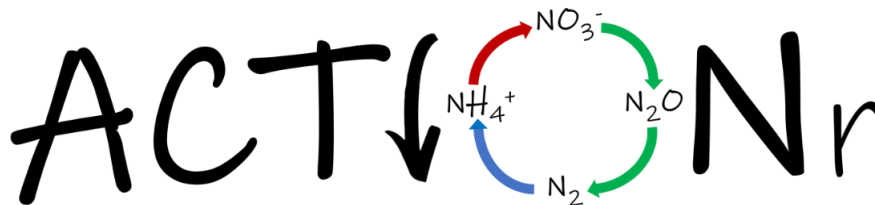


PhD Summer School

“Biological Nitrification Inhibition: Integrating Microbial Functions, Plant Traits, and Technological Innovations for Sustainable Nitrogen Cycling”

TRAVEL GUIDE



ACTIONr: Research Action Network for Reducing Reactive Nitrogen Losses from Agricultural Ecosystems

Venues

University of Thessaly, Department of Biochemistry and Biotechnology, Biopolis Campus, 41500, Larissa, Greece

&

Paos Monastery, Argalasti, Pelion Greece

From 12 to 16 May 2025

ACTIONr website: <https://www.actionr.eu/>

Contact: sopolyzoul@uth.gr



This project has received funding from the European Union's Horizon 2021-2027 research and innovation programme under grant agreement No 101079299.

This travel guide provides directions to your destination along with additional information on alternative travel options and more.

→ **To reach the first venue of the Summer School (on May 12 & 13)** you need to travel from your arrival city (Athens or Thessaloniki) to Larissa.

*N. B: if you choose to attend the Summer School from day one, a bus will be available in Larissa to transfer you directly from the first to the second Summer School venue.

→ **To reach the second venue of the Summer School (on May 14, 15 & 16)**, at Paos Monastery, in Argalasti, you can take a direct bus from your arrival city (Athens or Thessaloniki) to Volos. From Volos, you will need to take a second bus to Argalasti, Pelion.

Transportation to Larissa: To reach the first Venue of the Summer School (on May 12 & 13)

From Athens to Larissa

➤ From ATHENS Airport (ATH) to Ano Liosia Bus Station

There are many ways to travel from Athens airport to Athens city center: by subway, train, bus or taxi. For more information, please visit Athens airport website: <https://athens-international-airport.com/>. You can also use Google Maps for public transport suggestions to navigate around the city.

To reach Larissa, head to the Ano Liosia Bus Station. From there, you can choose from the following options:

1. Urban bus terminal X93 to Ano Liosia Bus Station or
2. Subway M3 or M1

At Monastiraki Station, transfer to line M1 to reach Ano Liosia Bus Station.

Check the route using the following link:

<https://www.google.com/maps/d/viewer?mid=1Uq7DL2Qt8S3jMWctzhLhv34YZ84&hl=en&ll=37.934715000000004%2C23.942334999999993&z=12>



➤ **From Athens, Ano Liosia bus station, to Larissa City Center**

Go to Ano Liosia Bus Station, where you can catch a bus to Larissa.

<https://www.ktellarisas.gr/ektakta-dromologia/>

Bus route timetable: Athens to Larissa

From	Duration	Day						
		Mon	Tue	Wen	Thu	Fri	Sat	Sun
07:30	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
10:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
11:00	4h	-	-	-	-	-	Sat	-
13:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
15:30	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
17:30	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
19:00	4h	Mon	Tue	Wen	Thu	Fri	-	Sun
21:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun



From Thessaloniki to Larissa

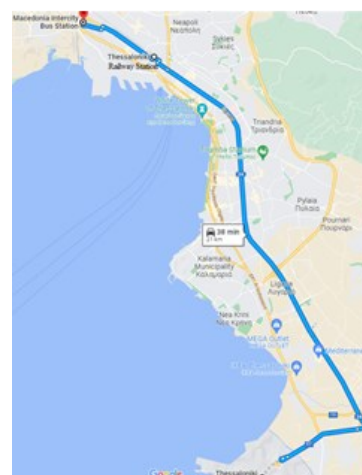
➤ **From SKG Thessaloniki airport to Makedonia Intercity Bus Station**

You can either take a taxi or a bus.

