagia Theotokos, it is found opposite the village of Lithino. It was one of the most important and richest monasteries in Epirus, due to grants of Vlahia sovereigns. Two high walls surround the now deserted cells and the temple built in 1631/12. Of the same time are dated the wood-carved temple and several of the churches icons.

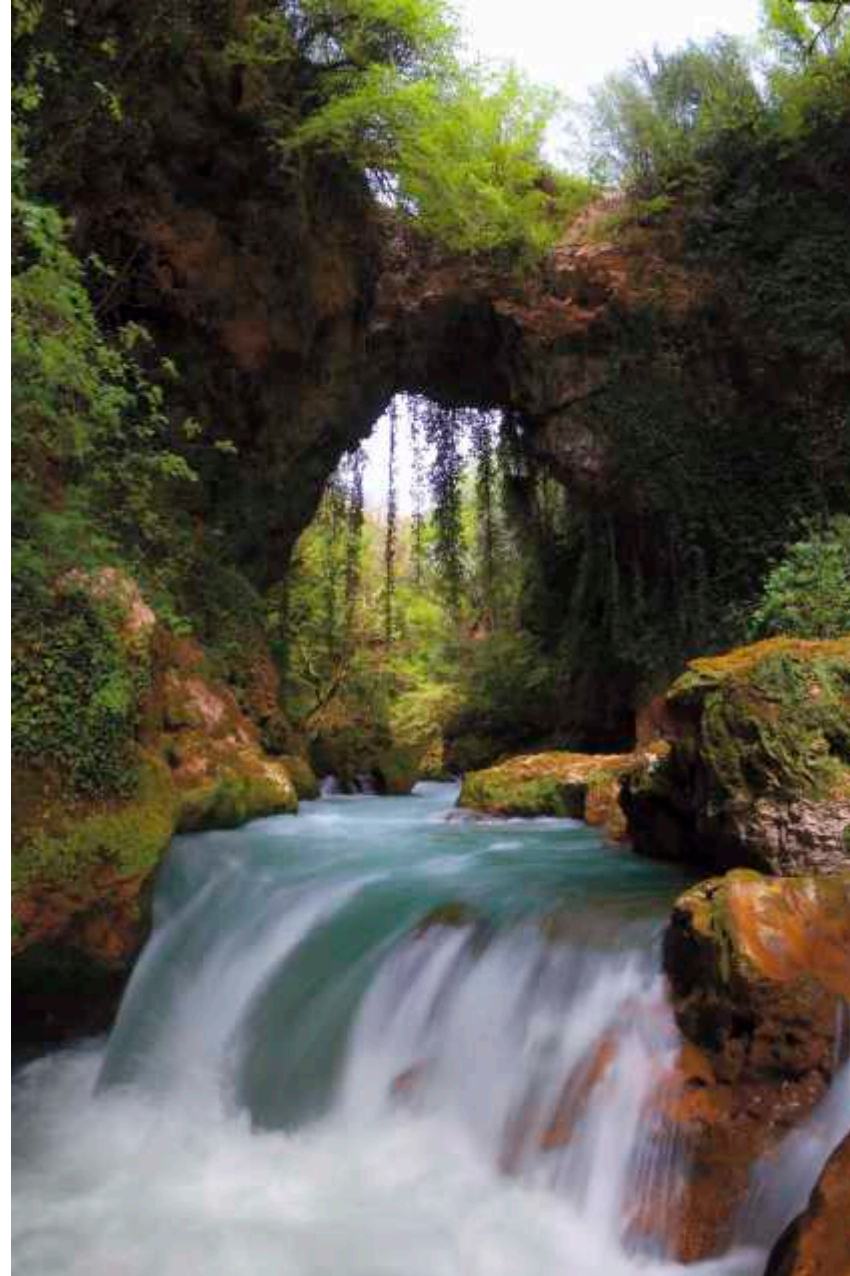
Lithino - Theogefiro (God's-Bridge)

This natural bridge over Kalamas River made communication for local people easier, until recent times. It is actually a rock connecting two sides of the river that nature gave the shape of a bridge. Folk tradition has connected it with many legends and gave it the name God's bridge. Under God's bridge flow clear waters of Kalamas. The area again is magnificent and very green.

