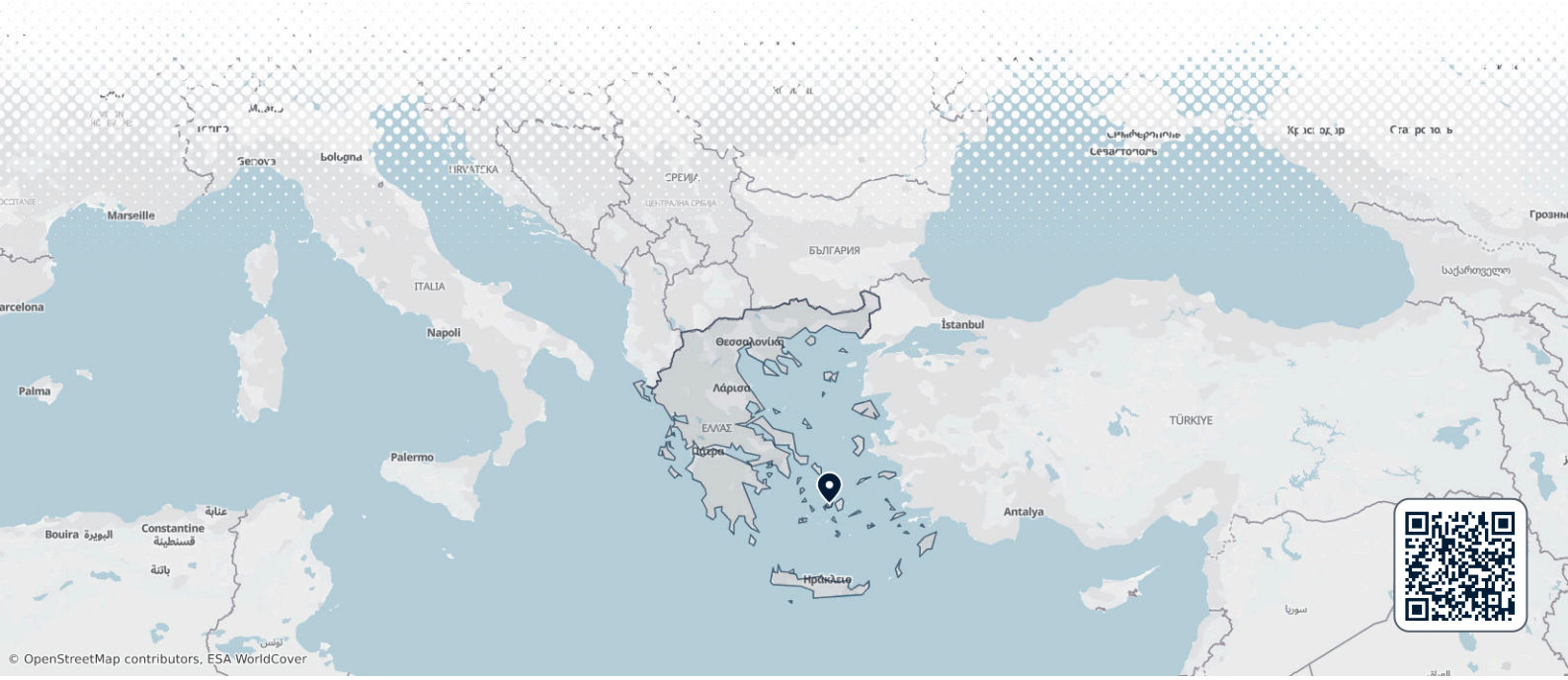


Paros

Cyclades · Greece

TRAVEL GUIDE

Tripomatic



Overview

Paros is a mid-sized Cyclades island with white villages, sandy beaches and a long marble tradition. It has two lively harbour towns, Parikia and Naousa, and quiet hill villages inland. The island suits a relaxed beach holiday with some history and good food.

