



YOUR GUIDE TO HYDRA & THE EUROSTEMCELL SUMMER SCHOOL

ABOUT HYDRA

Hydra is a small, cosmopolitan Greek island situated between Poros and Spetses. It's 37 nautical miles from the port of Piraeus (Athens) and is near the coast of the eastern Peloponnese.

The port and town of Hydra - where you will arrive at by ferry or Flying Dolphin - is built on the hills surrounding its horseshoe harbour. On tiers rising steeply up from the waterfront, you'll see white-walled houses with red tile roofs and large grey stone mansions.



Hydra's streets are narrow, stone-paved and vehicle free – not even any bicycles. Donkeys and water taxis are the principal modes of transport.

Useful links

<http://greektravel.com/greekislands/hydra/intro.htm>

<http://www.hydra.com.gr/>

<http://www.hydradirect.com/>

TRAVEL TO HYDRA

Athens Airport

The new Athens Airport "Eleftherios Venizelos" is situated approximately 1.5 hours from the port of Piraeus, where you catch the Hydrofoil to Hydra. Please take this into consideration when arranging your flights, and don't forget to allow time to clear immigration, find your bags and find your Hydrofoil.

Bring Euro coins with you if you want to use a trolley - there's no change machine before customs. There are cash machines in the Arrivals Hall if you want to get Euros.

<http://www.aia.gr/EN/default.asp>

Travel options to Piraeus

E96 Express Bus

To catch this bus to Piraeus, you need to leave through exit door 5 (right out of customs, the last one at the end of the arrival hall). You need to purchase a ticket from the booth before boarding the bus. Tickets cost 2.90 Euros per person. The E96 bus and the bus stop are clearly marked in English and Greek with the destination (Piraeus). There's plenty of space for luggage and they go at least 3 times an hour, 23 hours a day. When you board please make sure you validate your ticket in the red box on the post behind the driver's seat. There are on the spot fines if an inspector finds un-validated tickets! The journey time is approximately 1.5 hours.

Metro

You can also travel by Metro to Piraeus. This takes 60 minutes, but involves a slightly longer walk at either end, and one change.

Take Metro line 3 to Monastiraki, and change there, taking Line 1 to Piraeus. You need to buy one ticket for the entire journey, fares are as follows:

- Single fare €6
- Return ticket (within 48 hours) €10
- Single fare for 2 persons (flat ticket) €10
- Single fare for 3 persons (flat ticket) €10
- Teens (under 18 years), Students €3
- Senior Citizens (65+ years) €3
- Mobility impaired €3

http://www.aia.gr/EN/passenger_information/transportation&parking/by_metro/body.shtm

Taxis

The taxi rank is outside exit door 3 but the queue during high season starts outside exit door 2. There are lots of taxis so the queue goes down really quickly. Yellow taxi prices vary depending upon the time of day, the number of passengers and the season, but based on 2004 prices you should budget for at least 30 euros. This is a slightly quicker option than the bus.

Piraeus to Hydra - Your options

The port of Piraeus is large and sprawling. If you take a taxi from the airport, ask for Piraeus and make sure the driver knows you're heading for Hydra and then you'll get put down at the right part of the port. The bus terminal is right outside the port gates so you just need to walk in (but make sure you get on the correct boat!).

The quick options

Hellas Shipping operate their **Flying Dolphins and Cats** (hydrofoils) out of Piraeus and have a regular timetable throughout the year. You'll find their ticket offices around the port. These are the best option for getting to Hydra. The last sailing from Piraeus is at 1830 (2000 on Friday); the first in the morning from Hydra is at 0700.

Timetables and online booking are available at

http://www.hellenicseaways.gr/index.asp?a_id=117

EUROSEAS sail to/from Hydra twice daily – leaving Piraeus at 0930 and 1500, and returning from Hydra at 1230 and 1800.

<http://www.saronicnet.com/euroseas/>

The journey time for both hydrofoil and catamaran is 1.5 hours

We will be making a group booking for a 1500h sailing on September 16. Please contact khervy@eurostemcell.org with HYDROFOIL in the subject line if you would like to take advantage of this.

The slow boat

Along the harbour wall you'll also find ticket booths for the Saronikos Ferry which takes about 3-3.5 hours and stops along the way at Poros. You can't book tickets in advance. The ferry is by far the cheapest option but the draw back is that it only goes once a day at 08:00 in the morning. In very high season another one goes about 14:00. In the winter there tends to only be one sailing at 8am and only at weekends. Saronikos also operate a few flying dolphins out of Piraeus but again they tend not to go regularly in the winter.

SUMMER SCHOOL VENUE

The Summer School will be held at the Bratsera Hotel, 5 minutes walk from the port. To get there from the port, follow the corner lane, down the left-hand side of the Alpha Bank. At the Amalour bar, take the right fork. You will come across the Bratsera hotel on the left hand side.



Incoming faxes and telephone messages should be marked for the attention of:

EuroStemCell Summer School
Tel: +30-22980-53971
Fax: +30-22980-53626
E-mail : bratsera@yahoo.com (not checked very regularly!)

