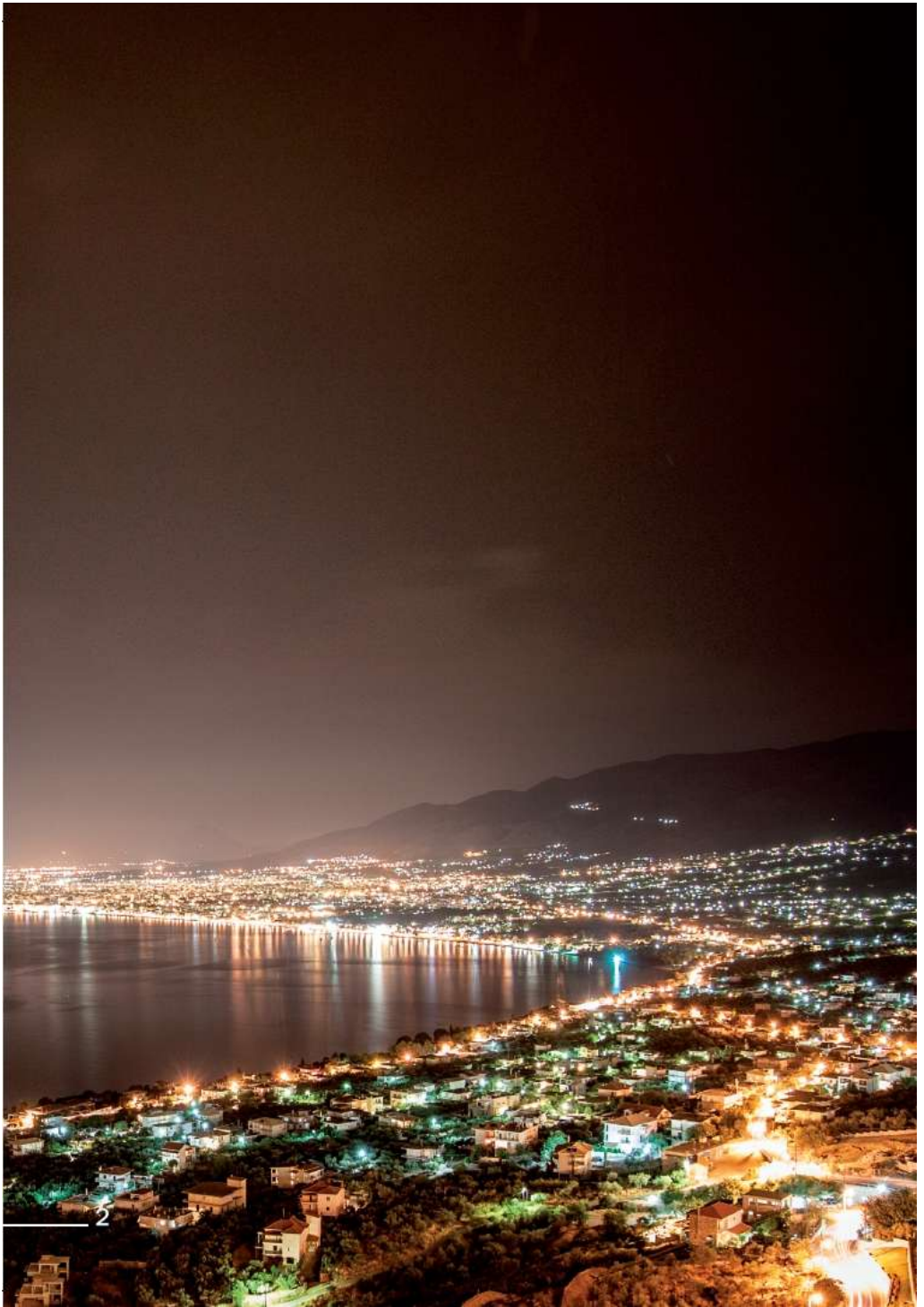


KALAMATA







Kalamata

Kalamata is located in the Peloponnese, in southern Greece, and is the capital and the main port of the prefecture of Messinia. It is built at the foot of Mount Cart (edge of Taygetos) and in the recess of the Messinian Gulf. This is a town whose history goes back for centuries. The first traces of human life found in the area, are dated from the Early Helladic period (2600-2300 BC). In written documents Kalamata was first mentioned by Homer (9th -8th cent. BC), in his famous work Iliad, by the name of Farai. According to tradition, the modern name of the city came from the monastery that was dedicated to the Virgin Mary the goodeyed, or from the reeds of the river Nedonta, namely from the popular type Kalamata. Modern Kalamata is an attraction for thousands of tourists every year. It is located in a beautiful natural environment that combines the mountain and the sea and has a very good hotel infrastructure. It offers a wide variety of activities, able to meet the expectations of its visitors, depending on their age and interests. Also located in the center of the prefecture of Messinia, it is an ideal base for those who want to discover great travel destinations in the rest of the county. Kalamata is waiting to be explored.



Museums and historic sites

Guests of Kalamata can tour the many museums and historical sites available to the city.

The castle

Made by Frankish conquerors in the Middle Ages, offers magnificent view of the city and the Messinian Bay.



The Church of the Holy Apostles

It is a small Byzantine church, built in the 11th century AD, and is the symbol of the city. There, the War of Independence was declared for the creation of the modern Greek State.



The Municipal Railway Park

Located south of the city center. It is an open-air railway museum, the largest in Greece and awarded by the European

Commission. The park is an attraction for visitors.



The Military Museum of Kalamata

There, the visitor can see weapons and military uniforms of the Greeks from different historical periods

The Folklore Museum

It houses exhibits that show how the people in the region of Messinia lived in earlier times.



The Archaeological Museum

Located in the historic city center. There, remarkable archaeological discoveries from Kalamata and the wider region of Messinia are held. They are dated from the Bronze Age until the Roman times.



The Cathedral

It is the cathedral of the city. It is located below the castle, and is dedicated to the Presentation of Christ.



The nunnery

