

DISCOVER  
IGOUMENITSA  
DESTINATION  
& EPIRUS REGION  
THE UNSPOILED DESTINATION  
IN ADRIATIC & IONIAN SEA



**IGOUMENITSA**  
PORT AUTHORITY S.A.

Imagine  
your cruise ship  
docked  
alongside there





Dear Cruise Line partner,

Heading to the new era of travelling and understanding the cruise destination of Igoumenitsa and surroundings, the Port of Igoumenitsa as the main sea gateway of North West Greece, is more than delighted to present a small taste or a sneak preview of selected tours/shore excursions for your valued guests.

Fully uncover the secrets of our region's most captivating sites and dive deeper into the vibrant all times Greek culture and amazing nature and beauty. Each shore excursion proposal simply invites you to discover more about our "off the beaten track" destination, almost unknown from the cruise lines, with carefully curated shore excursion proposals, just to start with...

Please consider that due to the geographical location, our port and fascinating destination is ideally set for longer stays and overnights of your itineraries.

Finally, our proposals are only some of the endless possibilities you have to explore and to discover our destination and are presented as you like according to the methodology you follow, reaching out beyond the average cruise guest experience, changing the way you can select ports and destinations in our region for the future.

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IGOUMENITSA

IGOUMENITSA

SYVOTA

DAILY TOUR TO  
METSOVO

HOLY OLD  
MONASTERIES

SOULI  
PARAMYTHIA

DAILY TOUR TO  
IOANNINA

DAILY TOUR TO  
ZAGORI AREA

# Excursions Highlights

## Igoumenitsa

- Walk in the amazing seaside bicycle road up to Drepanos Beach
- Swim in crystal clear waters and enjoy your coffee in a sandy beach.
- Visit the bustling Archaeological Museum.
- Mingle with locals at the Central Market and find yourself tossed in the mix of city life.

## Holy Old Monasteries

- Visit the Monastery of Giromeri, founded on the 14th century and admire the many artefacts that are preserved
- Walk around the the stownhouses in traditional village of Foiniki
- Coffee and lunch in the small fish village of Sagiada
- Visit the Holy Monastery of Ragio founded in the Byzantine Empire

## Syvota

- Rent a private boat and visit the islands of Syvota.
- Enjoy one of the numerous beaches with amazing turquoise blue waters.
- Choose from a variety of water sports like windsurfing, snorkeling, water skiing as well as canoeing and sailing.
- Taste fresh fish in the village of Syvota.

## Souli Paramythia

- Visit the historical town of Paramythia
- Visit the historic church of "Panagia Paramythia" which was built in the 14th century.
- Shop at the local Market
- Visit the Acheron River

## Daily Tour to Ioannina

- Ancient Theatre of Dodoni
- Island of Pamvotida
- The Museum of Silversmithing

## Daily Tour to Zagori area

- Church of Agia Paraskevi
- Oxia beautiful viewpoint , panoramic view of Vikos Gorge
- Traditional food and drinks
- Stone bridges of Central Zagori

## Daily Tour to Metsovo

- Aaos Springs
- Tositsa Folklore Museum
- Enjoy the experience of wine tasting at the Katogi Averoff
- Enjoy traditional meal in one of the best restaurants



# Igoumenitsa

BEST OF WITH BEACH BREAK



Duration: 4 hours

## Highlights:

- Walk in the amazing seaside bicycle road up to Drepanos Beach
- Swim in crystal clear waters and enjoy your coffee in a sandy beach.
- Visit the bustling Archaeological Museum.
- Mingle with locals at the Central Market and find yourself tossed in the mix of city life.

