



with **GPS**

walk & eat

KEFALONIÁ

The background of the top half of the page is a textured orange color. Overlaid on this are several hanging pans and a lantern, rendered in a dark, sketchy style. The pans are suspended by their handles, and the lantern is on the right side. The overall aesthetic is rustic and traditional.

**This is a sample from the PDF edition of
Walk & Eat Kefalonia.**

**This short sample includes some of the
introductory text, a sample of an
excursion, with restaurants and recipes,
plus a sample walk, plus restaurants.**

There is a total of 144 pages in the full book.

walk & eat 

KEFALONIÁ

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If holidays are about new experiences, then this pocket guide will add a further dimension to your stay on Kefaloniá. It solves two problems — where to walk and where to find some good, traditional food. The gastronomical touch extends a little further, with recipes for some of the island's dishes, both specialities and traditional. There are strolls for hot days and longer walks to work up an appetite. If you're just after some recommendations for where to eat, look no further!

Highlights at a glance

- 10 day walks, each with topographical map
- 2 excursions — one a walking tour around Argostóli and the other to Itháca, the land of Odysseus
- recommended restaurants for the walks
- recipes to try out when self-catering or back home
- hints on wheat-, gluten- and dairy-free eating and cooking on the island

INTRO

THE AUTHORS

Brian and Eileen Anderson's guide has enthused thousands of people over decades to the delights of Kefaloniá. Now that they are no longer writing, as their publisher we have changed this book only where necessary (for a closed path or restaurant).

THE WALKS

The walks in this book vary in length and difficulty. None is too strenuous and all can be done by a reasonably fit walker. The walks are spread around the island and there is at least one near every major resort.

THE EXCURSIONS

Argostóli, capital of the island, is built for pleasure. A broad promenade, fishermen selling their early-morning catch, the best fruit and veg market on the island, a shoppers' haven along Lithóstroto, great eating places, the best museums and everything to make this excursion a great day out.

The second excursion travels by car ferry over a 'wine-dark sea' to the nearby mountainous island of Itháca. Check out the picturesque ports and sleepy villages and, for the romantics, places associated with Homer's hero, Odysseus, King of Itháca.

THE RESTAURANTS AND TAVERNAS

We have featured only restaurants where we have dined and which meet our guidelines. Obviously, an important tourist destination like Kefaloniá has many excellent restaurants catering for different tastes. We have not included those offering

'international cuisine' — dishes like peppered steaks and chicken Kiev, no matter how good they may be. Similarly, Chinese and Indian restaurants do not feature.

Our aim has been to find restaurants and tavernas serving good, traditional Greek food using fresh ingredients. Many restaurant owners are keen to advertise a 'Greek Cuisine' and yet you may find only a tiny corner on the menu for traditional Greek dishes.

Restaurants and tavernas differ largely in presentation. In a restaurant you expect to find the table set with a tablecloth, cutlery and wine glasses laid out ready, as you would in any restaurant. Expectations in a taverna are a little different. Shortly after sitting down, a plastic-backed paper table cloth will appear and be laid over the tablecloth, fixed with side clips. The cutlery arrives wrapped in a paper napkin (it used to arrive in the bread basket, but bread is no longer served automatically. Wine is drunk from small glasses, although wine glasses may

Price guide

Restaurants and tavernas aren't graded or classified by the tourist authorities as they once were, and are no longer subject to price controls. In spite of this, the prices between the various establishments remain surprisingly similar. The price guides in this book (€ to €€€) indicate 'very reasonable' to 'fairly pricey'. Remember that this guide relates not to prices at home, but to *prices on Kefaloniá* and is a comparison between the various tavernas and restaurants. The majority fall into the average category indicated by €. Even so, it's always possible to enjoy a relatively inexpensive meal in a top restaurant by choosing carefully from the menu. There's usually a large choice of cheaper starter dishes which can easily make up a satisfying meal.

make an appearance. But other than in presentation, there is little difference, the food may well be very similar in quality and price. Restaurants have grown out of tavernas and are only likely to be found in the larger towns.

