



#HARMONYIOS

contents



- 3 About
- 4 Information
- 5 Beaches
- 6 Eat
- 7 Drink
- 8 Events
- 9 Harmony Ios

ios
"ee-os"

about ios

The Greek island of ios is nestled halfway between Santorini and Naxos, in a chain of islands that dot the Aegean sea. As one of the medium sized Cyclades Islands, ios is home to around 2,000 locals. In a miraculous transformation, the island of ios goes from still and sleepy in the winter to vibrant and bustling in the summer.

Famed just as much for it's beaches and beauty as it is it's nightlife and food, ios truly draws an eclectic crowd of partygoers, hikers, divers, holiday makers and global travellers. Days are spent exploring the many sandy beaches, hidden coves and Cycladic ruins on the island, before heading to the village to experience the Greek nightlife, dining and shopping.

Travellers who hire a car, scooter or quad bike to venture into the seemingly isolated countryside are rewarded with amazing panoramic views of the Aegean sea, authentic Greek style Tavernas and many ancient churches and ruins.

If you reach the northernmost tip of the island you'll find a tomb that is said to be that of ancient Greek Philosopher and Poet Homer. After finishing his epic works such as the Odyssey and the Iliad, it's alleged that Homer was laid to rest here as his mother, Clymene, was from ios.

If hiking or taking the open road isn't your thing, the island offers amazing views and sites that can only be accessed via the water, and as such it's an excellent excuse to hire a boat or jump on a guided tour.

Once you've lapped up enough sun and salt, the day draws you back into Chora, the main village, where you'll have your choice of world renowned Greek restaurants, as well as a range of international cuisine, and some of the best nightlife in the world.



information

The island of Ios is a popular summer destination for many tourists from across Europe and the globe.

From May to September the island is a much loved stomping ground for all nationalities and ages. Ios is easily accessed via the main ferry route, and multiple ferries leave for Ios, and the surrounding Greek Isles, from Athens daily from either Piraeus or Rafina port.

Getting around the island is made simple with regular buses running every 20 minutes during the peak season, as well as a number of affordable taxis and courtesy vans. If you're looking for a more exciting mode of transport, Ios also offers helicopter transfers or private boat transfers.

As there is no airport in Ios (only helipad) tourists are unable to fly directly onto the island, however you can fly into either Mykonos or Santorini and simply catch a short connecting ferry.

Ios has a typical Cycladic climate consisting of a mild winter with low rainfalls, a cool spring and autumn, and a dry, hot summer with average temperatures of 29 degrees, so you can expect to go home with a golden tan.



beaches

Ios is home to a wide range of popular beaches, as well many secluded bays and hidden coves. Many of these beaches and coves can be found by bus or car, however some of the most secluded beaches will require a short hike through the scenic countryside or an adventurous boat ride. Some of our favourite beaches include:



MYLOPOTAS

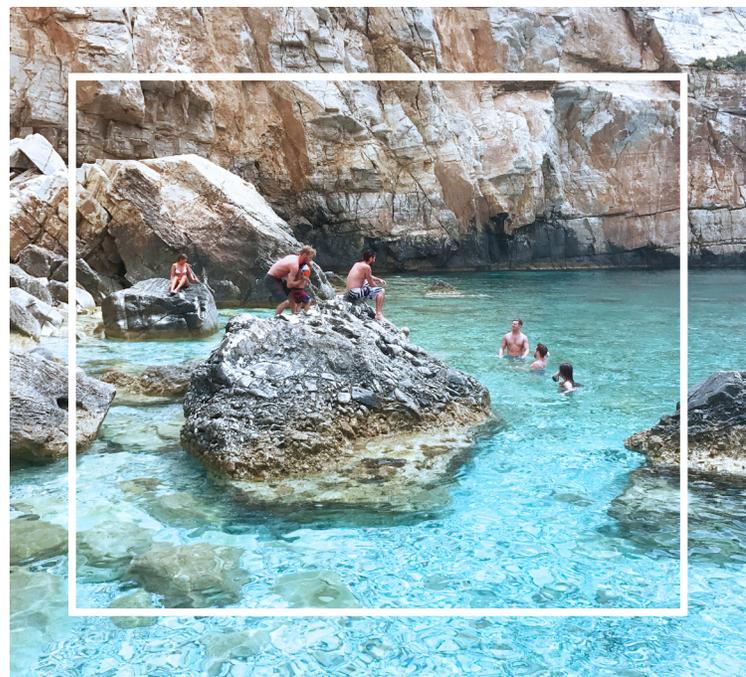
3km out of the village is Mylopotas beach, the main beach of Ios. Filled with both upscale and backpacker-style resorts, bars and restaurants, this stretch is home to thousands of tourists every year.