# A SEASIDE PARADISE

There's no better way to experience the city of Igoumenitsa and neighboring area than on foot. A local guide will lead the way as you set off through the heart of the city. Enjoy a morning walk on the seaside bicycle road that leads to Drepanos and stop for a beach break in city's best sandy beach having sunbeds, umbrellas and drinks. A short drive back to the city leads to the distinctly Archaeological Museum, a great place to taste the historical & cultural value of the city and Epirus region. Make your way to the Central Market and join the locals shopping for fresh vegetables, seafood, local bio products and other items. Enjoy the local cuisine in the city's numerous taverns and restaurants before heading back to the ship.



**Activity Level:** Medium



**What to Wear:**

- Walking shoes
- Hat and sunglasses
- Light clothing
- Swimsuit



**What to Bring:**

- KeyCard and photo identification
- Camera
- Sun protection
- Cash/credit cards
- Local currency
- Light jacket/sweater
- Beach towel



**Important Notes:**

- Guest must be able to walk for extended periods over various surfaces with inclines and numerous steps.
- Guests in wheelchairs and those with limited mobility should not select this tour.
- Tour sequence may vary.

# Daily Tour to Meteora

## UNESCO WORLD HERITAGE SITE

CULTURE & LEISURE



Meteora literally means “suspended in mid air”, which is probably the best way to describe this sublime merging of geological drama and religious spirituality. The amazingly imposing rocks of Meteora were formed about 60 million years ago and evidence dates human presence there as far back as 50,000 years. Christian hermitage probably started around the 12th Century, but it was not until the 14th Century that these precariously perched monasteries began to emerge. By this time, older forms of one-man ascetic hermitages had given way to more organized groups of monks, who formed orders and proceeded with the seemingly impossible task of constructing buildings on these steep and inaccessible peaks. Typically, each monastery would comprise of a church, cloistered living quarters or cells, a refectory, a library and in some cases, a treasury. For many centuries, travelers and monks had to be hauled up to these remote sanctuaries in a basket or net at the end of a rope. Of the six monasteries still active today, Great Meteoron and Varlaam are the two largest and most visited.



Duration: 7 hours



# GREAT METEORON

## Highlights:

- The rocks of Meteora formed 60 million years ago
- Great Meteoron
- Moni Varlaam



**Activity Level:** Easy



**What to Wear:**

- Walking shoes
- Hat and sunglasses
- Light clothing
- A light jacket
- An umbrella



**What to Bring:**

- KeyCard and photo identification
- Camera
- Sun protection
- Cash/credit cards
- Local currency
- Light jacket/sweater



**Important Notes:**

- Guests in wheelchairs and those with limited mobility they can choose to follow the whole tour or specific sights.
- A person to escort these people is necessary.
- Tour sequence may vary, it depends on the weather.

# Great Meteoron



It is probably the earliest monastery in Meteora founded by the Athonite monk Athanasios around 1356. The main church or catholicon is dedicated to the Transfiguration and has a typical 14th Century edifice with some later additions, while the apse carries a pattern strongly reminiscent of Mt. Athos. The interior of the church is painted in a Byzantine

manner, with many scenes from the life of Jesus, and there is a delightfully elaborate wood carved iconostases. Around the catholicon there are several monastic buildings, such as a 16th Century double domed refectory, a fifty cell cloister, a library and two chapels.




# Moni Varlaam

Situated in an adjacent summit to the Great Meteoron, it was founded in the 16th Century by the brothers Nektarios and Theophanis Apsarades of Ioannina. It is actually built on the site of a 14th Century hermitage that was occupied by the apocryphal Varlaam, a saint whose legendary life somehow resembles that of the Buddha. The All Saints catholicon is decorated with remarkable 16th Century frescoes and there is a particularly splendid depiction of the Last Judgment. There are also several other well preserved monastic buildings, as well as a library and a well appointed guest house.