✓ Urban bus terminal 01X or 01N night line

For more information visit OASTH, at:

<https://www.oasth.gr/en/>



➤ **From Thessaloniki, Makedonia Intercity Bus Station, to Larissa City Center**

From Makedonia Intercity Bus Station, you can catch a bus to Larissa.
<https://ktelmacedonia.gr/en/routes/list/tid=24>

Bus route timetable: Thessaloniki to Larissa

From	Duration	Day						
		Mon	Tue	Wen	Thu	Fri	Sat	Sun
07:30	1h 35m	Mon	Tue	Wen	Thu	Fri	-	-
09:00	1h 35 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
11:00	1h 35 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
13:00	1h 35m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
14:00	1h 35m	Mon	Tue	Wen	Thu	Fri	-	-
15:00	1h 35 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
16:00	1h 35m	Mon	Tue	Wen	Thu	Fri	-	Sun
17:00	1h 35m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
18:00	1h 35m	-	-	-	-	Fri	-	-
19:00	1h 35m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
20:00	1h 35 m	-	-	-	-	Fri	-	-
21:00	1h 35m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
22:15	1h 35m	Mon	Tue	Wen	Thu	Fri	Sat	Sun

Transportation to Volos & Argalasti: To reach the Second venue of the Summer School, Paos Monastery, Argalasti, Volos (from May 13 to 16)

From Athens (Ano Liosia Bus station, see information above) to Volos

<https://ktelvolou.gr/en/routes/map/&map=greece&place=1>

Bus route timetable: Athens to Volos

From	Duration	Day						
07:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
09:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
11:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
13:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
15:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
17:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
19:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
21:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun

From Thessaloniki (Makedonia Intercity Bus station, see information above) to Volos

<https://ktelmacedonia.gr/en/routes/tid=26>

Bus route timetable: Thessaloniki to Volos

From	Duration	Day						
08:30	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	-
11:15	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
13:30	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
15:30	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun

17:15	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
19:15	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
21:30	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
11:30	2h 15 m	Mon	Tue	Wen	Thu	Fri	Sat	Sun

**N.B.: Upon your arrival in Volos, you will need to take a bus to reach Argalasti, Pelion.*

From Volos to Argalasti and back

From the same bus station, you can take a bus to Argalasti.

<https://ktelvolou.gr/en/routes/map/&map=magnesia>

Bus route timetable: Volos to Argalasti

From	Duration	Day						
04:00	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-
04:15	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-
06:30	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-
12:30	1h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
14:30	1h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
16:30	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-

Bus route timetable: Argalasti to Volos

From	Duration	Day						
08:15	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-
10:00	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-
15:00	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-
16:30	1h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
19:00	1h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
19:30	1h 15m	Mon	Tue	Wen	Thu	Fri	-	-

From Volos to Athens

<https://ktelvolou.gr/en/routes/map/&map=greece&place=1>

Bus route timetable: Volos to Athens

From	Duration	Day						
04:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	-
07:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
09:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
11:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
13:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
15:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
17:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun
19:00	4h	Mon	Tue	Wen	Thu	Fri	Sat	Sun

From Volos to Thessaloniki

<https://ktelvolou.gr/en/routes/map/&map=greece&place=2>

Bus route timetable: Volos to Thessaloniki

From	Duration	Day						
05:30	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	-
08:00	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
10:15	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
12:15	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
14:00	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
16:00	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
18:15	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun

20:30	2h 15m	Mon	Tue	Wen	Thu	Fri	Sat	Sun
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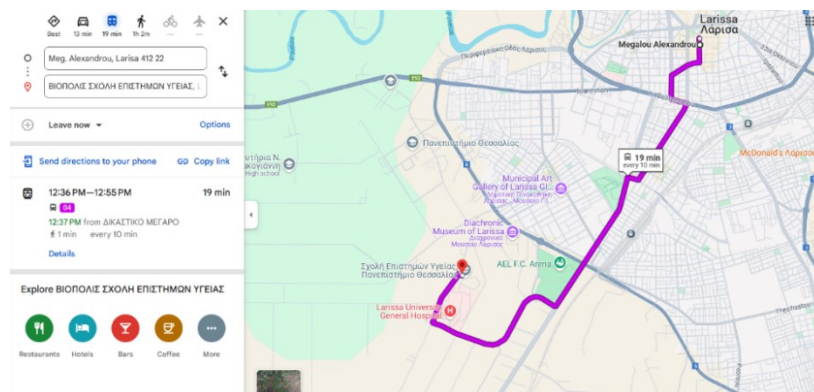
Useful Information on Transportation and Accommodation Options in Larissa



Transportation

- **Department of Biochemistry and Biotechnology, Biopolis Campus** take line 04 (from city center bus stop at Meg.Alexandrou, route: KARAGATSI - HOSPITAL – BIOPOLIS

<https://ktelast-larisas.gr/en/itineraries>



Larissa Hotel options

- Hotel Park, 31st Avgoustou & Ogl 1, Larissa
<https://parkhotellarisa.gr>
- Hotel Dionisos ,L.Katsoni 24& 23rd October 9, Larissa
<https://www.dionissoshotel.gr/>



Taxi

Larissa Taxi Phone: +032410200200

A few words about the city of Larissa



Larissa is one of Greece's largest cities, centrally located on the main transport axis connecting Athens and Thessaloniki. The Pinios River flows through the northern part of the city, offering a scenic spot for nature lovers, walkers, hikers, and cyclists. Larissa is a vibrant city, full of life, with numerous coffee shops and restaurants, most of which are situated in the pedestrian area of the city center. This area is also home to many local shops and is in close proximity to several historical monuments.

