



the waterway trail

PALAIA KAVALA - KAVALA

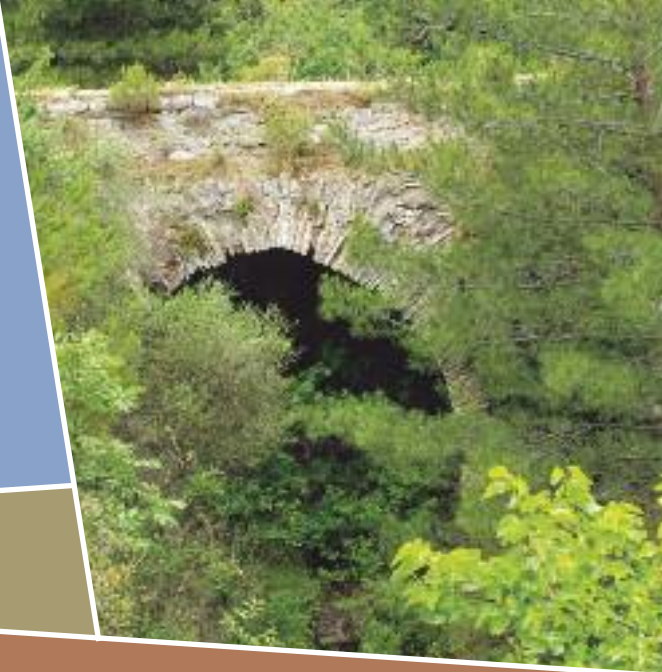
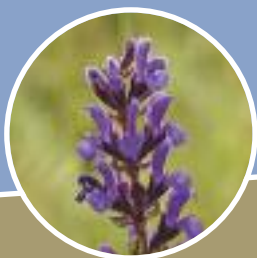
VISITOR'S GUIDE



waterway
trail

PALAIA KAVALA - KAVALA





The trail

from Palaia Kavala to Kavala

This fascinating trail links the settlement of Palaia Kavala with the city of Kavala. This is a relatively gentle 10.5km trail which crosses a typical Mediterranean landscape of kermes (downy) oaks, junipers, elms, maples and oriental hornbeams. It winds along streams with lush vegetation and water dominating throughout. The trail is well signposted and provides many viewpoints with resting places allowing for a not-too-strenuous hike along a route of particular environmental and historical interest.

The first part of the trail is about 5.5km long, leading to *Mana tou nerou* (= *mother of the water*) which provided the main source of water for Kavala over the centuries. The second section of 5km, continuing from *Mana tou nerou* to Agios Konstantinos in the northern outskirts of the town, has long been known as "the waterway". This follows the water channel, which conveyed water to the rocky peninsula of *Panaghia*, where the historic part of the city is situated. The trail crosses bridges, fountains and purifying cisterns of the medieval aqueduct of Kavala, highlighting a centuries-old water route and a great historic public construction.



Palaia Kavala, the starting point of the trail, has enormous historical and environmental resonance, being in close proximity to several archaeological sites such as *Philippi* and the prehistoric *Dikili Tash*. The trail's end, Kavala, with the *Kameres*, the *Panaghia* peninsula and the castle further emphasise its cultural importance.





PALAIA KAVALA



Distance: 5,667.5m

Time: 2-2.5 hrs

Difficulty rate: easy

MANA TOU NEROU



From Palaia Kavala to ...”Mana tou nerou”

Palaia Kavala, in the foothills of the Lekani mountain range, is the starting point of the trail and can be reached either from the Kavala-Drama road by following the signs for Zygos and Palaia Kavala or, alternatively, from the Kavala-Xanthi road by turning left at the Chalkero junction and following the signs for Palaia Kavala. The area of Palaia Kavala is known for its springs and abundant water, its towering plane trees as well its exceptional wine and historically important mines.

The trail's starting point is close to the last houses of the village and crosses another organised trail. This is an “environmental trail” through a plane-tree grove of Palaia Kavala, next to water mills, offering activities related to nature and the culture of the area.

Leaving Palaia Kavala behind us, the trail continues southeast for another 5.5km until we meet *Mana tou nerou* (= *mother of the water*) and the start of the medieval water channel.

This is a well-signposted, gentle, uphill route with sheltered benches at several points, where you can rest, get informed about the local nature from the boards there and enjoy panoramic views of the area.

Water dominates the first stage of the route with lush vegetation flanking the stream. Further on, downy oaks that grow up to 4m replace the palustrine vegetation. Kermes oaks, often jumbled up with junipers dominate the biggest part of the route. Downy oaks, oriental hornbeams, green olives, hawthorns, elms, ash and maple trees also feature along the trail.