Even in the more expensive restaurants it's still easy to enjoy a good meal by choosing carefully. The Greek menu offers so many starters, like the well-known Greek salad, taken together with *tzatziki* and a jug of house wine, and you will certainly not need to raid the piggy bank to end up with a good light lunch.

Please be aware that no restaurant or taverna has paid in cash or in kind to be included in this guide.

THE RECIPES

Requests for recipes always brought a delighted and enthusiastic response. Then the difficulties started. Take a handful of this and a cup of that or take 12 eggs and so on. Weights and measures are quite foreign to them. One interesting aspect was drawing out of the chefs their preferred herbs. Traditional recipes passed down through the family use only local herbs which grow naturally or are grown commercially on the island. Chief of these is parsley, which is used in so many recipes as a flavouring or as decoration. Oregano and dill are commonly used, but spices feature far less often.



Taverna sign

Many standard recipes can vary quite considerably. Kefalonian meat pie is a good example. Each one we tried and each recipe we acquired was different. Basically, it's a mix of meat and rice in a pie. Different size of meat cuts, different ratios of meat and rice, different herbs and spices were among the variations and, in one case, lentils replaced rice. Two tips from the Greeks when cooking dried beans. The first tip is, after soaking, bring to the boil, drain, and boil again in fresh water. This helps reduce flatulence. Secondly, to keep the skins tender, add the olive oil and salt five minutes before the end of cooking.

So we have drawn all our information together and tried to make the dishes at home to recapture the taste and flavour. It's difficult without exactly the same ingredients and, without the intangibles — the sunshine, the holiday atmosphere, the waves lapping on the sea shore — it's doubly difficult. Even so, the recipes are authentic and results pleasing.

Olive oil isn't good to use for frying at high temperatures, the lighter sunflower oil or similar is more commonly used by

Acknowledgements

We would like to thank Nick and Vivian Sklavounaki of Vivian Villa (www.villavive@otenet.gr), our regular base in Argostóli, who have become good friends over the years as we researched our *Visitors Guide to Kefalonia* (now in a Kindle edition). They have helped with our research on previous occasions, but this time Greek cooking was in the spotlight. Viv is a great cook, as we well know, so special thanks to her for tips and recipes. Also to Liana Sklavounaki for checking our Greek. Vivian Villa also has superior apartments by the sea at Fanari Beach (Walk 1).

country villages — well away from areas frequented by mass tourism.

When we lived on Lesvos some years ago, the locals insisted that Lesvos made the best oúzo in Greece. We put this down to local pride, but since then we have travelled to many other Greek islands and, sure enough, everybody tells us the best oúzo is from Lesvos. Oúzo 12, Mini and Barbayanni are all leading brands.

Tsiperou is a strong clear spirit.

One or two international **beers** are available, but Mythos, Alpha, Fix and Amstel, lager-type beers, are freely available, both bottled and draught, and suit the sunny hot weather well.

PLANNING YOUR VISIT

When to go

Although one or two hotels in Argostóli remain open all year, Kefaloniá is effectively closed for tourism in winter. Lids come off the paint tins in April, when work starts and the island comes to life to get ready for the new season. This is about the earliest time that can be considered, although getting there will mean taking an international flight to Athens and an internal flight to Kefaloniá (often called Kafaliniá on airport departure boards). Direct charter flights start in May and end in October. But with a changing climate, we expect these time frames will shift.

The best time for walkers is in the **spring and autumn** months. Late April/May is a great time to be there walking. The temperature (usually) isn't too high, and the spring flowers are a definite bonus. The heat starts to build quickly in May/June,

and at some point it becomes too hot to enjoy strenuous walks — but some of the easy or short walks remain possible, especially with an early start. July, August and early September are generally too hot for walkers unless you are prepared to rise with the sun and walk very, very early in the morning. Walking in the full heat of the sun in this period is risking serious heat exhaustion and is *most definitely not recommended*. Temperatures decline slowly throughout October, and usually by the middle of the month, walking is back on the agenda — but it may still be advisable to avoid strenuous walks for a time. By late October the temperatures are usually back to the mid or low 20s and walking becomes a pleasure again.

