



Santo Traveler



santotraveler.com

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September cultural agenda

Maps to guide you

5 things to do in Oia

1866 - 2016

Vedema, wine harvest

Pyrgos architecture

Lighthouses in the Aegean

Olympic Games

September 2016

**1 MAP
OF SANTORINI
FREE**



Read & keep, recycle or pass it on to another traveler...



A different point of view...

The villages look very different from above, as you can see from this aerial picture. You cannot easily understand the size or the shape of the buildings and it's very difficult even to recognise the paths between them. The maze of the narrow, cobbled streets as well as the similar archi-

tectural elements of the buildings create a confusing, yet charming and romantic atmosphere on the settlements!

www.santorinipictures.gr



Santotraveler

the informed traveler's media

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Summer is almost over?

Dear Santotravelers,

Summer is almost over..... or maybe not? Well, Greek summer maybe officially over but this does not happen in reality. September is one of the best months to visit an island in Greece: the temperature is high but not scorching hot as in August. The crowds of tourists have thinned out, the beaches and streets are less packed and the sea temperature is as high as in the summer. What a perfect combination for all of you who have decided, very wisely, to visit our island now.

There are also many cultural events taking place around the island, the most important of which is the annual "Ifestia", or the celebration of our hot neighbour, the volcano. You can always check our cultural agenda at the last pages of Santo Traveler newspaper to get the information you need.

We hope you enjoy your holidays!

Nikos Psarros
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1. Oia for ... magic sunset

Something magical is going on at the castle of Oia at sunset time... It looks like time is paused for a moment; everybody is standing still until the big moment of the huge red sun sinking in the deep blue sea, revealing all its wonderful colors, then everything goes back to normal.



2. Oia for ... Ammoudi bay

Walk the trail starting from Oia castle and go down the steps until you reach the quite port of Ammoudi. Swim next to the little island with the church; admire the colourful houses and the fish taverns, which is an impressive sight and a photographer's favourite place. After too many ouzos and "yamas" you can always call a taxi...





3. Oia for ... strolling around

Everyone who sets foot on Santorini must definitely walk on the marble pedestrian street of Oia, that looks like a balcony overlooking the caldera, the volcano, neighbour Thirasia, Imerovigli, Fira and at the opposite side Akrotiri. Get lost in the narrow alleys that spread like veins mainly towards the side of the caldera. Visit the impressive captain's houses and the Nautical Museum.



There is a wide variety of souvenirs, gift items, jewels, books and pieces of art at the shops and art galleries.

4. Oia for... unique architecture

Observe the blue domed churches, the whitewashed cave houses that poor sailors carved in the cliff, used now as luxury guest houses, and the colorful captains' mansions (kapetanospita), turned into restaurants and art galleries, that make up the beautiful mosaic of Oia. It is said that the clock at the bell tower is stuck at the time of the earthquake of 1956...



5. Oia for... Foinikia

Minutes away from Oia, lies the traditional village of Foinikia that charms the visitor with its colourful houses, its old canavas (wine cellars), its little alleys, its hidden courtyards, the central church of Matrona that dominates the village and of course its absolute serenity. The local wineries, such as the one of Sigalas, are definitely worth a visit for wine tasting. Enjoy life at a slower pace ...



Vedema, the harvest of the vines in Santorini

Vangelis I. Paravas,
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blog.paravas.net

Viticulture and winemaking in Santorini has been practised for millennia.

In the ancient ruins of the city of Akrotiti, archaeologists have discovered evidence that its residents not only enjoyed drinking wine (by way of numerous wine vessels), but also cultivated great deals of vineyards upon the island [1]. The great eruption of Santorini's volcano in the 17th century BCE, led to a long pause in extensive viticulture and export of wine on the island. However following the colonisation of the island by the Phoenicians in the 11th century BCE, the tradition of viticulture introduced by them has remained nearly identical until the modern era.

Today the total size of the vineyards of Santorini is approximately 13 square kilometres.

This is less of one third of what it used to be in the beginning of the 20th century. However the last few years there have been significant efforts to capitalise on the harvest of the vineyards, especially since the local varieties are of superior quality for winemaking. Santorini has numerous varieties of vines many of which have been grown here for hundreds if not thousands of years. The most renowned are Assyrtiko [2], Aidani [3], Mavrotragano [4], along with Athiri, Mantilaria, Katsano, Voudomato etc. The island of Santorini is one of the few areas in the world that the infamous Phylloxera [5] pest is completely absent, which is due to the volcanic composition of the soil. Hence many of the vines on the island



are quite old, counting in the hundreds, and new vines are still planted without grafting root stocks of the native American vine species (*Vitis aestivalis*, *rupestris*, and *riparia*), as it is necessary to do elsewhere.

In Santorini the vines are pruned in a unique technique, during which the viticulturist shapes and intertwines the most vivid and strong vine branches into a basket.

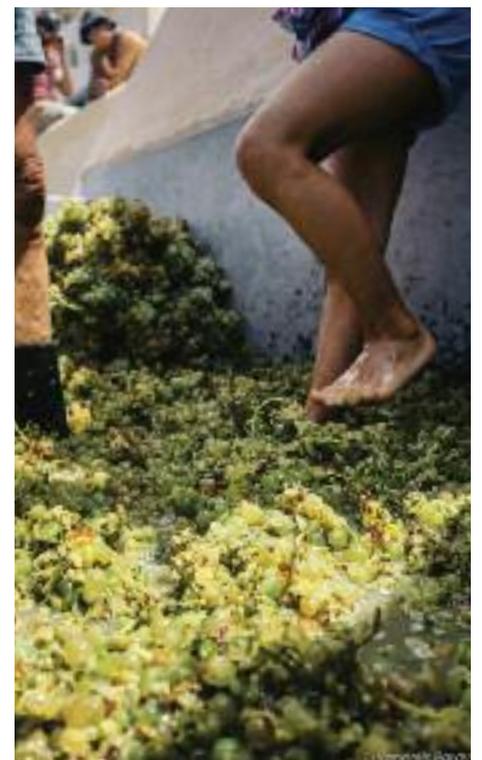
The local name for the pruned "basket" vines is "ambelia". Pruning is carried out on a yearly basis at the beginning of winter. Hence as vines grow older the formed basket of branches grows as a large and protective shelter for the grapes from the strong winds and the blazing sun of the Aegean Archipelago, during the harsh and arid summers. The "Terroir" of Santorini's vineyards is exceptional and unequalled, a serious fact that could lead to the nomination of its vineyards as an UNESCO world heritage monument, similar to Saint-Emilion [6] of France.

Vedema is the local name for the harvest of grapes on the vineyards and terraces of the island of Santorini.

Its etymology stems from the word of the Venetian dialect "vendemma", which literally means harvest. The island of Thira (Santorini) became a part of the Duchy of Naxos after the fall of Constantinople, the capital of the Eastern Roman Empire in 1204, after the 4th Crusade. Since then and until 1566 was under Venetian rule, falling again to the Ottomans as a part of their empire. Vedema is one of the many remnant words of the Venetian language still used by the local dialect of the island.

Vedema is carried through from middle July to September.

Because of the arid conditions, the high temperatures and the lack of water, vines are usually harvested early, and the total yield is quite limited. The harvesting starts even before the dawn of the sun in order to keep the grapes as cool as possible with the morning dew. A famous wine of Santorini is named "Nychteri" [7] (of the night) based on this tradition of early harvesting, and late night stomping. Since nearly all the vines of the island are pruned according to the traditional ways, harvest is done by hand with the help of a curved knife named "feredini". During the old days the grapes were loaded on "kofinia" [8] (hand-made baskets from wicker) holding approximately 50 Kgr. Nowadays with a few exceptions, standardised plastic crates of 25 Kgr are used by the harvesters.



Despite the fact that Vedema is taking place in the peak of the touristic season, the harvesting is a highly anticipated occurrence, nearly a feast, whereas the majority of the local population participates in it.

