



a yummy slice of
Greece
culture, knowledge and flavours

Heptanese
Corfu

a picture map is included



Medeat

Gastronomy Routes and the culture of Flavours...

"The gentle art of gastronomy is a friendly one... it surpasses the language barrier, creates new friendships among civilized people, and warms the heart."

Samuel Chamberlain

What is "Food Travel" or a "Culinary Tourism"?
Who can be described as a "Food Traveler" or "Gastro-Tourist"?

Nowadays, new tourism products are launched regularly: some are new venues for already existing interests while others are new products that fill a certain void.

For others, as observed in culinary tourism, it is not so much a new product but rather a focus on recognizing something that already exists, refining and improving the pursuit and enjoyment of unique food and drink experiences, both far and near to us!

Many governments or local administrators throughout the world are looking to tourism initiatives not only to breathe new economic life into stagnating economies but also to address the very serious problem with rural depopulation. Culinary tourism in a rural setting holds promise as a potential rural economic engine!

The transnational cooperation network "Gastronomy Routes and the Culture of Flavours" involves 18 Local Action Groups which originate from four Mediterranean countries; namely Italy, Greece, Portugal and Cyprus.

The core and crucial objective of the "Medeat" cooperation is to succeed in maintaining and promoting the historical, cultural and qualitative dimensions of local gastronomy, in a way that also connects it to local industries, cultural events and supplementary tourist activities.

This gastronomic guide presents the most interesting gastronomic itineraries of the territory of Ionian islands, Corfu in Greece, as well as practical information concerning the relative places to visit with local produce, food processing units, alternative accommodation premises and similar issues. After all, as Charles Pierre Monselet once stated: "Gastronomy, has been the joy of all peoples through the ages. It produces beauty and wit and goes hand in hand with goodness of heart and a consideration of others."

Enjoy this journey with all your senses!

IONIAN DEVELOPMENT AGENCY (AN.IO.N)

The Ionian Development Agency (An.io.n) was established in 1999 at the Island of Corfu. Having the advantage of being strategically located between East and West, Corfu has a rich history that spans for many Centuries.

Throughout the years was adored by Kings, and has inspired poets and musicians alike. The Ionian Development Agency, offers up to date services in the field of local agricultural differentiation, and small business development, maintaining the outmost respect to the local environment and the human factor.

The agency has been actively involved in the sustainable development of Traditional Settlements, restoration and renovation projects as well as various cultural actions.

We believe that is in our interest to create new job positions, and promote actions that focus in susceptible population groups and help the development of the local society.



BRIEF DESCRIPTION OF ROUTES

01. Central Corfu:

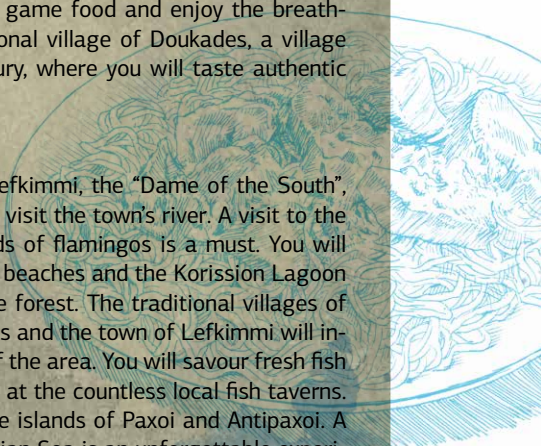
This route is a journey to the historical past. Starting at the Old Town of Corfu, which has been declared a World Heritage Site by UNESCO, moving on to the famous Liston Square and of course the Temple of Saint Spyridon (Άγιος Σπυρίδων), the patron Saint of Corfu Town. You will visit the Achilleion Palace and many traditional villages and you will be stunned by the exquisite wines of Ropas Valley and the traditional taverns. Those who are particularly fond of nature will have the chance to enjoy some unforgettable walks in the area's remarkable trails.

2. Northern Corfu:

An enchanting route which begins at Palaiokastritsa where you will go on a guided boat trip to nearby beaches, turquoise caves or you will engage in sea sports. Next, the legendary Aggelokastro and from Agios Stefanos you may visit the captivating Diapontia Islands (Othonoi, Mathraki and Ereikoussa). There is also Sidari where you may visit the Canal d' Amour and the village of Nymphes with its famous waterfalls. At Palaia Peritheia you'll see an authentic Venetian village and at Mount Pantokratoras you'll eat game food and enjoy the breathtaking view. Last stop, the traditional village of Doukades, a village that dates back to the 17th century, where you will taste authentic traditional Corfiot dishes.