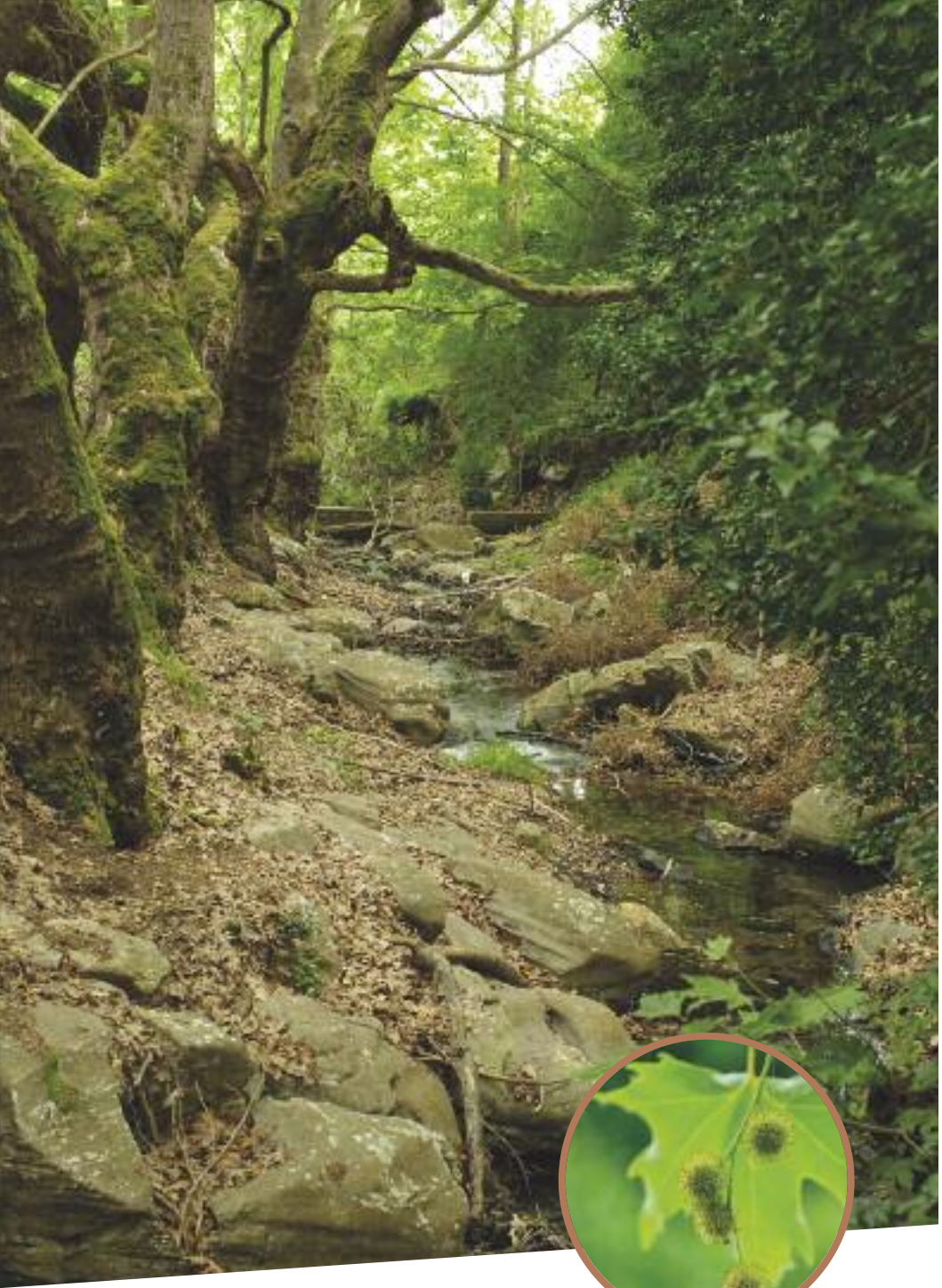
About 500m from the starting point is the spot known as *Old Waterer* and from where you can enjoy the view over Palaia Kavala and the hills towards Philippi. This is the first sheltered resting point which provides information about the village and its history.

The trail continues south along gentle slopes with the occasional signpost and some improvements to the path here and there to make for a more comfortable walk. The landscape slowly changes, affording an impressive panoramic view of the plains of Philippi, where the reasons behind the development of many important ancient towns such as Philippi become more evident. There is an information kiosk 2.5km from Palaia Kavala.

About 400m after the viewpoint is *Afchenas* (Gr. ridge). From there the trail continues downhill towards Kavala. At Afchenas, another sheltered spot offers a magnificent view of Kavala and the island of Thasos.