Parakalamos - Sosinou Monastery

Dedicated to Panagia, Theotokos Sosinos monastery was founded back in late Byzantine years. Temple of the athonitikos type is dated in 1598. It is decorated with wall paintings of 1601/2 and of 1838. The monastery has

Lithino - Theogefiro



Sosinou Monastery



Prophetis Elias Monastery



Kalpaki -War Museum



great property, a rich library and many heirlooms. Also between 17th C and 18th C, a school was operating here with distinguished teachers.

Ieromnimi - Panagia Kakavitsa

A barrel-vaulted church of 19th C. Wall paintings are from the beginning of 20th C and are the work of painter V.Filis who also decorated the adjacent church of St. Triada.

Kalpaki - Vellas

Vellas monastery is built near the springs of Kalamas River, 2km away from Kalpaki. Its foundation is dated in 11th C, while its name is taken by the Byzantine town of same name, located on a hill known today as 'Paliovella'. The temple, is dated in 1745 and the interior is decorated with paintings from the same period.

In 1911 a Seminary (religious school) was founded there and remained open until 1977. Today in Vella, a Higher Hieratic School and Lyceum are operating.

Water-driven Monuments

The area has several water-driven monuments, such as water-mills in Kouklii, in Ieromnimi and Sitaria that have been preserved and have been restored. Near Kalpaki, in a green environment of shadowy sycamores and crystal clear waters there are also water laundrettes that are still today working.

Kalpaki - War Museum

It includes exhibits relevant to Greek Italian war, of 1940. In the premises of the small museum are exhibited army costumes, weapons, arms, publications, charts and other material relevant to the intense fighting that took place here during the Greek-Italian war.

Activities

One of the most important festivities in the area of Zitsa is the wine festival; it takes place each year in the first fortnight of August, in the place of Prophetis Elias monastery. This festival includes also many artistic and athletic happenings taking place in the surrounding villages.

The area has many landscapes of special interest alongside Kalamas River. One of the most beautiful walks is that from Katarraktis village till Lithino and God's-bridge through an idyllic landscape with rich vegetation and clear waters.

For the visitor the festivals will remain unforgettable since the area has the best folk instrument players, (especially the ones who come from Parakalamos).



Dodoni

Dodoni *Laka Souli*

Northeast of Ioannina and at a distance of 22 km. is one of Greece's most ancient Sanctuaries, Dodoni. The landscape has exceptional beauty and in combination with mythology (Hades Gates), historical memory (Souli), paths of Souliotes, the remarkable Byzantine churches and monasteries, (Panagia Monastery in Sistrouni, Monastery of Sotiros in Romanos, Monastery of Panagia in Achladea), are full of religious wall paintings and woodcarved temples, offer the visitor exceptional experiences for nature worship walkers.



Acheron River (Hades Gates)



Sistrouni - Panagias Monastery



Castle of Pente Pigadia



Dodoni Sanctuary

The origins of the sanctuary, known for its historical reputation, go back to Copper Age (2600-1200BC.) Initially the sanctuary was outdoor and in it was worshipped the Great Goddess, deity of land fertility and welfare, who later was replaced by the worship of Dodoneos Dias. The priests said oracles listening to the sounds of tripods around Figos 'the holy oak tree' of Dias. To honour Dias the 'Naia' were organised famous Hellenic races. In the 14th C., the first temple started being build the 'Holy Oikia'.

Yet it was restored radically in 3rd C. under Pirros's royalty. It was then that Pritaneion, Vouleftirion and the Theatre one of the largest ancient theatres (17.000 seats) were built. The sanctuary was destroyed in 219 BC. by Etoli and later in 167 BC by the Romans.