3. Southern Corfu:

The route starts at the town of Lefkimmi, the "Dame of the South", where you will taste fresh fish and visit the town's river. A visit to the biotope of Alikes and its thousands of flamingos is a must. You will be amazed by the numerous virgin beaches and the Korission Lagoon with its sand dunes and cedar tree forest. The traditional villages of Argirades, Hlomos, Agios Matthaios and the town of Lefkimmi will introduce you to the Venetian past of the area. You will savour fresh fish cooked with old traditional recipes at the countless local fish taverns. The areas port is also linked to the islands of Paxoi and Antipaxoi. A visit to these two jewels of the Ionian Sea is an unforgettable experience.



1. Northern Corfu

Starting point of the route is **Palaiokastritsa**.

The landscape shaped by hills covered by olive groves and with crystal clear-water bights is unique! Visit the main beach: from there you can be guided around by boat in the unique caves and remote beaches. Engage in sea activities or visit the **Monastery of Palaiokastritsa**, where a Museum is also open to the public.

Then head north and turn left. After 6 km you will meet Lakones, a picturesque village of the 18th and 19th century where you can enjoy a unique view. It is worth taking a walk at **Bella Vista** having a **breath-taking view**. If you are hungry, you will find traditional dishes of Corfu at the village restaurants.

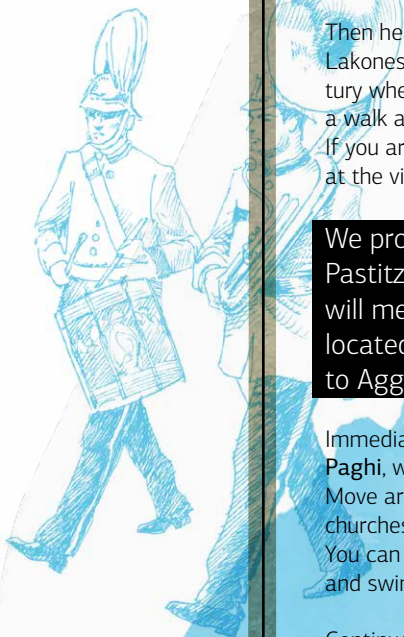
We propose you try Bourdeto, Bianco, Soffrito, Pastitzada or Yuvetsi. Move West, where you will meet Krini, and follow the narrow road located amidst the dense olive groves leading to Aggelokastro. It is worth making a stop here!


Immediately after Prinylas you will be found in the village **Paghi**, which is famous for its fruit and wine. Move around the area, admire old mansions and visit churches with works of art of 16th century painters. You can move down to the beach with the same name and swim in the crystal clear waters.

Continue your route south west and after 3.5 km you will meet **Afonas**, which reminds the picturesque villages of the Dalmatian coasts. Here you will enjoy a fantastic view. Follow the path leading to the historic double-edged port of Porto Timone.

Head North. Enjoy the spectacular view until you reach **Arillas**, where a stop at the brewery of the area is imperative: you will be served fresh beer free of charge.

Next stop is **Aghios Stephanos**. Being built amphitheatrically, it offers a panoramic view of the Diapontia Islands.





1. Canal d' amour

Canal d' Amour is located at the island's northern part, at the picturesque village of Sidari and is a true sculpture of nature.

The sea has eroded the loam soil and curved the rocks creating one of the island's most beautiful beaches, a major tourist attraction.

The area is characterised by deep blue waters and underwater caves.

The legend suggests that a couple in love which swims in Canal d' Amour will always be together.





2. Sailing

From North to South the island offers many sea routes to satisfy even the most experienced sailors.

The island has two modern marinas to welcome you and throughout most of the year the fair winds will help you enjoy your sailing routes.

Many beaches accessible only by boat, an experience which you'll never forget.



From here you can go by boat and visit or stay on the islands Erikousa, Mathraki and Othoni.

On these three small islands those who like calm life, walking and fishing will discover paradise on earth.

On your return from Diapontia Islands, visit Sidari and Canal D'Amour, where those who swim in its waters find everlasting love according to the legend. For lunch you can choose between traditional tavernas and gourmet restaurants or fish-tavernas.