# Holy Old Monasteries

FROM THE BYZANTINE EMPIRE

 Duration: 4 hours

## Highlights:

- Visit the Monastery of Giromeri, founded on the 14th century and admire the many artefacts that are preserved
- Walk around the the stownhouses in traditional village of Foiniki
- Coffee and lunch in the small fish village of Sagiada
- Visit the Holy Monastery of Ragio founded in the Byzantine Empire

# IN THE STEPS OF THESPROTIAS' SAINTS




An area with strong christian orthodox element, Thesprotia is the crossroad of many saints who lived and acted in the area since the 4th A.D. century. In just 23 km from the city of Igoumenitsa is situated the Monastery of Giromeri that was founded in the beginning of the 14th century. It is adorned with excellent Byzantine murals, unique in all over Epirus for their artistic influences and peculiarities. Many artefacts are preserved like icons, manuscripts, old-typed books, mass vessels and vestments.

On the way down you can visit Foiniki, a small traditional village built on the 15th century and enjoy the amazingly beautiful old stownhouses with the arched gates. A full operative folklore museum with a lot of objects of the past is worth the visit.


A small break by the sea is next on schedule, in the fisherman's village of Sagiada, where you can taste fresh quality fishes and especially sea bass.

On the way back to the ship, we have a last stop at the Holy Monastery of Ragio, dedicated to the Virgin's Assumption. Founded during the Byzantine Empire this small monastery still preserves parts of the auxiliary rooms as well as part of the cells.


 **Activity Level:** Medium

 **What to Wear:**

- Walking shoes
- Hat and sunglasses
- Clothing suitable for temple

 **What to Bring:**

- KeyCard and photo identification
- Camera
- Sun protection
- Cash/credit cards
- Local currency
- Light jacket/sweater

 **Important Notes:**

- Guest must be able to walk for extended periods over various surfaces with inclines and numerous steps.
- Guests in wheelchairs and those with limited mobility should not select this tour.
- Tour sequence may vary.





# Syvota

## BEACH BREAK ON BOARD



Duration: 4 hours


### Highlights:

- Rent a private boat and visit the islands of Syvota.
- Enjoy one of the numerous beaches with amazing turquoise blue waters.
- Choose from a variety of water sports like windsurfing, snorkeling, water skiing as well as canoeing and sailing.
- Taste fresh fish in the village of Syvota.



Moving south from Igoumenitsa along the coastal road with views of fjord like coves, turquoise blue waters and lush Mediterranean countryside, it soon becomes evident that the drive to Syvota is a perfect opportunity to experience the singular beauty of the Thesprotian headland. As for the destination itself, this small seaside town with its pretty waterfront seems the perfect stop for a glimpse at the laid back lifestyle of Ionian yachting. You can rent a small private boat and visit the surrounding islands of Syvota with the numerous private beaches and turquoise blue waters. Swim in Pisina beach, one of the most beautiful beaches in Greece and walk to Mourtemeno island through a small earth line in the sea. Or you can enjoy your swim in pristine beaches like Mega Ammos and Karvouno, where a variety of water sports like windsurfing, snorkeling, water skiing as well as canoeing and sailing are available. Finish the tour with coffee, lunch and a casual walk in the village of Syvota where you can enjoy fresh fish as well as greek traditional cuisine and buy your souvenirs and gifts.


 **Activity Level: Medium**

 **What to Wear:**

- Walking shoes
- Hat and sunglasses
- Light clothing
- Swimsuit

 **What to Bring:**


- KeyCard and photo identification
- Camera
- Sun protection
- Cash/credit cards
- Local currency
- Light jacket/sweater
- Beach towel

 **Important Notes:**

- Guest must be able to walk for extended periods over various surfaces with inclines and numerous steps.
- Guests in wheelchairs and those with limited mobility should not select this tour.
- Tour sequence may vary.



# Excursion to Souli Paramythia

 Duration: 6 hours

A journey into the history, an exploration in the hinterland of Epirus, where the mountains of Paramythia, delimit and shape a daily life that is pure and at the same time decisive. We travel to Paramythia, Thesprotia and visit the historic church of “Panagia Paramythia” which was built in the 14th century, hosting relics of inestimable value. We visit the Byzantine Baths, which stand out for their rarity and date back to the mid-Byzantine period. The excursion continues to the Primary School which was built in 1937, with the significant sponsorship of the Voulgari family, owner of the famous brand Bvlgari.