Please arrive at the Bratsera between 5 and 7pm on Friday 16th, to register and in time for the opening lecture.

SUMMER SCHOOL PROGRAMME

The programme is posted on the EuroStemCell website.

The school begins with registration from 5-7pm on Friday 16th September, and closes with dinner on Wednesday 21st September.

ACCOMMODATION

FACULTY

Accommodation has been reserved for you at the Bratsera Hotel

<http://www.greekhotel.com/saronic/hydra/bratsera/home.htm>

Tel: +30-22980-53971

Fax: +30-22980-53626

E-mail : bratsera@yahoo.com

To get there from the port, follow the corner lane, down the left-hand side of the Alpha Bank. At the Amalour bar, take the right fork. You will come across the Bratsera hotel on the left hand side.

EUROSTEMCELL STUDENTS

Shared accommodation has been reserved for you at the Hotel Greco.

Phone : +30 22980 53200/1

Fax : +30 22980 53511

Formerly a huge old bakery that supplied the tall ships in the 18th and 19th centuries, the **GRECO Hotel** is now a comfortable 18 room hotel.

Located at the end of one of the main streets of Hydra town, it can be reached from the port in 5 minutes on foot without climbing steps. There is a pretty garden area at the front of the Hotel where you can take breakfast.



To get there from the port, follow the corner lane, down the left-hand side of the Alpha Bank. At the Amalour bar, take the right fork. Pass the Bratsera on your left, turn left at the small square (by the Ippokampus hotel) and then right up the wide (for Hydra) street. The Greco is on your left hand side.

OPEN STUDENTS

Preferential rates have been negotiated at the following pensions and hotels – quote “EuroStemCell”. All are air-conditioned; rates include breakfast and taxes. We encourage you to make your bookings as early as possible.

You are free to make your own reservations, or if you would like us to arrange shared accommodation, please contact training@eurostemcell.org with ACCOMMODATION in the subject line and we can pair you with another student. If you would like to take advantage of this service, please let us know as soon as possible.

Angelika

Airy hotel in an old Hydra Villa, 5 mins walk from the Bratsera. Note that annex rooms are of the same standard as the hotel’s, just across the lane.

<http://angelica.gr/>

Rate per night: €50 single; €70 twin; €90 triple

Erofilii

Small, friendly pension across the lane from the Bratsera Hotel, so very convenient!

<http://www.pensionerofili.gr/>

Rate per night: €45 double (downstairs); €50 double (upstairs)

Ippokampos Hotel

Across the square from the Bratsera Hotel, so very convenient, with a nice courtyard.

<http://www.ippokampos.com>

Rate per night: €85 single; €95 twin; €115 triple

Phaedra

Self-catering hotel (all rooms equipped with kitchenettes).

<http://www.phaedrahotel.com/>

€110-135 per night.

Theodorus Pension

Very close to the Hotel Greco (see above). Small, quiet, family-run pension.

€50 double (does not include breakfast).

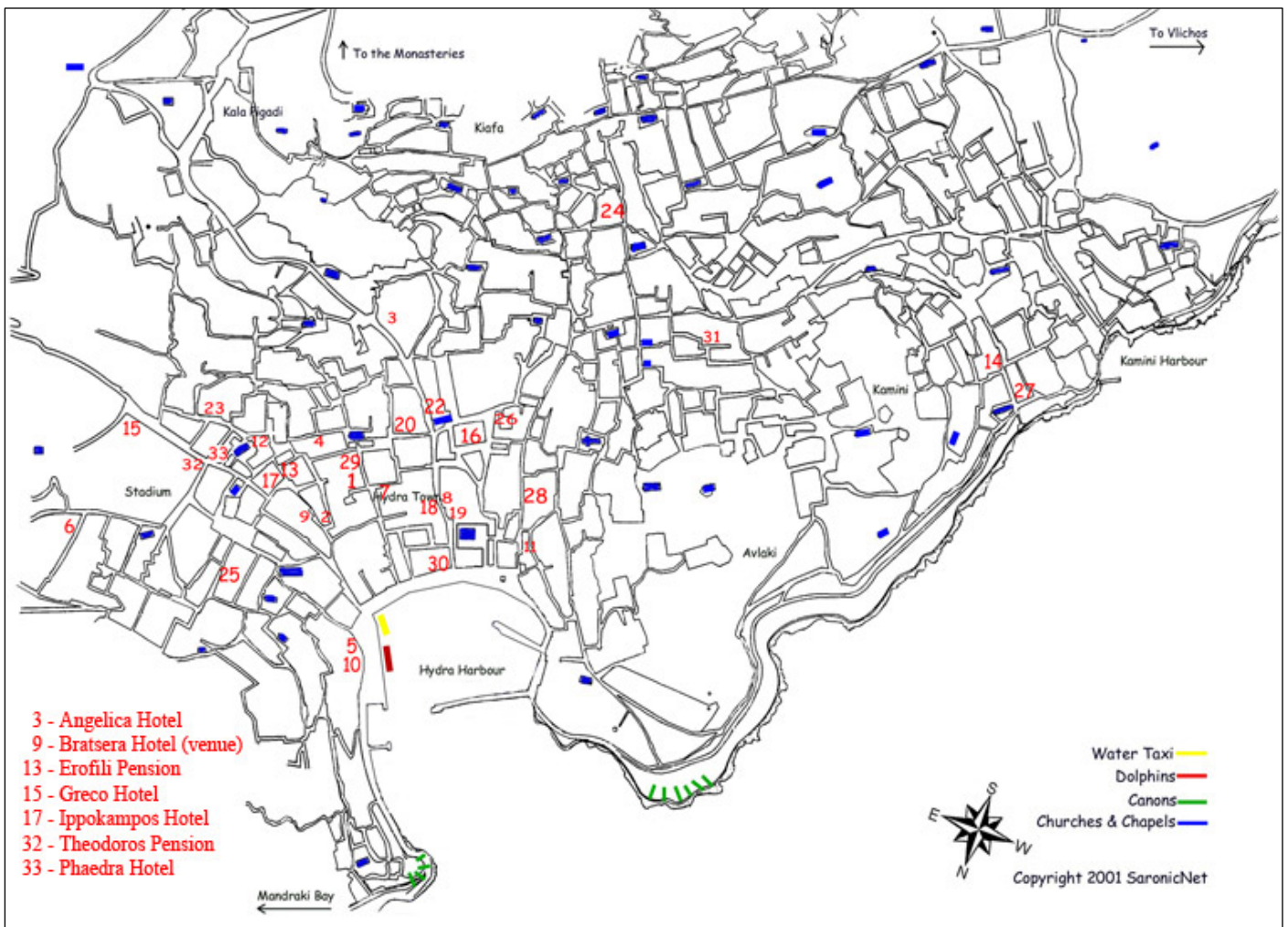
<http://www.piteoussa.com/theo/theodorospension.htm>

