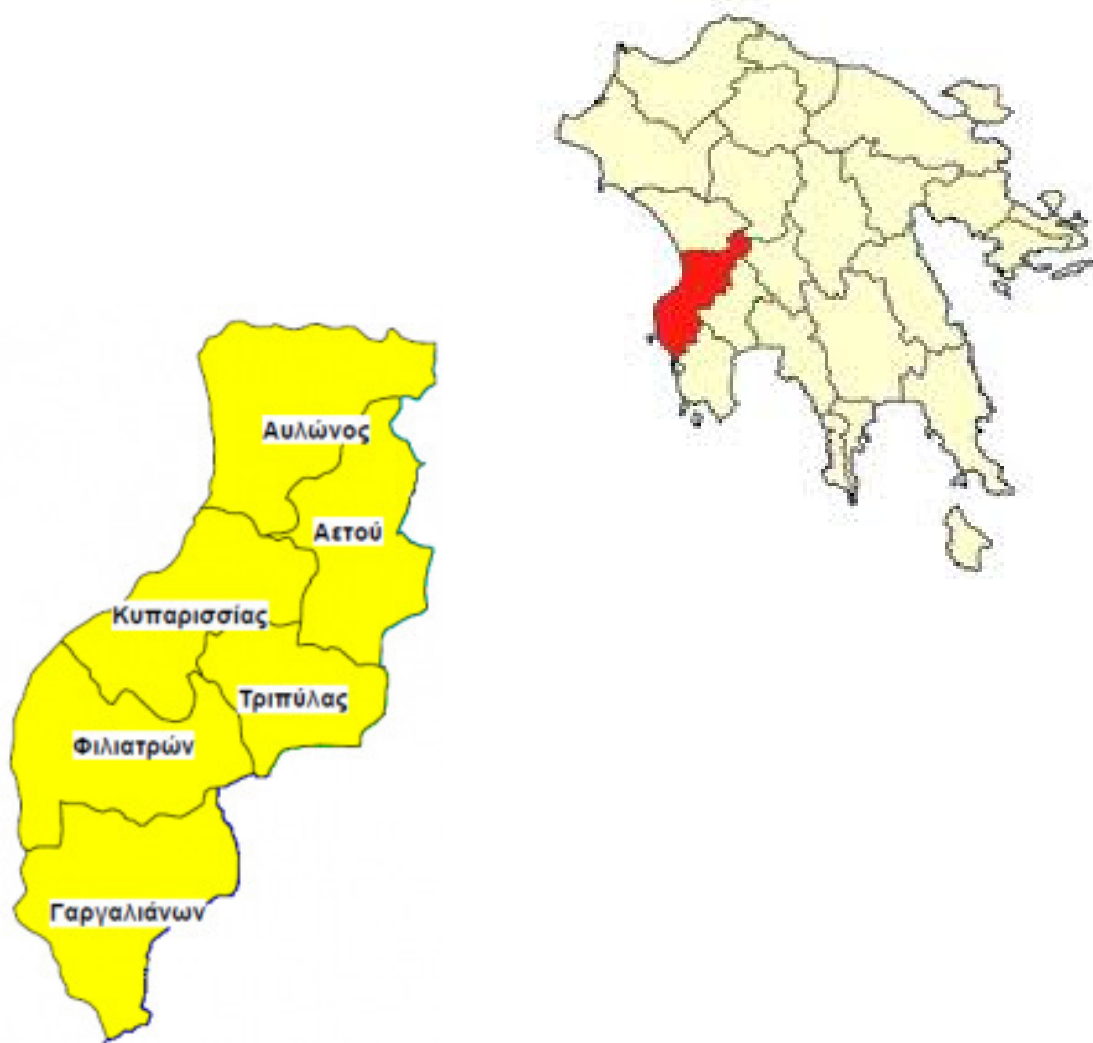


**REGION OF PELOPONNESE**  
**COUNTY OF MESSINIA**  
**MUNICIPALITY OF TRIFYLIA**



## IDENTITY

**Area : 612,1 km<sup>2</sup>**

**Population : 27.926 citizens**

**Capital : Kyparissia**

**Mayor : Panagiotis Katsivelas**

### **Contact:**

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## ACCESS

### **Destination by road:**

- From Athens 259 km- Trip duration 2 h & 50 min.
- From Thessaloniki 749 km (through Athens) - Trip duration 7 h & 20 min.
- From Patras 172 km - Trip duration 2 h & 24 min.
- From Kalamata 83 km - Trip duration 1 h.