It is located near the Metropolitan Cathedral, and was founded in 1796. The monastery is internationally renowned for the cultivation and processing of silk that goes back in time. Among the manufactured silk embroidered with traditional looms by nuns, there were the famous silk scarves.





Cultural and Artistic events

During the year, many important artistic and cultural events take place in Kalamata.

The International Dance Festival

It is a leading cultural activity in the city. Since 1995 it has hosted major dance companies from all over the world. A modern dance hall has been created for the purpose of the festival.



Municipal Regional Theatre of Kalamata



It has two scenes and, every winter, presents plays by Greek and Worldwide dramaturgy, and also plays for children. In summer, it presents a classical work, from Ancient Greek tragedy or comedy, or the work of a classical author.



Cultural Centre

It is housed in a two-storey neoclassical building in the city center. It has an amphitheater, which theatrical performances and film screenings are hosted. It is also used as a lecture hall.

Kalamata Greek Women Lyceum

It is engaged in the learning of traditional Greek dances, and often performs related dance performances. Musical performances of the Lyceum of Greek Women of Kalamata are given by its students in the amphitheater of Kalamata castle every summer.



Entertainment

Kalamata is a modern city with a wide variety of entertainment venues, fun and food for all tastes and all ages. Guests can choose among cafes, internet cafe, clubs, bars, eateries, bowling, billiards, etc. In summer, most prefer to take a stroll or enjoy themselves along the beach. In winter, on the contrary, the busiest parts of the city are the square and the historic center. In the city there are many pedestrian streets where guests can enjoy a stroll around the shops.



Typical pedestrian street downtown

In the heart of Kalamata is the town square. Surrounded by cafeterias and many kind of shops the town square is the most crowded place in Kalamata.

images from the town square



A typical eatery for people of all ages



In the narrow streets of the old town there are many places where young people have fun, such as clubs, bars and taverns





Traditional grill in the historic centre



Activities

Kalamata and the broader area are a great place for a wide range of activities from easier walking tours to hard hiking trails. Thus, the visitor to the city, can choose the activities he/she likes.



Bicycle Rides & Mountain Biking

Visitors have the opportunity to make a one-day or multi-day bicycle tour, both of Kalamata and the wider region with its many tourist attractions.



