



ELITE ATHLETES' & TEAM LEADERS' GUIDE

Athens Olympic Sport Complex Spirou Loui Ave – Aquatic Center 151 23 – Maroussi, Athens GREECE

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1. GENERAL INFORMATION

1.1 Introduction

The purpose of the Athletes Info Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning the World Cup event.

The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. **However, Team Leaders are advised to check with the Information Desk regarding any changes in information included in this guide.**

1.2 Key Dates

| | |
|--|---------------------|
| Press Conference | Friday, 5 October |
| Elite Athletes and Team Leaders Briefing | Friday, 5 October |
| Pasta Party | Friday, 5 October |
| Bike & Swim Familiarizations | Saturday, 6 October |
| Elite Women Competition | Sunday, 7 October |
| Elite Men Competition | Sunday, 7 October |
| Celebration Party | Sunday, 7 October |

1.3 Key Contacts

| | | |
|-----------------------|-----------------------|----------------------|
| HTF President | Giorgos Gerolimbos | TBC +30-2106800615 |
| HTF General Secretary | Thanos Giannakopoulos | TBC+30-2106800615 |
| Operations Manager | Katerina Kaloudi | Tel: +30-6974 343139 |
| Technical Delegate | Thanos Nikopoulos | TBC +1 604 761 4472 |
| ITU Team Leader | Sheila O'Kelly | TBC +1 780 995 1658 |

1.4 Contact Details

Katerina Kaloudi

Event Operations Manager, EOTRI
Hellenic Triathlon Federation

Athens Olympic Sport Complex Spirou Loui Ave – Aquatic Center 151 23 – Maroussi, Athens GREECE

Tel:+30-210-6800615

Fax: +30-210-6800915

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2. VENUE

2.1 Venue

The venue is located at the City of Rhodes in front of the main Municipality building. The swimming will take place at the Nautical Club of Rhodes in front of the main bay. The water quality is excellent and the area will have all the necessary facilities. The Transition Zone and the Finish line will be in front of the Municipality of Rhodes.

2.2 Elite Athletes Lounge

Facilities including athletes' lounge and toilets are provided to athletes in the Main Race Complex. Sealed bottles of water, fruit and Power Bars will be offered to the athletes and to the team officials, before and after the race in the athletes' lounge. Storage Facilities for bikes and athletes staff will be available during training and competition period at the Nautical Club of Rhodes.

*Please check **Map No1** in the Maps Section.*

2.3 Doping Control

Doping Control will be performed according to the ITU/WADA rules.

*Please check **Map No1** in the Maps Section.*

2.4 Medical Services

First Aid and Emergency Medical Services will be available at the Venue from 6th of October to the 7th of October during the official familiarization and competition hours to everyone requiring medical assistance.

Medical and paramedical personnel will be available throughout the familiarisation and competition times. If there is an emergency there will be a quick transfer of the patient to the Hospital of Rhodes. A Medical Tent will be provided on site at the TZ area.

Teams should ensure that they have appropriate medical insurance.

2.5 Bike Mechanic Centre

There will be Bike Mechanic Support available from 3rd of October until 8th of October. The schedule will be:

| | | |
|-------|----------------|--|
| 3-Oct | 14:00 to 16:00 | RODOS PALACE HOTEL |
| 4-Oct | 14:00 to 16:00 | RODOS PALACE HOTEL |
| 5-Oct | 14:00 to 18:00 | RODOS PALACE HOTEL |
| 6-Oct | 14:00 to 18:00 | RODOS PALACE HOTEL |
| 7-Oct | 08:30 to 14:30 | Race Bike Mechanic service NAUTICAL Club of Rhodes |
| 8-Oct | 08:00 to 10:00 | RODOS PALACE HOTEL |



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2.6 Information Centre

The Information Desk is located at the Official hotel, RODOS PALACE Hotel and is open daily from Tuesday 2nd of October 2007 until Monday 8th of October 2007. Opening hours are between 08:00am to 13:00pm and from 15:00pm- 20:00pm and on the 8th of October between 6:00am to 10:00am.

2.7 Security

A private security company and the Municipality Police of Rhodes will be responsible for the venue security, and Community Police and Field of Play (FOP) Marshals will patrol around the Field of Play. Police as well as Municipality will manage the Road Closures and the traffic around the course.

3. ACCOMMODATION

The Official Hotel of the 2007 BG Rhodes Triathlon World Cup is the RODOS PALACE Hotel (5 km away from the Venue). Alternate hotel bookings will be **Hotel Lito next to the Rhode Palace Host Hotel as well as the Studios Facilities (inside Rhodes Palace Hotel)** (5km away from the Venue).

The LOC is subsidising the hotel prices in order to provide better rates for the athletes.

If there are any questions or clarifications regarding the accommodation arrangements, please do not hesitate to contact:

Mr Pappas (Manager of Rhodes Palace Hotel) Email: vp@rph.gr
or

Katerina Kaloudi (Event Operations Manager of the 2007 Rhodes BG Triathlon World Cup)
E-mail: Katerna@triathlon-hellas.com

4. TRANSPORTATION

The LOC will provide free transportation for the Elite Athletes and their Team Officials. The LOC Airport Associates will welcome the delegations upon their arrival. The transportation will be with Municipalities Buses . The buses will drop you off outside of the Official Hotel.

