



# ΟΛΥΜΠΟΣ – OLIMP – OLYMPUS

Τρίγλωσσος Τουριστικός Οδηγός

Ghid Turistic Trilingv

Trilingual Tourist Guide



# ΜΟΥΡΕΣ – MUREȘ – MURES



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**Όλυμπος**  
**Το βουνό των Θεών**

**Olimp**  
**Muntele Zeilor**

**Olympus**  
**The Mountain of Gods**



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Αγαπητέ επισκέπτη - ταξιδιώτη,

Με ιδιαίτερη χαρά προλογίζουμε τον Τριγλωσσο Ταξιδιωτικό Οδηγό που κρατάς στα χέρια σου και ο οποίος περιλαμβάνει χρήσιμες πληροφορίες για το μυθικό βουνό μας, τον Όλυμπο, και το ποτάμι Mures που βρίσκεται στην περιοχή του Arad της Ρουμανίας. Το Arad και η Κατερίνη της Πιερίας δεν γνωρίζω αν συναντήθηκαν ιστορικά κατά το παρελθόν. Χάρη στις ευκαιρίες που μας δόθηκαν μέσα από το Ευρωπαϊκό Πρόγραμμα Comenius-Regio, υλοποιήθηκαν αλληπάλληλες συναντήσεις εκπαιδευτικών και φορέων επτά Ιδρυμάτων, οι καρποί των οποίων στάθηκαν πολύ σημαντικοί. Ανταλλάχθηκαν απόψεις, συνάφθηκαν σχέσεις, κατακτήθηκαν φιλίες. Τη θέση της άνοιξήςπηρεη γνώση, η συναδέλφωση, οι νέες εμπειρίες. Μας επέτρεψε να δούμε τη γλωσσική, γεωγραφική, πολιτισμική, πολιτιστική διαφορετικότητα ως κάτι σπουδαίο και συναρπαστικό. Φιλοδοξούμε να καταστήσουμε αυτή τη γεωργμία ως βάση, ως εφαλτήριο για περαιτέρω συνεργασία, αλληλοβοήθεια, αλληλοϋποστήριξη και αλληλεγγύη. Φιλοδοξούμε οι εκπαιδευτικές κοινότητες των δύο περιοχών, της Κατερίνης και του Arad, να σταθούν οι πρωτοπόροι και οι προάγγελοι της σύσφιξης των σχέσεων ανάμεσα στον Ελληνικό και το Ρουμάνικο λαό. Ελπίζουμε ο Οδηγός αυτός να σου φανεί χρήσιμος στις περιηγητικές σου αναζητήσεις και να σε βοηθήσει να εντοπίσεις και να κατανοήσεις τα πολιτισμικά εκείνα στοιχεία που αδερφώνουν τους λαούς και μας κάνουν καλύτερους.

Καλή σου περιήγηση!



Stimate vizitator - călător,

Avem marea plăcere să prefățăm Ghidul pentru călătorii trilingv pe care îl țineti în mână și care conține informații utile despre muntele nostru Olimp și despre râul Mures situat în zona Aradului, România. Nu știu dacă Aradul și Katerini-Pieria s-au întâlnit din punct de vedere istoric în trecut. Mulțumită oportunităților oferite nouă de programul european Comenius Regio, s-au realizat întâlniri succesive a șapte instituții de învățământ și autorități publice provenind din ambele regiuni, rezultatele acestora fiind foarte importante. Au fost schimbate puncte de vedere, s-au încheiat relații de parteneriate, s-au câștigat prietenii. Ignoranța s-a transformat în cunoștiințe, fraternitate, și noi experiențe. Acest lucru ne-a permis să înțelegem diversitatea lingvistică, geografică și culturală ca ceva mareț și emoționant. Sperăm să transformăm aceste întâlniri ca o bază, o rampă de lansare pentru o cooperare viitoare, ajutor reciproc și solidaritate. Nădărdum că grupurile educaționale din ambele regiuni Katerini și Arad să devină pionierii și precursorii unor relații mai apropiate între poporul român și cel grec. Sperăm ca acest ghid să vă ajute în căutările voastre turistice și de asemenea, vă vor ajuta să identificați și să înțelegeți elementele culturale care unesc oamenii și care ne fac mai buni.

Călătorie plăcută!

Dear visitor - traveller,

With great pleasure we preface the Trilingual Travel Guide that you hold in your hands and which contains useful information about our mythical mountain Olympus and the Mures river located in the area of Arad, Romania. I do not know if Arad and Katerini-Pieria met historically in the past. Thanks to the opportunities given to us through the European Programme Comenius-Regio, successive meetings of seven educational institutions and bodies coming from the above regions have been realized, the fruits of which have been very important. Views were exchanged, relationships were concluded, friendships were conquered. Ignorance has been replaced by knowledge, brotherhood of peoples, new experiences. It allowed us to see the linguistic, geographical, cultural diversity as something great and exciting. We aspire to make this acquaintance as the basis, as a springboard for further cooperation, mutual help, mutual support and solidarity. We aspire that educational communities of both regions, Katerini and Arad, stand the pioneers and forerunners of closer relations between the Greek and the Romanian people. We hope this guide can be of help to you in your touring searches and help you to identify and understand the cultural elements that unite peoples and make us better.

Have a nice tour!



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# 1

## Γενικές Πληροφορίες Informații Generale General Information

- ✓ *Θέση - Localizare - Location*
  - ✓ *Έκταση - Zonă - Area*
  - ✓ *Μορφολογία - Morfologie - Morphology*
  - ✓ *Κλίμα - Climă - Climate*
-

## ✓ Θέση - Localizare - Location

### Όλυμπος Olimp Olympos



Ο Όλυμπος είναι το ψηλότερο βουνό της Ελλάδας, γνωστό παγκοσμίως κυρίως από την ελληνική μυθολογία, καθώς στην κορυφή του (2.918 μ.) κατοικούσαν οι Δώδεκα «Ολύμπιοι» Θεοί σύμφωνα με τη θρησκεία των αρχαίων Ελλήνων. Βρίσκεται στα σύνορα Μακεδονίας-Θεσσαλίας και ειδικότερα στα όρια των Νομών Πιερίας και Λάρισας. **Ο Μύτικας, η ψηλότερη κορυφή του**, απέχει σε ευθεία απόσταση 263 χιλιόμετρα από την Αθήνα και 78 χιλιόμετρα από τη Θεσσαλονίκη, ενώ από της ακτής της Πιερίας απέχει 18 και από την Κατερίνη 24 χιλιόμετρα.



Muntele Olimp este cel mai înalt munte din Grecia, cunoscut în întreaga lume datorită contextului său mitologic, deoarece vârful său (2918 m) a fost locuit de cei doisprezece zei după religia vechilor greci. Muntele Olimp este localizat la granițele dintre Macedonia și Thessaly și în special la marginile județelor Pieria și Larissa. Mytikas, cel mai înalt vârf este localizat la o distanță în linie dreaptă de 263 de km de Atena și 78 de km de Salonic în timp ce distanța până la Pieria este de 18 km și de respectiv 24 de km până la Katerini



Olympus is the highest mountain in Greece, known worldwide mainly for the mythological context, as on top of it (2918 m.) inhabited the Twelve "Olympian" Gods in accordance with the religion of the ancient Greeks. Olympus is located in Macedonia and Thessaly borders and especially on the boundaries of the prefectures of Pieria and Larissa. Mytikas, the highest peak, is located at a straight line distance of 263 km from Athens and 78 km from Thessaloniki, while the distance from the nearby coast of Pieria is 18 Km and from Katerini 24 km.



## ✓ Έκταση - Zonă - Area

### Ο Όλυμπος την Άνοιξη - Olympus primăvara - Olympus in Spring



Ο Όλυμπος είναι ένα συμπαγές, σχετικά μικρό σε έκταση (500 περίπου τετραγωνικά χιλιόμετρα) αλλά πολύκορφο και βραχώδες βουνό. Τα όρια του βουνού εκτείνονται σχεδόν κυκλικά με περίμετρο γύρω στα 80 Km και μέση διάμετρο 25 Km. Η έκταση του Εθνικού Δρυμού Ολύμπου ανέρχεται σε 238.411 στρέμματα με πυρήνα 40.000 στρεμμάτων.

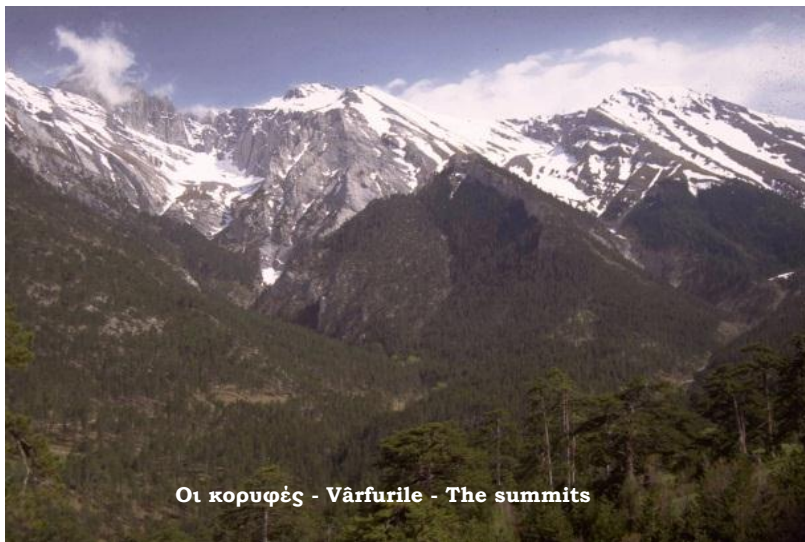


Muntele Olimp este o zonă cu roci muntoase, de o întindere relativ mică (500 de km) plină de vârfuri. Granițele muntelui se extind aproape circular cu o circumferință de 80 de km și cu un diametru mediu de 25 km. Zona Parcului Național Muntele Olimp este de 238411 acri cu o zonă protejată la maxim de 40000 de acri.



Olympus is a compact, relatively small in size (500 square kilometers) but rocky and full of peaks mountain. The mountain boundaries extend almost circularly with a circumference of 80 Km and an average diameter of 25 km. The area of the Olympus National Park is 238,411 acres with a high protection core of 40,000 acres.

## ✓ Μορφολογία - Morfologie - Morphology



Οι κορυφές - Vârfurile - The summits



Η πολύπλοκη γεωλογική ιστορία του Ολύμπου αντικατοπτρίζεται στη μορφολογία του. Κύριο χαρακτηριστικό του είναι οι βαθιές χαράδρες και οι δεκάδες ομαλές κορυφές, αρκετές από τις οποίες με υψόμετρο πάνω από 2 χιλιόμετρα. Ωστόσο, οι κεντρικές, σχεδόν κάθετες βραχώδεις κορυφές είναι αυτές που εντυπωσιάζουν τον επισκέπτη. Οι πολλές χαράδρες και ρεματιές δίνουν στον Όλυμπο μια εικόνα σπάνιας ομορφιάς. Επίσης υπάρχουν αρκετά βάραθρα καθώς και μια σειρά από σπήλαια, πολλά από τα οποία μένουν ακόμα ανεξερεύνητα.

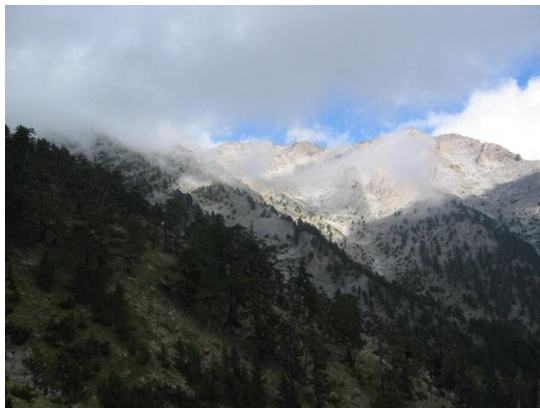


Istoria complexă geologică a muntelui Olimp se găsește în morfologia sa. Trăsăturile sale principale sunt râpele adânci și zecile de vărfuri plane, majoritatea având o înălțime de mai mult de 2 km. Cu toate acestea, ceea ce impresionează vizitatorii sunt vărfurile aproape verticale din centru. Numărul mare de râpe fac din muntele Olimp o priveliște de o frumusețe rară. De asemenea, există multe peșteri majoritatea fiind neexplorate.



The complex geological history of Olympus is reflected in its morphology. Its main features are the deep ravines and dozens smooth peaks, many of which have an altitude of more than 2 km. However, the central, almost vertical rocky peaks are those that impress the visitor. The big number of ravines and gorges make Olympus a picture of rare beauty. Also there are many potholes and a series of caves, many of which remain unexplored.

## ✓ Κλίμα - Climă - Climate



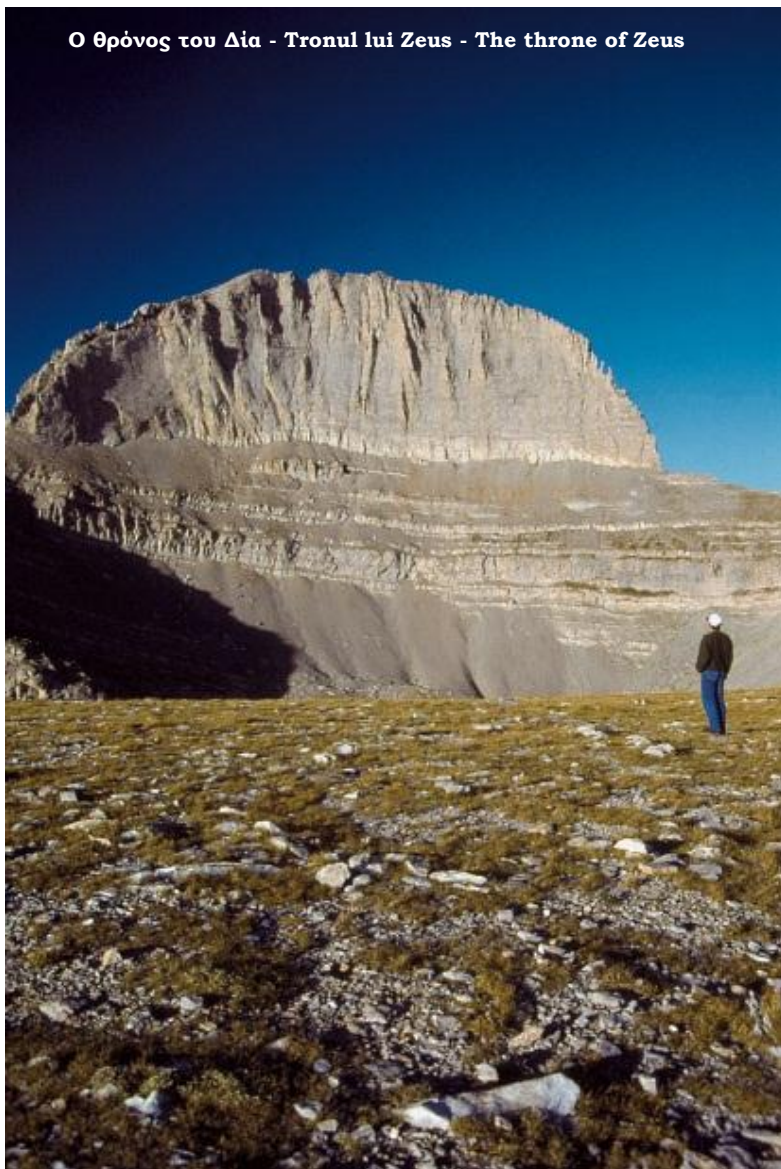
Σε γενικές γραμμές το κλίμα στον Όλυμπο μπορεί να χαρακτηριστεί μεσογειακού τύπου με ηπειρωτική επίδραση. Οι κατά τόπους διαφορο-ποιήσεις που παρουσιάζονται, είναι αποτέλεσμα της επίδρα-σης της θάλασσας και του έντονου ανάγλυφου της περιοχής. Στις χαμηλότερες περιοχές (Λιτόχωρο και πρόποδες) το κλίμα είναι τυπικά μεσογειακό, δηλαδή θερμό και ξηρό το καλοκαίρι – υγρό και ψυχρό τον χειμώνα. Στις υψηλότερες περιοχές είναι πιο

υγρό και πιο τραχύ, με εντονότερα φαινόμενα: σ' αυτές τις περιοχές πέφτει συχνά χιόνι όλο το χειμώνα, ενώ η βροχή και το χιόνι είναι συνηθισμένα φαινόμενα και το καλοκαίρι. Η θερμοκρασία κυμαίνεται το χειμώνα από -10°C μέχρι 20°C και το καλοκαίρι γενικά από 0°C μέχρι 20°C, ενώ οι άνεμοι είναι σχεδόν καθημερινό φαινόμενο. Σε γενικές γραμμές, κάθε 200m υψόμετρου η θερμοκρασία πέφτει κατά 1°.

Clima zonei muntelui Olimp este în general mediteraneană cu influențe continentale. Variațiile locale sunt datorită influenței mării și a reliefului scortșos al regiunii. În zonele joase (ca și Litochoro) clima este tipic mediteraneană, călduroasă și uscată vara – umedă și rece în timpul iernii. În zonele înalte este mai umed și mai aerul mai aspru, cu efecte puternice: în aceste zone, zăpada cade adesea toată iarna în timp ce ploaia și zăpada sunt fenomene cunoscute în timpul verii. Temperaturile variază iarna între -10 grade Celsius până la 20 de grade, iar vara între 0 grade până la 20 în timp ce vântul este un fenomen des întâlnit. În general, la fiecare 200 de metri altitudine, temperaturile scad cu un 1 ° C.

The climate in Olympus is generally Mediterranean with continental influence. The local variations are due to the influence of the sea and the rugged relief of the region. In the lower areas (like Litochoro) the climate is typically Mediterranean, warm and dry in summer - wet and cold in winter. In the higher areas it is wetter and rougher, with stronger effects: in these areas snow often falls throughout winter, while rain and snow are common phenomena in the summer. The temperature ranges in winter from -10° C to 20° C and in the summer is generally from 0° C to 20° C, while the winds are almost commonplace. Generally, each 200m altitude the temperature drops by 1° C.

**Ο θρόνος του Δία - Tronul lui Zeus - The throne of Zeus**





# 2

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✓ *Μυθολογία - Mitologie - Mythology*

✓ *Ιστορία - Istorie - History*

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## ✓ Μυθολογία - Mitologie - Mythology



Στην ελληνική μυθολογία ο Όλυμπος ήταν η κατοικία των Δώδεκα Θεών του αρχαίου ελληνικού κόσμου. Σύμφωνα με το μύθο, ο Όλυμπος σχηματίστηκε μετά τη νίκη των θεών κατά των Τιτάνων στην Τιτανομαχία, και σύντομα έγινε χώρος κατοικίας τους. Αποτελεί σημείο αναφοράς πολλών Ελληνικών μύθων. Το Πάνθεον (Μύτικας σήμερα) ήταν ο τόπος συνάντησής και το θέατρο των θεελλωδών συζητήσεών τους. Ο θρόνος του Δία (το σημερινό Στεφάνι) φιλοξενούσε αποκλειστικά τον ίδιο, τον αρχηγό των θεών. Από εκεί εξαπέλυε τους κεραυνούς, εκφράζοντας την θεϊκή οργή του. Στους Δώδεκα Ολύμπιους Θεούς περιλαμβάνονται επίσης η Ήρα, η Εστία, η Δήμητρα, ο Ποσειδώνας, η Αθηνά, ο Απόλλωνας, η Αρτέμις, ο Ερμής, η Αφροδίτη, ο Άρης και ο Ηφαίστος. Στην Ιλιάδα ο Όλυμπος αναφέρεται ως μεγάλος, ψηλός, λαμπερός και γεμάτος δέντρα. Στα Πιέρια όρη, στους βόρειους πρόποδες του Όλυμπου, η μυθολογική παράδοση είχε τοποθετήσει τις εννέα Μούσες, προστάτιδες των Καλών Τεχνών, κόρες του Δία και της Τιτανίδας Μνημοσύνης: Καλλιόπη (Επική Ποίηση), Κλειώ (Ιστορία), Ερατώ (Λυρική Ποίηση), Ευτέρπη (Μουσική), Μελπομένη (Τραγωδία), Πολύμνια (Ύμνοι), Τερψιχόρη (Χορός), Θάλεια (Κωμωδία) και Ουρανία (Αστρονομία).



În mitologia greacă, muntele Olimp a fost casa celor doisprezece zei ai Greciei antice. În mitologie muntele Olimp s-a format după ce zeii au învins titanii în Războiul Titanilor, iar în scurt timp zona a fost locuită de către zei. Este locul multor povestiri mitologice grecești. Panteonul (astăzi Mytikas) a fost locul lor de întâlnire și al discuțiilor lor furtunoase. Templul lui Zeus (astăzi Stefani) l-a găzduit doar pe el, liderul zeilor. De aici, el lansa fulgerele care semnificau puterea sa de zeu. Cei doisprezece zei i-au inclus pe Hera, Hestia, Demeter, Poseidon, Atena, Apollo, Artemis, Hermes, Afrodita, Ares și Hefaistos. În Iliada, la muntele Olimp se facea referire ca un loc mareț, lung, minunat și plin de copaci. În Pieria, la picioarele muntelui Olimp, în nord, tradiția mitologică a dus cele nouă muze, patroanele Artelor, fiicele lui Zeus și a Titanidei Mnemosyne: Calliopa (poezie epică), Clio (Istorie), Erato (Poezia dragostei), Euterpe (Muzica), Melpomena (Tragedia), Polihimnia (Imnurile), Terpsicore (Dansul), Talia (Comedia) și Urania (Astronomie).



In Greek mythology Olympus was the home of the Twelve Olympian gods of the ancient Greek world. In myth, Olympus was formed after the gods defeated the Titans in the Titan War, and soon the place was inhabited by the gods. It is the setting of many Greek mythical stories. Pantheon (today Mytikas) was their meeting place and theater of their stormy discussions. The Throne of Zeus (today Stefani) hosted solely him, the leader of the gods. From there he unleashed his thunderbolts, expressing his godly wrath. The Twelve Olympians included also Hera, Hestia, Demeter, Poseidon, Athena, Apollo, Artemis, Hermes, Aphrodite, Ares and Hephaestus. In Iliad Olympus is referred to as great, long, brilliant and full of trees. In Pieria, on Olympus northern foot, the mythological tradition had placed the nine Muses, patrons of the Fine Arts, daughters of Zeus and the Titanide Mnemosyne: Calliope (Epic Poetry), Clio (History), Erato (Love Poetry), Euterpe (Music), Melpomene, (Tragedy), Polyhymnia (Hymns), Terpsichore (Dance), Thalia (Comedy) and Urania (Astronomy).



**Η αρπαγή της Ευρώπης  
από τον Δία (ψηφιδωτό,  
2° ΕΠΑΛ Κατερίνης)**

**Răpirea Europei de către  
Zeus (mozaic, Liceul  
Tehnologic nr. 2 din  
Katerini)**

**The Abduction of Europa  
by Zeus (mosaic, 2nd  
Vocational High School of  
Katerini)**



**Όλυμπος - Olimp - Olympus (W. Purser, 19th Century AD)**

## ✓ Ιστορία - Istorie - History



Η ανθρώπινη παρουσία στην περιοχή του Ολύμπου χάνεται στην ομίχλη της προϊστορίας. Ίσνη οικισμών που χρονολογούνται από τη Νεολιθική εποχή έχουν ανακαλυφθεί σε διάφορες περιοχές του βουνού. Κατά τους ιστορικούς χρόνους, η ανθρώπινη παρουσία στον Όλυμπο συγκεντρώθηκε στην Πιερία της Μακεδονίας (ανατολικά και βορειοανατολικά του βουνού) και Περραιβία (δυτικά και νοτιοδυτικά). Το Διον ήταν η πιο σημαντική πόλη της αρχαίας περιόδου. Βρίσκεται στους πρόποδες του Ολύμπου, 5 χιλιόμετρα από τη θάλασσα. Ήταν η γερή πόλη των Μακεδόνων αφιερωμένη στο Δία και στους Δώδεκα Θεούς. Η ακμή του ήταν μεταξύ του 5ου π.Χ. και 5ου μ.Χ. αιώνα. Οι ανασκαφές, που άρχισαν το 1928 και συνεχίζονται μέχρι σήμερα, αποκάλυψαν πλούσια ευρήματα της μακεδονικής, ελληνιστικής και ρωμαϊκής εποχής, που σήμερα βρίσκονται στο μουσείο του Δίου. Η Πίμπλια και τα Λειβήθρα είναι άλλες δύο αρχαίες πόλεις στην περιοχή του Ολύμπου που σχετίζονται με το μύθο του Ορφέα και τα Ορφικά μυστήρια. Κατά τη διάρκεια της τουρκικής κατοχής και τους πολέμους του 20ου αιώνα, τα δάση και οι πλαγιές του Ολύμπου προσέφεραν καταφύγιο στους κλέφτες, επαναστάτες και κυνηγημένους της περιοχής. Είναι το μοναδικό βουνό της Ελλάδας, το οποίο έχει ταυτιστεί τόσο συχνά με το ελεύθερο πνεύμα, την ανδρεία και την υπερηφάνεια των Ελλήνων. Υπάρχουν άφθονα στοιχεία που το αποδεικνύουν με γλαφυρότητα και μελωδικότητα σε πολλά από τα δημοτικά τραγούδια της πατρίδας μας.



Prezența omului în regiunea muntelui Olimp datează undeva în preistorie. Urme ale așezărilor care datează din perioada neolitică au fost descoperite în zone diferite ale muntelui. În timpul istoriei, prezența umană în muntele Olimp s-a concentrat în Pieria, Macedonia (în estul sau nord-estul muntelui) și Perraivia (vest și sudvest). **Dion** a fost cel mai important oraș al lumii antice. Este situat la piciorul muntelui Olimp, la 5 km de mare. A fost orașul sacru al macedonenilor, oraș dedicat lui Zeus și cei doisprezece zei. Orașul e datat undeva între secolele 5 BC și 5 AD. Escavările, care au început în 1928 și continuă până în zilele noastre, au descoperit bogății de pe vremea ocupației macedoneene, grecești și romane care se pot găsi acum în muzeul din Dion. Piblia și Livitra, celelalte două orașe vechi din zona muntelui Olimp, au legătură cu mitul lui Orfeu și misterele Orfice. În timpul ocupației turcești și a războaielor din secolele XX, pădurile Olimpului și râpele au oferit acoperiș hoților, revoluționarilor și rebelilor. Este singurul munte din Grecia care s-a identificat cu spiritul liber, curajul și mândria grecilor. O dovadă în acest sens sunt melodiile din folclorul grecesc.



The human presence in the region of Olympus is lost in the mist of prehistory. Traces of settlements dating back to the Neolithic period have been discovered in different areas of the mountain. During historic times, the human presence on Olympus was concentrated in Pieria of Macedonia (east and northeast of the mountain) and Perraivia (west and southwest). Dion was the most important city of ancient period. It is situated at the foot of Olympus, 5 km from the sea. It was the sacred town of the Macedonians, dedicated to Zeus and the twelve gods. Its heyday was between the 5th BC the 5th AD century. The excavations, which began in 1928 and continue to this day, revealed rich findings of the Macedonian, Hellenistic and Roman periods, now found in the museum of Dion. Piblia and Livithra, two other ancient cities in the Olympus area are related to the myth of Orpheus and the Orphic mysteries. During the Turkish occupation and the wars of the 20th century Olympus forests and slopes offered shelter to "thieves", revolutionaries and rebels. It is the only mountain of Greece which has been identified so often with the free spirit, bravery and pride of the Greeks. There is evidence of this with so much grace and melody in many of the folk songs of our Homeland.





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✓ *Εθνικός Δρυμός Ολύμπου*

*Parcul National Olimp*

*National Park of Olympus*

✓ *Χλωρίδα - Flora - Flora*

✓ *Πανίδα - Fauna - Fauna*

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## ✓ Εθνικός Δρυμός Ολύμπου - Parcul National Olimp National Park of Olympus



Ο Όλυμπος, το ψηλότερο βουνό στην Ελλάδα, είναι η πρώτη περιοχή που χαρακτηρίστηκε «Εθνικό Πάρκο» το 1938. Η συνολική έκταση του πάρκου είναι 234000 στρέμματα, ενώ ο πυρήνας του 40000 στρέμματα. Το χαμηλότερο σημείο του έχει υψόμετρο 600 μέτρα και η κορυφή του Μύτικα 2918. Ο Όλυμπος είναι γνωστός σε όλο τον κόσμο τόσο για τα οικολογικά χαρακτηριστικά και τη μοναδική φυσική ομορφιά του όσο και για τη σύνδεσή του με την αρχαία ελληνική ιστορία και μυθολογία. Το 1981 ο ΟΗΕ ανακήρυξε τον Εθνικό Δρυμό Ολύμπου ως προστατευόμενο οικοσύστημα της Παγκόσμιας Βιόσφαιρας και είναι εγγεγραμμένος στον κατάλογο του Ευρωπαϊκού Δικτύου Natura 2000, ως «ζώνη ειδικής προστασίας» και «τόπος κοινοτικού ενδιαφέροντος». Η ισχυρή ποικιλομορφία του, το ανάγλυφό του, ο διαφορετικός προσανατολισμός των πλαγιών, το ύψος και η μικρή απόσταση των κορυφών από τη θάλασσα δημιουργούν μια μεγάλη ποικιλία βλάστησης και οικοτόπων.



Muntele Olimp, cel mai înalt munte din Grecia, este prima regiune care a fost declarată Parc Național în 1938. Întreaga zonă a parcului are 234000 de acri în timp ce zona centrală are 40000 de acri. Cea mai joasă altitudine este de 600 de metri, iar vârful este Panteon sau Myhikas la 2918 m. Muntele Olimp este recunoscut peste tot pentru caracteristicile sale ecologice și frumusețea unică, dar și pentru legătura cu Grecia antică și mitologiile sale. În 1981, ONU a declarat Parcul Național Olimp ca Biosferă Mondială a unui ecosistem protejat și este înregistrat pe lista Rețelei Europene Natura 2000 ca o „zonă protejată special” și un loc de interes al comunității internaționale după directivele Comunității. Puternica diversitate a reliefului Muntelui Olimp, poziționarea diferită a văilor, pietrele, înălțimea și distanța mică dintre vârfuri și mare crează o mare varietate de vegetație și habitat.



Olympus, the highest mountain in Greece, is the first region for which specific protection regime applied in Greece, with the declaration as a "National Park" in 1938. The total area of the park is 234,000 acres, while the core is 40,000 acres. The lowest altitude is 600 meters and the top of the Pantheon or Mytikas at 2,918m. Olympus is known worldwide both for the ecological characteristics and the unique natural beauty and for its connection to the ancient Greek history and mythology. In 1981 the UN declared the National Park Olympus as a Protected Ecosystem World Biosphere and is registered in the list of the European Network Natura 2000 as a "special protection area" and "site of Community interest" according to Community directives. The strong diversity of the relief of Olympus, the different orientation of the slopes, the rock, the height and the small distance of the peaks from the sea create a large variety of vegetation and habitats.



