



KEFALONIA SUMMER GUIDE

Nature's embrace, timeless
and free, healed our souls,
fostering tranquility and
reconnection with loved
ones.

F
F TOPIA VILLAS

See, do and savor by Marina!

Kefalonia is the island of...

...***the magical contrasts***. Green mountains, steep hills with thyme, holly, fruit-bearing and olive trees that lead to countless bays with crystal clear waters.

...***the so-called "strangeness" of the island*** through the unusual geological phenomena. Caves and submersible water corridors have been identified in several parts of the island.

...***the history and the traditions*** from the Homeric king Odysseus, the British occupancy, the Italian-German conflict during the Second World War and the devastating earthquake of 1953.

... ***the special attitude of its people***. Inhabitants of Kefalonia, are considered to be the "craziest" of Greeks. Kefalonians are at the same time generous, talented and sassy. Moreover, like all the Ionian Islands residents who are influenced by the Venetian culture, are music, poetry and dance lovers.

...***the Mediterranean products***. Hectares of Kefalonian land thrive under the Mediterranean sun to offer a great selection of local delicacies from olive oil and wine to dairy products and pure honey.

North Kefalonia

Bays & gulfs



Kimilies or Kimilia bay-pebbles- 1.5 km west from Fiskardo. Park your car at the sign for Kimilia Bay and then walk 10 - 15 minutes approx. through the forest. It consists of two remote and beautiful small bays, the one next to the other.

Foki bay-pebbles- 1.5 km from F Topia. Surrounded by the famous coastal cypress forest of North Kefalonia. A unique scenery that reminds you a lake! Moreover, the seaweeds families that grow in the depths of these waters, such as the **Poseidonia** seaweed cannot survive in more than 1% of pollution, a fact that proves the cleanliness of the waters.

Emblisis bay - pebbles & sand 500 meters west from Fiskardo. The canteen on that bay serves homemade sandwiches. Moreover, the owners of the canteen love jazz, back-to-the-sixties and classic music so expect to swim within a different atmosphere.

Foki bay: Its name origin comes from the seals ("fokies" in Greeks) used to go on to that shore to sunbathe on the sloping rocks

Tip: At the above bays, plenty of nice and smooth rocks can be found to sunbathe *in the old time classic island style!*

Tip: Visit Alaties bay *during the sunset & enjoy a spectacular view to the Ionian Sea with a cocktail.*



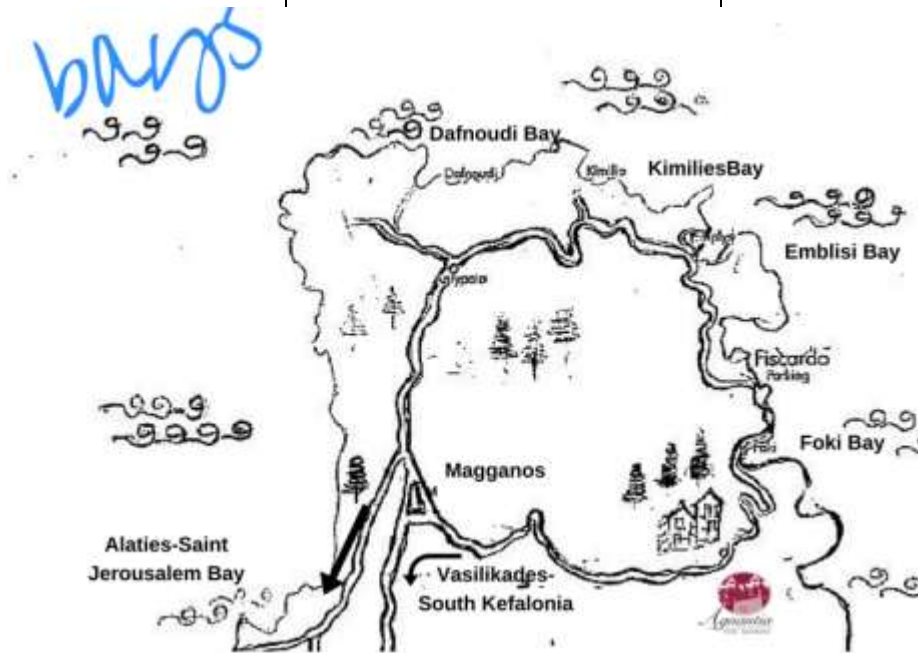
Dafnoudi bay-pebbles - reach it from Antipata village. Drive down the road opposite of the church and leave your car at the end of it. Then, walk 10 - 15 minutes approx. through the forest to confront the dreamy gulf.



