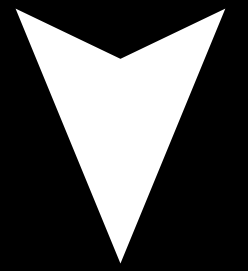


athina says

**YOUR GUIDE TO THE ISLAND,
BY A LOCAL RESIDENT!**

ATHINA MILOS
SUITES

when the wind is from the north



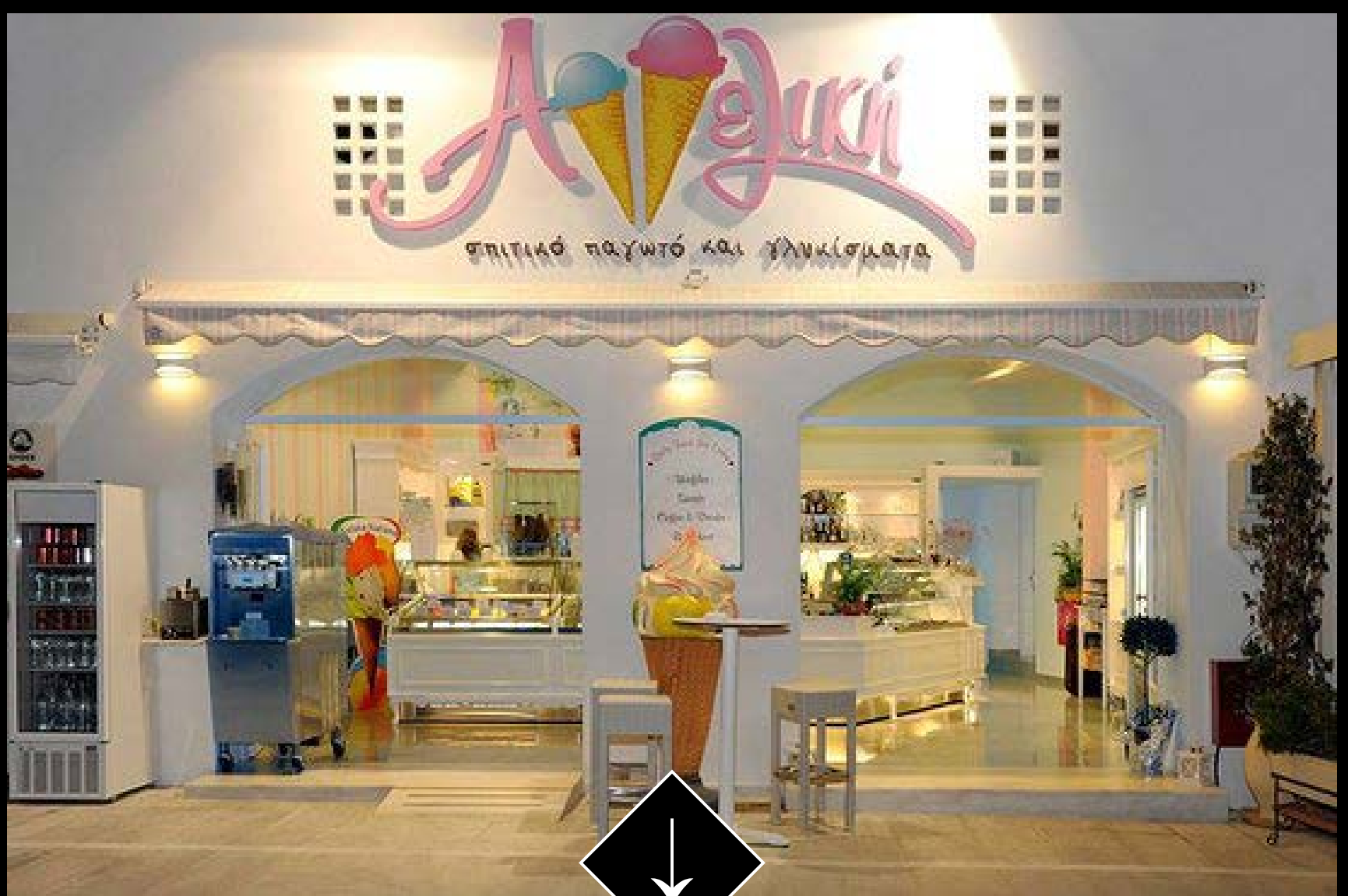
DAY 01

Hey good morning! A new day has come. Are you ready for breakfast or swimming? You can have many good choices for both in Milos island. Do you want any suggestions from a local person?

Stella is your person! Keep in mind that for every selection, there is a google maps/Trip advisor url. So let's start!

BREAKFAST

[Angeliki](#) (Adamantas): Taste [croque madame](#), [omelette](#), [pancakes](#) and don't forget to taste handmade sweets (orange pie, tarts, etc).



