

Monasteries and temples

- Agios Varnavas

The church of Agios Varnavas is located in a beautiful forest in the town of Louros . It has been declared as an archaeological monument.

- The Monastery of Avassos

It is near Kato Kotsanopoulo and it is one of the oldest monasteries in Epirus. Nowadays the monastery of Avassos is a historic listed building.



Local cuisine

There are a lot of delicious local dishes such as

- Blatsara (a pie made with vegetables)
- Ladopita (a pie made with olive oil)
- Galatopita (a pie made with milk)
- Kolokithopita (a pie made with pumpkin and cheese)
- Ravani (a sweet made with eggs and syrup)

