

Kalamata is a city in the southwestern Peloponnese, the capital of the Prefecture of Messinia and a port of southern mainland Greece. Kalamata has a population of 54,100 inhabitants, while the wider Municipality of Kalamata has a population of 69,849 inhabitants, according to the 2011 census (71,894 inhabitants according to the provisional results of ELSTAT issued on 19/7/22). Kalamata is the second largest city in population in the Peloponnese after Patras.

Access to Kalamata

Kalamata is 223 km away from Athens, 215 km from Patras and 715 km from Thessaloniki.

Kalamata is connected to the major cities of the Peloponnese as well as to Athens, Thessaloniki and Ioannina by inter-city buses (organised by the KTEL bus company <https://www.ktelmessinias.gr/>)

There is also an airport that serves domestic and international flights. Kalamata is connected to Thessaloniki and major European cities such as London, Zurich, Dusseldorf, Munich, Stockholm. (<https://www.kalamata-airport.airportfield.com/>) The airport is located 4km from the University of the Peloponnese Antikalamos campus and 5km from the city centre

At times, there is a ferry to Kythira and Kissamos, Chania.

Urban transportation

The urban KTEL of Kalamata (+3027210-23377, astikoktelkalamatas@gmail.com) serves urban transportation and connects the city of Kalamata with the Campus of the University in Antikalamos. The city bus stops are presented on the website

<https://www.kalamata.gr/en/component/content/article/135-xartes/16149-urban-bus-stops?Itemid=787>

Transportation is also served by taxi and radiotaxi. The taxi parking areas are presented at the link <https://www.kalamata.gr/el/katoikoi/metakinisi-stin-poli/taksi>

Kalamata has a network of cycle paths 14km long allowing cyclists to easily move around the city.

Public services

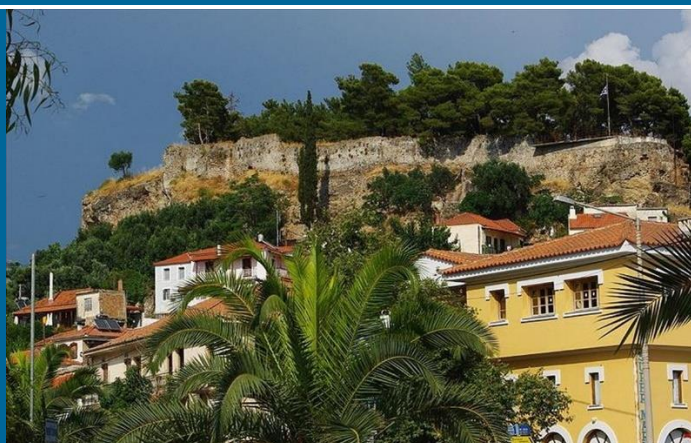
Kalamata offers citizens and visitors all the services of a modern big city. In addition to all administrative, judicial and civil protection services, Kalamata offers everyone technology infrastructure (free wifi network), social care and welfare (municipal doctor, municipal pharmacy, municipal grocery store). Health care facilities are also available in the city. The General Hospital of Kalamata (<https://www.nosokomeiokalamatas.gr/>), located 6 kilometers from the city center and 800 meters from the campus of the University of the Peloponnese, offers high quality health services. A Health Center also operates in the center of Kalamata.

Accommodation

Kalamata has several hotels of various categories and many short-term rental rooms both in the city center and on the beach that operate throughout the year. For the students of the University of the Peloponnese, there is a Student Hostel in the center of Kalamata, while many apartments are available for long-term rental.

Sights of Kalamata

The Castle of Kalamata: The castle of Kalamata is associated with the historical family of the Villeardouins who founded the principality of Achaia. Over the centuries, the castle experienced many dominions such as the Byzantines, Venetians, Franks, Ottomans and was connected to the history of the city until the 19th century. Inside the castle there is an open theater where many performances are held during the summer months such as the International Dance Festival.





