

# European Weightlifting Championships

Loutraki, Greece • 14-20 April 2003



Released: 11.04.2003

Hellenic Weightlifting Federation • Galanis Sports Data

1

## Venue Profile: Loutraki

### Getting There

The seaside spa city of Loutraki is situated on the Gulf of Corinth, just off the main Athens-Patras motorway, 80 kilometres from Athens and 140 kilometres from Patras, the western Gateway to Greece. Loutraki is served by the new Athens International Airport *Eleftherios Venizelos*, which has direct scheduled connections to almost all European capitals and other major cities throughout the continent, as well as to international gateway hubs in North America, Asia, Australia and Africa. Athens Airport is the hub of the two Greek airlines, Olympic Airways and Aegean Airlines, which offer numerous international connections in addition to a vast domestic network. Patras is the major western gateway to Greece, with numerous daily ferry connections to the Italian Adriatic ports of Brindisi, Bari, Ancona, Venice and Trieste.

- Loutraki is served from Athens by regular intercity buses (travelling time approximately two hours), departing from the Kifissos Bus Terminal. Airport buses connect Athens International Airport to the Kifissos Bus Terminal. In addition, two daily rail services link Athens (and its port of Piraeus) with Loutraki (over a most scenic route with splendid views over the Saronic Gulf). Travelling time by train is just under two hours. By car, follow the E-94 Athens-Corinth motorway west and exit at Loutraki, just before crossing the Corinth Canal. Travelling from Patras, the best public transportation option to Loutraki is one of the regular Athens-bound trains. Get off at Corinth, which is a short taxi or bus ride from Loutraki. By car, follow the E-65 motorway east, towards Athens, and turn off at the Loutraki exit, just past the city of Corinth.

### Accommodation

Loutraki offers an almost inexhaustible supply of accommodation, catering to all needs and budgets. All participants in the 2003 European Weightlifting Championships will be accommodated at the Poseidon Resort Hotel (☎ +30-2744027938). Officials of the event will be accommodated at the Club Hotel Casino (☎ +30-2744060300). A list of recommended hotels for visitors travelling privately can be found at the end of this document.

### Orientation

Loutraki is spread out along its magnificent waterfront—one of the most famous promenades in Greece. The main thoroughfare is Eleftheriou Venizelou Avenue, running south-north, parallel to the waterfront, a few blocks inland. All banks, the Post Office, Police, Bus Station and Train Station can be found along or just off this avenue. The Sports Hall where the 2003 European Weightlifting Championships will be held is located at the entrance of town, on the road that leads into Loutraki from the Athens-



*Loutraki is one of the most important spas in Greece. The town was destroyed by an earthquake in 1928 and was since rebuilt on an excellent grid plan, which includes wide avenues, squares and a well-known waterfront. Hotel availability is in the vicinity of 3,000 beds—more are offered in private lodgings. A casino used to operate in Loutraki before World War II, but its operation was suspended until a new one opened in 1995. The therapeutic properties of the waters of Loutraki were already known in medieval times—possibly even before 1345 AD, when Byzantine Emperor John Cantacuzene built the church of Aghios Andreas, which survives until today. Its ancient name of Thermai is indicative of its fame since antiquity. The saline waters of Loutraki (30-31°C) are used both internally (drinking and inhalation) and externally (baths) for curing dyspepsia, arthritis and liver ailments. The bottled water of Loutraki, with a strong presence of magnesium, is considered the best in Greece and can be found under several brand names that all feature the word Loutraki. The ancient site of Perachora, with its famous 8th-century BC Heraion, temple of Hera, lies 17 kilometres north of Loutraki, at the tip of the peninsula, just past the Lake Vouliagmeni lagoon.*

for more information visit us on the web:

[www.weightlifting.gr/loutraki2003](http://www.weightlifting.gr/loutraki2003)

Patras motorway. More details on the host town, including information on the its history, a presentation of sights and monuments in the greater Loutraki area and several town maps may be found on the City of Loutraki official website, at [www.city-of-loutraki.gr](http://www.city-of-loutraki.gr).

## Getting Around

Transportation between Athens International Airport and Loutraki will be provided by the organizers to all participants and officials according to the arrivals and departures schedules. Shuttle buses will also run regularly between the official hotels of the 2003 European Weightlifting Championships and the competition and training halls. Everything within Loutraki is normally within walking distance. Local buses run to the outlying villages, and also connect Loutraki to the city of Corinth. Taxis are reasonably priced and may be hailed in the street, picked up at a taxi rank or ordered by phone.