Paros is also a practical base. It is a ferry hub, and Naxos, Antiparos and other islands are easy to reach.

When to visit

Late spring and early autumn are the best times for most visitors. Days are warm, the sea is swimmable and the island is less crowded. July and August are hot and dry, with strong north winds that cool the beaches and suit wind sports. Many hotels, restaurants and boats close in winter, and ferries run less often.

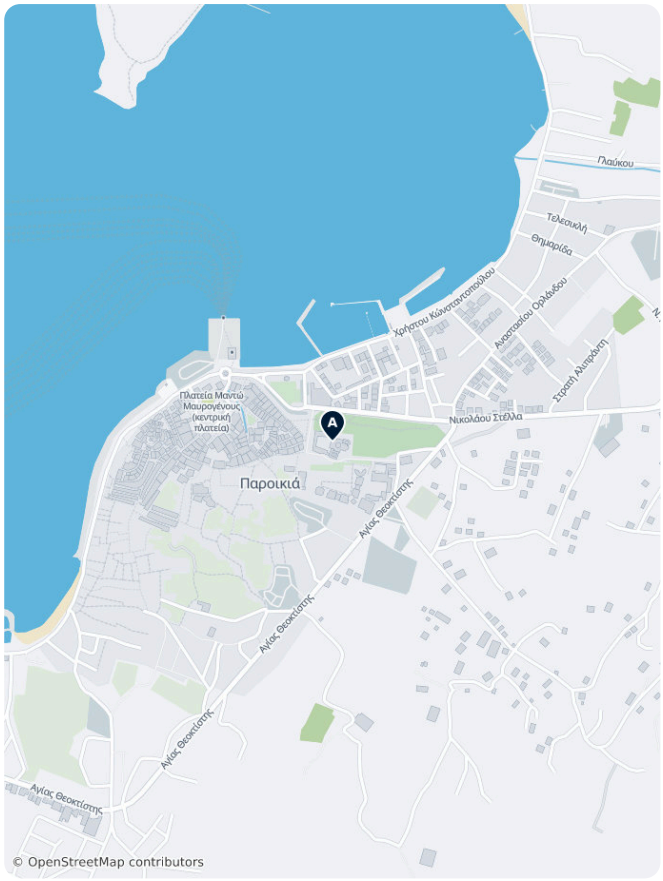
The biggest event is the Assumption holiday on 15 August. Pilgrims and locals gather at the Church of Our Lady of a Hundred Doors in Parikia, and the island is very busy. Book rooms and ferries early if you travel then.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Fair Fair for hiking	12° / 16° Feels like 6°	10° / 5°	13 rainy days · Dry air
February	Good Good for hiking	12° / 16° Feels like 6°	10° / 5°	Dry air · Windy
March	Good Good for hiking	13° / 16° Feels like 7°	11° / 7°	Dry air
April	Great Great for hiking	15° / 18° Feels like 11°	13° / 10°	Dry air
May	Great Great for hiking	19° / 22° Feels like 16°	16° / 14°	22 sunny days
June	Great Great for sightseeing	23° / 25°	20° / 17°	27 sunny days · Humid air · UV 9 (Very high)
July	Great Great for the beach	25° / 27°	22° / 20°	31 sunny days · Muggy, humid air · UV 9 (Very high)
August	Great Great for the beach	25° / 27°	23° / 21°	30 sunny days · Muggy, humid air · UV 8 (Very high)
September	Great Great for sightseeing	23° / 25°	21° / 18°	25 sunny days · Humid air
October	Great Great for hiking	20° / 23° Feels like 16°	18° / 14°	
November	Great Great for hiking	17° / 20° Feels like 12°	14° / 10°	Dry air
December	Fair Fair for hiking	14° / 17° Feels like 8°	12° / 7°	12 rainy days · Dry air