Detailed transportation schedules will be available at the Sport Information Desk at RODOS PALACE as well as at the Airports Info desk Free Transport will be available every day between **7:30 and 23:30** hourly, from the airport to the official hotel and from the official hotel to the venue every hour.

Bus route: Rhodes Palace - Ancient town of Rhodes - Nautical Club of Rhodes (Venue) - Rhodes Palace.

Important Notice: Please provide us with detailed flight information, to be e-mailed to Ms Katerina Kaloudi at Katerna@triathlon-hellas.com , **not later than 2 weeks before the event.**



5. TRAINING

Pre-competition swimming training will take place at the Aquatic Center of the Nautical Club of Rhodes started on Monday the 1st of October to Tuesday the 9th from 7:30am to 19:00pm in 25 m swimming pool which is located 5km from Rhodes Palace Hotel. Teams can train in the swimming pool at their own risk.

A secured fenced bike storage area will be provided at the Nautical Club of Rhodes.

5.1 Course Familiarization

On the 6th of October a bike course familiarization will take place from 09:30 to 10:15 and a swimming course familiarization from 10:30 to 11:30.

During the swimming course familiarization there will be lifeguards and medical service available. During the bike course familiarization, Police and LOC will escort the athletes around the course

5.2 Sport Massage Service

Sports Massage Therapy will be available at the Rhodes Host Hotel to the athletes. You can book your massage sessions at the Information Desk.



6. COMPETITION INFORMATION

6.1 Competition Schedule

| DATE/ACTIVITY | TIME | PLACE |
|---|---------------------------------|---|
| <u>Monday, October 1st</u> | | |
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
| <u>Tuesday, October 2nd</u> | | |
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
| <u>Wednesday, October 3rd</u> | | |
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
| Bike Mechanic Service | 14:00 to 18:00 | Rhodes Palace Hotel |
| <u>Thursday, October 4th</u> | | |
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
| Bike Mechanic Service | 14:00 to 18:00 | Rhodes Palace Hotel |
| VIP Reception | 17:30 to 20:00 | Rhodes Palace Hotel |
| <u>Friday, October 5th</u> | | |
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
| Pre-Race Press Conference | 12:00 to 13:00 | Rhodes Palace Hotel |
| Bike Mechanic Service | 14:00 to 18:00 | Rhodes Palace Hotel |
| Elite Athletes' Race Packet Pick Up | 16:00 to 17:00 | Rhodes Palace Hotel |
| Elite Athletes Coaches' Meeting | 16:00 to 17:00 | Rhodes Palace Hotel |
| Elite Athletes' Race Briefing | 17:00 to 18:00 | Rhodes Palace Hotel |
| Pasta Party | 19:00 to 20:30 | Rhodes Palace Hotel |
| <u>Saturday, October 6th</u> | | |
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
| Technical Officials Meeting | 09:00 to 12:00 | Venue- Municipality of Rhodes |
| Elite Bike Course Familiarization (TBC) | 09:30 to 10:15 | Elite Bike Course |
| Swim Course Familiarization | 10:30 to 11:30 | Elite Swim Course |
| Bike Mechanic Service | 14:00 to 18:00 | Rhodes Palace Hotel |
| <u>Sunday, October 7th</u> | | |
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Team managers and Coaches Shuttle Bus- To Venue | 08:30 & 12:45 | Rhodes Hotel – Ancient Town- Nautical Club of Greece |
| Race Site Bike Mechanic Service | 08:30 to 14:30 | Venue- Nautical Club of Rhodes |
| Athletes' Lounge Opens | 08:30 to 09:30 | Venue- Nautical Club of Rhodes |
| Elite Women Check- In | 9:00 to 9:45 | Venue- Nautical Club of Rhodes |
| Elite Women Start | 10:00 | Swim Start |



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| | | |
|---|-----------------------|--------------------------------|
| Athletes' Lounge Opens | 12:00 to 13:00 | Venue- Nautical Club of Rhodes |
| Elite Men Check In | 12:30 to 13:15 | Venue- Nautical Club of Rhodes |
| Elite Men Start | 13:30 | Swim Start |
| Medal Presentation for Elite Women & Men | 15:45 | Venue- Municipality of Rhodes |
| Team managers and Coaches Shuttle Bus- from Venue | 12:45 & 16:30 | To Venue- |
| Celebration Dinner | 19:30 to 21:00 | TBD |

Monday, October 8th

| | | |
|---|--|--------------------------------|
| Information Desk | 08:00 to 13:00 & 15:00 to 20:00 | Rhodes Palace Hotel |
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
| Bike Mechanic Service | 08:00 to 10:00 | Rhodes Palace Hotel |

Tuesday, October 9th

| | | |
|---|-----------------------|--------------------------------|
| Training Sessions in the Swimming Pool | 08:00 to 19:00 | Nautical Club of Rhodes |
|---|-----------------------|--------------------------------|

6.2 Insurance

The LOC has insurance with a reputable insurance company, a standard public liability and property damage insurance policy to cover the risks of insurable nature under this Agreement and the staging of the Event and the related events. The policy of insurance have named, as insured, LOC, ITU, the Global Partners, Global Sponsors, the ITU Executive Board and Staff, the ITU International Officials, and the respective LOC directors, officers, agents, volunteers, employees and contractors.

