

Kos

The island of Hippocrates confirms today that the heritage of a place can co-exist in complete harmony with the modern way of life. Kos, one of the most popular of the Aegean islands in tourist arrivals, is a cosmopolitan resort, which has a lot of excitement to offer to the visitor all year round. One of the most characteristic monuments of nature, a point of historic reference for the island of Kos, is the famous Plane tree, one of the older trees of the world, which according to tradition, in its shade Hippocrates the Koan, the father of Medicine, taught.





THE PLANE TREE OF HIPPOKRATES is connected with the Castle's Bridge, which leads to the city and the harbor, where the Castle of Nerantzia is crowned. Its construction started by the Knights of St. John in the 14th century, due to delays caused by Turkish raids. The Castle has a double wall and up to the beginning of the 20th century it formed an island, as it was separated from the land by a moat full of sea-water, where today is the avenue of the Palm trees. The ancient city was built over 2370 years ago at the site where the city of Kos stands today, and underwent great flourishing during the Hellenistic and Roman years, when its market was, during ancient years, one of the most important markets of the then known world. Romans, Ottomans and Italians have passed from the island, creating a net of civilizations that is still maintained, even today, through its monuments.

MOST OF THE BUILDINGS OF THE CITY are of venetian style and neo-classic. One of the most characteristic samples of the architecture, is the County Hall of Kos. The archeological treasures of the island are hiding in the Archeological Museum, in Eleftheria square. Among them the mosaic with Hippokrates and the statues of Aphrodite and Eros. Other ancient monuments are the Ancient Theater, Casa Romana, Ancient Agora, the mosaic of "the Abduction of Europa" and, of course, the Asklipeio, just outside the city of Kos, world-wide renown, since it is believed to be the site of Hippokrates' Medical School. Today, Kos offers its visitors comforts during all seasons. With modern hotel facilities, many choices for eating out and recreation, it has the possibilities to become a holiday destination throughout the year. Besides, great development is brought by the marina of Kos, one of the most modern of the south-eastern Mediterranean, which can accommodate from sailing-boats to yachts. The wet-land at Psalidi, a wealth of natural beauty and significance, shelters rare

bird species. Close to Psalidi is Therma, which took its name from the hot springs that are in the area. The spring-waters end up in the sea, and their high content of sulphur has made them famous for their therapeutic properties. Picturesque villages are scattered in the mountain-range of Kos. Kardamena is well known, 30 kilometers from the city of Kos and 5 kilometers from the "Hippokrates" International Airport, as at the excavations that were carried out, the remains of the ancient Alasarna were found under the city. There are many archeological monuments here: Apollo's temple, old-Christian basilicas and the ancient Theater. Also, Antimachia, in the center of the island and 25 kilometers outside the city of Kos, dominates the area with its castle, traditional win-mill, traditional house, etc. Kefalos is on the west end of the island, 42 kilometers from the city of Kos. This picturesque village is over the Kamari beach, while only a few meters from the shore, there is the small island of St. Nicholas (Kastri). The Basilica of Agios Stephanos, the monastery of Agios Ioannis the Theologian, the remains of Astypalea, as the older capital city of the island and the White Stone cave, where the first human signs on the island were found, are only a few of the sights of the area. Besides, a beautiful green village, which is far different from the average picture the visitor has of Kos, is Zia. In fact, it is considered to be the best site on the island for someone to admire the sunset and taste the local delicacies at the beautiful little taverns.

In fact, no one leaves Kos, without tasting the special recipes with the equally special names. The most characteristic of them are the "pittaridia" (lazania cooked in meat broth), "varvara" (boiled wheat with sesame paste, sugar, almonds, walnuts, raisins, pomegranate, cinnamon, blossom-water, orange-leaf and different spices), "katimeria" (rolled and turned fried cheese-pies with mizithra cheese, offered with honey and cinnamon) and "xysmata" (wheat bread, kneaded with grated mizithra and spices).