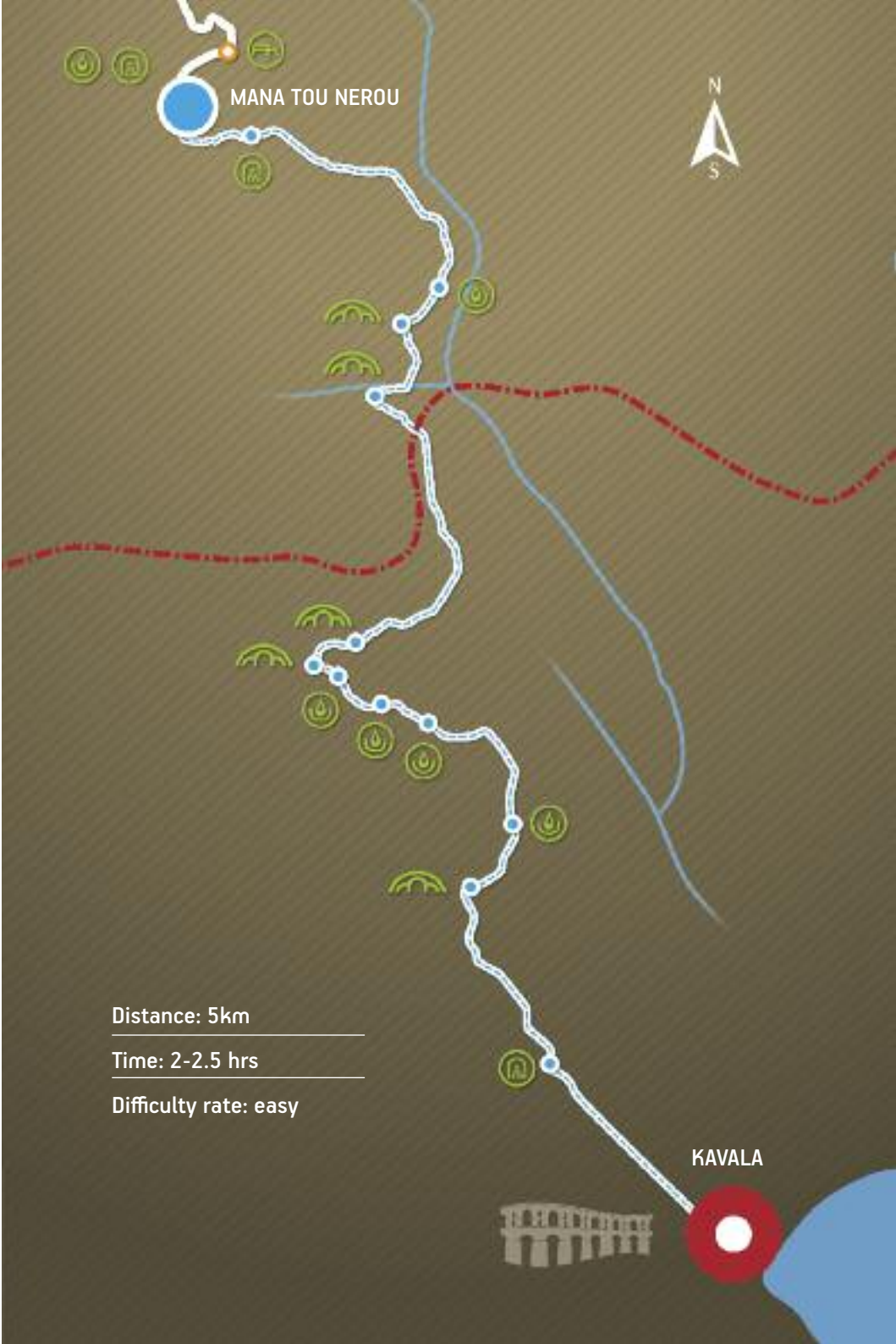
Directly after Afchenas, the trail follows a dirt track for a few meters and then turns south to *Mana tou nerou*. At this point, you can leave the main trail and, following the signs, visit an ancient ore mine about 500m away. From another sheltered spot, one can gaze upon the magnificent Thracian Sea and read the information there about mining in the area during antiquity.

Back on the main trail and at less than 2km, the traveller will meet *Mana tou nerou*. This is an easy downhill route with a superb view to the sea and Thasos Island.









MANA TOU NEROU



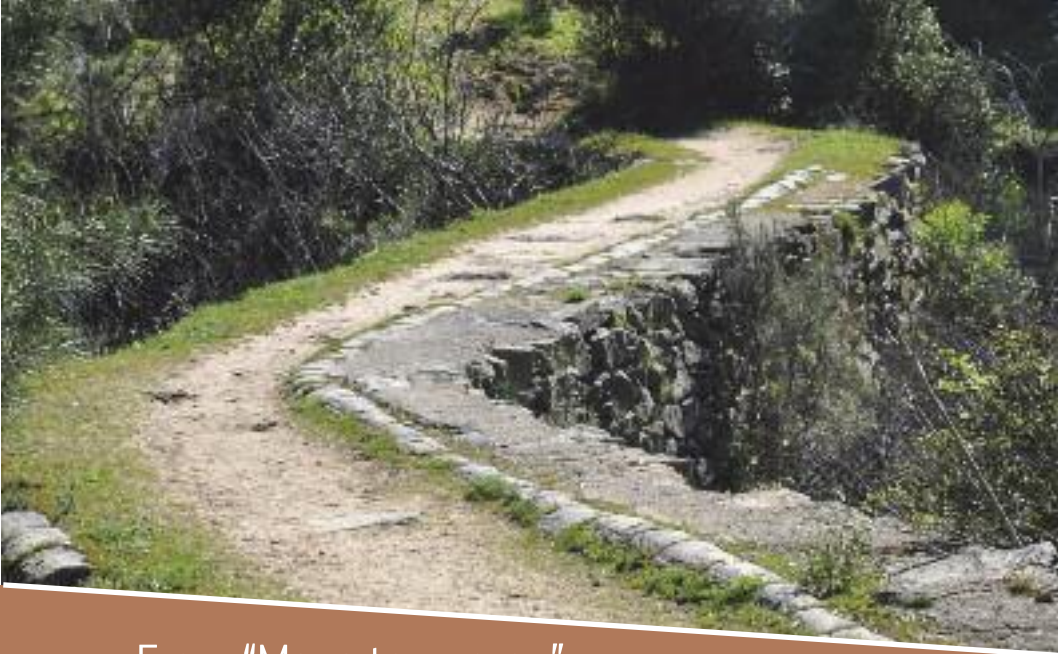
Distance: 5km

Time: 2-2.5 hrs

Difficulty rate: easy

KAVALA





From “Mana tou nerou” to “Kamares” of Kavala

The second part of the trail follows the medieval water channel of Kavala. This water channel once brought water to the dry peninsula of *Panaghia*, where the ancient *Neapolis*, later the Byzantine *Christoupolis* and now modern *Kavala* is situated. Though the construction known as *Kamares* (Arches) in the centre of Kavala is the most impressive part of the aqueduct, the channel itself starts from *Mana tou nerou*, also known as *Soumpasi*, or *Tria Karagatsia*, at an altitude of 400 meters, where the water emerges from the earth. The water, after being collected in a purifying cistern, was channelled in an open pipeline and conveyed to the town.