Best months: May, June, July, August, September, October

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights



- A Church of Our Lady of a Hundred Doors in Parikia is the island's most important church. Tradition says Saint Helen founded it in the 4th century, and the complex has chapels and a baptistery with a cross-shaped font. The name refers to a legend of a hidden hundredth door.
- Frankish Castle stands above the old harbour in Parikia. Its walls reuse ancient marble blocks, and it gives a good view over the town and the sea.
- Archaeological Museum Paros is close to the church. It holds a fragment of the Parian Chronicle, an ancient record of Greek history carved in marble.
- The Mycenaean acropolis is a hilltop settlement site near Koukounaries beach on the north coast. Walk up for the views over the bay.
- Golden Beach on the south-east coast is a long sandy beach. It is the main wind sport spot and is busy in summer.
- Kolymbithres Beach near Naousa has smooth rocks and shallow, clear bays. It is a good place for a swim and short walks along the coast.

Beyond this list, walk the lanes of Naousa and its small harbour, which has a Venetian fort. Visit the hill village of Lefkes, where white houses and a marble-paved path lead to the village of Prodromos.

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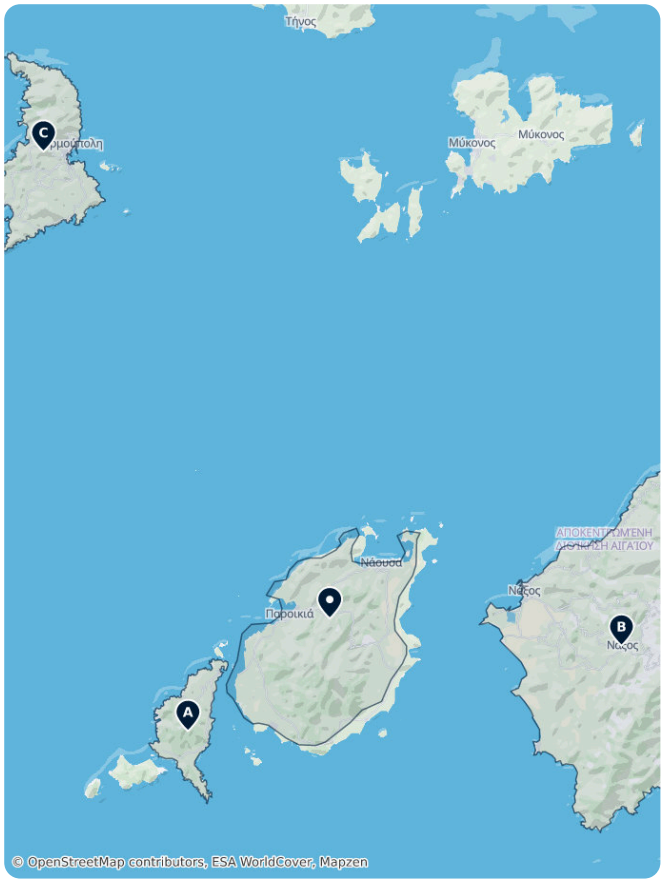
What to experience

- Watch the sunset from the old castle walls in Parikia, then walk the harbour front in the evening.
- Try windsurfing or kitesurfing at the south-east coast in the summer wind. Schools offer lessons for beginners.
- Take a boat trip from Naousa to the quiet bays and beaches on the north coast.
- Walk the old marble-paved path from Lefkes to Prodromos in spring or autumn.
- Visit a village feast in summer. Many villages hold a church festival with music, dancing and food.

Day trips

Several islands are easy to reach by ferry or boat. Always check current timetables, as services change by season.

- A Antiparos: a short boat or car-ferry crossing from Parikia or from Pounta, south of Parikia. It has a quiet main village, beaches and a cave.
- B Naxos: a short ferry ride away. It has a large old town, the unfinished temple gate and long beaches.
- C Syros: the Cyclades capital, with elegant neoclassical streets. It is a longer trip and works best on a direct sailing.