During the past it was widely celebrated [9] by locals with special songs [10], events and fiestas! From the end of July the vineyards of Santorini are full with workers harvesting the ripe grapes. The numerous wineries of the island operate day and night, continuously receiving loads of grapes for stomping, or sun drying. During this hectic days the collected grapes are handpicked and sorted for separate vinification processes, based on their variety, quality and ripeness. Despite its small size Santorini produces many different wines [11], awarded and renowned for their quality.



1. Freese, Curt Christopher, 2005. *The Role of Wine Production in the Changing Structure of an Island Economy: A Case Study of Santorini Greece.*
2. <http://www.vivc.de/datasheet/dataResult.php?data=726>
3. <http://www.vivc.de/datasheet/dataResult.php?data=147>
4. <http://www.vivc.de/datasheet/dataResult.php?data=402>
- 10
5. <https://en.wikipedia.org/wiki/Phylloxera>
6. <http://whc.unesco.org/en/list/932>
7. http://www.newwinesofgreece.com/nychteri/en_nychteri.html
8. http://kallistorwntas.blogspot.gr/2010/02/blog-post_6263.html
9. <http://kallistorwntas.blogspot.gr/2010/02/1-2009.html>
10. <https://www.youtube.com/watch?v=VKZb3w-al2U>
11. http://winesurveyor.weebly.com/pop_santorini.html

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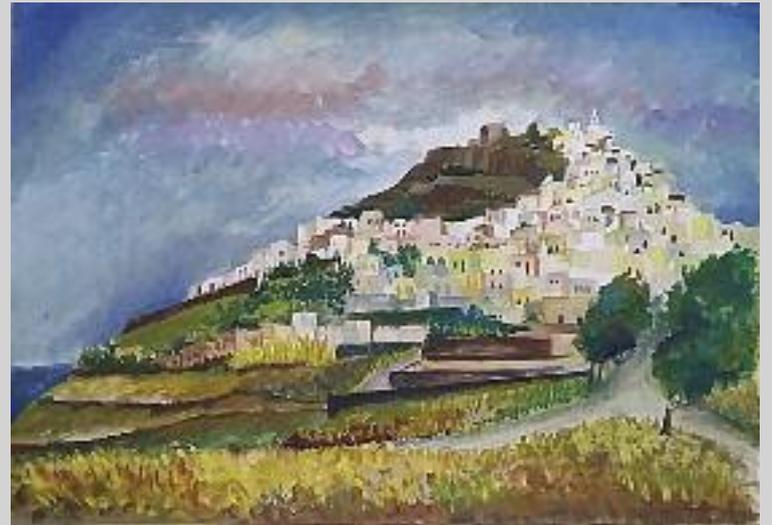


An Architectural glance at the village of Pyrgos

By the National Technical University of Athens

Teachers: Prof. E. Efesiou, Assistant Prof E. Konstantinidou, Lecturer R. Lavva.

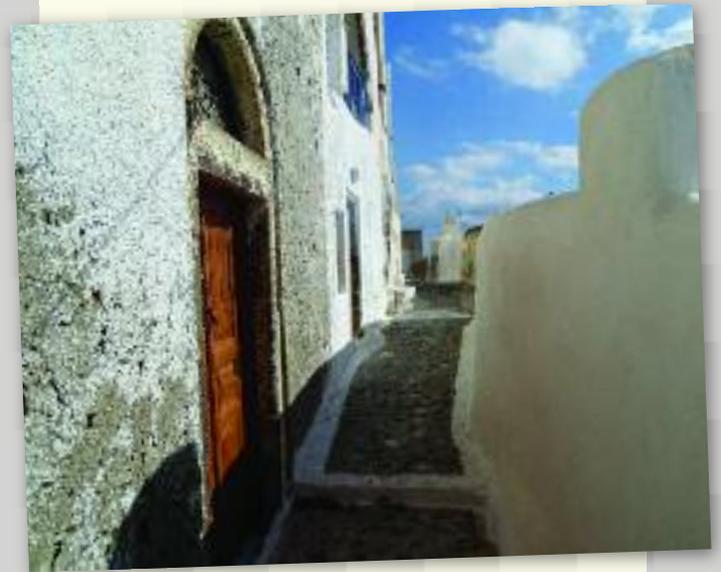
Students: G. Angelopoulos, E. Drosou, E. Katsouli, S. Kotsi, A. Laoulakou, A. Oikonomidis, N. Paraskevopoulos, D. Sionta, LeCaro, Biecher.



History

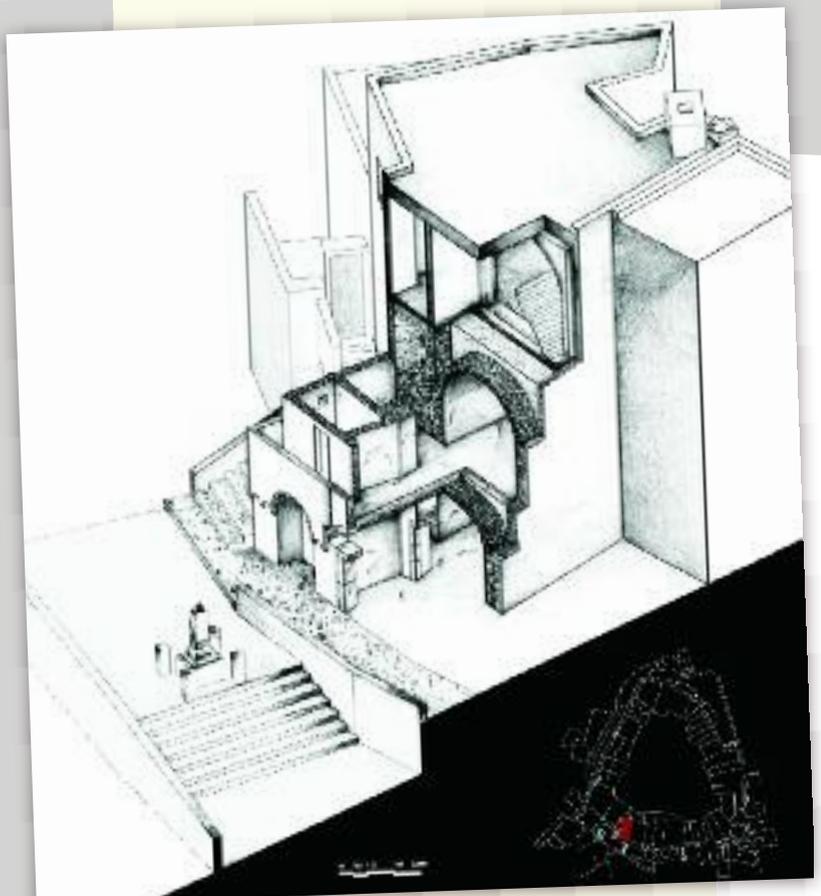
Santorini island, with the incredible volcanic landscape and the picturesque villages, has been a point of global interest for several decades. Oia, with the famous sunset, is the main tourist resort on the island, however other settlements too are remarkable destinations that attract visitors to the island. The village of Pyrgos is one of them.

The fortress of Pyrgos dates back to AD 1580 and constitutes the original nucleus of today's settlement. The settlement of Pyrgos is inextricably interwoven with the natural environment and its geomorphological conditions. Built at the foot of Prophet Elias mountain, the tallest point of the island, it is in perfect harmony with the terrain, achieving thus to maintain settlement uniformity. The sea is far away from the settlement.



“ However, the geographical position of this high altitude makes the sea horizon visible from almost every point. ”

In the 19th century, the settlement boundaries were extended outside the castle. On the North, buildings suitable for the production activities of the island, such as canavas (wine cellars) and wineries were built and on the South houses and churches were erected. Today, the North side of town seems to have been quite abandoned while the South side is further developed.





Pyrgos Kallistis (the official name) is an introvert traditional settlement, densely built.