All athletes and team support personal must carry their own medical insurance.

6.3 Competition Rules

The Triathlon World Cup will follow the latest published Competitions Rules of the International Triathlon Union.

6.4 Warm up

The LOC can provide the swim course for warm-up, under the best secure conditions, as follows:

7th October

- **Female Athletes' Warm Up**

| Discipline | Open | Close |
|------------|------|-------|
| Swim | 9:00 | 9:40 |

- **Male Athletes' Warm Up**

| Discipline | Open | Close |
|------------|-------|-------|
| Swim | 12:30 | 13:10 |

6.5 Athletes Race Packets

Athletes' race packets will be distributed at Rhodes Palace Hotel on **Friday, June 8th** from 16:00 to 17:00.



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6.6 Timing Bands

On the race day, athletes are given a Timing band, to be worn on the athlete's right ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure. Athletes have to return the timing band, in order to collect their bike from the Transition Area, after the race.

6.7 Information About the FOP

6.7.1 Start

The start is a beach start. The start line is 60m long and each athlete will stand in a starting position approximately 75cm wide. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

6.7.2 Swim Course

The swim course is 2 laps 750 m long. The start area is located next to the Nautical Club of Rhodes (280m away from the TZ) The first turn will be 320m from the start.

At each turn there will be one yellow lead in buoy.

It will be NO wetsuit swim. Average temperature is expected to be 22⁰C.

*Please check **Map No2** in the Maps Section*

6.7.3 Transition

Standard Medal tube bike racks will be provided in the Transition Zone. Athletes name and number are displayed on the position of each athlete.

6.7.4 Bike Course

The bike course is seven (7) laps of 5,9 km, a total of 41km. The course is anti-clockwise. The course is slight hilly and extremely technical.

6.7.5 Wheel Stations

Three (3) wheel stations will be located on the bike course. At the two neutral stations, the LOC will provide shimano 9-10 speed 700 cc wheels.

Athletes are welcome to leave their own wheels at the 1st Wheel Station, which is located close to the transition zone.

*Please check **Map No3** in the Maps Section*

6.7.6 Run Course

The run course is 3 laps of 3,3km, using part of the cycle course. The course is flat and the athletes will run on asphalt.

6.7.7 Aid Stations

Thee (3) aid stations will be located on the run course and one at the finish (behind the finish line).

*Please check **Map No3** in the Maps Section*



6.8 Weather Conditions

Please find below the average Weather Conditions for October:

| | |
|------------------|------|
| Maximum Temp | 24 |
| Minimum Temp | 20,8 |
| Mean | 15 |
| Sunshine (h) | 242 |
| Rel.Humidity(%) | 16,9 |
| Wind Speed(km/h) | 6,6 |
| Wind Direction | w |
| Rain mm | 65,5 |

6.9 Results

Results will be uploaded live at the ITU's official website.

All the Results information will be distributed to the Team Leaders at the Information Centre.

6.10 Protest & Appeals

Standard procedures will be followed according to the ITU Competition Rules.

7. ACCREDITATION

Organizers will provide to all the Organizing Committee members, ITU Technical Officials, athletes, VIPs, journalists, technical staff, court personnel, volunteers, etc with an official **Accreditation card**.

Only accredited persons will be allowed to access certain venue areas. Accreditation Cards are colour-coded and provide access to specific areas of the competition areas. **All accredited persons are requested to carry their Accreditation Cards with them at all times and to show them upon request.**

7.1 Training Facilities Access

In order to enter the Nautical Club of Rhodes athletes and team officials should carry and show their accreditation cards upon their arrival to the Training Sites Supervisor.

7.2 Accreditation Card Request

The National Federations apply for accreditation, for their athletes and team officials, by sending their Arrival and Departure Information.

The accreditation cards will be handed to the athletes' delegations upon their arrival in the Information Centre, which will be located at the RODOS PALACE Hotel.



8. VISA PROCEDURE

Please mail all the required information (Visa Support Letter Information) , to Ms Katerina kaloudi at Katerina@triathlon-hellas.com, **if required for your entrance to the country of Greece.**

9. USEFUL INFORMATION

9.1 Language

The official languages of Greece is Greek . Most of the citizens speak English.

9.2 Population

52,318 people live in Rhodes City.

9.3 Currency

The currency of Greece is the Euro. The exchange rate on the 10th of August was:

1 US Dollar = 0.72636 Euro

1 Euro (EUR) = 1.37673 US Dollar (USD)

All the main Greek banks i.e National Bank of Greece, Emboriki Bank, Alpha Bank, Eurobank, Nova Bank, Piraeus Bank, Cooperative Bank of Dodekanisou etc. have branches and ATM machines on the island. They can be found in Rhodes Town, Ialisos,DiagorasAirport,Faliraki,Lindosetc.