Where to explore

Paros sits in the middle of the Cyclades, so it works well for island hopping.

- Nearby: Antiparos and Naxos.
- Famous party and resort islands: Mykonos, Ios and Santorini.
- Quieter islands: Sifnos, Milos and Tinos.

Getting there

- **By ferry**: Parikia is the main port and has several sailings a day to Piraeus (Athens). Fast boats are quicker and conventional ferries are slower and cheaper, so the trip takes roughly 3 to 5 hours. Links also run to Heraklion on Crete and to many Cyclades islands.
- **By air**: Paros National Airport is on the south-west side of the island, about 10 km from Parikia. Olympic Air and Sky Express fly to Athens, and there are some seasonal international flights. A bus or taxi takes you to Parikia.

Buy ferry tickets in advance in July and August, and check the departure port. Visit Greece has general travel information.

Getting around

- **Public buses**: KTEL buses link Parikia with Naousa, Lefkes, the airport and the main beaches. Service is frequent in summer and limited in winter. Check current timetables locally.
- **Taxi**: taxis are few in summer, so book ahead for early flights and ferries.
- **Rental car, scooter or ATV**: most visitors rent one to reach the beaches and villages.
- **On foot**: the old towns are car-free and small.

Getting around on foot & by bike

WALKABILITY

Moderate

The old towns of Parikia and Naousa are compact and walkable, but beaches and villages are spread across the island.

CYCLING INFRASTRUCTURE

Moderate

Roads are hilly and busy in summer, so cycling suits fit riders.

Driving

- **Is a car worth it?** Yes if you want to visit several beaches and villages. For a stay in Parikia or Naousa only, buses and taxis are enough.
- **Parking**: parking is tight in Parikia and Naousa in summer. Use the car parks at the edge of the old towns.
- **Roads**: many roads are narrow and winding, and drivers on scooters and quads are common. Drive slowly and avoid unpaved tracks after rain.

Food & drink

Paros food is simple and based on local ingredients. Look for fresh fish in the harbour towns, local cheeses and vegetable dishes in village tavernas. Honey, capers and sweet pastries are also part of island cooking.

For a good evening meal, walk the harbour front in Naousa for fish tavernas, or the lanes of Parikia old town. In Lefkes and other villages, small tavernas around the main square serve home-style dishes.

What to eat & drink

LUNCH

Dolmades · Ντολμάδες
Vine leaves stuffed with rice and herbs, sometimes with minced meat, served warm or cold.

Greek Salad · Χωριάτικη σαλάτα
Tomato, cucumber, onion, olives, and a block of feta cheese, dressed with olive oil.

DINNER

Moussaka · Μουσακάς
A baked layered dish of eggplant, potato, and minced meat topped with béchamel sauce.

SNACKS & STREET FOOD

Souvlaki · Σουβλάκι
Grilled skewered meat, often served in a pita wrap with tomato, onion, and tzatziki.

Gyros · Γύρος
Spit-roasted meat sliced and wrapped in pita with fries, tomato, onion, and tzatziki.

Spanakopita · Σπανακόπιτα
A savory pastry filled with spinach and feta cheese, wrapped in flaky phyllo dough.

SWEETS & DESSERTS

Baklava · Μπακλαβάς
Layers of phyllo pastry filled with chopped nuts and soaked in honey syrup.

DRINKS

Greek Coffee · Ελληνικός καφές
Thick, unfiltered coffee traditionally served in a small cup, often with a glass of water.

Ouzo · Ούζο
An anise-flavored aperitif, usually served with ice and small plates (mezedes).

Retsina · Ρετσίνα
A distinctive resin-flavored white wine, a Greek tradition dating back centuries.

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Safety & health

Paros is very safe for visitors. Petty theft is rare, but keep valuables out of sight on beaches and in rental cars.