[Mangata](#), is also located in Adamantas by the sea and is excellent at brunch and cocktails. We suggest you try salty pancakes with fried egg on top or croissant with smoked pork and mushrooms.

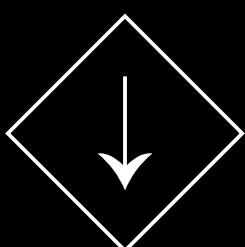
BEACH VOL. 01

You can start the swimming tour from [Agia Kiriaki](#) (15 minutes drive from your hotel), which is a big sandy beach with pebbles and sand in the sea. Even if it has sunbeds, don't stay too long, as the next beach is even better.



BEACH VOL. 02

When the wind is from the north, we select beaches on the south and one of the most beautiful and colourful is [Paleochori](#). Its brown, red and yellow



rocks create a totally unique image! You can also find a beach bar with good music there.

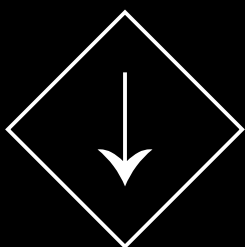


ARE YOU HUNGRY?

Ready for Volcanic food? [Sirocco](#) restaurant is in Paleochori beach and is famous for [lamb or mussels cooked in the volcanic sand](#). If you are vegan, you will find many good dishes in Sirocco as well.

A SWEET, MY LOVE

You can taste a delicious ice-cream in [Traditional Tastes \(Paradosiaka Edesmata in Adamantas\)](#) or fondue, cream cake or waffles in [Angeliki](#) in Adamantas.





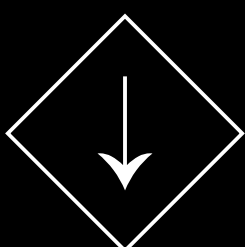
ANY TRADITIONAL PRODUCTS FROM MILOS ISLAND?

[Milokipos](#) in Adamantas, is an extremely beautiful store with many traditional products from Milos and other Aegean islands. There you can find the traditional sweet "Koufeto" as well as tomato paste.



A DRINK WILL FREE YOURSELF

For a nice and calm drink or cocktail with relaxing lounge music and an extraordinary view of Adamantas port, you can visit [Akri bar](#) or [Mikro Cafe bar](#). I'm sure you will fall in love again there.



DAY 02

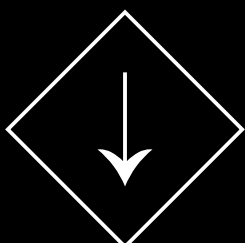
BREAKFAST

[OKTO](#) (Tripiti): Along with an extremely beautiful sea view you should enjoy [omelette, pancakes and the toast with cheese and avocado.](#)



BEACH VOL. 01

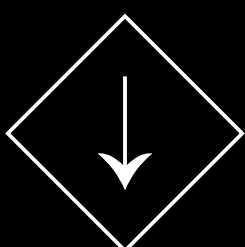
[Tsigrado](#) is a very small beach with wonderful waters and sand. You can see it from above and if you feel



adventurous enough, just take the rope and get down to it.



[Firiplaka](#) is a 3 minutes drive with your car from Tsigrado. It's George's favourite beach. Different colours on the mountain, white sand, green-blue water



and a very long beach with a beach bar and water sports. You can buy a sandwich or a salad, because today we recommend that you eat a bit later...

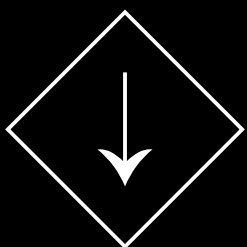


BEACH VOL. 02

Don't forget that you are in Milos island, which has more than 80 beaches! It's a pity not to visit another beach on the same day. Stella suggests:

[Provatas](#) beach (9 minutes from Firiplaka), which is a very beautiful and family friendly sandy beach. There you can see 2–3 Sirmata (traditional houses near the sea for fishermen, in which they used to park their boats).

[Agios Sostis](#) beach (10 minutes from Firiplaka): which is a small and narrow beach with beautiful red sand just like Provatas.



ARE YOU HUNGRY?

Of course you are hungry. After a 14 minutes drive, you will return to Adamantas and visit [Nostos Seafood Experience](#) (it's better if you make a reservation first), which is near the sea and has delicious dishes prepared by chef Nikos Toumpas. You should taste [the traditional "pitarakia"](#), with traditional sweet "koufeto" and the extraordinary "dakos" with Milos "mizithra" cheese! Nostos has delicious, fresh fish, but you should also try the steamed mussels, "dolmadakia" with shrimp and lemon foam and definitely the shrimp spaghetti. You will be excited with the food, but don't forget that the sweets are even better. You can taste Cycladic Tiramisu with Milos "mizithra" cheese cream and orange pie with salty caramel syrup.