Then move South and cross the small villages of Livadi, Psathyla, Messaria; you will eventually reach Aghios Athanasios where it is worth visiting the Monastery of Christ the Almighty (Pantocrator) with the unique icon painting workshop.

In Aghii Douli and the monastery of Kamarella you will meet an organic farm with outstanding standardized products.

Head East and reach the **Kumquat village, Nymphes** (meaning "Brides"), which owes its name to the myth whereby brides wash their hair in the crystal clear waters of the small waterfalls of the area.

Then move down towards **Acharavi**. Enjoy your swim on the sandy beach, one of the biggest of Corfu. Move on to **Palia Perithia**, an authentic Venetian village with exceptional traditional tavernas etc.

Move on southwest and after 7 km you will reach **Strinyla** village, where you will enjoy the unique panorama. There you will meet the church of Christ the Almighty (Pantocrator) and admire the spectacular view of the whole island.

You will find tavernas where you can try game, such as wild pork meet and venison cooked in different ways.

Head south to the Provincial Road of Sgourades - Profitis Ilias and meet **Spartylas** for a cup of coffee or enjoy the wonderful view. From there moving west you will meet the traditional villages of Sokraki and Sgourades where you can rest and have lunch.

The route continues towards the traditional settlement of **Doukades** with a history of four centuries. A walk in the village will be quite rewarding as you will have the opportunity to admire the renovated mansions. Prefer one of the small tavernas in the central square and try traditional delicacies.

Having completed your visit of Doukades, start your return to Palaiokastritsa where the route ends.





03.

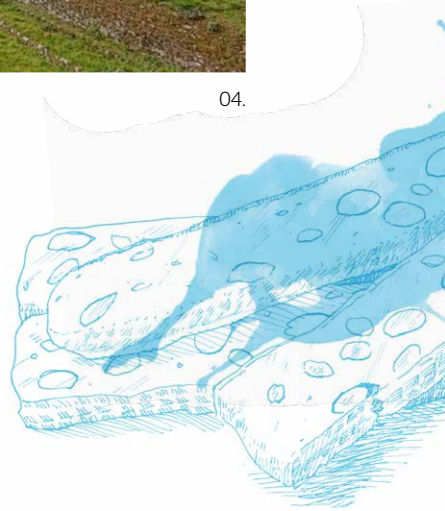
The waterfalls of Nymphes

At Nymphes, a beautiful village with lush vegetation located at an altitude of 200m, you will find the waterfalls where according to Greek Mythology the Nymphs used to bathe.

You will admire the big, almost ten meters high, waterfall and another one nearby. The area is dominated by the green colour of the vegetation and the sound of the falling water will offer you serenity and accompany you throughout your visit to this unique place. It is an ideal place to explore for all hikers and nature enthusiasts.



04.



05.

04.

Askitario

According to the legend, between 5th - 6th century AD, it was the area where a young monk decided to settle and to lead the life of an ascetic. His wisdom and faith attracted more Christians who had decided to follow his example. Thus, the Askitario was created, a place of worship which has not lost its charm and continues to offer inner peace to its visitors. A religious tourist can choose among 200 monasteries and about 800 temples that are hidden within the island's green beauty.

05.

Different tastes of the past

In an island where culture is part of everyday life, food couldn't be anything but sophisticated and special. In Corfu you can enjoy the island's superior cuisine which is based on its Venetian past and the fresh products. Traditional dishes such as sofrito, mpourdeto and pastitsada which you will never forget.



06.

06.
Old Town

It is unique place forgotten in time, an area of unparalleled architecture that has been declared a World Heritage Site by UNESCO. The Old Town of Corfu will captivate you and offer you a journey to the past through its narrow streets "kantounia" and tall buildings. The Old Town is inhabited to this day and brings to mind the splendour of past centuries.



07.

07.
The vineyards

Until late 16th century vine was the island's sole crop (then the Venetians introduced the olive tree). Currently the island boasts a rich production of the finest table and wine grapes. Wine connoisseurs can choose among the various award-winning labels and visit the wineries of northern and southern Corfu.

2. Central Corfu

Starting point of the route is the city of Corfu, which has been included in the World Heritage Sites of UNESCO.