**Οι 10 κορυφές - Cele 10 vârfuri - The 10 summits**

## ✓ Χλωρίδα - Flora - Flora



**Campanula oreadam**

Πάνω από 1700 είδη φυτών έχουν καταγραφεί στον Όλυμπο, τα οποία αντιπροσωπεύουν το 25% του συνόλου της ελληνικής χλωρίδας. Τα περισσότερα από αυτά συναντώνται σε χαμηλά υψόμετρα και αποτελούν συνήθη είδη της Μεσογείου και της ΚεντρικήςΕυρώπης. Στην άδενδρη αλπική ζώνη υπάρχουν 150 είδη φυτών. Τα μισά απ' αυτά τα βρίσκει κανείς μόνο στη Βαλκανική κερσόνησο και 23 είναι ενδημικά. Το φυτό-απολίθωμα, *Jankaea heldreichii*, από την εποχή των παγετώνων, παρουσιάζει ιδιαίτερο ενδιαφέρον για τους επιστήμονες. Λόγω της έντονης ποικιλομορφίας του εδάφους, της γειννίασης με τη θάλασσα και της ύπαρξης πολλών μικρο-περιβαλλόντων, η βλάστηση, ιδιαίτερα στις ανατολικές πλαγιές του Ολύμπου, χαρακτηρίζεται από ένα ευρύ φάσμα ζωνών βλάστησης. Γενικά, υπάρχουν τέσσερις ζώνες βλάστησης.

Η πρώτη ζώνη, 300-500μ., περιλαμβάνει κυρίως θάμνους και δέντρα, όπως τα πιο κοινά είδη: Αριά (*Quercus ilex*), γλυστοκουμαριά (*Arbutus adrachnae*), πουρνάρι (*Quercus coccifera*) και κέδρο (*Juniperus oxycedrus*). Από τα 600-1400μ. έχουμε τη δεύτερη ζώνη. Η βλάστηση εδώ αποτελείται κυρίως από τη μαύρη πεύκη (*Pinus nigra* var. *Pallasiana*) σε συμπαγείς συστάδες. Σε μικρότερες ομάδες εμφανίζονται η υβριδογενής ελάτη (*Abies hybridogenus*), η οξυά (*Fagus moesiaca*), σποραδικά η φτελιά (*Ulmus glabra*), ο ίταμος (*Taxus baccata*), η λεπτοκαρυά (*Coryllus avellana*), η κρανιά (*Cornus mas*), η αγκιοκερασιά (*Prunus cerasifera*) και μια σημαντική ποικιλία από ποώδη φυτά. Τα φαράγγια και οι ρεματιές καλύπτονται με πλατάνια (*Platanus orientalis*), ιτιές (*Salix cinerea*), σκλήθρα (*Alnus glutinosa*) και παρόχθια βλάστηση. Από τα 1400-2500μ. έχουμε τη ζώνη των ψυχρόβιων κωνοφόρων με κυρίαρχο το σπάνιο πεύκο Ρόμπολο (*Pinus heldreichii*). Στη συγκεκριμένη ζώνη συναντάμε επίσης θάμνους και χόρτα, ενώ η χλωρίδα περιλαμβάνει πολλά ενδημικά είδη των Βαλκανίων. Πάνω από τα 2500μ. που αποτελεί και το υψηλότερο όριο δάσους στα Βαλκάνια, συναντά κανείς μόνο μια ποικιλία αλπικών οικοσυστημάτων χαμηλής βλάστησης με πολλά σπάνια αγριολούλουδα των οποίων η πλειοψηφία είναι ενδημικά της χλωρίδα της Ελλάδας και των Βαλκανίων.



S-au descoperit peste 1 700 de specii de plante pe Muntele Olimp. Aceste plante reprezintă 25% din întreaga floră a Greciei. Majoritatea plantelor există la altitudini mai joase. Ele sunt de obicei mediteraneene și central europene. În zona alpină fără arbori sunt 150 de specii de plante. Jumătate dintre acestea pot fi văzute doar în Peninsula Balcanică și 23 dintre ele se găsesc doar în această țară. Fosilele de arbori, Jankaeaheldreichii din era glaciară prezintă un mare interes pentru oamenii de știință. Datorită terenului arid, vecinătatea față de mare și crearea mai multor micro ecosisteme de vegetație în special pe versantul de est al Muntelui Olimp este caracterizat printr-o mare varietate de zone de vegetație. În general, sunt patru zone de vegetație și mai multe tipuri de vegetație care trec de la una la cealaltă. Prima zonă de la 300 la 500 de metri include multe tufișuri și arbori ca și cel mai des întâlnit stejar (*Quercus ilex*), arborele de căpșuni grecești (*Arbutus adrachnae*), stejarul kermes (*Quercuscoccifera*), arborele de căpșuni (*Arbutus unedo*), cidru (*Juniperusoxycedrus*). De asemenea, există feluri diferite de arbori. De la 600 la 1400 de metri se întinde cea de-a doua zonă. Vegetația este dominată în special de pinul negru European (*Pinusnigra* var. *Pallasiana*), care formează manunchiuri masive. În grupuri mai mici apare: bradul King Boris (*Abieshybridogenus*), salcia (*Facusmoesiaca*), câțiva ulmi (*Ulmusglabra*), tisa (*Taxusbaccata*), cireș sălbatic (*Prunuscercasifera*), alun (*Coryllusavellana*), cireș cornelian (*Cornus mas*) și o selecție importantă de mușchi. Răpele și jgheaburile sunt acoperite cu o câmpie orientală (*Platanusorientalis*), *Salix* cinerea, lemnul din arin (*Alnusglutinosa*) și vegetația riverană. De la 1400 de metri și 2500 de metri există zona de conifere în care coniferele încep să apară cu un pin rar *Pinusheldreichii*, fiind cel mai întâlnit. În aceasta zonă sunt abuștii și plantele de iarbă în timp ce flora include multe specii endemice din Balcani. La peste 2500 de metri care este cea mai înaltă limită a pădurii din Balcani nu mai există pădure doar o varietate de ecosisteme alpine de vegetație joasă cu multe specii rare de flori sălbatice care sunt prezente doar în flora Greciei sau în Balcani.

**Lilium chalconicum**



**Campanula persicifolia**





**Cercis siliquastrum**



**Jankea heldreichii**



Over 1,700 species of plants have been recorded on Mount Olympus which represent 25% of all Greek flora. Most of those plants exist in low altitudes. They are the usual Mediterranean and centre-European kinds. In the treeless alpine zone there are 150 kinds of plants. Half of those can be found only in the Balkan Peninsula and 23 are native. The tree-fossil, *Jankea heldreichii*, from the Ice Age presents great interest to the scientists. Due to the bold stark terrain, the close proximity to the sea and the creation of many micro-environments, the vegetation, particularly on the east slopes of Mount Olympus, is characterized by a wide range of vegetation zones. Generally speaking, there are four vegetation zones with many additional types of vegetation spanning from one to the other.

The first zone from 300 to 500 m. includes mainly short bushes and trees such as the most common kinds of holm oak (*Quercus ilex*), Greek strawberry tree (*Arbutus adrachnae*), kermes oak (*Quercus coccifera*), strawberry tree (*Arbutus unedo*) and cedar (*Juniperus oxycedrus*). There are also certain kinds of deciduous trees. From 600 to 1,400 m. we have the second zone. The vegetation is mainly dominated by the European black pine (*Pinus nigra* var. *Pallasiana*), that forms massive clumps. In smaller groups appear: King Boris's fir (*Abies hybridogenus*), beech tree (*Fagus moesiaca*), few wych elm (*Ulmus glabra*), yew (*Taxus baccata*), wild cherry (*Prunus cerasifera*), hazel (*Coryllus avellana*), cornelian cherry (*Cornus mas*) and a significant selection of mossy plants. The ravines and the gullies are covered with oriental plane (*Platanus orientalis*), grey sallow (*Salix cinerea*), alder wood (*Alnus glutinosa*) and riparian vegetation. From 1,400 to 2,500 m we have the cold-hardy conifers zone in which the conifers start to appear with the rare pine *Pinus heldreichii* being the most predominant. In this particular zone we also have shrubs and grass plants, while the flora includes many endemic species of the Balkans. Over 2,500 m. which is the highest forest limit in the Balkans there is no more forest, just a variety of alpine ecosystems of low vegetation with many rare wild flowers of which the majority are native to the flora of Greece and the Balkans.



**Pinus heldreichii**

## ✓ Πανίδα - Fauna - Fauna



**Rupicapra rupicapra balcanica**



Τρίαντα δύο είδη θηλαστικών έχουν καταγραφεί στον Όλυμπο, με πιο συνηθισμένα: το αγριόγιδο (*Rupicapra Rupicapra*), το ελάφι (*Capreolus capreolus*), το λύκο (*Canis lupus*), το αγριογούρουνο (*Sus scrofa*), την αλεπού (*Vulpes vulpes*), το κουνάβι (*Martes foina*), το σκίουρο (*Sciurus vulgaris*), το τσακάλι (*Canis aureus*) και την αγριόγατα (*Felis sylvestris*). Επιπλέον, 108 είδη πουλιών έχουν καταγραφεί, τα οποία βρίσκουν καταφύγιο στα πυκνά δάση και τις βραχώδεις πλαγιές των βουνών. Μερικά από τα είδη της πανίδας απειλούνται, όπως το αγριόγιδο, ο χρυσαετός (*Aquila chrysaetos*) και ο σπάνιος δρυσοκόλαπτης και προστατεύονται αυστηρά από διεθνείς συμβάσεις. Τα ρέματα και οι μικρές λίμνες αποτελούν το ενδιάστημα ενός σημαντικού αριθμού αμφιβίων και ερπετών ενώ αφθονούν και οι πεταλούδες για τις οποίες ο Όλυμπος φημίζεται.

Pe Muntele Olim s-au înregistrat treizeci și două de specii de mamifere, cea mai cunoscută fiind capra neagră (*Rupicaprarupicapra*), căprioara (*Capreoluscapreolus*), lupul (*Canis lupus*), porcul sălbatic (*Susscrofa*), vulpea (*Vulpesvulpes*), dihorul (*Martesfoina*), veverița (*Sciurus vulgaris*), șacalul (*Canisaureus*), pisica sălbatică (*Felissylvestris*), etc. Mai mult, s-au găsit 108 specii de păsări care se găsec în pădurile dense și în văile stâncoase adânci ale muntelui. Câteva dintre aceste specii de faună ca și capra neagră, vulturul auriu (*Aquila chrysaetos*) sunt pe cale de dispariție și ciocănitoarea rară sunt protejate strict sub acorduri internaționale. În plus izvoarele și micile lacuri găzduiesc un număr mare de amfibieni și reptile și un număr mare de fluturi cu care muntele Olim se poate mândri.

Thirty-two species of mammals have been recorded on Mount Olympus, the most common being the chamois (*Rupicapra rupicapra*), deer (*Capreolus capreolus*), wolf (*Canis lupus*), wild pig (*Sus scrofa*), fox (*Vulpes vulpes*), ferret (*Martes foina*), squirrel (*Sciurus vulgaris*), jackal (*Canis aureus*), wild cat (*Felis sylvestris*), etc. Furthermore, 108 species of bird have been recorded which find refuge in the dense forests and the sheer rocky mountain slopes. Some of these species of fauna are under threat such as the chamois, golden eagle (*Aquila chrysaetos*) and the rare woodpecker and are strictly protected under international agreements. Additionally, the streams and the small lakes are home to a significant number of amphibians and reptiles and there is a vast number of butterflies for which Olympus is famous.





# 4

## Αξίζει να επισκεφθείτε Locuri de vizitat Worth visiting places

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- ✓ *Αρχαιολογικοί Χώροι - Situri*  
*Arheologie - Archaeological Sites*
  - ✓ *Παραδοσιακοί οικισμοί - Sate*  
*tradiționale - Traditional settlements*
  - ✓ *Κωμοπόλεις/Χωριά - Orașe/Sate*  
*Towns/Villages*
-



## ✓ Αρχαιολογικοί Χώροι - Situri Arheologice Archaeological Sites

### Αρχαίο Δίον - Vechiul Dion - Ancient Dion



Το αρχαίο Δίον ήταν η ιερή πόλη των Μακεδόνων. Η ακμή του χρονολογείται στα χρόνια του Αρχελαίου (414-399 π.Χ.), όταν ο βασιλιάς θα οργανώσει εννέα μέρες αγώνες προς τιμή του Ολυμπίου Διός και των Μουσών. Επιπλέον, ήταν εδώ που ο Φίλιππος γιόρτασε αρχικά τις ένδοξες νίκες του και ο Μέγας Αλέξανδρος ξεκίνησε τη μεγάλη εκστρατεία του στο όνομα του Ολυμπίου Διός. Το σημερινό Δίον είναι ένα χωριό με πληθυσμό περίπου 1500 κατοίκων και αποτελεί σημαντικό σημείο ενδιαφέροντος για τους Έλληνες και ξένους τουρίστες. Βρίσκεται 15 χιλιόμετρα ΝΔ από την Κατερίνη και κάθε χρόνο χιλιάδες τουρίστες επισκέπτονται τον Αρχαιολογικό Χώρο και το Αρχαιολογικό Μουσείο για να θαυμάσουν τα ευρήματα από την ιερή πόλη των Μακεδόνων. Το καλοκαίρι, το Αρχαίο Θέατρο ξαναζωντανεύει με παραστάσεις και συναυλίες του Φεστιβάλ Ολύμπου.



Vechiul Dion a fost orașul sfânt al Macedonenilor. Este datat în perioada lui Archelaus (414 – 399 BC) când regele obișnuia să organizeze nouă zile de jocuri în onoarea Zeului Olimp și Muzele. Mai mult, aici Filip a sărbătorit inițial victoriile sale glorioase și Alexandru cel Mare a început Campania sa măreață în numele Zeului Olimp. În zilele noastre Dion este un sat cu o populație de 1500 de locuitori și este un punct de atracție atât pentru greci cât și pentru turiștii străini. Este localizat la 15 km sud-vest de Katerini și în fiecare an mii de turiști vizitează situl arheologic și Muzeul de arheologie pentru a admira rămășițe de la vechiul oraș al macedonenilor. Vara, vechiul teatru este adus la viață prin reprezentațiile și concertele Festivalului Olimp.



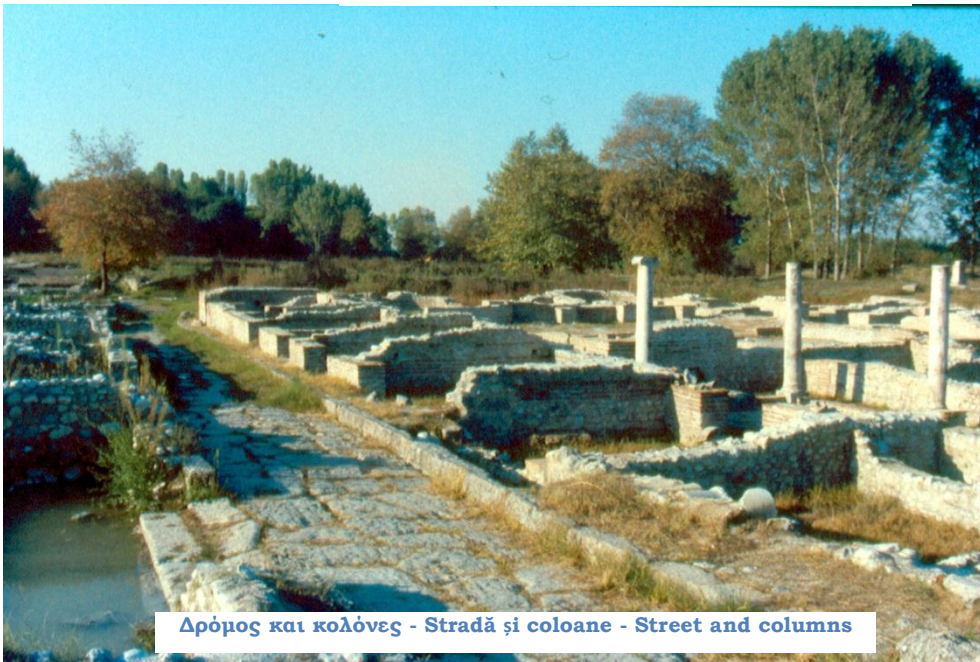
The ancient Dion was the holy city of the Macedonians. Its heyday is dated to the years of Archelaus (414-399 BC) when the king would organize nine days of games in honor of Olympian Zeus and the Muses. Furthermore, it was here that Philip initially celebrated his glorious victories and Alexander the Great began his great campaign in the name of Olympian Zeus. Today's Dion is a village with a population of about 1500 inhabitants and is an important point of interest for Greek and foreign tourists alike. It is located 15 km SW of Katerini, and each year thousands of tourists visit the archaeological site and the Archaeological Museum to admire the findings from the holy city of the Macedonians. In the summer, the Ancient Theatre is brought to life with performances and concerts of the Olympus Festival.



**Το ιερό της Ίσιδας  
Sanctuarul lui Isis  
The sanctuary of Isis**



**Εκθέματα από το Αρχαιολογικό Μουσείο του Δίου  
Exponatele din Muzeul Arheologic din Dion  
Exhibits from the Archaeological Museum of Dion**



**Δρόμος και κολόνες - Stradă și coloane - Street and columns**

## Κάστρο Πλαταμώνα - Castelul din Platamonas The castle of Platamonas



Το Κάστρο του Πλαταμώνα, καστρόπολη της μεσοβυζαντινής περιόδου (10<sup>ος</sup> αιώνας μ.Χ.), είναι χτισμένο στους νοτιοανατολικούς πρόποδες του Ολύμπου, σε στρατηγική θέση, που ελέγχει τον δρόμο που οδηγεί από τη Μακεδονία στη Θεσσαλία-Νότια Ελλάδα. Κατά τις ανασκαφές του 1995 βρέθηκαν ίχνη ελληνιστικού τείχους (4<sup>ος</sup> αιώνας) που επιβεβαιώνουν τις απόψεις ότι στη θέση αυτή υπήρχε η αρχαία πόλη Ηράκλειο, "πρώτη πόλη της Μακεδονίας ..." , μετά την κοιλάδα των Τεμπών, σύμφωνα με πηγές από το 360 π.Χ.. Το Βυζαντινό τείχος συντηρήθηκε από τους Φράγκους μετά το 1204 μ.χ. και τους βυζαντινούς τον 14<sup>ο</sup> αιώνα, στο τέλος του οποίου καταλήφθηκε από τους Τούρκους, οι οποίοι θα το επισκευάσουν επίσης, αλλά θα συνεχίσει να κατοικείται από χριστιανούς. Στο 2<sup>ο</sup> Παγκόσμιο Πόλεμο (1941) βομβαρδίστηκε από τα γερμανικά στρατεύματα.



Castelul din Platamonas este o citadelă din perioada bizantină (secolul X) construit la poalele din sud est a Muntelui Olimp într-o poziție strategică, lucru ce poate controla drumul care duce din Macedonia spre Thessaly, sudul Greciei. Escavările din anul 1995 au scos la iveală bucăți din zidul elen (secolul IV) lucru ce confirmă faptul că în acest loc a fost orașul vechi Heraklion, „primul oraș din Macedonia...” așa cum indică sursele din 360 i Ch. Zidul Bizantin a fost întreținut de franci după 1204 și de către bizantini în secolul XIV la sfârșitul căruia a fost ocupat de turci care l-au reparat, dar a fost locuit de către creștini. În timpul celui de-al doilea război mondial (1941) a fost bombardat de către trupele germane.



The Castle of Platamonas is a castle - city of the Middle Byzantine period (10th century AD), built on the southeastern foothills of Olympus, in a strategic position that controls the way leading from Macedonia to Thessaly-Southern Greece. Excavations in 1995 found traces of a Hellenistic wall (4th century), which confirms the views that in this place there was an ancient city Heraklion, "first city of Macedonia ...", after Tempi valley according to sources from 360 BC. The Byzantine wall was preserved by the Franks after 1204 and the Byzantines in the 14th century, at the end of which it was occupied by the Turks, who also repaired it, but it was still inhabited by Christians. In the 2nd World War (1941) it was bombed by German troops.



## Αρχαία Λειβηθρα - Vechiul oraș Livitra - Ancient Livithra



**Η Ακρόπολη - Acropole - The Citadel**

Τα Αρχαία Λειβηθρα, γνωστά στην αρχαία παράδοση κυρίως από τους Ορφικούς μύθους, βρίσκονται στους πρόποδες του Άνω Ολύμπου και στον τόπο όπου συγκλίνουν διαδοχικές πτυχώσεις του Άνω και Κάτω Ολύμπου. Η ακρόπολη των Λειβήθρων ήταν περιτριγυρισμένη από τρία ρέματα που διαμόρφωσαν την κοινή κοιτή της Ζηλιάννας (αρχαία Συσ).

Η ριποκίνδυνη επιλογή της τοποθεσίας φαίνεται να είναι η αιτία καταστροφής της αρχαίας πόλης, αλλά είναι επίσης η αιτία της μοναδικής ομορφιάς του φυσικού περιβάλλοντός της. Ένα περιβάλλον που έθρεψε τους μύθους για τα αρχαία ζωτικά και τον Ορφέα. Τα Αρχαία Λειβηθρα καταστράφηκαν από σεισμό και εγκαταλείφθηκαν εξαιτίας των πλημμυρών των χειμάρρων του Ολύμπου. Η παλαιότερη απόδειξη ζωής στην αρχαία πόλη Λειβηθρα προέρχεται από τον 8ο αιώνα π.Χ., αλλά τα γύρω νεκροταφεία χρονολογούνται από την Υστερη Εποχή του Χαλκού (1500-1200 π.Χ.).

Vechiul oraș Livitra cunoscut în tradiția antică din mitul lui Orfeu este localizat la poalele muntelui Olimp. Acropolisul lui Livithra era înconjurat de trei izvoare care au format malul râului Ziliana, vechiul Sys. Alegerea riscantă a locației pare a fi cauza frumuseții unice a mediului înconjurător, un mediu care a adus mituri despre vechii elfi și Orfeu. Vechiul oraș Livitra a fost distrus de către un cutremur și abandonat din cauza inundațiilor a izvoarelor muntelui Olimp. Primele dovezi ale existenței umane în vechiul oraș Livitra datează din secolul 8 î. Ch., dar cimitirele înconjurătoare datează din epoca bronzului (1500 – 1200 î Ch).

Ancient Livithra, known in ancient tradition mainly from the Orphic myth, is located at the foot of Upper Olympus and at the place where successive folds of the Upper and Lower Olympus converge. The acropolis of Livithra was surrounded by three streams that formed the common riverbed of Ziliana, ancient Sys. The risky choice of the location seems to be the cause of the destruction of the ancient city, but it is also the cause of the unique beauty of the natural environment, an environment that nourished myths about ancient elves and Orpheus. Ancient Livithra was destroyed by an earthquake and abandoned because of floods due to the torrents of Olympus. The oldest evidence of life in the ancient city of Livithra comes from the 8th century BC, but the surrounding cemeteries date back to the Late Bronze Age (1500-1200 BC).

✓ Παραδοσιακοί οικισμοί - Sate tradiționale  
 Traditional settlements

Παλιός Παντελεήμονας - Satul Palios (vechiul)  
 Panteleimonas - Palios (old) Panteleimonas village



Τα αρχαιολογικά στοιχεία τοποθετούν την εμφάνιση του χωριού Παλιός Παντελεήμονας στο τέλος του 14ου αιώνα. Σήμερα είναι ένα εντυπωσιακό αναπαλαιωμένο παραδοσιακό χωριό στις πλαγιές του Κάτω Ολύμπου, σε υψόμετρο 700 μ., με εντυπωσιακή θέα στο Θερμαϊκό Κόλπο, την ακτή της Νότιας Περίας και το ενετικό κάστρο του Πλαταμώνα. Μια αυστηρή, ομοιόμορφη αρχιτεκτονική έχει διατηρηθεί, η οποία γίνεται άμεσα αντιληπτή και κάνει το χωριό να ξεχωρίζει από τα άλλα. Η παλιά Εκκλησία του Αγίου Παντελεήμονα βρίσκεται στην κεντρική πλατεία του χωριού δίπλα στα αιωνόβια πλατάνια, όπου κανείς βρίσκει και το παλιό σχολείο μαζί με αρκετές παραδοσιακές ταβέρνες.



Dovezile arheologice cu privire la satul Palios (vechiul) Panteleimonas datează de la sfârșitul secolului al XIV-lea. Astăzi este un sat restaurat în mod tradițional pe versantul muntelui Olimp la o altitudine de 700 m cu o priveliște peste Golful Thermaikos, coasta de sud al Pieriei și Castelul venețian din Platamonas. S-a păstrat aceeași arhitectură, lucru vizibil, ceea ce separă acest sat de celelalte. Vechea biserică Agios Panteleimonas, cu arborii săi vechi și cu vechea școală, este situată în piața centrală a satului pe lângă numeroasele tavernes tradiționale.



Archaeological evidence dates Palaios Panteleimonas village back to the end of the 14<sup>th</sup> century. Today it is a stunning restored traditional village on the slopes of Kato (Lower) Olympus at an altitude of 700 m. with an impressive view over the Thermaikos Gulf, the coast of south Pieria and the Venetian castle of Platamonas. A strict uniform architectural design has been maintained which is immediately obvious and which distinguishes this village from others. Old Agios Panteleimonas church stands in the central square of the village with its age-old plane trees and the old school along with a good number of traditional taverns.



## Άνω Σκοτίνα - Satul Skotina de sus - Ano (upper) Skotina village



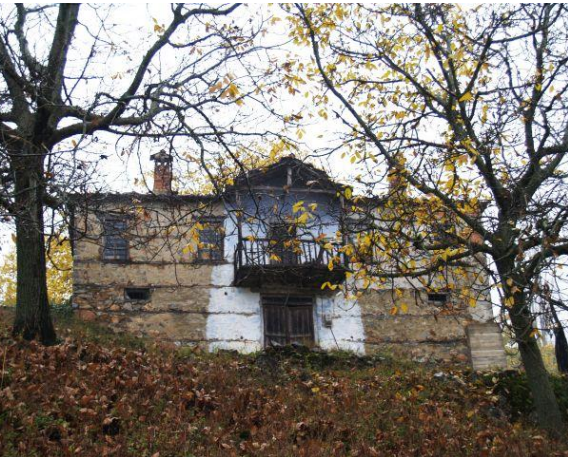
Η Άνω Σκοτίνα φιλοξενείται στις ανατολικές πλαγιές του Κάτω Ολύμπου και απέχει περίπου 7 χιλιόμετρα από το χωριό Παλιός Παντελεήμονας. Στο κέντρο της Άνω Σκοτίνας, η πλατεία περιμένει τους επισκέπτες, για να τους εντυπωσιάσει με τον τεράστιο πλάτανο, η περίμετρος του οποίου είναι περίπου 10 μέτρα. Εκεί, οι επισκέπτες μπορούν επίσης να δουν την εκκλησία της Κοίμησης της Θεοτόκου (1862), που χτίστηκε από τον Πατριάρχη Καλλίνικο στη θέση παλαιότερου ναού, να πούν από το γάργαρο τρεχούμενο νερό της βρύσης και να απολαύσουν την υπέροχη θέα. Στην Άνω Σκοτίνα μπορεί κανείς να ανακαλύψει τις ομορφιές που κρύβονται στα στενά δρομάκια του και να επισκεφθεί μερικούς ενδιαφέροντες ναούς, που μαρτυρούν την παλαιότερη ευημερία του χωριού.

Satul Skotina de sus, situat pe versantul de răsarit al muntelui Olimp, este localizat la 7 km de satul Palios Panteleimonas. Piața centrală din Skotina de sus își asteaptă vizitatorii pe care îi impresionează cu copacul său cu un perimetru de 10 metri. Acolo, vizitatorii pot vedea biserica atestată în 1862 construită de Patriarhul Kallinikostata pe locația unei alte vechi biserici Adormirii Maicii Domnului, pot bea apă din fântâna și admira priveliștile încântătoare. În Skotina de sus se pot descoperi frumusețile care se ascund în străzile înguste și să se viziteze temple interesante care stau mărturie unei prosperități timpurii ale satului.

Ano Skotina is hosted on the eastern slopes of Lower Olympus and is located about 7 km from Palios Panteleimonas village. At the center of Ano Skotina, the square awaits the visitors to impress them with its huge plane tree, the perimeter of which is about 10 meters. There, the visitors can also see the church of the Assumption (1862), built by Patriarch Kallinikos at the place of an older church, drink from the gurgling fountain running water and enjoy the magnificent view. In Ano Skotina, one can discover the beauties that are hidden in the narrow streets and visit some interesting temples, which bear witness to an earlier prosperity of the village.



## Παλιοί Πόροι - Satul Palioi (fostul) Poroi - Palioi (old) Poroi village



Τα πέτρινα σπίτια του 17ου-18ου αιώνα και το παρθένο τοπίο που τα περιβάλλει είναι χαρακτηριστικό των Παλιών Πόρων. Τον συναντάμε στις νοτιοανατολικές παρυφές του Ολύμπου και σε υψόμετρο 600μ. Φτάνετε στο χωριό, από τον Παλιό Παντελεήμονα ή την εθνική οδό (κόμβος Πλαταμών), μετά από μια καταπράσινη διαδρομή 6 χιλιομέτρων. Στο κέντρο του μικρού χωριού δεσποζει η πλακοστρωτη πλατεία με τη βυζαντινή εκκλησία του Αγίου Γεωργίου. Ανακαινισμένα σπίτια, φτιαγμένα από πέτρα και ξύλο, με βάση την τοπική αρχιτεκτονική, και ταβέρνες που σερβίρουν παραδοσιακά πιάτα συνθέτουν μια γραφική εικόνα. Αυτή η εικόνα συμπληρώνεται με τις εξαιρετικές εκκλησίες των Αγίων Αποστόλων και της Ζωοδόχου Πηγής, τα όμορφα δάση και ρέματα, δημιουργώντας ένα περιβάλλον ηρεμίας και χαλάρωσης μέσα στη φύση.



Casele din piatră din secolele XVII – XVIII și partea rurală care inconjoară aceste locuri sunt tipice satului Palioi (vechiul) Poroi. Se află pe versantul sud-estic al muntelui Olimp la o altitudine de 600 de metri. La acest sat se poate ajunge prin Palios Panteleimonas sau pe autostradă (intersecția cu Platamon), după care urmează un traseu de 6 km prin pădure. În centrul satului există o piață pavată în care se află biserica Sf. Gheorghe, în stil bizantin. Casele renovate făcute din piatră și lemn după arhitectura locală și tavernele care servesc mâncare tradițională crează o imagine pitorească. Această imagine este completată de bisericile minunate ale Sfinților Apostoli și Fântâna dătaoate de viață, frumoasele păduri și izvoare, creând un mediu de liniște și relaxare în natură.