- **Roads**: accidents with rental scooters and quad bikes are the main danger. Wear a helmet and do not ride without experience.
- **Sea and wind**: strong summer winds create rough seas and rip currents on exposed beaches. Swim at beaches with calm water on windy days.
- **Sun and heat**: summer sun is strong. Carry water and use sun protection.
- **Water**: tap water is often not pleasant to drink. Most visitors buy bottled water.
- **Health care**: Parikia has a health centre for basic care. Serious cases go by air or ferry to Athens. Dial 112 in an emergency.

History

People lived on Paros in the Bronze Age, and the island became rich from its white marble. Ancient sculptors prized Parian marble, and quarries were worked on the slopes of Mount Marathi for centuries. The Archaeological Museum Paros shows finds from the island's history.

In the Middle Ages the island was ruled by Venetian lords in the Duchy of the Archipelago. They built the Frankish Castle in Parikia, using ancient marble from earlier temples. Later the island came under Ottoman rule, and it joined the Greek state in the 19th century.

Church of Our Lady of a Hundred Doors ties these periods together. It is a pilgrimage church that has been rebuilt and restored many times.

Country facts

Quick practical facts for Greece at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES

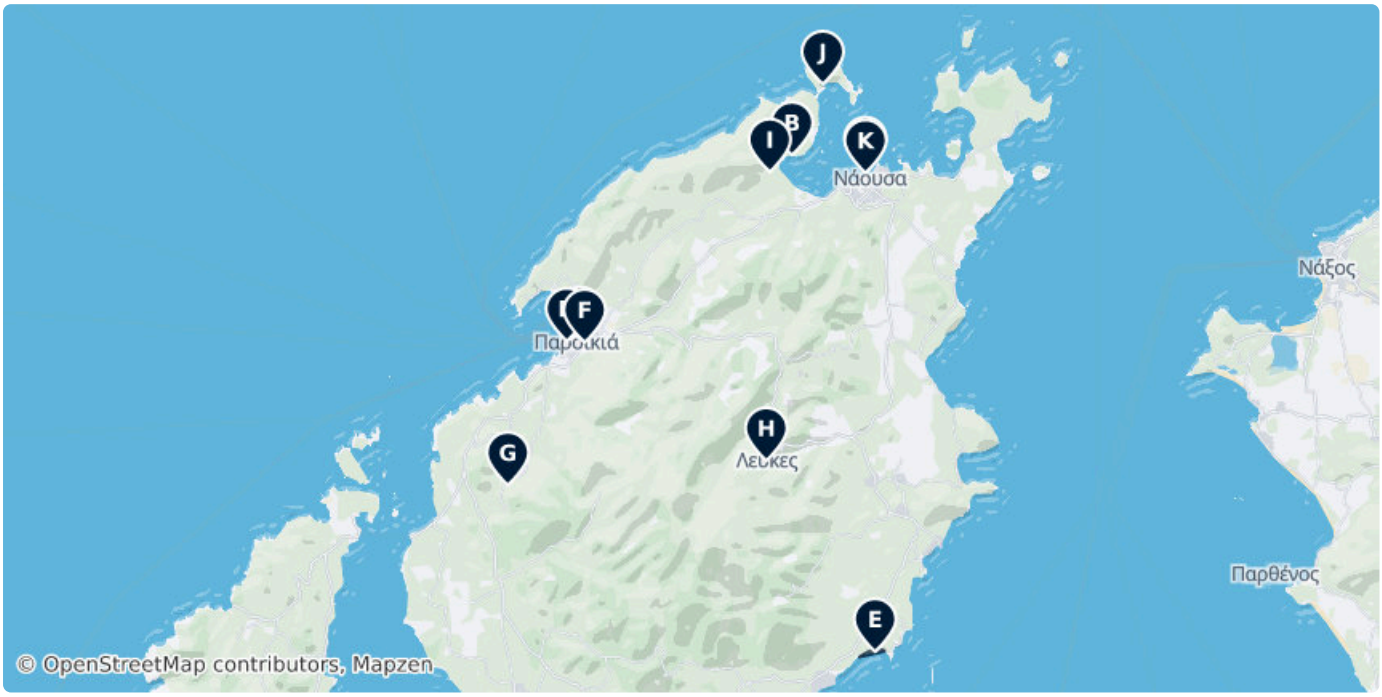
Greek

TAP WATER

Use caution

Paros Essentials

Paros features a blend of Byzantine history, Venetian architecture, and unique geological sites. This selection includes the 4th-century Panagia Ekatontapiliani and the 13th-century Frankish Castle, which incorporates recycled ancient marble into its walls. Natural landmarks range from the granite formations of Kolympethres to the Jersey Tiger moth habitat in Butterfly Valley. Coastal highlights include the windsurfing hub of Golden Beach and the shallow bay of Monastiri. Cultural insights are provided by the Archaeological Museum's white marble sculptures and the Mycenaean ruins at Koukounaries.





