

DESTINATION: Andros GREECE



senior living activity assistant

Welcome to

Andros

Ideally located in the Cyclades archipelago, Andros Greece is one of the Cyclades islands closest to Athens (a couple of hours ferry ride).

Thanks to its proximity to the Greek capital, it has been transformed into one of the most popular Greek island destinations. And you bet there's a reason for it!



Boasting a natural landscape with lush vegetation, imposing mountains, virgin beaches, and rural villages, Andros Greece is a go-to destination for those who crave a getaway near Athens. Although it is a summertime favorite for tourists, the island has managed to keep its unspoiled charm!

Chora Andros, the gem of the island, stands out for its noble mansions, narrow alleys and cosmopolitan aura that seduces the visitors. While Chora Andros will introduce you to the glorious past of the island, it's the picturesque villages around it that will make you dive deeper into the essence of Andros' tradition!

MORE ABOUT ANDROS

Andros Greece is the northernmost island of the Cyclades island group. It stands out among the generally barren Cycladic islands, thanks to its lush vegetation and scenic natural landscapes. Despite its proximity to Athens, Andros Greece hasn't been affected much by the mass tourism, managing to keep its laid-back, unspoiled vibe!



Andros Chora, the island's capital, is a mixture of Venetian, Byzantine and Ottoman architecture. The result? Noble mansions and neoclassical buildings coexisting in harmony with the modern side of the town! Chora owes its architectural beauty to the islanders' love for the sea, as the imposing mansions used to belong to the local sailors and captains.





Andros beaches are a reason for themselves to visit Andros Greece! Organized or virgin, isolated or crowded, Andros beaches seem to be able to please everyone. The most popular of them are Agios Petros, Batsi and Golden Sand. If you are more into virgin and isolated beaches, though, chose Vlychada, Agios Sostis, and Halkolimnionas.

The natural beauty of this verdant island is

divine! The hiking paths that cross Andros Greece, will give you the chance to explore its lush vegetation. Packed with walnut trees, chestnut trees, oak trees, and olive trees, Andros is a natural paradise!

In Andros island, you'll also find some interesting sites, too! Palaiopolis, the ancient capital of Andros, the prehistoric Plaka settlement and Zagora settlement are must-visits. Not to mention the amazing Andros museums! Visit the Museum of Modern Art, the archaeological museums and the Cyclades Olive Museum, to take a dip into the island's culture!



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Word Senerch: Andros

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ISLANDS
MONOLITHIC
ARCHIPELAGOS
WHITEWASHED
CYCLADES
CRETE
MYKONOS

SANTORINI
ATHENS
FERRIES
ANCIENT
MEDITERRANEAN
ADRIATIC
BEACHES

WINDMILLS
ROCKY
ARCHAEOLOGICAL
RUINS
OLYMPICS
RUSTIC

The Lighthouses of Greece

We were inspired to journey this month to Andros by August's National Lighthouse Day. Greece has some of the most beautiful lighthouses and views in the world. Some years ago, those lighthouses had the meaning of good news for the sailors, because when they were seeing their light they understood that the land was near. Now these beautiful lighthouses are standing alone on the sharpest edges of the Greek coast.

Lighthouses have always had an atmosphere of mystery around them. Maybe because they were showing that this was the end of the sea or maybe because they were located in high spots and during sunset they look exactly like the towers of the fairy tales.

Unfortunately, lighthouses have little to no use in modern civilization, at least not in the way that they once did. Once one of the most important modern monuments of Greece showing its position in the World Naval history, now, these lighthouses are fading out due to the ravages of time and abandonment. The lighthouse network of Greece has today 120 traditional lighthouses aged about two centuries. Only 20 are in good condition and 30 are in medium condition.

Below we are presenting our favorite lighthouses in Greece:

The lighthouse of Tourlitis



This lighthouse is located on the island of Andros. It was built in 1887 on a cliff inside the sea. It is the only lighthouse that was built inside the sea. The scenery is magic.

The lighthouse of Anteros

In the place of Chiliomili in Maliakos Gulf, stands the lighthouse Anteros. The name of the location (Chioliomili) in Greek means "a thousand miles". The name of this location was given because this spot is a thousand miles away from Konstantinoupolis (Instabul). This lighthouse is 122 years old.

The lighthouse of Antikithyra



This particular lighthouse was built in the southern part of the island, in the Cape Apolytares, about 85 years ago. This was one of the largest oil lighthouses and could be reached only by boat.

The lighthouse of Kefalonia



The lighthouse of Kefalonia was build when the island was under the British Administration, some years after the Greek Revolution. The location has the name Agioi Theodoroi and the lighthouse has the height of 8 meters. In the mid-20th century it was destroyed by an earthquake, but was rebuilt exactly as it was.

The lighthouse of Chania



This is one of the oldest lighthouses in Greece that was built nearly half a millennium ago, in the Middle Ages when the Venetians ruled Crete. The lighthouse changed form over the years as the island was changing hands. Eventually, Egyptians repair the lighthouse in the 19th century and gave it the form of a minaret with a staircase inside and a glass tower.