The stone-houses of the 17<sup>th</sup> to 18<sup>th</sup> century and the unspoiled countryside that surrounds it is typical of the Palioi (old) Poroi village. You meet it on the southeastern fringes of Olympus, at an altitude of 600m. You reach the village by the Palios Panteleimonas or the highway (junction Platamon), following a green trail of 6 km. At the center of the small village is the paved square with the Byzantine church of Saint George. Renovated homes, lodges made of stone and wood, based on the local architecture, and taverns serving traditional dishes make up a picturesque image. This image is completed with the excellent churches of the Holy Apostles and the Life Giving Fountain, the beautiful woods and streams, creating an environment of tranquility and relaxation in nature.



## ✓ Κωμοπόλεις/Χωριά - Orașe/Sate - Towns/Villages

### Λιτόχωρο - Litochoro



Η κύρια πύλη εισόδου στον Όλυμπο βρίσκεται αναμφίβολα στο Λιτόχωρο, μόλις 24 χιλιόμετρα από την Κατερίνη και 92 από τη Θεσσαλονίκη. Το σύγχρονο Λιτόχωρο είναι μια όμορφη πόλη με περίπου επτά χιλιάδες κατοίκους, οι οποίοι ασχολούνται με την κτηνοτροφία, την αλιεία, το κυνήγι και τη γεωργία. Βρίσκεται σε κεντρική θέση στις ανατολικές πλαγιές του Ολύμπου (υψόμετρο 300 μ.). Και όντας στη νότια πλαγιά του φαραγγιού του Ενιπέα έχει το προνόμιο, από τη μία πλευρά, να αντικρύζει τις τραχιές κορυφές του θεϊκού βουνού, που υψώνονται επιβλητικά πάνω από τον οικισμό, και από την άλλη πλευρά, να απέχει μόλις 5 χιλιόμετρα από μια όμορφη ακτή μήκους 17 χιλιομέτρων.



Principala poartă spre muntele Olimp este localizată în Litochoro, la doar 24 de km de Katerini și la 92 de km de Salonic. Orașul modern Litochoro este un oraș frumos cu aproape șapte mii se locuitori care sunt implicați în creșterea animalelor, agricultură, pescuit și vânătăoare. Orașul care este situat într-o poziție centrală pe partea estică a Muntelui Olimp la o altitudine de 300 de metri și pe partea sudică a Enipeasit are privilegiul pe de-o parte de a contempla vărfurile înalte ale muntelui divin care se ridică deasupra așezării și pe cealaltă parte de a avea la o distanță de 5 km o frumoasă coastă de 17 km lungime.



The main gateway to Olympus is undoubtedly located in Litochoro, just 24 km from Katerini and 92 km from Thessaloniki. The modern Litochoro is a beautiful town with about seven thousands inhabitants, who are engaged in farming, fishing, hunting and agriculture. Situated in a central position on the eastern slopes of Mount Olympus (altitude 300 m.) and on the southern slope of the gorge Enipeas it has the privilege, on the one hand, to face the skyline rough peaks of the divine mountain, which rise imposingly over the settlement, and on the other hand, to have in a distance of just 5 km a beautiful coast of 17 km in length.

## Λεπτοκαρυά - Leptokarya



Το πιο πολυσύχναστο μέρος της Περείας κατά τη διάρκεια του καλοκαιριού, η Λεπτοκαρυά (25 χιλιόμετρα από την Κατερίνη και 60 από τη Λάρισα), είναι μια παραθαλάσσια τουριστική πόλη με πληθυσμό πάνω από 4.000 κατοίκους και επισκέπτες που φτάνουν εκεί από την Ελλάδα και το εξωτερικό. Είναι κοντά στο χωριό Παλιά Λεπτοκαρυά, που βρίσκεται στις ανατολικές πλαγιές του Ολύμπου. Εκεί, την Παρασκευή μετά το Πάσχα, εορτή της Ζωοδόχου Πηγής, λαμβάνει χώρα ένα παραδοσιακό πανηγύρι. Η παραλία της είναι αμμόδης με ψιλό βοτσαλάκι και συνδιάζεται με πλούσια βλάστηση. Η Λεπτοκαρυά προσφέρεται για διακοπές κάθε είδους, με τα πλεονεκτήματά της να περιλαμβάνουν εύκολη πρόσβαση από την εθνική οδό (κόμβος Λεπτοκαρυάς) και το τρένο (σταθμός Λεπτοκαρυάς), γειτνίαση με τον αρχαιολογικό χώρο των Λειβήθρων και τη Μονή Κανάλων, και άριστη τουριστική υποδομή.



Cel mai aglomerat loc în timpul vacanțelor de vară este Leptokarya (25 de km de la Katerini și 60 de km de Larissa) este un oraș turistic de pe coastă cu o populație de peste 4000 de locuitori și turiști locali sau de peste hotare. Este lângă vechiul sat Leptokarya localizat pe versantul estic al muntelui Olimp. Aici, vinerea după Paști, are loc un festival tradițional numit Zoodochos Pigi. Plaja este nisipoasă cu pietricele mici și cu o vegetație bogată. Leptokarya este locația perfectă pentru orice fel de vacanță. Avantajele stațiunii Leptokarya constau într-un acces ușor de la autostradă (intersecția Leptokarya) și cu trenul (la gara Leptokarya) în apropierea de situl Livitra și mănăstirea Kanalon și excelenta infrastructură turistică.



The busiest place during the summer months, Leptokarya (25 km from Katerini and 60 km from Larissa), is a coastal tourist town with a population of over 4,000 inhabitants and visitors arriving there from Greece and abroad. It is near the Old Leptokaria village, located on the eastern slopes of Olympus. There, on Friday after Easter, on Zoodochos Pigi's fest, a traditional festival takes place. The beach is sandy, has fine pebbles and is combined with rich vegetation. Leptokarya is perfect for holidays of every kind. The advantages of Leptokarya include easy access from the highway (junction Leptokarya) and train (Leptokaria station), the proximity to the ancient site of Livithra and Kanalon monastery, and excellent tourist infrastructure.



## Πλαταμώνας - Platamonas



Ο κόμβος της εθνικής οδού που οδηγεί ανατολικά στο παραλιακό χωριό του Πλαταμώνα απέχει 40 χιλιόμετρα από την Κατερίνη και 52 χλμ από τη Λάρισα. Η υπέροχη παραλία συνδυάζει το βότσαλο με την άμμο και έχει ένα λιμάνι για να αράξουν μικρά σκάφη. Τα καθαρά νερά, η πλούσια βλάστηση που περιβάλλει το χωριό και η πλούσια υποδομή σε καταλύματα, καταστήματα, εστιατόρια, καφέ-μπαρ και κλαμπ, ανέδειξαν τον Πλαταμώνα σε ένα ιδιαίτερα ελκυστικό προορισμό για όσους επιθυμούν ησυχες οικογενειακές διακοπές, αλλά και για εκείνους που αναζητούν έντονη διασκέδαση. Σε μικρή απόσταση από την πόλη του Πλαταμώνα, δίπλα στην εθνική οδό, στα σύνορα Μακεδονίας και Θεσσαλίας, θα βρείτε το κάστρο του Πλαταμώνα, ένα από τα πιο καλοδιατηρημένα κάστρα της Μέσης Βυζαντινής περιόδου (10-11 μ.Χ.) επί ελληνικού εδάφους.



Este situat la intersecția autostrăzilor care leagă orașul de Katerini (40 de km) și de Larissa (52 de km). Plaja minunată cu pietre și nisip are, de asemenea, un port pentru bărcile mici. Apele limpezi, vegetația luxuriantă care înconjoară satul și infrastructura bogată în cazări, magazine, restaurante, cafenele și cluburi fac din Platamonas o destinație atractivă pentru cei care își doresc o vacanță liniștită, dar și pentru cei care caută distracție. La o mică distanță de orașul Platamonas, lângă autostrada de la granița dintre Macedonia și Thessaly veți găsi castelul Platamonas, una din cele mai bine păstrate castele din epoca bizantină, (secolele X – XI), de pe teritoriul grecesc.



The junction of the highway that leads east to the coastal village of Platamonas is 40 km from Katerini and 52 km from Larissa. The wonderful beach combines pebble and sand beach, and has a port to moor small boats. The clear waters, the lush vegetation that surrounds the village and the rich infrastructure in accommodations, shops, restaurants, coffee bars and clubs, have highlighted the Platamonas in a particularly attractive destination for those who want a quiet family holiday and also for those looking for intense fun. A short distance from the town of Platamona, next to the highway at Macedonia-Thessaly border, you will find the castle of Platamonas, one of the most well-preserved castles of Middle Byzantine period (10-11 century AD) on Greek territory.



# 5

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✓ *Πεζοπορικές διαδρομές*

*Trasee pentru drumeții*

*Hiking paths*

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## ✓ Πεζοπορικές διαδρομές - Trasee pentru drumeții Hiking paths



### **Μονοπάτι Άγιοι Απόστολοι – Αγ. Τριάδα – Καταφύγιο Κρεβάτια Traseul Agioi Apostoloi – Agia Triaga – Refugiul Krevatia Path Agioi Apostoloi – Agia Triaga – Krevatia refuge**



Αφετηρία: 350 μ. - Τέρμα: 1.020μ. Σήμανση: κίτρινο τετράγωνο σε κόκκινο φόντο. Μικρή πορεία (1 ως 2 ώρες) πάνω σε όμορφη ράχη με θέα στη ρεματιά του Παπά. Μετά τα 750μ. μπαίνουμε σε όμορφο δάσος οξιάς και μαύρης πεύκης. Από το δάσος βγαίνουμε στο οροπέδιο "Κρεβάτια" και καταλήγουμε ψηλότερα στο ομώνυμο καταφύγιο.



Punct de pornire: 350 m. - Final: 1.020m. Marcaj: pătrat galben pe un fundal roșu. Traseu scurt (1 până la 2 ore) pe o creastă frumoasă cu vedere la râpa Papa. După 750 m de altitudine intrăm într-o pădure frumoasă de fag și pin negru. La ieșirea din pădure se intră în platoul "Krevatia" ajungând la punctul final în refugiul cu același nume.



Starting point: 350 m. - End: 1.020m. Marking: yellow square on a red background. Small path (1 to 2 hours) on a beautiful ridge overlooking the ravine Papa. After 750 m. of altitude we are entering a beautiful forest of beech and black pine. Leaving the forest we enter the plateau "Krevatia" and end up higher in the homonymous refuge.

**Μονοπάτι Λιτόχωρο - Πριόνια**  
**Traseul Litochoro - Prionia**  
**Path Litochoro - Prionia**

**Λιτόχωρο - Litochoro**



**Πριόνια- Prionia**

Αφετηρία: 400μ. - Τέρμα: 1100μ. Διαδρομή μέτριας δυσκολίας (περίπου 5 ώρες). Από την περιοχή «Μύλοι» (400 μ.), στο πάνω μέρος της πόλης του Λιτόχωρου, ξεκινάει το διεθνές μονοπάτι ορειβατικών διαδρομών E4, το οποίο διασχίζει το μοναδικό σε ομορφιά φαράγγι του Ενιπέα. Το μονοπάτι είναι καλοδιατηρημένο, με σήμανση και κατατοπιστικές πινακίδες και καταλήγει ύστερα από πολλά ανεβοκατεβάσματα στα «Πριόνια», στις πηγές του Ενιπέα (1100 μ.).

Punct de plecare: 400m. - Final: 1100m. Traseu de dificultate medie (aproximativ cinci ore). Din "Mills" (400 m.), aflat la partea superioară a Litochoro, calea internațională de alpinism E4 începe și traversează canionul unic și frumos Enipeas. Traseul este bine întreținut, marcat și cu o mulțime de semne de informare și se termină după multe suișuri și coborâșuri în "Prionia", la sursele de Enipeas (1100 m.).

Starting point: 400m. - End: 1100m. Path of medium difficulty (about five hours). From the "Mills" (400 m.), at the upper part of Litochoro, the international climbing path E4 start and crosses the unique and beautiful canyon of Enipeas. The trail is well-maintained, marked and with a lot of informative signs and ends after many ups and downs in "Prionia", at the sources of Enipeas river (1100 m.).



**Μονοπάτι Πριόνια – Καταφύγιο «Σπήλιος Αγαπητός»  
Traseul Prionia – Refugiul «Spilios Agapitos»  
Path Prionia – «Spilios Agapitos» refuge**



Αφετηρία: 1100μ. - Τέρμα: 2100μ. Διαδρομή μέτριας δυσκολίας (περίπου 3 ώρες). Η διαδρομή από τα Πριόνια (1100 μ.) μέχρι το καταφύγιο «Σπήλιος Αγαπητός» (2100 μ.) είναι το πιο πολυσύχναστο ορειβατικό μονοπάτι του Ολύμπου, τμήμα του Ε4, και αποτελεί τη φυσική συνέχεια της διαδρομής Λιτόχωρο - Πριόνια. Το μεγαλύτερο μέρος της διαδρομής γίνεται μέσα στο δάσος. Το μονοπάτι είναι πολύ καλά διατηρημένο. Τα πυκνά πεύκα σε συνδυασμό με τις οξυές και τα έλατα δίνουν στο τοπίο μια ξεχωριστή γοητεία.

Punct de plecare: 1100m. - Final: 2100m. Traseu de dificultate medie (aproximativ 3 ore). Traseul de la Prionia (1100 m.) până la adăpostul "Spilios Agapitos" (2100 m.) este cel mai aglomerat traseu al muntelui Olymp, parte a E4, și este continuarea firească a traseului Litochoro - Prionia. Cea mai mare parte a traseului este prin pădure. Traseul este foarte bine întreținut. Pădurea densă de pin cu fag și brad dă peisajului un farmec aparte.

Starting point: 1100m. - End: 2100m. Path of medium difficulty (approximately 3 hours). The route from Prionia (1100 m.) up to the "Spilios Agapitos" refuge (2100 m.) is the busiest mountain Olympus path, part of E4, and is the natural continuation of the route Litochoro - Prionia. Most of the route is through the woods. The trail is very well maintained. The dense pine wood combined with beech and fir trees give the landscape a special charm.





# 6

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✓ *Θρησκευτικός τουρισμός*

*Turism religios*

*Religious tourism*

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## ✓ Θρησκευτικός τουρισμός - Turism religios Religious tourism

### Μονή Αγίου Διονυσίου - Mănăstirea Sf. Dionisie Monastery of St. Dionysius



Η Ιερά Πατριαρχική και Σταυροπηγιακή Μονή του Αγίου Διονυσίου του εν Ολύμπω είναι η σημαντικότερη Μονή στο νομό Πιερίας. Βρίσκεται στον Όλυμπο, σε υψόμετρο 900μ., σε θέση φύσει οχυρή ανάμεσα σε δύο ρέματα και απέχει 18 χιλιόμετρα από το Λιτόχωρο. Η Παλαιά Μονή ιδρύθηκε το 16ο αιώνα από τον Άγιο Διονύσιο τον εν Ολύμπω και στα χρόνια της Τουρκοκρατίας σημείωσε οικονομική και πνευματική ακμή. Μετά το 1821 καταλήφθηκε από τον τουρκικό στρατό, πυρπολήθηκε και λεηλατήθηκε. Το 1943 ανατινάχθηκε από τους Ναζί επειδή στα κτήριά της κρύβονταν Έλληνες αντάρτες. Έκτοτε μεταφέρθηκε στο Μετόχι της, κοντά στο Λιτόχωρο. Μέχρι το 1928 το Μοναστήρι ήταν Σταυροπηγιακό, Πατριαρχικό υπό την δικαιοδοσία του Οικουμενικού Θρόνου. Το 1928 υπήχθη στις Νέες Χώρες. Σήμερα αναπτύσσει πνευματική και φιλανθρωπική δραστηριότητα, με ολόήμερες εξομολογήσεις και πνευματικές διδασχές κάθε Κυριακή πρωί μετά το τέλος της Θείας Λειτουργίας, όπως επίσης διαλόγους, συνέδρια και ολονύκτιες αγρυπνίες.



Mănăstirea Patriarhală Sfânta Agios Dionysios de Olympus este cea mai importantă mănăstire din prefectura Pieria. Este situată pe Muntele Olimp, la o altitudine de 900 m, într-o locație fortificată natural între două râuri, la 18 km de Litochoro. Mănăstirea a fost fondată în secolul al 16-lea de către Sfântul Dionisie Olympus iar în timpul ocupației turcești s-a bucurat de prosperitate economică și intelectuală. După 1821 a fost ocupată de armata turcă care au jefuit-o și ars-o. În 1943 a fost bombardată de către nazisti, deoarece grecii rebeli se ascundeau aici. De atunci, ea s-a mutat la Glebe, aproape de Litochoro. Până în 1928 mănăstirea a fost Stavropighie, patriarhală sub jurisdicția Tronului Ecumenic. În 1928 a fost introdusă în noile teritorii. Astăzi își desfășoară activitatea spirituală și de caritate, prin confesiuni zilnice și învățături spirituale în fiecare duminică dimineața de la sfârșitul Sfintei Liturghii, precum și dialoguri, conferințe, priveghere peste noapte.



The Holy Patriarchal Monastery of Agios Dionysios of Olympus is the most important monastery in the prefecture of Pieria. Located on Mount Olympus, at an altitude of 900m., a naturally fortified location between two rivers and is 18 km far from Litochoro. The Convent was founded in 16th century by Saint Dionysios of Olympus and during the Turkish occupation enjoyed economic and intellectual prosperity. After 1821 it was occupied by the Turkish army, burned and looted. In 1943, it was blown up by the Nazis because Greek rebels were hiding there. Since then he moved to the Glebe, close to Litochoro. Until 1928 the monastery was stavropegic, Patriarchal under the jurisdiction of the Ecumenical Throne. In 1928 it was placed in the New Territories. Today it develops spiritual and charitable activity, with all-day confessions and spiritual teachings every Sunday morning after the end of the Holy Mass, as well as dialogues, conferences and overnight vigils.



**Η Νέα Μονή Αγίου Διονυσίου**  
**Noua Mănăstire a Sfântului Dionisie**  
**The New Monastery of Agios Dionysios**

## Μονή Κανάλων - Mănăstirea Kanalon - Kanalon Monastery



Η Ιερά Σταυροπηγιακή Μονή των Κανάλων ή του Γενεθλίου της Θεοτόκου βρίσκεται ανατολικά της Καρυάς Ολύμπου και σε απόσταση 8 χιλιομέτρων από τον οικισμό, παραπλεύρως του οδικού άξονα Καρυάς – Λεπτοκαρυάς και σε ύψος 820 μέτρα. Η Μονή βρίσκεται στην είσοδο του στενού μέσω του οποίου κατέρχεται από την πεδιάδα της Καρυάς στην Πιερία ο μικρός ποταμός Σύς ή Ζηλιάνα. Η ονομασία της μονής ως «Κανάλων» οφείλεται στο φυσικό περιβάλλον. Κοντά στη Μονή πήγαζαν 4 χείμαρροι (κανάλια) οι οποίοι σχημάτιζαν το μικρό ποταμό.

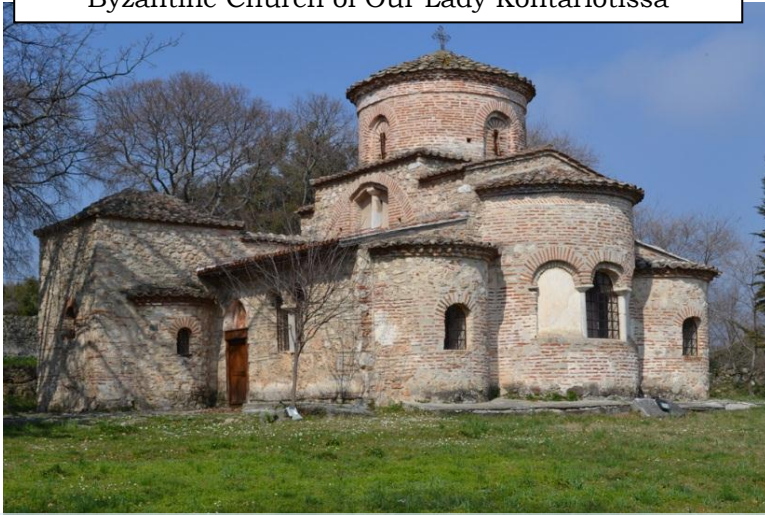


Mănăstirea Kanalon sau a nașterii Maicii Domnului este situată la est de Karya Olympus și 8 kilometri de sat, lângă drumul Karya - Leptokarya și la o înălțime de 820 de metri. Mănăstirea Kanalon sau a nașterii Maicii Domnului este situată la intrarea în strâmtoarea prin care coboară din câmpia Karya spre Pieria un mic râu numit Sys sau Ziliana. Numele mănăstirii "Kanalon"(canale) este datorat mediului natural. Aproape de mănăstirea curgeau patru fluxuri (canale) care au format un râu mic.



The Holy Monastery of Kanalon or the Birth of the Virgin Mary is located east of Karya Olympus and within 8 kilometers from the village, beside the road Karya - Leptokarya and at a height of 820 meters. The Monastery is located at the entrance of the strait, through which a small river called Sys or Ziliana descends from the plain of Karya to Pieria. The name of the monastery as "Kanalon" is due to its natural environment. Near the monastery four streams (channels) flowed, which formed the small river.

Βυζαντινός Ναός Παναγίας Κονταριώτισσας  
Biserica bizantină a Maicii Domnului Kontariotissa  
Byzantine Church of Our Lady Kontariotissa



Ο Βυζαντινός Ναός Παναγίας Κονταριώτισσας είναι το παλαιότερο βυζαντινό μνημείο της Πιερίας. Ο σπάνιος αρχιτεκτονικός του τύπος και η περιορισμένη του διακόσμηση τον χρονολογούν στις αρχές του 11ου αιώνα. Πρόκειται για ναό μεταβατικού τύπου με τρούλο και περίστωο. Σώζει ένα σπάνιο εικονογραφικό πρόγραμμα με τον Χριστό Παντοκράτορα στον τρούλο και την Κοίμηση της Θεοτόκου πάνω από το τρίβηλο (5ος ή 6ος αιώνας). Ενδιαφέρον προκαλεί το οικοδομικό του υλικό που μεταφέρθηκε από το γειτονικό Δίον. Στην ίδια περιοχή υπάρχει και νεκροταφείο της Πρώιμης Εποχής του Σιδήρου.



Biserica bizantină Panagia Kontariotissa este cel mai vechi monument bizantin din Pieria. Tipul de arhitectură rar și decorarea limitată datează de la începutul secolului al 11-lea. Aceasta este o biserică de tranziție, cu o cupola și galerie. Posedă o iconografie rară cu Hristos Pantocrator în cupola și Adormirea Maicii Domnului peste tribelon (5 sau secolul 6). Interesant, materialul de construcție a fost transportat din vecinătate, din Dion. În aceeași zonă se află și cimitirul care datează din Epoca de fier timpurie.



The Byzantine Church of Panagia Kontariotissa is the oldest Byzantine monument in Pieria. The rare type of architectural and limited decoration date it to the early 11<sup>th</sup> century. This is a transitional type of church with a dome and ambulatory. It saves a rare iconography with Christ Pantocrator in the dome and the Assumption, over tribelon (5<sup>th</sup> or 6<sup>th</sup> century). Interestingly, the building material has been transported from the neighboring Dion. In the same area there is also the cemetery of the Early Iron Age.







# 7

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✓ *Τι θα φάτε / πείτε*

*Ce să mănânci / să bei*

*What to eat / to drink*

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## ✓ Τι θα φάτε / πιείτε - Ce să mănânci / să bei What to eat / to drink



Στην περιοχή του Ολύμπου μπορείτε να απολαύσετε τοπικές γεύσεις σε μια ποικιλία από ουζερί, εστιατόρια, τσιπουράδικα, ταβέρνες, ψαροταβέρνες και άλλα μέρη εστίασης. Η τοπική κουζίνα προσφέρει μια μεγάλη ποικιλία από παραδοσιακά φαγητά, γλυκίσματα και ποτά. Είναι συνήθως φτιαγμένα από γνήσια, ντόπια υλικά που εξασφαλίζουν υγιεινή διατροφή και γευστική απόλαυση. Γεύσεις παραδοσιακές, ελληνικές, που έχουν την ομορφιά και το άρωμα της ρίγανης, του μαϊντανού, του βασιλικού, του δυόσμου, του μοσχοκάρυδου, της κανέλας και του γαρύφαλλου. Η κουζίνα της περιοχής χαρακτηρίζεται από τα λογής κρεατικά, τυροκομικά και πίτες, που αποτελούν ένα ιδιαίτερα γευστικό τραπέζι. Οι συνταγές των εδεσμάτων βασίζονται στην υγιεινή και στη νοστιμιά του ελαιόλαδου, των λαχανικών, των σιτηρών και των ψαριών της Μεσογείου που συνιστούν τη βάση της μεσογειακής διατροφής.



În zona Olympus oamenii se pot bucura de preparate din bucătăria locală într-o varietate de restaurante, taverne și alte locuri de catering. Bucătăria locală oferă o gamă largă de mâncăruri tradiționale, produse de patiserie și băuturi. Ele sunt de obicei realizate din ingrediente autentice, locale, care asigură o alimentație sănătoasă și gustoasă. Preparatele tradiționale grecești, sebucură de frumusețea și aroma de oregano, pătrunjel, busuioc, mentă, nucșoară, scorțișoară și cuișoare. Bucătăria regională se bazează pe feluri de carne, brânză și plăcinte, care constituie un meniu deosebit de gustos. Rețetele de mâncare sunt pe baza de ulei de măsline sănătos și gustos, legume, cereale și pești mediteraneeni care stau la baza dietei mediteraneene.



At the Olympus area one can enjoy local cuisine in a variety of restaurants, taverns and other catering places. The local cuisine offers a wide variety of traditional dishes, pastries and drinks. They are usually made of genuine, local ingredients that ensure healthy food and tasty treat. Greek traditional tastes, which have the beauty and aroma of oregano, parsley, basil, mint, nutmeg, cinnamon and clove. The regional cuisine is characterized by sorts of meats, cheese and pies, which constitute a particularly tasty table. The recipes of dishes are based on healthy and tasty olive oil, vegetables, cereals and Mediterranean fish which are the basis of the Mediterranean diet.





## Τζατζίκι - Tzatziki

Το Τζατζίκι είναι ένα ορεκτικό της ελληνικής κουζίνας. Το κύριο συστατικό του είναι το στραγγιστό γιαούρτι, στο οποίο προστίθενται τριμμένο αγγούρι, λιωμένο σκόρδο, άνηθος και λίγο ελαιόλαδο. Πέρα από την Ελλάδα και την Τουρκία το τζατζίκι είναι γνωστό στο Ιράκ, ενώ είναι συγκρίσιμο και με το ραϊτά της Ινδίας. Σερβίρεται ως επιτραπέζιο ορεκτικό, κυρίως συνοδεύοντας ψητά κρέατα. Ταιριάζει πολύ και με τηγανητές πατάτες ή κολοκυθάκια. Μπορεί να σερβιριστεί, αλειμμένο πάνω σε ψωμί, και ως μεζές για το ούζο ή το τσίπουρο. Το τζατζίκι είναι συνηθισμένο συστατικό και στο σουβλάκι με πίτα.



Tzatziki este un aperitiv de preparate din bucătăria greacă. Ingredientul principal este iaurtul, la care se adaugă castravete ras, usturoi zdrobit, mărar și puțin ulei de masline. În afară de Grecia și Turcia Tzatziki este cunoscut și în Irak, și este comparabil cu raita din India. El este servit ca aperitiv, care însoțește carnea la grătar. Se potrivește bine cu cartofii prăjiți sau dovlecei. Se poate servi, uns pe pâine și ca aperitiv pentru ouzo sau raki. Tzatziki este un ingredient comun în souvlaki cu pita.



Tzatziki is an appetizer of Greek cuisine. Its main ingredient is yoghurt, to which grated cucumber, crushed garlic, dill and a little olive oil are added. Apart from Greece and Turkey tzatziki is also known in Iraq, and it is comparable with the raita of India. It is served as a table starter, mainly accompanying grilled meats. It fits well with fried potatoes or zucchini. It can be served, smeared on bread and as appetizer for ouzo or raki. The tzatziki is a common ingredient in souvlaki with pita.



## Μουσακάς - Moussaka



Ο μουσακάς είναι ένα πιάτο από μαγειρεμένο κιμά, μελιτζάνες και πατάτες που συναντάται σε διάφορες μορφές σε όλα τα Βαλκάνια, σε χώρες της Μέσης Ανατολής, της Κεντρικής Ευρώπης, στην Ελλάδα και στην Τουρκία. Στην ελληνική εκδοχή του μουσακά, οι μελιτζάνες κόβονται σε λεπτές φέτες και τηγανίζονται ελαφρά σε ελαιόλαδο. Στη συνέχεια, στρώνονται σε ταψί με ένα μίγμα από αλεσμένο αρνίσιο ή μοσχαρίσιο κιμά, κρεμμύδια, σάλτσα ντομάτας και διάφορα καρυκεύματα. Στην κορυφή των στρώσεων απλώνεται η μπεσαμέλ και τρίμματα φρυγανιάς ή τυριού. Γνωστή επίσης είναι και η μακεδονική παραλλαγή με την προσθήκη τηγανισμένης πατάτας αλλά και η νησιώτικη εκδοχή, με την αντικατάσταση του κιμά από μαγειρεμένο χταπόδι. Άλλες παραλλαγές στη συνταγή αφορούν λιγότερο παραδοσιακές εκδοχές όπου η μελιτζάνα αντικαθίσταται με κολοκυθάκια ή ο χορτοφαγικός μουσακάς όπου η μπεσαμέλ και ο κιμάς παράγονται από σόγια.



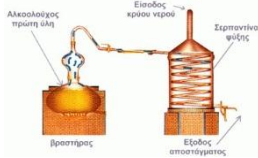
Musacaua este un fel de mâncare cu carne tocată fiartă, vinete și cartofi care apare în diferite forme în Balcani, în Orientul Mijlociu, Europa Centrală, Grecia și Turcia. În versiunea greacă de musaca, vinetele se taie în felii subțiri și se prăjesc ușor în ulei de măsline. Apoi se așează pe straturi într-o tavă cu un amestec de carne tocată de miel sau vită, ceapă, sos de roșii și condimente. Pe partea de sus a straturilor se pune sos și pesmet sau branza. Varianta macedoneană este produsă prin adăugarea de cartofi prăjiți. Există și o variantă de post prin înlocuirea de cărnii tocate cu caracatiță fiertă. Alte variante ale rețetei sunt versiuni mai puțin tradiționale, în care vinetele se înlocuiesc cu dovlecel sau varianta vegetariană unde sosul și carnea tocată sunt înlocuite cu derivate din soia.



Moussaka is a dish with cooked minced meat, eggplant and potatoes that occurs in various forms in the Balkans, in the Middle East, Central Europe, Greece and Turkey. In the Greek version of moussaka, eggplant is cut into thin slices and is lightly fried in olive oil. Then it is laid in a pan with a mixture of minced lamb or beef, onion, tomato sauce, and spices. On the top of the layers the sauce and toast crumbs or cheese are spread. The Macedonian variant is produced by adding fried potatoes and the lentin version by the replacement of minced meat with cooked octopus. Other variations of the recipe are less traditional versions, where eggplant is replaced with zucchini or vegetarian moussaka where the sauce and minced meat is derived from soybean.