**Nearest airport:** Kalamata International Airport  
"Captain Vassilis Constantakopoulos"

## NAME

**Trifylia** was an ancient Greek state which took its appellation by the coexistence of three (tria) tribes (fylla).

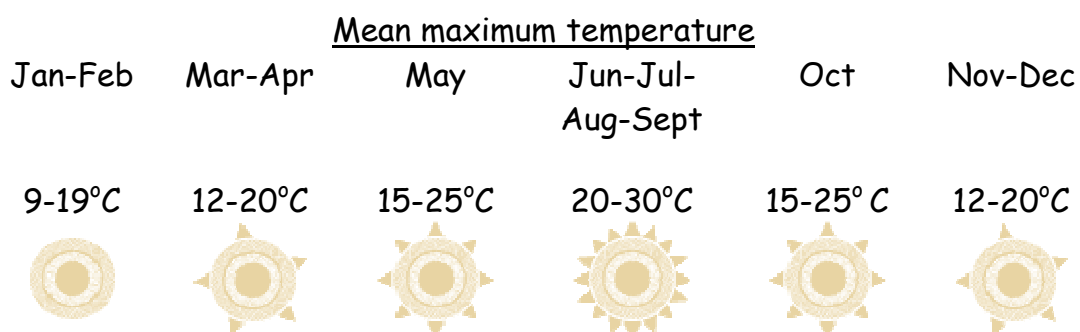
### *What makes Trifylia unique... Why is it so interesting...*

*The development of the local natural advantages in combination with the respect to the environment, the history, the culture and the local community makes the region of Trifylia an ideal touristic destination. The visitor has the opportunity to explore neolithic settlements, byzantine temples and medieval castles, to enjoy sea sports (diving, swimming, windsurfing etc) at the crystal clear and full of blue beaches, to meet the local civilization, to find out the high-quality local grown products (olive oil, wines, vegetable) and taste the exceptional cuisine.*

*Competitive advantages related to the Municipality of Trifylia:*

## CLIMATE

Trifylia enjoys an excellent climate, with balmy springs, warm summers and mild winters. Blue skies, sunny days and pleasant temperatures (25°C/77°F on average) make this region an ideal year-round destination.



## ECONOMY

The economy in the Municipality of Trifylia is mainly based on the agricultural production.

### **Main products:**

*vegetable products* (cucumbers, tomatoes, peppers, beans etc)

area: 5.310 acre - production: 76.790 tons



*watermelon*

area: 6.000 acre - production: 45.000 tons

*olive trees and olive oil*

area: 260.000 acre - production: 18.000 tons

*grapes*

area: 9.092 acre - production: 7.000 tons



## TOURIST FACILITIES

Modern tourist facilities, technical know-how, high quality tourist services, trained and conscientious human resource at

- 17 Hotels with 975 beds
- 23 complexes of rooms to rent with 525 beds
- 2 Campsites

*Costa Navarino*, as the first all-included tourist high level resort in Greece with 766 rooms, suites and villas, contributes to the establishment of the region as a world-class, high-end destination.



## ARCHAEOLOGICAL SITES

In the territory of the Municipality of Trifylia exist 92 archaeological sites and modern monuments. The most important of these are:

### 1. ARCHAEOLOGICAL SITE OF PERISTERIA The "Mycenae of Western Peloponnese" (1700-1400 BC)



This archaeological site is located at the sharp and one-side wall fortified hill of Peristeria about 2km northeast from the town of Kyparissia. It is famous for the Mycenaean vaulted tombs which were full of golden finds during the excavations.

## 2. CHURCH OF TRANSFIGURATION IN CHRISTIANI



This remarkable byzantine monument (12th century AD) is located in the village of Christiani (12km east from Filiatra) and it is among the most famous byzantine monuments in Peloponnese.

## 3. CROSS VAULTED CHURCH OF ANNUNCIATION IN FILIATRA



The byzantine temple of Annunciation is the oldest cross vaulted temple in the Greek territory (13th century AD). It is located 2km southeast from the town of Filiatra up in a hill surrounded by olive trees.

#### 4. THE UPPER TOWN OF KYPARISSIA



The upper town of Kyparissia is a historical settlement with cobbled roads, medieval backstreets and old mansions. The most remarkable monument is the Byzantine castle at the top of the hill.



## EXPLORING NATURAL BEAUTIES

### ENVIRONMENTAL TOURISM

**Neda river** The Neda river flows through a beautiful gorge with waterfalls and small lakes. It is a place which can offer several happy hours to all nature lovers and an opportunity for hiking.



**Arcadian river** The explorer of this river can easily find out unique beauties such as the double-arched bridge constructed in 1880s.

**Helaia forest** The forest of Helaia is one of the last coastal forests in Greece. It is a place where sea turtles prefer to make their nests (1.452 nests in 2013) and people from over the Europe prefer to camp (2.000 campers in 2013).

