

Conference Guide

Conference Venue

Conference Location: Golden Coast

The hotel resides on the golden, sandy beach of the famous Marathon Bay and near the historic town of Marathon, Attica. The hotel operates seasonally, from April until October each year. Built in traditional Greek style and in extensive grounds, Golden Coast Hotel & Bungalows consists of a 4-storey main building and an array of 2-storey bungalows in a village-like complex, arranged around swimming pools and the main facilities.



Address: Paralia Marathonos, 19007 Attica, Greece

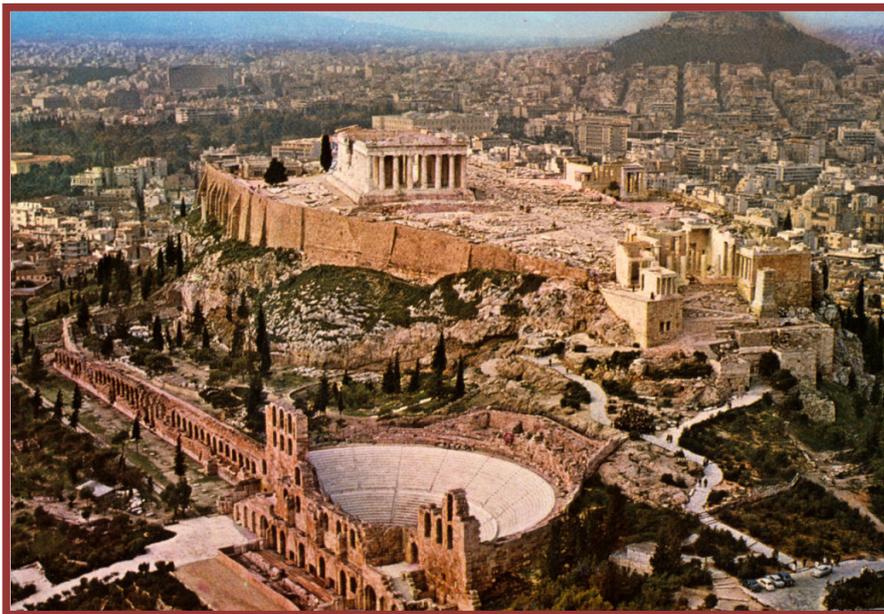
Tel: +30 22941 13000

Fax: +30 22941 13001

URL: <http://www.goldencoast.gr/en/>

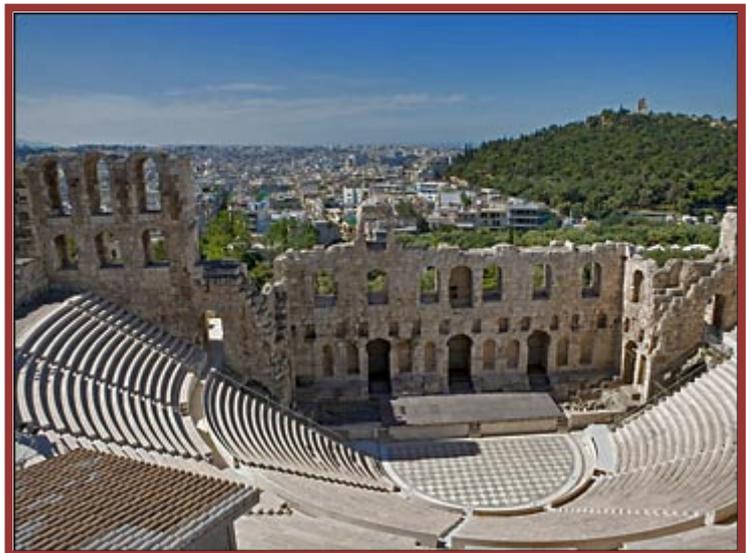
History of Athens

According to tradition, Athens was governed until c.1000 B.C. by Ionian kings, who had gained suzerainty over all Attica. After the Ionian kings Athens was rigidly governed by its aristocrats through the archontate until Solon began to enact liberal reforms in 594 B.C. Solon abolished serfdom, modified the harsh laws attributed to Draco (who had governed Athens c.621 B.C.), and altered the economy and constitution to give power to all the propertied classes, thus establishing a limited democracy. His economic reforms were largely retained when Athens came under (560–511 B.C.) the rule of the tyrant Pisistratus and his sons Hippias and Hipparchus. During this period the city's economy boomed and its culture flourished. Building on the system of Solon, Cleisthenes then established a democracy for the freemen of Athens, and the city remained a democracy during most of the years of its greatness. The Persian Wars (500–449 B.C.) made Athens the strongest Greek city-state. Much smaller and less powerful than Sparta at the start of the wars, Athens was more active and more effective in the fighting against Persia. The Athenian heroes Miltiades, Themistocles, and Cimon were largely responsible for building the city's strength. During the time of Pericles (443–429 B.C.) Athens reached the height of its cultural and imperial achievement; Socrates and the dramatists Aeschylus, Sophocles, and Euripides were active.



The incomparable Parthenon was built, and sculpture and painting flourished. Athens became a center of intellectual life. However, the rivalry with Sparta had not ended, and in 431 B.C. the Peloponnesian War between Sparta and Athens began. Athens became a provincial capital of the Byzantine Empire and a center of religious learning and devotion. Following the creation (1204) of the Latin Empire of Constantinople Athens passed (1205) to Othon de la Roche, a French nobleman from Franche-Comté, who was made megaskyr of Athens and Thebes. Modern Athens was constructed only after 1834, when it became the capital of a newly independent Greece. Otto I, first king of the Hellenes (1832–62), rebuilt much of the city, and the first modern Olympic games were held there in 1896. The population grew rapidly in the 1920s, when Greek refugees

