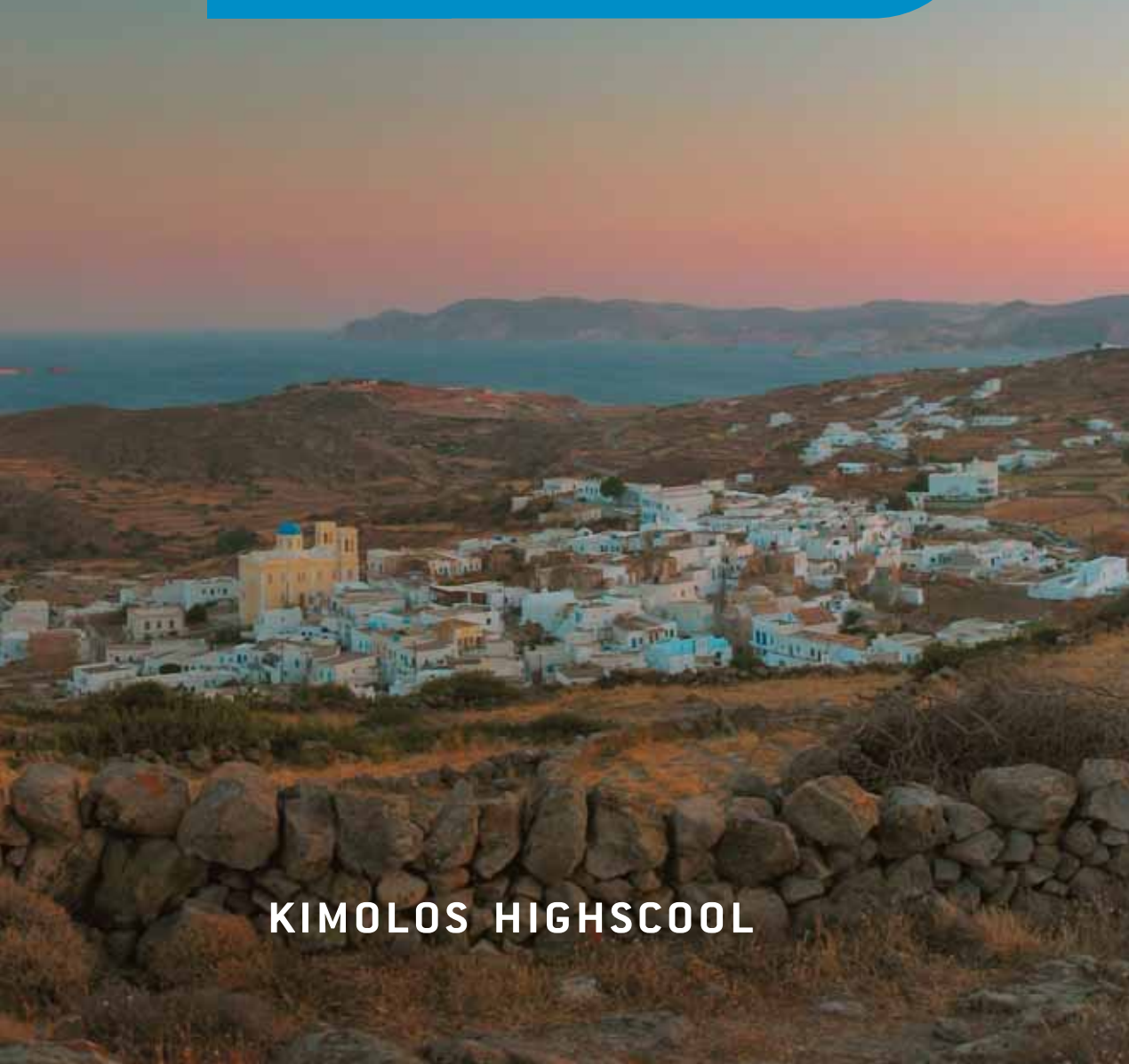


Walking on
KIMOLOS
and **POLYAIGOS**



KIMOLOS HIGH SCHOOL

Walking on
KIMOLOS
and **POLYAIGOS**

KIMOLOS HIGHSCOOL

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2003-2004

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MINISTRY OF NATIONAL EDUCATION AND RELIGIOUS AFFAIRS
DIRECTORATE OF SECONDARY EDUCATION OF THE CYCLADES PREFECTURE



ΥΠΟΥΡΓΕΙΟ ΕΘΝΙΚΗΣ ΠΑΙΔΕΙΑΣ ΚΑΙ ΘΡΗΣΚΕΥΜΑΤΩΝ
ΕΙΔΙΚΗ ΥΠΗΡΕΣΙΑ ΔΙΑΧΕΙΡΙΣΗΣ ΕΠΕΑΕΚ



ΕΥΡΩΠΑΪΚΗ ΕΝΩΣΗ
ΣΥΓΧΡΗΜΑΤΟΔΟΤΗΣΗ
ΕΥΡΩΠΑΪΚΟ ΤΑΜΕΙΟ ΠΕΡΙΦΕΡΕΙΑΚΗΣ ΑΝΑΠΤΥΞΗΣ




ΠΑΙΔΕΙΑ ΜΠΡΟΣΤΑ
2^ο Επιχειρησιακό Πρόγραμμα
Εκπαίδευσης και Αρχικής
Επαγγελματικής Κατάρτισης



A contryard in Horio

Following the steps of the past ...