Hiking and trekking

The mountain Taygetos located very close to Kalamata, is a real paradise for lovers of climbing, with many numbered and mapped trails. But also, the rest of the prefecture of Messinia offers many possibilities for milder hiking.

During the summer season, you can choose among sea activities that are suitable for all tastes and ages like:



Walk on the Beach

The visitor is worth making a morning or afternoon stroll along the beach, enjoy a coffee or ouzo in one of the many cafes or ouzo-shops that exist there, and live the magic of the beautiful sunset.



Swimming in the beautiful sea

You can enjoy swimming in the clear blue waters of the 2,5 km long city beach. Access is free and for the most part organized services are offered on the beach with sunbeds, umbrellas and cabins. There are also lifeguards for safe swimming.



Kite surfing

On the beach of Kalamata, guests have the opportunity to do kitesurf, an extreme sport which is gaining more and more fans.



Sailing

In Kalamata, sailing championships for all types of vessels are very often organized. Someone can combine vacation with his participation in races.



Scuba diving

Both in Kalamata, and in other parts of the prefecture of Messinia, diving centers operate for amateur or professional divers.



Local market and traditional products

Kalamata has a big and well-organized market where two times per week farmers sell their products. There is a great variety of products from juicy fruits, healthy vegetables, local cheese and fishes to bio products and traditional dishes. Each season and especially in the summer the plenty of products, such as figs, watermelon, tomatoes, oranges, peaches, apricots and so on, in addition to cheap prices the market attracts the interest of the costumers. Except of these specials products you can also find a great and friendly atmosphere full of energy and happy faces who are waiting for helping you. Furthermore for

the citizens is an awesome place to meet each other, drink a coffee or eat souvlaki!

Pictures with typical fruits and vegetables in the local market of Kalamata

Fresh local fish

Local traditional products: feta cheese, dry figs, hand made baskets and graviera cheese.



Local cuisine

Greek cuisine is renowned on a global scale for its rich taste and health benefits, and is a part of the also popular Mediterranean diet. Many of the more popular Greek products have their origins in our town, Kalamata, or our district, Messenia, extra virgin olive oil perhaps being the best example of this. Greek olive oil is some of the highest quality olive oil in the world, and most of it comes from Messenia.

In addition, wine is a necessary complement of Greek gastronomy and it's a part of the tradition of Messenia. The combination of the long tradition of Messenia's viticulture and its ideal climate conditions creates high quality vineyards, and, consequently, high quality wine.



Olives



Olive oil

Wine



Honey





Sesame seeds bar (pasteli)



Lalagia



Gournopoula (a whole crispy porky)

Diples (a dessert made of thin sheet-like dough covered by honey) Dried figs

In the region of Messinia

In the region of Messinia, there are places of outstanding natural beauty, but also many archaeological sites which worth for visitors to spend a few days to visit.





Ancient Messene

Approximately 30 km away from Kalamata there is the Ancient Messina. It is one of the best preserved cities of antiquity, and the largest archaeological site in Greece. It worth a visit to this ancient city, where one can see the ruins of all the buildings that once adorned it, like the theater, the market, the Arsinoe fountain, the Asklepieion, the Odeon, the stadium and the gymnasium.