arrived from Turkey. The city's inhabitants suffered extreme hardships during the German occupation (1941–44) in World War II, but the city escaped damage in the war and in the country's civil troubles of 1944–50. The 1950s and 60s brought unbridled expansion. Land clearance for suburban building caused runoff and flooding, requiring the modernization of the sewer system. The Mornos River was dammed and a pipeline over 100 mi (160 km) long was built to Athens, supplementing the inadequate water supply. The development of a highway system facilitated the proliferation of automobiles, resulting in increased air pollution. This accelerated the deterioration of ancient buildings and monuments, requiring preservation and conservation programs as well as traffic bans in parts of the city. The Ellinikon airport was modernized and enlarged to accommodate increased tourism. A strong earthquake jolted the city in 1999, and in 2004 the summer Olympic Games were held there again.



How to get to Athens

By Plane:

To Athens International Airport "Eleftherios Venizelos", (ATH)

Visa:

Before you start planning your travel to Greece you should visit the Ministry of foreign affairs' web page to see if you need to get a Visa.

For more details: <http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/>

- National Visas: <http://www.mfa.gr/en/visas/visa-types/national-visas.html>
- Schengen Visas: <http://www.mfa.gr/en/visas/schengen-visas/>
- Visas for Foreigners travelling to Greece:
<http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/>

Athens International Airport (AIA)
Address: Attiki Odos, Spata-Artemida,
190 04, Greece
Tel.: (+30) 2103530000
E-mail: airport_info@aia.gr
URL: <https://www.aia.gr/traveler/>

Athens Tourism & Economic Development Agency
Address: Xenofontos 7 Syntagma,
Athens, Greece, 105 57
Tel.: (+30) 210 3253123
URL: <http://www.thisisathens.org/>

Access to the hotel:

By car:

You can reach Marathon from the airport "El. Venizelos" via "Attica Road", turning right at the road sign Pallini, entering Marathonos Avenue. You continue until you reach in our city, where you direct in the beach that our hotel is situated.

Avis: Tel +30 210 3530578-9

Budget: Tel +30 210 3530553-5

Hertz: Tel +30 210 3534900

National Car Rental / Alamo: Tel +30 210 3533323-4 & 3533354

Sixt: Tel +30 210 3530576 & 3530556

By train from the airport:

Airport-Nea Makri by Train "Proastiakos" & Bus "KTEL": You can be transferred by the suburban railway towards Pallini station, there, you take the orange bus "KTEL" named "Marathon" - "Grammatiko" - "Kato Souli". The ticket can be purchased inside the bus.

Athens airport by metro Ticket cost

- One-way ticket for one person: **10.00 €**
- Return ticket for one person: **18.00 €**
- One-way ticket for 2 persons: **18.00 €**
- One-way ticket for 3 persons: **24.00 €**
- One-way half price tickets (students younger than 25, youngsters 6-18, people older than 65+): **5.00 €**
- Children under 6 years : **Free**

For the full timetable you can visit the

<https://www.athensairporttaxi.com/index.php>

By Taxi:

Airport-Marathon by TAXI: Costing about 30,00 - 35,00 EUR.