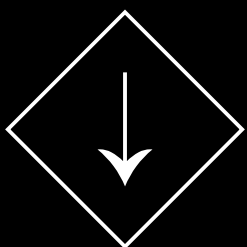


A DRINK WILL FREE YOURSELF

For a nice and calm drink or cocktail with relaxing lounge music and an extraordinary view of Adamantas port, you can visit [Akri bar](#).



If you want an after drink, [Plori](#) is a very good choice and why not stay there to see the daybreak enjoying the beautiful view of Milos port.



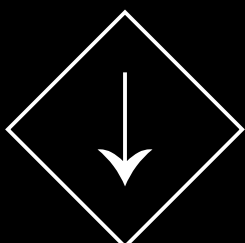
DAY 03

BREAKFAST

This morning you should be quick, in order to catch up with the ship at 10 am. So the best choice is [Artemis Bakery and Pastry](#) for a quick breakfast with sandwiches, many Greek pies and [the traditional Milos Watermelon-pie](#).

BEACH VOL. 01

Today you will see one of the beaches that you will remember for the rest of your life! Yes, [Kleftiko](#) is **#astorytotell!** And I'm talking about both the beach and our suite :)



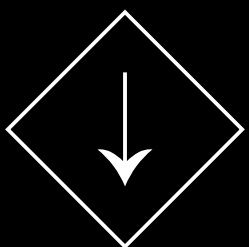
So, get in your car and drive for 14 minutes to Saint Kiriaki. [Zephyros](#) ship will be waiting for you (we suggest you book your ticket a day before). The trip will start at 10 am. When the ship reaches Kleftiko, you will be able to enjoy swimming for 1 hour. This will be a life experience for sure! The next stop is to another beautiful beach, which can only be reached by ship, [Gerontas](#) beach. You can swim there for 30 minutes.

This trip lasts only 4 hours, so you will have plenty of time to do many things after 2 pm, but you will never forget the images in Kleftiko and Gerontas...

If you want to explore more beaches of Milos along with Kleftiko, such as Sikia Cave, Kalogria beach, Blue Water, Thiorichia as well as visit some exceptional beaches in Poliegos and Kimolos island, then you should try one of the full-day boat tours of [Drougas Tours](#), which arrive from Adamantas port. Definitely a story to tell!

BEACH VOL. 02

So what's next after these two extraordinary beaches (if you chose the half-day boat tour)? Nothing can be compared but we suggest you come back to Adamantas and stay in [Achivadolimni](#) or [Papikinou](#) beach, which have a great view of Adamantas and it's a good way to calm down, relax and think of your trip.



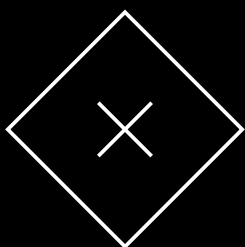


ARE YOU HUNGRY?

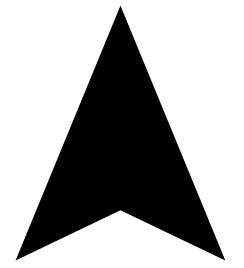
Today, we suggest an old restaurant, which has delicious Greek traditional dishes, [Flisvos](#), near the port of Adamantas. You should taste [Kleftiko](#) for sure (meat with cheese and eggplant), Greek traditional Mousaka, stuffed tomatoes and peppers, Milos traditional cheese pies ("pitarakia") and the feta cheese with honey.

ALEXA, I AM IN LOVE

After an exciting day, you can stay in **Athina Milos Suites**, open a bottle of wine, taste the nuts and all the treats we have selected for you in the basket and enjoy your apartment/suite. You can also catch a breath on the sofa in the entrance.



when the wind is from the south



DAY 01

BREAKFAST

[Ark of Flavors – Kivotos ton gefseon](#) (in Polonia): For delightful omelette, traditional puff pastry, wonderful milk sweet ("galaktobourekó" – it's the best) and choco-pie.

BEACH VOL. 01

On the road from Polonia to Plaka, you should stop to see **Papafragas beach**. It's very beautiful for sure, but a little bit dangerous to go down it. A few kilometers after Papafragas, you should stop to [Alogomantra](#) beach, which is a natural gulf created by the sea waves.



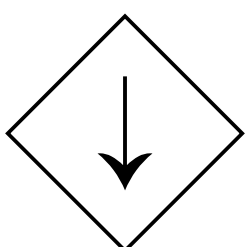
BEACH VOL. 02

Will you leave Milos island, without swimming in [Sarakiniko](#) beach? Of course not! It's only a 9 minutes drive with your car and it's one of the most famous places in Milos! It's like swimming on the Moon... White rocks and a very small sea strip in an extraordinary place, where everybody shoots selfies ...There is a cantine there, so don't worry if you get thirsty.



