

IAST CONFERENCE 2015

Mini-Excursions and Outdoor Activities Programme



As Rhodes provides a wide variety of excursion and sight possibilities, we plan to offer the following activities to allow all the conference participants a great exploration of the island.

ATTENTION: The meeting and ending point for all the activities will be the main entrance of Rhodes Palace Hotel.

DAY 2: Monday, 25th May 2015



The Filerimos Monastery

The Monastery of Panagia Filerimos is located on a hill above Ialysos, about 10km from Rhodes Town. The Monastery is dedicated to the Virgin Mary, the Life-Giving Source and its architecture is much different than the usual monasteries in Greece. It was constructed with stone in a Gothic Style, on the site of an older Byzantine Monastery. In the region around the monastery, there are the ruins of a baptistery in the shape of a cross, the remains of Ancient Ialysos and an underground church of Saint George that dates from the 14th century AD. From Filerimos Monastery also starts the path to Golgothas. On the top of this path, up on a hill with an amazing view, there is a huge cross, while on the one side of the path there are engravings that represent the Passions of Christ.

Apollona Village

Driving along the west coast of the Island we will head towards the Village of Apollona. The village acquired its name from the Temple of God Apollo who was the protector of Rhodes Island and the fine arts. Today it is inhabited by 1000 residents and has a rich vegetation with more than 70,000 acres of land which results in the majority of the community dealing mainly with the cultivation of olive trees. Once in Apollona, we can visit the Cathedral temple of the village with a vast history, splendid hagiographies, memoirs of the saints and its pebbled courtyard. The folklore museum is one of the most remarkable on the island with a wide range of domestic utensils, rural tools and impressive objects such as an old olive press, sarcophaguses and medieval burrstones are among its most important exhibits.

Note: Lunch (optional) will be at the traditional Taverna of "Giaremis", where everyone will have a chance to taste the variety of Greek food offered on the menu. You may also visit the quaint little local specialty store located opposite the taverna filled with natural

EXCURSION "FILERIMOS MONASTERY & APOLLONA VILLAGE"

PARTICIPANTS: ACCOMPANYING PERSONS ONLY

10.00: Departure from the hotel

10.30: Arrival in Filerimos Monastery

10.30- 12.30: Visits to the monastery, the baptistery ruins, Ancient Ialysos and the 14th century Saint George church

12.30: Departure from Filerimos

13.30-16.00: Arrival in Apollona Village, lunch break at traditional Greek Taverna "Giaremis" (optional), visit to the folklore museum and cathedral (optional)

17.00: Arrival back to the hotel

DAY 3: Tuesday, 26th May 2015



The city of Rhodes

The capital city with a population of approximately 100,000 inhabitants is located at the northern tip of the island. There is so much to see and experience here that visitors could never lose interest. One could spend days walking in the center of the City, which offers excellent examples of European Architecture of the early 20th century. Examples not to be missed are the buildings of the Post Office and the Prefecture of the Dodecanese constructed by Italian architects. The Evangelismos Church (Church of the Annunciation), the Town Hall and the National Theatre are a few more buildings that keep the memories of the island's Italian period alive. A stroll around Mandraki, the small marina with the Rhodian deer at its entrance is definitely a unique experience and popular point for special photos. During this visit you will also have the chance to go for shopping. With over 6000 shops you will find a wide variety of local products and range of handicrafts to satisfy almost every demand.

MORNING-AFTERNOON VISIT TO THE CAPITAL CITY OF RHODES

PARTICIPANTS: ACCOMPANYING PERSONS ONLY

10.45: Departure from the hotel

11.00 - 15.00: Visits to the capital city including a walk around the Medieval Moat (sponsored by Achilleas E. Tzimas - Sports Tourism Greece), the harbor and the shopping district

15.15: Arrival at the hotel

DAY 3: Tuesday, 26th May 2015



The Medieval Town

The Medieval Town of Rhodes is a UNESCO world heritage site since 1988. The Order of St John of Jerusalem occupied Rhodes from 1309 to 1523 and set about transforming the city into a stronghold. It subsequently came under Turkish and Italian rule. With the Palace of the Grand Masters, the Great Hospital and the Street of the Knights, the Upper Town is one of the most beautiful urban ensembles of the Gothic period. In the Lower Town, Gothic architecture coexists with mosques, public baths and other buildings dating from the Ottoman period. Before entering the site you will first enjoy a fabulous sightseeing with the Municipal Road Train. A Tour of Rhodes city along the fortifications of the Medieval City, the Temple of Apollo, the Ancient Stadium and the New Town Center. After that you will have the opportunity to explore the interior of the Medieval Town learning its past from a professional travel guide.

GUIDED TOUR TO THE MEDIEVAL TOWN

PARTICIPANTS: EVERYONE

17.30: Departure from the hotel

17.45- 18.45: Tour with the Municipal Tourist Train

18.45- 20.45: Medieval Town guided tour

21.00: Dinner at Blue Bay Hotel

TBA: Arrival at the hotel

DAY 4: Wednesday, 27th May 2015



Lindos

Nestling at the foot of a steep rock and beautifully surrounded by the sea lies the traditional 10 century BC Dorian settlement of Lindos; on the top of the same rock stands a centuries-old acropolis, proudly overlooking the archipelagos. The acropolis bears silent witness to Lindos glorious past, a major naval power of ancient times, which reputedly had a population of 17,000. The landscape of Lindos encapsulates the essence of Rhodes, a surprisingly felicitous blend of ancient and medieval. With 600,000 visitors annually, Lindos competes with Delphi as the second most visited archeological site in Greece. The view of Lindos village with its cubic houses sprawling down the hillside under the acropolis is one of the most photographed scenes in Greece.