Useful telephone numbers and sites:

Buses timetable and routes: <http://www.oasa.gr/?id=ind3ex&lang=en>

Telephone Information: 11 185

Emergency Numbers

European SOS 112: The number 112 can be dialed to reach emergency services - medical, fire and police - from anywhere in Europe. This Pan-European emergency number 112 can be called from any telephone (landline, pay phone or mobile cellular phone). Calls are free. It can be used for any life-threatening situation, including:

- Serious medical problems (such as accident, unconscious person, severe injuries, chest pain, seizure)
- Any type of fire (house, car)

Hospitals: Tel: 14 944 or 171

For more information you can visit:

<http://athens.angloinfo.com/information/healthcare/emergencies/>

Athens Metro Map



PLACES TO VISIT in the center of Athens

National Archaeological Museum, Athens

The National Archaeological Museum of Athens is the largest archaeological museum in Greece and one of the most important museums in the world devoted to ancient Greek art. It was founded at the end of the 19th century to house and protect antiquities from all over Greece, thus displaying their historical, cultural and artistic value.

Address: 44 Patission Street, Athens

Opening hours: Mondays: 13:00 - 20:00

Tuesday-Sunday and holidays: 09:00 - 16:00

Tel.: +30 213 214 4800

Admission: 15€

Reduced fee: 8€ for E.U. senior citizens (over 65 years old), students from countries outside the E.U.



The Acropolis Museum

The new Acropolis Museum has a total area of 25,000 square meters, with exhibition space of over 14,000 square meters, ten times more than that of the old museum on the Hill of the Acropolis. The new Museum offers all the amenities expected in an international museum of the 21st century.

Address: 15 Dionysiou Areopagitou Street, Athens

Opening hours: Monday: 08:00 - 16:00, Tuesday to Thursday: 08:00 - 20:00, Friday: 08:00 - 22:00, Saturday-Sunday: 08:00 - 20:00

Tel.: +30 210 9000900

Admission: General admission fee: 5 euros, Reduced admission fee: 3 euros

For more details about the fees you can visit the official site:

URL: <http://www.theacropolismuseum.gr/en/content/day-acropolis-museum>

The Benaki Museum

The Benaki Museum ranks among the major institutions that have enriched the material assets of the Greek state. It is also the oldest museum in Greece operating as a Foundation under Private Law. Through its extensive collections that cover several different cultural fields and its more general range of activities serving more than one social need, the Benaki Museum is perhaps the sole instance of a complex structure within the broader network of museum foundations in Greece.

Historical Archives Museum

Address: 38 Emmanouil Benaki Street & Delta Street, Kifisia

Opening hours: Monday - Thursday: 10:00 - 15:00

Tel.: +30 210 807 9878, +30 210 808 1896

Main Building

Address: 1 Koumbari Street & Vasilissis Sofias Avenue, Athens

Opening hours: Wednesday, Friday: 09:00 - 17:00

Thursday, Saturday: 09:00 - 24.00

Sunday: 09:00 - 15:00

Tel.: +30 210 807 9878, +30 210 808 1896

Admission: Full admission: €7 Temporary Exhibition: €5

Free admission every Thursday (optional fee €1)

For more details about the fees you can visit the official site:

URL: <https://www.benaki.gr/index.php?lang=el>



The Goulandris Museum of Cycladic Art

The Museum of Cycladic Art is dedicated to the study and promotion of ancient cultures of the Aegean and Cyprus, with special emphasis on Cycladic Art of the 3rd millennium BC. It was founded in 1986, to house the collection of Nicholas and Dolly Goulandris. Since then it has grown in size to accommodate new acquisitions, obtained either through direct purchases or through donations by important collectors and institutions. Today, in the galleries of the MCA the visitor can approach three major subjects: a. Cycladic Art 3200-2000BC b. Ancient Greek Art 2000BC- AD 395, c. Ancient Cypriot Art 3900BC – 6th c. AD