## Money

Greece is a member of the Euro-zone and since 1 January 2002 its official currency is the euro (€). The euro is also the official currency of Austria, Belgium, Finland, France, Germany, Ireland, Italy, Luxembourg, the Netherlands, Portugal and Spain. In late March 2003, \$1=€0,95. Most major foreign currencies can be exchanged at banks (open Monday to Friday 08:00-13:30). Other options are exchange offices, which usually keep longer hours. Rates and commissions at travel agencies and hotels will probably not be as favourable as at banks and exchange offices. All banks have ATMs available round the clock.

- Major credit cards are accepted at most tourist-oriented establishments—but always ask beforehand.

## Time

Greek Summer Time, in effect from the last Sunday in March to the last Sunday in October, is three hours ahead of Greenwich Mean Time. In winter Greece is two hours ahead of GMT.

## Electricity

Electricity in Greece is 220V, 50 cycles, with standard continental-type plugs with two round pins.

## Telephones

Direct-dial service is available between Greece and all other countries of the world. International calls may be placed from any of the cardphones widely available throughout the town of Loutraki. Telephone cards are sold at kiosks and newsagents and most grocery and souvenir stores everywhere. Phone calls placed from hotel rooms may carry heavy surcharges.

- Mobile phone networks in Greece are compatible with the European-wide GSM 800/1900 standards, but not with the systems available in the USA and Japan. Vodafone (formerly Panafon), Telestet and Cosmote are the leading mobile phone service providers in Greece, all with coverage in Loutraki. Check with your home service provider to find out if Roaming Service is available for you. Otherwise, it's possible with very little money to buy Connection Packs from any of the above companies in Greece. These are compatible with GSM 900/1800 devices and include a number and a small amount of airtime which can be easily renewed.
- All phone numbers in Greece comprise of 10 digits. To call from abroad dial the international access code of your country, followed by 30 (the country code of Greece), followed by the 10-digit phone number. To call from within Greece just dial the 10-digit number. There are no area codes.

## Newspapers

The newsagent in the central square of Loutraki offers a wide selection European newspapers and magazines, most on the evening of the same day of publication. International press is also available at some of the largest hotels. The International Herald Tribune printed in Athens is available every morning and includes an eight-page, English-language supplement of the Greek daily Kathimerini. The English-language Athens News is published every Friday.

## Sightseeing & Excursions

Loutraki is strategically located for numerous excursions to all of the major archaeological sites in southern Greece, including the Acropolis in Athens, Ancient Corinth, Epidauros, Nauplion, Olympia and Delphi. Other excursion possibilities include the Diakopton-Kalavryta rack railway, a hundred-year-old marvel of engineering. Closer to hand are the Heraion of Perachora, a sanctuary to the goddess Hera, the Vouliagmeni lagoon, the temple of Poseidon at the entrance to the Corinth Canal, the site of Ancient Corinth, the hilltop citadel of Acrocorinth (incorporating Ancient Greek, Roman, Byzantine, Venetian and Ottoman structures), as well as the Corinth Canal.

## Recommended Hotels

Hotel	Address	Cat.	Phone	Fax
Club Hotel Loutraki	48, Poseidonos Str.	L	+30-2744060300	+30-2744060306
Hotel Poseidon Resort	.	L	+30-2744027938	+30-2744067950
Hotel Achillion	13, El. Venizelou Str.	A	+30-2744022271	+30-2744026757
Hotel Mantas	1, Damaskinou & Ikonomou Str.	B	+30-2744022575	+30-2744022791
Isthmia Prime Hotel	Isthmus	B	+30-2741061896	+30-2744076397
Hotel Barbara	50, Poseidonos Ave.	B	+30-2744064338	+30-2744061895
Hotel Pappas	Pezoulia Area	B	+30-2744062782	+30-2744023940
Hotel Vassilikon	25th March Square	B	+30-2744022313	+30-2744026659
Hotel Aprtments Aeolos	31, Ipsilantou & Boleti Str.	C	+30-2744028526	.
Hotel Loutraki	19, El. Venizelou Str.	C	+30-2744022433	+30-2744026478
Hotel Marion	36, Lekka Str.	C	+30-2744066800	+30-2744063689
Hotel Olympia Logotheti	1, El. Venizelou Str.	C	+30-2744022284	+30-2744022804