Its distance from Thessaloniki is 132 km. and from Polygiros 80 km. (through Arnea and Stagira). Ierissos is inhabited continually from prehistoric times. In the midst of the 7th century b.C. settlers from Andros came to reside. During ancient times existed the following tradition for the colonization of Acanthus, as the city was then called: they arrived to the shore at the same time settlers from Andros and Halkida. The residents of Acanthus seeing the crowed of settlers became frightened and so left the city. The settlers sent an explorer each to be informed of the situation, as they approached the city and realized there were no residents ran to be the first to take over the land each for their fellow countryman. Halkideas was the fastest but Andrios, seeing he was loosing, stopped and threw his spear on the walls gate, before his opponent arrived. A court case followed, which was won by the Andrii, because as they protested, took over the city first by the skin of their nose. The name of the ancient city is due to the many thorns in the area or to the thorny fortification. During the Persian wars the Acanthi helped willingly for the digging of the canal for Xerxes, they welcomed the Persians officially and were rewarded with rich gifts by Xerxes. They declared Artahei a hero, relative of Xerxes, who died in the area, and willingly took place with the expedition against Greece. After the Persian wars Acanthus became a member of the Athenian Alliance. In 424 b.C., after a short siege and threat that the production from the vineyards would be destroyed, Acanthus joined the Spartans. During the establishment of the public Halkideon, the Acanthi refused to take place. In their decision it seems played an important role the old argument Andrion and Halkideon. Because the Halkidis threatened to take over the city with violence the Acanthi asked for help from the Spartans and in 382 b.C. the Spartans helped by Acanthus, took over Olynthos and destroyed, temporarily the public. In 168 b.C. the Romans took over and burnt the city. Little later Roman legion veterans established themselves. One opinion is that during the years of Christ, Acanthus became Latinate due to the many new colonies. That is when the renaming of the city started, with its name translated in Latin: Acanthus-Ericius-lerissos. During Byzantine years Erissos was a bishop