Address: 4 Neophytou Douka street, Athens

Opening hours: Monday, Wednesday, Friday and Saturday 10:00 - 17:00

Thursday: 10:00 - 20:00, Sunday: 11:00 - 17:00, Tuesday: Closed

Tel.: +30 210 7228321-3

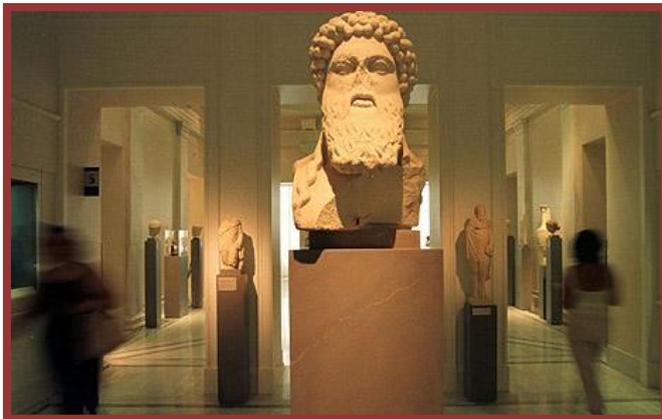
URL: <https://www.cycladic.gr/>

Admission: Full admission: 7€

Reduced entrance fees: seniors (over 65), students, 19-26 years old,

Monday entrance fee: 3.5€

Free admission every Thursday (optional fee €1)



Plaka

Plaka originates from the days of the Greek revolution. Under the Acropolis Plaka was built by the first construction workers that come from Anafi cycladic island and built Athens main buildings. The settlement of Anafiotika was created in the 19th century by migrants from the Cycladic island of Anafi. They built their houses on the steep slopes of the Acropolis in their traditional island style. Thus, they created a small village with white-washed houses and narrow paths between them. The village comes complete with a tiny church dedicated to St George. A closer look will reveal that the marble used for the construction of the church was taken from an ancient temple. Plaka is under the Acropolis. There are two main streets: Kydatheneon and Adrianou. Kydatheneon begins at Nikis st, which is one block down from Constitution (or Syntagma) Square

Tip: From Syntagma take the metro line No. 2 (red line) and get off at Acropolis station.

For more information: <http://www.athensguide.org/athens-plaka.html>

Monastiraki

Monastiraki is the place that most of all represent tradition and tourist sightseeing in Athens at the same time. It is located under the shadow of Acropolis at the South West section of the magisterial Sacred Rock and next to the Ancient Market and Attalos loft. Monastiraki is famous for the flea market and it is a great place for a Sunday morning walk. An early visit in the morning will help as later on the crowd becomes impossible and there are tables available at the many cafes and restaurants for a drink or a snack.

Tip: From Syntagma take the metro line No 3 (blue line) and get off at Monastiraki station.

For more information: <http://www.athensguide.org/ravel-to-athens.html>

Psyrri

This is a neighborhood within the old part of the city of Athens in Greece. Psiri is the centre of night life in Athens located right in the centre (Monastiraki) bordering with Plaka in one side and with Omonia in the other side. Psiri looks different in day - it is interesting place during the day and magic in the night.

Tip: From Syntagma take the metro line No 3 (blue line) and get off at Monastiraki station.

For more information: http://www.greece-athens.com/place.php?place_id=73



Thisio

Thisio (or Theseio) square is located at the pedestrianized Apostolou Paulou Street. On the other side is Theseion garden, the first of the city's public gardens, dating from 1862. The square is full of outdoor cafes, which offer wonderful views of the Acropolis.

Tip: From Syntagma take the metro line No 3 (blue line), get off at Monastiraki station, take the Line 1 (green line) to Piraeus and get off at Thisio station.

For more information: http://www.greece-athens.com/place.php?place_id=74



Athens City Tour Buses

City Tour Buses are running in a daily base around Athens and Piraeus. Kindly visit the official site of Tour Buses “Hop on – Hop off” in order to find out the timetable, the map and prices.

For more information: <http://www.citysightseeing.gr/>



Enjoy Athens Sightseeing with the Happy Train

If you want to enjoy an amazing sightseeing tour in the historical center of Athens and experience the most famous ancient sights and monuments of the city, hop-on the Happy Train. The Happy Train is a toy-like street train that starts its tour from the Constitution Square and follows an amazing route through the historical center of the city, the old neighborhoods and the hill of Acropolis. We invite you to explore the unique sights of Acropolis, Plaka, Temple of Zeus, Thisseon, Ancient and Roman Market, Zappeion, Panathinaiko Stadium, Theatre of Herodes Atticus, Hadrian Arch, Monastiraki Square, New Acropolis Museum and others in the 60-minute duration sightseeing tour. You can hop-on and hop-off as much as you like at any of the stops on the route, and have a wonderful view of the city history and modern life in your hands. Athens Sightseeing by Happy Train is one of the fun things to do in the city!