TRAVEL, SIGHTSEEING, NATURE



## Highlights:

- Visit the historical town of Paramythia
- Visit the historic church of “Panagia Paramythia” which was built in the 14th century.
- Shop at the local Market
- Visit the Acheron River





As part of the tour of the settlement, you will admire the Riga Mansion, which contains architectural elements of Epirus in combination with European, the covered Public Market which operates every Saturday, but also the first store of the family of brand Bvlgari. The Riga house, the famous alleys of the settlement, but also a stop for coffee on the sidewalk and markets of local products, will complete the visit to Paramythia. This is followed by a visit to the Acheron River, walking or participating in alternative activities such as canoeing, rafting and horseback riding. The traditional restaurants by the river, serve delicious local recipes that you can enjoy, experiencing the essence of the Epirus hospitality.



**Activity Level:** Easy



**What to Wear:**

- Walking shoes
- Hat and sunglasses
- Light clothing
- Maybe need a swimsuit



**What to Bring:**

- KeyCard and photo identification
- Camera
- Sun protection, towel
- Cash/credit cards
- Local currency
- Light jacket/sweater



**Important Notes:**

- It may not be possible, for guests in wheelchairs, to visit all the part of the program.

# Daily Tour to Ioannina

CULTURE & LEISURE



Morning departure for the area of ancient Dodoni, we will be guided to the archeological site which was a place of worship for him and Dioni and is also known for the ancient oracle of Greek culture with the sacred fig, which was visited by Odysseus to get an oracle for his return to Ithaca. We will admire the ancient theater of Dodoni, of the 3rd century BC, which was built by Pyrrhus, king of Epirus, one of the best and largest surviving Greek theaters from Ioannina and dates back to 1,500,000 years.

It was accidentally discovered in 1940 by the inhabitants of the area. Next destination is the castle of Ioannina and The Museum of Silversmithing. We continue to the pier where we will take the boat and in a few minutes we will disembark on the island, which is located on Lake Pamvotida. was assassinated in January 1822 by Khurshid Pasha's army. Free time for coffee, food and shopping either in the castle or in the city of Ioannina.



Duration: 6 hours

# THE CITY OF SILVERSMITHS

## Highlights:

- Ancient Theatre of Dodoni
- Island of Pamvotida
- The Museum of Silversmithing



**Activity Level:** Easy



**What to Wear:**

- Walking shoes
- Hat and sunglasses
- Light clothing
- A light jacket
- An umbrella