The hiker on this trail walks on the stones and marble plates that cover the channel and over five stone bridges, while the ruined fountains and troughs once used for passing walkers and flocks are also in evidence. The “waterway”, as the channel was called during Ottoman occupation, goes underground at Agios Konstantinos in the northern outskirts of Kavala, marking the end of the trail.

The landscape at *Mana tou nerou* is not the most inspiring thanks to the recent rough and ready constructions there. The concrete trough close to the spring was built next to the wall of the old fountain. The hiker will find information there about the monument.

The trail continues sharply downhill at first, followed by a gentler slope, once again above the original water channel. A series of steps and a wooden hand rail is placed where the incline is very steep. The remains of cisterns appear at a short distance, and downy oaks continue to dominate. The landscape then starts to change as the view to the sea slowly disappears, the vegetation becomes denser and water features more. The trail moves along the course of a stream and palustrine climbing vegetation creates impressive canopies while the water channel comes to the fore as a work of great technical achievement of the past.

Gradually the thick riparian vegetation gives way to a more arid scene with downy oak once again dominating the landscape. A remarkable gorge bridge (viaduct), a part of the Via Egnatia Highway, appears before us, with Kavala as the backdrop. Take note of the various remnants of the old water channel that line the route from here on. First, there is a well-preserved fountain with a collector for filtering off debris. Then one will walk over four of the five old aqueducts. These are excellent examples of medieval architecture and one can admire the impressive way they integrate the channel into their stone deck and carry it over natural obstacles. The second bridge on the route is possibly the most striking one for its length and its feat of engineering, as well as for the fact that it can be compared with the modern bridge of the Via Egnatia under which the trail passes.

As one approaches the modern town, one notices a complete transformation in the landscape. The trail passes through the *Pinus halepensis* reforestations and soon the outskirts of Kavala will be in view, which also marks the end of the trail. The remains of the channel show the last signs of the route as it gradually disappears underground. Here one can see the last fountain and the remains of a large cistern and walk over the last stone bridge.



The aqueduct of Kavala is attributed to Imbrahim Paşa, the Grant Vizier of Sultan Suleiman II, the Magnificent, during the reconstruction of the city in 1520 – 1530 and after the complete destruction of the town by Ottomans in 1391. However, the French traveller Pierre Belon, who visited Kavala at that time, referred to restoration works rather than initial construction of the aqueduct. Moreover, the variety of arches, materials and construction methods suggest that it was built in the Late Roman period.

The aqueduct supplied Kavala with water until the beginning of 20th century and has been a protected historical monument since 1998.



The trail ends at Agios Konstantinos, disappearing underneath the modern town. Only place names such as *su yol* (*Tr. road of water*) in Kavala bear witness to the existence of the channel. The roads of Agiou Konstantinou and Konstantinidou Pioitou now cover the old channel just before it comes to *Kamares*. *Kamares* (arches) is an aqueduct 280m long and 25m high and the last part of a structure that connected the rock of *Panaghia* to the fountain at the foot of Lekani mountain range, which carried water to the people of Kavala.





The reverse route starting from Agios Konstantinos and ending at Palaia Kavala is an equally straightforward and well-marked trail. In order to reach “Kamares” in Agios Konstantinos to follow the trail that will take you to “*Mana of water*” and then to Palaia Kavala, take Elliniki Dimokratia Street and turn left into 13rd Septemvriou Street. The church of Agios Konstantinos is at the end of 13rd Septemvriou Street.





► Learn ...Palaia Kavala's history

Palaia Kavala is located in the hills northwest of Kavala. The area of Palaia Kavala, according to some, is related to *Skavala*, an important ancient town of a rich province on Pangaios Mountain that was colonized by Eretrians. Although no archaeological remains survive, this view is supported by scattered findings indicating the existence of human habitation in the area since antiquity.

Palaia Kavala is recorded as a settlement for the first time in Ottoman documents (1478-79) under the name of *Eski* (=old). According to these documents, it is listed as one of the ten villages in the *naharie* (territory) of Kavala. The non-Muslim character of the territory would suggest that part of the old Byzantine residents remained in the area. The inhabitants were mainly miners working in the many mines of the area that were operating until the first centuries of the Ottoman occupation.

Greek refugees, expelled from Eastern Thrace and Asia Minor, settled in this area in 1923. They were either farmers or worked in the tobacco factories of Kavala and watermills that supplied the wider region with flour during Bulgarian occupation. Thirteen watermills and three fulling mills operated in the area during the recent past, while the Cultural Association of Palaia Kavala has renovated one of them to promote traditional activities.

Urbanisation of the 1950s, forced residents to abandon the settlement and the population dropped drastically; today it numbers about 150 inhabitants.



► Know ...the Philippi bogs

The plain of Philippi lies in the south-eastern part of the valley of Drama between Menikio, Falakro and Pangaio Mountains, and the Lekani and Symvolos mountain ranges. This plain was covered in water, creating a swamp, which was only drained in the 20th century. Continuous peat accumulation in the area created a 55km² bog approximately 200m thick, making the plain of Philippi the largest peat bog in Greece.

Fertile land and natural resources in the region has drawn people to the area since Neolithic times as *Dikili Tash* testifies. *Philippi*, like *Dikili Tash* is a site of great archaeological importance.