But eating is a pleasure to be enjoyed any time of the year so, even if it's too hot to walk, you might still want to try some of our suggested restaurants and tavernas!

Where to stay

Our preferred base is **Argostóli** simply because it lies at the hub of the island and is well served by public transport. It has no beach, which will not please a lot of people, but it's not far from Lássi and a number of beaches. Argostóli has the only sizeable fruit and vegetable market on the island, and the town offers some of the best eating, although not everywhere is good.

Moving around the island counter-clockwise from Argostóli:

Lássi, very much a ribbon development along the main road, has a selection of good beaches and is a popular resort. It also has the advantage of being very close to Argostóli, close enough to walk the short main road route (2km) or the longer

old carriageway route which is one of our featured walks.

Lourdáta: features in many brochures and has a good beach, but is a quieter, isolated resort; a hire car will be essential to see anything of the island, since there is a limited bus service.

Kateliós, another small resort with plenty of character, is also isolated, but at least lies on the bus route.

Skála: has developed into the island's leading resort. A huge sandy beach with plenty of space, a wide choice of tavernas and restaurants, good shopping and a walk on the doorstep.

Póros: lots of scenic character being nudged into the sea by the mountains, but losing out to neighbouring Skála. Mass tourism to Póros has declined. There are no taxis now, but there *are* buses during the season. There are places to eat and at the port which we feature for our two Póros walks. Ferries ply back and forth from this port to Killíni (a good connection for ferries to Zákynthos) and Pátras, both on the Peloponnese mainland.

Sámi: another major ferry port with a wide sea-front captured by tavernas and restaurants. Much of the accommodation lies back from the town, sometimes a fair distance. Its beach lies on the Karavómilos side or, if you are prepared to walk (3.5km) or take a taxi, you can visit the stunning white shingle beach of Antísamos. We feature a good footpath walk up to ancient Sámi from here.

Ag Efimía: This attractive but low-key fishing village and yachting centre is growing steadily in popularity. It has no beach to write home about. Some walking information is displayed on a board in the harbour to help you across the neck of the island to Mírtos beach on the other coast. Not all, but



Argostóli, capital of the prefecture of Kefaloniá and Itháca (Itháki), spreads along the east-facing shore of an inland gulf. This circular walk around the town takes in all the major points of interest. Morning is the best time to visit; it quietens down in the afternoon, when some shops close.



argostóli

Back in the 16th century Argostóli was no more than a scattering of fishermen's cottages. Building a port in this sheltered bay brought a steady increase in shipping trade and in the town's development. By 1753 it had become such an important trading centre that it was petitioning its governors in Venice to become administrative capital. In 1759, St George's Castle (see page 39) relinquished its role, and Argostóli was made capital.

It developed into a graceful town with elegant Venetian-style mansions and bell towers. Early in the 19th century it came under British administration, and the first governor was the Swiss Phillipe de Bosset (1810-14), a colonel in the British Army. He brought about improvements in the island's infrastructure, including building the Drápano Bridge (see page 35) and the road over to Sámi. Colonel Sir Charles Napier, appointed governor in 1821, was just as keen to see further improvements, and more roads and public buildings followed. He created the first public park

See plan inside the front cover

Grade/time: easy; allow half a day or more

Transport:  or  to Argostóli. If you arrive by bus, walk north along the front from the southern end and join the walk at the fruit and veg market. Arriving by car, the northern end of town, near the Lixóuri ferry, offers the best chance of finding a parking spot on the front. **NB:** The pay and display parking notices may not apply because of a shortage of traffic wardens. Check locally re the current situation.

Refreshments: cafés, fast-food outlets, tavernas and restaurants; see our suggestions on pages 40-41.

Opening times

Archaeological Museum: Tue-Sun from 08.30-15.00; entry 3€

Folklore Museum: Mon-Sat from 09.00-14.00

in Argostóli, Napier Gardens, which remains today, inland from the main square.