The fortification does not favor large openings and open spaces. For this reason, public areas are considered the widening of roads, the passages and the spaces in front of the churches.

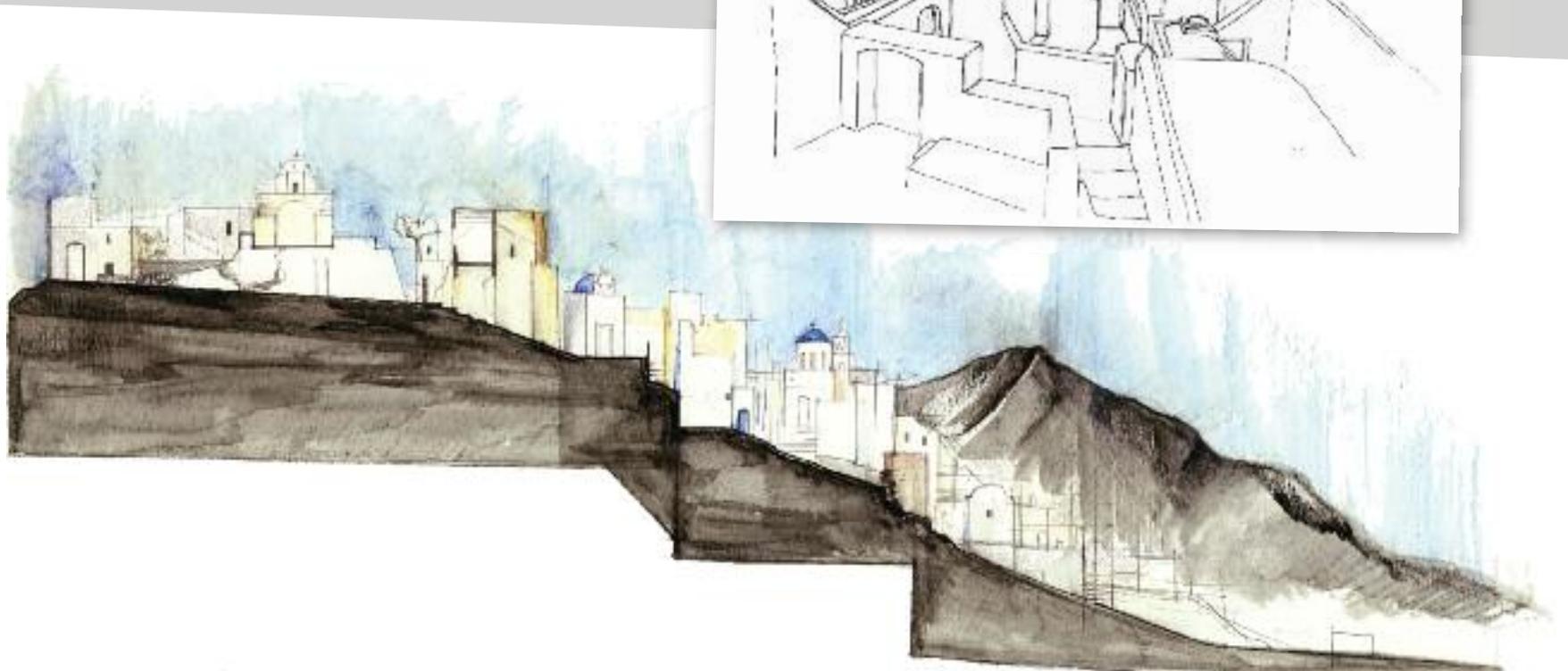
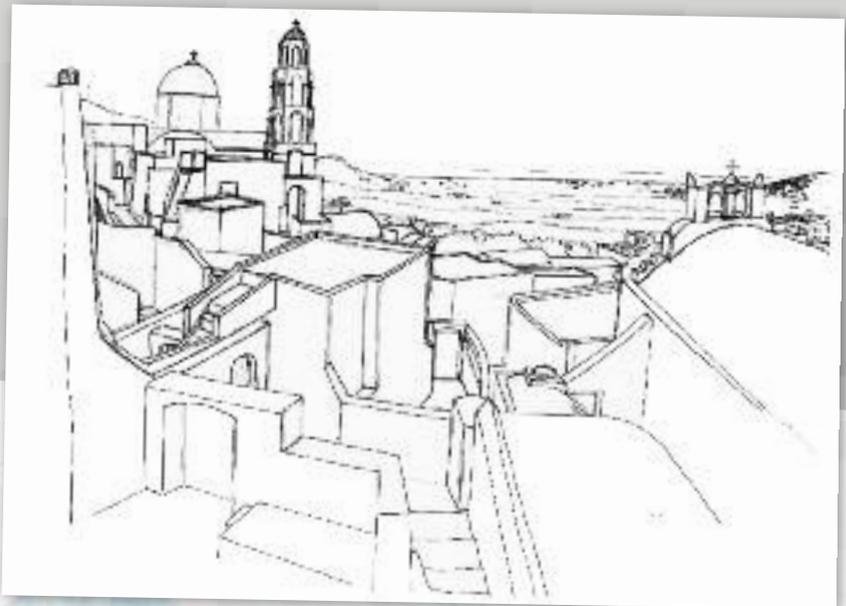
The yards are positioned generally in the front section of each plot. They are located higher than the road and are the transitional space between the private and the public.

The architectural study reveals several local key factors. One of them is the local soil. The volcanic soil of the island

makes the land unsuitable for building and requires the development of a narrow front building form. The climate is the most important factor in the local architecture; for instance, the building of terraces and cisterns in the yard to collect rainwater and the wall construction around the courtyard to deal with the strong wind. The peculiar geology requires the use of a range of engineered materials with specific properties and special architectural capabilities.

The pumice, the volcanic stones - red and black - and concrete made of pumice are the traditional building materials of the island. The abundance of these materials, together with the absence of wood, made the vaulting traditional building possible.

continue to the next page...



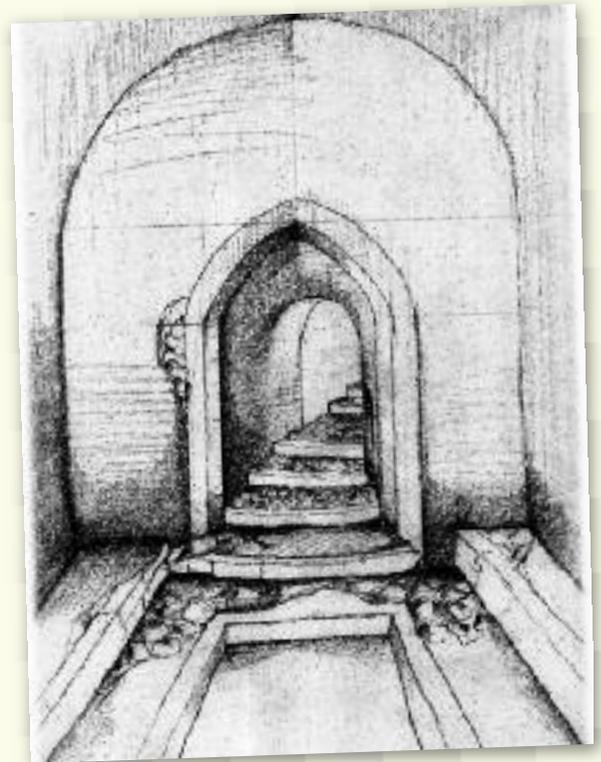
“ We can distinguish three categories of houses relating to the ground they are built on: the cave, the built and semi-built homes. ”



The classification of housing on the basis of property and the surrounding environment is also important. We note the following categories: homestead, popular urban house and the mansion.

The architectural style of Pyrgos village is part of the wider architectural context in Santorini and reflects the character and habits of the people living on the island. Pyrgos is one of the best preserved traditional settlements of Santorini. The conservation of its architectural nature is stressed by a number of traditional structures of the past and the coherent form of urban network. However, there have been increasing difficulties in retaining this traditional character, both because of the globalized building standards established today as well as the tourism industry.