- **Bogs.** A peat bog contains about 95% water and 5% organic matter, mostly partially rotted plants. Peat needs hundreds or thousand of years to form. When the vegetation dies, it does not rot away completely as the water in the hollows prevents oxygen from reaching the dead plants. The partly rotted plants gradually build up to form peat. Bogs are an inexhaustible source of information on the evolution of plants. With special analysis of pollen grains which are trapped in peat, it is possible to identify plants that grew over 1,000 years ago.



► Discover ...the ancient mines

Labyrinthine underground tunnels, shafts and quarries, piles of excavated material and metallurgical rusts, bear witness to intense mining activity in the area of Palaia Kavala and mark it as an important mining centre of antiquity. Indeed, 150 lodes have been discovered within 100km².

The large number of mines and the systematic research on them has led to the view that this is *Skapte Yle*, an area known from Herodotus and Thucydides for its goldmines. This is the very place where Thucydides wrote the history of Peloponnesian War before he died.

Its wealth prompted the ancient inhabitants of Thasos to establish a controlled coastal zone (named *Thassian Peraia*) where a series of colonies, such as *Neapolis* (ancient town of Kavala), were installed.

Ore mining activity in the area was intense from antiquity until the 20th century. During ancient times, ore rich in gold and silver was exploited, whereas during the 1950s-70s, the focus shifted to mining iron and manganese.



► Observe ...the plants

Downy oak (*Quercus coccifera*)

In the past, the collection of leaves with red granules, called *prinokoukia* played an important economic role since they were used to dye threads light red (kermes/crimson). These granules are produced by the insect *Kermes ilicis*, from which the name of the plant originated in many languages (*KermesEiche* in German, *Chêne kermes* in French, *Kermes oak* in English).

Christ's thorn (*Paliurus spina-christi*)

The crown of thorns that Christ wore before the Crucifixion was made from *Paliurus* spiny stems. Blossoms during spring are important for honeybee keeping.

Asphodel (*Asphodelus aestivus*)

The legend describes Persephone with her maidens picking up asphodels when she was attacked by Pluto, who grabbed her and led her to the Underworld. For the ancient Greeks, the asphodel was a symbol of mourning and oblivion.