Banks are open from **Monday** to **Friday** between the hours of **8am** and **2pm**. Visitors going to the bank to exchange money into Euros or to cash travel cheques must remember to have their international passport with them. Rates at hotels tend to be more expensive than at banks and currency exchanges.

9.4 Time

Standard time zone: UTC/GMT +2 hours

Daylight saving time: +1 hour

Current time zone offset: **UTC/GMT +3 hours**

9.5 Electricity

The electric current is 240 power volts.

9.6 Water

Running Water is appropriate for drinking.



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9.7 Post

Postal Services on the island are operated by Hellenic Post (ELTA). There are post offices in Rhodes Town and all the main villages of the island. The central post office in Rhodes Town is in Mandraki opposite the Church of the Annunciation Of Virgin Mary. The office is open **Mondays to Fridays** from **8am to 2pm**. The reception desks of most hotels and super markets sell postage stamps. Main **Post Office at Rhodes Town** Tel:(++30) 22410 35560

9.8 Hospital

Rhodes General Hospital is located near (aprox. 6 Km) the Race Venue. On race days they will remain on high alert, in order to cover the athletes and team officials' needs.

9.9 Telephone Connections

The international code of Greece is 0030 followed by the area code and phone number. The area codes used in at RHODES IS: 22410.

The main provider of Fixed Telephony Services on the island is the Greek Telecommunications Organisation (OTE). Through out the island there are Public Pay Phones that operate with pre-paid phone cards. Cards can be purchased from OTE branches, kiosks and news agents. There are also three Mobile Phone Providers: **Vodafone, Tim** and **Cosmote**. The dialing code for Greece is **0030**. The area code for Rhodes is **22410**. **Directory inquiries 11888**.

9.10 Getting Around

The island of Rhodes is situated at the crossroads of two major sea routes of the Mediterranean between the Aegean Sea and the coast of the Middle East, as well as Cyprus and Egypt. The meeting point of three continents, it has known many civilizations.

Rhodos Island is situated on geographical longitude 28° from Greenwich and northern latitude 36°, on the southeastern part of the Aegean Sea. Its area is 1398 sq. Km. With a maximum length of 77 km and maximum width of 37 Km, it is the largest island of the Dodecanesse complex.

The island's limited farmland produces some of the most excellent fruit and vegetables in the Mediterranean.

Rhodos was already inhabited in prehistoric times. The island gradually expanded its influence and became the main commercial link in the Mediterranean sea.

Present-days Rhodes is a medieval / modern amalgam which impresses and fascinates visitors. Its medieval htmlect, fortified behind and impressive wall, merges harmoniously with the refined cosmopolitan air of a modern resort with luxurious hotels, broad avenues with rows of trees and rich commercial stores. It's fascinating to walk in the medieval town, full of impressive 15th century buildings, stone-paved lanes with arches and vaults, rows of little shops as a modern touch to the medieval picture, offering a surprising variety of commodities.



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Rhodos, is indeed the island of Sun, sea and sand, but when the sun goes down, or even fails to appear, it still has much to offer the visitor. Rodos is also the island of culture and diverse civilisations. It's geographical position in the Mediterranean sea, at the meeting point of three continents, has made it desirable to many throughout its long history.

Throughout its long history the different people who settled on Rhodes left their mark in all htmlects of the island's culture: art, language, architecture. Its strategic position brought to the island great wealth and made the city of Rhodes one of the leading cities of the ancient Greek world.

Rhodes is the largest island in the Dodecanese. Its capital city, located at its northern tip, is the capital of the Prefecture with the Medieval Town in its centre. In 1988 the Medieval Town was designated as a World Heritage City. The Medieval Town of Rhodes is the result of different architectures belonging to various historic eras, predominantly those of the Knights of St. John

Below are some tips to get you started:

By Air:

- ViaAthens

There is a daily direct connection by scheduled flights from Elefterios Venizelos Airport in Athens to Diagoras Airport in Rodos by Olympic Airways and Aegean Airlines

- To Rhodes

Rhodos is well-served by direct charter flights. It is one of the favourite destinations in Mediterranean sea with Tour operators word- wide and in the height of the season as many as 120 charters may arrive onthe same day. During the high season there are 6 Olympic Airways and 4 Aegean Airline flights between Athens and Rhodes every day. There are also flights to Cos, Karpathos, Kastellorizo, Mykonos, Santorini, Iraklio Creta, Thessaloniki.

By Sea

Large ferry boats operate between the ports of Piraeus and Rhodos every day. The boats usually stop at the islands of Patmos, Leros, Kalymnos and Cos.

The trip takes approximately 12 hours.

Details of arrival and departure times should be checked on the spot and from The Harbor police station. There are also ferry services from Rhodos to other Dodecanesse islands and Crete.

