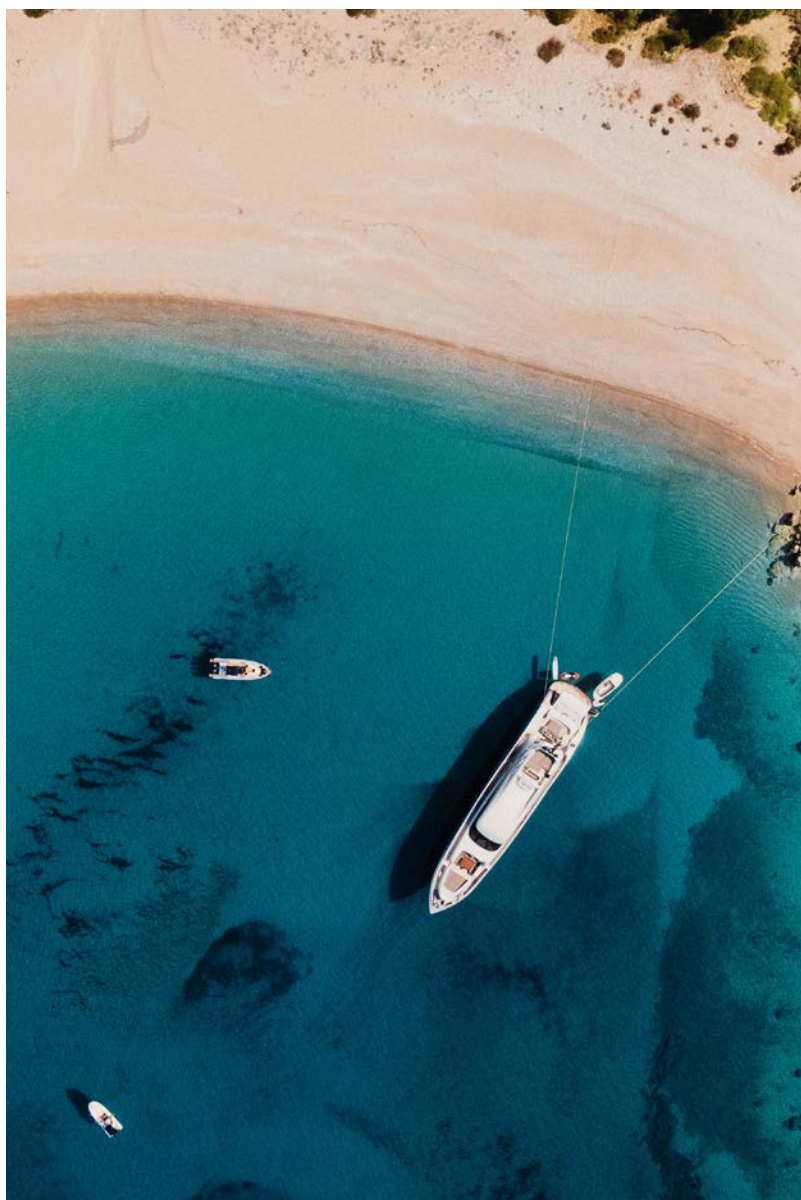




MANDARIN ORIENTAL
COSTA NAVARINO



EXPERIENCES
BROCHURE 2026



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NAVARINO BAY MAP





1. SEA

- A. Yachting & Sailing
- B. Watersports
- C. Scuba Diving & Snorkelling
- D. Sea-Fishing



Information and bookings:
mocna-guestexperience@mohg.com
+30 27230 99888

YACHTING & SAILING



ABOUT

Embark on an idyllic yachting experience and enjoy luxurious quality time with your loved ones. Relax on the deck, feel the gentle sway of the yacht and enjoy the warmth of the Greek sun, whilst exploring the azure waters and pristine beaches of Messenia. As night falls, be enchanted by the serene, romantic atmosphere. This captivating yachting experience is all about indulging in each other's company and crafting unforgettable memories.

CANCELLATION POLICY

- 15 to 4 days prior to departure: 25% cancellation fee
- 3 days prior to departure: 50% cancellation fee
- 48 hours prior to departure: 75% cancellation fee
- No refund applies in case of seasickness.