1. *Returning from Soufi*
2. *Leaving Horio*
3. *Resting in Polyaigos*
4. *At Skiadi*
5. *At the church of Pantokratora*
6. *Kalderimi on the way to Ellinika*

... we discovered the paths of today, as part of the environmental education project: "The exploration and mapping of walking routes on Kimolos" that was completed during the school year 2003-04 and was co-funded by the European Union (LIFE initiative), the Cyclades Prefecture and the Hellenic Society for the Protection of the Mediterranean monk seal.

Throughout the project, we sought information from written sources on the natural environment and history of Kimolos and we invited some specialists, who have studied the region, to accompany us in the field and share with us their experience and knowledge. Studying maps and talking to the older people on the island, we located the most beautiful and best maintained walking routes, we walked them, we way-marked them and we marked them on the map with the use of a GPS satellite system.

At the same time, we drew up detailed directions for six routes, as well as short chapters on the geomorphology, geology, flora, fauna and history of the island. We decided to publish the results of this effort, with a view to making our island better known as an alternative tourism destination. Our objective, though, was not to publish a perfect guide but to get to know our island better and to appreciate ourselves the natural and cultural heritage of this special place.

During the school year 2004-2005, we have continued our activities as part of the project "Actions for the promotion and development of the walking routes on Kimolos and Polyaigos". During this project, we



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translated our guide in English and set up a website in both languages (<http://gym-kimol.kyk.sch.gr>). We also carried out a survey to find out the requirements for the development of alternative tourism on the island. Finally, we experienced eco-tourism ourselves during an excursion in the National Forest of Parnitha, near Athens. This project was funded by the European Union as part of the Operational Programme for Education and Initial Vocational Training (EPEAEK II) while the publishing of this guide was funded by Ventouris Apostolos

We should point out that some out-of-school collaborators worked with us in various stages of the project. Special thanks are due to Peter and June Coveney, who helped us in editing the english version of this guide. Their contribution to the translation of the flora and vegetation chapter was also invaluable. Moreover, we would like to thank Pantelis Kapralos, who, as an experienced walker, offered us help on the second part of the guide.

Even if the paths recommended are generally maintained in good condition, a few improvements would be desirable, since at some points the paths have been damaged by the rain or overgrown with scrub. Also, our way-marking was amateur and because of the erosion of the rocks will not last long. Therefore, we honestly wish this guide will stimulate the local authorities to work on the development of these routes to attract walkers both from Greece and abroad. Finally, we wish to give you an incentive to explore and appreciate our island the way we do.



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PART

KIMOLOS

AN OASIS IN THE CYCLADES

Almost untouched by the passage of time, Kimolos is an ideal destination for those who seek contact during their holiday with the Greek countryside, local people and their traditional lifestyle. The innumerable sandy and rocky beaches of the island form a tapestry of natural beauty for summer visitors. Their variety lends a special charm to each one. Fifteen minutes distant, neighbouring Polyaiagos, one of the biggest uninhabited islands of the Aegean sea, offers additional attractions, even for the most demanding tastes.

Apart from the sun and the sea however, there are also other reasons why one should visit this corner of the Cyclades, not only in the summer, but throughout the whole year. Because of their volcanic origin, Kimolos and Polyaiagos have a stunning variety of rocks forming colourful and impressive shapes along the coasts and in the interior as well.

Geographic isolation from continental Greece resulted in biological differentiation in both islands. Thus, today the region has a unique flora and fauna, since many of the species encountered here are endemic or rare. Two species of reptiles, the viper *Macrovipera schweizerii* and the lizard *Podarcis milensis* live exclusively in these islands, as well as in the neighbouring island of Milos. In the deep blue waters around the island swims the Mediterranean monk seal, *Monachus monachus*, a species

which is under the threat of extinction all over the world. Thus, north west Kimolos and Polyaiagos have been included in the NATURA 2000 Network, which protects the most environmentally sensitive areas of Europe.

Kimolos also lends itself to walks in the country. Tourists can enjoy the landscape wandering around traditional kalderimia (steep, narrow lanes paved with stone and whitewashed) and admire the innumerable terraces made by farmers in order to make use of every piece of farming land.

Throughout the island there are memorials of a vanished way of life: stone threshing floors (alonia), where yoked animals walked in circles to tread the grain and the "katikies"- small buildings, often cut into the rocks, where cultivators stayed when working on the land. Donkeys still serve as a precious means of transport for elderly people, a custom now under the threat of extinction!

There are many churches and chapels (more than 80) mostly built from the 16th to the 18th century. A large number of churches adorn the main village of Horio, and there are small white chapels all over the island.

The most distinctive church in Kimolos bears the name of the Virgin Mary of Hodigitria, with an icon of the Virgin crafted in the 15th century. In the Kastro (the medieval castle from the Venetian era) in the centre of Horio, the oldest church, dedicated to the Birth of Christ and built in 1592, is well worth a visit, while particularly impressive is the church of Agios Ioannis Chrysostomos. Both churches have been designated as monuments of exceptional historical value by the Greek Ministry of Culture.