A Church of Our Lady of a Hundred Doors

Panagia Ekatontapiliani; literally the church with 100 gates) or Panagia Katapoliani is a historic Byzantine church complex in Parikia town...

Εκατονταπυλιανής, Πάρος 84400, Greece
(37.08500, 25.15181)

ekatontapyliani.org

B Kolympethres

Granite rock formations sculpted by erosion into smooth, lunar-like shapes, surrounding several small sandy coves.

(37.12934, 25.21536)

C Fort of Naousa

A 15th-century Venetian fortification at the harbor entrance, featuring a partially submerged circular watchtower.

(Unnamed Road), Νάουσα 84401, Greece
(37.12575, 25.23742)

D Frankish Castle

Built in the 1200s, this structure is notable for using marble columns and friezes from ancient temples in its construction.

(Unnamed Road), Πάρος 84400, Greece
(37.08474, 25.14761)



E Golden Beach

Long sandy beach on the southeastern coast, known for consistent Meltemi winds that favor windsurfing and kitesurfing.

84401, Greece (37.01021, 25.24037)

F Archaeological Museum Paros

Houses the Parian Chronicle and ancient sculptures carved from the island's famous white translucent marble.

(Unnamed Road), Πάρος 84400, Greece
(37.08442, 25.15296)

G Butterfly Valley

A lush biotope that serves as a seasonal breeding ground for Jersey Tiger moths between June and September.

(37.05018, 25.12980)

H Folklore Museum of Lefkes

Located in the village of Lefkes, this museum displays traditional tools, textiles, and household items from Parian history.

(37.05606, 25.20760)



I Mycenaean Akropolis (Koukounaries)

Archaeological site containing the remains of a 12th-century BC fortified settlement and a later Geometric period palace.

(Unnamed Road), 84400, Greece (37.12532, 25.20866)

J Monastiri Beach

Situated within a protected park, this beach features exceptionally shallow, calm waters and proximity to a 17th-century monastery.

(Unnamed Road), 84400, Greece (37.14634, 25.22461)