WEATHER CONDITIONS

In case of bad weather (winds over 6 on the Beaufort scale, as reported by the National Meteorological Service up to 48 hours prior to departure), the cruise will be postponed, subject to availability, or the cancellation fee will not apply.

M/Y SOROKOS - BLUEGAME BG62 BY SAN LORENZO

Set sail on an unforgettable journey with Sorokos. Crafted in 2022, this modern yacht offers the perfect balance of elegance and performance, gliding effortlessly through the crystal-clear waters of the Ionian Sea.



FEATURES	PERFORMANCE HIGHLIGHTS	INTERIOR AREA	OUTDOOR AREA
MAX CAPACITY: Up to 8 Participants	2 × Volvo Penta (2 × IPS1350)	CABINS:2 Berths: 1 Double, 1 Twin Bathrooms: 2	BOW: Spacious Sunbathing Area
LENGTH: 62 ft (18.90m)	CRUISING SPEED: 32 Knots	SALOON: Fully equipped with Sofas and Dining Table, Air Conditioning, TV, Bluetooth Speakers, USB Charging Ports	STERN: Hydraulic Submersible Platform, Deck Shower, Sun Awning, Tender
BEAM: 17.62 ft (5.37m)	TOP SPEED: 42 Knots		
DESCRIPTION	ROUTE		PRICE
Half Day Morning or Afternoon Trip (10:00-14:00 or 16:00-20:00)	Navarino Bay – Sfakteria Islet – Voidokilia Beach		€5,100
Full Day Southeast (10:00-18:00)	Pylos – Methoni – Sapientza Islet – Finikouda		€6,900
Full Day Northwest (10:00-18:00)	Pylos – Sfakteria Islet – Voidokilia Beach – Proti Islet & Navarino Bay		€6,900

M/Y NILEFS - SUNSEEKER PREDATOR 68 HARD TOP

Blending British elegance with high performance, Nilefs glides effortlessly through the water. Thoughtfully designed interiors, including three cabins and a stylish air-conditioned saloon, offer a cool retreat from the midday sun. On deck, the open bow and stern areas invite you to unwind, soak in the sea breeze, and enjoy endless moments of relaxation.



FEATURES	PERFORMANCE HIGHLIGHTS	INTERIOR AREA	OUTDOOR AREA
MAX CAPACITY: Up to 10 Participants	Twin MAN DieselEngines (2×1350 hp)	CABINS: 3 Berths: 2 Double,1 Twin Bathrooms: 3	BOW: Expansive Sunbed Area for Endless Sunbathing
LENGTH: 68' (20.72m)	CRUISING SPEED: 26 Knots	SALOON: Spacious Sofas, Dining Table, Air Conditioning, Bluetooth Speakers, USB Charging Ports	STERN: Lifted Submersible Platform, Sunroof, Large Couches, Dining Table, Deck Shower, Tender
BEAM: 16.93' (5.16m)	TOP SPEED: 43 Knots		
DESCRIPTION	ROUTE	PRICE	TIME
Half Day (Morning or Afternoon)	Navarino Bay - Sfaktiria Islet - Voidokilia Beach	€3,400	10:00-14:00 or 16:00-20:00
Full Day Southeast	Pylos - Methoni - Sapientza Islet - Finikouda	€5,450	10:00-18:00
Full Day Northwest	Pylos - Sfaktiria Islet - Voidokilia Beach - Proti Islet & Navarino Bay	€5,450	10:00-18:00
Sunset & Full Moon Cruise	Navarino Bay	€1,950	

All scheduled cruises include: 24% VAT, fuel, skipper, wine & beverages, linen set and towels. Private transfer service from and to the resort is free of charge.

ARIA - BALI 45 CATAMARAN

Step aboard Aria, where comfort, elegance, and adventure unite. Our Bali 45 Catamaran offers an exceptional sailing experience, designed to elevate your day at sea. With expansive outdoor spaces, Aria invites you to relax and socialise in style, whether on the spacious bow or serene stern.