Elegance and culture ensured a good standard of living right through until the World Wars of the 20th century and the Greek Civil War which followed, when life was seriously disrupted. Just as a settled existence was returning, the 1953 earthquake (see pages 66-67) brought utter and complete devastation to the island — persuading many thousands to emigrate. Rebuilding was slow and difficult for a time but, with the help of money being sent home, grander buildings started to appear in Argostóli. Venetian-style architecture still influences present-day Argostóli, and with a large music school and theatre, its cultural aspirations remain undimmed.

Start the walk by strolling along the promenade past the **Lixoúri ferry terminal (1)**. Car parking is available nearby. Taking the ferry over to Lixoúri is another trip to try sometime. The fare is extremely low for foot passengers, the journey time around 25 minutes, and the ferries run every 30 minutes in high season and hourly at other times. The ferry docks right in Lixoúri town, so no other transport is needed, and you can be seated at a shaded café table in the impressive main square within minutes. Alternatively, you could try Walk 2.

For now continue along the front, very shortly passing the **Greek National Tourist Office (2)**; you might like to call in, if it's open. Palm trees line the now-wide promenade as the **fishing boat area (3)** is approached. This is the place to buy your fresh fish, straight off the boat. This activity always gathers interested spectators — especially the friendly logger-

De Bosset (formerly Drápano) Bridge

Early in the 19th century, the first governor under British administration, Philippe de Bosset, a Swiss Colonel in the British Army,



announced plans to build a bridge across the Gulf of Argostóli. In those days, the head of the bay was a dangerous swamp, so boats were used to cross to the other side. Opposition to the bridge was initially strong, because many regarded their isolation as protection. But when a wooden structure 900m long was

erected in just two weeks, it met with instant approval. It was eventually replaced by a stone bridge which, amazingly, was one of only a few structures to survive the earthquake. The obelisk dedicated to de Bosset part-way across gives a construction date of 1813.

With the steady increase in traffic, the bridge was threatened with closure for several years. Finally, in 2005, it was closed to traffic, but remains open to pedestrians and has recently been strengthened.

The bridge is an excellent short walk (2km return) across the bay, with the sea on one side and the lagoon which the bridge creates on the other. The yellow church at the entrance has a spectacular interior. On the far side, keep ahead along the road to the walled British cemetery on the left, with graves going back almost two centuries. You can walk beside the lagoon as well; the initially paved path starts by the entrance to the bridge. It soon becomes a woodland path with benches. When it ends, you can access the main road, but we prefer to retrace our steps (4km).

head turtles. The low stone bridge you can see crossing the gulf is the **De Bosset Bridge** (see the previous page).

Further along are the **fruit, veg and meat markets (6)**, with plenty of fresh produce on view. Most of the stalls are on the seafront side, but there are one or two opposite. Look for *hórta* among the green, leafy vegetables which are usually labelled; it's delicious and quite common on taverna menus (see page 13).

On reaching the EKO petrol station, look inland from the EKO sign to find Vas Vanderou Street, the location of one of our featured tavernas, **Tzívras (23)**, a little way up on the left. Continue on the seafront only a short distance before turning

inland. (For another day: there's a lovely walkway alongside the lagoon, starting from Drápano Bridge; it makes a good short walk of 4km return.)

Cross the road, walk just two blocks up Andréa Metaxá, and turn right into pedestrianised **Lithóstroto**. Stand by for some serious shopping. Elegant, colourful Lithóstroto is the

Fisherman at Argostóli



place to be seen, and where the locals like to relax in the pavement cafés. This was the first stone-paved street on the island, as its name suggests; it's now marbled, and you glide along easily. The **belltower (8)** on the left was built by the Venetians in the 18th century. Tables for cafés are set out in the small square opposite. From here you enter the world of boutiques promoting the latest fashions, brightly lit gold and silver jewellery shops, fancy goods, souvenir shops, kiosks for your instant needs and the **post office (9)**. The first church encountered on the left is the Roman Catholic church of **St Nikólaos (10)** and a little further along, on the right, is the church of **Ag Spirídon (11)**, Corfu's patron saint.