For more information: <http://www.athenshappytrain.com/en-athens-sightseeing.html>



PLACES TO VISIT near Marathon

Attica Zoological Park

The Attica Zoological Park is the only zoo in Greece, receiving hundreds of thousands of visitors of all ages, every year, from all over the country. The Attica Zoological Park was initially founded as a bird park in May 2000, hosting the world's third largest collection of birds (1,100 birds from 300 different species). Striving to combine entertainment with education, it now offers visitors a unique journey to the five continents, through the lives of more than 1800 animals from 300 species, such as lions, Asian elephants, giraffes, monkeys, bears, penguins, parrots, dolphins and many more, in an area of over 20 hectares. While zoos are a place for entertainment and relaxation, central to the philosophy of Attica Zoological Park is an effort not only to entertain, but also to educate the visitors.

Address: At Yalou, Spata 19004

Opening hours: Everyday from 9am till sunset

Tel.: +30 210 6634725

E-mail: zoo@atticapark.gr

Admission: General admission fee: 18 euros, Reduced admission fee: 14 euros

For more details about the fees and activities you can visit the official site:

URL: <http://www.atticapark.com/>



Lake of Marathon

Lake Marathon or the Marathon Reservoir is a water supply reservoir formed from the construction of Marathon Dam at the junction of Charadros and Varnavas Torrents near the town of Marathon, Greece. It was the primary water supply for Athens from 1931, when it became operational, until 1959. In 1959 water from Lake Yliki became available, and water from Mornos Reservoir became available in 1981. The area of the lake at the height of the spillway of the dam is 2.45 square kilometres, the maximum depth is 54 m, the lake concentrates water from a drainage basin of 118 square kilometres with an average runoff of 14,400,000 m³ per year in an average rainfall of 580 mm per year, the average inbound volume is 12,000,000 m³ per year and the maximum reservoir capacity is 41,000,000 m³ (effective volume 34,000,000 m³).

Beaches near Marathon

Moraitis Beach

A water sports center located in Schinias minutes away from the historic village of Marathon, near Athens. No matter what the weather conditions you'll always have an option, windsurfing, waterskiing, wakeboarding, wakesurfing, SUP, sea kayaks, subwing, catamaran as well as triathlon training or snorkelling. Schinias is one of the finest rural suburbs of Athens and offers everything a water sports enthusiast could imagine. The beach bar serves healthy snacks in a cozy space that blends relaxed beach-y vibes with the thrill of watersports.

Address: Poseidonos 210 19007 Schinias-Marathon Athens, Greece

Tel: +30 2294055965

E-mail: info@moraitisbeach.com



Karavi Schinias

Karavi Schinias beach and water sports club is located 42 kms (26 miles) north-northeast of Athens, near the historical city of Marathon and very close to the Olympic Rowing Centre. Karavi offers an unparalleled experience for all water-sports and beach-sports enthusiasts as well as for those wishing to just relax in the sun. The seven-acre property features 100m of clean, sandy beach with umbrellas, sunbeds and water sports facilities, and includes restaurants and beach bars. Private, shaded parking accommodates 1,500 cars. Visitors are welcome to come every day from 9.00am to 9.00pm for swimming, sunbathing, food, drink, windsurfing, SUP (Stand Up Paddle board) and beach volley. No entrance fee.