**Valta Waterfalls** The forest of Valta is located close to the village of Valta and 5km north from the town of Gargaliani. The small river which flows through it creates waterfalls and water basins.

**The dam of Filiatra river** A beautiful wetland for bird-watching and other activities.

**Beaches** In the region of Trifylia there is a huge variety of beaches either sandy or pebbly and secluded bays:

Helaia beach, Kalo Nero, Sergiani, Sani, Kartelas, Ai Lagoudis, Giannitsena, Agrilis, Stomio, Agia Kyriaki, Lagouvardos, Vromoneri, Xrisi Akti, Proti island.

Lagouvardos beach is the most popular beach for surfing as surfers both from Greece and abroad visit it. Proti island is a suitable place for fishing and diving.



*Lagouvardos beach*



*Proti island*

## CULTURE

The Municipality of Trifylia organizes remarkable cultural events all over the year.

Especially, the Municipality, in cooperation with the Regional Government of Peloponnese and the International Cultural Society of Kyparissia (MESK), has organized an International Folclore Festival under the auspices of CIOFF since 2004.

Cultural events throughout the region of Trifylia such as theatre performances, concerts, exhibitions, presentations, promotions of outstanding personalities etc are organized and sponsored by the Municipality of Trifylia and the local Cultural Societies.



## LOCAL CUISINE & DELICASIES

There are hundreds of delicious age-old traditional recipes, such as kagiana (egg omelet with tomatoes and feta), rooster with hylopites (a type of pasta), diples etc, prepared with fresh products and herbs of the land of Trifylia.

### Olive-oil

The olive- oil of Trifylia - dubbed "liquid gold" by Homer - is considered to be among the finest food in the world. Trifylia produce an average of 18.000 tons annually, 95% of which is cold-pressed, extra virgin olive- oil.



### Wine

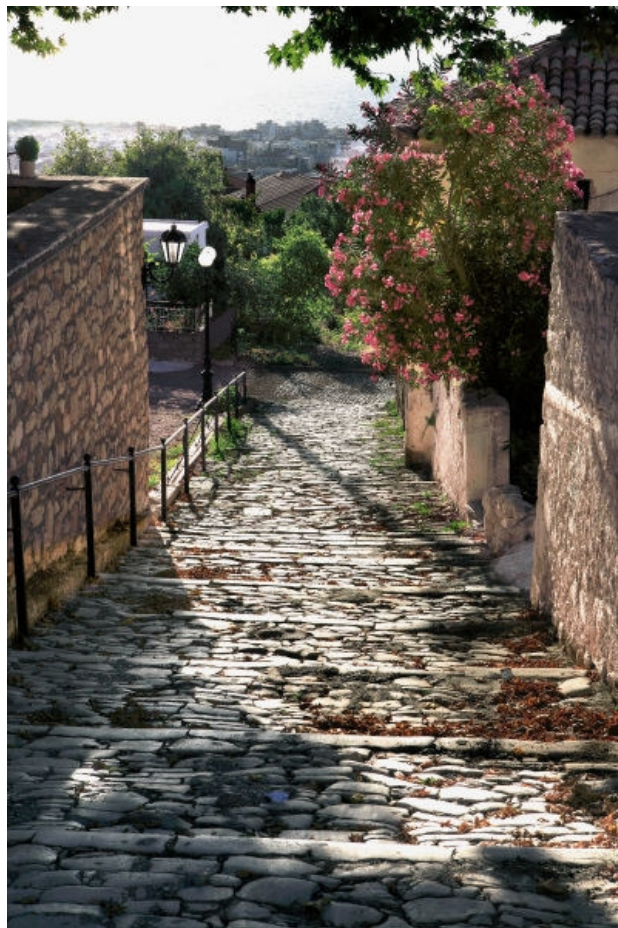


The fertile land of Trifylia is dotted with large and small vineyards which produce high-quality varieties of wine

### Diples

The confectionary stars at any happy moment (baptism, affiance, wedding etc) in Trifylia are honey curls called diples, folded, deep fried, drizzled with honey and sprinkled with cinnamon and crushed walnuts. Diples are served at wedding celebrations as a symbol of the couple's sweet life together.





***KYPARISSIA***

*MUNICIPALITY OF TRIFYLIA*



***GARGALIANI***



***FILIATRA***

*MUNICIPALITY OF TRIFYLIA*



***KOPANAKI***



***AVLONA***



***SIDIROKASTRO***  
*MUNICIPALITY OF TRIFYLIA*



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*TRANSLATION: Ioannis Gougoulas*

2015