Kostaniani - Taxiarches Church

Taxiarches church is an important Byzantine monument and is dated at the end of 13C. It belongs to the type of three-aisled cross roofed church with impressive decoration on the external surfaces made with mud bricks. Interior is decorated with wall paintings of the same period. In the church there were icons of the 17th, 18th C, that are today exhibited in the Byzantine museum of Ioannina.

Achladea (Toskesi) Kimisis tis Theotokou Monastery

The monastery of Kimisis is built at the foothills of mountain Olitsika,

2km north of the settlement. In the past it had a great fortune and supported the village's school. The temple is dated in 1772. Wall paintings were made in 1810 by the painter and priest Konstantinos and his sons Ioannis and Christodoulos from Karitiani.

Achladea - Church of Panagia Labovithra

The church of Labovithra was the temple of a monastery. The date of building is not known but the architectural details confirm the tradition that it is a Byzantine building possibly of 13th C. The wall paintings are dated in the 17th C.

Alepohori - Botsari - Kimisis tis Theotokou Church

The wall religious paintings were made in 1784. The church of Kimiseos was built in 1764 by the priest and monk Ioannis, who is pictured also in a wall painting. It is a three-aisled basilica with dome and later built loggia to the south side, the church is today a cemetery- church of the village.

Romano - Metamorphosis tou Sotiros Monastery

The monastery of Sotiros is found near the village of Romano and is one of the most named in the area of Lakka Souli. It is known for the benevolent action it took, since it financed a school and funded the restoration and construction of churches. Today's temple is dated in 1866, while the wall paintings are made in 1907. The three storey-bell tower dates back to 1910.

Tomaros Mountain



Sistrouni - Genesiou Theotokou Monastery

Built near the source of the famous Acheron River. Tradition places the building in Byzantine times, nowadays temple is dated back to 18th C. Of the same period are the wall paintings, which although primitive, impress with the number of pictures and intense colors. Near the monastery, in an idyllic surrounding with shadowy sycamores, there are the springs of the legendary river Acheron.

Artopoula - Katammahi Monastery

Famous monastery built in a green area near the village Artopoula. It was built in 1830. Near the monastery old sycamores and stone-built water springs with crystal clear waters create some magnificent scenery.

Derviziana - Church of St. Apostoli

A cross-roofed church built and wall painted in 1764. It was previously a temple monastery.

Serziana - <Hades Gates>

Near the settlement of Serziana are the 'Gates of Hades', the entrance to a grandiose gorge, known as 'Acheron narrows', through which River Acheron's waters flow. Ancient Greeks believed that the river led the souls of dead people to Acherousia Lake, where kingdom of Hades was located. The picturesque landscape with rich vegetation and the river's dashing waters make up an environment of exceptional beauty.

Pente Pigadia - Castle

Dated at the time of late Turkish domination, it is situated at the border of prefectures Ioannina-Preveza. The castle controlled the passage of Klisoura a junction point of the road from Ioannina to Arta and the ports of Amvrakikos Gulf, during Turkish occupation time.

Chani Emin Aga- War museum 1912/13

Found at the 27km marker of the national road Ioannina - Athens and shelters the Chani of Emin- Aga. The headquarters of the 1912-13 war had their premises here. The museum's exhibits refer to the war period and the fights for the liberation of Epirus. In the collections are included personal items of the chieftain Konstantinos, arms and photographic material from the surrender of the town of Ioannina.

Louros River

Louros River crosses the area, creating small glades with clusters of sycamores, a perfect place for rest and recreation.

Terovo -Lake

Near the springs of Louros and the settlement of Terovo the lake of the same name is found. By the sides old sycamores and other water-living plants grow. Its waters take many colors, green, purple and azure-grey during the day and with the change of the weather.

Louros Springs



Gramenohoria Kouzentohoria Douskaza



A special area in the west of Ioannina on the road to Igoumenitsa, crossed by Kalamas River creating a valley of infinite natural beauty. The area is scattered with late-byzantine monuments (Panagia monastery, Gribovo, Paliouri Monastery, Monastery of Agelomahos), full of wall paintings. Here one finds the monastery of St. Dimitrios Dihounios where the bishop of Trikki Dionisios, philosopher, in September of 1611, set off his revolution against Turks.

