

Itea, Phocis, Greece

A quiet waterfront town on the Corinthian Gulf, Itea is the launchpad for Delphi — where the ancient Oracle spoke and Apollo's temple still commands the mountainside above a sea of a million olive trees.

 Pier (small ships) / Tender (large ships)  Typical call: 7-10 hrs  Currency: Euro (€)  Language: Greek  UNESCO World Heritage site nearby

MY DAY IN PORT

Ship/Date: _____	Arrive: _____	All aboard: _____
Excursion: _____	Notes: _____	

GETTING ASHORE

Docking: Pier for smaller ships; tender for large vessels

Walk to center: 3–5 min from pier to promenade

Best For: Ancient history, archaeology, olive-country scenery

Don't Miss: Temple of Apollo and the Charioteer of Delphi museum

 Getting around:  Taxi  €13–€16

TOP THINGS TO DO

- **Delphi Archaeological Site** — Walk the Sacred Way past the Temple of Apollo, the ancient theater, and the stadium perched high on Mount Parnassus slopes.
- **Delphi Archaeological Museum** — Air-conditioned home of the bronze Charioteer of Delphi, the Sphinx of Naxos, and stunning statuary.
- **Olive Grove of Amfissa** — Over 1.2 million ancient olive trees — some more than 1,000 years old — blanket the valley between Itea and Delphi.
- **Galaxidi Village** — A perfectly preserved neoclassical sea captain's town 15 km west of Itea.
- **Itea Waterfront & Beach** — Stroll the Akti Poseidonos promenade, sip Greek coffee at a waterfront café, and dip into the calm, clear Corinthian Gulf.

BEST WALKS

- **Waterfront Promenade Walk** 1 km · Flat · 20 min — Walk the Akti Poseidonos promenade from the pier westward past cafés, the Orthodox church, and the small marina.
- **Itea Town Center** 0.5 km · Flat · 15 min — From the waterfront, head one block inland to find local bakeries, kafeneions, and the small market square.

WEATHER · DAYLIGHT · MONEY

🌤️ CLIMATE (AVG °F · RAINY DAYS)				🇬🇷 DAYLIGHT & 💰 MONEY	
Mon	High	Low	Rain	Apr 6:54AM–8:06PM · Jun 6:06AM–8:55PM · Aug 6:44AM–8:23PM · Sep 7:12AM–7:38PM · Oct 7:39AM–6:51PM	
Apr	67°	54°	6d	Currency: Euro (€)	
Jun	84°	69°	5d		
Aug	90°	75°	2d		
Sep	82°	69°	5d		
Oct	73°	61°	6d		