The settlement of Pyrgos has been extensively studied by students of the Architecture Department of the National Technical University. The data collected is intended to identify and preserve the traditional local features.



“ An exhibition will take place in the exhibition hall at the square of the village from the 25th of September. ”

The School of Architecture NTUA places a lot of importance on heritage courses, so that the students get the chance to familiarize themselves with the cultural values we inherit; In that direction, the course of «Architectural Analysis of Traditional buildings and complexes», focuses on the study of architecture in traditional settlements introducing students to the analysis method of their architectural character. At the same time, students are given the opportunity to reflect on the values inherent in traditional settlements and realize the need for those values to be preserved.





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The Culinary Landscape of Greece

Ifigenia Georgiadou

All visitors of Greece declare their preference, even passion, for Greek food.

In fact, some of them were “caught by the nose” as we say in Greek: once they smelled and tasted our delicious food, they have become fans of Greek cuisine and Greek culture. For many of them the first words in Greek were “ena souvlaki parakalo” («ένα σουβλάκι, παρακαλώ», (I would like a souvlaki, please), or “mia choriatiki salata” («μία χωριάτικη σαλάτα», a Greek salad), or “ena yiaourti me meli kai karudia” («ένα γιαούρτι με μέλι και καρύδια», a yoghurt with honey and nuts). And, of course, Santorini wine! Its taste lingers in the mouth and its aroma always accompanies a Greek “meze”, a buffet with a variety of different dishes.



Taste Greece

Greek tavernas and kafeneia (ταβέρνες και καφενεία) are the best places to practice your knowledge of Greek, even the very few words you may know. Especially in small Greek villages, like Megalochori, a visitor who speaks a little Greek can have a conversation with the locals. Everyone seems to have time to spend with “the foreigner who speaks Greek” who asks many questions about Greece and brings her/his own interesting culture with them. Local people in small villages of Santorini most willingly share with visitors the recipes of different Greek foods, give advice on how to select fresh food materials, whilst exploring the local market, or offer them some herbs and spices to smell. They ask for the words in foreign languages and are happy to find similarities.

Cooking lessons

Some companies and tavernas offer Greek cooking lessons. In the kitchen of a small tavern that offers cooking lessons people smell something and they try to recognize what it is, how they call it in their languages and what is the difference with their own food ingredients. They sometimes remember a custom of their countries, or they start speaking about their history. Anthropological and historical interests occur in all those situations.

You can cook a starter (tomato balls, tzatziki or vegetables, ντοματοκεφτέδες, τζατζίκι ή λαχανικά) which goes well together with Santorini wine and good Greek traditional

music, and then cook the main course: χταποδάκι με κοφτό μακαρονάκι, γεμιστά, ντολμαδάκια, μουςακά, σπεντζοφάι- octopus with pasta, tomatoes and peppers filled with rice, dolma, mousaka, spentzofai which is local sausages in red wine sauce).

Many visitors already know not only the names of the plates but also how to cook kolokutholoulouda gemista me ryzi I me tyri (κολοκυθοθήλουδα γεμιστά με ρύζι ή με τυρί, zucchini filled with rice or cheese), briam (μπριαμ, different vegetables with spices in the oven), even moussaka (μουςακά, a plate of vegetables with minced meat). Very often, when visitors leave Santorini to go back home, they buy the ingredients they cannot find in their countries, so as to organize a Greek night there. Fava beans and cherry tomatoes, saffron and capers are in their bags.

Why not gather in one’s house and enjoy a homemade Greek dinner when





you are back home? Drink some good Santorini wine and remember your Santorini experience.

Greece is a gastronomic paradise.

Maybe because of the wine production people enjoy eating during many different times of the day-and night! Local food is absolutely delicious. Many times visitors are heard saying “this is how a real tomato should be!”

Traditional Kafeneia offer a great chance to be in a landscape where you can feel the culture of Greece. According to the tradition, men always used to pass by a kafenion, in order to taste a glass of wine, raki or ouzo every day, before going home for lunch. As the Greeks usually don't drink unless they also have something to eat, the kafenia prepare every day different plates to offer: Shrimps, octopus, some greens, salad, beans- γαρίδες, χταποδάκι, χόρτα, σαλάτα, φασόλια. Only men usually sit in a village kafenion, but women are now also welcome.

Santorini invites you to taste the food and feel the voyage with all your senses.



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Oia and Ammoudi



Fira overlooking the Caldera



View from Megalochori

- ### Legend
- main road
 - second road
 - trekking trail
 - Beach
 - archaeological site
 - airport
 - port
 - Parking
 - camping
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1



Amazing villages



calcano

Isl. NEA KAMENI

ALIA KAMENI



Archaeological sites



Black beaches

MAP OF SANTORINI

15

SantoTraveler
September 2016

1866 - 2016: 150 years of "Modern" Santorini

by Lefteris Zorzos
Archaeologist

This year, the island of Santorini is commemorating the 150 years that have passed from a very significant moment in the modern history of the island.

The first eruption to be recorded intensively that attracted great international interest began in January 1866 and lasted for almost 5 years. In 1866 the modern island of Santorini was essentially created both in terms of the volcanic islands that expanded in size but particularly with the interest that it created throughout the world.

The eruptions brought to the island several prominent scientists of the period while it also coincided with the first excavation of a prehistoric building in the Alaphouzios quarry of Therasia. The specific excavation conducted by Alaphouzios and Nomikos proved to be the first of a series of studies conducted by several geologists and form some of the earliest archaeological research to take place in the Aegean.

“The eruptions depicted here in the engravings and chromolithographs show the series of volcanic events that tripled the size of Nea Kameni.”

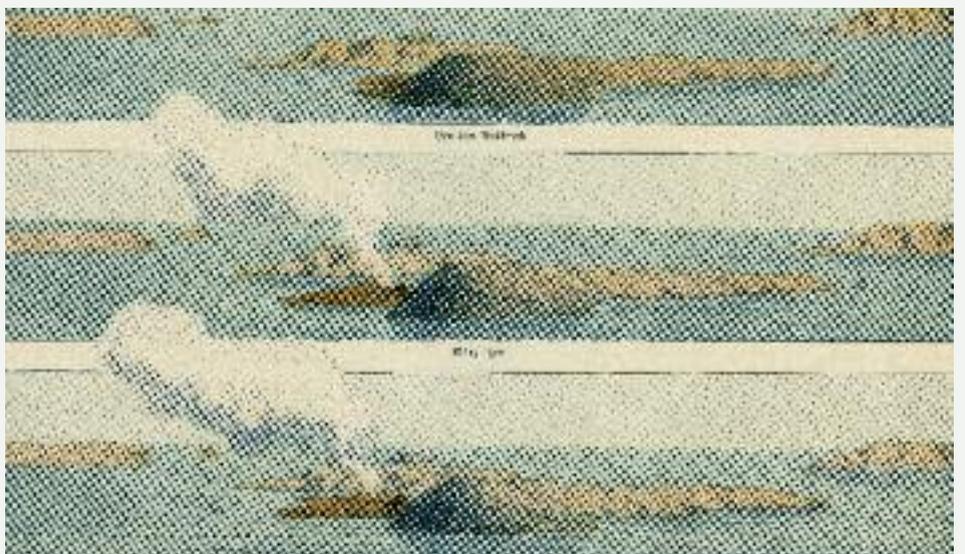
The studies that took place at the time form an in-depth analysis of volcanic activity taking place for the first time so extensively. Research teams arrived and recorded the activity on a daily basis for



long periods of time and they are depicted in some of the journals and studies of the time. As photography was at its very early stages, we have very few photographs from the volcano at the time.

“The one photograph published here which dates back to 1866 and was later used in order to create a German engraving in 1868 shows the buildings that existed on the volcano of Nea Kameni being partially submersed.”