## Τσίπουρο - Tsipouro

Το τσίπουρο / η τσικουδιά είναι ένα αυθεντικό Ελληνικό προϊόν συνδεδεμένο άρρηκτα με τον τρόπο ζωής, φιλοξενίας και διασκέδασης των Ελλήνων. Είναι το απόσταγμα των στεμφύλων της σταφυλής. Η παραγωγή του ξεκινά από την επιλογή των ποικιλιών των σταφυλιών, συνεχίζεται με την προσεκτική ζύμωση των στεμφύλων τους (τις φλούδες που μένουν μετά το πάτημα των σταφυλιών και την εξαγωγή του μούστου για την παραγωγή κρασιού) και ολοκληρώνεται με την αργή απόσταξη τους (των ήδη ζυμωθέντων στεμφύλων).



Tsipouro / Tsikoudia este un produs autentic grecesc legat de stilul de viață, ospitalitatea și de buna dispoziție a grecilor. Este produs prin distilarea tescovinei de struguri. Producția începe cu alegerea soiurilor de struguri, continuă cu fermentarea atentă a tescovinei adică a borhotului (masa rămasă după presarea strugurilor pentru a obține mustul indispensabil pentru producția de vin) și se termină cu distilarea lentă a tescovinei fermentate.



Tsipouro/Tsikoudia is an authentic Greek product closely interwoven with the Greek lifestyle, hospitality and entertainment. It is produced by the distillation of grape marc. The production process commences with the selection of the grape varieties and in turn entails the thorough fermentation of the grape marc, namely the pomace (the skins remaining after pressing the grapes to obtain the grape must, indispensable for the production of wine) and the slow and gradual distillation of the fermented grape marc.



## Λικέρ - Lichior - Liqueur



Τα Κράνα είναι φρούτα του δάσους (Cornus mas). Τα βρίσκουμε κυρίως σε ορεινές περιοχές και γίνονται υπέροχο **Λικέρ**. Τα κράνα έχουν υψηλή περιεκτικότητα σε αντιοξειδωτικά και από τα παλιά χρόνια ήταν γνωστά για τις φαρμακευτικές ιδιότητες. Τι χρειαζόμαστε για να φτιάξουμε το λικέρ: 2 κιλά κράνα, 1/2 κιλό ζάχαρη και 1 λίτρο κονιάκ. Πώς το κάνουμε: Βάζουμε σε μια γυάλα τα κράνα με τη ζάχαρη εναλλάξ. Το τελευταίο στρώμα να είναι ζάχαρη. Αφήνουμε τη γυάλα στον ήλιο για 2 μήνες περίπου, ώσπου να λιώσει πολύ καλά η ζάχαρη. Ενδιάμεσα κουνάμε τη γυάλα κατά διαστήματα. Προσθέτουμε το κονιάκ και το αφήνουμε άλλες 15-20 μέρες στον ήλιο. Δοκιμάζουμε και προσθέτουμε ανάλογα τα γούστα μας ζάχαρη ή κονιάκ. Φιλτράρουμε και βάζουμε το λικέρ σε μπουκάλια.



Coarneau sunt fructe de padure (Cornus mas). Ele se găsesc în special în zonele montane și sunt folosite pentru a produce un minunat lichior. Coarneau sunt bogate în antioxidanți. Încă din cele mai vechi timpuri erau cunoscute pentru proprietățile lor medicinale. De ce avem nevoie pentru a face lichior: 2 kg de coarne, 1/2 kilogram de zahăr și 1 litru coniac. Cum îl facem: se pune într-un borcan coarneau cu zahăr alternativ. Ultimul strat este de zahăr. Se lasă vasul la soare timp de aproximativ două luni, până se topește zahărul foarte bine. Din când în când se agită borcanul. Se adaugă coniacul și se lasă alte 15 până la 20 zile la soare. Se gustă și se adaugă zahăr sau coniac după gust. Se filtrează și se pune lichiorul în sticle.



Cornelian cherries are forest fruits (Cornus mas). They can be found mainly in mountainous areas and are used to produce wonderful liqueur. These fruits are full of antioxidants. Since ancient times they have been known for their medicinal properties. What we need to make liqueur: 2 kg of cranberries, 1/2 kilo of sugar and 1 liter brandy. How we do it: Put in a jar of cranberries with sugar alternately. The last layer is sugar. Leave the jar in the sun for about two months until sugar melts very well. Intermediatelly, shake the jar occasionally. Add the brandy and leave it other 15 to 20 days in the sun. Taste and add accordingly sugar or brandy. Filter and pour the liqueur into bottles.



# 8

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✓ *Εκδηλώσεις - Γιορτές*

*Evenimente - Festivaluri*

*Events - Fests*

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✓ Εκδηλώσεις/Γιορτές - Evenimente/Festivaluri  
Events/Fests



**ΠΟΛΙΤΙΣΤΙΚΕΣ, ΘΡΗΣΚΕΥΤΙΚΕΣ ΚΑΙ ΑΘΛΗΤΙΚΕΣ  
ΕΚΔΗΛΩΣΕΙΣ ΣΤΗΝ ΠΕΡΙΟΧΗ ΤΟΥ ΟΛΥΜΠΟΥ**

**ΔΗΜΟΤΙΚΗ ΕΝΟΤΗΤΑ ΑΝΑΤΟΛΙΚΟΥ ΟΛΥΜΠΟΥ**

1. Εκδηλώσεις καρνάβαλου και Καθαρής Δευτέρας σε Λεπτοκαρυά, Πλαταμώνα, Σκοτίνα, Πόρους, Παντελεήμονα.
2. Θεοφάνεια ,6 Ιανουαρίου, ακτή Λεπτοκαρυάς.
3. Ναυτική εβδομάδα, λιμάνι Πλαταμώνα, κάθε 2 χρόνια το καλοκαίρι.
4. Γιορτή της σαρδέλας, Πλαταμώνας, Μάιος.
5. Θρησκευτικά πανηγύρια (Αγίας Τριάδας - Λεπτοκαρυά, Ζωοδόχου πηγής - Λεπτοκαρυά και Π. Πόροι, Παναγίας - Παλιά Σκοτίνα, Αγίου Παντελεήμονα - Παλιός Παντελεήμονας).
6. Φεστιβάλ Ολύμπου, στο κάστρο Πλαταμώνα, κάθε καλοκαίρι.

**ΔΗΜΟΤΙΚΗ ΕΝΟΤΗΤΑ ΛΙΤΟΧΩΡΟΥ**

7. Έθιμο Σίχνων στη γιορτή των Φώτων (6 Ιανουαρίου) και το κάψιμο των κέδρων την Αποκριά.
8. Περιφορά Επιταφίων, κέντρο της ιστορικής πόλης στο «παζάρι», Μεγάλη Παρασκευή.
9. Ναυτική Εβδομάδα, Ναυτικό Μουσείο, τέλος Ιουνίου αρχές Ιουλίου κάθε δύο χρόνια.
10. Πολιτιστικό καλοκαίρι, Δήμος Λιτοχώρου, Ιούλιος και Αύγουστος.
11. Πανηγυρικός εορτασμός στο παλιό μοναστήρι του Αγίου Διονυσίου στον Όλυμπο, 14 Σεπτεμβρίου, εορτή της υψώσεως του Τιμίου Σταυρού.
12. Ο Ορειβατικός Μαραθώνιος Ολύμπου, πρώτο Σαββατοκύριακο του Σεπτεμβρίου.
13. Οι αγώνες Moto-cross στην πίστα που έχει διαμορφωθεί στην περιοχή Ξηροκάμπι.
14. Olympus Marathon, τέλη Ιουνίου.

## **ΠΟΛΙΤΙΣΤΙΚΕΣ, ΘΡΗΣΚΕΥΤΙΚΕΣ ΚΑΙ ΑΘΛΗΤΙΚΕΣ ΕΚΔΗΛΩΣΕΙΣ ΣΤΗΝ ΠΕΡΙΟΧΗ ΤΟΥ ΟΛΥΜΠΟΥ**

### **ΔΗΜΟΤΙΚΗ ΕΝΟΤΗΤΑ ΔΙΟΥ**

15. Εκδηλώσεις στην παλιά Βρόντου, 3η μέρα του Πάσχα.
16. Αντάμωμα στο Δίον, την Κυριακή της Απόκριew (Κρεατινής).
17. Καρναβάλι στη Βροντού, Αποκριά.
18. Φεστιβάλ Ολύμπου, αρχαίο θέατρο του Δίου, κάθε καλοκαίρι.
19. Κούλουμα, Άγιος Βασίλειος στην Καρίτσα, Καθαρά Δευτέρα.
20. River Party στον Ολυμπο, ρέμα Αγίας Τριάδας, Ιούνιος.
21. Μουσική βραδιά με την πανσέληνο, αρχαιολογικός χώρος του Δίου, πανσέληνος Αυγούστου.
22. Γιορτή αγρότη, έκθεση αγροτικών προϊόντων, ενημερωτικές ομιλίες, λαογραφικές εκδηλώσεις, Σεπτέμβριος

### **ΔΗΜΟΤΙΚΗ ΕΝΟΤΗΤΑ ΠΕΤΡΑΣ**

23. «Λαγκατζάρι», στα Δημοτικά Διαμερίσματα Αγ. Δημητρίου και Φωτεινών, 1η Ιανουαρίου.
24. «Κούλουμα», την Καθαρά Δευτέρα στην Καρυά.
25. Τα «Πάτρια», θρησκευτικές και λαογραφικές εκδηλώσεις, θεατρικές παραστάσεις, Ράχη, Οκτώβριος.
26. Το κάψιμο της Ρόκας, Μοσχοχώρι, 3η ημέρα του Πάσχα.
27. Το πανηγύρι για τα Εισόδια της Θεοτόκου στις 21 Νοεμβρίου στο Λόφο. Το πανηγύρι γίνεται μέσα στο δάσος στον παλιό οικισμό Παλιοζιάζικο με προσφορά φασολάδας.
28. Η γιορτή του Τσίπουρου το Νοέμβριο στη Μεσαία Μηλιά με λαογραφικές εκδηλώσεις και προσφορά δωρεάν τοπικού τσίπουρου.
29. Πολιτιστικές εκδηλώσεις του Μορφωτικού και Πολιτιστικού Συλλόγου Κάτω Μηλιάς «οι Λαζαίοι», Απρίλιος.



## ACTIVITĂȚI CULTURALE, RELIGIOASE ȘI SPORTIVE ÎN REGIUNEA OLIMP

### **MUNICIPALITATEA OLIMPIULUI DE EST**

1. Carnaval și Lunea curată în Clean Monday în Leptokarya, Platamonas, Skotina, Resources, Panteleimona.
2. Boboteaza, 6 ianuarie, pe malul mării în Leptokaria.
3. Săptămâna navală, portul din Platamonas, la fiecare doi ani vara
4. Sărbătoarea sardinilor, Platamonas, May.
5. Sărbători religioase (Trinity - Leptokaria, Zoodohos - Leptokarya și Palioi Poroi, Fecioara Maria – Palia Skotina, St. Panteleimon – Palios Panteleimonas).
6. Festivalul Olimpului, castelul Platamonas în fiecare vară. \*

### **MUNICIPALITATEA LITOHORO**

7. Litochoro. Tradiția de Sichnon Custom în timpul Bobotezei (6 ianuarie) și arderea cedrului în timpul Carnavalului.
8. Procesiune în centru istoric al orașului în "bazaar", Vinerea Mare.
9. Săptămâna maritimă, muzeul Maritim, sfârșitul lui iunie-începutul lui iulie o dată la doi ani
10. Vara culturală, Primăria din Litochoro, iulie și august.
11. Sărbătoarea cuvântului în mănăstirea veche a lui Agios Dionysios de pe muntele Olimp, Septembrie 14, Înălțarea Sfintei Cruci.
12. Maratonul alpin Olympus, prima săptămână din septembrie.
13. Raliu în Xirokampi.
14. Maratonul Olimpului, sfârșitul lunii iunie.





## ACTIVITĂȚI CULTURALE, RELIGIOASE ȘI SPORTIVE ÎN REGIUNEA OLIMP

### MUNICIPALITATEA DION

15. Festivalul din Palia Vrontou, a treia zi de Paște.
16. Întâlnirea de la Dion în duminica carnavalului
17. Carnavalul din Vrontou.
18. Festivalul Olimpului la teatrul antic din Dion, fiecare vară
19. Koulouma, Agios Basileios în Karitsa.
20. Petrecerea râului Olimp, iunie.
21. Seară muzicală în noaptea cu lună plină la situl arheologic Dion, august.
22. Festivalul fermierilor, expoziție de produse agricole, septembrie

### MUNICIPALITATEA PETRA

23. "Lagkatzari", Ag. Dimitrios și Foteina, 1 ianuarie.
24. "Koulouma", Lunea curată în Karya.
25. "Patria", eveniment religios și folcloric, teatru, Rachi, octombrie.
26. Arderea furcii (Roka), Moschochori, a treia zi de Paște.
27. Sărbătoarea Fecioarei Maria 21 noiembrie, Lofos. Sărbătoarea are loc în pădure, în vechea așezare Palioziaziako. Se servește supă de fasole
28. Sărbătoarea lui Tsipouro în noiembrie, Mesaia Milia, cu evenimente folclorice și tsipouro la discreție
29. Evenimente culturale ale Asociației educațional și cultural Ka-το Milia, aprilie





## CULTURAL, RELIGIOUS AND ATHLETIC ACTIVITIES IN THE AREA OF OLYMPUS

### MUNICIPAL UNITY OF EAST OLYMPUS

1. Carnival Events and Clean Monday in Leptokarya, Platamonas, Skotina, Poroi, Panteleimonas.
2. Epiphany, January 6, Leptokaria coast.
3. Naval week, Platamonas port, every two years in summer.
4. The Feast of Sardine, Platamonas, May.
5. Religious feasts (Trinity - Leptokaria, Zoodochos - Leptokarya and Palioi Poroi, Virgin Mary - Palia Skotina, St. Panteleimon - Palios Panteleimonas).
6. Olympus Festival, Castle Platamonas each summer.

### MUNICIPAL UNITY OF LITochoro

7. The Sichnon Custom during the feast of the Epiphany (January 6) and burning cedar during Carnival.
8. Epitaph Processions, at center of the historic city in the "bazaar", Good Friday.
9. Maritime Week, Maritime Museum, end of June - beginning of July, every two years.
10. Cultural Summer, Litochoro Municipality, July and August.
11. Speech celebration in the old monastery of Agios Dionysios in Olympus, September 14, feast of the Exaltation of the Holy Cross.
12. Alpine Marathon Olympus, first weekend of September.
13. The cross-country race and the Moto-cross races in Xirokampi.
14. Olympus Marathon, late June.



## **CULTURAL, RELIGIOUS AND ATHLETIC ACTIVITIES IN THE AREA OF OLYMPUS**

### **MUNICIPAL UNITY OF DION**

15. Events in Palia Vrontou, 3rd day of Easter.
16. Meeting at Dion on Sunday of Carnival.
17. Vrontou Carnival, Carnival period.
18. Olympus Festival, at the ancient theater of Dion, every summer.
19. Koulouma, Agios Basileios in Karitsa, Shrove Tuesday.
20. Olympus River Party at Trinity stream, June.
21. Musical evening with the full moon, Archaeological site of Dion, full moon of August.
22. Farmer's Festival, exhibition of agricultural products, speeches, folklore events, September.

### **MUNICIPAL UNITY OF PETRA**

23. "Lagkatzari", Ag. Dimitrios and Foteina, January 1st.
24. "Koulouma", Clean Monday in Karya.
25. "Patria", religious and folklore events, theatrical performances, Rachi, October.
26. The burning of Distaff (Roka), Moschochori, 3rd day of Easter.
27. The feast of the Virgin Mary on November 21, Lofos. The feast takes place in the forest, in the old settlement Palioziaziako. Bean soup is offered.
28. The Feast of Tshipouro in November, Mesaia Milia, with folklore events and free local tshipouro.







# 9

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✓ *Χρήσιμες πληροφορίες*

*Informații utile*

*Useful information*

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✓ Χρήσιμες πληροφορίες - Informații utile  
Useful information



Δήμος Κατερίνης - Municipality din Katerini - Municipality of Katerini  
Πλατεία Δημαρχείου 1 - Piața Primăriei 1 - Municipality Square 1,  
Tel: 00302351350000, Fax: 00302351350020,  
E-mail: [info@katerini.gr](mailto:info@katerini.gr), web: <http://www.katerini.gr>

Περιφερειακή Ενότητα Πιερίας/Αντιπεριφέρεια Τουρισμού - Instituția prefectului Pieria/  
Departamentul pentru turism - Pieria Prefectural Administration/Tourism  
Department,  
Tel: 0030 23513-51251

Περιφερειακή Ενότητα Πιερίας - Unitatea regională Pieria - Regional Unit of Pieria,  
28ης Οκτωβρίου 40 - str. 28nd Octovriou 40,  
Tel: 0030 2351 351260,  
E-mail: [pja@prefecturaarad.gr](mailto:pja@prefecturaarad.gr), web: <http://pieria.pkm.gov.gr>

Επιμελητήριο Πιερίας - Camera de Comerț a județului Pieria - Chamber of Commerce  
of Pieria, 28<sup>th</sup> Οκτωβρίου 9 - str. 28nd Octovriou 9,  
Tel: 0030 23510 23211, Fax: 0030 23510 25124,  
E-mail: [champier@otenet.gr](mailto:champier@otenet.gr), web: <http://www.champier.gr>

Σταθμός Λεωφορείων Κατερίνης - Autogara Katerini - Bus Station of Katerini,  
Tel: 0030 23510 46720,  
web: <http://www.ktelpierias.gr>

Σιδηροδρομικός Σταθμός Κατερίνης - Gara Katerini - Railway Station of Katerini,  
Tel: 0030 2351 023709

Πρώτες Βοήθειες - Serviciul Unic de urgenta - Unique Emergency Service,  
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Γενικό Νοσοκομείο Κατερίνης - Spitalul Clinic de Urgență - Emergency Hospital,  
6ο χλμ. Κατερίνης-Αρονά, 6th Km Katerini-Arona,  
Tel: 0030 23513 50200, Fax : 0030 23513-50115,  
E-mail : [hoskat@otenet.gr](mailto:hoskat@otenet.gr), <http://www.gnkaterini.gr>

Φορέας Διαχείρισης Εθνικού Δρυμού Ολύμπου - Agenția de gestionare a Parcului  
National Olimp - Management Agency of Olympus National Park, Λιτόχωρο -  
Litochoro,  
Tel/Fax: 0030 2352083000, <http://www.olympusfd.gr>

Οργανισμός Φεστιβάλ Ολύμπου - Olympus Festivalul Organizare - Olympus Festival  
Organisation,  
Tel.: 0030 23510 76041

Αρχαιολογικό Πάρκο Δίου - Parcul arheologic Dion - Archaeological Park of Dion,  
Tel: 0030 23510 53484, <http://www.ancientmacedonia.gr>

Πυροσβεστική Κατερίνης - Departamentul de pompieri din Katerini - Fire department  
of Katerini,  
2ο Χιλιόμετρο Εθνικής οδού Κατερίνης-Θεσσαλονίκης - 2<sup>nd</sup> Km of Old National Road  
Katerini-Thessaloniki  
Tel: 0030 23510-23333, Fax: 0030 23510-46274

Αστυνομική Διεύθυνση Πιερίας - Direcția de Poliție din Pieria - Police Directorate of Pieria  
1ο χιλ. Παλαιάς Ε.Ο. Κατερίνης-Θεσσαλονίκης - 1<sup>st</sup> Km of Old National Road Katerini-  
Thessaloniki,

Tel: 23510 46600, Fax: 23510 28888,  
E-mail: [adpierias@hellenicpolice.gr](mailto:adpierias@hellenicpolice.gr)

Ενημερωτική ιστοσελίδα για την Πιερία - Site-ul informativ despre Pieria - Informative site  
about Pieria,  
<http://www.e-pieria.gr/>

Καταφύγιο Σπήλιος Αγαπητός - Refugiul Spilios Agapitos - Spilios Agapitos refuge,  
Tel: 0030 2352 081800, 81329

Καταφύγιο Γίοςος Αποστολίδης - Refugiul Giosos Apostolidis - Giosos Apostolidis  
refuge,  
Tel: 0030 2310 224710

Καταφύγιο Χρήστος Κάκκαλος - Refugiul Christos Kakkalos - Christos Kakkalos  
refuge,  
Tel: 0030 2352 081800, 81329

Καταφύγιο Σταυρός - Refugiul Stavros - Stavros refuge,  
Tel: 0030 2352084100

## Αναφορές - Referințe - References

[https://en.wikipedia.org/wiki/Mount\\_Olympus](https://en.wikipedia.org/wiki/Mount_Olympus)

<https://el.wikipedia.org/wiki/Όλυμπος>

<http://www.olympusfd.gr/>

**ΟΛΥΜΠΙΟΣ – Οδηγός Τσέπης:** Έκδοση του Φορέα Διαχείρισης Εθνικού Δρυμού Ολύμπου

**OLIMP- Ghid de buzunar:** Editat de Autoritatea Administrativă Parcul Național Olimp (in limba greacă)

**OLYMPUS - Pocket Guide:** Edited by the Management Agency of Olympus National Park (in Greek)

**ΟΛΥΜΠΙΟΣ – Ένας Πλήρης Ταξιδιωτικός Οδηγός:** Εκδόσεις EXPLORER 2012

**OLIMP - Un complet ghid turistic:** Publicat de EXPLORER 2012 (in limba greacă)

**OLYMPUS - A Complete Travel Guide:** Published by EXPLORER 2012 (in Greek)





# 10

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✓ *Μέλη της παιδαγωγικής ομάδας του  
προγράμματος*

*Membrii echipei de proiect*

*Members of the project team*

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## **Coordinator : Partner 1 Katerini - Greece**

### **Διεύθυνση Δευτεροβάθμιας Εκπαίδευσης Πιερίας Direcția pentru Învățământ Secundar din Pieria Directorate of Secondary Education of Pieria**

- 1 Δρ. Καζταρίδης Ιωάννης - Dr. Kaztaridis Ioannis,  
Διευθυντής Δευτεροβάθμιας Εκπαίδευσης - Director al Învățământului Secundar  
Director of Secondary Education
  - 2 Φιλιππά Ελένη - Mrs Filippa Eleni,  
Υπεύθυνη Εκπαιδευτικών Θεμάτων - Șeful department afaceri educaționale  
Head of Educational Affairs
  - 3 Παπά Μυράντα - Mrs Papa Myranta,  
Υπεύθυνη Καινοτόμων Δράσεων - Șef departament Acțiuni Inovatoare  
Head of Innovative Actions
  - 4 Λουλοπούλου Χρυσούλα - Mrs Loulopoulou Chryssoula,  
Διοικητικός - Administrator - Administrator
  - 5 Παρασίδου Μαίρη - Mrs Parasidou Maria ,  
Διοικητικός - Administrator - Administrator
  - 6 Λάλα Ελένη - Mrs Lala Eleni,  
Διοικητικός - Administrator - Administrator
  - 7 Πρίντζιου Μαρία - Mrs Printziou Maria,  
Διοικητικός - Administrator - Administrator
  - 8 Γιαννούλης Γιάννης - Mr Giannoulis Giannis,  
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- 2<sup>ο</sup> Επαγγελματικό Λύκειο Κατερίνης  
2nd Professional High School of Katerini  
Liceul profesional nr. 2 din Katerini**
- 9 Δρ. Τσερμπάκ Κύριλλος - Dr. Tsermpak Kyrillos,  
Διευθυντής - Director - Director
  - 10 Δρ. Σιδηρόπουλος Δημήτριος - Dr. Sidiropoulos Dimitrios,  
Πληροφορικός - Informatician - Informatician
  - 11 Πάσχου Ιφιγένεια - Mrs Paschou Ifigeneia,  
Υποδιευθύντρια - Director Ajunct - Deputy Director
  - 12 Πετάση Μαρία - Mrs Petasi Maria,  
Καθηγήτρια - Profesor - Teacher

- 13 Ντάιου Σοφία - Mrs Daiou Sofia,  
Καθηγήτρια Αγγλικής Φιλολογίας - Profesor limba și literatură engleză  
English language teacher
- 14 Αδαμίδης Ηλίας - Mr Adamidis Ilias,  
Πληροφορικός - Informatician - Informatician
- 15 Ραφαηλίδης Γεώργιος - Mr Rafailidis Georgios,  
Καθηγητής - Profesor - Teacher
- 16 Κουτσιλικά Καλλιόπη - Mrs Koutsilika Kalliori,  
Καθηγήτρια - Profesor - Teacher
- 17 Καλταρίδου Χριστίνα - Mrs Kaltaridou Christina,  
Καθηγήτρια - Profesor - Teacher
- 18 Παπαφωτίου Ολυμπία - Mrs Papafotiou Olympia,  
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Greek Literature teacher
- 19 Γαλαξίδου Ζωή - Mrs Galaxidou Zoi,  
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Greek Literature teacher

**Εργαστήριο Ειδικής Επαγγελματικής Εκπαίδευσης και Κατάρτισης  
Κατερίνης**

**Școala profesională pentru învățământ special din Katerini  
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- 20 Μπαλαφούτη Ελένη - Mrs Mpalafouti Eleni,  
Διευθύντρια - Director - Headmistress
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**Râul Mureș**

**Ποταμός Mureș**

**Mureș River**



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Obișnuim să spunem că distanța dintre două comunități este depărtarea geografică dintre ele. În mod cert, lungimea drumului este un indicator, dar printre conotațiile „distanței” se află și alte elemente, poate la fel de semnificative. Acestea din urmă sunt mai greu de măsurat pentru că descriu o înfățișare lingvistică, culturală, socială și politică, spre deosebire de îndepărtarea fizică exprimabilă în kilometri. Însă, indiferent de mărimea acestei distanțe ne-geografice, dimensiunea europeană a spațiului în care trăim și a timpului pe care îl contemplăm, ne obligă să o comprimăm. Regiunea Pieria a Greciei și Aradul din România sunt la aproximativ 650 de km, în linie aeriană și la o depărtare - apropiere culturală și spirituală pe care nu o pot estima. Proiectul Regio intitulat Cultural Education and Historical References from Mt Olympus to the river Mures a construit, folosindu-se de grija și angajamentul celor șapte instituții partenere, o cale de scurtătură. A adus mai aproape oamenii, prin gândurile și sentimentele lor și prin cunoașterea reciprocă a ceea ce sunt ei cu adevărat. A deconstruit prejudecăți și credințe false și a construit încredere, cunoaștere și stimă.



Είναι σύνθετες να πούμε ότι η απόσταση μεταξύ δύο κοινοτήτων ορίζεται γεωγραφικά. Βέβαια, αυτό είναι μια ένδειξη, αλλά, μεταξύ των χαρακτηριστικών της «απόστασης» υπάρχουν επίσης και άλλα σημαντικά στοιχεία. Αυτά είναι πιο δύσκολο να μετρηθούν, διότι περιγράφουν τη γλωσσική, πολιτιστική, κοινωνική και πολιτική της διάσταση, σε αντίθεση με την απόσταση που μετρείται σε χιλιόμετρα. Όμως, ανεξάρτητα από το μέγεθος αυτής της μη-γεωγραφικής απόστασης, η ευρωπαϊκή διάσταση του χώρου στον οποίο ζούμε και του χρόνου που συμβιώνουμε μας επιβάλλει να τη μικρύνουμε. Οι περιοχές της Πιερίας στην Ελλάδα και του Αράντ στη Ρουμανία βρίσκονται περίπου 700 χιλιόμετρα μακριά. Μου είναι δύσκολο να εκτιμήσω πόσο μακριά, πολιτισμικά ή πνευματικά, σημαίνει αυτό. Τα επτά ιδρύματα-εταίροι του ευρωπαϊκού προγράμματος Comenius-Regio με τίτλο «Πολιτισμική Εκπαίδευση και Ιστορικές αναφορές από τον Όλυμπο ως τον ποταμό Μυρές», κατάφεραν μέσα από την κοινή προσπάθεια και τη συνεργασία να εκμηδενίσουν σχεδόν την απόσταση αυτή. Το εν λόγω πρόγραμμα έφερε κοντά ανθρώπους μέσα από τις σκέψεις και τα συναισθήματά τους και τους οδήγησε μέσα από την αμοιβαία κατανόηση να δούν ποιοί πραγματικά είναι. Αποδομήθηκαν προκαταλήψεις και λανθασμένες πεποιθήσεις και χτίστηκε εμπιστοσύνη, στέρεα γνώση και αλληλοεκτίμηση.



It is common to say that the distance between two communities is defined by Geography. Certainly, the length of the way is an indicator but, among the connotations of the "distance" there are other significant elements, too. These are more difficult to be measured because they describe linguistic, cultural, social and political aspects, in contrast to the distance considered in kilometers. But, no matter the amount of this non-geographical distance, the European dimension of the space and the time we live in forces us to compress it. The regions of Pieria in Greece and Arad in Romania are situated at a distance of about 650 km. I cannot estimate how far or close they are, either culturally or spiritually. Based on the care and commitment of seven partner institutions, the Regio Project entitled "Cultural Education and Historical References from Mt. Olympus to the river Mures" has built a shortcut. It brought together people using their thoughts and emotions and through mutual knowledge of who they really are. It deconstructed prejudices and false beliefs and it built trust, knowledge and esteem.

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**10 Membrii echipei de proiect**  
**Μέλη της παιδαγωγικής ομάδας του**  
**προγράμματος**  
**Members of the project team**

**135**





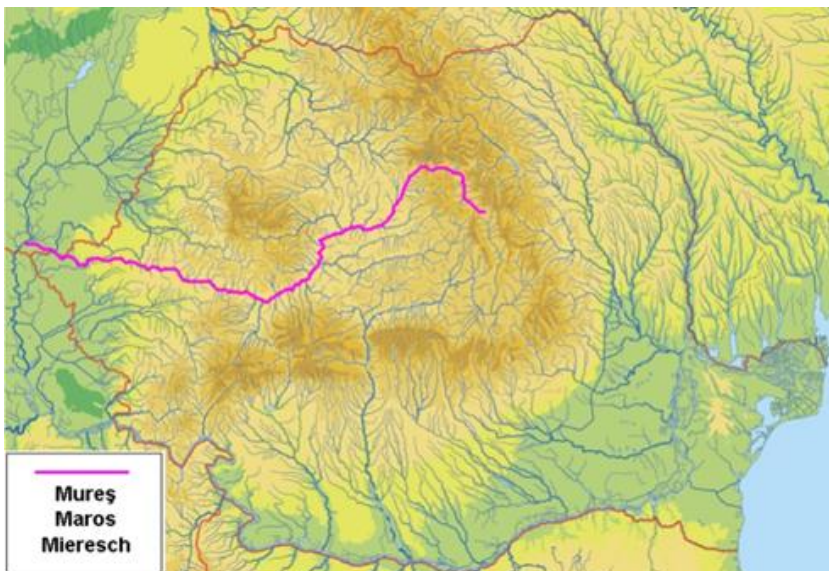
# 1

## Informații Generale Γενικές Πληροφορίες General Information

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- ✓ *Locație - Θέση - Location*
  - ✓ *Zonă - Έκταση - Area*
  - ✓ *Morfologie - Μορφολογία - Morphology*
  - ✓ *Climă - Κλίμα - Climate*
-

## ✓ Locație - Θέση - Location



**Mureș - Maros - Mieresch**



Mureșul este un râu lung de 769 km din Europa de est. El izvorăște din zona pasului Izvorul Mureșului dintre Munții Hășmașul Mare și Munții Giurgeului, tratatele de geografie precizând faptul că Mureșul izvorăște din Hășmașul Mare, în Carpații de est, România, și se varsă în râul Tisza, la Szeged, în sudul Ungariei.