Downy oak

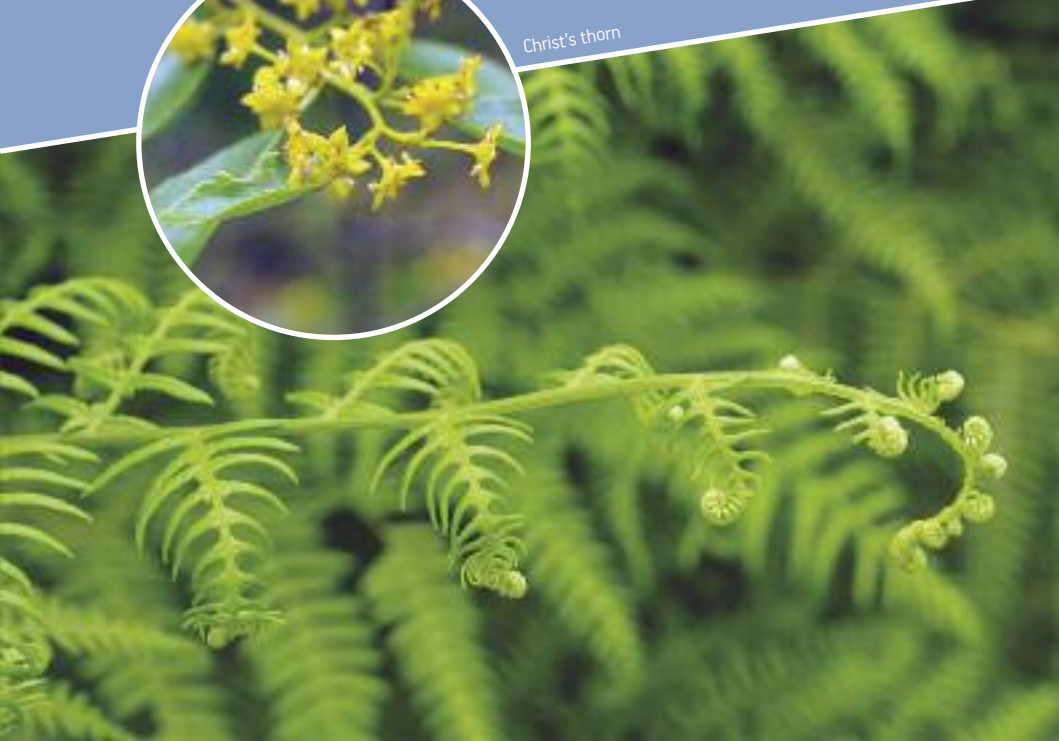


Asphodel



Fern

Christ's thorn





Field elm

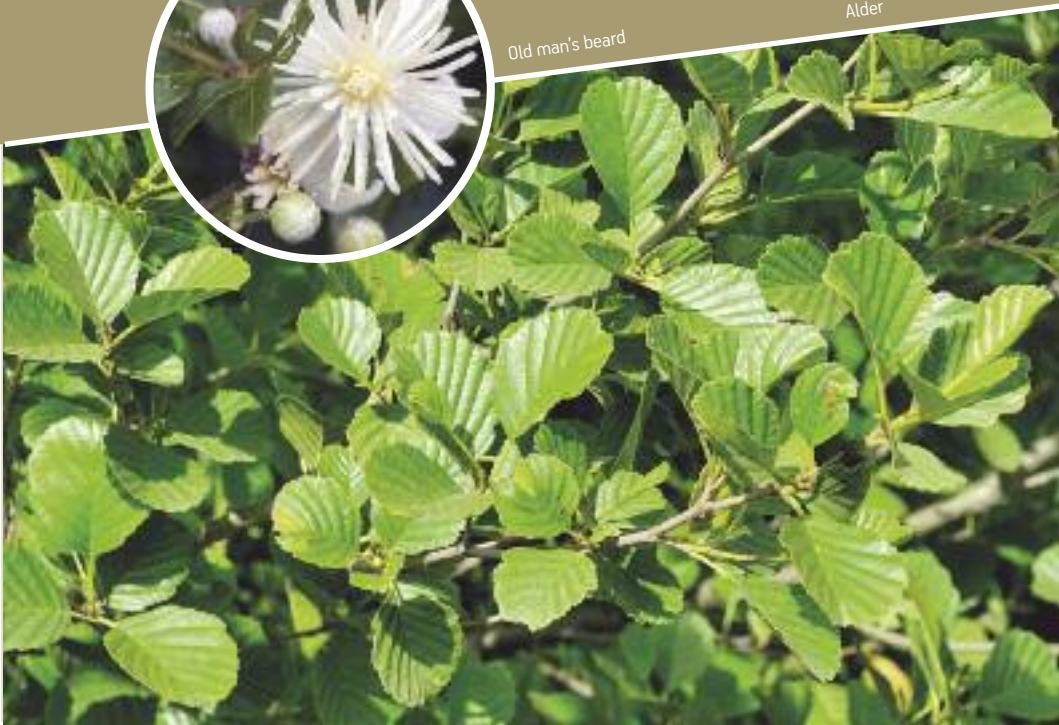


Dragon arum



Old man's beard

Alder



Dragon arum (*Dracunculus vulgaris*)

The smell of rotten meat from its flowers attracts flies and other insects and traps them in its spathe. As they move, the pollen clings to their body and they carry it from one flower to another. In ancient Greece, it was related to snakes that represented the secrecy of the Underworld. All parts of the plant are poisonous.

Alder (*Alnus glutinosa*)

A deciduous tree which can reach 20-30m in height. In mature trees, the bark is dark brown with broad serrated leaves. The common alder creates dense stands in rivers or streams. Known from Homer's era as *clethre*, it owes its scientific name (*glutinosa*=*gluey*) to its sticky new leaves. The extract produced by its bark has astringent properties and treats a soar throat. A natural, orange-coloured dye extracted from the bark, is used to dye fabrics as well as in tanning.

Field elm (*Ulmus minor*)

The field elm or *karagatsi* is a species common all over Greece and known since the time of Homer with the name *ptelei*. It grows into 20-30m tree but when old may reach 50 m. The flowers bloom is reddish with many long stamens forming on each bud and appear in early spring before the leaves appear. Elms require fertile, deep, damp soils, and are resistant to saline soils. The bark has pharmaceutical properties.

Old man's beard (*Clematis vitalba*)

A perennial vine with climbing, woody stems and feathery, long white styles. The leaves are pinnately compound, usually consisting of five leaflets. The leaflet margins are normally grooved, but the upper leaflet can be 3-lobed. A deciduous species, the flowers of *Clematis vitalba* are white to greenish-white.



► Wondering ...around Kavala

Ancient *Neapolis*, was established by settlers from Thasos in the 7th century B.C. on the *Panaghia* peninsula. Under the Byzantines it was known as *Christoupolis* until finally the modern town of *Kavala* developed around the historic centre. A picturesque location, Kavala boasts an imposing fortress atop a hill featuring narrow, winding pebble streets, traditional buildings and small houses built by refugees in the 1920's.

At the summit of the peninsula stands its most significant monument: the fortress. This edifice dates back to the 15th century and was built on the ruins of the Byzantine acropolis, which had been destroyed in 1391 during the Ottoman occupation of the town. The town only began expanding outside the walls in 1864, the acropolis remaining the administrative centre until