Alaties bay - sand & small pebbles - 4.5 km from F Topia - Large benches beyond the beach offer natural shade under the pine trees. The peninsula, on the right of the beach, has many shallow rock pools. In years gone by, salt was collected from these pools after the seawater had evaporated. This explains the name of the beach. In Greek, salt is "Alati".



Saint Jerousalem bay - big pebbles & sand - from **Magganos** village take direction to **Halikeri** 5 km from F Topia. It is a twin gulf with pure seawaters. At the bay you can rent an umbrella and a sunbed.



Taverns & traditional cuisine

- At **Vassilikades** village, the traditional tavern named "**Makis**". Makis is a farmer and his wife Soultana will prepare many traditional Kefalonian recipes for you. Try Soultana's pies with homemade pastry, "lagoto" rabbit with potatoes and zucchini with feta balls. *Make a reservation here (+30) 2674 051556.*
- -At **Vassilikades** village, the traditional tavern "**Veggera**" with a sea view to the sunset. Martina and Spyros will welcome you with a big smile. Try the traditional fried chicken, aubergine with feta cheese, , chocolate cake, baklavas and cinnamon-walnut cake (karidopita). *Make a reservation here (+30) 2674 051140.*
- At **Foki bay**, another family run tavern named "**Foki**". You will enjoy traditional Kefalonian cuisine but most of all the Greek grilled delicacies like lamb chops, steak and spitroast. *You don't need a reservation.*
- At **Saint Jerousalem bay**, this tavern is run by a mother and son, named "Ulysses", in Greek "**Odyseys**". They cook delicious octopus and seafood, homemade bread and Greek traditional cuisine. Try the fried fish balls and the cod fish pie. *You don't need a reservation.*
- At **Fiscardo**, the Thai restaurant "**Lord Falcon**". Eating Thai food in a Greek island? The answer is yes for couple of reasons: The chef is from Thailand, so the food is homemade and delicious:). This place has a garden of lemon trees. Ask to read the story that explains the name of the restaurant and the connection between Kefalonia and Thailand. *Make a reservation here (+30) 693 892 4858.*

Tip: Locals prefer to have meals at each of the above taverns!

Menu Days

Tuesday	Veggera Tavern: Greek Live Music, spitroasted specialties, lamp or kontosouvli, wine festival Makis Tavern: baby pork in the oven
Wednesday	Veggera Tavern: Lunch-time 3-course-menu
Thursday	Veggera Tavern: Sea food-night, extra sea food and fish dishes Makis Tavern: baby pork in the oven
Saturday	Veggera Tavern: Greek Night, Kefalonian Live Music and spitroasted suckling-pig Makis Tavern: baby pork in the oven

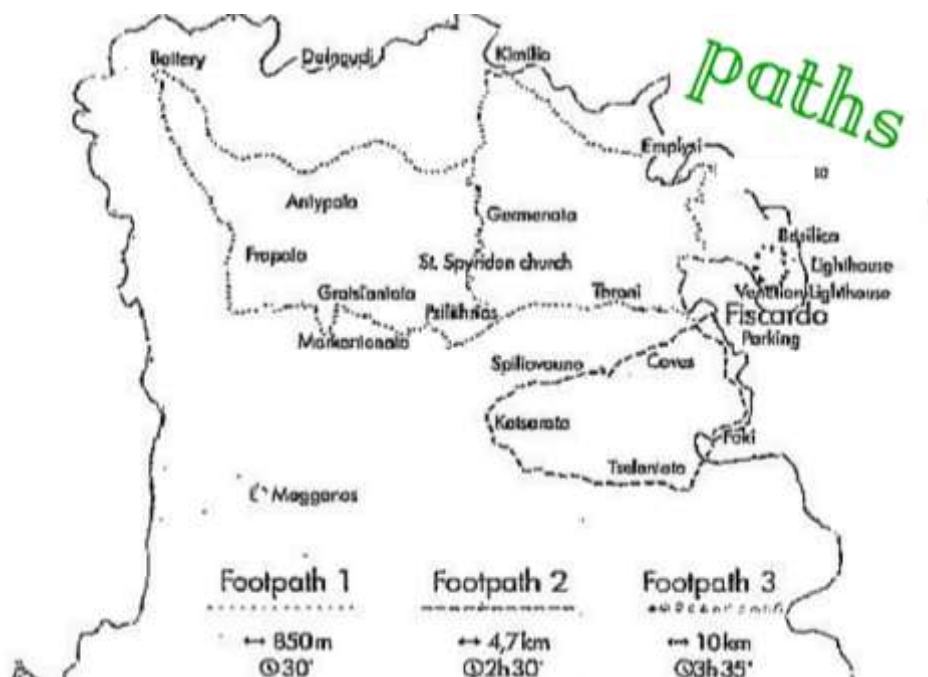
The footpaths of North Kefalonia (self guided & circular)



The paths cover a wide area in the rich coastal cypress forest (offering enough shade during summer), full of ancient olive trees, holm oaks and arbutus of the Erisos peninsula of Fiscardo. It is a perfect combination of Kefalonian nature and culture together with unspoilt bays for refreshing dives.