Ο ποταμός Mures ρέει στην Ανατολική Ευρώπη και έχει μήκος 769 χιλιόμετρα. Πηγάζει από τις πηγές Mures στα βουνά Halmasul Mare και Giurgeului. Τα βιβλία Γεωγραφίας λένε ότι ο ποταμός Μούρες πηγάζει από τα βουνά Halmasul Mare στα Ανατολικά Καρπάθια στη Ρουμανία και ρέει στο Szeged, στη νότια Ουγγαρία.



The Mures River flows in Eastern Europe and it is 769 km long. It springs from The Mures Spring in the Halmasul Mare Mountains and the Giurgeului Mountains. The Geography books say that the Mures River springs from Halmasul Mare in the Eastern Carpathians in Romania and it flows in Szeged, in Southern Hungary.



✓ **Zonă - Έκταση - Area**  
 ✓ **Morfologie - Μορφολογία - Morphology**

Râul Mureș străbate județele Harghita, Mureș, Alba, Hunedoara și Arad și regiunea maghiară Csongrad. Cele mai mari orașe situate pe Mureș sunt Târgu Mureș, Alba Iulia, Deva și Arad în România, și Szeged în Ungaria. Cursul maghiar al Mureșului/Maros are 73 km lungime, din care 22,3 km reprezintă granița dintre România și Ungaria. În partea nordică a râului, aproximativ 28,5 km, reprezintă zona protejată făcând parte din Parcul Național Körös-Maros. Principalii afluenți ai Mureșului sunt: Târnave, Arieș, Sebeș, Strei, Cugir și Cerna



Bazinul hidrografic Mureș include toate formele de relief: munți (23%), dealuri și podișuri (25%), și câmpii (52%), cu altitudini cuprinse între 2.500 m în munții Retezat și sub 100 m în Câmpia de Vest.

Ο ποταμός Μυρής ρέει μέσα από τις ρουμανικές επαρχίες Harghita, Mureș, Alba, Hunedoara, Arad και την ουγγρική Csongrád. Οι μεγαλύτερες πόλεις στη διαδρομή του Μυρής/Maros είναι οι Targu Mures, Alba Iulia, Deva και Arad στη Ρουμανία, και Szeged στην Ουγγαρία. Η ουγγρική πορεία του Μυρής/Maros είναι 73 χιλιόμετρα, εκ των οποίων 22,3 χιλιόμετρα αντιπροσωπεύουν τα σύνορα μεταξύ της Ρουμανίας και της Ουγγαρίας. Το βόρειο κομμάτι του ποταμού, μήκους περίπου 28,5 χιλιομέτρων, αποτελεί μέρος της προστατευόμενης περιοχής του Εθνικού Πάρκου Koros-Maros. Οι κύριοι παραπόταμοι του ποταμού είναι: Târnave, Arieș, Sebeș, Strei, Cugir και Cerna.



Η λεκάνη απορροής του Μυρής περιλαμβάνει όλα τα γεωμορφολογικά στοιχεία: βουνά (23%), λόφους και οροπέδια (25%), και τις πεδιάδες (52%) με υψόμετρο που κυμαίνεται μεταξύ 2.500 μέτρα στο βουνό Retezat και κάτω από 100 μέτρα στη Δυτική Πεδιάδα.

The Mureș River flows through the Romanian counties Harghita, Mureș, Alba, Hunedoara and Arad, and the Hungarian county Csongrád. The largest cities on the Mureș/Maros are Târgu Mureș, Alba Iulia, Deva and Arad in Romania, and Szeged in Hungary. The Hungarian course of the Mureș/Maros is 73 km long, of which 22.3 km represent the border between Romania and Hungary. On the north side of the river, about 28.5 km, is part of the protected area Koros-Maros National Park. The main tributaries of the river are: Târnave, Arieș, Sebeș, Strei, Cugir and Cerna.



The Mureș drainage basin includes all forms of relief: mountains (23%), hills and plateaux (25%), and plains (52%) with altitudes varying between 2,500 m. in Retezat Mountain and under 100 m. in the West Plain.

## ✓ Climă - Κλίμα - Climate



Clima este preponderent continental-moderată cu influențe oceanice, media temperaturilor oscilând în intervalul 8°C la munte și 11°C în zona de câmpie.



Το κλίμα είναι ήπιο ηπειρωτικό με επιρροές ήπιου ωκεάνιου και η μέση θερμοκρασία κυμαίνεται από 8 °C στην περιοχή των βουνών μέχρι 11 °C στα πεδινά.



It is a temperate continental climate with temperate oceanic influences, the average temperature varies from 8°C in the mountain region to 11 °C in the plains.









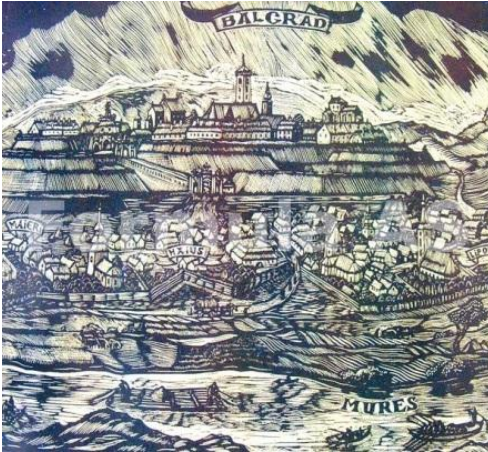
# 2

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✓ *Istorie - Ιστορία - History*

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## ✓ Istorie - Ιστορία - History



**Plutașii pe Mureș la Alba Iulia**  
**Οι Βαρκάρηδες στις όχθες του ποταμού**  
**Mures στην Alba Iulia**  
**The Boatmen on the Mures River in Alba Iulia**

Încă din perioada antichității, râul Mureș a fost o cale navigabilă foarte intens folosită atât pentru traficul comercial cât și în scop strategic, devenind o adevărată autostradă a zonei de la Nord de Dunăre. Menționat de Herodot încă din anul 484 î.h. (cu 4 secole înainte de crearea “Drumului Mătăsii”), sub denumirea de Maris, Mureșul este, după Dunăre, al doilea râu al României ca lungime și al treilea ca suprafață hidrografică, după Dunăre și Siret. Încă din timpul războaielor daco-romane controlul Mureșului a constituit una din manevrele militare cheie, pe care armata romană s-a străduitsă o obțină pentru a avea un avantaj asupra sistemului defensiv al Regatului dacic.

Astfel, incursul operațiunilor militare din debutul celui de-al doilea război dacic al lui Traian se presupune că vexilația formată din trupele Pannoniei Inferior avându-l înfrunte pe Aelius Hadrianus, pe atunci guvernator al provinciei pannonice, ar fi pătruns spre inima Daciei pe Valea Mureșului, folosindu-se probabil și de flota fluvială - Classis Flavia Pannonica. Existența unui collegium nautarum la Apulum este un indiciu că cei care se ocupau cu cărăușia pe apă în epoca romană erau destul de numeroși. Toate materiile prime: aur, fier, sare, lemn, erau exportate spre Roma și alte provincii.

Lipsa sării în provinciile romane învecinate (cele două Pannonii și cele două Moesii) este un bun argument pentru a explica regularitatea acestui export masiv pe Mureș. Acest fapt, împreună cu densitatea mare de locuire civilă (prin cele două orașe), și cu prezența legiunii și a guvernatorului Daciei la Apulum face să apară aici cel mai important port fluvial civil al Daciei romane.

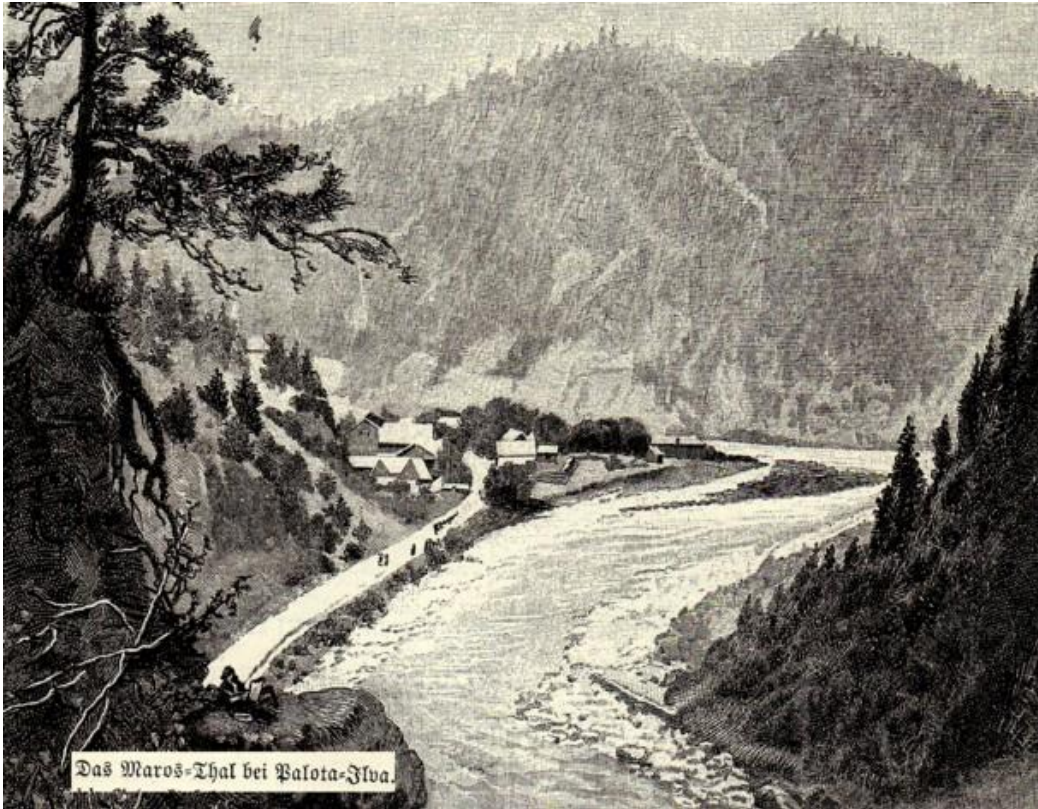




Ήδη από την αρχαιότητα, το ποτάμι Mures χρησιμοποιήθηκε πολύ για ναυτιλιακούς σκοπούς, τόσο για την εμπορική κίνηση όσο και από στρατηγικής άποψης ως κύριος δρόμος της περιοχής στα βόρεια του Δούναβη. Αναφέρεται από τον Ηρόδοτο, το 484 π.Χ. (4 αιώνες νωρίτερα από τη δημιουργία του «Δρόμου του Μεταξιού»), με το όνομα Maris. Ο Mures είναι ο δεύτερος σε μήκος ποταμός στη Ρουμανία, με πρώτο το Δούναβη και τρίτος ως υδρογραφική επιφάνεια μετά το Δούναβη και τον Siret. Ακόμη και από τους Δακο-Ρωμαϊκούς πολέμους, ο έλεγχος του ποταμού Mures ήταν μια από τις βασικές στρατιωτικές στρατηγικές που ο ρωμαϊκός στρατός προσπαθούσε να κατέχει, προκειμένου να πλεονεκτεί σε σχέση με το αμυντικό σύστημα των Δακών. Έτσι, η έναρξη των στρατιωτικών επιχειρήσεων κατά τον δεύτερο Δακικό Πόλεμο του Τραϊανού εικάζεται ότι έλαβε χώρα στην καρδιά της Δακίας, στον ποταμό Mures, από τα Παννονικά στρατεύματα με επικεφαλής τον Aeltus Αδριανό ως κυβερνήτη της Παννονικής επαρχίας. Πιθανότατα θα είχε χρησιμοποιηθεί ο στόλος Classis Flavia Pannonica. Η ύπαρξη ενός ναυτικού σχολείου στο Απουλουμ μαρτυρά ότι αυτοί που ασχολούνταν με την πλοήγηση κατά τη Ρωμαϊκή εποχή ήταν πολλοί. Όλα τα εμπορεύματα: χρυσός, σίδηρος, αλάτι, ξύλο εξαγόταν στη Ρώμη και άλλες σημαντικές πόλεις. Η έλλειψη του αλατιού στις γειτονικές ρωμαϊκές επαρχίες (τις δύο πεδιάδες της Πανονίας και τις δύο της Moesias) είναι ένα καλό επιχειρήμα για να εξηγηθεί κανονικότητα αυτής της μαζικής εξαγωγής στις όχθες του ποταμού Mures. Το γεγονός αυτό, σε συνδυασμό με την υψηλή πυκνότητα των πόλεων και με την παρουσία της Λεγώνας και του κυβερνήτη της Δακίας στο Απουλουμ τον καθιστά το πιο σημαντικό ποτάμι λιμάνι της Δακίας.

Even from Ancient Times, river Mures was used a lot for navigation purposes both for the commercial traffic and also from a strategic point of view, as a real high way of the area in the North of the Danube. It was mentioned by Herodot even from 484 BC (4 centuries earlier from the creation of the «Silk Road») under the name of Maris. The Mures is the second longest river in Romania, the first being the Danube and the third as a hydrographic surface after the Danube, and the Siret. Even from the Daco-Roman wars, the control of the Mures River had become one of the key military strategies which the Roman army struggled to obtain in order to have an advantage over the defensive system of the Dacians. Thus, the start of the military operations during Traian's Second Dacia war is supposed to have taken place in the heart of Dacia on the river Mures by the Inferior Pannonic troops led by Aeltus Hadrianus as a governor of the pannonic province. He would have used the fleet Classis Flavia Pannonica. The existence of a collegium nautarum at Apulum is a sign that people occupying themselves with navigation during the Roman times were quite numerous. All the commodities: gold, iron, salt, wood were exported to Rome and other major cities. The lack of salt in the neighboring Roman provinces (the two Pannonic plains and the two Moesias ones) is a good argument to explain the regularity of this massive export on the Mures river. This fact, together with the high density of civilian cities and with the presence of the legion and the governor of Dacia at Apulum makes it the most important civilian river port of Dacia.







# 3

✓ *Parcul Natural Lunca Mureşului*

*Εθνικό Περιβαλλοντικό Πάρκο Μυρής*

*The Mureş Floodplain Natural Park*

✓ *Flora - Χλωρίδα - Flora*

✓ *Fauna - Πανίδα - Fauna*

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✓ **Parcul Natural Lunca Mureșului**  
**Εθνικό Περιβαλλοντικό Πάρκο Μυρेश**  
**The Mureș Floodplain Natural Park**



Parcul Natural Lunca Mureșului este situat în vestul României, în județele Arad și Timiș, limitrof zonei fiind chiar orașul Arad cu o populație de 173.000 locuitori. Parcul Natural Lunca Mureșului se întinde de la Arad până la granița maghiară, de-a lungul râului Mureș. Are o suprafață de 17.455 ha și include zona indiguită a Mureșului; este o zonă inundabilă (o inundație la fiecare trei ani) situată între digurile construite pe fiecare parte a râului și între terasele înalte ale aceluiași râu. Lunca Mureșului Inferior este un ecosistem tipic de zonă umedă cu ape curgătoare și stătătoare, cu păduri aluviale, galerii de sălcii și plopi.



Το Εθνικό Πάρκο των Λιβαδιών του Μυρेश βρίσκεται στη δυτική Ρουμανία, στις επαρχίες Arad και Timiș, με κέντρο κοντά στην πόλη Arad, που έχει πληθυσμό 173.000 κατοίκους. Το Ποτάμιο Πάρκο του Μυρेश αναπτύσσεται κατά μήκος του ποταμού Μυρेश, όπως αυτός ρέει από το Arad προς στα ογγρικά σύνορα. Έχει επιφάνεια περίπου 17.455 εκτάρια και περιλαμβάνει την περιοχή με τα φράγματα του ποταμού Μυρेश, την περιοχή δηλαδή μεταξύ των φραγμάτων που βρίσκονται σε κάθε πλευρά του ποταμού και μεταξύ των υψηλών πεδίων του ίδιου ποταμού. Στην περιοχή συμβαίνουν περιοδικές πλημμύρες (μια πλημμύρα κάθε τρία χρόνια), με τα φυτά και τα ζώα να έχουν προσαρμοστεί στις συνθήκες αυτές. Το κατώτερο τμήμα του Πάρκου του ποταμού Μυρेश είναι ένα οικοσύστημα τυπικό για τους υγρότοπους, με τρεχούμενα και ήρεμα νερά, με προσχωσιγενή δάση, σουστάδες ιτιών και λεύκες.



The Natural Park Mureș Meadows is located in western Romania, in Arad and Timiș counties, centered near the town of Arad, which has a population of 173,000 inhabitants. The Mureș Floodplain Natural Park lies downstream from Arad to the Hungarian border, along the river Mureș. It has a surface of about 17,455 hectares and includes the dammed area of the river Mureș; that is, the flooding area between the dams built on each side of the river and between the high terraces of the same river. It is an area with periodical floods (a flood every three years), where plants and animals are adapted to these conditions. The Inferior Floodplain of the Mureș River is an ecosystem typical of wetlands, with running and still waters, with gallery forests, stands of willows and poplars.



Din anul 2006 aria protejată „Lunca Mureșului” este a patra zonă din România ce a fost desemnată pentru includerea în Lista Ramsar a Zonelor Umede de Importanță Internațională. Din anul 2008 aceeași suprafață face parte și din Rețeaua Natura 2000, fiind atât sit de importanță comunitară (RO SCI 0108) pentru protejarea anumitor specii (30) și habitate (12), cât și arie de protecție specială avifaunistică (RO SPA 0069) pentru protejarea a 41 de specii de păsări.



Από το 2006, η προστατευόμενη περιοχή του Εθνικού Πάρκου του Μυρесь είναι η τέταρτη περιοχή στη Ρουμανία, που έχει ορισθεί για συμπερίληψη στον κατάλογο των υγροτόπων διεθνούς σημασίας Ramsar. Από το 2008, η ίδια περιοχή αποτελεί μέρος του δικτύου Natura 2000, που είναι τόσο Τόπος Κοινοτικής Σημασίας (TKΣ EN 0108) για την προστασία ορισμένων ειδών (30 τον αριθμό) και οικοτόπων (12) όσο και Ζώνη Ειδικής Προστασίας (ΖΕΠ EN 0069) για την προστασία 41 ειδών πτηνών.



Since 2006, the Mureș Park has been the fourth area in Romania that was designated for inclusion in the Ramsar List of Wetlands of International Importance. Since 2008, the same area has been part of the Natura 2000 Network as both Special Areas Conservation (SAC) for the protection of certain species (30) and habitats (12) and Special Protection Area (RO SPA 0069) for the protection of 41 bird species.



## ✓ Flora - Χλωρίδα - Flora



În regiunea Aradului se întâlnește vegetația de silvostepă a Câmpiei Aradului, reprezentată de păcuri de arbori și păduri de stejar (*Quercus robur*), frasin (*Fraxinus angustifolia*, *Fraxinus excelsior*), nuc negru (*Juglans nigra*), salcie albă (*Salix alba*) sau plop alb (*Populus alba*), , viță de vie sălbatică (*Vitis vinifera* ssp. *sylvestris*); etc, exemplele cele mai concludente putând fi găsite în pădurea Ceala, situată în extremitatea nord-vestică a municipiului și în Pădurice.



Στην περιοχή του Arad, η βλάστηση της στέπας συναντά τον κάμπο του Arad, εκπροσωπούμενη από συστάδες δέντρων και δάσος δρυός (*Quercus quercus*), φράξου (*Fraxinus angustifolia*, *Fraxinus Excelsior*), μαύρης καρυδιάς (*Juglans nigra*), λευκής ιτιάς (*Salix alba*), λεύκας (*Populus alba*), άγριας αμπέλου (*Vitis vinifera* ssp. *sylvestris*), κ.λ.π., με τα πιο αντιπροσωπευτικά παραδείγματα να συναντώνται στο δάσος Ceala, που βρίσκεται στα βορειοδυτικά της πόλης και στα μεγάλα δάση της περιοχής.



In Arad region, the steppe vegetation meets the Plain of Arad, represented by clusters of trees and forests of oak (*Quercus robur*), ash (*Fraxinus angustifolia*, *Fraxinus excelsior*), black walnut (*Juglans nigra*), white willow (*Salix alba*), orwhite poplar (*Populus alba*), wild vines (*Vitis vinifera* ssp. *sylvestris*), etc. The most characteristic examples can be found in Ceala forest, located in the North-West of the city and in the Woods of the region.



Flora Municipiului Arad și împrejurimilor sale este reprezentată prin numeroase specii de plante. Din categoria speciilor întâlnite amintim următoarele: pălămidă (*Cirsium brachycephalum*), cocoșel de câmp (*Adonis aestivalis*), rușcuță de primăvară (*Adonis vernalis*), neghină (*Agrostemma githago*), talpa găștei (*Chenopodium rubrum*), piperul apelor (din speciile *Elatine alsinastrum* și *Elatine triandra*), mlăștiniță (*Epipactis helleborine*), lălea pestriță (*Fritillaria orientalis*), ghiocel (*Galanthus nivalis*), ghiocelul de baltă (*Leucojum aestivum*), măselariță (*Hyoscyamus niger*), buhai (*Listera ovata*), ghizdei (*Lotus angustissimus*), înăriță (*Najas minor*), trânji (*Neottia nidus-avis*), nufăr alb (*Nymphaea alba*), etc.



Η χλωρίδα του Arad και των περιχώρων του αντιπροσωπεύεται από πολλά είδη φυτών. Στην κατηγορία των ειδών της χλωρίδας ξεχωρίζουν τα ακόλουθα: *Cirsium brachycephalum*, *Adonis aestivalis*, *Adonis Vernalis* (Άδωνις ο χειμερινός), *Agrostemma githago*, *Chenopodium rubrum* (Χιηνοπόδιο το ερυθρό), πιπέρι νερού (απόταείδη *Elatine alsinastrum* και *Elatine triandra*), *Epipactis helleborine*, *Fritillaria orientalis*, *Galanthus nivalis*, *Leucojum aestivum*, *Hyoscyamus niger* (Υοασκίαμος ο μέλας), *Listera ovata*, *Lotus angustissimus*, *Najas Minor*, *Neottia nidus-avi*, *Nymphaea alba* (Ασπρο νούφαρο), κ.λ.π.



The flora of Arad and its surroundings is represented by many species of plants. In the category of flora species there are the following: thistles (*Cirsium brachycephalum*), field cockerel (*Adonis aestivalis*), spring bird's-eye (*Adonis Vernalis*), cockle (*Agrostemma githago*), the goose sole (*Chenopodium rubrum*), water's pepper (from *Elatine alsinastrum* and *Elatine triandra* species), marshes (*Epipactis helleborine*), variegated tulip (*Fritillaria orientalis*), snowdrop (*Galanthus nivalis*), pond snowdrop (*Leucojum aestivum*), henbane (*Hyoscyamus niger*), bull (*Listera ovata*), trefoil (*Lotus angustissimus*), Inara (*Najas minor*), piles (*Neottia nidus-avis*), white water lily (*Nymphaea alba*), etc.



## ✓ Fauna - Πανίδα - Fauna



Fauna se încadrează în specificul silvostepii și se caracterizează prin prezența:

**Păsărilor:** acvilă țipătoare mică -Aquila pomarina, acvilă de câmp -Aquila heliaca, stârc roșu-Ardea purpurea, stârc pitic-Ixobrychus minutus, stârc de noapte-Nycticorax nycticorax, rață roșie-Aythya nyroca, barză albă- Ciconia ciconia, barză neagră-Ciconia nigra, erete de stof-Circus aeruginosus, etc.;

**Mamifere:** mistreț-Sus scrofa, căprior-Capreolus capreolus, pisică sălbatică-Felis silvestris, vidră de râu-Lutra lutra, breb-Castor fiber, popândău european-Spermophilus citellus, hârciog european-Cricetus cricetus, jderul de copac-Martes martes, hermină-Mustela erminea, șoarecele pitic-Micromys minutus, liliacul urecheat-Plecotus auritus, liliacul de apă-Myotis daubentonii;

**Reptile și amfibieni:** șarpele de apă-Natrix tessellata, șarpele de casă-Natrix natrix, șopârlă de câmp Lacerta agilis, țestoasa de baltă-Emys orbicularis, broască râioasă-Bufo bufo, etc.;

**Pești:** boartă-Rhodeus sericeus amarus, zvârlugă-Cobitis taenia, țipar-Misgurnus fossilis, sabiță-Pelecus cultratus, caras-Carassius gibelio, crap-Cyprinus carpio carpio, știucă-Esox lucius, etc.;

**Nevertebrate:** gândaci, scoici, melci, libelule, fluturi, rădașcă-Lucanus cervus.





Η πανίδα συνίσταται σε είδη συνδιασμού δάσους-στέπας και χαρακτηρίζεται από την παρουσία των παρακάτω ειδών:

**Πτηνά:** Κραυγαετός (*Pomarina Aquila*), Βασιλαετός (*Aquila heliaca*), Ερωδιός ο Πορφυρός (*Ardea purpurea*), Ιξόβρυχος ο μικρός (*Ixobrychys minutus*), Νυκτοκόρακας (*Nycticorax nycticorax*), Βαλτόπαπια (*Aythya nyroca*), Πελαργός (*Ciconia Ciconia*), Μαυροπελαργός (*Ciconia nigra*), Κίρκος ο χαλκόχρωμος (*Circus aeruginosus*), κλπ.

**Θηλαστικά:** Αγριόχοιρος (*Sus scrofa*), Ζαρκάδι (*Capreolus capreolus*), Αγριόγατα (*Felis silvestris*), Βίδρα (*Lutra lutra*), Κάστορας (*Castor fiber*), Λαγόγυρος (*Spermophilus citelus*), Χάμισερ (*Cricetus cricetus*), Κουνάβι (*Martes martes*), Ποντίκι των αγρών (*Micromys minutus*), Νυκτερίδα (*Plecotus auritus*).

**Ερπετά και αμφίβια:** Λιμνόφιδο (*Natrix tessellata*), Νερόφιδο (*Natrix natrix*), Σαύρα άμμου (*Agilis Lacerta*), Νεροχελώνα σικτική (*Emys orbicularis*), πράσινος Φρύνος (*Bufo Bufo*), κλπ.

**Ψάρια:** βίνοι (*Cohitis taenia*), κέλια (*Misgrunus fossilis*), πεταλούδες (*Carassius gibelio*), κυπρίνοι (*Cyprinus carpio carpio*), τούρνες (*Esox Lucius*), κλπ.

**Ασπόνδυλα:** σκαθάρια, στρείδια, σαλιγκάρια, λιβελοούλες, πεταλούδες, ελαφοκάνθαροι (*Lucanus Cervus*), κλπ.

The fauna is composed of a blend of the forest-steppe species and it is characterized by the presence of:

**Birds:** the lesser spotted eagle (*Pomarina Aquila*), the eastern imperial eagle (*Aquila heliacal*), the purple heron (*Ardeapurpurea*), the little bittern (*Ixobrychysminutus*), the black-crowned night heron (*Nycticoraxnycticorax*), the ferruginous duck (*Aythyanyroca*), the white stork (*Ciconiaciconia*), the black stork (*Ciconianigra*), the marsh harrier (*Circus aeruginosus*), etc.;

**Mamals:** the wild boar (*Susscrofa*), the roe deer (*Capreoluscapreolus*), the wildcat (*Felissilvestris*), the European otter (*Lutralutra*), the European beaver (*Castor fiber*), the European ground squirrel (*Spermophiluscitelus*), the European hamster (*Cricetuscricetus*), the European pine marten (*Martesmartes*), the harvest mouse (*Micromysminutus*), the common long-eared bat (*Plecotusauritus*), etc.;

**Reptiles and amphibians:** The dice snake (*Natrix tessellate*), the grass snake (*Natrixnatrix*), the sand lizard (*Lacertaagilis*), the European pond turtle (*Emys orbicularis*), the common toad (*Bufobufo*), etc.;

**Fish:** the common loach (*Cohitistaenia*), the European weather loach (*Misgrunusfossilis*), the Prussian carp (*Carassiusgibelio*), the common carp (*Cyprinuscarpiocarpio*), the pike (*Esox Lucius*), etc.;

**Invertebrate:** beetles, shells, snails, dragonflies, butterflies, stag beetles (*Lucanuscervus*), etc.





# 4

## Locuri de vizitat Αξίζει να επισκεφθείτε Worth visiting places

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- ✓ *Situri Arheologice - Αρχαιολογικοί Χώροι*  
*Archaeological Sites*
  - ✓ *Orase/Sate - Κωμοπόλεις/Χωριά*  
*Towns/Villages*
  - ✓ *Obiective Turistice - Τουριστικά Αξιοθέατα*  
*Touristic Sights*
-

## ✓ Situri Arheologice - Αρχαιολογικοί Χώροι Archaeological Sites



Continuitatea vieții pe meleagurile județului Arad este prezentă încă din Paleolitic (Iosășel, Macea, Sânpetru German ș.a.). De asemenea, ca urmare a săpăturilor arheologice s-au identificat câteva urme de așezări din epocile bronzului și fierului la Pecica, Șimand, Socodor, Siclău, Vârșand etc. Pe teritoriul localităților Pecica și Sântana au fost descoperite așezări ale dacilor liberi (secolul IV î.Hr.) precum și marele tezaur de la Șilindia (secolul III î.Hr.). Cetatea de pământ hallstattiana aflată la patru kilometri de orașul Sântana are o suprafață a fortificației care depășește 78 hectare. Această este una dintre cele mai mari așezări fortificate din preistorie fiind formată dintr-o necropolă care aparține primei părți a epocii cuprului (aprox. 4000 î.Hr.) o așezare ce datează de la sfârșitul epocii bronzului (aprox. 1200 î.Hr.) și o fortificație ridicată la începutul primei epoci a fierului de către traci.



Η συνέχεια της ζωής στην περιοχή του Arad ανάγεται μέχρι την Παλαιολιθική Εποχή (Iosășel, Macea, Sanpetru German, κλπ.). Επίσης, μετά από αρχαιολογικές ανασκαφές, κάποια ίχνη σπιτιών από την Εποχή του Χαλκού και την Εποχή του Σιδήρου έχουν εντοπισθεί στην Pecica, Siman, Socodor, Siclau, Varsand, κ.α. Στο έδαφος της Pecica και της Santana έχουν ταυτοποιηθεί μερικοί οικισμοί των ελεύθερων Δακών (4ος αιώνας π.Χ.), όπως επίσης και ο μεγάλος θησαυρός της Silindia (3ος αιώνας π.Χ.). Το φρούριο, που βρίσκεται σε απόσταση 4 χιλιομέτρων από την πόλη Santana καταλαμβάνει επιφάνεια πάνω από 78 εκτάρια. Αποτελεί έναν από τους μεγαλύτερους οχυρωμένους οικισμούς των προϊστορικών χρόνων. Απαρτίζεται από μια νεκρόπολη που ανάγεται στο πρώτο μέρος της Εποχής του Χαλκού (4000 π.Χ.), έναν οικισμό που χρονολογείται στο τέλος της (1200 π.Χ.) και οχύρωση που κατασκευάστηκε κατά την έναρξη της πρώτης Εποχής του Σιδήρου από τους Θράκες.