Walk in the historic centre of Corfu, admire the famous **Liston** where you will find cafés and taverns, visit the **old and new fort**, the **Archaeological Museum**, the **Museum of Asian Art** and the **Banknote Museum**.

Do stop at St. Spyridon's church to worship the Saint; in the town you will find accommodation, restaurants, cafés, shops of local goods and souvenirs to buy etc.

Do not forget to taste ginger beer and buy madolata (a kind of hard candy), kum quat both as sweet and liqueur. Also search for the famous fig tarts known as sykomaides.

When you get out of the town, follow the provincial road of Corfu - Pelekas heading west.

In the square of Aghios Ioannis, you will find a traditional taverna that has been there for 100 years.

Refresh at the picturesque small café and drink a ginger beer in the shade of plane trees. Do not forget to stop at the distillery.

In Aghios Ioannis move south towards the provincial road of Palaiokastritsa -Peleka and reach **Giannades**, where you will walk and admire the exceptional architecture of the houses. Enjoy the fantastic view of the meadow of Ropas and the surrounding hills.

The route continues southeast. After 4 km you will be at **Ropas Valley**, a beautiful plain with cultivations such as vineyards.

Here an exceptional wine of the "kakotryghi" variety is produced and there is a farm - an ecological park, which is worth visiting.

The area is a vast natural habitat; the exploration of the meadow by car, bike or on foot will absolutely fascinate you! If you are a golf lover, you are definitely at the right place to practice your hobby.

Next stop on your route is **Vatos**. Here you can stop at any of the old cafés of the village, taste organic honey and visit the school for parapente: you can travel in the air and enjoy Corfu from above.

From Vatos head east to the provincial road Kokkinis-Ropas Livadi (meadow) heading for **Pelekas**. Just before the settlement it is worth visiting the **winery** of the area, which is open to visitors. Also have a look at the traditional oil-factory where the horse is the driving force.

Do not forget to visit the top of the hill where **Caesar's (Kaisers) observatory** is located and enjoy the famous sunset.

Move on south-east on the provincial road Pelekas-Kastellani and reach **Kynopiastes** after 9 km. Walk around the mansions.

Visit the **Olive Museum**, which is housed in a perfectly conserved oil-factory of the beginning of the 20th century.



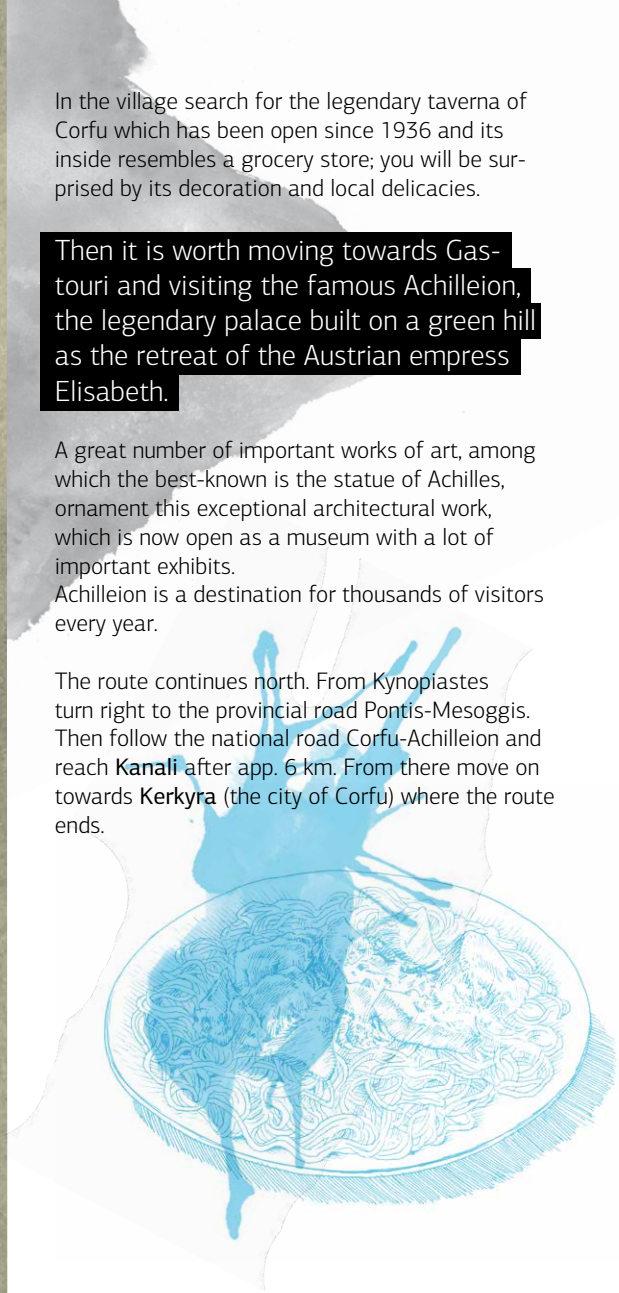
In the village search for the legendary taverna of Corfu which has been open since 1936 and its inside resembles a grocery store; you will be surprised by its decoration and local delicacies.

