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# \* SIFNOS





**Sifnos** is an located in the Cyclades island group in Greece. The main town, known as Apollonia is home of the island's folklore museum and library.

# \* History

Sifnos was inhabited by human beings from at least 4000 BC. Archeological evidence indicates the island was within the mainstream of Late Neolithic and Early Bronze Age Cycladic civilization. The island was very wealthy in ancient times, thanks to its gold, silver, and lead, which were being mined there as early as the 3rd millennium BC.



Frieze of the Siphnian Treasury in Delphi



# \*What to see

The most important beaches are Glyfos, Fasolou, Faros, Seralia, Apokofto, Vroulidia, Platis Gialos, Kamares and Vathi.



Vathi



Kamares

Its main attractions include the Venetian village of Kastro, which was also the ancient capital of the island, Prophet Elias the high, Agios Simeon, Saint Andrew's archaeological site, and the Monastery of Panagia Chrysopigi, perched on the rock.



Chrysopigi monastery

# \* Architecture

Sifnos is famous for its architecture. The houses, whitewashed with combinations of rectangular tumors, are arranged around the paved alleys with the elaborate whitewashed joints in a way that creates an extremely interesting diversity. Kastro stands out with its medieval architecture and its defensive nature.





# Cuisine



- \* Its cuisine is directly related to pottery art, as many local dishes are cooked exclusively in clay pots of Sifnian potters.
- \* The most famous and popular food of the island is the "mastelo", which was named after the homonymous siphon cookware clay pot. This is the "roast of the brilliant" that the locals cook mostly at Easter.





From the traditional cuisine of Sifnos, which is worth to try, is the well-known “revithada”, the delicious “chickpeas” but also the capers salad. Traditional Sifnos cuisine also includes the famous cheese of the island, "manoura" made of sheep's milk and fine wine taste.

# \*Sources

[www.wikipedia.org](http://www.wikipedia.org)

Images from the Internet

[sifnos-island.info](http://sifnos-island.info)