📷 A few words about the city of Volos

Volos is the ancient city called 'Iolcus' and Jason's hometown. Jason was an ancient Greek mythological hero and leader of the Argonauts, whose



quest for the Golden Fleece is found in Greek literature. Volos is one of the largest (population of 85,803) and most beautiful Greek cities, located at the center of the country about 330 kilometers (205 miles) north of Athens and

220 kilometers (137 miles) south of Thessaloniki. It is the capital of the Magnesia regional unit of the Thessaly Region and it is the country's largest agricultural region. Volos is home to the University of Thessaly that was founded in 1984 and has eight facilities with campuses located in Volos, Karditsa, Larissa and Lamia. The emblem of the University of Thessaly is Chiron, who used to live in Pelion Mountain and was famous for his special knowledge about medicine, music, archery, hunting, gymnastics and the art of prophecy.

📷 South Pelion, the region where the Paos Monastery is located



Pelion is a mountain at the southeastern part of Thessaly, and it is considered the pride of all mountains, and the region of Pelion is an endless source of myths and legends and history since for a thousand of years gods, demigods,

centaurs and titans lived in it. Based on Greek mythology the 12 Olympian Gods chose Pelion as their summer destination since it has some of the most wonderful beaches in Greece.

The famous Centaurus Chiron who was half-man and half-horse also lived in Pelion and he was immortal since he was the son of the Titan Kronos (Cronus) and a half-brother of Zeus. Chiron was famous for his knowledge with medicine, and thus he was credited with the discovery of botany and pharmacy, the science of medicine and herbs. He was a renowned teacher who mentored many of the greatest heroes of myth including the physician Asklepios (Asclepius) and Akhilleus (Achilles) of Troy.



Argalasti



Argalasti is a former municipality in Magnesia, Thessaly, and one of the largest villages in South Pelion. It has permanent population all year round and it has various bakeries, coffee

shops, restaurants, small shops and gas stations. It considered an important commercial and administrative center of the region and it is a passage to the Aegean Sea. Argalasti is also a stopping place for those headed to the beautiful beaches of Pagasetic golf such as Lefokastro, Paou and Horto.

Paos Monastery, the venue of the Summer School

The Paos Monastery or Agios Nikolaos is located in Pelion Magnesia. It is 2 km north of Argalasti and 45 km from Volos, and covers an area of area of 600 acres with a great view of the Pagasitikos Bay. This great stone church was built in 1732 and destroyed by Ottomans in 1831. The University of Thessaly



Conference and Cultural Center is located about 43 km from the city of Volos, in the premises of the old St. Nicholas Paos Monastery founded in the early 18th century. In 1985 the premises of the Monastery were given to the University by the municipality of Argalasti and since then, the center has hosted cultural events, workshops, summer school events and seminars.

Useful info: Volos & Argalasti

 **Volos Taxis:** tel: +0302421027777

 **Hotel Volos**

Philippos, Solonos 9 <https://www.philippos.gr/>
Kipseli Hotel Volos, 1, Ag. Nikolaous Str.,
<https://www.hotelkipseli.gr/en/index.html>

 **Coffee and food options in Argalasti**

Caffe Foinikas, Epar.Od. Argalastis-Sikis, Argalasti 370 06,
tel:+302423 055307

To Stavrodromi, Argalasti 37006, Greece, tel: +302423
054278

Kalogeros, Argalasti 37006, Greece, tel:+306945378462,

Supermarkets in Argalasti

Proton Market, Argalasti, 37006, tel: +0302423 054430

Evangelinos: Argalasti, 370 06, tel: +302423055500

Taxis in Argalasti: +306976110611

National emergency numbers:

The emergency numbers can be called free of charge from any phone (fixed or mobile) in Greece.

- 112 - European emergency service line
- 100 - Hellenic Police Number
- 199 - Hellenic Fire Service Number
- 166 - Medical Emergency Service (EKAB) Number
- About 112:

You can call 112 from fixed and mobile phones to contact any emergency service: an ambulance, the fire brigade or the police, free of charge.

Personal contact information:

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- Sofia Polyzou: +306947193646