"This is a journey back in time." Phoebe Tsaravopoulos, hiking specialist and initiator of the group "Trails of Greece"

- **The Cypress Walk:** Tselentata village, Foki bay, Fiscardo port, Spiliovouno abandoned area (*Distance: 4,7km, Duration: including stops & breaks 4 - 5 hrs*)
- **The Lighthouse Walk:** the old Venetian lighthouse of Fiscardo and the ruins of an Early Christian basilica (6th-8th century) (*Distance: 850m, Duration: 30'*)
- **The Battery Walk:** the "throne of the Queen of Fiskardo", a German base, Antipata, Germenata, Psilithrias village, Kimilies and Emplysi bay (*Distance: 14km, Duration: including stops & breaks 6-7 hrs*)



The Village of Tselentata!



1. The old building next to F Topia, was the **school of the village**. Our grandfather has graduated from this school. If you walk more close you can see the big yard, the main entrance with the bell on the right and from the back side the teacher's house and the tank for the water .

2. The old house that stands opposite from the right corner of Agnantia and used to be a **café-mini store at the area**. We love the yellow-salmon tone on its wall that has gained with the years.

3. Continue by walking or driving from Agnantia with direction to Fiscardo and at about 300 meters turn left. Go up the road, continue straight on, and pass **the church of "Saint Gerasimos"** on your left hand.

4. This road leads you to the most **central point of Tselentata village**...And then surrounded by half ruined houses and olive trees, follow the small alleys you see and start your exploration; beautiful stoned houses with traditional Kefalonian ironed doors, yards with tanks and flowers in pots.



More than 300 families used to live in the village but most of them abandoned the place after World War II and the big earthquake of 1953. All families in Tselentata are named Tselentis, so the village took the name Tselentata. This is a common characteristic of all villages that end with – ata in Kefalonia; for example Mparzoukata village-Mparzoukis, Matsoukata village-Matsoukis.

Boat Tours



Motor Boat

Vintage Caique Tour

Boat Tours

	Motor Boat	Vintage Caique Tour	Boat Tours
Monday	✓	✓	Ithaca
Tuesday	✓	✓	-
Wednesday	✓	✓	Ithaca
Thursday	✓	✓	
Friday	✓	✓	Ithaca
Saturday	✓	✓	-
Sunday	✓	-	-

Hire a motorboat at **Regina's Boat**, for the whole day and explore all the gulfs and bays of Kefalonia that cannot be reached by car. All boats have big sunshades (tents), ladder, mobile phone, diving masks, beach umbrella, coolbox with iced mineral water & juices. *Make a reservation here (+30) 6938984647!*

A Vintage caique tour – Ionian Discoveries - come on board!

Cruise on a vintage style at the Kefalonia-Ithaca Sea Canal with one of the last few working caiques in the area, named "Agia Kiriaki". You can enjoy the tour relaxing on board or in an active way. Explore elements from the World War II and visit the stunning island Daskalio which was mentioned on Homer's Odyssey. Shipwrecks of different decades & underwater reefs with unique marine life set **an excellent place for snorkeling**. *Make a reservation here (+30) 6988372393!*

Tour of Ithaca- (from Fiskardo Ferry Port) First stop for swimming at **Afales beach**, and the traditional port of **Kioni**. Finally you will end your touring by sailing to **Frikes**, a traditional fishing port. *Make a reservation here (+30)2674 041440!*

Fiskardo

Fiskardo survived from the catastrophic earthquake of 1953 and accomplished to retain the noble side of Kefalonia unvaried.

Tip: Try one day during your stay to visit Fiskardo, at 20:00pm when you are able to see clearly the colors and the special architectural characteristics of the old mansions.



Old mansions of the 18th century with small balconies and bright saumon, mob and ciel colours transform the whole landscape to a beautiful painting. Greek authorities announced it to be among the 11 first traditional settlements **with special architectural characteristics**.



Central and South Kefalonia

Endless magnificent beaches

The attractive bay of **Myrtos**, although it looks like fine white sand, is actually made up mostly of large pebbles! At Divarata village, go down 4 km., to access the beach. Even if you visit it and the water is calm or with big waves (sometimes it gets 4-5 meters height) you need to be very careful because the beach gets really deep even from the first three steps.