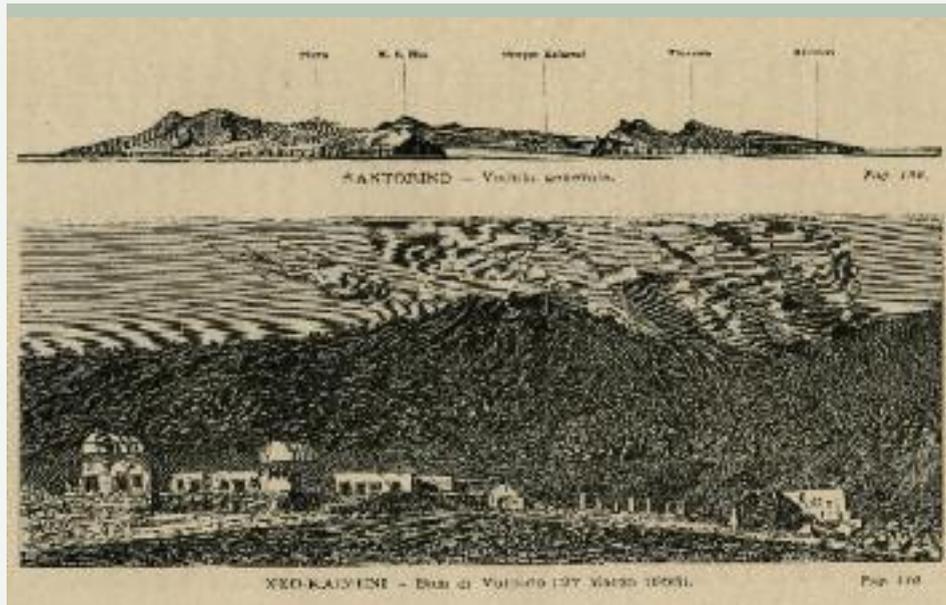
The plethora of evidence recorded at the time and the geological and archaeological importance of the period are the reason why an international conference will take place between the 3rd and 5th of November at the Nomikos Conference Center in Fira entitled: “*NEMO: 150 years of Studying the Santorini Volcanoes (1866 - 2016)*”.



On Sunday the 11th of September at 21.00 the exhibition entitled: 1866-2016, with original gravures, maps, photographs and documents from the time period will open and will be part of the parallel activities of this year's 2016 Ifestia Festival (Annual volcano celebrations by the Municipality).

This will form an initial attempt to present the vast interest as it is shown through the original studies, journals and newspapers at that time both in Greece as well as internationally.

The exhibition will take place in the exhibition hall at the square of Pyrgos and will be open to the public daily until the 24th of September.



17 1866 - 2016
SantoTraveler
September 2016

Lighthouses of Rhodes island

Dolores Reyes-Pergioudakis

On our pursuit to photograph the Lighthouses of Rhodes Island for the Lighthouses of Greece, we started with a visit to the site in the City of Knights where, centuries ago, a huge bronze statue known as The Colossus of Rhodes, an immense lighthouse, dominated the harbor. (photo 1) Made from scrapped weaponry left after the defeat of Alexander the Great, the victorious Rhodians melted the metal to construct an image of Helios, their patron sun god. It faced east to greet the sunrise and supported a fire beacon in a brazier constructed inside a torch held up above the god's head by one arm or contained within Helios' massive head so that its glowing eyes beamed light. Few people, most believe, could reach their arms around Colossus' thumb, its fingers larger than most statues.

The Colossus stood only 56 years before an earthquake broke it apart. It lay in pieces for centuries before Arabian in-



Photo 1



Photo 2

vaders bought the remains, loaded them on the backs of hundreds of camels, and took them to Syria to sell. Likely, they melted down the metal to make lamps—an apt ending for a statue that itself served as a great lamp.

Today, to replace the Colossus, the St. Nikolaos Lighthouse stands atop the fortress in Mandraki Harbor. When we visited, we saw very near one of the footprints of the ancient Colossus, a Winged Nike, appearing to offer her olive branch to St. Nikolaos' Lighthouse (photo 2). The crusader Knights of Rhodes built the fortress/lighthouse around 1460 A.D. to protect the city. From Mandraki, meaning "small wall," the knights spanned a massive chain across the harbor in times of feared invasion.

Next, we drove hours to visit the lighthouse on Cape Prasso on the southern tip of the island where the Aegean and Mediterranean Seas meet. After we crossed an expansive beach, we ascended a hill beyond a tenuous, low sandy strand, often covered with water during the winter blasts creating an isolated island lighthouse. Slipping and falling a few times, we reached the summit of the hill but saw no trace of the lighthouse, only trails going in many directions. After trying several trails, we finally sighted the lighthouse. On the way, I explained that when the Turks ruled, the French Ottoman Lighthouse Company built the current structure. The masonry tower coated in white stucco perching on a square building loomed in sight. Because strong winds and loose rock made it too treacherous for my mother, who was accompanying us, to ascend and then descend, she agreed to wait below and

watch from afar while I climbed closer to photograph the lighthouse. As we reached the lighthouse, we could see that wind erosion coupled with earthquakes had taken a toll on the light sta-

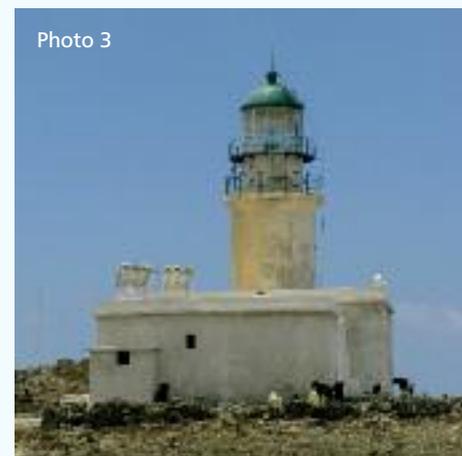


Photo 3

tion. We photographed wild goats surrounding Prasso Lighthouse (Photo 3). To my surprise, my mother suddenly stood next to me. Bruises and scrapes showed evidence of her falling. When I asked her why she had trekked the dangerous path, she replied, "Well, I didn't cross the Atlantic Ocean, take an 18-hour ferry trip from the mainland, ride four hours across the entire island, cross the massive beach strand, hike a couple of hours to look at the lighthouse from afar. I had to get to this lighthouse, because it just couldn't remain unreachable to me!"

Note: If you are unable to reach remote Greek Lighthouses, you may learn more about these two lighthouses and over 100 stone and marble lighthouses in *The Lighthouses of Greece* by Elinor DeWire and Dolores Reyes-Pergioudakis.

Santorini Wines: Ya mas!

by Irene Aggelidi

Photos: North2South Photographers



When you hear the word "Santorini", what's the first thing that comes to your mind? I asked many people and they said: "Island", "Greece", "Volcano", "View", "White houses", "Blue domes" ... I would say... "Wine".

Santorini has a unique way to produce wine. Vines here are trained to grow round and round in "baskets" on the ground rather than up on trellises. Wine has been produced here since ancient times and during the Middle Ages it became famous worldwide. The island has one of the oldest vineyards in the world coming from the prehistoric years.

The main grape varieties grown in Santorini, which give all the great variety of wines, are "Asurtiko" (which gives 80% of production of Santorini), Athiri and Aidani from whites and the Mantilaria, the Voudomato and the Mavrotragano from the reds. Santorini wines are characterized by intense aromas and flavours and high grade alcoholic levels.

Santorini has various types of wines but she has three Designation of Origin wines

(PDO) of superior quality. Assyrtiko is a wine that has taken the name of the variety and is definitely a masterpiece due to the climate and volcanic soil of Santorini. Nichteri is an ageing wine that has been named because, as tradition says, all the works for the vinification happened at night ("nichta" in Greek) and Vinsanto (Vino di Santorini), the traditional sweet wine of Santorini that is connected to the modern history and has made it known throughout the world. This wine is made of raisined grapes in the summer sun of Santorini.

