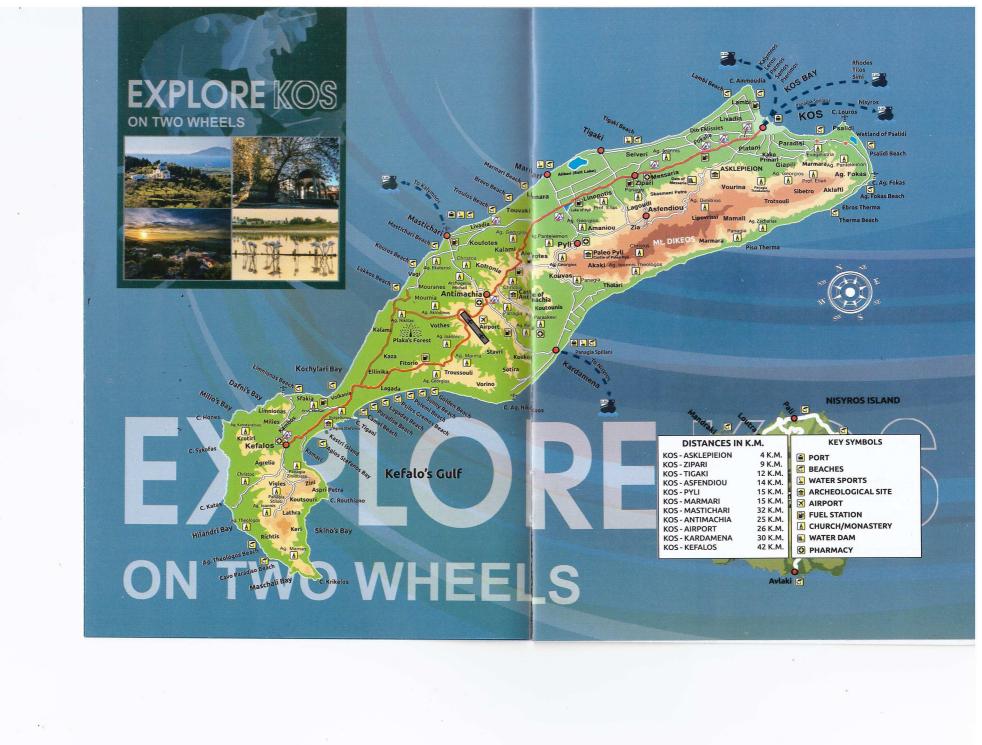


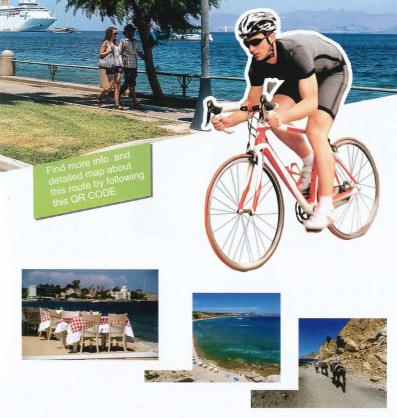


TO LAMBI or NEA ALIKARNASSOS TO FAROS KESYMBOLS **ARCHEOLOGICAL SITES** SQUARES C LOCAL BUS **⚠** TOWN HALL 1. CASTLE 13. DIAGORAS SQR. **I**INFORMATION MUSEUM 2. BRIDGE OF THE CASTLE 14. ELEFTHERIAS SQR. HOSPITAL N PLAY GROUND 3. HIPPOCRATES TREE 15. KAZOULI SOR. O PHARMACY TELEPHONE SERVICE (OTE) 16. HIPPOCRATES TREE SQR. PORT BBANK 4. ANCIENT AGORA **E** AUTOMATIC MONEY MACHINI 5. ALTAR OF DIONYSOS 17. IROON POLITECHNIOU 4 PASSPORT CONTRO STORAGE PLACE OUTDOOR CINEMA 6. CASA ROMANA (DOLPHIN) SQR. 18. KONITSIS SQR. 19. 7th MARTIOU SQR. A CHURCH 7. ODEUM **■ PORT POLICE** A CATHOLIC CHURCH 8. ACROPOLIS POLICE PARKING **POST OFFICE** 9. DECUMANA 20. 3rd SEPTEMVRIOU SQR. @ CEMETARY TAXI 10. NIMFEO 21. K. PALEOLOGOU SOR. CITY BUS
BEACHES **ு** ■ BICYCLE ROAD 22. MAKARIOU SQR. 23. ANTAGORA SQR. 11. XISTO 12. ANCIENT STADIUM 13. ROMAN BATHS 14. ROMAN AGORA 15. ANCIENT GREEK & ROMAN CITY 16. WESTERN ARCHEOLOGICAL SITE **USEFUL TELEPHONE NUMBERS** +30 22420 20107 +30 22420 28050 **Tourist Information** Kos Hospital Ambulance +30 22420 22300 Emergency Police Service +30 22420 22100 +30 22420 26666 **Tourist Police** Fire Department +30 22420 22199 +30 22420 22777 Taxi Station +30 22420 26276 City Bus +30 22420 22292 Local Bus PATTAKOU 17 Kos Airport +30 22420 51255 +30 22420 26594 Kos Port BOUBOULINAS HARBOUR Port Police +30 22420 28507 CASTLE PORT OF MANDRAKI +30 22420 22218 Panagitsa **Custom Police** +30 22420 22250 Post Office