FEATURES		PERFORMANCE HIGHLIGHTS	INTERIOR AREA	OUTDOOR AREA
MAX CAPACITY: Up to 10 Participants			CABINS: 3 Berths: 3 double Bathrooms: 3	BOW: Expansive Sunbed and Sofa Area, Easy Dock Access
LENGTH: 45' (13.72m)		CRUISING SPEED: 7-8 Knots	SALOON: Dining for 10, Air Conditioning, Bluetooth Speakers, USB Charging ports	STERN: Sofa, Dining Table for 10, Deck Shower, Sun Awning, Tender
BEAM: 24.34' (7.42m)	Mainsail & Self-tacking Jib			
DESCRIPTION	ROUTE		PRICE	TIME
Half Day (Morning or Afternoon Trip)	Pylos - Navarino Bay		€1,870	10:00-14:00 or 16:00-20:00
Extended Half Day Afternoon Trip	Pylos - Navarino Bay - Sfaktiria Islet - Voidokilia Beach		€2,365	16:00-22:00
Full Day Northwest	Pylos - Sfaktiria Islet - Voidokilia Beach - Proti Islet		€2,750	10:00-18:00
Sunset & Full Moon Cruise (excluding lunch- boxes)	Navarino Bay		€1,100	19:00-22:00

MYCENAE - GIB SEA 43 MONOHULL SAILBOAT

Set sail aboard Mycenae, where freedom meets elegance on the open waters. This timeless monohull blends safety with premium comfort, offering an exceptional escape along the pristine Messenian coast. With three beautifully appointed cabins, a sophisticated saloon, and a spacious outdoor deck, every moment aboard is crafted for comfort and discovery.



FEATURES	PERFORMANCE HIGHLIGHTS	INTERIOR AREA	OUTDOOR AREA
MAX CAPACITY: Up to 8 Participants		CABINS: 3 Berths: 3 double Bathrooms: 2	STERN: Couch, Foldable Table for Dining (8 guests), Deck Shower, Sun Awning
LENGTH: 43' (13.11m)	CRUISING SPEED: 7-8 Knots	SALOON: Dining table, Spacious sofas	
BEAM: 13.75' (4.19m)	Safe and Comfortable Classic Sailing Experience Battened Mainsail & Roller Furling Genoa sail		

DESCRIPTION	ROUTE	PRICE	TIME
Half Day (Morning or Afternoon Trip)	Pylos - Navarino Bay - Sfaktiria Islet	€960	10:00-14:00 or 16:00-20:00
Full Day Northwest	Pylos - Sfaktiria Islet - Voidokilia Beach - Proti Islet	€1,260	10:00-18:00
Sunset & Full Moon Cruise (excluding lunch- boxes)	Navarino Bay	€660	19:00-22:00

All scheduled cruises include: 24% VAT, fuel, skipper, wine & beverages, linen set and towels. Private transfer service from and to the resort is free of charge.

VARKA (MAX 8 PARTICIPANTS)

Experience the perfect balance of comfort, style, and performance aboard the Pursuit S310. Designed for smooth cruising along the Messenian coastline, this elegant motorboat offers a refined yet relaxed atmosphere, ideal for discovering hidden beaches, swimming in crystal-clear waters, and enjoying unforgettable moments at sea.



LENGTH: 9.50 m
BEAM: 2.90 m Included

		PRICE
ROUTE 1	Navarino Bay - Voidokilia, 4h	€1,550
ROUTE 2	Voidokilia - Proti Islet, 4h	€1,850
ROUTE 3	Methoni - Sapientza, 4h	€2,150
ROUTE 4	Sunset in Navarino Bay, 3h	€950

All scheduled cruises include:
24% VAT, fuel, skipper, still & sparkling water, and towels.

Departure point: Navarino Agora
Cancellations must be communicated to Mandarin Oriental at least 48 hours prior to departure
No refund applies in case of seasickness, cancellations or no-shows within 24 hours prior to departure

WEATHER CONDITIONS (APPLY TO ALL BOATS)

In case of bad weather (winds over 6 on the Beaufort scale, as officially reported by the National Meteorological Service up to 48 hours prior to departure), the cruise will be postponed, subject to availability, or the cancellation fee will not apply.