Santorini is immune to phylloxera as its volcanic soils contain none of the clay that is necessary for the parasite to survive. As a result, many of the roots found on the vines on Santorini are centuries old. The grape growers use a unique bush-training system to grow the grapes (koulara). As the vines grow, they are woven into baskets with the grapes facing toward the inside of the rings. The vine's leaves and vine provide protection for the grapes from harsh winds and sunlight. The koulara are

often grown haphazardly on small plots of land and can be mistaken for wild bushes by unknowing passers-by.

Grape varieties are frequently grown together and the growers are often unaware which grapes are which until harvest which takes place in mid-August. When you visit you will have the opportunity to explore the local wineries and taste your wine during the sunset with an amazing view.. I would suggest...Santo Wines Winery..



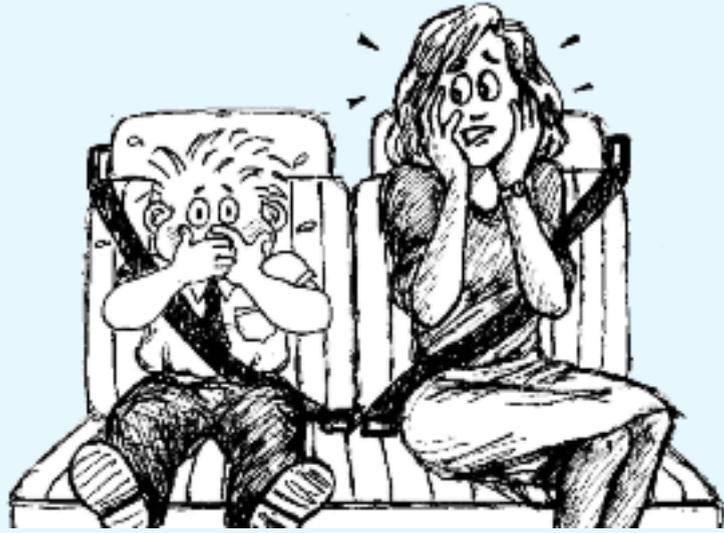
SANTORINI PICTURES

ΕΠΑΓΓΕΛΜΑΤΙΚΕΣ ΦΩΤΟΓΡΑΦΙΚΕΣ ΥΠΗΡΕΣΙΕΣ

Travel Sickness

MDr. Markos Valvis

Ear, nose and throat specialist
Fira, Santorini (opposite the post office)
t. 22860 25559, m. 6977748754
santomarval@gmail.com



Motion sickness (travel sickness) is very common and can make you feel sick or vomit. It is caused by repeated unusual movements, usually when travelling by car, boat, plane or train. There are effective treatments available, both from your doctor and the pharmacist. Ideally, medicines should be taken before the journey is started.

What is motion sickness?

Motion sickness is common, especially in children. It is caused by repeated unusual movements during travelling. These repeated movements, such as going over bumps or round in a circle, send lots of messages to your brain. Your inner ear balance mechanisms feel different signals to those that your eyes are seeing which then sends your brain mixed, confusing messages. This then causes the symptom of feeling sick (nausea). Other symptoms you may experience include sweating, drooling saliva, headaches, feeling cold and going pale.

Motion sickness can also be triggered by anxiety or strong smells, such as food or petrol. Sometimes trying to read a book or a map can trigger motion sickness. In both children and adults, playing computer games can sometimes induce motion sickness.

Motion sickness is more common in children and also in women. Fortunately, many children grow out of having motion sickness. It is not known why some people develop motion sickness more than others. Symptoms can develop in cars, trains,

planes and boats and on fairground rides, etc. Symptoms typically go when the journey is over; however, not always. In some people they last a few hours, or even days, after the journey ends.

How can motion sickness be prevented?

Some general tips to avoid motion sickness include:

- **Keep motion to a minimum. For example, sit in the front of a car, over the wing of a plane, on deck in the middle of a boat.**
- **Breathe fresh air if possible. For example, open a car window.**
- **Close your eyes and try to sleep.**
- **Do not read or watch a film.**
- **Don't stare at moving objects such as waves or other cars. Instead, look ahead, a little above the horizon, at a fixed place.**
- **Avoid heavy meals or alcohol before and during travelling.**
- **On long journeys, break the journey to have some fresh air, drink some cold water and if possible, take a short walk.**

What is the treatment for motion sickness?

There are several medicines available which can reduce, or prevent, symptoms of motion sickness. They work by interfering with the nerve signals described above. Although they are best taken before the journey, they still may help even if you take

them after symptoms have begun. Some medicines used for motion sickness may cause drowsiness. In addition, some medicines may interfere with alcohol or other medication; your doctor or the pharmacist can advise you about them.

Hyoscine

Hyoscine is the most effective medicine for motion sickness. It works by preventing the confusing nerve messages going to your brain. You should take a dose 30-60 minutes before a journey and the effect can last up to 72 hours. Side-effects of hyoscine include dry mouth, drowsiness and blurred vision. However, side-effects are uncommon.

Antihistamines

Antihistamines can also be useful, although they are not quite as effective as hyoscine. However, they usually cause fewer side-effects.

Alternative treatments

These can be useful and also used with medicines if required:

- One technique that has been shown to work in a clinical trial is to breathe deeply and slowly and, while focusing on your breathing, listen to music.
- Ginger can improve motion sickness in some people. It can be eaten in a biscuit or as crystallized ginger, drunk as tea or taken as tablets before a journey.

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10 Things you may not know about Olympic Games in ancient Greece

By Marietta Papathanasiou



The Olympic Games 2016 in Rio have come to an end, so this is an opportunity to have a look at the original games, held in Ancient Greece.

01. All hostilities among Greek city-states would stop before, during and after the Olympics, in order for the athletes and visitors to make the trip to Olympia and back unhindered.

02. Initially, the games lasted only one day and the athletes competed only in running. With the addition of more events, they came to last five days.

03. The first Olympics were held in 776 B.C. They took place every four years until 394 A.D., when Christian emperor Theodosius, forbid all "pagan" festivals.

04. Although even slaves were allowed to watch the games, women were not, and the penalty was death. Only one woman, Kallipateira, successfully managed to enter the stadium, dressed as a man, trying to watch her son competing. She was betrayed by her enthusiasm, but she was not punished, as she came from a long family of Olympic winners (father, husband, three brothers, son and nephew!)

05. Only free men who spoke Greek were able to participate. Slaves, barbarians and criminals were excluded.

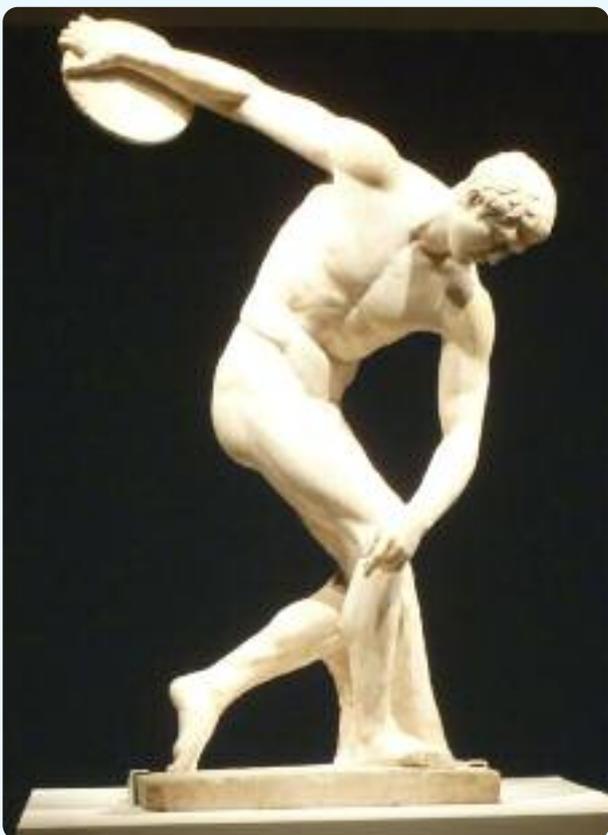
06. Winners were given an olive branch-along with a big sum of money.

