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The ancient stadium of Nemea: the athletes’ tunnel and the Nemean Games



About

A few minutes from the Temple of Nemean Zeus lies the ancient stadium of Nemea, home of the Nemean Games, one of the four great Panhellenic festivals. It is one of the few ancient stadiums where you can really sense what an athlete felt.

The athletes' tunnel

The most remarkable feature is the vaulted tunnel, about 36 metres long, through which the athletes entered the track in front of the crowd. Its walls still carry graffiti with the names of athletes, as well as later ones such as the Roman "Martialis" in the photo.

What else to see

The track keeps its starting line with the grooves for the runners' feet, the judges' seats and the natural slope where the spectators sat. Next to it are the changing room and the bath house.

The Temple of Zeus and the museum

The stadium is part of the same visit as Ancient Nemea, where nine columns of the Temple of Nemean Zeus still stand, and the Archaeological Museum of Nemea.

Practical tips

- Ancient Nemea is about 30 kilometres from Corinth.
- Check the opening hours of the site before you go.

- In summer the track has no shade: go early and take water.
- End the day at one of the wineries of Nemea.

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