



Watermills - Mouzakata - Sami - Antisamos

- Distance: 15 km.
- Time: 03:30:00
- Altitude / climb: 600 meters

Starting point: Mylos, just outside Sami on the road to Argostoli, where there is an information sign for the hiking route. Follow the signs with the blue markings along the route. You start walking along the river following the path and the old waterways (channels that directed the water to the 12 mills of the area). In its first part, the path is smooth and easy till the stone bridge of Grizata. The great variations in the landscape, the green nature consisting mainly of dense passages that offer you shade, the running water and the old stone watermills are elements that compose a magical landscape. Especially in spring or autumn, when the river has water, you can enjoy a dip in its cool waters. Arriving at the stone bridge that stands upright and haughty, you can make a first stop as then begins the uphill part. In this part you pass through

the rural zone of the area. You have the opportunity to enjoy the quiet of the forest listening only to the melodic sounds of the animal bells. Arriving at Koulourata, take the main road and cross over to the other side, where the uphill stretch to the village of Mouzakata begins. Mouzakata was a mountain village near Zervata, the center of the National Resistance that was destroyed by the Germans in World War II. Here, it is worth seeking out the Holocaust memorial site, to admire the view to the valley, one can see up to the Ainos - Roudi National Park and relax a bit. Following the old rural road, you pass among the old abandoned villages that were destroyed by the earthquakes of 1953 such as the old Zervata and Alevrata. Around one kilometer from Mouzakata you will find the natural spring of Agios Dimitrios from which you can drink fresh running water. The place is like an oasis of plane trees and running water, an ideal place for a resting stop. Then continue walking on a relatively flat ground in the direction of Saints Fanentes, crossing the ruins of the old village of Katapodata. At an altitude of about 250 meters, are the ruins of the Holy Monastery of Saints Fanentes (restoration work has begun). The Monastery of Saints Fanentes was built on the Kyatis hill of the citadel of Classical Sami, inside its fortification walls. A tower of the ancient walls was incorporated in the monastery's defensive tower.