To investigate additional accommodation options, see:

<http://www.hydradirect.com/>

<http://www.greekhotel.com/saronic/hydra/hydra.htm>

MAP SHOWING HOTEL LOCATIONS



MEALS

The Summer School opening dinner on Friday 16th September will be at Douskos Taverna (pictured) – <http://www.greek-tourism.gr/douskos/douskos1.htm>

Lunch on Monday 19th September will be at the Bratsera Hotel (conference venue)

Lunch on Wednesday 21st September will be at Restaurant Porfyra, 5 minutes from the Bratsera Hotel (someone who knows the way will lead the way!)
The Summer School closing banquet on Wednesday 21st September will be at the Bratsera Hotel (conference venue).

Breakfast is usually served at your pension/hotel.

You are free to make your own arrangements for meals not listed.

For good inexpensive food search the back-streets or walk down the coast. There are nice seafood restaurants in the village of Kamini, and we recommend the Pirofani Restaurant behind Kamini (ask at reception for directions, 20 minute walk).

There are also plenty of cafés and bars...the Ydronetta built into the 'canons' on the west side of the port is a great spot for drinks and even night swimming!
<http://www.ydronetta.gr/>

There are a couple of bakeries, fruit shops and supermarkets in town for picnic fare.



ACTIVITIES

During the Summer School, you have two free afternoons. Suggested activities include:

Swimming

Beaches aren't sandy, but there are plenty of nice places to swim.

- Closest to town, there are swimming spots on the west side of the port.
- 1.5 km to the east is Mandraki, accessible on foot or by a short boat-ride
- Further afield, you can take an organised trip or water taxi to the southwestern extreme of the island, and the bays of Bisti and Ayios Nikolaos.

Walking in Hydra

<http://www.hydra-island.de/index.php?lang=eng>

Visit this site to view maps, directions and photographs of twelve walks in Hydra. If you do plan to do some walking, the best times are early morning or in the evening. Don't forget your walking shoes, sunscreen and a sunhat, as it can get very hot!

Sailing

A five-hour hands-on yacht trip from Hydra port to wherever the wind takes you (and back), at a cost of €60 pp including lunch. Enjoy the scenery, learn the ropes, and you might even see dolphins.



This trip is highly recommended, but there are only 11 places available on each of the free afternoons, so let us know as soon as possible (training@eurostemcell.org) with SAILING in the subject line and your full name and passport number in the text - legal requirement - if you would like to book for either of the free afternoons (Sunday 18th or Tuesday 20th).

Longer trips are also possible, before and after the Summer School.

For more information: <http://www.yachtskipper.freeuk.com/index.html>

Watercolour painting

If you are interested in spending an afternoon (or two) capturing the colours of Hydra in watercolour, we have made preliminary arrangements with local artist and teacher, Mary Gladstone.

Classes are limited to a maximum of eight, and begin with lunch in a taverna (and possibly a short boat ride to get there).

The cost will be between €25 and €50 per afternoon, depending on numbers. Please register your interest, by the end of August, by emailing training@eurostemcell.org with PAINTING in the subject line.

For more information on Mary and her work, see

<http://www.greekarts.freeuk.com/index.htm>

Diving

For diving, snorkelling and other aquatic activities, see <http://www.divingteam.gr/>