SMALL BOAT (MAX 6 PARTICIPANTS)



DESCRIPTION	ROUTE	PRICE
Half Day Trip	Navarino Bay	€390
Full Day Trip	Navarino Bay	€510

Skipper option available at additional cost: €130 (upon availability)

All prices include fuel & 24% VAT

Standard equipment: Bluetooth radio, fresh water shower, CPS & depth meter

CANCELLATION POLICY

Cancellations must be communicated at least 24 hours prior to departure

No refund applies for seasickness, cancellations, or no-shows within the 24 hours

ALL SCHEDULED CRUISES INCLUDE:

24% VAT, fuel, skipper, still & sparkling water, and towels.

Departure point: Navarino Agora

Cancellations must be communicated to Mandarin Oriental at least 48 hours prior to departure

No refund applies in case of seasickness, cancellations or no-shows within 24 hours prior to departure

WEATHER CONDITIONS (APPLY TO ALL BOATS)

In case of bad weather (winds over 6 on the Beaufort scale, as officially reported by the National Meteorological Service up to 48 hours prior to departure), the cruise will be postponed, subject to availability, or the cancellation fee will not apply.

WATERSPORTS

MORAITIS WATERSPORTS

EST. 1979



A UNIQUE WATERSPORTS EXPERIENCE

Dive into a realm of aquatic excitement with thrilling watersports. Whether you crave the adrenaline rush of wing foiling or prefer a serene kayak excursion, each adventure strengthens your bond with the vibrant beauty of water and the outdoors.

