SIGHTS · CORINTHIA

Isthmia — The Sanctuary of Poseidon



About

A few minutes east of the Corinth Canal, in the village of Kyras Vrysi, lies one of the most important ancient sites in Greece that most visitors drive straight past. Isthmia was one of the **four Panhellenic sanctuaries** — alongside Olympia, Delphi and Nemea — and it hosted the Isthmian Games in honour of Poseidon.

What you will see

At the heart of the site are the foundations of the **Temple of Poseidon**. The first temple went up in the 7th century BC and was among the earliest monumental temples in Greece; it burned down and was rebuilt in the 5th century BC. Around it you can make out the **stadium** where the footraces were run, the theatre, the Roman baths with their remarkable mosaic floor, and the sanctuary of Palaimon.

The Isthmian Games were held every two years and drew crowds from across the Greek world. The prize was not money but a **wreath of wild celery** — and later of pine, the tree sacred to Poseidon that still shades the site today.

Practical notes

- About 10 km from Corinth, right next to the eastern entrance of the Canal.
- The site is open ground with little shade — bring a hat, water and closed shoes in summer.
- The Archaeological Museum of Isthmia is immediately next door; see the two together.
- Check opening hours and tickets before you go, as they change by season.

Useful information

Opening hours	08:30-15:30 all year, closed Tuesdays. Closed: 1 Jan, 25 Mar, Easter Sunday, 1 May, 25-26 Dec.
Admission	Full €5, reduced €3 (combined Museum + site). Free entry: 6 Mar, 18 Apr, 18 May, 28 Oct, last weekend of September, 1st and 3rd Sunday of the month (November–March).
Parking	Yes
Accessibility	Full wheelchair access to the Museum, partial access to the site.
Toilets	Yes
Best time to visit	April–June & September–October (mild, uncrowded)

Take it with you

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Enjoy exploring Corinthia!