Paliouri - Monastery of Paliouri



Paliouri - Monastery of Paliouri

Today's temple was built in 1688- 1690, and restored in 1896. The temple is a three-aisled basilica with dome and later loggia in the south side which has been formed into the chapel of St.Ioannis. The interior of the church is decorated with wall paintings dating from 1833. Within the temple is the temple of Panagia Palouriotissa.

Klimatia

Important settlement west of Ioannina, known for marble pits, as well as its wine. According to some local opinion it is original location of Evrimenes, ancient town of Molosses. The settlement flourished in the 16th C, at which time many churches were built or wall-painted like Metamorphosis, St.Dimitrios and Panagia.

Klimatia -Church of Metamorphosis

The church of Metamorphosis is built on a hill in 1568, northwest of Klimatia and in earlier times was a temple monastery. At the same year it was wall painted, a work of the famous painter Fragos Kontaris. The wall paintings in Metamorphosis are of high quality and the important paintings are of the most important art works of 16th C in Epirus.

Dihouni - St. Dimitrios Monastery



Kourenta -Monastery of Agelomahos

The monastery of Panagia Agelomachos is found shortly after Kourenta. Its founding is dated in 1779. Today's appearance of the temple is due to restoration in 19th C. In the interior the wall paintings are from 1810- 12, a work of painters and brothers Theodoros and Stamatios from Corfu. The monastery was fairly rich and supported a scholar and boarding house in Kourenta.

Dihouni - St. Dimitrios Monastery

The monastery of Dihouni is especially known in Epirus, since from here the metropolitan of Trikki Dionisios, also named 'Philosopher', set off the unlucky revolution against Turks, in 1611. The revolution failed and he himself had a martyr's end while the monastery of Dihouni was destroyed by OsmanPasa as an act of retaliation. The monastery dedicated to St. Dimitrios is the only building saved from destruction. According to an inscription it was renovated in 1763. In the interior the wall paintings are from Argos. Between them is distinctive the picture of martyr St.Ioannis of Ioannina.



Vrosina



Vrosina

A junction point for all who travel to Therprotia. The location of the settlement was already known since Byzantine times. Built near the Kalamas River, Vrosina maintains several post-Byzantine monuments, like Raidiotissa monastery, with wall paintings of 17th C. the church of St. Georgios of 17th C at the centre of the settlement and St, Paraskevi of 16th C, near the river.

Vrosina's Bridge

The stone-built bridge of Vrosina joins the shores of Zalogitikos, a

Vrosina's Bridge



confluent river to Kalamas. Tradition mentions that it was built with money provided by the Monastery of Makrialexi (Lavdani).

Vereniki -Castle

Near the settlement of Vereniki lie the ruins of a castle, possibly of the Hellenistic era. A footpath leads to the top of the acropolis, from where one has a panoramic view of the area.

Activities

There are many festivals taking place in the area during the summer months, like that of Panagia in Kastri on the 15th of August and in Paliouri monastery on the 8th of September. Cultural events are organised to honour the greek farmer-women in Kalohori, in the beginning of August.

A meeting of polyphonic music groups takes place in the same village. Festivities celebrating the memory of Dionisios Philosopher take place each year in Radovizi.