The Old Town of Kalamata: The Old town of Kalamata is located in the northern part of the city, just below the Castle area. Wandering through its streets the visitor comes across old buildings of traditional architecture, stone churches, museums and shops with local products. The Byzantine church of the Holy Apostles, the church of Ypapanti located in Ypapantis square, the Alexandrakio Nursing Home, the Municipal Conservatory, the Historical and Folklore Museum of Kalamata and the Archaeological Museum are some of the most interesting sights in the area.



The small church of the Holy Apostles: According to tradition, the Revolution of 1821 was proclaimed in this church.

The church of Ypapanti, (The Presentaton of Christ) dominates the homonymous square and is the Metropolitan Church of Kalamata. The present magnificent temple of Ypapanti was founded in 1860 and inaugurated in 1873.





Aristomenous Square:

Aristomenous Square is the central square of Kalamata and is connected by a pedestrian street to the old town. It is the most central point of the city with many shops and cafes.

The Archaeological Museum of Kalamata:

Housed in the old building of the municipal market in the historic center of the old town, the Archeological museum includes excavation findings from antiquity and Byzantine times from all over the prefecture of Messinia.



The Folklore and History

Museum of Kalamata: Housed in a neoclassical building dating back to 1870-1890, on the west of Ypapantis Square. The Historical and Folklore museum was founded by the local “Society for the Dissemination of Letters,” and it includes historical, folklore and popular exhibits from everyday life.



The Museum of Military History: Housed in a building that was granted by the Holy Metropolis of Messinia it operates under the responsibility of the Headquarters of the Army and offers a rich **collection of historical relics.**

The port: Located a short distance from the city centre, the port of Kalamata has many cafes and taverns



The Railway Park: Between the central square and the port lies the Municipal Park of the Hellenic Railways Organization where old wagons, locomotives, wheelhouses, etc. are displayed as reminders of the first steps of the development of the railway. It consists an open-air museum which includes recreation areas and a coffee shop.

Leisure time

• Entertainment

Kalamata offers many entertainment opportunities. There are many places for coffee and food and the nightlife is intense. The students of the University of the Peloponnese

increase the intensity of the entertainment of the city. Coffee shop, food and night clubs are scattered around the city. Places for entertainment are:

The Old Town. In the narrow streets there are many cafes, bars and clubs. The evenings are alive.

The central square and the surrounding pedestrian streets. There are many cafes and bars.



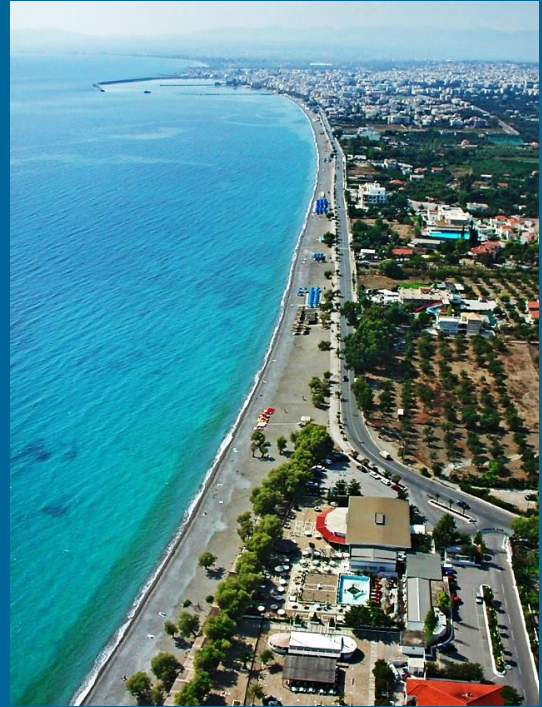
Port. Especially on sunny days, many people flood the cafes and restaurants of the port.