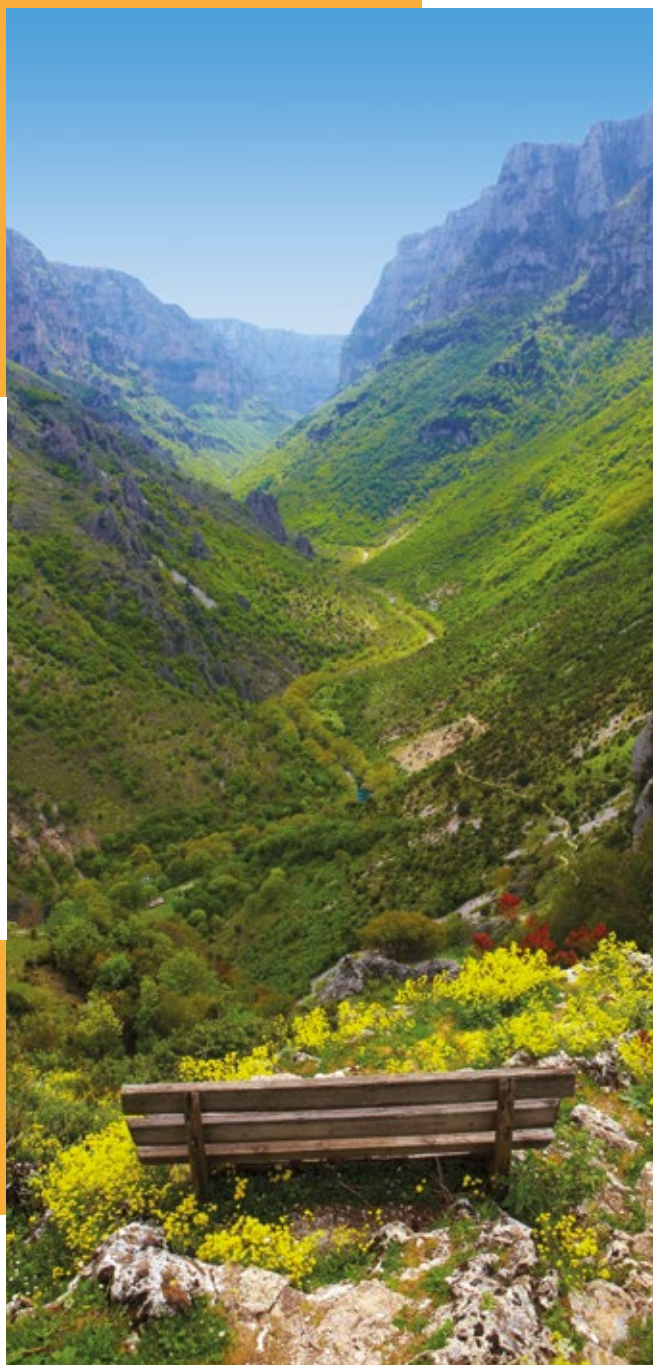
**What to Bring:**

- KeyCard and photo identification
- Camera
- Sun protection
- Cash/credit cards
- Local currency
- Light jacket/sweater



**Important Notes:**

- Guests in wheelchairs and those with limited mobility they can choose to follow the whole tour or specific sights.
- A person to escort these people is necessary.
- Tour sequence may vary, it depends on the weather.



# Daily Tour to Zagori area



Duration: 6 hours



## Highlights:

- Church of Agia Paraskevi
- Oxia beautiful viewpoint, panoramic view of Vikos Gorge
- Traditional food and drinks
- Stone bridges of Central Zagori



**Activity Level:** Medium



**What to Wear:**

- Walking shoes
- Hat and sunglasses
- Light clothing
- A light jacket
- An umbrella



**What to Bring:**

- KeyCard and photo identification
- Camera
- Sun protection
- Cash/credit cards
- Local currency
- Light jacket/sweater



**Important Notes:**

- Guests in wheelchairs and those with limited mobility they can choose to follow the whole tour or specific sights.
- A person to escort these people is necessary.
- Tour sequence may vary, it depends on the weather.

After breakfast we departure for the picturesque Zagorochoiria. Our first destination is village Monodendri, the special homeland of the national benefactors of Manthos and George Rizaris, as well as the founder of pediatrics in Greece, Anastasios Zinnis.

First we will visit the church of Agia Paraskevi of 1412, built on the edge of the gorge of Vikos and then we will admire the Rizareio handicraft area with the beautiful embroidery, creations of the schoolgirls from traditional looms. Continuing our route we will visit Oxia where we will have the opportunity to enjoy the panoramic view of the gorge. Then on our way we will stop to admire the much photographed bridge of Kokoris. Next destination is the village of Kipoi. Free time for food and walks in the village.