There are picture-perfect medieval captains' residences built around „votsaloto“ (meaning pebbly) courtyards with emblems on their heavy wooden doorways. Try visiting some of them and admire the stunning interiors with their impressive ceilings and the courtyards paved with „votsaloto“: it feels like you are in a folk museum! Don't miss the opportunity to visit the Virgin Mary of Lindos church in the centre of the village, which is full of 15th century frescoes. Complete your tour with a visit to two famous architectural monuments of ancient Lindos: Kleouvoulos Tomb, which actually had nothing to do with Kleouvoulos but was the funerary monument of a rich Lindian family, and the Archokrateio, a Hellenistic burial site of the Archokratides family carved into the rock. In the interior, a corridor used to lead to an area where burial ceremonies were performed.

EXCURSION “LINDOS”

PARTICIPANTS: EVERYONE

Attention: Light lunch will be provided in a box before departure. It is advisable to wear comfortable shoes suitable for trekking.

12.30: Departure from the hotel

13.30: Arrival in Lindos

13.30- 17.00: Visit of Lindos

18.00: Arrival at the hotel

19.00: Dinner at Rhodos Palace

DAY 5: Thursday, 28th May 2015



7 Springs

Seven Springs is a great place to escape from the heat of the summer and enjoy a magnificent natural scenery. It is a romantic destination surrounded by woodland and green, approximately about 30 km from Rhodes Town, on the road that leads from Kolymbia to Archipolis and Eleousa, towards the mountain area of the island. The seven bubbling springs generate water all year long, culminating in a small man-made lake that provides a natural habitat to tortoises, eels, crabs and a rare fish species called gizani that lives exclusively in the creeks of Rhodes. The access to the lake is really popular with visitors and a tremendous experience. The combination of crystal-clear waters with pine and plate trees creates a peaceful scenery, offering the visitor relaxing moments. To get to the lake you have to walk through a very narrow dark tunnel 186 m long. Walking through the dark tunnel with your feet in the running water, is an eerie yet exciting and unforgettable experience that can be particularly refreshing. If you don't fancy the trip through the tunnel, then you can simply follow a walking path to the lake. The lake itself is about 200 m in length, 10 to 50 m wide and from 1 to 8 m deep and has a small cascade at its narrow end. There are many little rustic bridges and rivers, numerous footpaths and the area is known for the geese, ducks and peacocks wandering through the woods.



EXCURSION “7 SPRINGS”

PARTICIPANTS: ACCOMPANYING PERSONS ONLY

11.00: Departure from the hotel

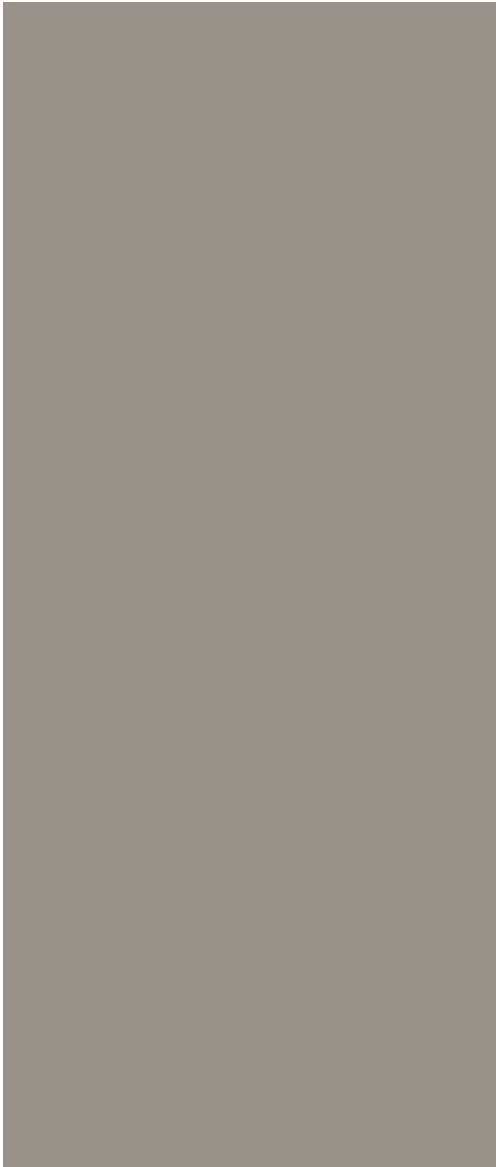
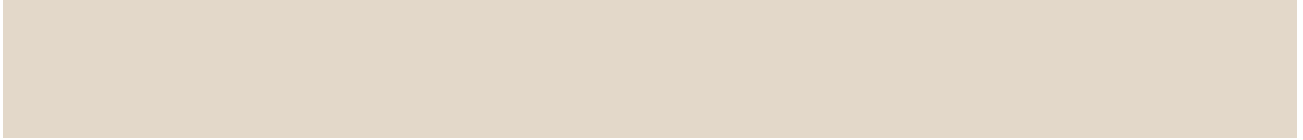
12.00: Arrival in 7 Springs

12.00- 13.30: Exploring the lake and unique landscape

13.30- 15.00: Optional lunch with traditional Greek cuisine and homemade mezes, cool and refreshing beverages or aromatic Greek coffee at the tables of the tavern amongst the Springs

15.00: Departure from the 7 Springs

16.00: Arrival at the hotel



We are grateful to Destination One for providing all bus transfers