VERIOPOULOU +30 22420 28326 Archaeological Museum Asklepieion +30 22420 28763 Casa Romana +30 22420 23234 OBEO BNAFY ANCIENT AGORA THEOPHRASTOU • O.S. CHR. TSIGANTE ARGIROKASTROU ARTEMISIA TO VILLAGES GRIGORIOU E' KARAISKAKI TWO WHEELS (a) TO AMBAVRIS B€ TO PSALIDI TO THERMA TO PARADISI PAPANASTASSIOU TO AG. FOKAS TO HIRACLIS MITR. AGATHANGELOU





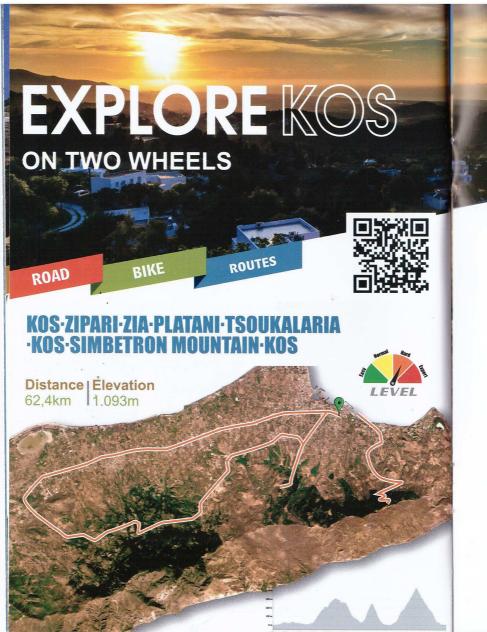


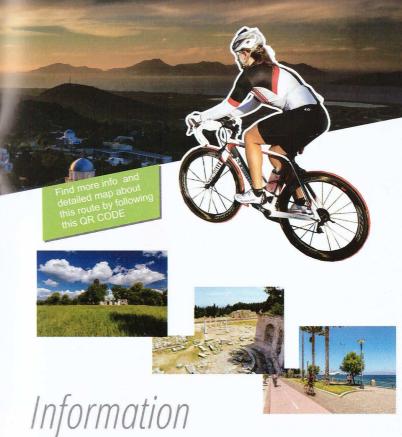


## Information

oderate difficulty route which requires good physical condition. Follow the cycle path from Kos town to Agios Fokas and enjoy the rocky shores and the spectacular views of the Aegean Sea and the

Turkish coastline. Stop for a swim at the Hot Springs of Kos (Therma) which will rejuvenate you enough to continue uphill to the small church of Agios Georgios with the amazing view. Return by the same route.





The whole island is a bicycle ride! Wander around the island's mountain range on your bike using the moderately easy road route. A route, however, for those with stamina. Off the main road of Kos from Zipari, start the ascent to Zia - the traditional village of Kos at Mount Dikeos. Enjoy the view while drinking "Kanelada" - the

traditional refreshment of Kos. Cycle down through the woodland at the back of Mount Dikeos; stop over at Asklepieion - the most famous tourist attraction of Kos Island. A stop at Tsoukalaria forest will relax you before riding up the path to Mount Sympetro with spectacular views of Kos town and the endless blue of the Aegean Sea!