07. Athens, a city of 100.000 people had to show only 41 Olympic winners, while Sparta, with a population of 10.000, had 71.

08. The athletes initially wore loin-clothes around their waist, but in later times they competed in the nude.

09. While performing the long jump, the athletes held weights, varying from 1,616gr to 4,629gr, which they let go right before their landing.

10. One of the most famous winners in Olympia was Diagoras from Rhodes. When his sons became Olympic winners too, they carried him on their shoulders around the stadium to honor him, while the crowd was cheering. Overwhelmed with joy, he died in their arms.



WORLD TRIVIA



- According to latest data for 2011, the world population stands at more than 7 billion. Amazingly, the world population has doubled during the last 40 years. It is expected to touch about 10.5 billion by the year 2050
- All gondolas in Venice, Italy must be painted black, unless they belong to a high official.
- There are 540 volcanoes on earth's surface (one is here!)
- According to National Geographic, Mt. Everest grows about 4 millimeters a year:
- Monaco has the highest population concentration in the world.
- Mexico City is the oldest capital city in the Americas.

- World's first travel agencies: Cox & Kings, founded in 1758, and Thomas Cook, founded in 1860.
- The names of all the continents end with the letter they start with.
- On every continent there is a city called Rome.
- Eskimos use refrigerators to keep food from freezing.
- The electric chair was invented by a dentist.

Santorini Cryptogram

Each number corresponds to a letter.
Try to solve the cryptogram

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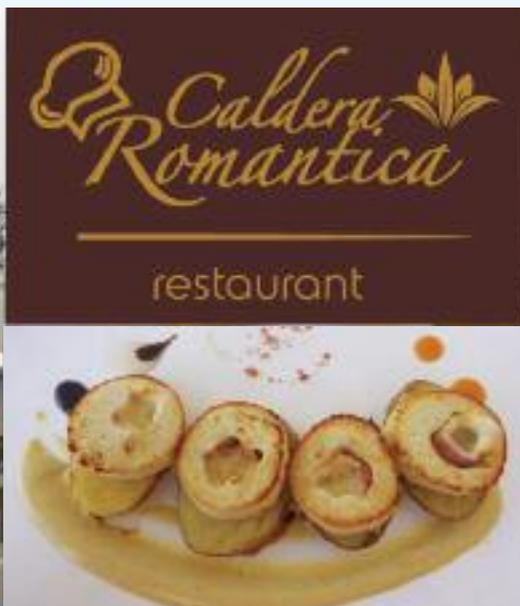
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FUNNY TIME

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September 2016

September

Cultural and Educational Tourism

The Hellenic Culture Centre www.hcc.edu.gr, organises two-hour Greek language for beginners at your hotel and two-week Greek Language Courses. Presentation of Santorini, singing Greek songs, traditional dance lesson, walks in Megalochori or from Megalochori to Pyrgos or Emporio, winery tours, visit to a local producer, ceramics lesson, iconography painting workshop and many more. In Megalochori.

September

La Ponta tours and concerts

La Ponta is located in a 13th century Venetian tower, within the castle of Akrotiri. Daily tours include a historical introduction of the tower and musical presentation. You can also attend the evening concerts: "Odysseus Returns", on Mondays, Wednesdays and Saturdays at 21.00 and "Notes of the Centuries", on Tuesdays and Fridays at 21.00. Seats are limited- online booking recommended - www.laponta.gr

September

Photography Exhibition

The intriguing exhibition is entitled "More than a Century ago: The gaze of the Photographer Antonis Lagadas through his Images". The photographer was born in Pyrgos, Santorini and his rare black and white photos depict places, people and events from Greece, including Santorini, from 1890 till 1916.

In Kasteli 1663 art gallery and café at the entrance of Pyrgos' castle.

Open daily: 10.00 – 20.00. Free Admission

September

Painting Exhibition

'An innovative unique Contemporary Impression of Santorini thought liquid glass "Life – Perpetual Motion" by artist Vania Stefou.

At Akron Art Centre (Megalochori). Open daily 10:00-20:30.

September

High Frequency Vibration

Artist Kelly presents the solo sculpting exhibition entitled "High Frequency Vibration" with 18 works dealing with energy vibrations on material and immaterial structures.

In Santorini Arts Factory, Vlychada. Free entrance.

September

Action and Gesture

Apostolis Zolotakis presents his painting series "Action and Gesture", as the energy emanating from the paintings refers to action painting.

In Santorini Arts Factory, Vlychada. Free entrance.

September

Orange Water: Fata Morgana

Under the Greek-Dutch contemporary art festival ORANGE WATER, the exhibition entitled Fata Morgana is presented, under the auspices of the Ministry of Culture and Tourism and the Netherlands Embassy.

The exhibitions include painting, sculpture, videos and installations from major Greek, Dutch and international visual artists.

In Santorini Arts Factory, Vlychada. Free entrance.

1 - 7 September

Painting Exhibition

Stella Spanou is presenting her art exhibition entitled "Captured Moments".

At the Estia of Pyrgos Cultural Association, in the central square of Pyrgos. Free entrance.

Note

Please bear in mind that the dates and times of the events may change without prior notice.

Daily updated information at:

www.blog.santofriends.com



Send us your reviews at santorinifriends@gmail.com

2 September

Event for Don Paschalis

An evening dedicated to Don Paschalis (1866 -1957), the father of the Santorini Music School.

At Saint John the Baptist Cathedral Church (Duomo). At 21.00

3 September - October

Painting Exhibition

After travelling to many countries, Painter Iris Xilas Xanaltos' painting exhibition "From Kampos of Syros to Santorini" comes to Santorini. Opening: Saturday 3 September 2016 at 20:00.

At Megaro Gyzi Museum, Fira. Open daily 10:00 - 21:00

3-4 September

Motimaru Dance Company

Motimaru is an internationally renowned dance company founded in Tokyo and based in Berlin. They are pioneers of experimentation in their field.

In Santorini Arts Factory, Vlychada. At 21.30

4 September

Classical Music Concert

The first concert of the 38th International Music Festival in Santorini is performed tonight by "Santorini Festival String Orchestra", with soloists Fabricio Meloni from Italy (clarinet) and Athena Kapodistria from Greece (piano). Playing works by: J.S. Bach, Verdi, Puccini and Dvorak. Conductor: Miltos Logiadis.

At Petros M. Nomikos Conference Center, Fira.

5 September

Masif

A music performance dedicated to the great Greek poet Nikos Kavadias' life and work.

At Fira, at 20.30. Free entrance.

6 September

Classical Music Concert

The second concert of the 38th International Music Festival in Santorini is performed tonight by "The Athens String Quartet", with Yorgos Mandylas (violin), Panagiotis Tziotis (violin), Paris Anastasiadis (viola), Isidoros Sideris (cello) and Fabricio Meloni (clarinet). Playing Skalkottas, Weber and Borodin

At Petros M. Nomikos Conference Center, Fira.

6 September

Socrates Now

After 415 performances in 20 countries, the EMY award winner actor John Simonides presents Socrates who goes on trial for his life.

In English with Greek surtitles. Followed by an open discussion.

In Santorini Arts Factory, Vlychada, at 21.30.

7 September

Brazilian Night

In order to celebrate Brazil's independence, a music night dedicated to this coffee country is organized tonight, under the auspices of the Brazilian Embassy.

At the caldera and Megaro Gyzi, Fira, at 20.00. Free entrance.

9 – 30 September

The Scarecrows

14 Greek and international artists take part in this contemporary art exhibition and present their attitudes towards the scarecrows.

In Domaine Sigalas Vineyards.