Mylopotas is a hub of activity, with a range of water sports on offer including wind surfing, stand up paddle boarding, snorkelling and more. The beach itself is dotted with umbrellas and beach chairs, and the sandy shores are nestled between two scenic cliffs that line the bay which are also popular spots for cliff jumping.

MANGANARI

If you reach the south side of the island you'll find Manganari beach. This beautiful stretch of white sand and crystal blue ocean can be reached by bus, as well as by car, scooter or quad bike.

Manganari has a slow paced, relaxed vibe, with a few excellent Greek tavernas dotted along the beach. If you're feeling adventurous we'd recommend exploring the dirt trails around Manganari beach where you'll find some of the most amazing beaches and blue waters you've ever seen.





PSATHI

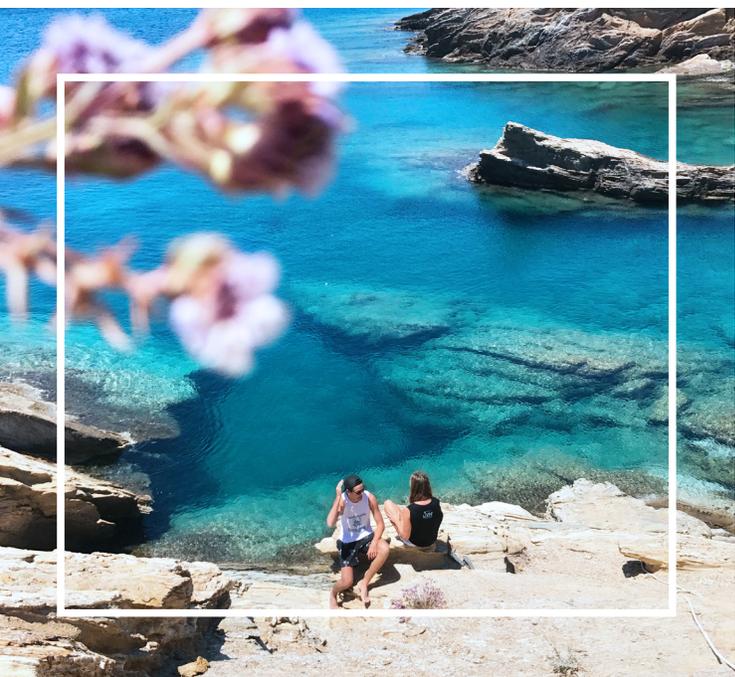
Psathi beach is remotely tucked on the east side of the island, offering a long and quiet stretch of white sand, in addition to the well loved Alonistra taverna.

This beach is an excellent spot for windsurfing, and curious beach goers need only wander around the coves surrounding the beach to stumble onto golden sand and private beaches that overlook the stunningly clear ocean.

THEODOTI

On the east side of the island you'll also find Theodoti beach, a favourite amongst locals for its long expanse of white sand, clear blue seas and delicious tavernas that surround the beach.

Theodoti is one of the widest beaches as it sweeps the length of the bay, and instead of umbrellas you'll find plenty of places to find shelter underneath the trees that line the beach. A must do for quiet beach lovers!



HARMONY BAY

Our favourite gem is hidden just past Harmony restaurant on the cliffs of Mylopotas beach. Once you make your way down the cliff you'll find one of the most breathtaking and popular cliff jumping and swimming spots on the island.

As soon as you dive into the crystal clear waters you'll see why it's home to Harmony's monthly event 'Floatopia', where the bay is filled with party revellers sporting bright floaties.

eat



Whether you're after traditional Greek food, or International cuisine with a Mediterranean twist, you'll find a wide range of cuisine's to tantalise your tastebuds in Ios. From traditional Greek fare, through to Thai and Mexcian specialities, there's something to satisfy every traveler.

Beginning in the Port you'll find an amazing range of Seafood restaurants, such as The Octopus Tree, as well as a range of restaurants that specialise in Greek and Spanish Tapas such as Allo. Follow the streets that line the Port and you won't miss any number of cafes, bars and restaurants that cater to a range of dietary needs.



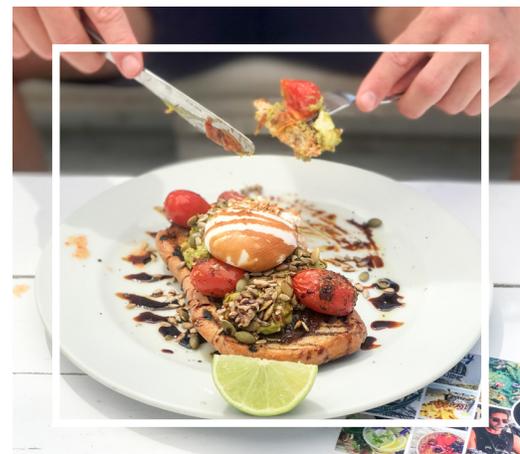


Winding your way up to Chora you'll find a multitude of Greek restaurants that are renown throughout both Greece and Europe, such as The Nest, Grandmas, Katogi and Lord Byron. If you're looking to sample some of los' International cuisine, head through town and you'll find little nooks in the wall to grab delicious takeaway, as well as a number of delicious international restaurants such as Sally's Arhondiko or Hellenic Social.