The continuity of life in the county of Arad is present even from the Paleolithic Age (Macea, Sanpetru German, etc). Also, after the archaeological diggings some traces of houses from the Bronze and Iron Age have been identified in Pecica, Siman, Socodor, Siclau, Varsand, etc. On the territory of Pecica and Santana some settlements of the free Dacians (4th century BC) have been identified and also the great treasure from Silindia (3rd century BC). The fortress which is 4 km away from Santana city has a surface which is over 78 ha. This is one of the biggest fortified settlements from prehistoric times. It is formed by a necropolis which belongs to the first part of the Copper Age (4000 BC), a settlement which dates back to the end of the Bronze Age (1200 BC) and a fortification raised at the beginning of the first Iron Age by the Thracians.

## ✓ Orașe/Sate - Κωμοπόλεις/Χωριά - Towns/Villages



**Arad**

Orașul Arad, municipiu al județului Arad, este situat în partea vestică a României - la aproximativ 50 de km față de granița cu Ungaria. Acesta este străbătut de râul Mureș. Aradul este un oraș vechi. În 1329-1384, purta titlul de „civitas”, iar în 1388 acela de „oppidum”. Străjuind importantul drum către apus și miazăzi al Mureșului cât și legătura cu minele mult exploatare de romani din părțile Monesei și Bradului, ținutul arădean este una dintre cele mai influentate zone de către fosta stăpânire romană din Dacia, dovadă numeroasele relicve din acea vreme.



Η πόλη του Arad, δήμος της ομώνυμης επαρχίας Arad, βρίσκεται στο δυτικό τμήμα της Ρουμανίας - περίπου 50 χιλιόμετρα από τα σύνορα με την Ουγγαρία και διασχίζεται από τον ποταμό Μούρες. Το Arad είναι μια παλιά πόλη. Μεταξύ του 1329 και 1384 μ.χ. , κατείχε τον τίτλο «civitas» και το 1388 μ.χ. χαρακτηριζόταν ως «oppidum». Έχοντας τον έλεγχο του σημαντικού δρόμου προς τα δυτικά και νότια του ΜυρσεκαίβρισκόμοκοντάσταουρχειάτηςΜονεασκαιτουBrad, που χρησιμοποιούνταν από τους Ρωμαίους, η περιοχή του Arad είναι μία από τις περιοχές που επλήγησαν περισσότερο από την πρώην ρωμαϊκή κυριαρχία στη Δακία, όπως δείχνουν τα πολλά κειμήλια της εποχής εκείνης.



The city of Arad, Arad County municipality, is located in the Western part of Romania - about 50 km from the border with Hungary. It is crossed by Mures River. Arad is an old city. Between 1329 and 1384 AD, it held the title of "civitas" and in 1388 the one of "oppidum". As it guarded an important way to the west and the south of the Mures and because of the proximity to the mines exploited by the Romans from Moneasa and Brad area, Arad county is one of the most affected areas by the former Roman rule in Dacia, as many relics of that time show.



**Ineu**

Orașul Ineu se află în județul Arad, amplasat în Câmpia Cermei, pe râul Crișul Alb, la 55 km nord-est de municipiul Arad. Ineul este poarta de intrare în Țara Zarandului.

Η πόλη Ineu βρίσκεται στην επαρχία Arad. Αναπτύσσεται στην πεδιάδα Cermei, στις όχθες του ποταμού Crișul Alb, στα 55 χιλιόμετρα ΒΑ από την πόλη του Αράντ. Το Ineu είναι η κύρια πύλη εισόδου στην περιοχή Zarand.

Ineu city lies in Arad County. It lies in the Cermei plain, on the White Cris river, 55 km NE from the city of Arad. Ineu is the main gate of entry in the region Zarand.

## ✓ Obiective Turistice - Τουριστικά Αξιοθέατα Touristic Sights

### Palatul administrativ - Διοικητικό Μέγαρο - The Administrative Palace, Arad, Bulevardul Revoluției 103



Palatul administrativ ce adăpostește în prezent Primăria și Prefectura a fost construit între anii 1872-1874, după proiectul arhitectului Pékár Ferenc. Stilul clădirii concretizează neorenascimentul flamand cu stilul primăriilor medievale târzii. Planul clădirii este în formă de U, are un turn de 54 m iar orologiul din turn, adus din Elveția în anul 1878, are un mecanism care la oră fixă cântă un cântec patriotic. Geamurile holului au vitralii reprezentând anotimpuri, figurate alegoric. Piața din fața clădirii, în amintirea evenimentelor petrecute în decembrie 1989, a fost denumită Piața Revoluției.



Το Διοικητικό Μέγαρο που στεγάζει σήμερα το Δημαρχείο, τη Νομαρχία και το Συμβούλιο της Κομητείας χτίστηκε μεταξύ 1872 και 1874, από τον αρχιτέκτονα Ferenc Pekar. Ο νεο-αναγεννησιακός ρυθμός του παραπέμπει στο φλαμανδικό στυλ των δημαρχείων του ύστερου μεσαίωνα. Το κτίριο έχει σχήμα U με πύργο ύψους 54μ., του οποίου το ρολόι ήρθε από την Ελβετία το 1878, και διαθέτει μηχανισμό που σημαίνει την ώρα με ένα πατριωτικό τραγούδι. Τα παράθυρα της κεντρικής αίθουσας είναι διακοσμημένα με βιτρό που αναπαριστούν με αλληγορικές μορφές τις εποχές. Η πλατεία μπροστά από το κτίριο ονομάστηκε πλατεία της Επανάστασης στη μνήμη των γεγονότων του 1989.



The Administrative Palace that houses the Town Hall, Prefecture and County Council of today was built between 1872 and 1874 by architect Ferenc Pekar. The neo-renaissance style is reflected in the Flemish building style of the late medieval city halls. The building plan is U-shaped, has a 54 m tower and the tower clock brought from Switzerland in 1878, has a mechanism striking on the hour with a patriotic song. The lobby windows have stained glass representing the seasons with allegorical figures. The square in front of the building, in memory of the events in 1989, was called Revolution Square.

Acest edificiu a fost construit între anii 1911-1913, după planurile arhitectului Szántay László. El prezintă, din punct de vedere arhitectural, multiple stiluri: neoclasic, corintic, renascentist, gotic etc. Această clădire a Palatului Cultural din Arad adăpostește sediile Muzeului Județean (de Istorie și de Științe ale naturii) și ale Filarmonicii de Stat în a cărei sală de concerte au fost prezente diverse mari personalități, ca de exemplu Strauss, Bela Bartok, Enescu, etc.

Αυτό το κτήριο χτίστηκε μεταξύ 1911 και 1913, από τον αρχιτέκτονα László Szantay και χαρακτηρίζεται αρχιτεκτονικά από πολλά στυλ: νεοκλασικό, κορινθιακό, αναγεννησιακό, γοτθικό, κλπ. Στεγάζει τα κεντρικά γραφεία του Πολιτιστικού Μεγάρου, το Μουσείο Ιστορίας και Φυσικών Επιστημών και της Φιλαρμονικής του Αράντ, από την αίθουσα συναυλιών της οποίας πέρασαν διάφορες προσωπικότητες όπως ο Strauss, ο Bela Bartok, ο Enescu, κ.α.

This building was built between 1911 and 1913 by architect László Szantay. This monument has, in terms of architecture, multiple styles: neoclassical, Corinthian, Renaissance, Gothic, etc. This building houses the headquarters of the Cultural Palace, The Arad County Museum (History and Natural Sciences) and the Philharmonic in whose concert hall various personalities like Strauss, Bela Bartok, Enescu etc. were present in the past.

Acest turn a fost construit în anul 1896 în vederea alimentării cu apă potabilă a orașului Arad. Monumentul a fost amplasat în Piața Pompierilor de atunci. Înălțimea sa este de 25 de metri și se pune în evidență datorită decorațiilor ferestrelor și balcoanelor, dar și prin aspectul său de fortăreață. Turnul a fost restaurat în anul 1927.



### Turnul de apă - Υδατόπυργος - The Water Tower, Arad, Str. Ceaikovski P. I. 9A

Ο πύργος χτίστηκε το 1896 για την παροχή πόσιμου νερού στην πόλη του Αράντ, στην πλατεία Πυροσβεστών. Το ύψος του είναι 25 μέτρα και ξεχωρίζει από τα διακοσμητικά στοιχεία, τα παράθυρα, τα μπαλκόνια και την φρουριακή του εμφάνιση. Ο πύργος αποκαταστάθηκε το 1927.

This tower was built in 1896 to supply drinking water to the city of Arad. The monument was placed in the Firemen Square. Its height is 25 meters and it outstands by its decorations, windows, balconies and through its fortress-like appearance. The tower was restored in 1927.

### Filarmonica - Φιλαρμονική Philharmonic, Arad, P-1a G. Enescu nr 1





În urma revoluției din 1848, cei 13 generali au fost condamnați la moarte pentru crimă și au fost executați în 6 octombrie 1849. Pe 6 octombrie 1890 a fost dezvelită Statuia Libertății, realizată de Zala György și Huszár Adolf, în amintirea lor. În 1919, statuia a fost înlăturată de administrație. În 2004, statuia a văzut lumina zilei, de data aceasta în Parcul Reconcilierii, aproape de Arcul de triumf de 9 metri de pe care Avram Iancu, personalitate istorică românească, și alți revoluționari se uită la trecători.

### Parcul reconcilierii - Πάρκο Συμφιλίωσης - Reconciliation Park



Μετά την Επανάσταση του 1848, 13 στρατηγοί καταδικάστηκαν σε θάνατο για φόνο και εκτελέστηκαν στις 6 Οκτωβρίου 1849. Στις 6 Οκτώβρη του 1890 έγιναν τα αποκαλυπτήρια του Αγάλματος της Ελευθερίας, φτιαγμένου από τους György Zala και Adolf Huszar, στη μνήμη τους. Το 1919, το άγαλμα απομακρύνθηκε από τη διοίκηση της πόλης. Το 2004, το ίδιο άγαλμα είδε ξανά το φως της ημέρας, αυτή τη φορά στο Πάρκο Συμφιλίωσης, κοντά στην 9 μέτρων Αψίδα του Θριάμβου, απ' όπου ο Avram Iancu, ιστορική προσωπικότητα της Ρουμανίας, και άλλοι επαναστάτες παρατηρούν τους διαβάτες.



After the revolution in 1848, the 13 generals were sentenced to death for murder and were executed on October 6, 1849. On October 6, 1890, The Statue of Liberty, made by György Zala and Adolf Huszár, was unveiled in their memory. In 1919, the statue was removed by the city administration. In 2004, the statue saw the light of day, this time in Reconciliation Park, close to the 9 meters high Arc de Triumph from where Avram Iancu, Romanian historical figure, and other revolutionaries have been looking at the passers-by.





**Teatrul Clasic "Ioan Slavici" - Κλασικό Θέατρο "Ioan Slavici"**  
**"Ioan Slavici" Classic Theatre,**  
**Arad, Bulevardul Revoluției 103**

Teatrul Clasic „Ioan Slavici” este un edificiu din municipiul Arad care a fost ridicat între anii 1872-1874 în stil neoclasic. Primul care are propunerea ridicării unui alt teatru, deoarece clădirea primului era neîncăpătoare datorită interesului crescut al arădenilor pentru spectacolele de teatru, a fost baronul Banhidy Bela, în anul 1862. Din cauza unor dispute legate de exteriorul teatrului, lucrările încep abia în anul 1869, sub directa supraveghere a arhitectului Skalnitzky.



Το Κλασικό Θέατρο "Ioan Slavici" είναι ένα οικοδόμημα που κτίστηκε μεταξύ του 1872 και 1874 σε νεοκλασικό στυλ. Ο πρώτος που έκανε την πρόταση για την ανέγερση του θεάτρου αυτού, γιατί το προηγούμενο ήταν ανεπαρκές, λόγω του αυξημένου ενδιαφέροντος από τους πολίτες του Arad, ήταν ο βαρώνος Bela Banhidy, το 1862. Λόγω διαφορών για την κατασκευή του θεάτρου, το έργο ξεκίνησε μόλις το 1869, υπό την επίβλεψη του αρχιτέκτονα Skalnitzky.



"Ioan Slavici" Classic Theatre of Arad is an edifice which was built between 1872 and 1874 in neoclassical style. The first, who made the proposal to erect a new theater because the previous building was overcrowded, due to an increased interest of the citizens of Arad in the theater, was baron Bela Banhidy in 1862. Because of disputes about the construction of the theater, works began only in 1869, under the supervision of architect Skalnitzky.





### Casa cu lacăt - Το σπίτι των λουκέτων - Lockers House, Arad, Str. Tribunal Dobra 7



Casa cu lacăt a fost construită în anul 1815, iar în 1963, spațiile comerciale de la parter au fost transformate în locuințe. Într-un colț al clădirii, într-o adâncitură, protejat cu o bară metalică arcuită, încuiată cu un lacăt, a fost amplasat însemnul breslei meșteșugărești arădene: Butucul de fier, singurul trunchi de breaslă din România a fost realizat de sculptorul timișorean Moritz Heim. Este vorba despre un segment dintr-un trunchi de copac, învelit în tablă. Cafele sosite din diferite centre meșteșugărești europene, pentru a se perfecționa la Arad, au bătut ținte de diferite forme geometrice în butuc ca semn al trecerii lor pe aici. În 1994, butucul a fost furat. Recuperat de poliție, a fost predat Laboratorului de conservare-restaurare de la Complexul Muzeal Arad, unde a fost restaurat. Butucul de fier original este expus la etajul al II-lea al Muzeului de Artă.



Το Σπίτι των Λουκέτων χτίστηκε το 1815 και το 1963 οι επαγγελματικοί χώροι στο ισόγειο του μετατράπηκαν σε κατοικίες. Σε μια γωνιά του κτιρίου, σε μια εσοχή, που προστατευόταν από μια αψιδωτή μεταλλική ράβδο, που κλειδώνει με λουκέτο, η συντηρία των τεχνιτών του Arad είχε τοποθετήσει το μοναδικό στη Ρουμανία "σιδερένιο" κορμό (κουτσουρο), που φτιάχτηκε από το γλύπτη της Τιμισοάρα Moritz Heim. Πρόκειται για ένα τμήμα κορμού δέντρου, τυλιγμένο σε κασίτερο. Περιοδεύοντες τεχνίτες που έφταναν από διάφορα ευρωπαϊκά κέντρα για τη βελτίωση του Αράντ, σημείωναν διάφορα σημάδια και γεωμετρικά σχήματα πάνω στον κορμό ως ένδειξη της διέλευσης τους από εδώ. Το 1994, ο κορμός κλάπηκε. Βρέθηκε από την Αστυνομία και παραδόθηκε στο εργαστήριο συντήρησης και αποκατάστασης του Μουσείου του Arad, όπου και αποκαταστάθηκε. Το αρχικό επικασιτερωμένο κουτσουρο εκτίθεται στο δεύτερο όροφο του Μουσείου Τέχνης.



Lockers House was built in 1815 and, in 1963, the commercial spaces on the ground floor were converted into housing. In a corner of the building, in a recess protected by an arched metal rod locked with a padlock, the craftsmen of Arad placed an iron stump. That unique, in Romania, stump was made by Timisoara sculptor Moritz Heim. It is a segment of a tree trunk, wrapped in tin. Journeymen, craftsmen arrived from different European centers to improve Arad, marked geometric shapes and other signs on it to show their passage from there. In 1994, the trunk was stolen. Recovered by police, it was handed over to the Laboratory of Conservation and Restoration of Arad Museum, where it was restored. The original iron log is exposed to the second floor of the Museum of Art.



Această bibliotecă are o tradiție de peste un secol, fiind construită în anul 1881. Începând cu 1913, biblioteca funcționează în clădirea Palatului Cultural. Începând cu 1984, sediul bibliotecii a fost mutat în actuala clădire. Biblioteca A. D. Xenopol conține peste 500.000 de volume. Construcția în stil eclectic, cu elemente decorative interioare secesion, datează de la începutul secolului al XX-lea.

H βιβλιοθήκη αυτή, που έχει παράδοση πάνω από έναν αιώνα, εγκαινιάσθηκε το 1881. Από το 1913, οι λειτουργίες της βιβλιοθήκης λάμβαναν χώρα στο κτίριο του Πολιτιστικού Μεγάρου. Από το 1984, η βιβλιοθήκη A.D.Xenopol βρίσκεται στο σημερινό κτίριο και περιέχει πάνω από 500.000 τόμους. Κατασκευασμένο σε εκλεκτικό στυλ, με διαδοχικές εσωτερικές διακοσμήσεις, χρονολογείται από τις αρχές του εικοστού αιώνα.

«**A. D. Xenopol**» **Biblioteca județeană - Κεντρική Βιβλιοθήκη - County Library, Arad, Gheorghe Popa de Teiuș, nr. 2-4.**

This library has a tradition of over a century, it was built in 1881. Since 1913, the library had functioned in the building of the Cultural Palace. In 1984, the library was moved to the present building. The A.D.Xenopol Library contains over 500,000 volumes. The construction in eclectic style with successive interior decorations dates back to the early twentieth century.



**Palatul Justiției - Δικαστικό Μέγαρο - Palace of Justice, Arad, Bd. Vasile Milea nr. 2**

Acest edificiu a fost inaugurat în 1892, iar intrarea în clădire este în stil eclectic, fiind străjuită de două coloane în stil doric. Fațada dinspre parcul Eminescu este dominată de marile ferestre ale sălii festive, purtând elemente de stil neobaroc. Fațada clădirii dinspre râul Mureș poartă amprenta stilului renesanțist italian. În fața clădirii a fost dezvelit bustul eroului revoluționar Avram Iancu.

Αυτό το κτίριο εγκαινιάστηκε το 1892 και η είσοδος του κτιρίου, που φρουρείται από δύο δωρικούς κίονες, είναι εκλεκτικού ρυθμού. Η πρόσοψη προς το Πάρκο Eminescu κυριαρχείται από τα μεγάλα παράθυρα της εορταστικής αίθουσας, διακοσμημένη με νεο-μπαρόκ στοιχεία. Η πρόσοψη του κτιρίου διατηρεί το εντύπωμα του ποταμού Mures από την ιταλική Αναγέννηση. Στο μπροστινό μέρος του κτιρίου έγιναν τα αποκαλυπτήρια της προτομής του επαναστάτη ήρωα Avram Iancu.

This building was inaugurated in 1892, and the entrance to the building is eclectic, being guarded by two Doric columns. The façade from Eminescupark is dominated by large windows of the festive hall, bearing neo-baroque elements. The building facade bears the imprint of the Mures River from the Italian Renaissance. In front of the building a bust of revolutionary hero Avram Iancu was unveiled.



**«MoiseNicoara» Colegiul Național - Δημόσιο Κολλέγιο - National College, Arad, Piața Moise Nicoară, Nr. 1**



Această școală a fost înființată în 1873 și reprezintă cea mai prestigioasă unitate de învățământ preuniversitar din oraș. Colegiul este situat aproape de Teatrul de Stat. Proiectul de abilitare din ultimii ani au făcut ca această școală să fie cea mai modernă unitate de învățământ din oraș și poate și din țară. Capodoperă a arhitectului Jozef Diecher din Budapesta, clădirea este zidită în stil renaissances și se compune din două părți: clădirea principală și corpul scund, în partea de apus, unde se află și sala de sport. Sunt impresionante intrarea principală, scările principale și sala festivă, în care predomină elementele în stil baroc. Clădirea a intrat în proprietatea statului în 1895, iar din 1934 a fost preluată de statul român. În toamna anului 1919 instituția școlară găzduită de actuala clădire devine Liceul „Moise Nicoară”, primul liceu de băieți din Arad, liceu românesc, care și-a propus să formeze oameni de înaltă ținută morală și profesională.



Το σχολείο που ιδρύθηκε το 1873, είναι το πιο διάσημο δημόσιο σχολείο στην πόλη και βρίσκεται κοντά στο Κρατικό Θέατρο. Η σημαντική χρηματοδότηση κατά τα τελευταία χρόνια έχει αναδείξει το σχολείο αυτό στο πιο σύγχρονο σχολείο της πόλης και ίσως ολόκληρης της χώρας. Το αριστούργημα του αρχιτέκτονα Jozef Diecher από τη Βουδαπέστη είναι χτισμένο σε αναγεννησιακό στιλ και αποτελείται από δύο μέρη: το κεντρικό κτίριο και ένα μικρότερο, στα δυτικά, όπου βρίσκεται το γυμναστήριο. Ξεχωρίζουν: η εντυπωσιακή κεντρική είσοδος, η κύρια σκάλα και το καθιστικό με κυρίαρχα στοιχεία μπαρόκ στιλ. Το κτίριο τέθηκε σε κρατική ιδιοκτησία το 1895, και το 1934 περιήλθε στο ρουμανικό κράτος. Το φθινόπωρο του 1919, το παρόν κτίριο μετατράπηκε σε σχολείο με το όνομα "Moise Nicoară", το πρώτο Λύκειο για αγόρια στο Arad, το οποίο αποσκοπούσε στο να παρέχει ανθρωπιστική και επαγγελματική εκπαίδευση.



This school was founded in 1873 and is the most prestigious educational institution in the city. The college is located near the State Theater. A significant financing Project in recent years has made this school to be the most modern school in the city and perhaps in the whole country. The masterpiece of the architect Jozef Diecher from Budapest, the building is built in Renaissance style and is composed of two parts: the main building and low body in the west where the gym is placed. Impressive elements in it are the main entrance, the main stairway and the festive room with predominant elements of Baroque style. The building became the property of the state in 1895, and in 1934 was taken over by the Romanian state. In the fall of 1919, the school hosted by the current establishment became High School "Moise Nicoara", the first high school for boys in Arad, which aims to form people of high moral and professional attitude.



### Cetatea Aradului - Το Κάστρο του Αράντ - Arad Fortress

Cetatea Aradului a fost construită pe malul stâng al Mureșului, la cererea împărătesei Maria Tereza. Proiectată de Ferdinand Philipp Harsch în stil Vauban-Tenaillé, are formă de stea cu șase colțuri, fiind prevăzută cu trei rânduri de cazemate subterane și mai multe rânduri de șanțuri, care puteau fi inundate. Lucrarea a durat 20 de ani (1763-1783) și a fost executată de mii de deținuți. Poarta principală și clădirile din interior au fost construite în stil baroc. În interiorul cetății exista o biserică catolică și în clădirile din jur au fost găzduiți călugării franciscani. Până în 1918 cetatea a fost una din cele mai mari închisori militare ale Imperiului austro-ungar.



Το κάστρο του Arad χτίστηκε στην αριστερή όχθη του ποταμού Mures, κατόπιν αιτήματος της αυτοκράτειρας Μαρίας Θηρεσίας. Σχεδιασμένο από τον Ferdinand Philipp Harsch σε стил Vauban-Tenaillé, έχει σχήμα εξάκτινου αστεριού και διαθέτει τρεις σειρές από υπόγεια πολυβολεία και χαρακώματα για τις περιπτώσεις πλημμύρας. Το έργο διήρκεσε 20 έτη (1763-1783) και υλοποιήθηκε από χιλιάδες φυλακισμένους. Η κύρια είσοδος και το εσωτερικό των κτιρίων χτίστηκαν σε стил μπαρόκ. Μέσα στο κάστρο υπάρχει μια καθολική εκκλησία και άλλα κτίρια στα οποία στεγάστηκαν Φραγκισκανοί μοναχοί. Μέχρι το 1918 το κάστρο αποτελούσε μια από τις μεγαλύτερες στρατιωτικές φυλακές της Αυστρο-Ουγγρικής Αυτοκρατορίας.



Arad fortress was built on the left bank of the river Mures, at the request of Empress Maria Theresa. Designed by Ferdinand Philipp Harschin the Vauban - Tenaillé style, it has shape of a six-pointed star and is provided with three rows of underground pill boxes and several rows of ditches, which could be flooded. The work lasted 20 years (1763-1783) and was executed by thousands of prisoners. The main gate and the inner buildings were built in Baroque style. Inside the fortress there is a Catholic church and the surrounding buildings housed Franciscan monks. Until 1918 the castle was one of the largest military prisons of the Austro-Hungarian Empire.





Această catedrală a fost construită între anii 1862-1865, în stil baroc, după planurile arhitectului Antonui Gzigler. În interior se află diverse fresce în stil bizantin, ilustrând scene biblice și portrete. anul 1966, interiorul catedralei a fost decorat cu fresce pictorului Eremia Profeta. Clopotul catedralei a fost turnat în anul 1764 și a fost adus de la vechea catedrală ortodoxă a orasului.

Αυτός ο καθεδρικός ναός χτίστηκε μεταξύ 1862 και 1865, σε στυλ μπαρόκ, από τον αρχιτέκτονα Antoni Gzigler. Στο εσωτερικό του, οι διάφορες τοιχογραφίες βυζαντινής τεχνοτροπίας απεικονίζουν βιβλικές σκηνές και προσωπογραφίες. Το 1966, το εσωτερικό του καθεδρικού ναού διακοσμήθηκε με τοιχογραφίες του ζωγράφου Eremia Profeta. Η καμπάνα του Καθεδρικού Ναού κατασκευάστηκε το 1764 και μεταφέρθηκε από τον παλιό ορθόδοξο καθεδρικό ναό της πόλης.

### Catedrala ortodoxă Sf. Ioan Botezătorul - Ορθόδοξος Καθεδρικός Ναός Αγ. Ιωάννη του Βαπτιστή - The Orthodox Cathedral of St. John the Baptist

This cathedral was built between 1862 and 1865, in baroque style, by architect Antoni Gzigler. Inside are various Byzantine-style frescoes depicting biblical scenes and portraits. In 1966, the interior of the cathedral was decorated with frescoes by the painter Eremia Profeta. The cathedral bell was made in 1764 and was brought from the old Orthodox city cathedral.



Biserica Roșie reprezintă un monument istoric și arhitectonic al municipiului Arad, fiind un lăcaș de cult al Bisericii Evanghelice-Luterane pentru credincioșii maghiari. Construită în stil neogotic, această biserică are un turn principal înalt de 46 metri, vitralii executate în stil neogotic de Josef Polka din Budapesta, amvonul realizat de un sculptor din Cașovia și pictura aparținând lui J. Umlauf.



Η Κόκκινη Εκκλησία είναι ένα ιστορικό και αρχιτεκτονικό μνημείο του Arad, ένας τόπος λατρείας των πιστών της Λουθηρανικής Εκκλησίας για τους Ούγγρους. Χτισμένη σε γοτθικό στυλ, η εκκλησία διαθέτει κεντρικό πύργο με 46 μέτρα ύψος, παράθυρα βιτρό γοτθικού στυλ που φιλοτεχνήθηκαν από τον Josef Polka από τη Βουδαπέστη, άμβωνα που σκαλίστηκε από γλύπτη προερχόμενο από το Košice και πίνακες του J. Umlauf.



The Red Church is a historical and architectural monument of Arad, being a place of worship of the faithful of the Lutheran Church for Hungarians. Built in Gothic style, the church has a 46 meter high main tower, Gothic-style stained glass windows created by Josef Polka from Budapest, a pulpit made by a sculptor from Košice and paintings belonging to J. Umlauf.



### Biserica Roșie Η κόκκινη Εκκλησία The Red Church



### Catedrala Sfânta Treime - Καθεδρικός Αγίας Τριάδας - Holy Trinity Cathedral

Aceasta este o catedrală ortodoxă, sediul scaunului arhiepiscopal al Arhiepiscopiei Aradului. Piatra de temelie a acesteia a fost așezată în 1991 de Timotei Sevciciu, episcopul Aradului. Clopotele catedralei, în număr de cinci, simbolul simțurilor, au fost turnate la cea mai prestigioasă fabrică din Europa, la Innsbruck, Austria. Crucea de pe cupola mare măsoară 7,30 m înălțime, iar cele de pe cupolele mici 3,5 m înălțime.

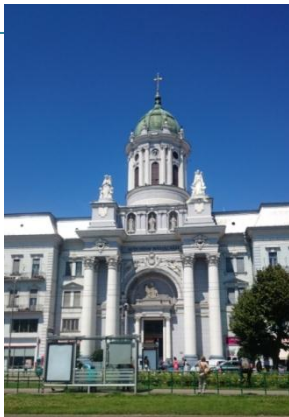


Αυτός είναι ένας ορθόδοξος καθεδρικός ναός, έδρα των αρχιεπισκόπων της Αρχιεπισκοπής του Arad. Ο ακρογωνιαίος λίθος του τέθηκε το 1991 από τον Timothy Sevciciu επίσκοπο του Arad. Οι καμπάνες του καθεδρικού ναού, πέντε τον αριθμό, που συμβολίζουν τις αισθήσεις, κατασκευάστηκαν στο πιο διάσημο εργοστάσιο της Ευρώπης, στο Ινσμπρουκ της Αυστρίας. Ο σταυρός στο μεγάλο τρούλο έχει ύψος 7,30 μ., ενώ αυτοί των μικρών τρούλων 3,5 μ..



This is an Orthodox cathedral, the Archbishop's seat of the Archdiocese of Arad. Its cornerstone was laid in 1991 by Timothy Sevciciu, bishop of Arad. The five cathedral bells, a symbol of the five senses, were produced at the most prestigious factory in Europe in Innsbruck, Austria. The cross on the large cupola measures 7.30 m. in height, while the ones on the small cupolas are 3.5 m. heigh.





**Biserica romano-catolică «Sfântul Anton de Padova»  
Ρωμαιοκαθολικός Καθεδρ. Ναός Αγ. Ιωάννη της Πάδοβας  
Roman Catholic Church "St. Anthony of Padua"**



Lăcașul de cult aparținând ordinului minorit, a fost ridicat între anii 1902-1904 de către arhitectul arădean Emil Tabacovici, și sfințit în anul 1911. Acesta este realizat în stil eclectic, purtând elemente ale stilurilor clasicist, baroc și renescentist. Nava bisericii are o lungime de 43 metri, o lățime de 17 metri. Deasupra intrării se află o copie a statuii Pieta. Crucea de pe cupola semicirculară se află la o înălțime de 56 metri. Intrarea principală este încadrată de patru coloane masive cu capitelluri corintice. Frontispiciul adăpostește o copie a sculpturii lui Michelangelo, Pieta. În interior, arcadele semicirculare sunt sprijinite de coloane, până în preajma altarului de marmură albă iar pictura interioară a fost realizată de Ferenc Lohr și de Erik Pauli Bogdanffy. Ceea ce reține atenția este altarul principal din marmură albă și marea frescă din spatele acestuia, inspirată din viața sfântului Anton de Padova, operă a lui Ioan Vastagh.