Finally, it is worth strolling round the narrow lanes in Horio, which is built in and around the Kastro. Above its three gates, one can see the coats

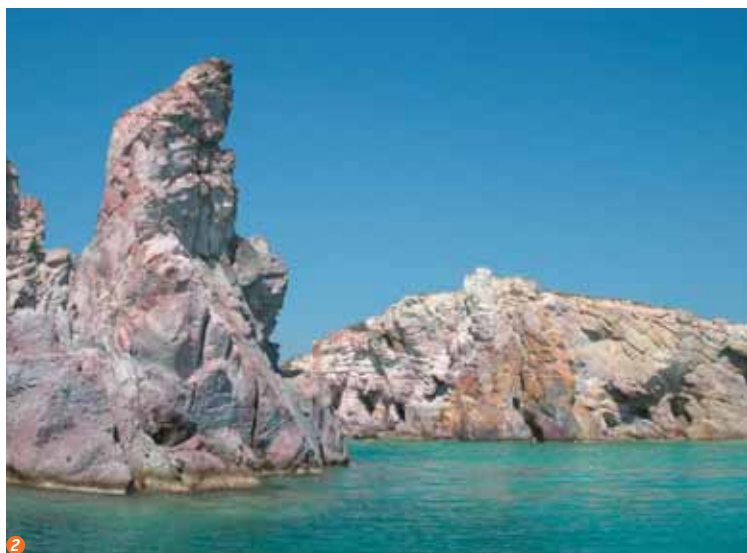


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- 1 Agios Georgios beach, Kimolos
2. SW coast of Polyaiagos
3. Ano Mersini, Polyaiagos
3. Άνω Μερσίνη, Πολύαιγος
4. A seal swimming



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1. The settlement of Goupa.
2. The church of Ag. Ioannis Chrisostomos, in Horio
3. A "katikia" on the way to Agioklima
4. Xaplovouni
5. The port of Psathi
6. Horio at dusk

of arms from the time of the Venetian occupation. The white-washed houses of Horio with their blue windows and courtyards full of flowers are typical of the cycladic architecture.

Particularly picturesque is also the settlement of Goupa, where fishermen keep their boats in caves dug into the rocks, the "sirmata". Undoubtedly, Kimolos is a small paradise one is strongly recommended to discover.



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Kimolos lies in the south-west Cyclades, north-west of Milos, 86 nautical miles from Piraeus. The island covers an area of 36 sq km with a coastline of 38 kilometres, forming numerous bays, islets, spectacular beaches and marine caves. One can reach Kimolos from the port of Piraeus, from where there is a daily ship in the summertime. Alternatively, you can travel to Milos by ship or plane. The distance from Milos, from where there is a frequent daily service, is hardly a mile.

The island has been called Kimolos since ancient times; it was named after Kimolos who was, according to mythology, the first inhabitant. It was also called Ehinoussa, either from the Greek word for the sea urchins that are still abundant around the rocky coasts or possibly because of the occurrence of vipers here (ehidna is the Greek word for the viper). The name Arzantiera (Argentiera = made of silver) was given to the island by the seamen of the west (13th and 14th century AD.), no doubt because of the outcrops of white rock.

The island is mountainous and the highest peak is Paleokastro (365m.). The vegetation is sparse and rainfall limited. There are a few streams, but they run only in winter. The most important capes of the island are Gerakia in the north, Ag. Georgios in the south and Petalida in the west. The coasts in the south and east are sandy while the ones in the north are rocky. Bonatsa, Soufi and Ellinika are some of the most beautiful beaches.

Polyaigos (that is to say, a place of many goats) or Polivos, is an uninhabited island east of Kimolos. It is rocky and arid, with remarkable

A few words about the island



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coasts and beaches. Between the two islands lie two small islets, Ag. Efstathios and Ag. Georgios, named after their respective chapels.

Most of the population of Kimolos live in the main settlement, Horio. Here, you can find almost all the shops and services you might need. A short distance away, is the quiet picturesque port of Psathi, altogether different from the busy ports of the large islands. The population of the island has declined dramatically in the past decades and today, it has only 500 permanent residents.

Kimolos was mainly an agricultural island but a sizeable proportion of the population earned their living from the sea. Today agriculture is less important, although the island continues to produce meat and cheese of excellent quality. Many families depend on mining, in Prassa or on neighbouring Milos. Tourism has grown steadily in recent years. Many of the traditional island trades and professions still survive as part of the local way of life, for example, those of the blacksmith, the fisherman, the tailor and the folk musician.

Complicated and long-lasting geological activity has moulded the Aegean seas and islands into the form they have today, but ten million years ago, an unimaginable period of time for us but almost negligible in geological terms, the area of the Aegean was one continuous land-mass, known as the Aegeis.

In the course of geological time, sections of the Aegeis underwent a process of continuous subsidence and elevation. During the Pliocene (between 5 million and 1.6 million years ago) the area was finally submerged by the sea. At the same time, the sinking of the African plate under the Eurasian caused the eruption of volcanos and the creation of islands along what is today called the volcanic arc of the Aegean.