USEFUL CONTACTS

- Olympic Airways (Rhodos Office) Tel: +30 22410 24571
Web site: <http://www.olympicairlines.com>
- Aegean Airlines (Rhodos Office) Tel: +30 22410 22400
Web site: <http://www.aegeanair.com>
- Blue Star Ferries (Rhodos Office) Tel: +30 22410 22461



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Web site:<http://www.bluestarferries.com>

■ GA Ferries (Rhodos Office) Tel:+30 22410 30406

Web site:<http://www.gaferries.com>

■ ANES Sea Lines (Rhodos Office) Tel:+30 22410 77760

Web site:<http://www.anes.gr>

■ Dodekanisos Naftiliaki Tel:+30 22410 70590

Web site:<http://www.12ne.gr>

By Bus

The bus network covers the island efficiently and the vehicles are in good condition. Within the town there are bus routes that cover all the areas of the city of Rodos operated by RODA which serves the

West coast and part of the East coast up to Faliraki. The other operator is KTEL. It serves the East coast of the island up to Kattavia village. The buses of both operators leave from the New Market area at Mandraki.

Local Buses

RODA +30 22410 24129/36370

KTEL +30 22410 27706/75134

Taxis

Central Station (Mandraki) +30 22410 27666

City Transit: Translink provides city transit for tourists and residents via buses and Taxis



10. Tourist Information

Rhodes Aquarium

(HYDROBIOLOGICAL STATION OF RHODES)

The Station came into existence during the Italian occupation of Rhodes, and its Art-Deco-inspired exterior and interior have been preserved as a historic landmark.

HSR is both an HCMR research unit and a public Aquarium/Museum thus combining research and recreational, educational and awareness raising activities. The Aquarium/Museum attracts many thousands of visitors each year to view its range of species and its interesting exhibitions.

The Aquarium is within easy reach of the town, either by walking or cycling along the seaside road from the town of Rhodes. Alternatively, it can be reached by bus, car or taxi if preferred.

Times of Admission

The Aquarium is open daily, 9:00am-20:30pm.

Address

Hydrobiological Station of Rhodes
Cos Street
851 00, Rhodes
Greece
Tel: 0030 2241027308 – 0030 2241078320
Fax: 0030 22410 78321
Email: info@hsr-ncmr.gr

Archeological Museum



The Archaeological Museum of Rhodes is housed in the medieval building of the **Hospital of the Knights**. The building was founded in 1440 by Grand Master de Lastic with money bequeathed by his predecessor, Fluvian, and completed in 1489 by Grand Master d'Aubusson. The museum is a two-store building, with an internal Yard, all four sides of which are lined with porticoes.

In its six rooms and the Garden are exhibited interesting finds, dating from all Periods of the island's History. Objects which were discovered during archaeological excavations. In the garden the visitor can see sculptures and funerary steles of the Hellenic period.



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The Museum atrium contains also various statues and fragments of funerary monuments. A floor mosaic from Arkasa, Karpathos has been laid in the recess on the south side of the atrium and at the back of the recess stands a reconstruction of a tombstone in front of a small temple, housing a trophy.

The Museum houses the following collections:

- Tomb groups from ancient Ialysos of the Geometric and Classical periods: vases, figurines, jewellery, metal objects.
- Tomb groups from ancient Kamiros of the Geometric and Classical periods: vases and small objects.
- A collection of Classical, Hellenistic and Roman sculpture.
- Mosaic floors of the Hellenistic period from Rhodes town and of the Early Christian period from Karpathos.
- Funerary slabs from the period of the Knights with relief representations of the dead persons or of their coats of arms.

Excursions & One Day Cruises

| | | |
|---|--|--|
| <p>THE WALKING CITY TOUR with Castle and Museum (without a coach)</p> | <p>CITY TOUR with Kallithea or Castle (Castello), or Castle and FILERIMOS or Museum and Castello</p> | <p>LINDOS</p> |
| | <p>A half day tour</p> | <p>A half day or full day tour</p> |
| <p>SEVEN SPRINGS and LINDOS</p> | <p>PANORAMIC TOUR of Rodos and LINDOS</p> | <p>THE SUNSET TOUR TO LINDOS WITH BARBECUE</p> |
| <p>A full day tour</p> | <p>A half day or full day tour</p> | <p>(No archaeological sites)</p> |
| <p>FILERIMOS- VALLEY OF THE BUTTERFLIES and KAMIROS</p> | <p>KAMIROS and BUTTERFLIES</p> | <p>THE SUNSET TOUR TO FILERIMOS KAMIROS WITH BARBERCUE</p> |
| <p>A half day or full day tour</p> | <p>A half day tour</p> | <p>(No archaeological sites)</p> |
| <p>SEVEN SPRINGS, PROFITIS ILIAS KAMIROS, SEASITE BARBECUE</p> | <p>ISLAND TOUR with Filerimos or Valley of the Butterflies or with Kamiros, or with Lindos</p> | <p>VILLAGE PARTY at Pastida, Empona</p> |
| <p>A full day tour</p> | <p>A full day tour</p> | <p>An evening of local folklore</p> |