Then it is worth moving towards Gastsouri and visiting the famous Achilleion, the legendary palace built on a green hill as the retreat of the Austrian empress Elisabeth.

A great number of important works of art, among which the best-known is the statue of Achilles, ornament this exceptional architectural work, which is now open as a museum with a lot of important exhibits.

Achilleion is a destination for thousands of visitors every year.

The route continues north. From Kynopiastes turn right to the provincial road Pontis-Mesoggis. Then follow the national road Corfu-Achilleion and reach **Kanali** after app. 6 km. From there move on towards **Kerkyra** (the city of Corfu) where the route ends.





08. Holy Temple of Agios Georgios (St George)

The Holy Temple of Agios Georgios was built in 1840 to meet the religious needs of the English soldiers who were doing their military service at that time. Its exceptional architecture makes it unique because of its resemblance to an ancient Doric temple and the rare frescoes of its interior. The Temple also offers a panoramic view of the area.



09.

Angelokastro

It is the only castle of the island's Byzantine era and one of the best preserved castles in Greece. It maintains its secrets well kept sitting at the top of the highest peak of north-western Corfu. It has never been conquered despite the various attempts of the past. Even the legendary pirate Barbarossa failed, back in 1537.

10.

Traditional delicatessen

Superior quality local products that have been awarded in many contests abroad. Many large-scale production units and artisan associations and cooperatives operate on the island and have managed to combine tradition and modern infrastructures. You will find the exclusive "noumboulo" which is based on a Venetian recipe, the "salado" (a wonderful type of smoked perfumed salami), the "foumikado" and many more, all prepared with respect and wisdom.

09.



11.

Cycling

Corfu has innumerable cycle routes of various levels of difficulty to satisfy all cyclists. Mountain or seaside routes, having the island's breathtaking landscape as their companion.

10.



11.

3. Southern Corfu

The route starts from **Lefkimmi**, the “lady of the South”, built in a fertile plain with olive groves and vineyards. In the middle of the settlement the river divides Lefkimmi into two parts.

On both parts you will find cafés, tavernas and different stores. Stop for lunch and taste traditional recipes with fresh fish.

Visit the churches of Saints **Anarghyri** and Saint **Arsenius**, as well as the **Monastery of Virgin Mary Lady of Angels** (“Panaghia Kera ton Aggelori”). Do not leave without passing from the rebuilt **salt warehouses** (salt marshes) of the Venetians at a small distance from Lefkimmi and, if you are lucky, you will see hundreds of **flamingos** resting before their long journey.

Next stop of the route is the villages **Vitalades** and **Perivoli** with the fantastic beaches of **Gardenou**, **Marta**, **Mega Chorou**, **Kalyvioti** and **Marathia**, where you can enjoy your swim, taste delicious fish dishes and seafood and find accommodation.

Head northwest and after 4 km you will reach the traditional settlement **Argyrades**, one of the oldest villages with a **unique architecture** and characteristic **Venetian narrow streets**.

From here move north and follow the provincial road; you will meet the area **Linia** where you will admire the church of Virgin Mary “**Odigitria Korission**”, the **Monastery of Christ the Almighty (Pantocrator)** and the medieval castle of **Douris**.

Walk around the **enchanting lake Korission**, unique wetlands where you can observe rare birds and plants.

In the lake there is a great number of fish (grey mullets) from which the local population produces a special kind of roe, which you must taste.

There you will also meet the famous **beach of Issos**, where you will be impressed by the huge red sand hills reminding the Sahara desert.

You will be dumbfounded by the white lilies and the 14 different kinds of orchid cultivated here, as well as the unique cedar forest.

