

Municipality of Myki

The Municipality of Myki is geographically located in the center of the Rhodope massif. It is located in the Prefecture of Xanthi, where it borders to the south with the Municipality of Xanthi, to the north with Bulgaria, to the west with the Municipality of Stavroupoli and to the east with the Municipality of Iasmos.

The seat of the Municipality of Myki is located in Sminthi, at a distance of 14 Km from the city of Xanthi. It consists of 62 settlements, has an area of 626,000 acres and has 20,000 legal residents and 15,724 permanent residents. It is a border, populous mountainous, purely minority and rural Municipality.

The population of the Thermi community amounts to 1200 inhabitants. The main sources of income are traditional tobacco cultivation and animal husbandry.

The whole area is characterized by a strong mountainous relief, with altitudes reaching 1827 m in the north of the area, rich forest vegetation, a dense hydrographic network.

The existence of habitats and mountain masses are cores of biodiversity where they compose a single, internationally renowned ecosystem as they host great biological wealth and have a special ecological value.

An interesting residential network is developing in the area, such as Sminthi, Myki, Orai, Echinós, Kotyli, Thermon. It is a place of incomparable natural beauty, characterized by the wild landscape, the bridges with arches, which date back many hundreds of years, the abandoned settlements with their special architecture and the water mills.

Here, amidst the mountain beauty in the green valley of the central Rhodope massif, hot thermal waters gush out from everywhere. Thermal baths in local dialect here are called "persons". They are located about 40 km by road from Ksanti near the Greek-Bulgarian border, in the village of Termes. The waters from these springs are classified in the thermal category of oxycarbonate waters and are spread over a geometric radius of 1 Km.

Medical research shows that water therapy at thermal springs has a healing effect in diseases such as gastrointestinal, liver, metabolic and infectious diseases. The temperature of the water varies from 29°C to 53°C, and the total flow of the springs is over 100 m³/h.

In Termes there are currently hotels, men's and women's hammams and outdoor pools with lots of hot water. In the outdoor pools you can enjoy the natural landscape and bathe in the thermal waters. It is noteworthy that there are about 30 places where everyone can take a bath.

Chemical tests have proven that water is drinkable.

Mineral waters can be used for external therapy and internal therapy. Outdoor in the form of baths, pools and showers for diseases of the musculoskeletal system, the nervous and peripheral vascular system, skin diseases. Internal therapy is indicated for diseases of the gastrointestinal and urinary systems and is contraindicated for systemic, infectious and malignant diseases, liver and kidney failure.

The combination of historical remains, natural beauty and the therapeutic properties of mineral water makes these areas a preferred place for healthy and lifestyle experiences.