One Day Cruises

| | | |
|---|---|--|
| <p>EAST COAST CRUISE A full day cruise. Daily Departure from Mandraki harbor</p> | <p>CRUISE TO SYMI ISLAND A full day cruise. Daily Departure from Mandraki and commercial harbor</p> | <p>CRUISE TO LINDOS A full day cruise. Daily Departure from Mandraki harbor</p> |
| <p>CRUISE TO TILOS and NISYROS ISLANDS A full day cruise. Daily departure from Mandraki harbor.</p> | <p>SCUBA DIVING A full day cruise Departure from Mandraki harbor</p> | <p>CRUISE TO KASTELLORIZO (MEGISTI) ISLAND Departure from commercial harbor (Kolona)</p> |
| <p>CRUISE TO CHALKI ISLAND A full day cruise Departure from Kamiros Skala.</p> | <p>CRUISE TO COS ISLAND A full day cruise Departure from Mandraki and commercial harbor.</p> | <p>CRUISE TO MARMARIS - TURKEY A full day cruise. Daily Departure from commercial harbor (customs)</p> |



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Rodini Park



Photo by RTS

A paradise of meandering streams and paths amidst oleander bushes, cypress, maple and pine trees. Rodini is reputed to be the site of the famed School of Rhetoric where famous Greeks and Romans, including Julius Caesar, Cato the Younger, Cicero, Pompey, Brutus, Cassius and Mark Anthony studied. Also in the park is a 3rd-century BC necropolis (cemetery) with tombs carved into the rock in a Doric-style and the Tomb of Ptolemeus. (Bus # 3 form the Rodos city center)

The Valley of Butterflies

A densely wooded and penetrated by a trickling stream valley with pine and storax trees. The tree exudes a resin which is used by the local churches to make frankincense and smells like vanilla. The valley during mid-June & September - August is the natural habitat of hundreds of thousands of *Quadrina* butterflies (actually a moth of the *callimorpha quadripunctarea* variety) attracted to the valley by the storax trees in order to mate. The valley is a beauty spot in its own right with walkways, waterfalls, rock pools, rustic bridges and resting places.





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Going Out



Rodos is famous for its vivid lifestyle. all visitors may have an excellent stay and experience a lot of pleasant activities. Apart from getting to know the culture, the idyllic countryside, the Greek gastronomy, visitors should meet the tingling Rodian life style. To start with , music cafes, trendy shops, music stages, cinemas, bars, night clubs, dancing clubs, restaurants, classy meeting points, casino, and after hours are easy to access everywhere in Rodos. People of all ages may find a suitable place to have fun and to get to know the famous Greek life style. Almost everywhere visitors choose to go they will have the opportunity to discover their place of interest and feel warmly welcomed.

Shopping

A visit to Rodos can profitably be combined with shopping - there is perhaps no other town in the world the size of Rodos which can compete with it for variety and range. The 6000 shops in the Old and New Town are sure to satisfy almost every demand.