Antisamos bay enjoy the blue waters of Antisamos bay, equipped with umbrellas together with deck chairs. Antisamos has also been starred with a great success to the American movie "Captain's Corelli mandolin" with Nicolas Cage and Penelope Cruise, as it was used for many scenes.



Lepeda bay, southern from Lixouri, at the villages of Michalitsata and Lepeda; a bay with good clean sandy beach and emerald-colored water.



Xi bay, is covered with fine reddish sand and you can reach it from Mantzavinata village.



Petani bay, between Villages Vitoria and Vovikes find the crossroad that leads you to a minnow road and go straight to that excellent beach



Go sightseeing

Melissani, seems to be a lake, but it is actually part of an underground river. This underground stream starts at Katavóthres (swallow-holes) in Argostoli. The water streams underground through rifts in the limestone from west to east Kefalonia. After approx. 20 km the stream flows from Melissáni into the sea at Karavómilos lake outside of Sami.



A remarkable geological phenomenon

The monastery of Saint Gerasimos (with direction from Sami to Argostoli) - about 50 km from F Topia. Ask the nuns to show you the place that the Saint lived as an ascetic and try yourself to pass from the small hole in order to enter his "house". The monastery closes between 13 p.m. to 16 p.m.



Take a walk at the **small port of Assos**. Walk all around the port of Assos which is a romantic, colorful with old and new traditional buildings port. If you have time, at afternoon and you like an uphill walking we suggest you to visit the old castle and enjoy the ocean and the sunset. ***Walk up to the castle for the sunset!***



It's all Greek to me!

Hello - ya'su

Goodbye - adi'o

Goodmorning - kalime'ra

Good evening - kalispe'ra

Please-parakalo'

Thank you – efharisto'

Yes – neh

No –o'hi

Delicious – poli' no'stimo
/exeretico'

Excellent – a'rista

How are you – po's I'ste

Very well- poli' kala'

See you later- tale'me
argo'tera

Gastronomy & tastings:

Hectares of Kefalonian land thrive under the Mediterranean sun to offer a great selection of local delicacies from olive oil and wine to dairy products and pure honey.

Robola winery: Visit Robola Coop's Winery!



The winery is situated at the hillside of Ainos (Omala area) where the zone of Robola grapes variety dominates (2.000 of Robola grapes) with other varieties like Tsaousi, Vostilidi, Moschato, Maurdafni, Zakynthino etc. Taste the well-known dry white wine Robola of kefalonia (PDO (fruity aromas and subtle taste aromas) and continue with another important dry white wine (**PDO**) **San Gerasimo** (a strong complex flavour full of grapefruit, floral and honeyed).

Ask for the wine tasting offer at the bar!

Charitatos winery:



If you would love a fairytale walk through the vines and rich nature around the estate such as almond and orange trees then yes, you should visit Charitatos Estate! The winery is well known for its organic Moscato dry white and Mavrodaphne dry red wine.

Make a reservation here (+30)697610 8768!

Apiary Tour & Honey tasting

Walk Through a Honeybee Hive with a Local Beekeeping Expert. Don a suit and head into an apiary, where you'll see an open hive and hold a frame of live bees; conclude your visit with honey tastes.

- Look inside a glass observation hive while you are listening to your guide sharing interesting facts about the bee's life.
- Suit Up - After donning a provided beekeeper suit, you'll step inside an apiary, where Eleni or Thanassis will open active hives.
- Have a Taste - Visit the laboratory. Depending on the season and the hives' productivity, you might help extract and taste fresh honey, or collect fresh royal jelly or pollen. If the bees come up empty that day, you'll attend a tasting of local honeys instead.



- Snack "of the beeman" – Your guide will treat you with Herbal Tea, Honey, Juice, Coffee, Wine, Tsipouro, Rakomelo, Pasteli, Halva, Mizithropitakia. Arranged appointments, by phone or email:

beekefalonias@gmail.com

(+30) 2671042166, 6979679846



We kindly ask you to let us know your opinion for our mini guide. Every recommendation for sea, tavern, restaurant, activity or place for sightseeing is added, only if our guests agree that it is worth to be suggested!!

Fiscardo Spots



Useful Phone Numbers



Nautilus +302674 041440 - Travel & Ticket Agency in Fiskardo



Regina's Boats Fiscardo +30 6938984647 - Boat Rental



Ionian Discoveries +306988372393 – E-bikes | Boat Trips | Sup



Taxi +30 6982571608 - Taxi Driver Mr Vangelis



Pharmacy +30 2674041220



Doctor +30 2674041213 - Fiscardo MD

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