Among those islands was also Kimolos, which was probably joined to Milos, Polyaiagos and Antimilos. Volcanic activity lasted for roughly 2 million years and finally ceased around 100.000 years ago. During that time, as the sea level rose and fell, the shape of the four islands changed from time to time, sometimes being joined and sometimes separated.

Even though the precise sequence of geological events is uncertain, it appears that none of the four islands was ever linked with the mainland. That is evident from the occurrence of numerous endemic species of plants and animals, that is to say species found exclusively in the island

geological history

1. *Horio, view from Xaplovouni*
2. *The cape of Gerakia*
3. *Betonite*
4. *East coast of Polyaiagos*
5. *Soufi, on the north coast of Kimolos*



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rocks and minerals

The subsoil of Kimolos is almost exclusively made up of volcanic rocks of considerable economic interest as they have supported the economy of the island from antiquity. The most important minerals of Kimolos and the neighbouring islands are bentonite, kaolin and perlite.

Bentonite: This is widely used in industry (oil drilling, foundries, ironworks, insulation), as well as in agriculture and pharmaceutical production. The greatest concentration of bentonite is found in the region of Prassa, where the only active mine of the island is situated. Older quarries can still be seen on the south coast of the island (in Stentas, Ennias, Fikiada, Dekas) and in Polyaiagos.

Kaolin: Known in ancient times as "Kimolian earth", it was used as soap for washing clothes. Today, it is used mainly in the paper industry, in ceramics, in rubber and the cement industry. It is found on the south coast of the island, but it is extracted only in the area of Kalamitsi.

Perlite: Its texture is characterized by the presence of small granules, resembling pearls. It makes excellent material for heat, sound and fire insulation and is used as inert matter in building materials. It is used as a filter in the food industry and in the production of drinkable water. Also, it constitutes an excellent soil conditioner. Deposits of perlite have been confirmed in the locality of Xaplovouni.

Building material (poros stone): There was intense activity in block



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manufacture from white volcanic rock, called tuff, until 1960. The stone was not only used as a building material in Kimolos, but also in Athens and Piraeus. Remnants of its extraction are found in the piles of broken stones in the region of Klima, Kara and Agios Minas.

There are hot springs in at least three areas (Prassa, Thermopetra, Agioklima). In summer 2005, baths will be open to the public at Prassa. The high temperature of the underground water (46–50C) was the first clue to the existence of geothermal reservoirs, later confirmed by drilling. The heat stored in these reservoirs is an exploitable form of

1. View from the lighthouse in Polyaiagos
2. Gerakia, Kimolos
3. An old building made of poros stone
4. The islet of Kalogiros in Polyaiagos
5. Hot springs in Agioklima

hot springs



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flora and vegetation

energy. Today, the geothermal energy is used for water desalination plants. However, it is likely that there are deeper and hotter reservoirs, which could be used directly for the production of electricity.

The presence of people from antiquity has shaped the current vegetation, dominated by shrubs and sparse scrub, alternating with traditional crops. Although this kind of vegetation is not particularly impressive, it is of great biological interest, because of its diversity. The total number of recorded species of plants on the island is 185, 32 of which are regarded as specially important, since they are either endemic, rare or endangered. Those figures, however, are almost certainly an underestimate because no systematic survey has been undertaken.

In the coastal area, among rocks above the sea and on exposed slopes, you may find shrubs such as the Spiny Knapweed (*Centaurea spinosa*) and Spiny Chicory (*Cichorium spinosum*) while the Rockrose (*Cistus*), a heather species (*Erica manipuliflora*), the Lavender (*Lavandula stoechas*) and, less commonly the Thorny Burnet (*Sarcopoterium spinosum*) cover much of the interior. Sometimes, the shrubs form a more or less dense scrub ("garrigue") with juniper (*Juniperus phoenicea*) and mastic tree (*Pistacia lentiscus*). Denser thickets ("maquis"), where juniper and mastic tree dominate, together with wild olives (*Olea europaea*), cover the gullies, while the natural vegetation invades abandoned terraces as well.



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On Polyaiagos the only human intervention is through the grazing of sheep and goats, which are relatively few in number. That is why the vegetation is characterized by the presence of denser thickets of the same species, together with occasional shrubs of strawberry trees (*Arbutus unedo*) and



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Phillyrea media, which occur in the numerous gullies running down from the mountains to the coast.

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On the hillsides maquis alternates with garrigue on the rockier slopes where the vegetation cover is sparser. The broken terrain with the many small valleys and gullies creates a variety of environments supporting a corresponding variety of species. In less favourable areas the ground cover is heath, cistus, spiny knapweed and helichrysum (*Helichrysum italicum*).

The rugged coasts of the two islands have their own characteristic species, such as the Amaranthus (*Limonium*) and the Shrubby Orache (*Atriplex halimus*). A variety of plant species occur in the small wetlands, on the sandy beaches and at the mouths of streams.

A number of aromatic plants, such as the caper, the fennel, the thyme, the savory, the rosemary and many more, which are used in the local cuisine, are found on the two islands. In the autumn and winter, local people collect mushrooms and wild herbs, and use them as supplements in many traditional dishes. Finally, many species are known for their healing qualities and are still used today for medical purposes.