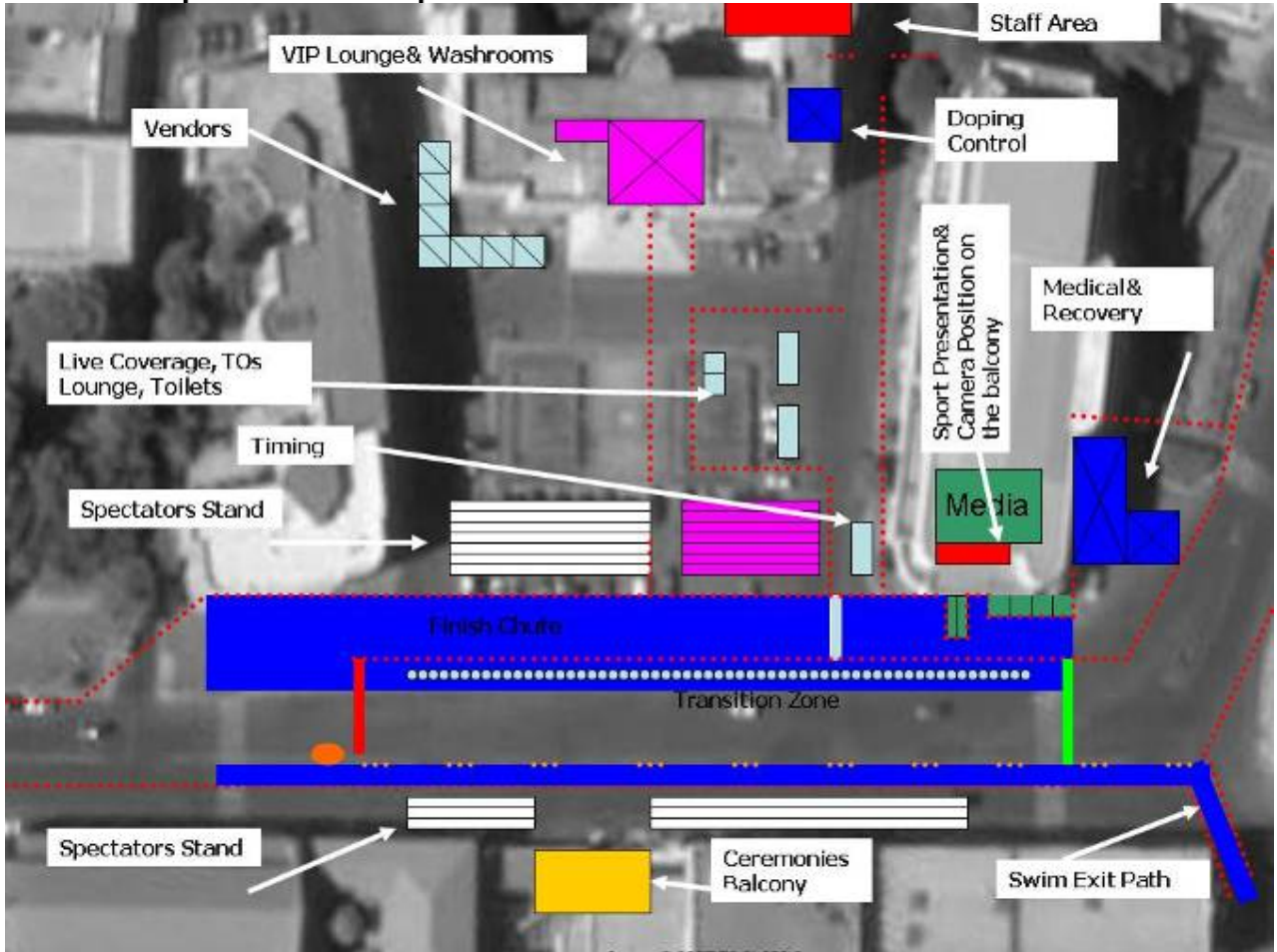
Local Products

Local products, too, are of particular interest: the inhabitants of Rodos have a long tradition in silverwork, ceramics, carpet-making, embroidery , wines, ouzo, olive oil and honey. In the hundreds of shops situated in the Old City-which rather resembles one big bazaar- the visitor will find Rodian pottery (plates,jugs,mugs,etc) decorated with traditional designs. Those curious to see how these are made can visit the potters' workshops, which spread along the roads to Lindos and Kamiros.