Then move up to the village **Chlomo**, one of the oldest of the island, surrounded by vegetation. In the middle of the route, in the site “**Boikou**”, enjoy the unique view.

At a small distance from **Linia** you can visit the **ecological farm**, where there is also a **taverna** serving well-cooked **Corfiot dishes** with organic products (**cock pastitsada**, **cod bianco** etc.).

From there head North and meet **Vragkaniotika** and **Chlomotiana**; an important site here is the church of **St Paraskevi** built in 1699. Stop at one of the bakeries you will find on your route and buy local food.

12.

Olive groves

Immense, centuries-old olive groves which give highest quality olive oil. The island is mostly covered by 400 years old olive trees and is a very beautiful destination for all those who wish to walk and explore this feature of Corfu.

Depending on the time of your visit you will be able to witness the unique way of harvesting olives and visit old, stone built constructions like traditional olive mills or olive oil warehouses etc.

13.

Sea sports

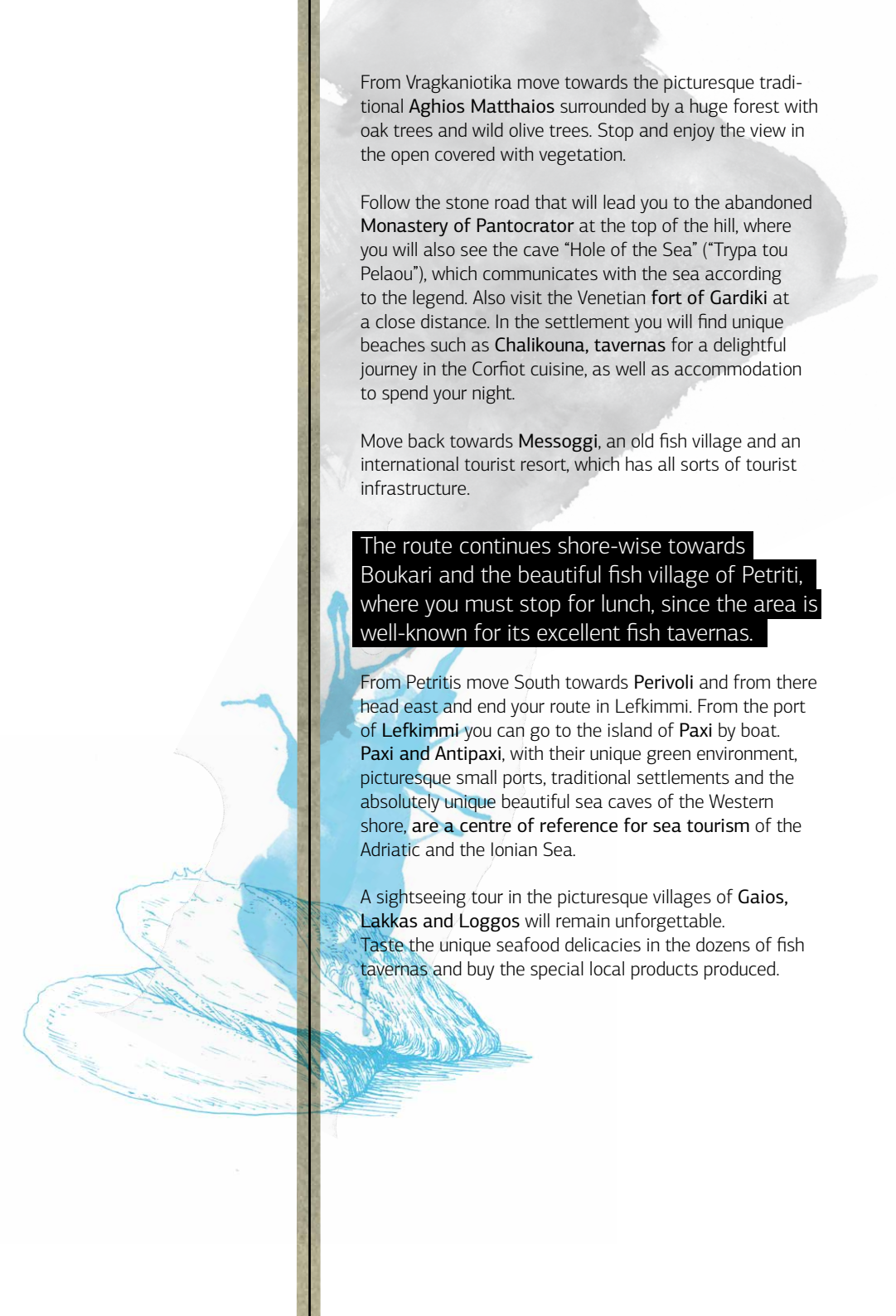
In an island with a coastline of many kilometres and an infinite amount of choices in both the Ionian and the Adriatic Sea, sea sports enthusiasts will have the time of their life. There are many professional instructors for the less experienced visitors and special routes to more difficult areas for more experienced athletes.



