GUIDE · CORINTHIA

The Complete Tourist Guide to Corinthia: Sights, Nature, Food and Practical Tips



About

Corinthia is Greece's most underrated region — a compact territory where you can visit an ancient canal, a Mycenaean fortress, a Natura 2000 wetland and a mountain ski village all in the same day. This guide covers everything.

Getting There and Around

Corinthia is easily reached from Athens by car (75–90 minutes on the E65 highway) or by frequent train from Larissa station — Corinth is a major stop on the Athens–Patras line, with the journey taking 70–90 minutes. Within the region, a rental car is strongly recommended: public transport connects the main coastal towns but misses most of the interesting places.

The internal road network is good on the coast and through the main valleys; mountain roads toward Lake Doxa, Trikala and Stymphalos are well-maintained but narrow and winding in places. Fuel stations are plentiful in Corinth, Loutraki and Kiato; sparse in the interior. Fill up before heading into the mountains.

Top Sights

Ancient Corinth and Acrocorinth (combined ticket, ~€12) are the headline sites — one of Greece's most important ancient cities, and the largest ancient fortress in the country. The Corinth Canal is free to view and walk across. Nemea's archaeological site and stadium are open year-round; the adjacent museum is one of the best in the region. Lake Stymphalos and the Heraion of Perachora complete the top tier.

The second tier rewards those with more time: Ancient Sicyon (25 km west of Corinth, rarely crowded), the Mogostos oak forest, Lake Doxa and the mountain village of Trikala. None of these requires significant

planning — they're open, free or cheap to enter, and genuinely rewarding for the visitor who goes beyond the obvious list.

Best Beaches

The Corinthian Gulf is warmer and calmer than the open Aegean — ideal for families and anyone who dislikes swell. Loutraki's main beach is the most developed (3 km, sandy, facilities). Kalamia south of Loutraki is quieter and pebbly. Kiato and Xylokastro offer good beaches with a local, unspoiled atmosphere. The coves near the Heraion of Perachora are among the most beautiful in the region — accessible by car on rough roads, no facilities, well worth the effort.

Food and Wine

Nemea is one of Greece's most important wine regions — Agiorgitiko red wine from the valley has won international recognition for decades. Several wineries are open for visits and tastings. On the food side: Gulf seafood in the coastal towns, mountain lamb and loukaniko sausages inland, Corinthian raisins and thyme honey from the village cooperatives. The weekly market in Corinth city (Thursday) is excellent for local produce.

When to Visit

May–June and September–October are the best months: warm enough for the beach, mild enough for archaeological sites, and noticeably uncrowded compared to August. July and August are hot (35°C on the coast is normal) but vibrant — local festivals, open-air cinema, tavernas busy until midnight. Winter suits the mountains and the thermal spas; Loutraki stays active year-round thanks to the casino and spa trade.

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