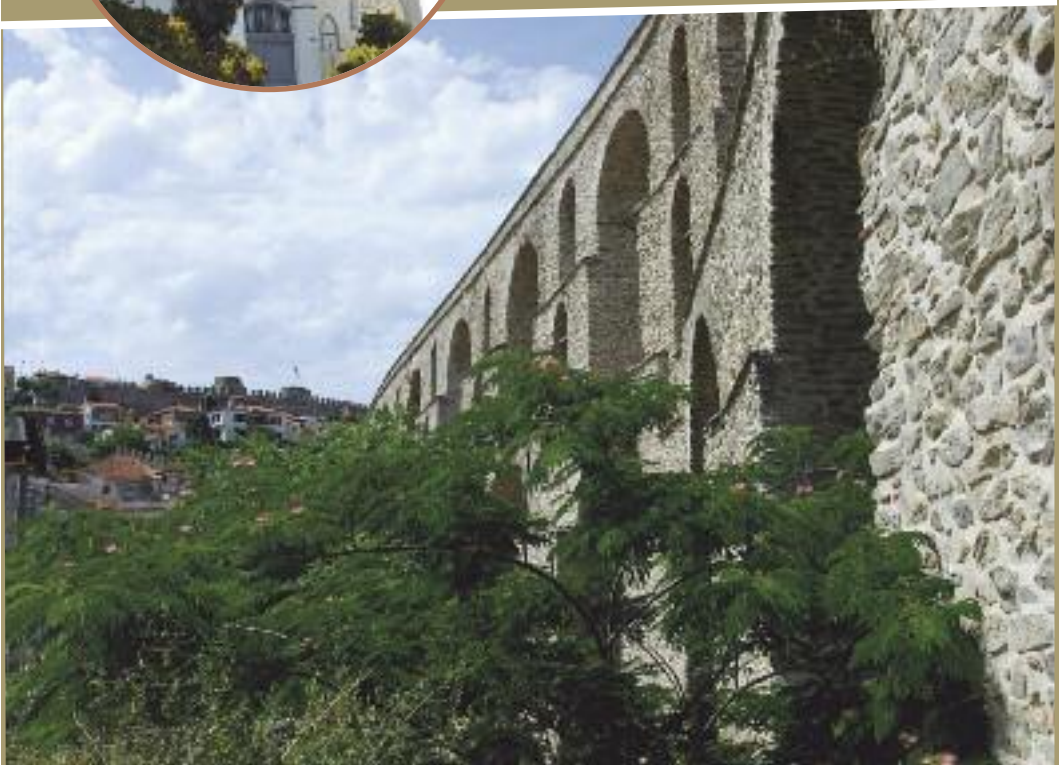
1880. The archaeological site is open for the public under the municipality's "DIMOFELEIA" initiative.

Beyond the fortifications amongst the winding lanes, one should visit the Imaret (1817/18 – 1820/21), a complex that was once used as religious boarding school and poorhouse, the Muslim mosque Chalil Bey, the three-aisled Palaiochristian basilica that was discovered during the renovation of the mosque, the residence of Mohamed Ali (an important example of 18th century Ottoman architecture in Greece), the old High School of Kavala and the church of the Assumption of Mary (Panaghia) at the tip of the peninsula. The churches of Agios Nikolaos (once used as mosque), Agios Ioannis (founded outside the city walls on 1865), Agios Athanasios (1888) and Agios Pavlos are of particular cultural significance for Kavala.

In the modern town, the visitor can enjoy a stroll on the sea front. Also, one can discover the various buildings of great architecture and historical importance, reflecting the growth and wealth of the town as a centre for the tobacco trade during the second half of 19th and the beginning of 20th centuries. Examples include Tokos's Mansion (14 Kyprou Street), the modern Town Hall which was the residence of a Hungarian tobacco merchant, Kavala's Public Conservatoire (67 Venizelou Street) and the Public Tobacco Warehouse (Kapnergati Square). The building of the Public Tobacco Warehouse will soon host the new Tobacco Museum and the Folklore Museum. Other attractions are the Great Leschi (12 Kyprou Street) of 1909, the first Girls' School (2 Konst. Palailogou Street), the Old Army Command (18 Konst. Poetou Street) built by a wealthy property owner originally as a residence, and opposite the 1st High School of Kavala (previously the Turkish High School), with the last two being interesting examples of neo-Ottoman architecture of the early 20th century.







► Don't forget to...

...take the eco-trail

of Palaia Kavala which crosses the "waterway" trail right at its start. This is an organised and easy trail of 3km through a plane-tree grove with a small waterfall and traditional watermills. Outdoor activities of the annual Wood Water Wild Festival take place here.

...participate

in the annual Wood Water Wild Festival. This is a popular summer festival in Palaia Kavala that has taken place since 2009 and is organized by local cultural associations and authorities. It comprises a mountain marathon, workshops, seminars, exhibitions and concerts all having nature as their subject.

...wander

over the area and discover the many important archaeological sites such as Philippi and the prehistoric settlement at Dikili Tash, as well as places of religious interest such as Apostle Paul's rostrum in Kavala, the baptistery of Agia Lydia at Krinides the site of the first baptism. Also, enjoy a clay bath in Krinides and discover its healing properties.

...go to

the International Festival at Philippi and Thasos. Festival events take place in the ancient theatres of Philippi and Thasos and the fortress of Kavala. Other festivals include the Classical Music Festival "G. A. Papaioannou", the International Festival "Cosmopolis", the anniversary of Kavala's liberation on June, 21st, 1913 and the International Folklore Festival "Sun and Rock" at Akontisma. This is organized by the International Council of Organizations of Folklore Festivals and Folk Arts with participants from around the world.

...visit

- The **Archaeological Museum** (17 Erythrou Stavrou Street) which is one of the important museums in Greece with exhibits from the area (tel. +30 2510 222335, ihepka@culture.gr).
- The **Archaeological Museum of Philippi** (Krinides, Philippi) in the ancient and Christian town of Philippi (tel. +30 2510 516251, ihepka@culture.gr).
- The **Tobacco Museum** (4 K. Palaiologou Street) with its fascinating exhibits concerning the history of tobacco trade in the area (+30 2510 223344, info@tobaccomuseum.gr, www.tobaccomuseum.gr).
- The **History and Ethnological Museum of Cappadocian Greeks** (Nea Karvali). It was awarded as the best European museum of 1997 (tel. +30 2510 316192).
- The **Tourist Information Office** in the town centre (Eleftheria Square).
- The **Environmental Education Centre of Philippi** (www.kpe-philippi.gr).

...enjoy

an excellent meal in the taverns of Palaia Kavala and the surrounding villages on the hills and delicious seafood in numerous restaurants scattered everywhere in the modern town.