As you head down to Mylopotas beach and sweep from one side to another you'll be spoiled for choice with both Greek and International cuisine.

heading down towards the beach you'll find Harmony, perched on the cliff overlooking the ocean, where you can enjoy tasty Mexican cuisine, as well as Acai bowls, bean bags, hammocks, live music and some of the best views of the Aegean sea. As you wander across the beach you'll find authentic little cafes such as Cantina Del Mar, as well delicious Italian food at Karma Beach Bar and organic farm to table cuisine at Alymara Restaurant. One you reach the end of the beach you'll arrive at Drakos to sample some of Greece's best seafood overlooking the ocean.

If you're taking the less trodden path and adventuring through the country side you'll come across countless tavernas that each offer tasty traditional Greek dishes and an authentic local experience. One of our favourite hidden gems is Unique, found at the top of a windy road 7kms north of Chora and offering a fusion of Asian and Greek food.





drink

As much as Greece is renown for amazing food, los is renown for some of the worlds best cocktails, drinks and nightlife. From local Greek wines, through to cocktails made by globally acclaimed bartenders, there is something for everyone in los.

Starting the at the far right of Mylopotas beach you'll find the perfect spot to unwind and enjoy a cocktail at Harmony. Down stairs you'll find bean bags and hammocks, while upstairs you'll be in perfect view of the nightly live music, and no matter where you are you'll have breathtaking views of the Aegean sea.

Stretching along the beach you'll find no limit of funky and relaxed beach bars, all offering their own unique take on a fashion of Greek and International cocktails. Once you wind your way back up the hill and into Chora you'll be spoilt for choice when it comes to cocktails and local drinks.

If you're looking for an authentic Greek experience once you've reached Chora you can't go past Click or Kafenio. For those that have travelled from the other side of the world, you'll find plenty of spots to watch the sun go down over the Aegean sea in both Chora and the Port such as Pathos or los Club.

events

Whenever you visit Los, you can guarantee that there will be multiple events on for you to enjoy, from traditional Greek events like local music in the amphitheatre, through to internationally acclaimed events that our guests travel across the world for.

Some of the biggest events include:



**SWEDISH
MIDSUMMER**



**AUSTRALIA
DAY**



**CANADA
DAY**



**IRISH
DAY**



**4TH OF
JULY**



**NORWEGIAN
DAY**



FLOATOPIA



**BOCCE
TOURNAMENT**



**DAY OF THE
DEAD**



**BACKGAMEN
TOURNAMENT**



PATHOS



FAROUT

nightlife



Of all the Cyclades islands, Ios has a reputation of having the most popular nightlife scene in Greece.

With over 20 different clubs all in the one vicinity, our visitors bar hop until the sun comes up. From live music, lantina, hiphop, trap and house, you'll find a beat and a bar that suits you.

- | | |
|--------------|----------------------|
| 1. ASTRA | 16. BANK |
| 2. ALT | 17. SLAMMER |
| 3. SCANDAL | 18. JOHNNYS ELECTRIC |
| 4. CIRCUS | 19. BLUE NOTE |
| 5. ESCOBAR | 20. JAGER BAR |
| 6. BARMACY | 21. NO NAME |
| 7. BULLDOG | 22. ORANGE BAR |
| 8. PASH | 23. VIP |
| 9. BARU | 24. LOST BOYS |
| 10. BAR CODE | 25. CLICK |
| 11. SHUSH | 26. EMBASSEY |
| 12. DISCO 69 | 27. BAR CRAWL |
| 13. TRAFFIC | 28. VODOO |
| 14. COO | 29. ATLAS |
| 15. FLAMES | |

Harmony ios

Welcome to Harmony. Welcome Home.

Wake up with the best views in the world and enjoy fresh juices, superfood smoothie bowls and a range of delicious breakfast options. We love ios, and we know you will to, which is why we wanted to make you a guide that has everything you need to know about ios.

The perfect destination to chill in the sun and feast on Mexican cuisine whilst sharing a game of Bocce or giant Jenga, or get bendy with our yoga classes and try your hand at cliff jumping before you sink your teeth into happy hour from 4 to 7pm.

Our cocktail bartenders will take care of you as you kick back with live music and tasty food overlooking the Aegean sea.

Just jump off the bus when you first get to Mylopotas Beach and head up the hill on the right, you can't miss us.

Be prepared to call this place home.



THE TOS GUIDE