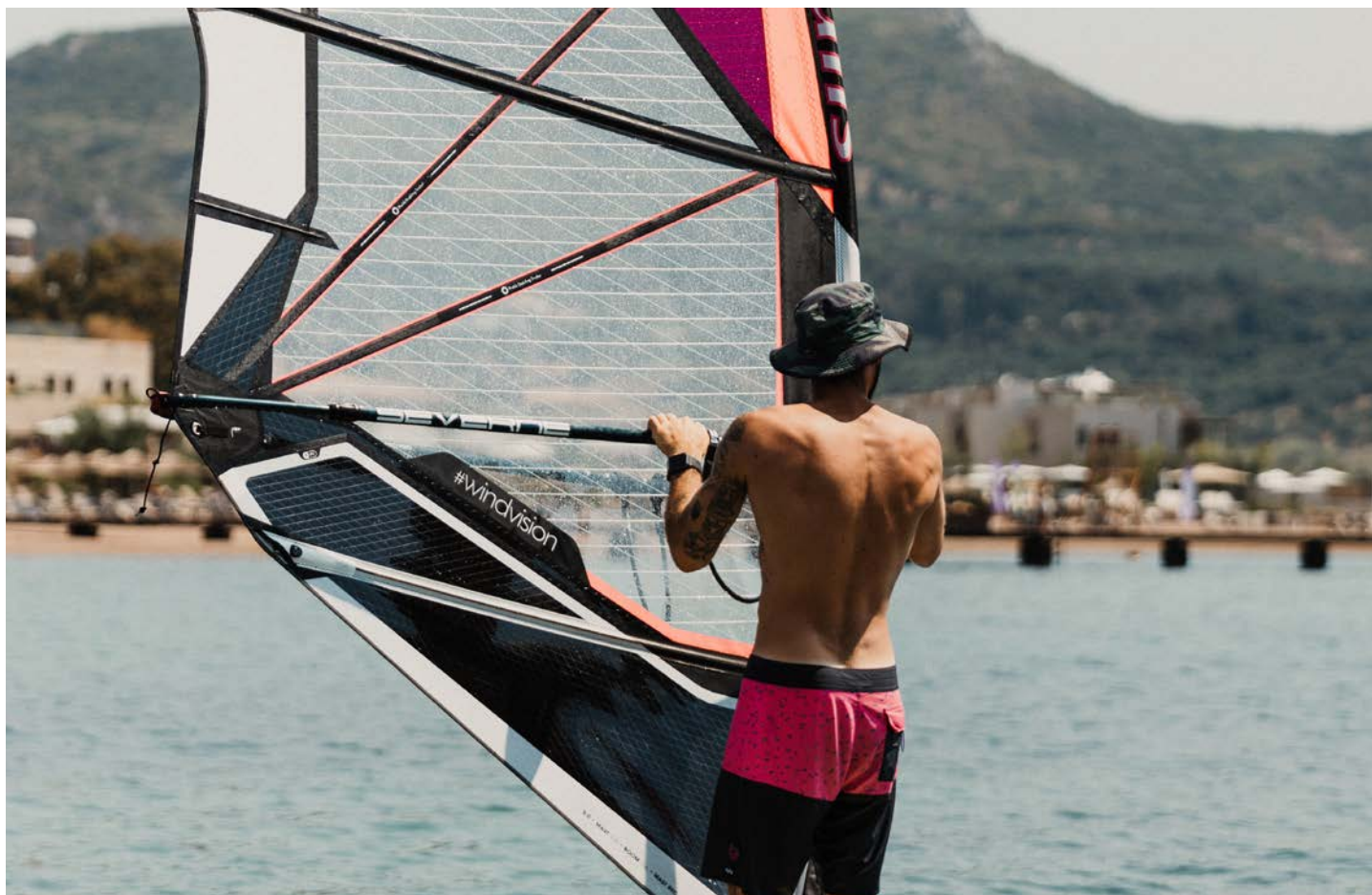
CANCELLATION POLICY

Cancellations 24 hours prior to each activity are free of charge.

Cancellations less than 24 hours prior to each activity a minimum fee of 50% of the rate will apply.

No-shows without any prior communication will be charged 100%

WINDSURF



	DURATION	PRICE		DURATION	PRICE	
Windsurf Rental (training equipment)	1 hr	€50 per person	Windsurf Private Lesson (beginner)	1 hr	€100 per person	
	2 hrs	€80 per person		5 hrs	€450 per person	
	All day	€120 per person	Windsurf Private Lesson* (intermediate, advanced)	1 hr	€150 per person	
	5 days	€500 per person		5 hrs	€700 per person	
Windsurf Rental (advanced equipment, foil)	1 hr	€70 per person	Windsurf Group Lesson	1 hr	€80 per person (2-4 participants)	
	2 hrs	€100 per person				
	All day	€150 per person				
	5 days	€650 per person	*boat assisted incl. waterproof bluetooth intercom hat/helmet			
Windsurf Tandem*	1 hr	€150 per board (2 participants)				

WINGFOIL



	DURATION	PRICE
Wing Foil Rental	1 hr	€100 per person
	2 hrs	€150 per person
	All day	€200 per person
	5 days	€900 per person
Wing Foil Group Lesson	1 hr	€120 per person max. 2-4 participants
Wing Foil Private Lesson*	1 hr	€170 per person
	6 hrs**	€800 per person

*incl. waterproof bluetooth intercom hat/helmet

** Wing Foil Private Programme

Beginner Lesson: Wing control on a simulator & in the water on a fin board

Intermediate Lesson: Introduction to a foil board,

WAKEBOARD | WATERSKI | WAKESURF | WAKESURF FOIL | INFLATABLES



		DURATION	PRICE
Wakeboard, Waterski, Wakesurf, Wakesurf foil	Session	15 min	€100 per person
	Lesson	20 min	€140 per person
	5 Session Package	5 x 15 min	€450 per person
	5 Session Package	5 x 20 min	€650 per person
Inflatables	Session	10 min	€30 per person
	Inflatables boat ride to Sfaktiria Island	30 min	€90 per person
Towed Watersports	Session	1 hr	€400 per person 1-7 participants
Boat Ride	Session	2 hrs	€800 per person 1-7 participants
Wakeboard, Waterski, Wakesurf, Wakesurf			
Inflatables & Snorkelling Tour		3 hrs	€150 per person 3-8 participants

E-FOIL



	DURATION	PRICE
E-foil Private Lesson	1 hr	€250 per person
E-foil Group Lesson (max. 2 participants)	1 hr	€170 per person
4 Lesson Fliteschool*	Beginner lesson: 1 hr Intermediate lesson: 2 hrs Advanced lesson: 1 hr	Private package: €900 Group package: €700
E-foil Rental**	30 min	€125 per person
E-foil Excursion to Sfaktiria Caves***	1.5 hr	€300 per person

***Beginner Lesson:** Achieve controlled flight on your knees or the Flite Scooter, with brief attempts at standing up by the end of the lesson. **Intermediate Lesson:** Achieve controlled flight in the standing position and practice turning the board while occasionally touching the water.