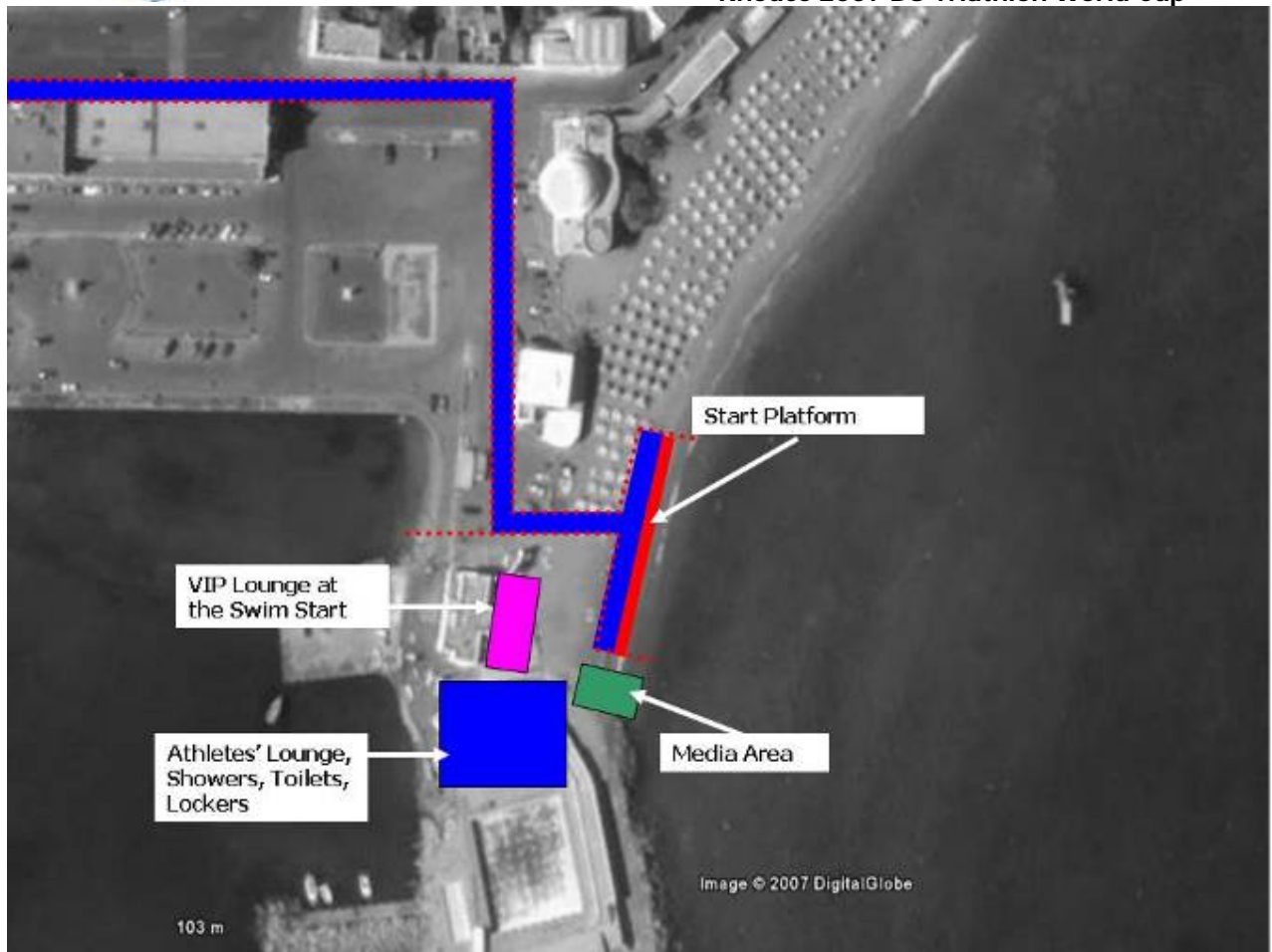
11. FIELD OF PLAY MAPS

11.1 Map No1: Venue Map





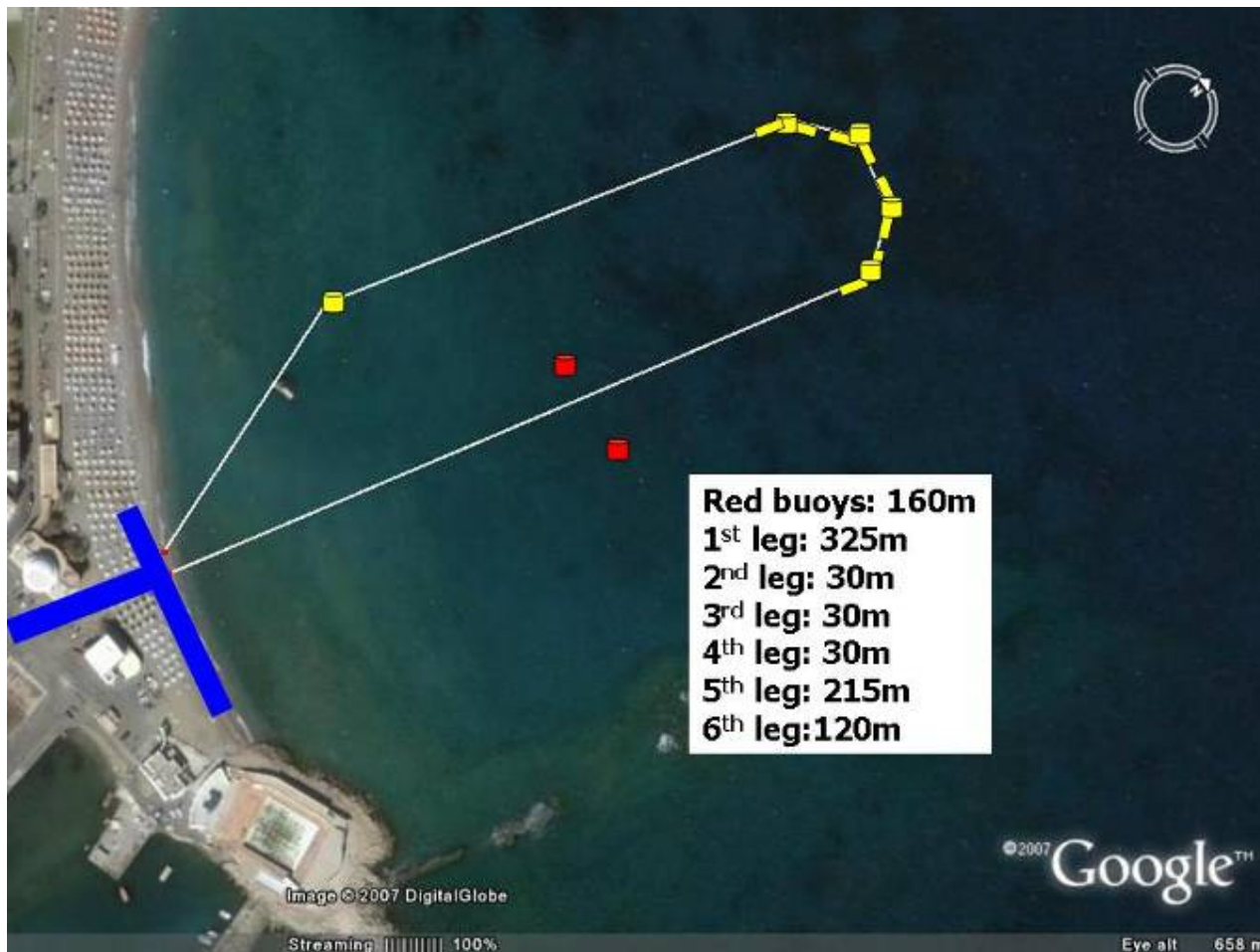
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11.2 Map No2: Swim Course





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11.3 Map No3: Bike & Run Course