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1. *The Rockrose (Cistus monspelliensis)*
2. *The flower of caper (Capparis spinosa)*
3. *Natural vegetation alternating with traditional crops.*
4. *Maquis; characteristic vegetation on Polyaiagos.*
5. *Heather in blossom (Erica manipuliflora)*
6. *The gorse (Calycotome villosa) and the wild lavender (Lavandula stoechas)*



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reptiles



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The island's herpetofauna is typical of the Western Cyclades, where two endemic reptile species, the lizard *Podarcis milensis* and the viper *Macrovipera schweizeri*, are the most likely to be seen. These are among Greece's rarest endemic vertebrates.

The lizard, *Podarcis milensis*, is restricted to Kimolos, Milos, Polyagios and Antimilos. It is nearly 20 cm long. The males are vivid in colour with light blue spots during the reproductive period, while the females are brown. You can see lizards almost everywhere, particularly in the walls.

The viper, nicknamed "therio" (monster), is limited to the islands Milos, Kimolos, Polyagios and Sifnos. It is brown and grey and about one metre long. Its head does not have the characteristic ridge of other viper species. It is worth noting that it is a shy creature which will usually flee as soon as it senses a human presence. They are, however, venomous and you should be careful not to step on one by accident. They can even be deadly for young children or allergic people. During spring and autumn they lie on rocks in the sun, while in the summertime they spend most of the day hiding.

The impressive goustera [*Lacerta trilineata hansschweizeri*], is a large green lizard, which is found in humid bushy regions or marshland. Water snakes [*Natrix natrix schweizeri*] can also be found in small lakes and water tanks. This snake, as well as the other two species of snakes that

live in the region (*Tellescopus fallax* and *Eryx jaculus*), are not venomous.

On the coastal cliffs of Polyaiigos, Eleonora's falcons (*Falco eleonorae*) build their nests. This falcon winters in Madagascar, while in the spring it migrates to the Mediterranean in order to breed. The young birds leave their nest at the beginning of August. It is estimated that 75% of the world population nests in the islands of the Aegean. The fate of this threatened bird of prey, therefore, is in our hands!

On the cliffs along the coasts of the two islands, nests of the shag (*Phalacrocorax aristotelis*), known also as "kalikatsou" are common. You may see this bird standing on the rocks in the sun with open wings to dry itself, or plunging into the sea, its long neck extended, to catch fish.

A rare species of eagle, the Bonelli's Eagle (*Hieraetus fasciatus*) nests on the heights of Polyaiigos. While not classified as endangered on a world scale, its population is decreasing continuously and in Greece the number of recorded nesting pairs does not exceed 100. The Peregrine (*Falco peregrinus*) and the Long legged Buzzard (*Buteo rufinus*) are also common on the two islands. Finally, particularly during the spring migration, several species of aquatic birds can be seen in small wetland areas.

Birds



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1. The lizard *Podarcis milensis*
2. The viper *Macrovipera schweizeri*
3. The big goustera
(*Lacerta trilineata hansschweizeri*)
4. The shag
(*Phalacrocorax aristotelis*)
5. The long- legged Buzzard
(*Buteo rufinus*)
6. The Eleonora's falcon
(*falco eleonorae*)

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marine
life-
mediterranean
monk
seal
(*Monachus
monachus*)

The region of Kimolos and Polyaiagos is one of the most ideal habitats for the Mediterranean monk seal both on a national and world scale.

This species is under the threat of extinction, since it is estimated that its total population does not exceed the 500 individuals, half of which live in Greek seas.

In the numerous marine caves, along the coasts of the two islands, seals find shelter in order to rest and breed. Every year, 6-8 pups are born, while about 40 individuals are estimated to live in the region. As a hunter, the seal is at the top of the marine food chain and the above figures indicate that the marine ecosystem is in an excellent condition.

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1. An adult female seal sleeps in a cave
2. A young seal
3. Meadows of Posidonia
4. A cave, shelter of the Mediterranean seal
5. Scorpion-fish

Particularly important for marine life is Posidonia, (*Posidonia oceanica*). This plant is the main constituent of the submarine meadows enriching the sea with oxygen and providing a habitat for a great number of fish and invertebrates.

If you wish to explore the underwater life, all you need is a mask and a pair of flippers. Unlike the rest of Greece, it's worth knowing that scuba diving is allowed in many areas. In Polonia, on Milos, there are facilities for diving including equipment rental, scuba-diving courses, and organised activities for beginners and for more experienced divers. While snorkelling, you stand a good chance of seeing a seal. However, seals are very vulnerable to disturbance, so try not to scare them away.





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HISTORY Ancient times

Very little is known about Kimolos in the earliest period. The earliest evidence of human habitation is provided by Neolithic finds on the East coast, at Provarma. On the west coast, at Ellinika, graves and pottery from the Mycenaean era (around 1500 BC) up to the late Hellenistic period (1st century BC) have been found. Finds from around the 7th century (the geometric period, named after the style of vases) such as an ancient cemetery containing 22 graves and a large quantity of pottery suggest that there was a thriving settlement on the island.