Advanced Lesson: Achieve controlled flight in the standing position at different speeds and practice turning with the board above the water.

** Rider must complete the Fliteschool programme or provide proof of experience in order to be eligible for rentals.

*** Participants must first complete the Fliteschool programme in order to join.

SUP



	DESCRIPTION	DURATION	PRICE
SUP Rental & Lessons	Rental	1 hr	€40 per person
	Rental	All day	€100 per person
	Rental	5 days	€400 per person
	Private Lesson	1 hr	€80 per person
	Group Lesson	1 hr	€60 per person 2-4 participants
	Tandem	1 hr	€150 per board 6-8 participants
SUP Yoga Navarino Bay	Yoga practiced on a stand-up paddleboard	1 hr	€120 per person 2-8 participants

*Includes transfer & water (advanced riders only)

KAYAK



DESCRIPTION		DURATION	PRICE
Kayak Rental		1 hr	single: €40 / double: €60
		All day	single: €100 / double: €120
		5 days	single: €400 / double: €500
Caves Kayak Tour Navarino Bay	Sfaktiria Caves Tour	2 hrs	€120 per person 2-12 participants

*Includes transfer & water

CATAMARAN SAILING & TAILOR-MADE EXPERIENCES



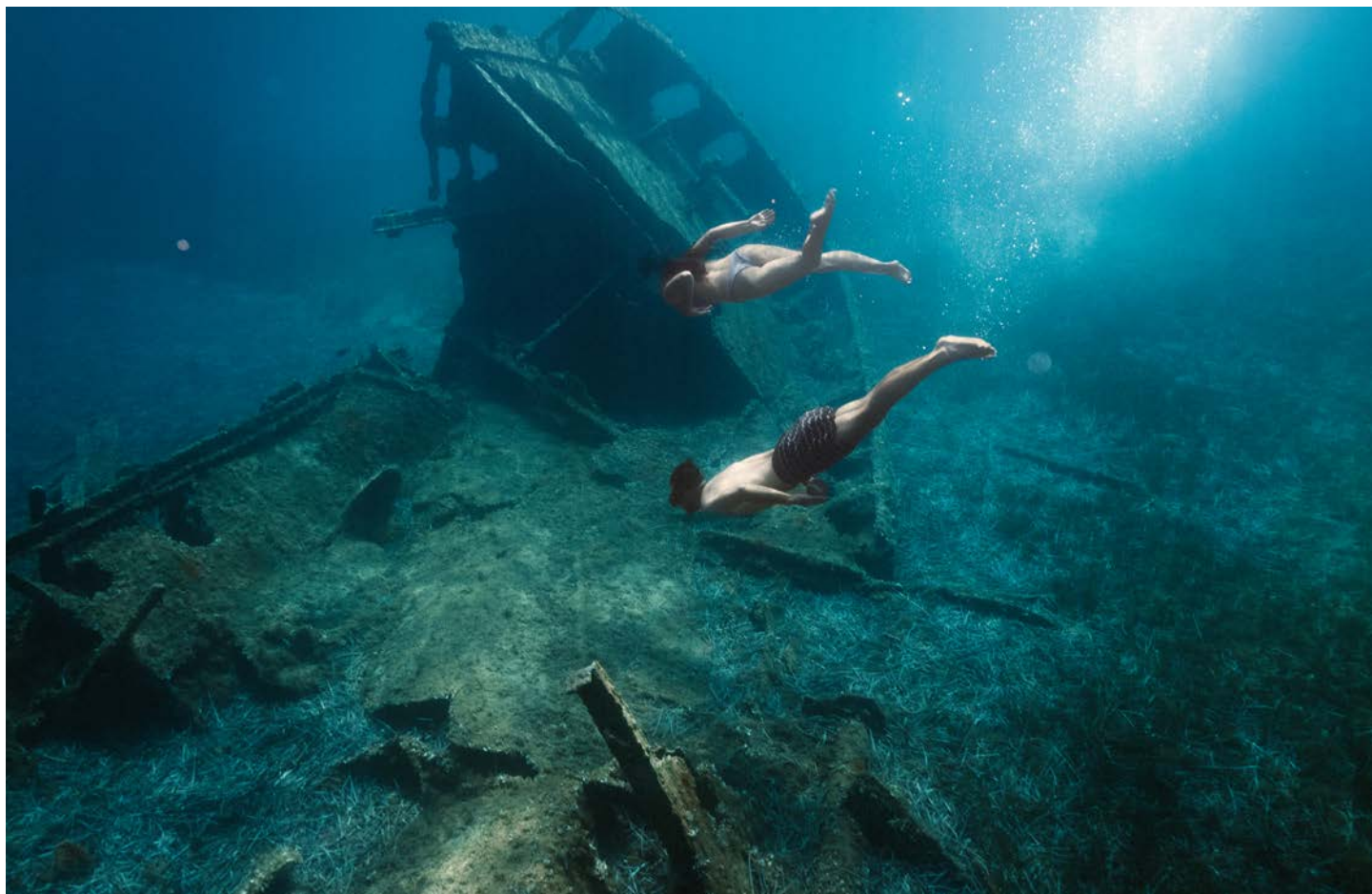
TAILOR-MADE EXPERIENCES

Create your ideal day by choosing from a curated selection of outdoor and watersports experiences, tailored to your pace and preferences. From relaxed moments in nature to energising adventures, each experience is designed around you and can be complemented with fresh, feel-good flavours by Green Pepper—effortless, personal, unforgettable.

CATAMARAN SAILING AT NAVARINO BAY

ACTIVITY	CAPACITY	DURATION	PRICE PER BOAT
Dinghy Sailing (Catamaran)	Max 3 participants	1 hr rental	€120
		1 hr lesson	€150
		5 hrs course	€650
Dinghy Sailing (Topper)	Max 2 participants	1 hr rental	€100
		1 hr lesson	€120
		5 hrs course	€500
Dinghy Sailing (Toppez Taz)	Max 2 participants	1 hr rental	€80
		1 hr lesson	€100
		5 hrs course	€450

SCUBA DIVING & SNORKELLING