ALEXA, I AM IN LOVE

I know that you are hungry, but you must not lose the fabulous sunset from Plaka. Visit [Verina cocktail bar](#), get the best cocktail and go to the church, which is nearby. Please keep in mind that you should leave your car in the parking and walk for 10 minutes to get up there.





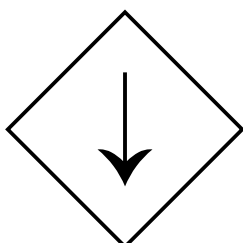
ARE YOU HUNGRY?

Yes, yes I know. Can you walk for 1 minute? Go to [Avli](#) restaurant, which is in the beautiful alleys of Plaka and has a good variety of fish and meat dishes. We recommend that you eat [braised rooster with thick spaghetti](#), goat with butter, handmade spaghetti with shrimp stuffing and the shrimp salad.

Another option is [Archontoula](#) (near Avli restaurant) which has tables in a very beautiful crossroad of Plaka. There you should eat kritamo meatballs and brisket with honey. Just a few minutes away from Plaka, in Triovasalos village there is another gem [Galanis bakaliko](#), which is a restaurant visited by many local people. There, you can taste [dakos with Milos "mizithra" cheese](#), chicken "tigania" and the delicious meatballs.

A SWEET, MY LOVE

If you stay in Plaka, [Paleos](#) is one of the oldest patisserie in Milos island, located in the center



of Plaka. You should close this day with a very good sweet, right? So taste the delicious milk pie ("galaktoboureko") or the handmade ice cream or the Milos pizza called "ladenia".

DAY 02

BREAKFAST

[Vikelis Bakery shop](#) in Triovasalos village offers many traditional treats for your breakfast. Taste "ladenia" (the pizza of Milos with the traditional tomato paste), "pitarakia" (goat cheese pies), the delicious spinach-cheese pie and the local traditional watermelon pie.



[Klima](#) is a very beautiful small village with many colourful "Sirmata" (the fishermen houses, where they use to park their boats). It's better to visit it in the morning, when there is not much traffic.

Near Klima village, you can visit the [Catacombs of Milos](#), which is a historical site found near the modern settlement of Trypiti. The name Trypiti derives from the fact that the surrounding area is full of caves cut into the porous volcanic rock, which are still used by the inhabitants as storerooms and stables. In ancient times however, these caves were used as family burial chambers. The galleries are of different measurements, ranging from 1 to 5 metres in width and from 1.6 to 2.5 metres in height. In addition to the tombs cut into the walls, there are also many graves cut into the ground and covered with unworked stones of irregular sizes.

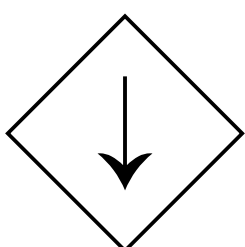
BEACH VOL. 01

[Plathiena](#) beach is 13 minutes drive from the Catacombs. It is a peaceful and sandy beach with a beach bar and sunbeds.



BEACH VOL. 02

[Firopotamos](#) is Athina's favourite beach and that's why one of our apartments (06) has this name. The sea is extremely beautiful with green and blue colours and the view of "sirmata" offers something special. It has a few tamarisk trees but the beach is not so big, so you have to be lucky enough to find your spot.



ARE YOU HUNGRY?

[Medousa](#) in Mandrakia village, has sea view and delicious dishes like the [swordfish skewer, fava with smoked eel and zucchini meatballs](#).



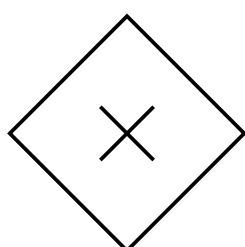
[Yialos](#) in Pollonia is one of the best restaurants in Milos and you should definitely go! Try the traditional pumpkin pie, which is like cheesecake, the barley



with cuttlefish ink, the octopus stew, the shrimp pasta and the grilled sardines. If you don't want fish dishes, it's worth trying the penne with chicken and sun-dried tomato as well as the lamb with caramelized onion puree.

A DRINK WILL FREE YOURSELF

Plaka has very beautiful alleys so why not go to the [Orichio](#) (Mine) and have a drink to... release yourself? Want another alternative? You can go to [Mosaic](#) beautiful terrace, which is perfect for brunch and cocktails. The sunset there is magnificent.





We wish you to have an
unforgettable stay, leaving
this place with

a story
to tell

Adamantas, Milos, Greece

t. +30 22870 23470

e. info@athinamilos.gr

George +30 6974 871677

Athina +30 6793 508313

www.athinamilos.gr