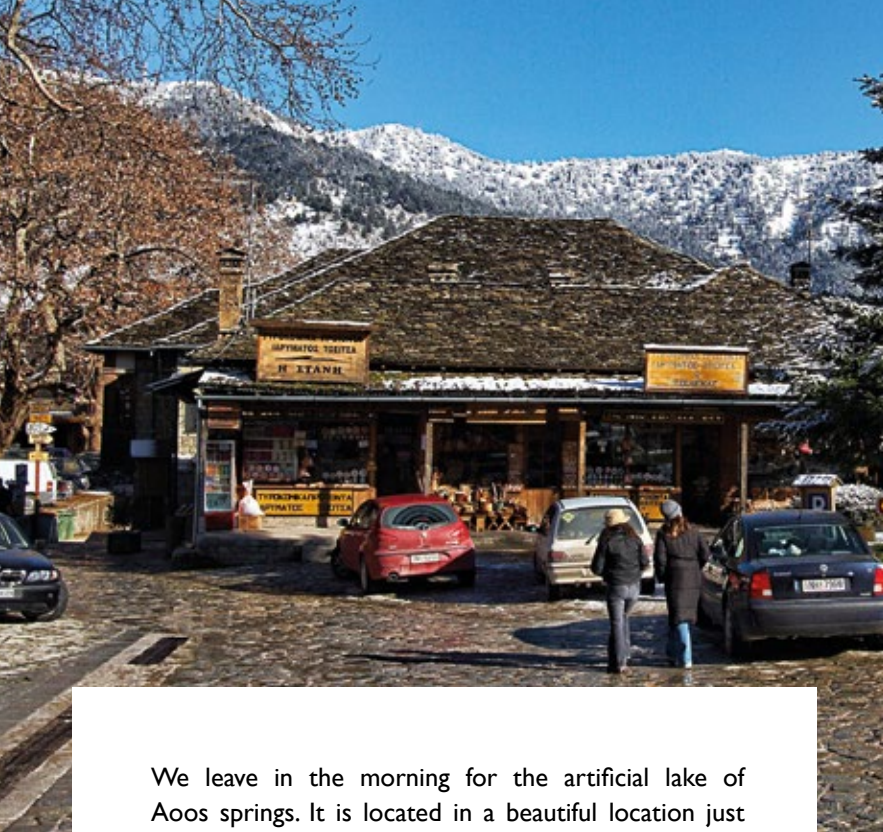
# Daily Tour to Metsovo

 Duration: 6 hours



## Highlights:

- Aaos Springs
- Tositsa Folklore Museum
- Enjoy the experience of wine tasting at the Katogi Averoff
- Enjoy traditional meal in one of the best restaurants



We leave in the morning for the artificial lake of Aaos springs. It is located in a beautiful location just 25 minutes from Metsovo and at an altitude of 1350 meters. We continue to Metsovo where we will have the opportunity to visit the most important sights of the village (Tositsa Folklore Museum, Averof Gallery, Katogi Averof Winery )

The area is particularly known for its cheese products, spearheaded by the rise of local Metsovone cheese in the Fifties as well as its eclectic wines from Greece's highest vineyards that make wine-tasting in the region a must for visitors. Don't forget to make a wine-tasting reservation at the Katogi Averoff Hotel & Winery. A unique opportunity is given to taste different labels, starting with the popular Katogi Averoff and moving towards the new range of wines, known as Inima, which means "soul" in the local Vlach dialect. Apart from the wine tasting, there are video projections that explain the history of the winery that also operates a wine bar and an exceptional boutique with products and accessories for wine as well as a range of local delicacies, books on wine and winemaking.



**Activity Level: Easy**



**What to Wear:**

- Walking shoes
- Hat and sunglasses
- Light clothing
- A light jacket
- An umbrella



**What to Bring:**

- KeyCard and photo identification
- Camera
- Sun protection
- Cash/credit cards
- Local currency
- Light jacket/sweater



**Important Notes:**

- Guests in wheelchairs and those with limited mobility they can choose to follow the whole tour or specific sights.
- A person to escort these people is necessary.
- Tour sequence may vary, it depends on the weather.



For more information about the destination and the endless possibilities for shore excursion, please don't hesitate to contact the Cruise Department at Port of Igoumenitsa at [cruising@olig.gr](mailto:cruising@olig.gr).



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