Antisamos - Koutsoupia

- Distance: 6.32 km.
- Time: 02:30:00 - 03:00:00
- Altitude / climb: 358 meters

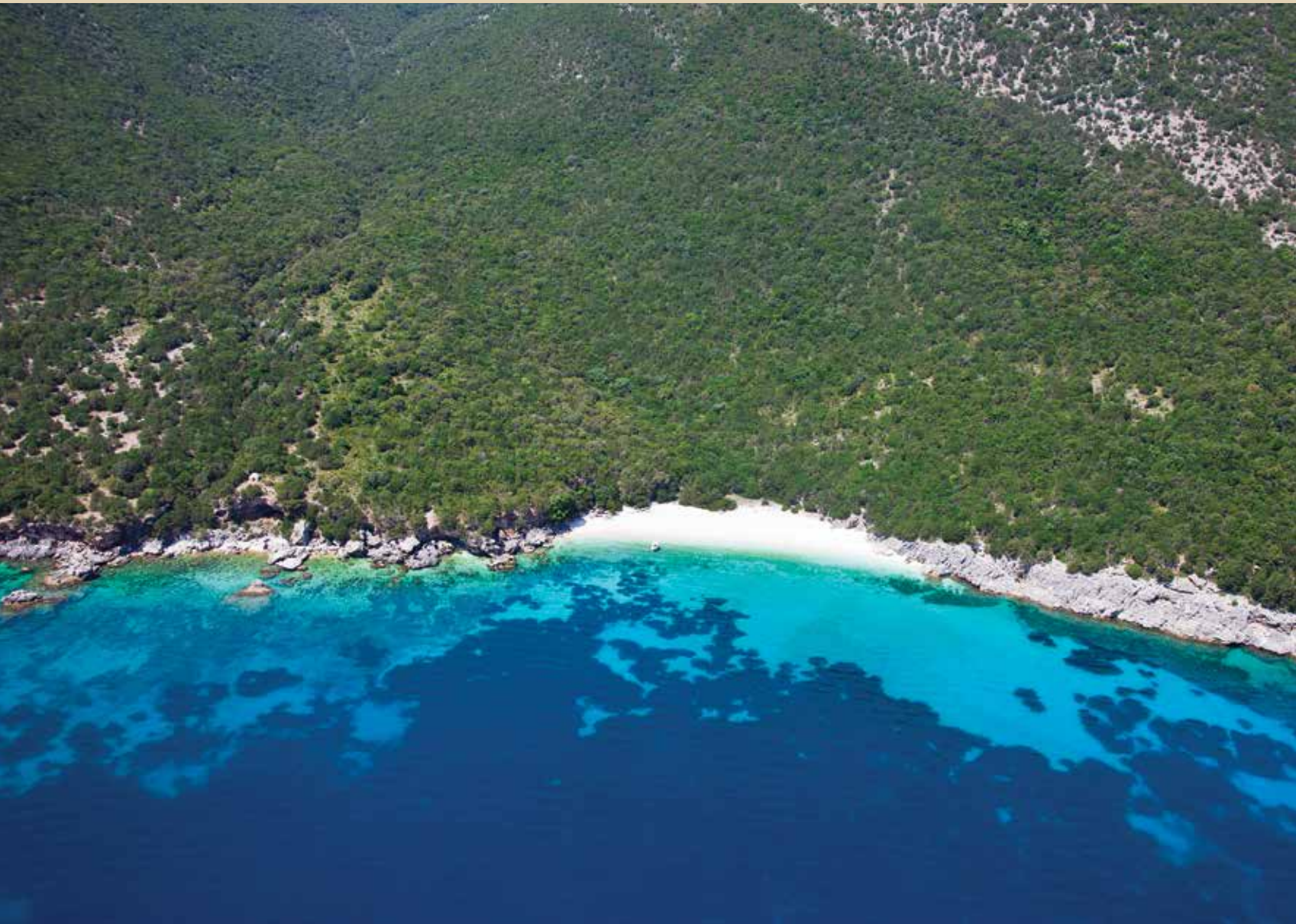
The starting point is the beach of Antisamos, where there is an information sign for the hiking route. Follow the signs with the blue markings along the route. One of the most beautiful and demanding paths of the Municipality of Sami. The trail starts straight with a steep slope, so you have to maintain a relaxed pace as the altitude difference from the starting point is 300 meters. You reach the first plateau where we recommend you to take a breath and then continue on a gentler route to Pachia Pounta. A place with a long history as it was a hideout for guerrillas in World War II. In the past, livestock farmers used to gather there the herds in the summer for the necessary natural coolness that the spot offers. Thus, you have the opportunity to get in touch with the history and the local culture and way of life. Even today the place is used by local livestock farmers. At the same time, you are given the opportunity to admire the awesome view that is offered to Ithaca and if the sky is clear up to Central Greece.

Flora: Here the vegetation consists of many koumaries (local dialect for arbutus, an evergreen large shrub) or koumarous (local dialect for a small tree with characteristic red bark which is widespread throughout Kefalonia), pine trees and old olive trees. If you walk this particular hiking trail in spring you will be captivated by the landscape full of blooming chamomiles and daisies.

The monastery's name, after which the hill was renamed into "Agioi (Saints) Fanentes", apparently comes from the corrupted name of "Agioi Neofaneis", the holly saints of Sami, St. Theodor, St. Gregorius and St. Leon. According to tradition, the saints' relics were found in a cave of the area and were lost in a shipwreck in the sea area of Fiscardo as they were being transported to the West. According to another version, the name of the monastery is related to the Gnostic philosopher Epiphanes of the 2nd century AD, who according to Clemes the Alexandrian was honoured as God at Sami. The monastery was built before 1264, the year of its first recording in the proceedings of Kefalonia's Latin Diocese. After flourishing in the 17th century as a significant spiritual center with a hieratic school, it was closed down in 1805.

You can end the hike here and return by taxi as there is easy access from a paved road. You can also follow the path to the city of Sami which is nearby but has a steep downhill slope. If you proceed eastwards from the road, the route continues and you can either go to the "Castle", which was the main Ancient Acropolis of Sami (Arx Major), or turn right to continue towards Antisamos, one of the most beautiful and famous beaches of the island. It is an organized beach, with pebbles and turquoise waters, which reflect the natural environment with the green mountains. In fact,

on this beach as well as in the wider area of Sami, most of the shooting of the film "Captain Corelli's Mandolin" took place. Flora: The flora of the area is varied and consists mainly of cypresses, cedars, olive trees, spruces (sturdy evergreen shrub of high growth) and arbutus. The return trip can be done either by taxi (easy access because it has a paved road) or following the same route back.