Looking diagonally left at the end of Lithóstroto, you can see the **Archaeological Museum (12)** just across the road and, further left, just beyond the traffic lights, the **theatre (13)**. Turn left and head up the street on the left of the theatre for just one block: across the road to the left is the **Folklore Museum (14)**, just beside the **Korgialenos Library (17)**. The museum holds a



Venetian belltower on Lithóstroto

Arkondikó

A great find for some authentic Greek cooking — a popular taverna with a homely atmosphere, friendly (if slow) service and serving excellent Greek food. It's on oleander-lined Rizospastón, which is pedestrianised from the square until past the restaurant.

TAVERNA ARKONDIKÓ

Rizospastón (close to Platía Valliánu), Argostóli

all year, but on fewer days in winter €-€€

large selection of **Greek specialities**, plus **grills** and **fresh fish**; yummy **saganáki político** chicken fillet

Sweets and quite a good choice of **drinks** — including different coffees, cocktails, and good **house wine**



EL GRÉCO

K Vergóti, opposite Napier Park, Argostóli

open daily all year for lunch and dinner €-€€

typical dishes include **moussaka**, **arakás**, **kokkinistó**, **giouvétsi**, **fish** and stuffed **aubergines**, etc. **Pizzas** are also available and they do a delivery service.



El Gréco

This long-established, very popular taverna has an outside enclosure at the back (open in summer). There's a lunchtime dish of the day, but an extensive menu as well. Regular visitors can request dishes to be made for the following day. And they also have a take-away service.

restaurants

eat

Tzívras

A superb find for Greco-philosophers in search of a really authentic Greek taverna, serving some delicious and rarely found Greek dishes.

This is a taverna run mainly for Greeks at lunchtime, which is the best time to call in for a meal. It may not have an exciting location,

but it is very clean and well run. Look for Tzívras, on the left, not far along the narrow street heading inland opposite the EKO petrol station (near the fish and fruit markets on the promenade). And a bonus: they do take-away food, which you can collect and put in the fridge in your apartment for a really easy evening meal.



TAVERNA TZIVRAS

Off Ioannou Metaxá, near the Shell petrol station, Argostóli

open all year at lunchtime only and some evenings €

specialities include **arakás, fakés** (recipes for both on pages 46-47), **giouvétsi** (recipe on page 135), **marídes** (small, whitebait-like fish). Their **Kefalonian meat pie** is the best we've had.

Old Pláka

Raised above the road, close to the marina, this taverna commands a clear view across the channel regularly plied by the Lixouri ferry. It's very popular with the locals and offers an extensive menu including several specialities.



OLD PLÁKA

Agnis Metaxá, Argostóli

open daily all year for lunch and dinner €€

a particular house speciality is **tsigaria** — a mix of vegetables, herbs and spices with tomato sauce. But you can also look forward to fried **courgette keftedes** with a soft cheese & garlic dip; **pork** with prunes; **fried cheese** covered with **honey and sesame seeds** (not seen anywhere else!)

Okra is a popular vegetable in Greece, not usually available in most super markets in the UK — but it can be found in areas with an Asian population. We love this! It goes especially well with chicken and is apparently beneficial in lowering cholesterol levels.



Ingredients (for 2 people)

250 g okra
1 tbsp olive oil
100 ml crushed tomatoes or
1 large fresh skinned and
finely chopped tomato
1 small onion, finely chopped
1 garlic clove, crushed
salt & black pepper
water to cover

Bámies (Okra)

Soak the okra in vinegar and water for about 15 min, rinse, drain and dry. Cut off the stalk ends carefully to a cone (not as difficult as it sounds — the aim is not to cut off the top, so the seeds remain in the pod).

Heat the oil in a large pan. Soften the onion. Add the garlic, salt and pepper, chopped tomato and okra; cook briefly, stirring gently. Then cover with water and reduce to a simmer. Do not stir while cooking, or the okra will break up.

Allow the water to evaporate and just leave the juices, but check the liquid level during cooking. Simmer for about 20-25 min.