An ancient city once stood on the present-day islet of Agios Andreas, which at that time was joined to the island of Kimolos. An earthquake of unknown date must have caused the submergence of the land between, and separated Agios Andreas from the main island. Today you can see the ruins of the ancient city both on the island and beneath the sea.

Likewise, there is little evidence for the history of Kimolos during Classical and Hellenistic times. In the Classical period, Kimolos was a member of the Athenian Alliance. The main town was still in the same place, the most fertile part of island. As it is obvious from the coins found dating back to this period, the goddesses Athena and Artemis were worshipped on the island.

The last mention of the ancient city is in Roman times, when according to Pliny there was extensive exploitation of the "Kimolian Earth", mainly used at this time as a soap. The settlement of Paleokastro, below the summit of the highest mountain in the island, is later. Here, you can still see the remains of polygonal walls and of the entrance gateway on the western side - the "Portara" - and traces of buildings and cisterns.

For many centuries during the Middle Ages, the history of the island is shrouded in mystery, but the occupation of Constantinople by the Crusaders in 1204 A.D. had as a direct consequence the Venetian occupation of Milos. Kimolos along with Milos and other Cycladic islands was occupied in 1207 by Marco Sanoudos, known also as the "Duke of the Aegean". In the following centuries, it changed hands repeatedly to end up, at the beginning of the seventeenth century, as part of the Ottoman empire. However, the Turks never lived here, for fear of pirates.

Towards the end of the middle ages, Kimolos, which had been almost depopulated by pirate attacks, began to prosper, mainly because of the growth of trade in the wider region, and the population expanded. In the 16th century, a new settlement was built, within the walls of the Kastro, on the site where it still is today. Of the 123 houses within the Kastro, a hundred are almost identical and it is presumed that they were all built at the same time. According to one version of the history of the island, the founder of the new settlement was Ioannis Ramfos, a wealthy merchant, who intended the Kastro for the accommodation of his sailors. The people of the Aegean islands suffered many hardships during the wars between the Venetians and the Turks, from the heavy taxation imposed by both sides, from the recruitment of men as galley slaves and from random pillaging. During this war, the Venetians cut down all the olive trees on the island.

From this period and up to the 19th century, Kimolos suffered every sort of disaster from christian corsairs or pirates, known as "kleftosfougarades" (thieves of sponges!). Watchers on the high points of the island warned the people of the arrival of the pirates' ships, so that they could take refuge in the Kastro.

At that time, many of the christian corsairs would land in the islands on the pretext of protecting the island from the Turks, and then loot the islands themselves. Eventually, many of them settled there permanently. By the end of the 17th century, the population of Kimolos numbered around a thousand and it had become both a haven and also a permanent home for many pirates. Local people had to deal with them, out of fear and because of their poverty. In fact, on many occasions they took part in their raids, and in this way became experienced sailors themselves. From 1821 onwards, piracy was put down and finally eliminated and the locals began to build their houses outside the Kastro, in the new town.

Medieval times to modern times



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1. The interior of the Kastro
2. The islet of Agios Andreas
3. Ancient tombs in Ellinika
4. A coat of arms above a gate at the Kastro



Near the port, opposite Polyaiigos

SOME QUESTIONS AND ANSWERS FOR WALKERS

Why should I go walking?

The walks suggested will allow you to visit the whole island and to visit places which cannot be reached by car and, walking at your own pace, you will be able to see the island in close-up.

I 'm not a climber, will I make it?

? The routes are suitable for average walkers and the highest you will climb is 350m. You will need solid footwear, as the paths are stony and sometimes rough.

What season is best for walking on Kimolos?

Each season has its charm, but the best time to walk on the island is the spring. The hills are bright green and covered with every colour of flower. In summer, you should set out early, so as to walk before the hottest part of the day, when the best place to be is on the beach.

What should I take with me?

Plenty of water and something to eat. Wear comfortable long trousers and walking boots. AVOID SHOES WHICH DONT COVER YOUR WHOLE FOOT and of course take a hat and sun tan oil. Don't forget the walking guide, even if on Kimolos, almost everywhere there are people to ask the way from if you are lost.

Special advice:

If it is summertime, don't forget to take your swimsuit because all the routes lead to fine beaches. At the end of each walk, except for the first, you can return by water taxi or fishing boat ("kaiki"), as long as you have arranged it in advance. You should confirm on the day that the weather will allow the trip. You won't have to walk back the same way and you will be able to see the magnificent coastal scenery of the two islands.

THE WALKS



Horio-Xaplovouni- Ag. Nikolas-Karras-Goupa

Start from the central square of Horio and walk in the direction of Psathi. At the baker's, take the left fork and just after you pass the Farmers' Association building, turn left, following the orange arrows. From here to the top of the hill the paved path is one of the most beautiful in the island, maintained in excellent condition. Shortly before you reach the top, turn right to visit the chapel of Pantokratoras. The chapel itself is usually closed, but the spectacular view of the east coast and Polyaiagos will reward you for your effort. Continue along to the derelict windmills. This region is named Xaplovouni, which is thought to be a corruption of the word Klapsovouni, the hill of tears, since, according to tradition, sailors' wives went there to look for the boats returning and cry, longing for their men. As it is evident from the many threshing floors and half-ruined windmills, in the past this area was the scene of constant busy activity.