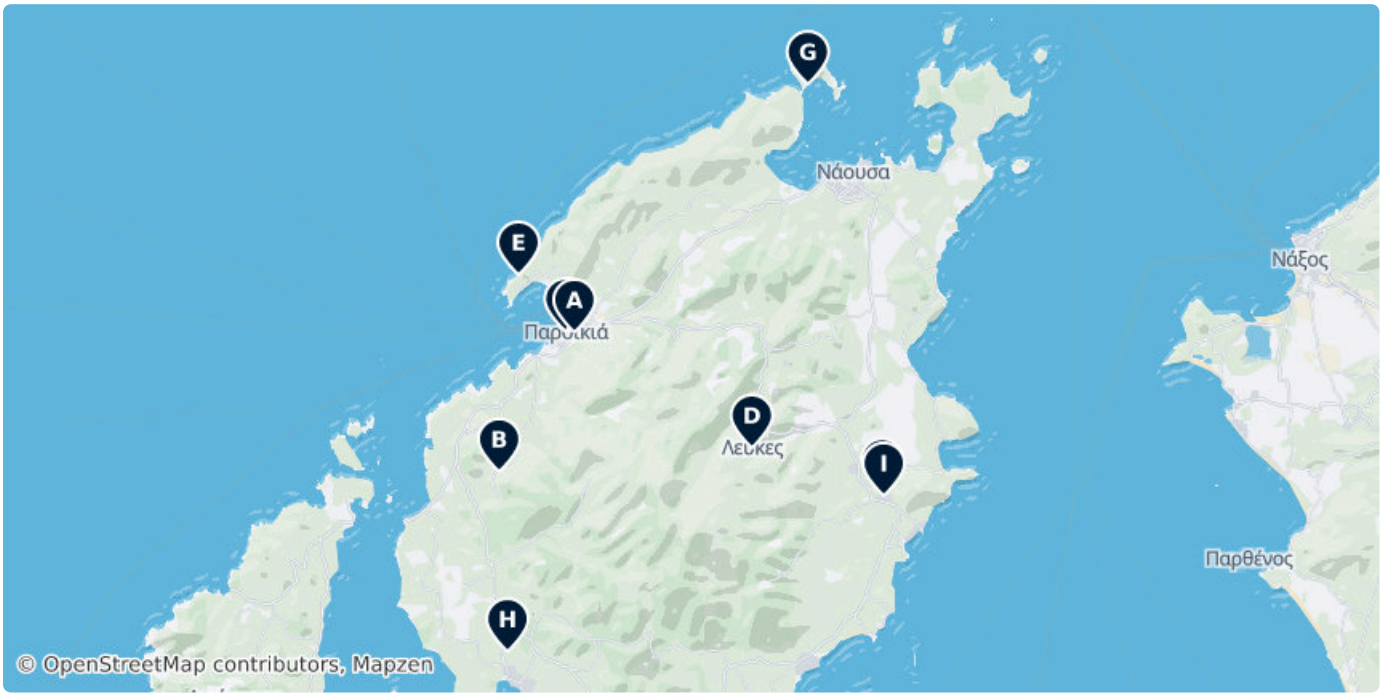
K Barbarosssa

Waterfront seafood restaurant in the old harbor of Naousa, specializing in traditional Greek cuisine and local catches.

(Unnamed Road), Νάουσα 84401, Greece (37.12508, 25.23745)

Best of Paros: Culture & Sights

Paros offers a deep dive into Aegean history through its diverse cultural sites. This selection spans from the Neolithic artifacts and the Parian Chronicle at the Archaeological Museum to the unique Jersey Tiger Moths of Butterfly Valley. Explore the island's artistic heritage at the Perantinos Sculpture Museum and the Benetos Skiadas miniatures, or visit the historic home of revolutionary heroine Manto Mavroyenous. From the mountain village traditions in Lefkes to the coastal Cave of Archilochos, these locations highlight the island's archaeological significance and natural diversity.



A Archaeological Museum Paros

Houses artifacts from the Neolithic to Roman periods, including the Nike of Paros and fragments of the Parian Chronicle, a significant marble chronological table.

(Unnamed Road), Πάρος 84400, Greece
(37.08442, 25.15296)

B Butterfly Valley

A lush nature reserve where Jersey Tiger Moths congregate in large numbers from June to August, drawn to the shaded ivy and cool microclimate.

(37.05018, 25.12980)

C Manto Mavroyenous' Last Home

The final residence of the Greek War of Independence heroine, located in Parikia. The building preserves the memory of her contribution to the 1821 revolution.

(37.08465, 25.15022)

D Folklore Museum of Lefkes

Located in the mountain village of Lefkes, this collection features traditional agricultural tools, weaving looms, and household items illustrating 19th-century rural life.