12.



13.



From Vragkaniotika move towards the picturesque traditional **Aghios Matthaios** surrounded by a huge forest with oak trees and wild olive trees. Stop and enjoy the view in the open covered with vegetation.

Follow the stone road that will lead you to the abandoned **Monastery of Pantocrator** at the top of the hill, where you will also see the cave "Hole of the Sea" ("Trypa tou Pelaou"), which communicates with the sea according to the legend. Also visit the Venetian **fort of Gardiki** at a close distance. In the settlement you will find unique beaches such as **Chalikouna**, **tavernas** for a delightful journey in the Corfiot cuisine, as well as accommodation to spend your night.

Move back towards **Messoggi**, an old fish village and an international tourist resort, which has all sorts of tourist infrastructure.

The route continues shore-wise towards **Boukari** and the beautiful fish village of **Petriti**, where you must stop for lunch, since the area is well-known for its excellent fish tavernas.

From **Petritis** move South towards **Perivoli** and from there head east and end your route in **Lefkimmi**. From the port of **Lefkimmi** you can go to the island of **Paxi** by boat. **Paxi and Antipaxi**, with their unique green environment, picturesque small ports, traditional settlements and the absolutely unique beautiful sea caves of the Western shore, are a centre of reference for sea tourism of the Adriatic and the Ionian Sea.

A sightseeing tour in the picturesque villages of **Gaios**, **Lakkas** and **Loggos** will remain unforgettable. Taste the unique seafood delicacies in the dozens of fish tavernas and buy the special local products produced.



14.

14.

Wetlands

An enchanting wetland of unique beauty is the Korission Lagoon. You will cross a small wooden bridge and you will reach a beautiful forest of fir and cedar trees which hosts 14 rare species of orchid and white lilies. Measuring 6,000 km² this wetland in southern Corfu is a protected habitat for more than 120 kinds of birds including cormorants and flamingos. Not that far away, you will continue this amazing trip a bit more to the South at Alikes (salt pans). There you will see how a natural product such as salt has transformed the local community into a commercial hub and, furthermore, you will witness the desalination process in the traditional constructions and stone built warehouses. The landscape is incredible and is frequently visited by cormorants that you can observe from a close range.



15.

15.

Paxoi

South of Corfu lies the island of Paxoi, a small enchanting island with jagged shoreline, sea caves and age-long trees. Local products such as wine and perfumed olive oil will tempt you. It is an unforgettable destination!



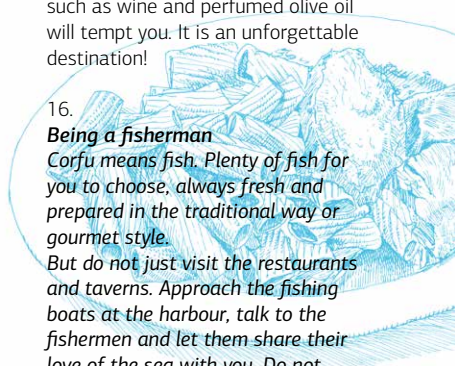
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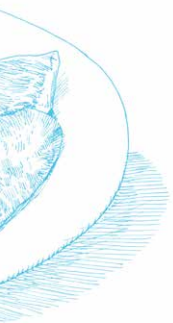
16.

Being a fisherman

Corfu means fish. Plenty of fish for you to choose, always fresh and prepared in the traditional way or gourmet style.

But do not just visit the restaurants and taverns. Approach the fishing boats at the harbour, talk to the fishermen and let them share their love of the sea with you. Do not hesitate and ask them to give you a small ride... It is an unforgettable experience!







Medeat

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