Αυτός ο τόπος λατρείας ανήκει στη μειονότητα των Καθολικών. Χτίστηκε μεταξύ 1902 και 1904 από τον αρχιτέκτονα Emil Tabacovici (Arad) και εγκαινιάστηκε το 1911. Είναι κατασκευασμένος σε εκλεκτικό ύφος, χρησιμοποιώντας στοιχεία κλασικά, μπαρόκ και αναγεννησιακά. Ο κυρίως ναός έχει μήκος 43 μέτρα και πλάτος 17. Πάνω από την είσοδο υπάρχει ένα αντίγραφο του αγάλματος της Pieta του Μικαήλ Αγγέλου. Ο σταυρός στον ημισφαιρικό θόλο βρίσκεται σε ύψος 56 μέτρων. Η κύρια είσοδος πλαισιώνεται από τέσσερις ογκώδεις κίονες με κορινθιακά κιονόκρανα. Στο εσωτερικό, ημικυκλικά τόξα που στηρίζονται σε κολόνες, πλαισιώνουν το ιερό με λευκό μάρμαρο. Η εσωτερική ζωγραφική έγινε από τους Ferenc Lohr και Erik Pauli Bogdanffy. Αυτό που πραγματικά τραβάει την προσοχή είναι κυρίως το ιερό με το λευκό μάρμαρο και πίσω από αυτό η μεγάλη τοιχογραφία του John Vastagh, εμπνευσμένη από τη ζωή του Αγίου Αντωνίου της Πάδοβας.



This church belongs to the minority of the Catholics. It was raised between the years 1902 – 1904 by the architect Emil Tabacovici and it was consecrated in the year 1911. The church has been made in eclectic style bearing elements of the Classic, Baroque and Renaissance style. The nave of the church is 43 m long and 17 m wide. Above the entry there is a copy of the Pieta statue. The cross on the semi-circular dome is on the 56 m high. The main entrance is framed by four massive columns with Corinthian capitals. In the front there is a copy of Michelangelo sculpture, Pieta. In the interior, the semicircular arcades are supported by columns up to the white marble altar. The interior painting was made by Ferenc Lohr and Erik Pauli Bogdanffy. What really holds the attention is the main altar made of white marble and the great fresco behind it, inspired from the life of Saint Anton from Padova, the work of Ioan Vastagh.





### Ștrandul Neptun - Χώρος Αναψυχής «Ποσειδώνειο» - Neptun Resort

Ștrandul este situat în spațiul încadrat de bucla Mureșului, pe o suprafață de aproape 40 de hectare de verdeață. Este al doilea ștrand ca mărime din Europa, fiind situat lângă o apă curgătoare. Lucrările de construcție au fost demarate la sfârșitul anilor 60. Aleile sunt pavate, spațiul verde cu peste 30 de specii de arbori este întreținut, există un complex de agrement cu cinci bazine, tobogan acvatic, locuri pentru joacă, peste 300 de căsuțe de camping, baruri, terase, berării, restaurante, discoteci, pizza, jocuri, cluburi de calculatoare, Internet-café-uri etc. Aici au loc în timpul verii diferite festivaluri și concerte în aer liber. Parcă ar fi o stațiune!



Το θέρετρο αυτό βρίσκεται στο χώρο που πλαισιώνεται από το βρόχο του Mures στην πόλη του Arad, σε μια έκταση περίπου 40 εκταρίων πρασίνου. Είναι το δεύτερο μεγαλύτερο ευρωπαϊκό πάρκο-νερού, που βρίσκεται δίπλα σε ποτάμι. Οι εργασίες κατασκευής ξεκίνησαν στα τέλη του '60. Τα δρομάκια είναι πλακόστρωτα, με χώρους πρασίνου που φιλοξενούν πάνω από 30 είδη δέντρων. Το συγκρότημα αναψυχής διαθέτει πέντε πισίνες, νερο-τουλήθρες, παικνιδοχώρους, πάνω από 300 θέσεις κάμπινγκ, μπαρ, αίθρια, παμπ, ντισκοτέκ, πιτσαρίες, παιχνίδια, κλαμπ υπολογιστών, Ίντερνετ καφέ, κλπ. Εδώ πραγματοποιούνται καλοκαιρινά φεστιβάλ και υπαίθριες συναυλίες. Είναι ένα πραγματικό θέρετρο!



The resort is located in the space framed by the Mures loop, in an area of almost 40 hectares of greenery. It is the second largest European resort located next to a river. Construction work started in the late 60s. Alleys are paved, green space with over 30 species of trees is maintained, there is a leisure complex with five pools, water slides, playgrounds, more than 300 boxes of camping, bars, terraces, pubs, discos, pizzerias, games, computer clubs, Internet cafes, etc. Summer festivals and outdoor concerts are held here. It's a real resort!





### Cetatea Ineului - Το Κάστρο του Ineu - Ineu Fortress



Cetatea Ineului este situată în orașul Ineu. Cetatea actuală a fost ridicată între anii 1645-1652 pe vremea principilor Rakoczi și Rakoczi al II-lea, după planurile arhitectului austriac Gabriel Haller. Monumentul este compus din două elemente. Prima parte, cea interioară, este de fapt un castel cu două nivele, are forma de pătrat, la colțuri fiind străjuită de patru bastioane circulare etajate. Cel de-al doilea element, cetatea exterioară, este așezată la o distanță de câteva sute de metri, și formează brăul de ziduri din piatră, tot în formă de pătrat, cu bastioane la colțuri. Zidurile erau înconjurare din trei părți de șanțuri cu apă, pe cea de a patra latură curgând râul Crișul Alb.



Το φρούριο βρίσκεται στην πόλη του Ineu. Το σημερινό κάστρο χτίστηκε μεταξύ των ετών 1645 και 1652, τότε που έζησαν οι πρίγκιπες Rakoczi και Rakoczi II και βασίστηκε σε σχέδια του Αυστριακού αρχιτέκτονα Γαβριήλ Haller. Το μνημείο αποτελείται από δύο μέρη. Το πρώτο μέρος, το εσωτερικό, είναι παρόμοιο με ένα κάστρο δύο ορόφων. Είναι τετράγωνο και στις γωνίες του υπάρχουν τέσσερις κυκλικοί πύργοι. Το δεύτερο μέρος, το εξωτερικό φρούριο, βρίσκεται σε απόσταση εκατοντάδων μέτρων από το πρώτο και όντας τετραγωνικού σχήματος αποτελείται από πέτρινα τείχη με πύργους στις γωνίες. Το εξωτερικό κάστρο διαθέτει τρεις πόρτες που προστατεύονται από υδάτινες τάφρους ενώ δίπλα από τον τέταρο πύργο ρέει ο Crisul Alb.



The Ineu Fortress is situated in the city of Ineu. The actual fortress was erected between the years 1645 and 1652 during the times of Prince Rakoczi and Rakoczi the Second, after the sketches of the Austrian architect Gabriel Haller. The monument is made up by two parts. The first part, the interior one is similar to a castle with two floors, it is square and at the corners there are four circular towers. The second part, the exterior fortress, lies at some hundreds of meters away and it forms the stone square walls with citadels at the corners. The outer castle has three doors with water ditches protecting them and on the fourth corner river Crisul Alb flows.



**Școala Primară din Ineu - Δημοτικό Σχολείο Ineu**  
**Primary School of Ineu**

Din Conscripțiile anilor 1777 și 1778 reiese că școala românească ineuană s-a înființat pentru întâia oară în anul 1756, ca și școală confesională întreținută de români și îndrumată de preoții ortodocși din comună. În această clădire a funcționat începând cu anul 1919 Școala Primară din Ineu ca și unitate "națională română de stat". Începând cu anul 2010 în această funcționează Biblioteca Orășenească, iar din anul 2011, la etaj Muzeul Țării Zărandului și filiala Ineu a Asociației Maghiare de Cultură din Transilvania.



Τα αρχεία των ετών 1777 και 1778 δείχνουν ότι ρουμανικό σχολείο ιδρύθηκε για πρώτη φορά στο Ineu το 1756, όπως υποστηρίζεται από το ρουμανικό θρησκευτικό σχολείο, και διοικήθηκε από κοινού από ορθόδοξους ιερείς. Σε αυτό το κτίριο λειτουργούσε από το 1919 το δημοτικό σχολείο του Ineu με το όνομα "Ρουμανικό Εθνικό Κράτος". Από το 2010 λειτουργεί ως Δημοτική Βιβλιοθήκη και από το 2011, στον ημιόροφο φιλοξενεί το Μουσείο Zaránd και τον συγγρικό Πολιτιστικό Σύλλογο από την Τρανσυλβανία.



Records of the years 1777 and 1778 show that Romanian school in Ineu was established for the first time in 1756, as maintained by the Romanian denominational school and was administered by Orthodox priests. In this building Ineu Primary School functioned since 1919 under the name "Romanian national state." Since 2010 it has functioned as the City Library and since 2011 it has hosted the Museum of Zaránd and Ineu Hungarian Cultural Association from Transylvania on its subsidiary floor.





**Parcul dendrologic din Ineu - Δενδρολογικό πάρκο Ineu**  
**Ineu Park arboretum**



Parcul dendrologic Ineu se afla in localitatea Ineu si se întinde pe o suprafata de 12 hectare. A fost amenajat în anul 1807, din porunca baronului Ștefan Atzel, pe structura unei păduri naturale. Parcul protejeaza exemplare de arbori cu o vechime de peste 400 ani si un exemplar de tisa de 600 ani, denumit de localnici "arborele lui Mihai Viteazul". Are exemplare de specii rare de arbori, între care arborele lalea (Liriodendron tulipifera).



Το Δενδρολογικό Πάρκο στο Ineu καλύπτει μια έκταση 12 εκταρίων. Δημιουργήθηκε το 1807 με εντολή του Βαρόνου Στεφάνου Atzel. Το φυσικό πάρκο περιλαμβάνει ένα δάσος με δέντρα ηλικίας μεγαλύτερης από 400 χρόνια και ένα πουρνάρι 600 χρόνων, που οι ντόπιοι ονομάζουν «Το δέντρο του Μιχαήλ του Γενναίου». Διαθέτει επίσης σπάνια είδη φυτών (Liriodendron tulipifera - δέντροτουλίπα).



Ineu Park arboretum covers an area of 12 hectares. It was set in 1807 by command of Baron Stephen Atzel. The Park has the structure of a natural forest and protects samples of trees older than 400 years and a specimen of yew 600 years old, called by the locals, "The tree of Michael the Brave". It has specimens of rare species of trees, including tulip trees (Liriodendron tulipifera).



**Biserica Ortodoxă "Sfinții Arhangheli Mihail și Gavril"**  
**Ορθόδοξη Εκκλησία Αγίων Αρχαγγέλων Μιχαήλ και Γαβριήλ**  
**Orthodox Church of Holy Archangels Michael and Gabriel**

Biserica a fost construită între anii 1864-1868 prin contribuția credincioșilor, fiind târnosită în anul 1869. Se află în centrul orașului, pe locul donat de comitele Atzel Peter. Biserica este de proporții mari și are forma de navă terminată cu absida altarului. Are trei balcoane, unul mai mare, pentru car și două mai mici în care se află stranele cântăreților. Din cele cinci clopote din turla bisericii patru datează din 1925 și unul din 1725.



Ο ναός κτίστηκε μεταξύ 1864 και 1868 από τις συνεισφορές των πιστών και εγκαινιάστηκε το 1869. Βρίσκεται στο κέντρο της πόλης, σε χώρο που δώρισε η Επίτροπος Peter Atzel. Η εκκλησία είναι μεγάλη και έχει τη μορφή ενός σκάφους με αψίδα. Έχει τρία μπαλκόνια, ένα μεγαλύτερο και δύο μικρότερα στα οποία υπάρχουν σταίδια για τα μέλη της χορωδίας. Από τις πέντε καμπάνες του καμπαναριού, τέσσερις χρονολογούνται από το 1925 και μία από το 1725.



The church was built between the years 1864 and 1868 with the contribution of the Christians and was consecrated in 1869. It is in the centre of the city on the terrain which was donated by the count Atzel Peter. The church is large in size and has the form of a finished ship with the apsis of the altar. It has got three balconies, a bigger one and two smaller where the pewsof the church singers lie. Four of the five bells of the church's tower date from 1925 and one from 1725.





În această piață, în fața bisericii a avut loc, la 23 noiembrie 1918, adunarea populară la care au participat cei peste 600 de ineuani care și-au desemnat delegații pentru adunarea de la Alba Iulia din 1 decembrie 1918. Tot aici, aceiași adunare a declarat limba oficială ca fiind limba română. În mijlocul pieței se află "Monumentul Unirii" format din statuia ecvestră a femeii care reprezintă simbolul României Mari și basorelieful care reprezintă delegația Ineului la Adunarea de la Alba Iulia din 1 Decembrie 1918.



Σε αυτή την αγορά, μπροστά από την εκκλησία, πραγματοποιήθηκε στις 23 Νοεμβρίου του 1918 λαϊκή συνέλευση στην οποία συμμετείχαν πάνω από 600 πολίτες, οι οποίοι όρισαν αντιπροσώπους για τη συνέλευση της Alba Iulia (1<sup>η</sup> Δεκεμβρίου 1918). Εδώ, η ίδια συνέλευση προσδιόρισε τη ρουμανική γλώσσα ως επίσημη γλώσσα της πόλης. Στη μέση της πλατείας υπάρχει το «Μνημείο της Ένωσης», με το άγαλμα της έφιππης γυναίκας που αποτελεί το σύμβολο της Μεγάλης Ρουμανίας και το διακοσμημένο βάθρο του, που αντιπροσωπεύει τη Συνέλευση της Alba Iulia, στις 1 Δεκεμβρίου 1918.



In this market, in front of the church, a popular assembly took place, on 23 November 1918. It was attended by over 600 people who appointed delegates to the assembly in Alba Iulia taking place on the 1st of December 1918. There, the same assembly declared Romanian language as the official language of the region. In the middle of the square there is the "Unification Monument", made up of the woman equestrian statue which is the symbol of Great Romania and the bas-relief representing the Ineu delegation in the Assembly in Alba Iulia on December 1, 1918.



**Piața Unirii din Ineu - Πλατεία της Ένωσης Ineu - Union Square Ineu**



# 5

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✓ *Trasee pentru drumeții*

*Πεζοπορικές διαδρομές*

*Hiking paths*

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## ✓ Trasee pentru drumeții - Πεζοπορικές διαδρομές Hiking paths



**Cetatea Șoimoș - Κάστρο Σοιμοș - Șoimoș Fortress**



Cetatea se află pe malul drept al Mureșului, vis-a-vis de orașul Lipova și deasupra de satul Șoimoș, pe dealul Cioaca Tăutului. Această cetate a fost construită după primele invazii ale tătarilor în zonă și este atestată documentar din anul 1278. Cetatea cu ziduri înalte de peste nouă metri a fost ridicată pe un pisc stâncos greu accesibil, ce domină un bun sector din albia Mureșului.



Το φρούριο βρίσκεται στη δεξιά όχθη του Μυρ, απέναντι από την πόλη Λίποβα και πάνω από το χωριό Σοιμοș, στο λόφο Cioaca Tăutului. Η πόλη χτίστηκε μετά τις πρώτες επιδρομές Τατάρων στην περιοχή και τεκμηριώνεται στο 1278. Το φρούριο, τοποθετημένο ψηλά σ'έναν απρόσιτο βραχώδη λόφο, με ψηλά τείχη ύψους εννέα μέτρων, δεσπόζει πάνω από την περιοχή του ποταμού Μυρ.



The fortress is located on the right bank of the Mures river, vis-a-vis the Lipova city and over the village Șoimoș, on the hill Cioaca Tăutului. This city was built after the first Tatars invasions in the area and was documented in 1278. The fortress with walls over nine meters high was built on a inaccessible rocky crag that dominates a good sector of Mures river bed.



Aceasta este o cetate - monument istoric, datând din secolul al XIII-lea, zidită pe Dealul Cetății 496m, din localitatea Șiria. Stilul cetății este romanic, iar sub stăpânirea turcilor, zidurile au fost întărite, sporind siguranța cetății. Clădită strategic pe dealul Șiriei, fortăreața supraveghea de la înălțimea zidurilor și a turnurilor sale toată zona de jur-împrejur și drumul de la Lipova către Oradea. Chiar dacă a fost distrusă, Șiria rămâne și astăzi o cetate impunătoare care a jucat un important rol strategic timp de cinci secole.



Αυτό το φρούριο αποτελεί ένα ιστορικό μνημείο που χρονολογείται από τον δέκατο τρίτο αιώνα, χτισμένο στο Λόφο του Κάστρου, σε ύψος 496 μ., στην περιοχή Σίρια. Το στυλ του είναι ρωμαϊκό και κατά τη διάρκεια της τουρκικής κυριαρχίας, τα τείχη ενισχύθηκαν, αυξάνοντας την ασφάλεια της πόλης. Στρατηγικά χτισμένο στο λόφο της Σίρια, το φρούριο δέσποζε με τα ψηλά τείχη και τους πύργους του σ' όλη την περιοχή γύρω του και στο δρόμο από την Λίποβα στην Οράδεα. Ακόμη και αν έχει καταστραφεί σημαντικά, το κάστρο της Σίρια παραμένει ένα επιβλητικό φρούριο που διαδραμάτισε σημαντικό στρατηγικό ρόλο για πέντε αιώνες.



### Cetatea Șiria - Κάστρο Σίρια Șiria Fortress



This fortress is a historical monument dating from the thirteenth century, built on Castle Hill at 496m., in the city of Șiria. The style is Romanesque and during the Turkish dominion the walls were strengthened, increasing the safety of the city. Strategically built on the Șiria hill, the fortress oversaw from the height of its walls and towers the area all around and the road from Lipova to Oradea. Even if it has been almost destroyed, Șiria still remains an imposing fortress which played an important strategic role for five centuries.



### Trasee prin Munții Zărandului - Πεζοπορικές Διαδρομές στα βουνά Zărand Zărand Mountains Trails



Localizati la nord de Valea Mureșului, Munții Zărandului sunt o grupă Montană a Munților Apuseni situați în Carpații Occidentali. Cel mai înalt vârf din Munții Zărandului, este Vârful Drocea (836 de metri).

Munții Zărandului pot fi explorați fie pe jos, fie cu bicicleta. Fiecare traseu vă oferă unicitatea sa, zona fiind plină de peisaje naturale, presărate cu ruine de cetăți, biserici și mănăstiri vechi, lacuri, peșteri și comunități primitive.



Τοποθετημένα στο βόρειο τμήμα της κοιλάδας του ποταμού Μυρής, τα Όρη Ζαράντ αποτελούν μια ομάδα βουνών, στην οροσειρά Αρυσενί των δυτικών Καρπαθίων. Η ψηλότερη κορυφή της οροσειράς Ζαράντ, είναι η κορυφή Drocea (836 μέτρα). Μπορείτε να περιηγηθείτε στα βουνά Ζαράντ είτε με τα πόδια είτε με ποδήλατο. Κάθε διαδρομή προσφέρει τη μοναδικότητά της, η περιοχή είναι γεμάτη από φυσικά τοπία, διάσπαρτη με ερείπια κάστρων, εκκλησίες και μοναστήρια, λίμνες, σπήλαια και φιλόξενους ανθρώπους.



Located in the north of the Mureș Valley, Zărand Mountains are a group of mountains situated in the Apuseni Mountains of Western Carpathians. The highest peak of Zărand Mountains is Drocea Peak (836 meters). Zărand Mountains can be explored either on foot or by bike. Each path offers its uniqueness, the area is full of natural landscapes dotted with ruins of castles, churches and ancient monasteries, lakes, caves and welcoming people.



# 6

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✓ *Turism religios*

*Θρησκευτικός τουρισμός*

*Religious tourism*

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## ✓ Turism religios - Θρησκευτικός τουρισμός Religious tourism



**Mănăstirea Hodoș-Bodrog - Μοναστήρι Hodoș-Bodrog  
Hodoș-Bodrog Monastery**



Situată pe șoseaua Arad - Periam, la numai 15 kilometri nord de Arad pe cursul inferior al Mureșului, această mănăstire este una din cele mai vechi așezăminte monahale din țara noastră. Cu privire la ridicarea acestui lăcaș de cult există mai multe povești; una dintre ele este legată de taurul care a descoperit o iocană făcătoare de minuni. Conform celei de-a treia legende din acest șir, mănăstirea ar fi o ctitorie a credincioșilor din împrejurimi, când un taur din turma unui păstor a descoperit, într-o movilă de pământ, Icoana Făcătoare de Minuni a Maicii Domnului cu Pruncul Iisus.



Τοποθετημένο στο δρόμο Arad - Periam, μόλις 15 χιλιόμετρα βόρεια του Arad στο κάτω μέρος του Μυρесь, αυτό το μοναστήρι είναι ένα από τα παλαιότερα μοναστήρια της χώρας. Όσον αφορά την ίδρυση του ιερού αυτού χώρου υπάρχουν αρκετές ιστορίες. Μία απ' αυτές συνδέεται με τον ταύρο ο οποίος ανακάλυψε μια θαυματουργή εικόνα. Σύμφωνα με την παράδοση αυτή, η μονή ιδρύθηκε από τους πιστούς της γύρω περιοχής, όταν ένας ταύρος από το κοπάδι ενός βοσκού ανακάλυψε σε ένα ανάχωμα τη θαυματουργή εικόνα της Παναγίας με τον Ιησού μωρό.



Located on the road of Arad - Periam, only 15 kilometers north of Arad on the lower Mures, this monastery is one of the oldest monasteries in the country. With regard to the raising of the shrine there are several stories; one of them is related to a bull who discovered a miraculous icon. According to the third string of legends, this monastery was founded by believers from the surroundings, when a bull from the herd of a shepherd discovered the miraculous icon of Virgin Mary with Baby Jesus in a mound of earth.



Complexul Monahal Feredeu cuprinde două zone distincte, o mănăstire de călugări, situată jos în vale, și un schit, localizat sus în munte, pe versantul vestic al Munților Zărand. Frumoasa mănăstire de călugări are hramul "Sfântul Proroc Tesviteanu" atrage sute de pelerini din toate părțile țării. Obștea care a populat este așezat sub vârful Izvorul Rece, la o altitudine de 427m, într-o frumoasă poiană.



### Μănăστirea de la Feredeu - Μοναστήρι Feredeu - Feredeu Monastery

Το μοναστηριακό συγκρότημα του Feredeu αποτελείται από δύο διακριτές ζώνες, ένα μοναστήρι, που βρίσκεται κάτω στην κοιλάδα, και μια σκήτη, που βρίσκεται πάνω στα βουνά, στη δυτική πλαγιά της οροσειράς Zarand. Το πανέμορφο μοναστήρι φέρει το όνομα "Άγιος Tesviteanu ο Προφήτης" και προσελκύει εκατοντάδες προσκυνητές από όλα τα μέρη της χώρας. Η μοναστική κοινότητα βρίσκεται κάτω από την κορυφή Cold Spring, σε υψόμετρο 427m., σε ένα όμορφο λιβάδι.



Feredeu monastic complex comprises of two distinct zones, a monastery, situated in the valley below, and a hermitage, located up in the mountains, on the western slope of Zarand Mountains. The beautiful monastery has the name "Saint Prophet Tesviteanu" and attracts hundreds of pilgrims from all the parts of the country. The community is seated below Cold Spring summit at an altitude of 427m, in a beautiful meadow.





**Μănăstirea Sfântul Simeon Stâlpcicul de la Gai - Μοναστήρι "St. Simeon Stâlpcicul" - "St. Simeon Stâlpcicul" Monastery**



Μănăstirea „Sfântul Simeon Stâlpcicul“ este un reprezentativ monument din secolul al XVII-lea din vestul țării și, totodată, un veritabil centru de rezistență al Ortodoxiei românești, situat în cartierul Gai din partea nord-vestică a Aradului.. A fost ridicată între anii 1760-1762 de către episcopul Sinesie Jivanovici care l-a folosit pe meșterul arădean Egidius Ioanovici. Complexul, care cuprinde reședința episcopului, o biserică și anexe gospodărești, a fost construit în stil baroc; ansamblul a fost îmbogățit prin aducerea bisericii de lemn din Seliștea de Mureș.



Το μοναστήρι του "Αγίου Συμεών του Στυλίτη" είναι ένα αντιπροσωπευτικό μνημείο του δέκατου έβδομου αιώνα, από το δυτικό τμήμα της χώρας, αλλά και ένα πραγματικό κέντρο αντίστασης της Ρουμανικής Ορθόδοξης Εκκλησίας, που βρίσκεται στην περιοχή Gai, στο βορειοδυτικό τμήμα του Arad. Κτίστηκε μεταξύ 1760 και 1762 από τον επίσκοπο Sinesie Jivanovici ο οποίος χρησιμοποίησε τον τεχνίτη Egidius Ioanovici από το Arad. Το συγκρότημα που περιλαμβάνει κατοικία του επισκόπου, μια εκκλησία και παραρτήματα χτίστηκε σε μπαρόκ στυλ. Το σύνολο εμπλουτίστηκε με την ξύλινη εκκλησία που μεταφέρθηκε από τη Selistea de Mures.



The "St. Simeon Stylite" monastery is a representative monument of the seventeenth century of the western part of the country and also a veritable center of resistance of the Romanian Orthodox Church, and is located in Gai district in the northwestern part of Arad. It was built between 1760 and 1762 by Bishop Sinesie Jivanovici who used the craftsman Egidius Ioanovici from Arad. The complex, which is composed of the bishop's residence, a church and annexes, was built in the Baroque style; the ensemble was enriched with a wooden church brought from Selistea de Mures.



### **Mănastirea de la Tămand - Μοναστήρι Tămand - Tămand Monastery**

Schitul Tămand a fost înființat în 2009, pe terenul primit de către Arhiepiscopia Aradului din partea Consiliului Județean Arad, în urma desființării Spitalului social de bătrâni, care a funcționat aici. Încă din anul 2003, a fost edificată aici o biserică de lemn în stil maramureșean, deservită de către preoții din împrejurimi. În incintă au fost amenajate chilii și alte clădiri anexe, locuri de cazare pentru inițierea de tabere pentru tineri, în vremea verii și a unui Centru Respiro pentru copii cu autism, în restul anului.



To Tamand Ερμιτάζ ιδρύθηκε το 2009 σε περιοχή που παραχωρήθηκε στην Αρχιεπισκοπή του Arad από το Περιφερειακό Συμβούλιο του Arad, μετά το κλείσιμο του παλαιού κοινωνικού νοσοκομείου, το οποίο λειτουργούσε εκεί. Το 2003, μια ξύλινη εκκλησία χτίστηκε εδώ σε στυλ Maramures, που εξυπηρετείται από ιερείς της γύρω περιοχής. Στο χώρο του μοναστηριού βρίσκονται τα κελιά των μοναχών και άλλα βοηθητικά κτίρια, χώροι διαμονής για κατασκηνώσεις νέων κατά τη διάρκεια του καλοκαιριού και το Κέντρο Ανάσα για τα παιδιά με αυτισμό, για τον υπόλοιπο χρόνο.



Tamand Hermitage was founded in 2009 on land given by Arad County Council to the AradArchdiocese, after the dismantling of the old social hospital, which functioned there. In 2003, a wooden church was built there in Maramures style, served by priests of the surroundings. On site were arranged cells and other outbuildings, accommodation for initiating youth camps during summer and the Center Respiro for children with autism, for the rest of the year.





**Maria Radna Monastery - Μοναστήρι Maria Radna  
Mânăstirea Maria Radna**



În orașul Lipova, la nord de râul Mureș, la poalele unei culmi ce coboară din creasta principală a Munților Zărandului, se înalță somptuoasă Mânăstirea "Maria Radna", cel mai important loc de pelerinaj din vestul țării, al catolicilor, anual fiind vizitată de peste 80.000 de persoane. Maria Radna este principalul loc de pelerinaj al Diecezei Romano-catolice de Timișoara.



Στην πόλη Lipova, βόρεια του ποταμού Mures, στους λόφους που βρίσκονται στους πρόποδες της κορυφογραμμής των βουνών Zarand, υψώνεται το πλούσιο μοναστήρι "Μαρία Radna", ο πιο σημαντικός τόπος προσκυνήματος των Καθολικών στα δυτικά, το οποίο επισκέπτονται κάθε χρόνο πάνω από 80.000 άτομα. Το μοναστήρι "Μαρία Radna" αποτελεί τον κύριο τόπο προσκυνήματος για τους πιστούς της Ρωμαιοκαθολικής Επισκοπής της Τιμισοάρα.



In Lipova town, north of the Mures River, at the foot of the main ridge of Zarand Mountains, rises the sumptuous monastery "Maria Radna", the most important pilgrimage in the west of the country, of Catholics, which is visited by more than 80,000 people annually. "Maria Radna" is the main place of pilgrimage for the Roman Catholic Diocese of Timisoara.





# 7

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✓ *Ce să mănânci/să bei*

*Τι θα φάτε/πιείτε*

*What to eat/to drink*

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## ✓ Ce să mănânci/să bei - Τι θα φάτε/ πείτε What to eat/to drink



Bucătăria tradițională românească este denumirea pe care o poartă rezultatul sintetizării, în timp, a gusturilor și obiceiurilor gastronomice specifice poporului român. Ea este diversă, cuprinde nenumărate obiceiuri și tradiții culinare, mâncăruri specifice, împreună cu obiceiuri provenite prin intersectarea culturii gastronomice cu tradiții ale altor popoare, cu care poporul român a intrat în contact de-a lungul istoriei. Bucătăria românească cuprinde atât bucate de zi cu zi cât și preparate speciale de sărbătoare și cuprinde numeroase bucate de praznic rânduite în funcție de anotimpul și sărbătoarea pomenită. Bucatele românești sunt alcătuite atât din legume, cereale, uleiuri vegetale, lapte, produse lactate cât și din carne și subproduse din carne.



Η παραδοσιακή ρουμανική κουζίνα έχει προκύψει ως αποτέλεσμα της σύνθεσης, στο πέρασμα του χρόνου, των γαστρονομικών γούστων και συνθηκών του ρουμανικού λαού. Διαθέτει ποικιλία και περιλαμβάνει πολλά έθιμα και γαστρονομικές παραδόσεις, ιδιαίτερη κουζίνα, με συνήθειες που προήλθαν από τη διασταύρωσή της με τις παραδόσεις άλλων λαών, που ήρθαν σε επαφή με το ρουμανικό λαό στο διάβα της ιστορίας. Η ρουμανική κουζίνα περιλαμβάνει πιάτα τόσο καθημερινά όσο και ειδικά «εορταστικά» πιάτα για τις γιορτές, τα γλέντια, τις κοινωνικές εκδηλώσεις και τις διακοπές. Για την παρασκευή των ρουμανικών φαγητών χρησιμοποιούνται λαχανικά, δημητριακά, φυτικά έλαια, γάλα, γαλακτοκομικά προϊόντα αλλά και κρέας μαζί με τα παράγωγά του.