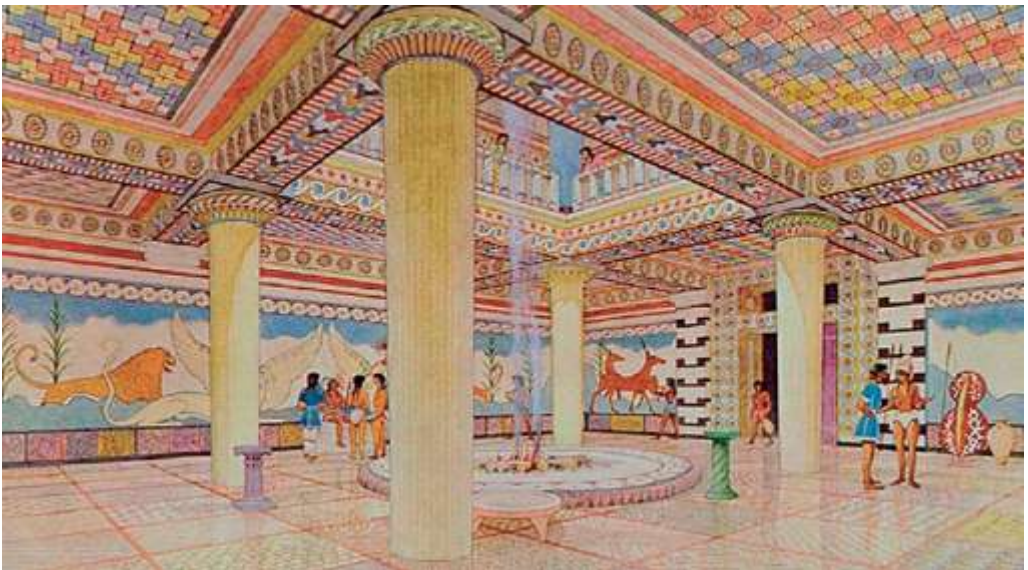


Koroni

Koroni lies about 60 km away from Kalamata. It has beautiful beaches and a well-preserved medieval castle, still inhabited.

Pylos

Pylos is on the west side of Messinia and is known for the archaeological site with the ruins of the palace of the Homeric king Nestor. Near Pylos it is the famous Voidokilia beach, and Gialova wetland with rare species of birds.



The Palace of Nestor (representation)



Voidokilia beach

Mani

East of Kalamata is the area of Mani with its wild beauty. The rocky coast with hidden beaches, majestic canyons with wild vegetation, the stone-built villages in the region attract nature lovers and artists.



Kardamyli

Methoni's Castle



Nowadays the walls of the fortress, even though in ruins, continue to be impressive. The castle of Methoni occupies the whole area of the cape and the southwestern coast to the small islet that has also been fortified with an octagonal tower and is protected by the sea on its three sides. Its north part, the one that looks to land, is covered by a heavily fortified acropolis. A deep moat separates the castle from the land and communication was achieved by a wooden bridge. The Venetians built on the ancient battlements and added on and repaired it during both periods that they occupied the castle.



Finikounda

Finikounda villages is a small but beautiful resort on the south west coast of messinia prefecture. Its large sandy beach and its privileged location, in the middle of the road from Methoni to Koroni, make it a favorite summer destination for relaxed holidays combined with a lot of sightseeing!

Kyparissia

Kyparissia is a town and a former municipality in northwestern Messenia. The town is situated on the Gulf of Kyparissia, a bay of the Ionian Sea. The town has a port, which is mainly used for

cargo purposes. On a hill east of the town centre lies a fortress built during the Frankish period.



How to move in the city

There are many ways you can move around the city...

- You can take the city bus
- You can even take a taxi



- You can take a bike

or you can walk. Don't forget that Kalamata is a small cit





Access to Kalamata

Access to Kalamata is easy for the traveler who wants to visit.

a. by car

The visitor who wants to reach Kalamata from Athens by road, will take 2 hours and 15 minutes, because there is an ultra-modern highway connecting the two cities.

b. by bus

There are daily bus services connecting Kalamata with Athens and other Greek cities, such as Thessaloniki, Ioannina, Patra, Sparta, and many other smaller cities and villages. A regular bus trip from Athens to Kalamata takes about 2,5 h.

c. by plane

Kalamata has an International Airport called “Captain Vassilis Konstantakopoulos”, connecting it with Athens and Thessaloniki. Scheduled or charter flights connect Kalamata with dozens of European cities, such as Munich, Stockholm, Moscow, Amsterdam, Prague, London, Milan, St. Petersburg, Kiev, Vienna.

d. by boat

The port of Kalamata is connected to the port of Chania on Crete once a week during the summer months. At the port of Kalamata many cruise ships enter and disembark and thousands of visitors.

Useful links

Bus station: http://www.ktelmessinias.gr/?module=default&pages_id=3&lang=en

Kalamata airport: <http://www.ypa.gr/our-airports/kratikos-aerolimenas-kalamatas-kapetan-bas-kwnstantakopoylos-kakl>

Messenia district: <http://www.magicmessinia.gr/english/index.asp>
<http://www.exploremessinia.com/el/hiking-tours>