If you do not have enough time, from the windmills you can go down to the other side of Horio. If you wish to continue, turn right and proceed along the stone wall in the same direction, with the quarries of Prasssa in the distance. After 300m, you start to go down towards the petrol station. The road, which in winter turns into a stream, is not in the best condition, as it is not used anymore.

Cross the road and you come to Ag. Nikolaos. Continue along the coast to the south, first on a path and then on a dirt-road leading to Horio. If you are not too tired, we suggest you cut off to the left a little before Ag. Nektarios, and go down to the sea (a swim would be an excellent idea) and then continue along the coast through the picturesque houses and past the boat-house caves of Goupa. You can return from the main road.



"Sirmata" in Goupa



Duration **2 hours**

Degree of difficulty **Easy**

↑ DEPARTURE POINT ● END OF ROUTE



The kalderimi leading to Xaplovouni



© KIMOLOS HIGH SCHOOL

Going down to Ag. Nikolas



© KIMOLOS HIGH SCHOOL

Windmills in Xaplovouni



© V. PARVAS





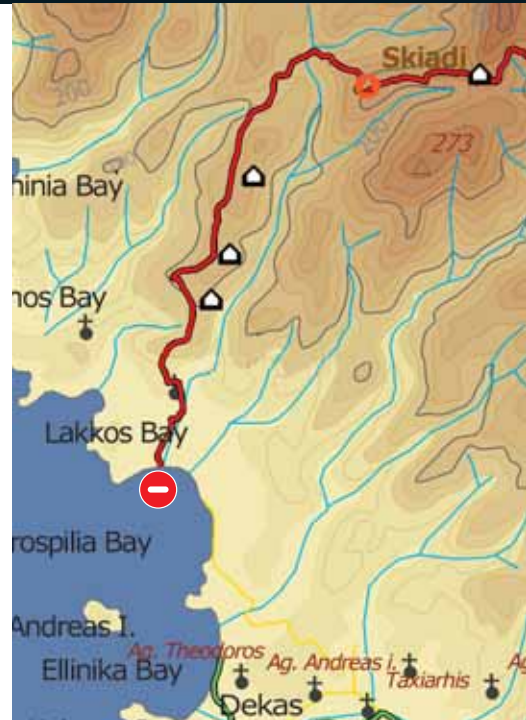
Horio-Skiadi-Mavrospilia

The departure point is the OTE building. Heading out of the village, you turn left shortly before the church of Ag. Efstathios following the blue arrows. The first hour of this walk is the same as the walk to Paleokastro (indicated by the red arrows). As you are leaving the village, take the right hand road at the first fork and where the road ends, turn left. Don't take any of the smaller paths which cross your route but keep on the wide, mostly well-paved track.

Roughly half an hour after you pass the chapel of Ag. Anargiri, you'll see a little further on, away from the track on your left, the chapel of the Profitis Elias. Roughly 45-50 minutes from Horio, you go left, still following the blue and red arrows. Alternatively, you can reach this point by motorcycle – up to here the track is reasonably negotiable.

The path, which starts to narrow, continues along the slope – on your right is Mount Sklavos (you will see the radio transmitting dish on the summit). Leaving the mountain behind, you will reach a point where two paths diverge. For Skiadi you continue straight on, following the blue arrows while for Paleokastro you turn right. Starting your way down, you can see Skiadi, even if the path is not very clear. Skiadi itself is a remarkable geological formation – a rock, perhaps three metres high and three or four metres wide, sculpted by the wind into the form of a mushroom.

If you want to continue towards the sea from Skiadi, head down the steep slope into the deep valley on your right (90 to your previous course). The path is difficult to find, and you may have to make your way through the low scrub vegetation. Once you reach the valley bottom (about 10 minutes), however, you will again find a good wide track on your left following a stone wall. Follow the track in the direction of the sea and it will lead you to Mavrospilia beach.



Mavrospilia - Ellinika



Duration **3 hours**

Degree of difficulty **easy up to Skiadi, then medium**

↑ DEPARTURE POINT ↓ END OF ROUTE



On the way to Profitis Elias



© KIMOLOD HIGH SCHOOL

On the way to Skiadi



© KIMOLOD HIGH SCHOOL

Skiadi



© KIMOLOD HIGH SCHOOL





Horio-Paleokastro-Agioklima

From Horio follow the path towards Skiadi, as in route 2. When you reach the point where the two paths divide, turn right, following the red arrows and continuing with Mount Sklavos still on your right. This path has an impressive view of the rocky west coast of the island. Directly north of Mount Sklavos, which is the highest point of the island, is Paleokastro. The path passes Paleokastro to the west and does not continue up to the top of the mountain. For those who want to enjoy a panoramic view of the Aegean, the ascent is easier from the eastern side.

From this point you can return or go on to Agioklima beach. The path goes gradually down until you reach a hut and a stone threshing floor. Immediately beneath you is Agioklima bay, with its two small beaches. Unfortunately, for the last 200 metres the path disappears, but the descent is not dangerous.