(37.05606, 25.20760)

E Cave of Archilochos

A natural coastal cave near Parikia associated with the 7th-century BC lyric poet Archilochos, who reportedly used the site as a place of study and inspiration.

(37.09853, 25.13578)

F Perantinos Sculpture Museum

Located in Marpissa, this museum displays the neoclassical works of sculptor Nikos Perantinos, including marble statues and bronze busts awarded at international exhibitions.

(Unnamed Road), Μάρπησσα 84401, Greece
(37.04530, 25.24771)

Th–Su 10:00–15:00, 19:00–22:00

G Paros Park Museum

Situated in the Agios Ioannis Detis peninsula, this museum hosts historical exhibitions, including displays on the 18th-century Russian naval base during the Orlov Revolt.

(Unnamed Road), 84400, Greece (37.14528, 25.22484)

Tu–Su 11:00–17:00

H Benetos & Popi Skiadas Art Museum of Cycladic Civilization

Features intricate, handmade miniature models of traditional Cycladic architecture and historical ships, created by local artist Benetos Skiadas using natural materials.

(37.00601, 25.13234)

benetos-skiadas-folkartist-paros-gr.com

I Folklore Museum

A traditional house in Marpissa village containing authentic 19th-century furniture, textiles, and everyday utensils used by Parian families.

(37.04428, 25.24819)

J Panagiotis Kallieros

A commemorative monument located in Parikia dedicated to the local figure Panagiotis Kallieros.

(37.08470, 25.15140)

Hidden Ruins & Chapels

Explore the multi-layered history of Paros through its lesser-known architectural remains. This collection spans from the 9th-century BC sanctuary at Delion to the 13th-century Frankish Castle built with recycled temple columns. Highlights include the 15th-century Venetian fort in Naousa harbor, secluded 17th-century monasteries like Moni Pantokratoras, and Hellenistic-era watchtowers. These sites offer a quiet look at the island's ancient religious practices and medieval defensive systems.



A Frankish Castle

A 13th-century fortification built by Marco Sanudo using recycled marble drums and friezes from ancient Greek temples.

(Unnamed Road), Πάρος 84400, Greece
(37.08474, 25.14761)

B Fort of Naousa

A 15th-century Venetian watchtower at the harbor entrance, featuring a circular bastion and partially submerged defensive walls.

(Unnamed Road), Νάουσα 84401, Greece
(37.12575, 25.23742)

C Ερείπια Ενετικού πύργου

Structural remains of a medieval Venetian defensive tower located in the rural landscape near Marpissa.

(37.04591, 25.25925)

D Delion

An ancient sanctuary dedicated to Apollo and Artemis, featuring foundations of an archaic temple overlooking the Aegean.

84400, Greece (37.10347, 25.15482)

parosweb.com/guide/about_paros/archaeological-sites/

E Moni Pantokratoras

A 17th-century monastery situated on a hill, showcasing traditional Cycladic ecclesiastical architecture and defensive stone walls.

(37.04959, 25.24914)

F Tower of Hellenistic Period

Archaeological remains of a stone watchtower dating to the Hellenistic period, likely used for coastal surveillance.

(37.11716, 25.25618)

G Old Washhouse

A historical stone-built communal laundry facility where local residents traditionally gathered to wash clothing with spring water.

(37.05113, 25.24953)

H Agios Nikolaos

The ruins of a small stone chapel located in the eastern hills near medieval Venetian fortifications.

(Unnamed Road), 84401, Greece (37.04583, 25.25954)

I Mone Christou Dasous

A 17th-century convent and monastery that houses the tomb of Saint Arsenios, located near the Valley of the Butterflies.

(Unnamed Road), Μονή Χριστού Δάσους 84400, Greece (37.05128, 25.13094)

J Agia Eirene

A traditional white-washed Greek Orthodox chapel situated along the island's western coastline south of Parikia.

84400, Greece (37.05853, 25.10743)

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