- Start early in the morning to avoid too much sun and heat

- Save emergency phones before starting the hiking trails

- Have enough water with you and a snack

- Wear closed-toe walking shoes

- Have a hat

- Pay attention to the blue signs

- The trails can also be found in the Garmin and Wikiloc applications



Agia Efimia - Drakopoulata - Monastery of Themata

- Distance: 8 km.
- Time: 02:20:00
- Altitude / climb: 600 meters

Starting point: The taxi rank in the central square of Agia Efimia, where there is an information sign for the hiking route. Follow the signs with the blue markings along the route. In the first kilometers you cross mainly large areas of arable land. At the same time, you have the opportunity to walk on the old roads, which connected the villages with the arable land. In those days the agriculture was the main income for the population of the island. In general, the first part of the route is smooth and easy.

Flora: Walking in the greenery one has the opportunity to get to know the flora of the area. You will see huge laurel trees, pournaria (local dialect for holm oak, which is an evergreen hardwood oak that grows as a shrub or small tree 1-10 meters high. It's widespread throughout Kefalonia), vineyards and centuries-old olive trees.

Another folklore element of the way of life that you will encounter is the art of lithia (local dialect), a stone retaining wall made of stones that were made in the old days to hold the soil in order to make better use of the cultivable land. Just before Drakopoulata you will meet the Church of Panagia (Virgin Mary) while at the same time you will notice that the path begins to ascend. It is worth making a stop here to relax in the beautiful churchyard, to enjoy the shade from the trees and admire the old bell tower. As is the case in many parts of Kefalonia, old and new villages coexist harmoniously. Thus, you have the opportunity to explore the modern village of Drakopoulata and the old one, which was abandoned after the catastrophic earthquakes of 1953. Walking through the ruins you can discover the architecture of the old houses. From here on, the most demanding part of the route begins: from the passable old roads we enter a path with quite a lot of stone.

This path connects Drakopoulata with the Holy Monastery of Themata.

Along the way you cross a forest of pournaria and you have the opportunity to admire elements that reveal the old rural life such as threshing floors (a round flat area for threshing cereals) and cisterns (a tank for collecting rain-water) while many parts of the trail are stone-built.

Arriving at Themata you are captivated by the view of the gulf of Sami while you can see up to Ithaca and if the sky is clear, even up to Central Greece. Just before the monastery you might encounter deer on the way, while in the monastery there are peacocks, ponies and many other animals that are hosted in the Monastery.

Holy Monastery of Themata: This is a very old monastery built in a magnificent location in a forest of pinos trees. It owes its name to the leader of Kefalonia Thematos (Local Governor of the island), who was based in the area. According to a popular tradition, those who had "themata" (problems) that concerned them (illness, death, courts, imprisonment) turned to the miraculous icon of the Virgin Mary and asked for a solution to their problem.

The return trip can be achieved either by taxi (easy access because there is a paved road) or following the same route back. Alternatively, you can reach the Monastery by taxi and walk back following a downhill hiking trail.



Agia Efimia - Drakopoulata - Monastery of Themata

Koutsoupia - Antisamos - Antisamos

Saints Fanentes - Sami - Antisamos
Watermills - Mouzakata - Antisamos

Municipality of Sami Hiking Trails



Dear guest,
The brochure you are holding in your hands, Leads you to get to know three hiking routes of the Municipality of Sami. These three paths connect historical, religious, archeological sites and landscapes with special natural beauty.
The goal of our Municipality is to develop alternative tourism of quality with respect to the history of the place and the environment.

Antonis Kallivokas
Deputy Mayor of Tourism, Culture & Education

Texts: Elisabeth Kangelari
Edited by: Antonis Kallivokas

Useful information:

- Health Center: +30 26740 22222
- Fire dept.: +30 26740 23199
- Police: +30 26740 22100
- Port Police: +30 26740 22031
- Taxi: +30 26740 22308

For further information:

Municipality of Sami
27 Ioannou Metaxa street, Sami 28080 Kefalonia
Tel: 2674 360 500 Fax : 2674 360 500
Web: www.sami.gov.gr