Verga, a beautiful suburb of the city nestling at the foot of Mount Kalathi with an excellent view of the city, is where much of the nightlife is concentrated in the summer season. It has cafes, restaurants and big clubs.



The beach of Kalamata. The beach of Kalamata stretches for 2.5 km and is easily accessible on foot from the city center. The beautiful beach of Kalamata with its palm trees, colored umbrellas and fine pebbles has been awarded with a blue flag and there are also many restaurants, fish taverns and large summer clubs along the beach.



● Athletic activities

Great events of Hellenic and international interest are organized every year in the city of Kalamata:

International athletics meeting **Papaflessia**

International rhythmic gymnastics meeting **Kalamata Cup**

Panhellenic jet ski championship

Cycling tour of Kalamata

International swimming crossing (20 nautical miles) Kalamata-Koroni

Greek free diving championship

Many sports clubs are active in Kalamata covering a wide range of sports such as a mountaineering club, hiking and nature clubs, competitive bridge club, chess club, etc.

● Cultural Activities

Great events of Hellenic and international interest are organized every year in the city of Kalamata:

International Dance Festival A worldwide famous festival organized every summer which attracts entries and visitors from all over the world (<https://kalamatadancefestival.gr/en/>).

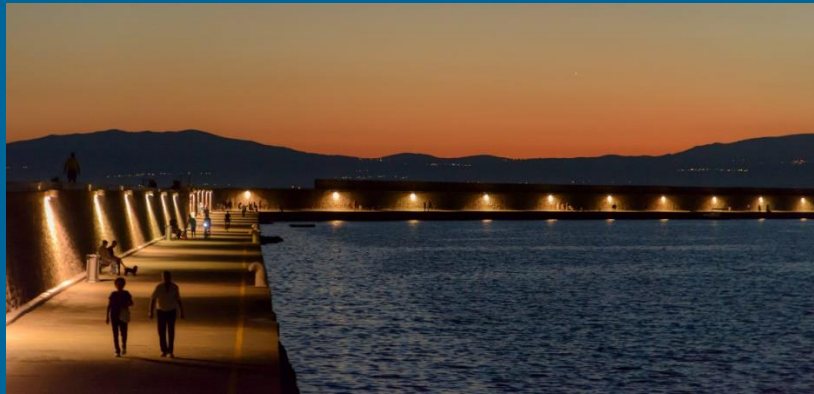
Carnival of Kalamata . The carnival is organized with the participation of a large number of people and well-known artists on the last Sunday of the carnival period.

Reenactment of the **liberation of Kalamata** from the Ottoman Rule takes place on March 23th.

Many cultural clubs and groups are active in Kalamata such as dance, music, philharmonic, theater groups, film clubs, etc.

● Alternative activities

Walking in the city. The city of Kalamata has a large coastal promenade ideal for urban walking, which together with the pier create an ideal place for hiking lovers.



Mountain hiking. Kalamata and the whole prefecture of Messinia offer alternative activities. There are many beautiful natural landscapes that can satisfy hiking and mountain climbing enthusiasts.

There are many routes on the Taygetus mountain where you can hike or climb with varying degrees of difficulty. Along the mountain range of Taygetus there are innumerable lakes, gorges and ravines with the most famous being the ravines of Kaskara, Byros, Ridomos and Lagada gorges.

Around 32 km from the city of Kalamata you can follow a beautiful 3 km route in the admirable Polylimni gorge with its 15 lakes and waterfalls. A magical route that will remain unforgettable. Excursions are organized by the Kalamata Mountaineering Club and the Kalamata Hiking Club.

Paragliding Kalamata is particularly popular with paragliders. At a very short distance from Kalamata, the top of Kalathi mountain offers one of the highest takeoffs in Greece (940 meters).



Sea sports. Kalamata has a special place in the hearts of lovers of marine activities. There are many water sports that you can do in the area such as swimming, water skiing, kite surfing, fishing, diving, wind surfing, sailing etc.