Address: 198 L. Poseidonos Marathon, Greece

Tel: +30 2294055950

Fax: +30 2294055950

E-mail: karavi@karavi.gr

Where to eat

Lucas House

Address: Leof. Posidonos 26, Nea Makri 190 05

Tel: +30 2294094161

E-Mail: info@lucashouse.gr

URL: <http://lucashouse.gr/>



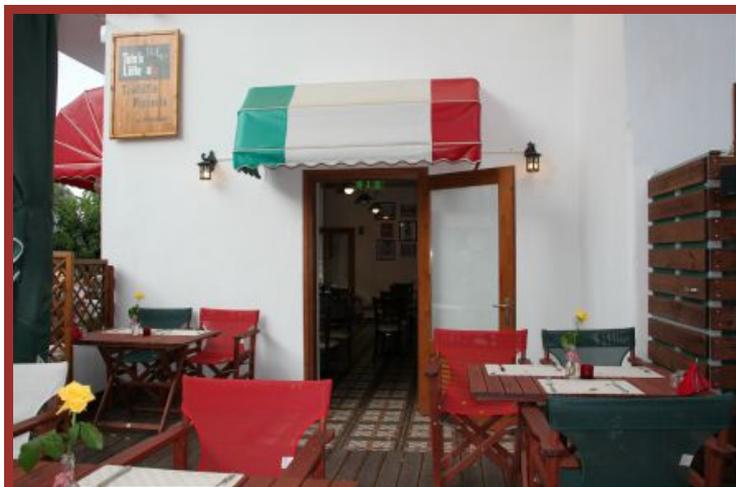
Toto's Little Italy

Cuisines that you can enjoy at Toto's Little Italy include Italian.

Address: Plastira 29, Nea Makri 19005

Tel: +30 2294050698

E-Mail: sal74@otenet.gr

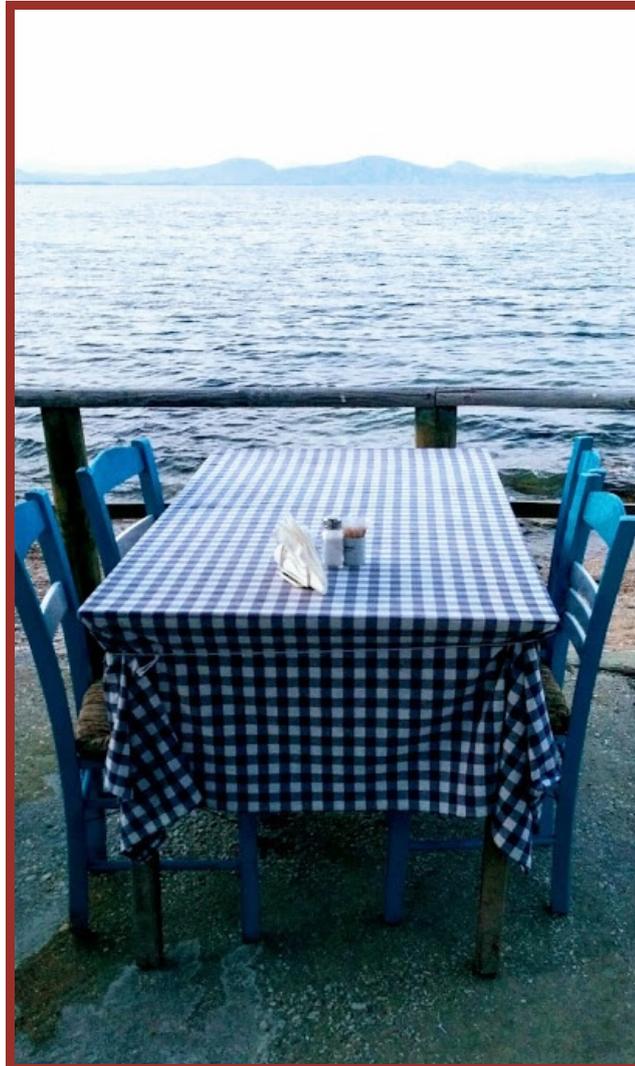


Koralli

Traditional Greek Restaurant

Address: Leof. Posidonos 17-25, Nea Makri 190 05

Tel: +30 2294091350



More options to dine in Marathon:

<http://honey-moon.gr/>

<http://www.balconyrestaurant.gr/el>

Sources: <http://www.mfa.gr>
<http://www.oasa.gr>
<http://www.greece-athens.com/>
<http://athens.angloinfo.com>
<http://www.cycladic.gr/frontoffice/portal.asp?cpage=NODE&cnode=1>
<http://www.athensguide.org/athens-museums.html>
<http://www.athensguide.org/athens-plaka.html>
<http://www.athensguide.org/ravel-to-athens.html>
http://www.greece-athens.com/place.php?place_id=73
http://www.greece-athens.com/place.php?place_id=74
<http://www.greece-athens.com>
<http://www.athensguide.org>
<https://www.matihotel.com/things-to-do-in-marathon/sights>