

Biotourism in Southeastern Phthiotis

A contemplative journey of adventure into the past

Getting Started



In the heart of central Greece lies the Regional Unit of Phthiotis. The Capital of the RU and seat of the Region of Central Greece is the city of Lamia. Other important towns include Thermopylae, Kamena Vourla, Agios Konstantinos and Stylida.

Wandering & Wondering...



What does the birthplace of the legendary 300 look like and what can one expect from an untapped and admittedly less-famous Greek destination? Such is the mystical atmosphere of the land, that one can only feel wonder and excitement.

Greek warriors at Thermopylae enacted the most famous self sacrifice in ancient history. In 480 BCE, King Leonidas of Sparta led the Greek forces against the vast, southward-advancing Persian army. After three days of holding their own, the Greeks were betrayed by Ephialtes, and the Persians were able to outflank them. Sending the main army in retreat, Leonidas and a contingent of 300 men remained behind to resist the advance and were killed to the last man. Wander around Thermopylae to experience the history of this legendary Battle.

“Greek warriors at Thermopylae enacted the most famous self sacrifice in ancient history”

1. Ancient remains of the Castle of Narthakion where an ancient tomb is believed to be that of Achilles or his father.

2. Remains of the Frankish Castle of Mendenitsa built on the remains of the ancient fortifications of the city known as Pharygai

A dynamic scenery

SE Phthiotis is a true paradise, boasting a diverse and magnificent landscape that invokes a sense of awe and wonder. A glimmering coastline embraces the azure waters of the Malian Gulf, while lofty mountains rise directly from its shores. Friendly local people welcome visitors to their historic land, a multicolored amalgam of different topographical features and traditions blending into a spectacular and highly scenic tapestry.

Wrinkle in time

“Mt. Othrys was chosen by Zeus and the Titans for their battles and was also the site where Deucalion and Pyrrha created the first Hellene”



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ΕΥΡΩΠΑΪΚΟ ΓΕΩΡΓΙΚΟ ΤΑΜΕΙΟ
ΑΓΡΟΤΙΚΗΣ ΑΝΑΠΤΥΞΗΣ:
Η ΕΥΡΩΠΗ ΕΠΕΝΔΥΕΙ ΣΤΙΣ
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ΦΤΗΙΟΤΙΚΗ ΑΝΑΡΤΙΧΙΑΚΙ Σ.Α.



ΠΡΟΓΡΑΜΜΑ ΑΓΡΟΤΙΚΗΣ
ΑΝΑΠΤΥΞΗΣ ΤΗΣ ΕΛΛΑΔΑΣ
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Traveling through this hallowed land is much like a taking a leap from the present to the ancient past. Hesiod's Theogony mentions the Spercheios valley as the location where Deucalion and Pyrras' ark grounded after the great flood. The Spercheios valley was also the kingdom of Peleus and Achilles. Mt. Othrys is a mythical mountain, both imposing and beautiful. The site chosen by Zeus and the Titans for their battles, and where Deucalion and Pyrrha created "Hellene," the first Greek. This is where Western culture and civilization were born, along with the founders of the four major Greek tribes, the Achaeans, Dorians, Aeolians and Ionians.

Two shrines, that of the goddess Demeter Pylaia or Amphiktyonida at Anthele, and the Pyre of Herakles on Mt. Oeta, date back to the Archaic period, when small bands of herdsmen crossed the natural barrier of Mt. Othrys and attached themselves peacefully to the Hellenic settlements. They were accepted as children of the local goddess, and provided her with sacred kings. Ancient findings also indicate the worship of Artemis and Aphrodite in ancient Echinus, Asclepius, the god of medicine, in Heraclea, Trahina and Phalara, the ancient port of Lamia, as well as Dionysus, Athena and Poseidon.

Southeastern Phthioits echoes sounds from the distant past as it reveals a majestic and mystic landscape. It offers a unique travel experience that excites the senses and intrigues the imagination. A destination that meets the evolving needs and expectations of international travelers from around the world.



For more information visit <http://biopolitics.gr/biowp/wp-content/phthiotis/e-book/index.html> and download a free copy of the Biotourism Guide and Map of SE Phthiotis