# KOS

Kos, the island of Hippocrates, the garden of the Aegean, is the third largest island in the area (295 sq. klm) within the Dodecanese islands complex.

It is located between the islands of Kalymnos and Nisyros. The island has only one mountain range. It's exceedingly green with exceptional mild climate, which, in combination with the sunshine during most of the months of the year, have turned the Kos into an international cosmopolitan touristdestination.

On Kos, one can enjoy a great combination of old and new. Tradition, thousands of years of history, natural beauty, historical monuments, organized beaches, modern shops and perfect hotel facilities coexist in harmony for the past couple of decaedes, providing the best impressions to our visitors. Agreat advantage of Kos is its ideal location within the northern part of the Dodecanese that provides easy access to the neighbouring islands (Kalymnos, Leros, Patmos, Nisyros, Samos, Symi and even Rhodes) and daily access to the opposite coastline of Asia Minor, the ancient Halicarnassus (Bodrum). All the above set the island of Kos one of the most charming tourist destinations for travelers fromnearly all over the world.

## THE WETLAND OF PSALID

The Wetland of Psalidi is there to be explored and is an ideal place for relaxation in nature. Rare bird species find shelter in the rich flora of the area, whilst the beautiful beaches of Psalidi are just the right place for those who prefer serenity.

#### THERMA

8 klm after Psalidi, you will find the hot springs of Kos, rich in sulfur and beneficial for health and well-being. Therma is isolated in between rocks and sea, a hidden beauty from the rest of the world.

#### **MARMARI AND TIGAKI**

Marmari and Tigaki are the first seaside villages that one meets on the way out of Kos town. The sandy beaches and the crystal clear seawaters are magnificent.

## **ASKLEPEION**

About 3,5klm SW of Kos town lies Asklepeion. Since the ancient times it was the most famous monument of Kos island. It is here that Hippocrates and the medical school that he founded developed scientific medicine. It seems that the traditional way of healing was preserved until the Hellenistic period. That was the miraculous appearance of the god (Asklepeios) in the patients' dreams who was suggesting the therapy while the patients were asleep in a certain area of the sanctuary. Later, there were professional doctors that cured the patients with scientific methods.

#### KARDAMENA

One of the most popular tourist destinations on Kos Island. The ruins of the ancient city Alasarna were found during the excavations, the temple of Apollo, early Christian basilica churches and ruins of an ancient amphitheater are some of the most important findings.

#### ANTIMACHIA

Antimachia is located in the center of the island some 25klm from the town. This village that has preserved its name for over 30 centuries, has plenty to be proud of, such as the castle of Antimachia, the old traditional windmill and the traditional house - a museum that shows the visitor how the locals lived on the island 100 years ago. The honey festival at the end of the summer is also a very good occasion for trying the local delicacies!

## ZIA-LAGOUDI-ASFENDIOU- ASOMATOS-PYLI

Zia, Lagoudi, Asfendioù, Asomatos and Pyli are the mountain picturesque villages. You will find local traditional tastes, local wine and ouzo at the village taverns, where they can be combined with the view of a magic sunset. You will find peace and quiet in Asomatos.

## MASTICHARI

Only 3 km NW of Antimachia lies Mastichari. Peace and serenity dominate this seaside little village where some of the most beautiful beaches of the island are located. Its little harbour is always full of fishermen that bring on daily basis fresh seafood to the local tavernas while the annual wine festival is organized in Mastichari. You may take the little ferry from there to the neighbouring island of Kalymnos as it is only minutes away.

#### KEFALOS

This old village is overlooking the bay of Kamari while only a few meters from the sea shore lies the islet of St. Nicholas (Kastri). Some of the area sights are the early Christian basilica of St. Steven, the old monastery of St John the Baptist, the ruins of the island's first capital called Astypalea (birthplace of Hippocrates) and the White Rock cave where the first evidence of human inhabitance of the island were found.

#### LAMPI

Located on the north-west side of the town of Kos, about 4 killometres away, lies Lambi and the modern name is 'Nea Alikamassos'. It's a developed tourist area with many hotels. As this area is so flat, it is ideal for cycling along the seashore until the resort of Tigaki (and even further). It is also the favorite destination for those who prefer roller skating.