Local Products and Gastronomy



Kiato is a blessed land where the mountains, the sea, and fertile plains converge. This unique geographical location "sets" a rich daily table for visitors, offering culinary delights based on pure local production.

Leaving Kiato, you don't just take memories with you; you take the flavours of a land that passionately produces some of the best goods in Greece.

The "Gold" of Our Land: Sultana Grapes and Vineyards

The local economy is inextricably linked to viticulture. The famous **Kiato Sultana** (especially its organic variety) is our trademark. Whether enjoyed fresh as a table grape or as local wine, its quality is unsurpassed. With the construction of the Asopos dam, this cultivation is being modernized, ensuring that Kiato remains the "capital" of the grape.

From the Orchard to the Plate

The fertile plain extending around the city and into the hinterland fuels the local cuisine with:

- **Apricots and Citrus Fruits:** Full of aroma and vitamins, they are transformed into the finest juices and traditional "spoon sweets."
- **Olives and Olive Oil:** The foundation of our Mediterranean diet, found in every local recipe.
- **Vegetables and Potatoes:** Fresh ingredients that arrive daily at the town's taverns and restaurants.
- **Nuts:** Exceptional quality walnuts and almonds from the region's orchards.

Mountain Traditions: Meat and Dairy

Heading towards the mountainous hinterland (Stymphalia, Feneos, and our local villages), livestock farming takes the lead.

- **Premium Meats:** Sheep, goat, cattle, and pig farming ensure top-quality meats for local grills.

- **Dairy Products:** Traditional cheeses and yogurt made the old-fashioned, pure way, available in local grocery stores and mountain taverns.

A Hospitality Experience

Tourism in Kiato is not just about the sea in summer. It is a blend of vacation tourism combined with gastronomy, as well as winter tourism in the mountainous interior, where remarkable accommodations await to treat you to the treasures of our land.

Whether you visit a processing unit to purchase packaged local products or dine by the waves, the gastronomy of Kiato is a promise of quality that we have honoured for decades.

Take it with you

Open this page on your phone
visitkiato.com/en/en-local-products-gastronomy

Enjoy Kiato and Sikyonia!