The lighthouse of Lefkada



In another corner of the Ionian Sea, specifically in the last most southern coast of Lefkada, Cape Duchy is boasting about a lighthouse that looks towards Kefalonia and Ithaka. This lighthouse is hosted on the surface of large white cliffs that have witnessed tragic stories, because in 1200 BC sacrifices where made there to appease the gods. Later, in 400 BC, convicts were thrown from there with their bodies tied to birds and feathers. If the convict manage to survive the fall from the rocks, then they let him live.

The lighthouse of Cavo Maleas



This lighthouse is located in Cavo Maleas in Lakonia. It operated for the first time in 1883. Today is an automatic lighthouse powered by the sun. Its height is 15 meters above the surface of the land and 40 meters above the surface of the sea. It is characterized as a Monument of National Heritage.

The lighthouse of Patras



The lighthouse of Patras is the symbol of the city. It is located in Patra's harbor and it was built totally by stones. In 1999, in the area of Agios Andreas the new lighthouse was constructed because the old one was ruined in 1972. The new lighthouse is exactly the same as the old one, which was built in 1878.

The lighthouse of Rodos



This lighthouse was built in 1863 from the French Lighthouse Company. It is located in the harbor of the capital of the island, above the castle. In 1947 the lighthouse of Rodos was connected to the Greek lighthouse network after the annexation of the Dodecanese.

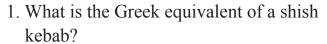


The lighthouse of Tainaro

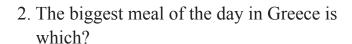
The lighthouse of Tainaro was built in 1882 by the French. Its height is 20 meters over the surface of the sea. The lighthouse started its operation in 1887. Until 1984 the lighthouse needed 3 people to live in, in order to operate but from that year and later the lighthouse has automatic mechanism powered by the sun.

GREEK FOOD QUIZ

Impress others with your culinary knowledge of the wonderful and healthy foods of the Mediterreanean!



- A. Spanikopita
- B. Souvlaki
- C. Hummus
- D. Koulouri



- A. Brunch
- B. Breakfast
- C. Lunch
- D. Second Dinner
- 3. Which of the following is an ingredient of a moussaká??
 - A. Aubergine
 - B. Carrots
 - C. Cabbage
 - D. Sesame seeds





4. What are the ingredients found in a tzatziki dip?

- A. Eggplant, yogurt, and carrots
- B. Garlic, olive oil, and tomatoes
- C. Yogurt, cucumber, and garlic
- D. chickpeas, olive oil, and lemon juice
- 5. What are dolmades?
 - A. Cabbage stuffed with ground lamb
 - B. Stuffed vine or grape leaves
 - C. Greek burritos made with lettuce
 - D. Fish stuffed lettuce parcels
- 6. This is typical Greek sandwich, using flatbread or pita. What are they called?
 - A. Souvlaki
 - B. Byros
 - C. Hummus
 - D. Gyros



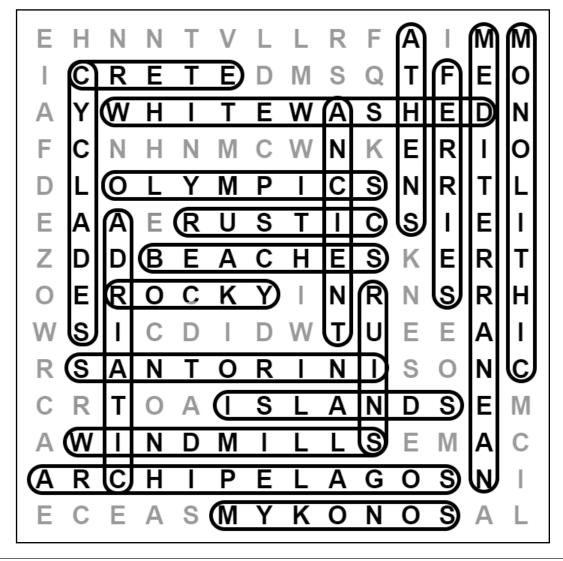
- 7. This is used more as a condiment than something to cook with:
 - A. Garlic
 - B. Parsley
 - C. Wine
 - D. Olive Oil
- 8. Greece shares a lot of the same foods with what neighboring country?
 - A. Italy
 - B. Spain
 - C. Bulgaria
 - D. Turkey

- 9. This dessert mostly contains nuts and butter along with sugar. After baking, sweet syrup is poured over it so that the syrup can be absorbed by the crispy layers of phyllo.
 - A. Baklava
 - B. Amygdalota
 - C. Bougatsa
- 10. Fava Dip's star ingredient is what?
 - A. Fava beans
 - B. Split yellow peas
 - C. Fish
 - D. Feta cheese



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Word Seacrch: Solution



Greek Food Quiz Answers

- 1. B. Souvlaki
- 2. C. Lunch
- 3. A. Aubergine
- 4. C. Yogurt, cucumber, and garlic
- 5. B. Stuffed vine or grape leaves
- 6. D. Gyros
- 7. D. Olive Oil
- 8. D. Turkey
- 9. A. Baklava
- 10. B. Split yellow peas