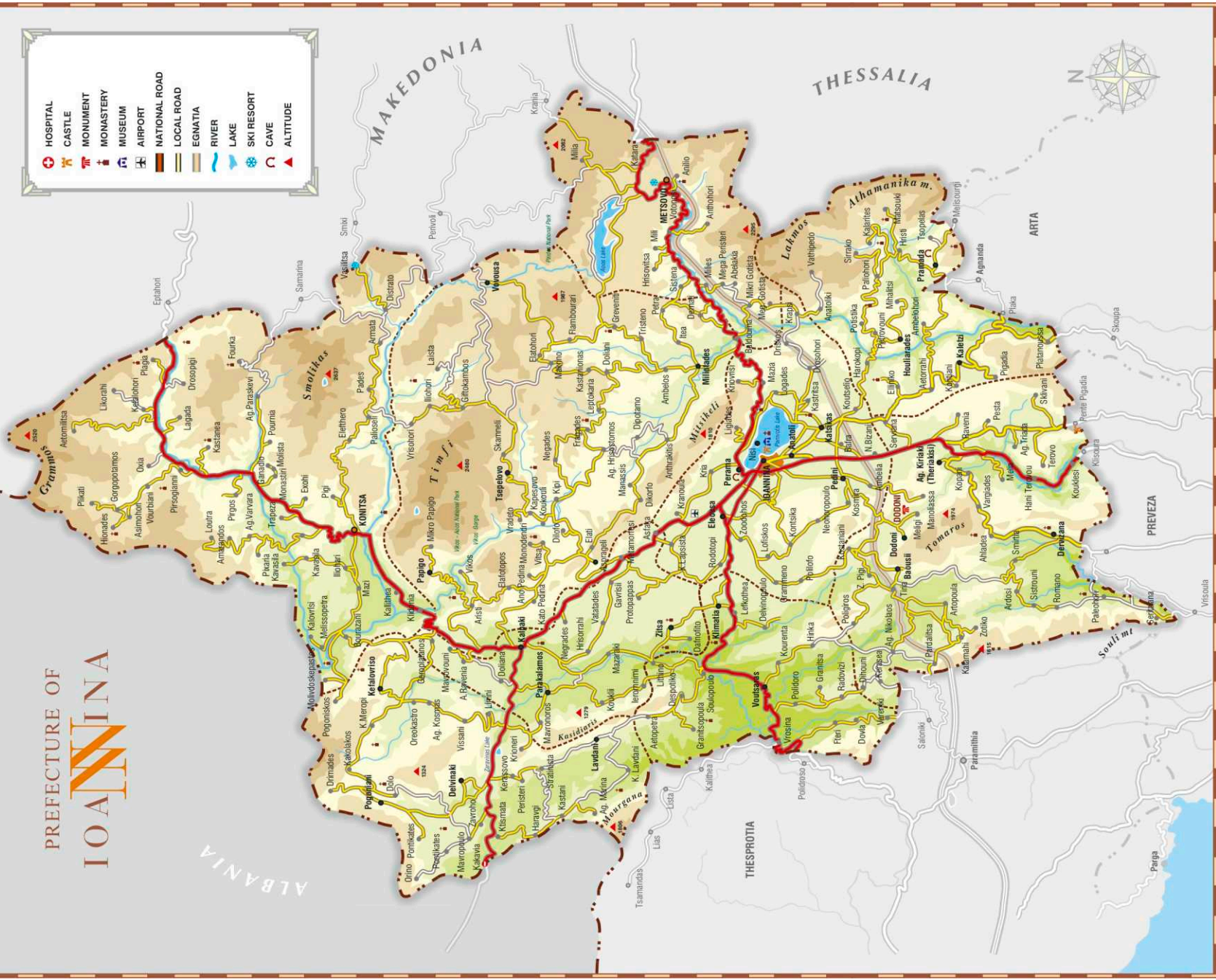
Nature-lovers have the chance to enjoy nature in all its grandeur, following the routes through places of special natural beauty from Klimatia to the waterfall and Veltsistiko River and from Paliouri Monastery to Veltsistikos River.



PREFECTURE OF IOANNINA

ALBANIA

	HOSPITAL
	CASTLE
	MONUMENT
	MONASTERY
	MUSEUM
	AIRPORT
	NATIONAL ROAD
	LOCAL ROAD
	EGNATIA
	RIVER
	LAKE
	SKI RESORT
	CAVE
	ALTITUDE



EDITION :
PREFECTURAL COMMITTEE OF TOURIST PROMOTION

PREFECTURE OF IOANNINA



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