Agioklima



Duration **3,5 hours**

Degree of difficulty **Medium to difficult**

📍 DEPARTURE POINT ➡ END OF ROUTE



Traditional "katikia"



© KIMLOS HIGHSCOOL

Chorio-Monasteria-Soufi

From Horio the path to Monasteria, marked with red arrows, goes in a straight line due north. Take the road which leaves Horio to the north (the continuation of the main street). At the exit from the village the road forks to either side of Ag. Efstathios (a distinctive church, painted in a grey and white pattern). Take the right fork and follow the paved lane downhill into the valley, to the only stone bridge on Kimolos. Don't cross the bridge, but take the left fork, climbing up the hill and leaving the chapels of Ag. Pnevma and Ag. Zoni on your right.

After about 1 km, you come to a dirt-road. Turn right onto this road and follow it downhill for roughly 400 metres to where the dirt-road bends to the right. Turn left onto a smaller track, heading for the beehives on the hillside in the distance. After two or three hundred yards a smaller path leaves the track, at an acute angle, on the right hand side and bears away uphill. Follow this path up the right-hand side of the valley, heading for the pass to the right of the high mountain and the abandoned huts at the top.

Before you start to descend, you should pause and enjoy the view of Monasteria, while opposite you, you can see, from west to east, the islands of Serifos, Antiparos, and Sifnos. The path down to the beach is very clear, following the right-hand side of the valley. Take care as you descend, as in places the path has been destroyed by rain. The chapel is dedicated to Virgin Mary, whose festival is celebrated on the 15th. August.

To reach Soufi, cross the beach and at the end turn left and then immediately right. In Soufi, you will find shade while the place is ideal for a swim as it is protected from the wind whatever the weather.



Duration **2 hours**

Degree of difficulty **Easy**

↑ DEPARTURE POINT → END OF ROUTE

View to Monastiria bay



Near Horio



The church of Panagia



Soufi





Horio - Ellinika



Starting at the church of Ag. Haralampos, you set off along the asphalt road that leads to the port. Take the second turning on the right and immediately afterwards turn left, following the brown arrows. The route follows a paved path that in places has been replaced by a dirt road, with splendid views of the beaches in the south of the island.

It's well worth stopping to see the chapel of Ag. Panteleimonas and to admire the landscape. Roughly 600 metres further on, the path bears to the left and you come to the asphalt road. Turn right and at the second bend before the road begins to go uphill, you turn left onto the next path. Continue until you reach Dekas beach. Beyond Dekas is Ellinika, and then Mavrospilia.

Dekas beach



Duration **2,5 hours**

Degree of difficulty **Easy**

📍 DEPARTURE POINT ➡ END OF ROUTE



On the way to Ellinika



© KIMOLIS HIGH SCHOOL



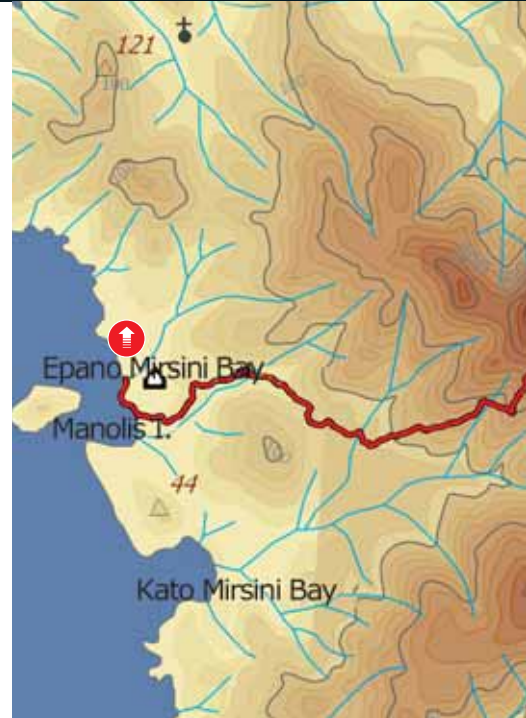


Polyaigos: Epano Mirsini to Faros

Giving directions for this walk is more difficult, so we suggest you take a compass. From where the boat lands you at Epano Mirsini, you follow the green arrows. You pass behind an old stone hut and begin the ascent with the ravine that comes from Kato Mirsini on your right. Climb to the top of the ravine and then follow the ridge to the East. Skirt the highest point of the island, leaving it on your right and begin to descend the ridge bearing to the north-east. If you have the time and the energy, a detour to the summit is not difficult.

As you continue, the path becomes clearer and you climb to the trigonometrical point (a small pillar) which you will see in front of you. As appears from the map, the descent to the lighthouse is from the northern side of the bay.

The sea appears splendid from above and a plunge in the sea is a must in the summer. If by mistake you find yourself on the south side of the bay, (on the right-hand side as you face the sea) do not attempt to climb down, but turn back again to the path.



Faros cape



Duration **3,5 hours**

Degree of difficulty **Difficult**

📍 DEPARTURE POINT ➡ END OF ROUTE



Faros beach



© KIMOLOS HIGH SCHOOL

Remarkable geological formations around Faros beach



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KIMOLOS I.



MILOS I.



POLYAIGOS I.