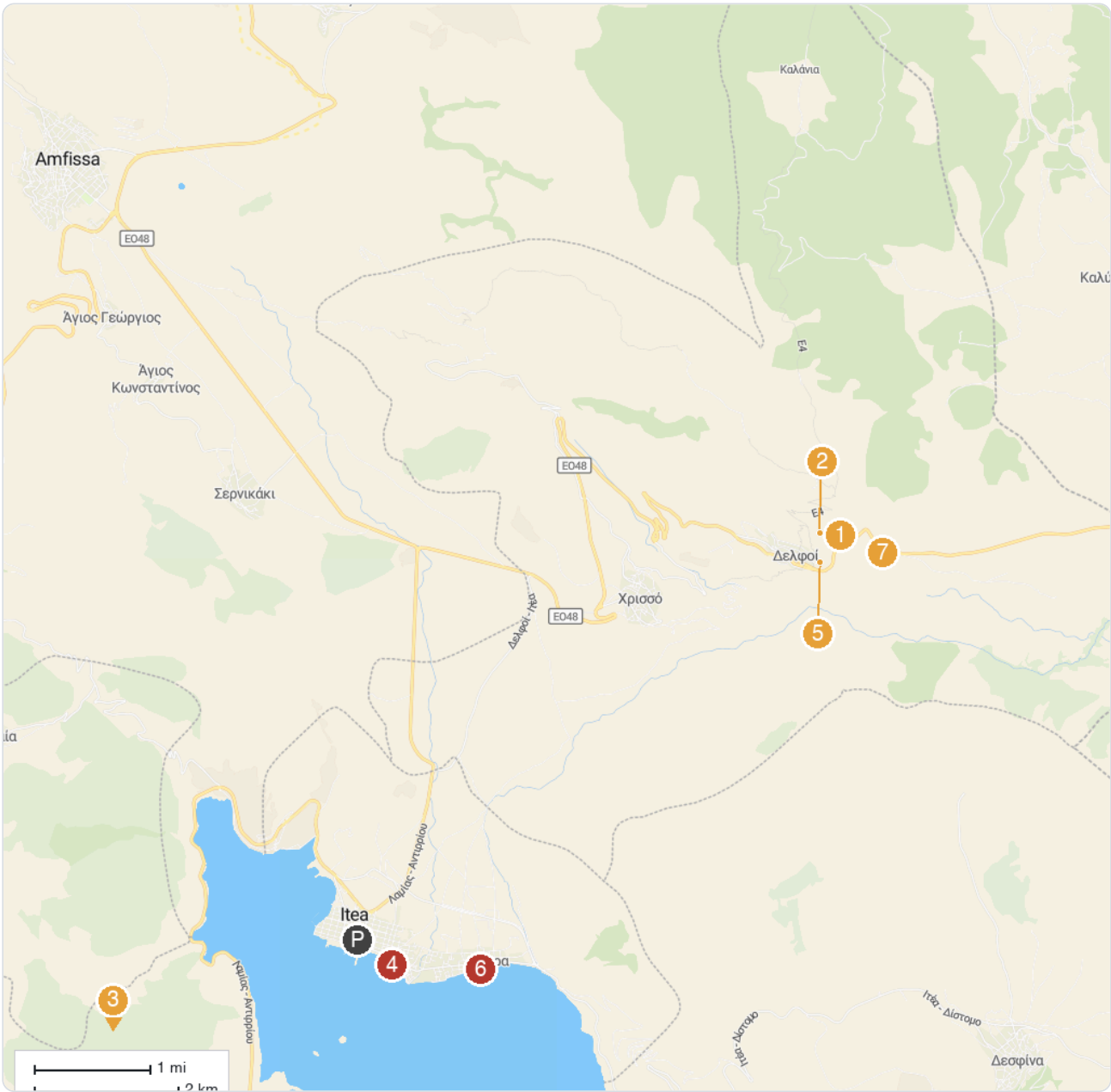
KNOW BEFORE YOU GO

- Wear real shoes at Delphi. Ancient stone paths are steep and worn smooth. Flip-flops and slick soles are genuinely dangerous — closed-toe shoes with grip are essential.
- Taxis are the easiest DIY option. Agree the round-trip price before you get in. Expect €60–€80 for the round trip to Delphi with a 2-hour wait. Multiple passengers splits the cost.
- Delphi has almost no shade. Bring a hat, sunglasses, sunscreen, and a refillable water bottle. There are fresh-water fountains on site.
- Euros essential for small purchases. Card payments work at Delphi ticket booths and restaurants, but carry small bills for taxis, kiosks, and local cafés.
- Buy Amfissa olives. Plump, round, and famous across Greece — they're grown right here. Pick some up at the local market or a waterfront shop before returning to the ship.
- Leave Delphi with a 60-min buffer. The mountain road is beautiful but narrow — allow time for slow traffic or the occasional goat on the road.

Itea, Phocis, Greece — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



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|---|------------------------------------|---|---|----------------------------------|---|
| 1 | Temple of Apollo | Ruins of the ancient Greek temple dedicated to Apollo. | 2 | Ancient Stadium of Delphi | Well-preserved ancient stadium for Pythian Games and athletic contests. |
| 3 | Maritime Museum of Galaxidi | Museum showcasing Galaxidi's rich naval history and seafaring traditions. | 4 | Itea Beach Promenade | Palm-lined waterfront path along the Corinthian Gulf with cafes and views of the Peloponnese. |
| 5 | Museum of Delphic Festivals | Museum dedicated to the history of the Delphic Festivals. | 6 | Ancient Port Kirra | Archaeological site of the ancient port serving Delphi. |
| 7 | Tholos of Athena Pronaia | Iconic circular temple ruins dedicated to Athena Pronaia. | P | Cruise port / terminal | |