The traditional Romanian cuisine has resulted by synthesizing the gastronomy tastes and habits of the Romanian people, over time. It is diverse and contains many customs and culinary traditions. A specific cuisine, with habits coming from the gastronomic culture intersection with traditions of other nations who came into contact with the Romanian people through history. Romanian cuisine includes both everyday and special holiday dishes. It also includes many dishes depending on the season, on specific social events, and on some special feasts. Romanian dishes are made both from vegetables, grains, vegetable oils, milk, dairy products and meat including meat by-products.



**Sarmale**

Sunt un preparat culinar din carne tocată (de obicei porc, dar și de vită, oaie, pasăre sau chiar pește), amestecată cu orez și alte ingrediente, învelite în foi de varză în formă de rulou. Se servesc de obicei cu mămăligă și smântână. Acest produs culinar este cunoscut cu aceeași denumire și în Turcia, Bulgaria, Serbia, Palestina, Iordania, Siria, Liban, Grecia și Republica Moldova.



Prόκειται για μια γαστρονομική παρασκευή που η σύνθεσή της περιέχει κιμά (από χοιρινό και βοδινό κρέας, αρνίσιο κρέας, πουλερικά ή ψάρι), και ρύζι αναμεμιγμένο με άλλα συστατικά, τυλιγμένο σε φύλλα λάχανου σε σχήμα κυλίνδρου. Συνήθως σερβίρεται με πολέντα και ξινή κρέμα. Αυτό το φαγητό είναι γνωστό με το ίδιο όνομα και σε Ελλάδα, Τουρκία, Βουλγαρία, Σερβία, Παλαιστίνη, Ιορδανία, Συρία, Λίβανο και Μολδαβία.



They are a culinary preparation of minced meat (usually pork and beef, mutton, poultry or fish), and rice mixed with other ingredients, wrapped in roll shaped cabbage leaves. Usually, they are served with polenta and sour cream. This culinary product is also known with the same name in Greece, Turkey, Bulgaria, Serbia, Palestine, Jordan, Syria, Lebanon, and Moldova.



**Mamaliga**

Mamaliga este denumirea în limba română a unui fel de mâncare preparată din făina de porumb (mălai). În mod tradițional mămăliga este gătită din apă fiartă, sare, și făină de porumb, într-un vas de fontă cu o formă specială numit ceaun. Și dacă adăugăm brânză și smântână, vom obține o masă gustoasă.

Μαμαλίγκα ή Πολέντα είναι στη ρουμανική γλώσσα το όνομα του φαγητού που παρασκευάζεται από αλεύρι καλαμποκιού (κορν φλάουρ). Παραδοσιακά, η πολέντα μαγειρεύεται σε βραστό νερό, με αλάτι και καλαμποκάλευρο σε μια ειδικού τύπου κασαρόλα από χυτοσίδηρο. Και αν προσθέσουμε τυρί και κρέμα γάλακτος, έχουμε ετοιμάσει ένα πολύ νόστιμο γεύμα.

Mamaliga or Polenta is in Romanian the name of a dish prepared of maize flour (corn flour). Traditionally, Mamaliga is cooked in boiling water, with salt and cornflour in a special cast-iron pot. And if we add cheese and cream, we get a tasty meal.



Preparați din carne tocată și introduși într-un înveliș obținut din bucăți de intestin de animal, și ulterior afumați, aceste preparate reprezintă pentru unii dintre noi un adevărat deliciu. Desigur cei mai buni sunt cei preparați în mod tradițional condimentați cu boia, sare, usturoi, chimion și ardei iute.

### **Cârnați afumați - Καπνιστά Λουκάνικα - Smoked sausages**

Παρασκευασμένα από κιμά ο οποίος μπαίνει σε κομμάτια εντέρου ζώου, και μετά καπνισμένα, αυτά τα προϊόντα αποτελούν για πολλούς μια πραγματική απόλαυση. Φυσικά, τα καλύτερα είναι αυτά που παρασκευάζονται παραδοσιακά, καρυκευμένα με πάπρικα, αλάτι, σκόρδο, κύμινο και τσίλι.

Prepared with minced meat and placed in pieces of animal intestine, and then smoked, these products are a true delight for some of us. Of course, the best are those prepared traditionally, seasoned with paprika, salt, garlic, cumin and chilli.



Ciorba de fasole e o parte integrantă a bucătăriei românești. Există diferențe notabile de la zonă la zonă, mai plină de legume în sud, mai aromată cu mărar prin Moldova, sau cu leuștean sau tarhon în altele, mai îngroșată cu răntaş prin Ardeal sau dreasă cu smântâna, mai înăcrită cu o lingură de oțet sau borș, dar în esență ciorba de fasole rămâne un bun național.



**Ciorbă de fasole cu ciolan**  
**Φασολάδα με χοιρινό**  
**Bean soup with pork**



Η φασολάδα αποτελεί αναπόσπαστο κομμάτι της ρουμανικής κουζίνας. Υπάρχουν σημαντικές διαφορές από περιοχή σε περιοχή: πιο γεμάτη από λαχανικά στο νότο, πιο αρωματική (με άνηθο) στη Μολδαβία, με εστραγκόν ή λεβιστικό αλλού, συμπυκνωμένη με "rântaş" στην Τρανσυλβανία, καρυκευμένη με ξινή κρέμα ή με μια κουταλιά της σούπας ξίδι ή με "borș". Σε κάθε περίπτωση, η φασολάδα αποτελεί ένα εθνικό φαγητό.



Beans soup is part of the Romanian cuisine. There are notable differences from area to area, richer in vegetables in the south, more flavorful (by dill) in Moldova, with tarragon or lovage elsewhere, thickened with "rântaş" in Transylvania, seasoned with sour cream or with a spoonful of vinegar or "borș". In any case, beans soup essentially remains a national asset.



**Mititei**

**Mititei** reprezintă un fel de mâncare românească, un fel de chiftele la grătar, de obicei de formă cilindrică, a căror compoziție constă din carne de vacă (uneori amestecată cu carne de oaie sau de porc), la care se adaugă usturoi, piper negru și uneori ardei iute. De obicei sunt mâncați cu muștar. Legenda spune că mititeii au fost inventați într-o seară la hanul "La Iordachi" din București, binecunoscut pentru cârnații săi, când bucătăria a rămas fără învelișuri.



Είναι ένα ρουμάνικο πιάτο, ένα είδος κεφτέδων στη σχάρα, συνήθως κυλινδρικού σχήματος, των οποίων η σύνθεση αποτελείται από βοδινό κρέας (μερικές φορές αναμειγνύεται με αρνίσιο ή χοιρινό), καθώς και σκόρδο, μαύρο πιπέρι και μερικές φορές τσίλι. Συνήθως τρώγονται με μουστάρδα. Ο θρύλος λέει ότι τα mititei εφευρέθηκαν ένα βράδυ στο πανδοχείο "La Iordachi" στο Βουκουρέστι, γνωστό για τα λουκάνικά του, όταν η κουζίνα ξέμεινε απ' αυτά.



It is a Romanian dish, a kind of grilled meatballs, usually cylindrically shaped, whose composition consists of beef meat (sometimes mixed with mutton or pork), plus garlic, black pepper and sometimes chilli. They are usually eaten with mustard. Legend has it that mititei were invented one evening at the inn "La Iordachi" in Bucharest, known for its sausages, when the kitchen ran out of them.



**Zacusca** este o mâncare de legume proaspete, coapte sau prăjite în ulei. Principalele ingrediente sunt vinetele coapte, gogoșarii copți și ceapa tăiată. Există numeroase varietăți de zacuscă, în funcție de ingredientele folosite. Se mai adaugăși condimente, printre cele mai folosite fiind piperul și foile de dafin.



Η Zacusca είναι ένα πιάτο με φρέσκα λαχανικά, ψητά ή τηγανητά. Τα κύρια συστατικά του είναι οι ψητές μελιτζάνες, οι ψητές πιπεριές και το ψιλοκομμένο κρεμμύδι. Υπάρχουν πολλές ποικιλίες του φαγητού αυτού, ανάλογα με τα συστατικά που χρησιμοποιούνται. Τα μπαχαρικά που προστίθενται είναι συνήθως το πιπέρι και τα φύλλα δάφνης.

Zacusca is a dish of fresh vegetables, baked or fried. The main ingredients are baked eggplant, baked Bell peppers and chopped onion. There are many varieties of this food, depending on the ingredients used. The spices mostly used are pepper and bay leaves.



Țuica este o băutură alcoolică tradițională românească obișnuită exclusiv prin fermentarea alcoolică și distilarea prunelor (diverse soiuri), întregi sau zdrobite, ori a sucului obținut din prune, în prezența sau în lipsa sămburilor.



Η "Țuica" είναι ένα παραδοσιακό ρουμάνικο αλκοολούχο ποτό που παράγεται αποκλειστικά με αλκοολική ζύμωση και απόσταξη δαμάσκηνων (από διαφορετικές ποικιλίες), ολόκληρων ή σπασμένων, ή του χυμού που λαμβάνεται από δαμάσκηνα, με ή χωρίς κουκούτσια.



"Țuica" is a Romanian traditional alcoholic drink produced exclusively by alcoholic fermentation and distillation of plums (different varieties), whole or crushed, or of juice obtained from plums, in the presence or absence of pits.



**Țuica**

Vișinata este o băutură alcoolică preparată din vișine fermentate cu zahăr la care se adaugă alcool. Este o băutură alcoolică foarte aromată și dulce, cu gust intens fructat, nuanțat de ingredientele secundare folosite (vanilie, rom, adaos de alte fructe, zmeură). De cele mai multe ori este produs în casă. Drept urmare nu există o rețetă "Oficială" a acesteia. Lumea folosește cantități și metode de preparare potrivite fiecărui gust.



**Vișinata - Λικέρ Βύσσινο  
Sour-cherry brandy**

Η Vișinată είναι ένα ηδύποτο που παράγεται από βύσσινα, ζάχαρη και αλκοόλ. Είναι πολύ γευστικό και γλυκό, με έντονα φρουτώδη γεύση, που διαφοροποιείται από τα χρησιμοποιούμενα συστατικά (βανίλια, ρούμι, άλλα φρούτα, σμέουρα). Είναι πιο συχνά σπιτικό. Κατά συνέπεια, δεν υπάρχει καμία «επίσημη» συνταγή για αυτό. Ο καθένας χρησιμοποιεί ποσότητες και μεθόδους παρασκευής που ταιριάζουν στο δικό του γούστο.

Vișinata is an alcoholic beverage produced from sour cherries, sugar and alcohol. It is very flavorful and sweet, intensely fruity in taste, diversified by the used ingredients every time (vanilla, rum, other fruits, raspberries). It is most often home-made. As a consequence, there is no "official" recipe for it. Everybody uses quantities and preparation methods to suit their own taste.



# 8

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✓ *Evenimente - Festivaluri*

*Εκδηλώσεις - Γιορτές*

*Events - Fests*

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## ✓ Evenimente/Festivaluri - Εκδηλώσεις/Γιορτές Events/Fests

### Primavara – Vară

1. Ziua Europeană a Creativității artistice , martie
2. Steluta De Cristal, festival de interpretare pentru copii, martie
3. Festivalul de artă sacră și spiritualitate românească, FILOCALIA, aprilie
4. Concursul internațional Ghiocelul de Argint, mai
5. Raliul Aradului, mai
6. Colocviul Internațional al revistelor de cultură, mai
7. Concursul național de șah, mai
8. Concursul Pop Stars, mai
9. Festivalul Concurs, La Izvoare, folclor și tradiții, iunie
10. Maraton Arad, iunie
11. Stagiunea estivală de teatru ETHOS, iunie -iulie
12. Sărbătoarea trandafirului, iunie
13. Ghioroc Summer Fest, iulie
14. Parada clătitelor de la Moneasa, iulie
15. Zilele Aradului, august
16. Simpozion internațional de sculptură în aer liber, august
17. Tabăra de pictură de la Bata, august

### Toamnă – Iarnă

18. Festivalul itinerant “Sarbatoareavinului in Podgoria Minis-Maderat”, septembrie
19. Gala de operă Open air, septembrie
20. Ziua europeană a patrimoniului, septembrie
21. Octoberbier, octombrie
22. Gala de teatru clasic, octombrie
23. Duatlonul verde Arad - Lunca Mureșului, octombrie
24. Festivalul Internațional de artă contemporană , Octombrie
25. Festivalul internațional de teatru tânăr francofon Amifran, octombrie
26. Festivalul vinului, octombrie
27. Români cu care ne mândrim, Și tu poți fii ca ei, noiembrie
28. Festivalul internațional de teatru, noiembrie
29. Caravana Tradițiilor de Iarnă, decembrie
30. Gala Premiilor Uniunii Scriitorilor din România – Filiala Arad decembrie
31. Coferința “TĂCEREA ÎNGERULUI”, decembrie
32. Pe aripile valsului vienez , decembrie

Mai multe detalii accesați <http://party-arad.ghidularadean.ro>





## Άνοιξη - Καλοκαίρι

1. Ευρωπαϊκή Ημέρα Δημιουργικότητας, Μάρτιος
2. Cristal Star, Παιδικό Φεστιβάλ Τραγουδιού, Μάρτιος
3. Φεστιβάλ Ιερότητας Ρουμανικής Πνευματικότητας, FILOCALIA, Απρίλιος
4. Διεθνής Διαγωνισμός Silver Snowdrop, Μάιος
5. Arad Rally, Μάιος
6. Διεθνές Συνέδριο Πολιτιστικών Περιοδικών, Μάιος
7. Εθνικός Διαγωνισμός Σκάκι, Μάιος
8. Διαγωνισμός PopStars, Μάιος
9. Φεστιβάλ Λαογραφίας και Παράδοσης, Στις πηγές, Ιούνιος
10. Μαραθώνιος Arad, Ιούνιος
11. Καλοκαιρινό Θέατρο, ΕΤΗΟΣ, Ιούνιος-Ιούλιος
12. Φεστιβάλ Τριαντάφυλλου, Ιούνιος
13. Καλοκαιρινό Φεστιβάλ Ghioros, Ιούλιος
14. Παρέλαση της Τηγανίτας από Moneasa, Ιούλιος
15. Μέρη Αυγούστου Arad
16. Διεθνές Συμπόσιο γλυπτικής εξωτερικών χώρων, Αύγουστος
17. Κατασκήνωση Ζωγραφικής, Bata, Αύγουστος

## Φθινόπωρο - Χειμώνας

18. Φεστιβάλ Δρόμων του Κρασιού, Σεπτέμβριος
19. Γκαλά υπαίθριας όπερας, Σεπτέμβριος
20. Ημέρα Ευρωπαϊκής Πολιτιστικής Κληρονομιάς, Σεπτέμβριος
21. Octoberbier, Οκτώβριος
22. Γκαλά Κλασικού Θεάτρου, Οκτώβριος
23. Duathlon Πράσινη Διαδρομή - Πάρκο Mures, Οκτώβριος
24. Διεθνές Φεστιβάλ Σύγχρονης Τέχνης, Οκτώβριος
25. Διεθνές Φεστιβάλ Γαλλόφωνου Θεάτρου για νέους, "Amifran", Οκτώβριος
26. Φεστιβάλ κρασιού, Οκτώβριος
27. Ρουμάνοι για τους οποίους είμαστε υπερήφανοι, Μπορείτε να τους μοιάσετε, Νοέμβριος
28. Διεθνές Φεστιβάλ Θεάτρου, Νοέμβριος
29. Καραβάνι Παραδόσεων του Χειμώνα, Δεκέμβριος
30. Βραβεία Ρουμάνων Συγγραφέων, Δεκέμβριος
31. Συνέδριο, Η σιωπή των αγγέλων, Δεκέμβριος
32. Με τα φτερά του Βιεννέζικου βαλς

Για περισσότερες πληροφορίες επισκεφθείτε το <http://party-arad.ghidularadean.ro>



## Spring – Summer

1. European Day of Creativity, March
2. Cristal Star, Children Song Festival, March
3. Festival of Sacrality and Romanian Spirituality, FILOCALIA April
4. International Contest Silver Snowdrop, May
5. Arad Rally, May
6. International Conference of Cultural Magazines, May
7. National Competition of Chess, May
8. Pop Stars Competition, May
9. Festival of Folklore and Traditions, At the Springs, June
10. Arad Marathon, June
11. Summer Theater, ETHOS, June-July
12. The Rose Festival, June
13. Ghioroc Summer Fest, July
14. Pancake Parade from Moneasa, July
15. Arad Days, August
16. International Symposium of outdoor sculpture, August
17. Painting camp from Bata, August

## Fall – Winter

18. The Wine Road Festival, September
19. Open air opera gala, September
20. European Heritage Day, September
21. Octoberbier, October
22. Classic Theater Galla, October
23. Green duathlon road- Mureş Floodplain, October
24. International Contemporary Art Festival, October
25. International Festival of Francophone youth theater "Amifran", october
26. The wine festival, October
27. Romanians Who We Are Proud Of, You Can Be Like Them, November
28. The international theater festival, November
29. Caravan of Winter Traditions, December
30. Romanian Writer Awards, December
31. Conference The Silence of the Angel, December
32. On the Wings of Wienesse Waltz

For more details visit <http://party-arad.ghidularadean.ro>



# 9

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✓ *Informații utile*

*Χρήσιμες πληροφορίες*

*Useful information*

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✓ **Informații utile - Χρήσιμες πληροφορίες**  
**Useful information**



**Primăria Municipiului Arad - Δημαρχείο Arad - Arad City Hall**

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**Instituția Prefecturii Arad - Νομαρχία Arad- Arad Prefecture**

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**Aeroport Arad - Αεροδρόμιο Arad - Arad Airport**

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**Serviciul Unic de urgenta - Ενιαία Υπηρεσία Έκτακτης Ανάγκης - Unique Emergency Service, 112**

**Spitalul Clinic Județean de Urgență Arad - Νοσοκομείο Έκτακτης Ανάγκης Arad - Arad County Emergency Hospital**

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**Centrul de informare turistica Arad - Tourist Information Center of Arad - Tourist Information Center of Arad**

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**Biblioteca Județeană A.D. Xenopol – Περιφερειακή Βιβλιοθήκη Arad “A.D. Xenopol”- Arad County Library A.D. Xenopol**

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Fax: 0040 257 256510, Email: [secretariat@bibliotecaarad.ro](mailto:secretariat@bibliotecaarad.ro)

**Complexul Muzeal Județean Arad – Περιφερειακό Σύνολο Μουσείων Arad - Arad County Museum Complex**

Piata Enescu nr. 1, Tel: 0040 257 281847, E-mail: [office@museumarad.ro](mailto:office@museumarad.ro)

## Referințe - Αναφορές - References

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[http://www.formula-as.ro/magazine/attachments/1020/1601\\_1339442449-large.jpg](http://www.formula-as.ro/magazine/attachments/1020/1601_1339442449-large.jpg)

<http://dragusanul.ro/category/iconografie-ardeleana/>

<http://www.aradcityguide.ro/>



# 10

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✓ *Membrii echipei de proiect*

*Μέλη της παιδαγωγικής ομάδας του  
προγράμματος*

*Members of the project team*

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## Partner 2, Arad-Romania

### **Inspectoratul Școlar Județean Arad** **Περιφερειακή Επιθεώρηση** **Εκπαίδευσης Arad** **Arad County School Inspectorate**

- 1 Pellegrini Nicolae  
Inspector școlar general adjunct - Αναπληρωτής Διευθυντής  
Επιθεώρησης Εκπαίδευσης - Deputy general school inspector
- 2 Lupei Anca Marilena  
Inspector școlar pentru proiecte educaționale  
Επιθεωρητής Σχολικών Εκπαιδευτικών Προγραμμάτων  
School inspector for educational projects
- 3 Barta Paul  
Inspector școlar pentru educație fizică și sport  
Σχολικός Επιθεωρητής Φυσικής Αγωγής και σπορ  
School inspector for physical education and sports
- 4 Popescu Adriana  
Inspector școlar pentru managementul resurselor umane  
Σχολικός Επιθεωρητής για τη διαχείριση ανθρώπινων πόρων  
School inspector for human resources management
- 5 Nădăban Laura  
Inspector școlar pentru limbi moderne - Σχολικός Επιθεωρητής Ξένων  
Γλωσσών - School inspector for foreign languages
- 6 Sirca Florin  
Inspector școlar pentru Religie - Σχολικός Επιθεωρητής Θρησκευτικών  
- School inspector for religion
- 7 Achim Diana  
Inspector școlar pentru limba și literatură română  
Σχολικός Επιθεωρητής Ρουμανικής Φιλολογίας  
School inspector for Romanian language
- 8 ec.Vârlan Delia  
Contabil-Λογίστρια - Accountant
- 9 Dumitrescu Mihai  
Informatician - Πληροφορικός - Informatician



**Liceul Tehnologic "Sava Brancovici" - Τεχνολογικό Λύκειο  
"Sava Brancovici" - "Sava Brancovici" Technological High  
School, Ineu**

- 10 Şimăndan Amelia  
Profesor limba engleză - Καθηγήτρια Αγγλικών - English language teacher
- 11 Nicodin Ioan  
Director - Διευθυντής - Headmaster
- 12 Hălmăgian Florin  
Informatician - Πληροφορικός - Informatician
- 13 Curetean Radu  
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- 15 Miclăuș Maria,  
Psiholog - Ψυχολόγος - Psychologist
- 16 Gubaș Otilia  
Profesor inginer - Καθηγητής Τεχνολογίας - Teacher of engineering
- 17 Ancuța Nicolae Brăduț  
Profesor - Καθηγήτρια - Teacher
- 18 Budea Daniela  
Administrator - Διοικητικός - Administrator
- 19 Rădac Cornelia  
Contabil - Λογίστρια - Accountant
- Asociația "Alianța pentru copii" - Οργανισμός "Alianța pentru copii" - "Alianța pentru copii" Association**
- 20 Godja Bogdan  
Membru consiliu director - Μέλος Διοικητικού Συμβουλίου - Board member
- 21 Gana Lavinia  
Voluntar - Εθελόντρια - Volunteer
- 22 Toderici Ovidiu  
Voluntar - Εθελοντής - Volunteer
- 23 Krasznav Angela Gema  
Președinte - Πρόεδρος - President



Λεξικό


Dicționar


Dictionary



OLYMPUS GREECE  
MURES ROMANIA

 Ρουμάνικες λέξεις με ελληνική ρίζα  
ή κοινή με την ελληνική ρίζα

 Cuvinte românești cu rădăcini  
grecești sau rădăcină comună cu  
cuvinte grecești

 Romanian words with Greek root or  
common root with Greek words

**α**

άβυσσος

αγάλι

αγγινάρα

αγουρίδα

αέρας

άθλητικός

ακαδημία

ακουστικός

άρμα

άσος

αφίσα

αυτόχθονας

**β**

βαγόνι

βάζο

βαλβίδα

βαλίτσα

βαμβάκι

βάρκα

βάση

βέργα

βίτσιο

**γ**

γαστρονομία

γένεση

γεωγραφία

γκριμάτσα

γλάστρα

γυμνάσιο

γυμναστική

**δ**

δάφνη

Δεκέμβριος

δημοκρατία

διάβολος

διαγνωστικός

διάλογος

διάφανος

δράμα

δρόμος

abis

agale

anghinare

agurida

aer

athletic

academie

acoustic

armă

as

afiș

autohton

vagon

vază

valvă

valiză

bumbac

barcă

bază

vergea

viciu

gastronomie

geneză

geografie

grimasă

glastra

gimnasiu

gimnastică

dafin

Decembrie

democrație

diavol

diagnostic

dialog

diafan

dramă

drum

abyss

slowly

artichoke

sour grape

air

sports

academy

acoustic

tank

ace

poster

native

waggon

vase

valve

suitcase

cotton

boat

base

switch

vice

gastronomy

genesis

geography

grimace

flower pot

gymnasium

gymnastics

laurel

December

democracy

devil

diagnostic

dialogue

diaphanous

drama

road, street

**Ε**

εγκέφαλος

εικόνα

ειρωνεία

έκζεμα

έκλειψη

ελιξίριο

ενέργεια

ενορία

επιγονος

επιθετο

επίλογος

ετικέτα

ευλάβεια

ευφορία

**Ζ**

ζάρι

ζαρζαβάτι (λαχανικά)

ζάχαρη

ζήλος

ζόρι

ζουμπούλι

**Η**

ηθική

ηλεκτρικός

ήρωας

**Θ**

θέατρο

θέμα

θεμέλιο

θεραπεία

θεωρία

**Ι**

Ιανουάριος

ιδέα

ιεραρχία

ισο

ισοσκελές

ισθμός

ιστορία

encefal

icoană

ironie

eczemă

eclipsă

elixir

energie

enoria

epigon

epitet

epilog

etichetă

evlavie

euforie

zar

zarzvat

zahăr

zel

zor

zambilă

etică

electric

erou

teatru

temă

temei

terapie

teorie

ianuarie

idee

ierarhie

ison

isoscel

istm

istorie

brain

picture

irony

eczema

eclipse

elixir

energy

parish

descendant

adjective

epilogue

tag, label

piety

euphoria

die

vegetables

sugar

zeal

force, strain

hyacinth

ethics

electrical

hero

theater

theme

foundation

therapy

theory

January

idea

hierarchy

equal

isosceles

isthmus

history

**Ι**

Ιούλιος

Ιούνιος

**Κ**

καζάνι

καϊμάκι

καϊσι

καναπές

καπάκι

κάστανο

κάστρο

κατηγορία

κέδρο

κιθάρα

κοιμητήριο

κουνουπίδι

κουρτίνα

κτίτορας

κυπαρίσσι

**Λ**

λάμα (λεπίδα)

λάμπα

λεμονάδα

λιβάδια

λίστα

λοβιτούρα (πλήγμα)

λύκειο

**Μ**

μαγαζί

Μάιος

μακάρι

μάνα

μανούβρα

μάραθος

μαργαριτάρι

Μάρτης

μάρτυρας

ματζουράνα

μειντάνι

μιζερος

Julie

Junie

cazan

caimac

caisă

canapea

capac

castan

castru

categorie

cedru

chitară

cimitir

conopidă

cortină

ctitor

chiparos

lamă

lampă

limonadă

livadă

listă

lovitura

liceu

magazin

Mai

măcar

mamă

manevră

marăr

mărgăritar

Martie

martir

maghiran

maidan

mizer

July

June

cauldron

cream

apricot

sofa

lid

chestnut

castle

category

cedar

guitar

cemetery

cauliflower

curtain

owner

cypress

blade

lamp

lemonade

meadows

list

joberry

lycee, high school

shop

May

I wish, may

mother

maneuver

fennel

pearl

March

martyr

marjoram

the village common

miserable

**μ**

μοναστήρι  
μουρμουρίζω  
μούτρο  
μύγδαλο  
μύδι

**ν**

νάρκισσος  
ναυάγιο  
νεκταρ  
νεύρο  
νοσταλγία  
νούμερο  
ντιβάνι  
ντουλάπι

**ξ**

ξενοφοβία

**ο**

Οκτώβριος  
ολυμπιάδα  
οπτικός  
οργανισμός  
όργανο

**π**

πάθος  
παιδαγωγική  
παιδίατρος  
πακέτο  
παλάτι  
παράδοχο  
πατριάρχη  
πένσα  
περιφέρεια  
πέταλο  
πέτρα  
πλάκα  
πληκτικός  
πορτοφόλι  
πριζα  
προσώπι  
πρόσφατος

mănăstire  
murmura  
mutră  
migdală  
midie

narcis  
naufragiu  
nectar  
nerv  
nostalgie  
număr  
divan  
dulap

xenofobie

Octombrie  
olimpiada  
optic  
organism  
organ

patos  
pedagogie  
pediatru  
pachet  
palat  
paradox  
patriarh  
pensă  
periferie  
petală  
piatră  
placă  
plicticos  
portofel  
priză  
prosop  
proaspăt

monastery  
burble, murmur  
face  
almond  
mussel

narcissus  
shipwreck  
nectar  
nerve  
nostalgia  
number  
divan  
cupboard

xenophobia

October  
Olympiad  
optical  
organization  
organ

passion  
pedagogics  
pediatrician  
package  
palace  
paradox  
patriarch  
pliers  
periphery  
horseshoe  
stone  
plate  
boring  
wallet  
socket  
face towel  
recent

**ρ**

ρακέτα

ράτσα

ρέστα

ρίσκο

ρόζ

ρόλος

ρομαντικός

ρουτίνα

**σ**

σάκος

σάλα (δωμάτιο)

σαλάτα

σάλι

σαπούνι

σαρμάς

σβέλτος

σκάλα

σόμπα

σούπα

σπανάκι

στομάχι

συνώνυμο

σύρμα

συρτάρι

σφαίρα

σχολείο

**τ**

ταβάνι

τακτική

ταύρος

τηγάνι

τούφα

τύπος

τύραννος

**υ**

υγιεινή

ύμνος

υπόθεση

υστερία

ύφος

rachetă

rasă

rest

risc

roz

rol

romantic

rutină

sac

sală

salată

șal

săpun

sărmaș

zvelt

scală

sobă

supă

spanac

stomac

sinonim

sârmă

sertar

sferă

școală

tavan

tactică

taur

tigaie

tufă

tip

tiran

igienă

imn

ipoteză

isterie

ifos

racket

race

change

risk

pink

role

romantic

routine

bag, sack

hall (room)

salad

shawl

soap

-

lissome

ladder, scale

stove

soup

spinach

stomach

synonym

wire

drawer

sphere

school

ceiling

tactics

bull

pan

tuft

type

tyrant

hygiene

hymn, anthem

hypothesis

hysteria

style



**Φ**

φαινόμενο

φανατικός

φανταστικός

φαράσι

φαρμακείο

φάρος

φάτσα

Φεβρουάριος

φούρκα

φυγή

φύλο (σελίδα)

φυσικός

**Χ**

χάλι

χάρη (ταλέντο)

χάρτης

χαρτί (έγγραφο)

χίμαιρα (στοικειό)

χουζουρεύω

**Ψ**

ψυχικός

ψυχολογία

**Ω**

ώρα

ωράριο

ωφέλεια

ώκρα

fenomenon

fanatic

fantastic

fărăș

farmacie

far

față

Februarie

furcă

fugă

filă

fizik

hal

har (talent)

hartă

hârtie(documente)

himeră (fantomă)

huzuri

psihic

psihologie

oră

orar

folos

ocru

phenomenon

fanatic

fantastic

dust pan

pharmacy

lighthouse

face

February

fork

flight

page

physical

plight

gift (talent)

map

paper

chimera

idle, loaf about

physic

psycology

hour

timetable

benefit, profit

ochre





- **Διεύθυνση Δευτεροβάθμιας Εκπαίδευσης Πιερίας - Ελλάδα**

Direcția de Educație Secundară a Pieria – Grecia

Directorate of Secondary Education of Pieria - Greece

- **Επιθεώρηση Σχολικής Εκπαίδευσης Αράντ - Ρουμανία**

Inspectoratul Școlar Județean Arad - Romania

Arad County School Inspectorate - Romania



Lifelong  
Learning  
Programme





**OLYMPUS** ● GREECE  
**MURES** ● ROMANIA