10 September

Indonesian Night

Dancers from the Indonesian city Cirebon are presenting dances reflecting the customs, traditions and culture of the area.

At Fira, at 20.30. Free entrance.

September 2016

10 September

Photography Exhibition

A photo exhibition curated by well-known Greek photographer Platon Rivellis opens tonight at 20.00.

At Megaro Gyzi, Fira. Open daily 10.00 – 21.00

10 September

Raki Celebration

The event that closes off the summer events of the Cretan Association of Santorini "Arkadi" every year. Nikos Zoidakis with his lyra aims at all-night dancing, together with a lot of Cretan drink raki.

At Waves Chill Out Bar, Perissa

At 21.30

11 September

Works for Flute and Piano

The third concert of the 37th International Music Festival in Santorini is performed tonight by Giuseppe Nova (flute) and Marco Sollini (piano). Works by Schubert, Donizetti, Faure, Pulenc, Doppler.

At Petros M. Nomikos Conference Center, Fira.

11 – 24 September

1866-2016 exhibition

150 years have passed from the big eruption of Nea Kameni volcanic islet. Rare works, original drawings, books, newspapers and magazines about this important year are exhibited by archaeologist Lefteris Zorzos.

In the Estia of Pyrgos Cultural Center, Pyrgos.

Free entrance.

12 September

Book Presentation

Dimitris Tsitouras presents his book "Family genealogical trees in the Aegean from the Santorini Catholic archives (from the 15th century – today).

At Megaro Gyzi, Fira. At 19.30. Free entrance.

14 September

A mon ami Sarasate

The fourth concert of the 37th International Music Festival in Santorini is performed tonight by Ana Maria Valderrama (violin) and Luis Del Valle (piano). Playing Sarasate, Schumann, Saint Saëns, Dubois and Chopin.

At Petros M. Nomikos Conference Center, Fira.

17 September

Ifestia 2016

A representation of the volcanic eruption, with fireworks and music, taking place at the volcano. After the "eruption", a concert takes place in Fira.

At 21.30. Free entrance.

18 September

Piano Recital

The fifth concert of the 37th International Music Festival in Santorini is performed tonight by Maria Mazo from Germany (Winner of the International Piano Competition "Grand Prix – Maria Callas" 2015). Works by Beethoven, Chopin, Tchaikovsky and Stravinsky.

At Petros M. Nomikos Conference Center, Fira.

24 September

Last Lust

A music concert with different instruments (guitar, bass, Cretan lyre, viola and drums) combine jazz sounds with avant garde melodies.

At Fira, at 20.30. Free entrance

25 September – 15 October

Traditional Architecture of Santorini

The students from the Department of Architecture of the National Technical University of Athens exhibit their project on the unique and timeless architecture of Pyrgos village.

At Estia of Pyrgos, in the central square of Pyrgos. Free admission

27 September

A Greek Opera

The last concert of the 37th International Music Festival in Santorini is the concert version "Markos Botsaris" by Pavlos Carrer. With Sofia Kyanidou (soprano), Julia Souglakou (soprano), Yannis Christopoulos (tenor), Dionysios Sourbis (baritone), Petros Magoulas (bass) and Dimitris Yakas (piano)

At Bellonio Cultural Center, Fira.

MARINA DIMITRIOU

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by Vania Stefou

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Santorini calendar September 2016

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| | | | 01 | 02 | 03 | 04 |
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full moon on 16 September

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www.santotraveler.com



Santorini Arts Factory which is located in Vlychada beach in the south of the island presents the latest work of the distinctive sculptor Kelly. Having just displayed the impressive 25 square meter choroplastic installation from steel at Megaron Concert Hall in Athens, the sculptor created in Santorini an interesting environment for the visitor as he has to carefully wander between her sharp metal sculptures. At her solo exhibition entitled "High Frequency Vibration" the contemporary artist introduces her individual abstract-constructive style to the audience of Santorini as well as the international travelers.

Visit SAF daily from 10:00 to 20:00 for an art tour to all three exhibitions presented to the unique cultural place. You may visit the solo exhibition of painter Apostolis Zolotakis and the group exhibition of Greek and Dutch artists of the "Orange Water Contemporary Art Festival", combining it with a tour at the Tomato Industrial Museum in the same area and a refreshing swim at the amazing lunar scene of Vlychada Beach. Entrance is free for all the art exhibitions.

Duration: June 4 - September 30

www.santoriniartsfactory.gr

Kelly at Santorini Arts Factory



"Square Thinking of a Chaotic Mind" - Steel



"High Frequency Vibration"



"Entelechy", Installation- Megaron Concert Hall, Athens

In this exhibition the artist presents for the first time in public the new collection entitled "Enthalpy" which consists of 12 sculptures and some works by earlier themes that the sculptor has dealt with. The 18 works on display are put together to create a harmonious atmosphere.

In her new collection, the artist deals with the issue of energy vibrations that she observes in the material and immaterial structures. Apart from any theological approach and with the axiomatic assumption of the Energy Conservation Principle-that the algebraic sum of all forms of energy present in a system remains stable over time, the sculptor examines the energy content of the volumes created through the relationship of Substance - Non Substance.



Metal sculptures of steel - the material that the creator shapes for her study- as thermodynamic systems, have- "Enthalpy" - to displace their environment and take over the position they are in. The structure vibrates at a specific frequency and correspondingly affects the space around it. In this new collection, the sculptor moves from the familiar stylistic style of strict geometric shapes and sharp corners to pear shaped constructions, waves and spirals. The forms are abstract and conventional representation is absent. With her sculptures, Kelly places man as a system at the core of his environment and leaves the viewer wondering about his personal vibration frequency.

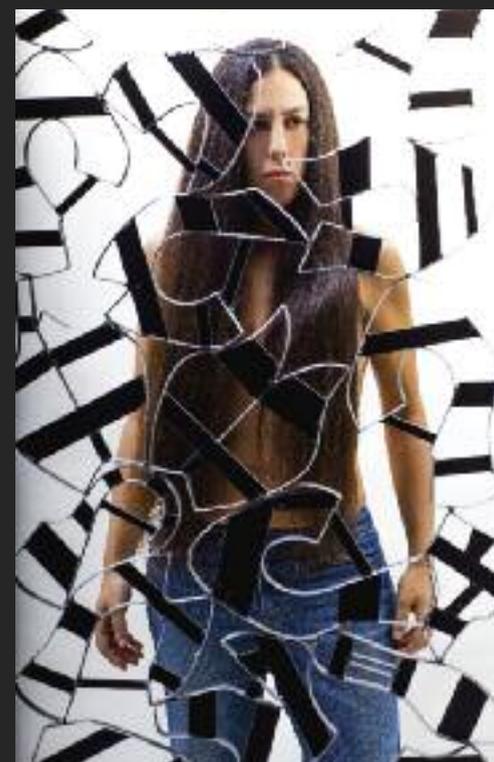


Kelly is a contemporary artist who travels constantly, living and working anywhere she can better develop herself. Her main means of expression is sculpture and the material she uses in her art is steel. Her artistic style is easily recognized due to the specific aesthetic outcome of the volumes she creates by processing metal as if it were a lace. Using techniques such as oxyacetylene welding and electric welding, as well as materials with endurance which need harsh treatment, she shapes themes of personal interests based in science and philosophy. The attribution of her artwork is geometric. The visual outcome is forms governed by a harmony that is rooted in pure mathematics.

"High Frequency Vibration" is her 14th solo exhibition while she has participated in over 40 group exhibitions. She has curated solo and group exhibitions and art projects with established artists from Greece and Holland.

She is the Operations and Development Director of "Orange Water" Contemporary Art Festival, an official project running in Holland and in Greece with exhibitions of contemporary Dutch and Greek artists. She is the Art Director of "The Loft", turning an old fabric factory located in the heart of Athens, to an urban -industrial art space, where hosted artists have the ability to work on large scale artworks.

www.kellyathanasiadou.gr



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