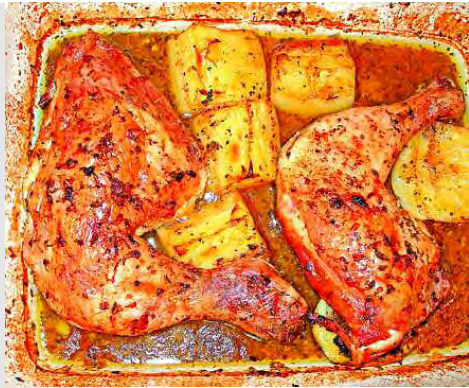
Kotópoulo lemonáto me patátes (Chicken and lemon with potatoes)

Cut excess fat off the chicken legs, but leave the skin on. Mix the marinade ingredients together. Place the chicken in a container and coat all over with the marinade. Cover and leave in the fridge for a couple of hours or overnight.

Pre-heat the oven to 170°C. To cook, place the chicken legs in a roasting tin with the potatoes. Pour over the marinade and the chicken stock, to almost cover the potatoes. If there is stock left over, save for later in case the liquid requires topping up.

Cover loosely with foil, but remove the foil about half way through the cooking time. Bake for about 1 h 30 min. To keep the chicken moist, baste occasionally.

Serve with a little of the juice spooned over the chicken and vegetables of choice.



Ingredients (for 2 people)

- 2 chicken legs
- 2 medium or large potatoes, cut into chunks
- 250 ml chicken stock

Marinade

- 50 ml olive oil
- 50 ml lemon juice
- 1 level tbsp dried oregano
- 2 tbsp fresh parsley, finely chopped (retain a little to sprinkle over the finished dish)
- 2 garlic cloves, crushed
- salt & black pepper



A popular walk — especially for visitors staying in Lássi or Argostóli — which follows the old carriageway along the coastline of the peninsula. The walk passes poignant reminders of the massacre of Italian troops during World War Two, but ever-changing views and refreshment options en route make for a delightful stroll.

along the piccolo yiro

WALK

Start the walk along the shore-side road in **Lássi** (1), by the supermarket next to the access to Gradákia Beach; this is the start of the **Piccolo Yiro**, the old carriageway between Lássi and Argostóli. You pass **Stó Psitó** (page 52); just past it is a track left to Kalámia Beach (6min). The rural road winds gently downhill past an old Venetian era estate and then Oskar's on the right (2; 20min). (On the return, you will come back past Oskar's.)



You come to a long beige wall on the left (27min). As the wall seems to end, turn left on a rough track, still skirting the wall on the left. Reaching the coast, follow the path to the right. As you pass a pleasant beach, do *not* follow the track off right: stay left, then go right, to continue along the coast. The path leads back to the road, which you follow for under 500m and then turn left to the lighthouse. (Or first turn right for 300m to the 'Pit' (a), the site of the 1943 execution referred to overleaf.)

Ag Theódori Lighthouse (3; see page 55) was converted from a windmill during the British occupation in 1829 and rebuilt

Distance: 9.5km/6mi; 3h20min

Grade: easy walk along country roads, tracks and paths, with an ascent of 50m on the return. Take care along the road as it's used by traffic, but there is 2.3km of footpath.

Equipment: trainers or walking sandals are fine – boots if you prefer

Transport:  or  private transport to the Gradákia Beach access road at the edge of Lássi

Refreshments en route:

Stó Psitó (at the start)

Ta Didimákia at Fanári Beach

Vináries, a little under halfway along

Old Pláka (at Argostóli Marina; see page 41)

Points of interest:

Pit and memorial to massacred Italian soldiers

Ag Theódori lighthouse

Ag Theódori church

Katavóthres, a one-time corn mill

Thalassómilos, a sea mill



after the 1953 earthquake. It's a pleasant place to sit and enjoy the views and sunsets. Now the road bends right, past the small **church of Ag Theódori** on the left, to reach **Fanári Beach** and **Ta Didimákia** taverna. Soon you come to **Katavóthres** (4; see opposite). All that remains of the mill is the water-wheel and channels. Leave the road now, to follow the shady shore-side path, soon passing a track off right: it rises to the Italian Memorial visited on the return. A little further along you pass another mill, **Thalassómilos** (5; 'Sea Mill'), once a winery.