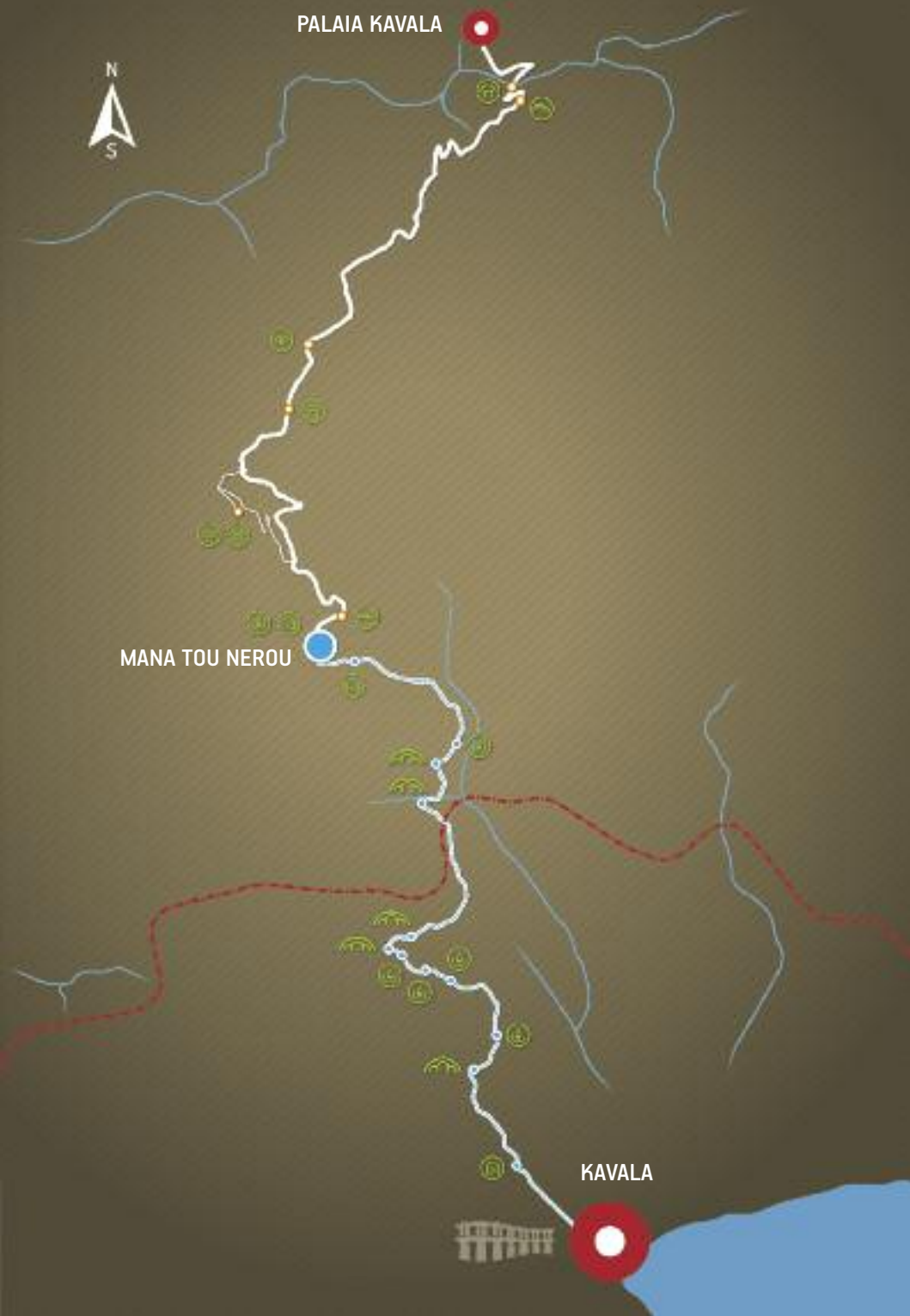


PALAIA KAVALA




MANA TOU NEROU

KAVALA






 VIEW POINT

 KIOSK

 REST AREA


 FOUNTAIN

 CISTERN


 BRIDGE


 OLD MINE

 TRAIL

 MEDIEVAL AQUEDUCT

 EGNATIA HIGHWAY

 DIRT ROAD

 STREAMS

PROJECT

Organization and promotion of
"The waterway trail" (Palaia Kavala - Kavala)



BENEFICIARY



Municipality of Kavala

Contact: Municipality of Kavala

Contact person: Mr. M. Dhatzoapostolidis, Tel.: +30 251350189,

e-mail: consultants@dkavallas.gr, Website: www.kavala.gov.gr,

Facebook page: www.facebook.com/MunicipalityofKavala

PARTNER



Ministry of Culture and Sports
12th Ephorate of Byzantine Antiquities

EDITOR



THE GOULANDRIS NATURAL HISTORY MUSEUM
GREEK BIOTOPE/WETLAND CENTRE

Editing: Maria Katsakiori & Katerina Boli

Texts in Greek: Katerina Boli

English translation: Gossima Wehrheim

Photos: ENBY's Photo Archive / Th. Tzafelidis, K. Apotas (Public Tobacco Warehouse)

Graphic design: Marietta Panidou

Kavala 2014

FUNDING



European Union
European Regional
Development Fund



HELLENIC REPUBLIC
MINISTRY FOR DEVELOPMENT
& COMPETITIVENESS



REGIONAL DEVELOPMENT
OPRF
regions in the centre of development



Co-financed by Greece and the European Union