Continue along the shore past **Vináries** taverna (page 52), until you reach a **crossroads** (6; 1h40min), where you will later continue along the road uphill on the right. For the moment, turn left downhill along Agnis Metaxá, past the **marina** and **Old Plaka** taverna on the right (page 41), as far as the **Lixouri Ferry** departure point (b). Or carry on to the promenade at Argostóli, where you may see loggerhead turtles (especially in the morning) swimming close to returning fishing boats).

Katavóthres ('Swallow Holes')

There is a curious geological phenomenon at Katavóthres, where sea water pours into a hole in the ground. It pours down with so much force that, back in the 19th century, an Englishman built a watermill to harness the energy. Where the water disappeared to remained a mystery until a team of Austrian geologists added 160 kg of a marker dye. They discovered that the water took an easterly subterranean route to emerge partly in Melissána Cave and partly in the springs at Karavómilos on the coast (see page 106).

Following the earthquake, much less water is swallowed now at Katavóthres, and the building there, shown on page 48, has become an upmarket restaurant and nightclub.

Then return to the crossroads at **6** and keep ahead uphill. The road bends left, then right as it rises. You will reach the top of the road in around 15 minutes. The large **memorial** (**7**) on the left, where the road bends right, commemorates the September 1943 massacre of 200 officers of the Italian 'Acqui' Division — an event still remembered each year on the island. Just beyond it, on the right, is a carefully tended **shrine to Ag Varvára** (St Barbara, patron saint of artillery) — a Greek memorial to the tragic events of 1943.

Facing the monument, go left on a track undulating along the spine of the peninsula. Fork right to a good **viewpoint** (**8**), then return and follow the main track down to the right. Turn right at a T-junction (or refer to the plan inside the front cover to walk direct to Argostóli centre). After 250m, just past a hair-pin bend to the right (**9**), go steeply left down a sealed track, joining the coast road at **2** — or take the gently descending track straight on. Either way, turn left, back to **Lassi (3h20min)**.

Stó Psitó

A delightful balcony setting — especially at sunset — above Kalámia Beach. You enter the restaurant across a bridge spanning a pool stocked with fish and striped-necked terrapins. Plenty of choice — from a variety of Kefalonian dishes to some of Christos's own specialities.

Vináries

This taverna/restaurant has a lovely outside area beneath pine trees, by the shore of the lagoon.



The balcony terrace at Stó Psitó

STÓ PSITÓ

above Kalámia Beach, Lássi
daily for lunch and dinner in high season,
evenings only in shoulder season; week-
ends in winter €-€€

renowned for their **mezés** — the
tzatziki here is delicious!

sweets like mouth-watering walnut cake,
cheesecake, tiramisu and 'ekmek' cake

children's menu



VINÁRIES

0.5km north of Argostóli marina
daily for lunch and dinner in season €-€€

Named for the wineries which once lined
the shore beside the lagoon, this taverna
has an extensive menu, ideal for an **ouzo**
and **mezé** break

Lovers of seafood might like to try the
seafood spaghetti or **seafood pilaf**

restaurants

eat

RECIPES FROM STÓ PSITÓ

The versatile dish below can include whatever mix takes your fancy — a great starter for four, or serve as a main vegetable. It can be made the day before, as it is served cold.

Lakaniká Psitá
(Roasted vegetables)

Pre-heat the oven to 160°C. Toss all the ingredients, except the balsamic vinegar, in a bowl, then place in a shallow roasting tin. Roast for about 30 min. The vegetables should be softened but not shrivelled.

Place in a dish to cool. To serve, place on individual serving dishes and drizzle over the balsamic vinegar. Decorate with pieces of fresh parsley.

Delicious served with *tzatzíki* (see recipe page 70) and olive oil bread (see recipe page 99).



Ingredients (for 4 people)

3 large mushrooms, quartered
3 peppers, cut into quarters
2 aubergines, cut into large chunks
3 medium or 2 large courgettes, cut into chunks (optional)
2-3 cloves of garlic, finely chopped
1 tbsp olive oil
salt & pepper
sprinkling of dried rosemary and oregano
balsamic vinegar



“walk and eat – for good health!”



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