Immerse yourself in the underwater world of the Peloponnese with a diving or snorkelling adventure in the crystal-clear waters of Sfaktiria and Proti Islands. Discover vibrant marine life, dramatic underwater landscapes, and the fascinating shipwreck off Proti Island. Swim among colourful fish, octopuses, starfish, lionfish, and barracuda, while experiencing the serenity and natural beauty of this extraordinary marine setting.

CANCELLATION POLICY

More than 24 hours and up to 48 hours before the start of the activity (diving or snorkelling): 50%
Less than 24 hours or no shows 100%

WEATHER CONDITION

If there is a heavy rainfall, strong winds, heat waves or storms for one or more days during your stay that may result in the postponement of some or all of the scheduled activities, we will try our best to re-schedule the programme of your outdoor activities or to provide indoor activities instead, but it is not guaranteed and refund cannot be claimed. Please note that any activity that takes place in the sea is dependent on the weather conditions, and the safety of the participants is our primary concern.

DIVING

OPTIONS	MIN AGE	DURATION	PRICE/STUDENT		
			GROUP MAX 2-4 PARTICIPANTS (1:4 INSTR-TO-STUDENT)	GROUP MAX 2 PARTICIPANTS (1:2 INSTR-TO-STUDENT)	PRIVATE (1 :1 INSTR-TO-STUDENT)
PADI Discover Scuba Diving (in the pool)	10	2,5hrs	€80	€130	€190
PADI Discover Scuba Diving (in the sea)	10	2,5hrs	€165	€250	€350
PADI Discover Scuba Diving (Additional dive in the sea)	10	2,5hrs	€120	€190	€300
PADI Scuba Diver	10	2-3 days	€500	€600	€800
PADI Open Water Diver	10	4-6 days	€800	€1000	€1.500
PADI Scuba Diver to Open Water Diver	10	2-3 days	€600	€750	€800
ReActivate	10	half day	€210	€300	€400
PADI Adventure Diver	10	2-3 days	€550	€700	€950
PADI Adventure Diver (without materials)	10	half day	€150	€200	€350
PADI Advanced Open Water Diver	12	3-5 days	€680	€950	€1.400
PADI Rescue Diver Course	12	3-5 days	€800	€1000	€1.500
Emergency First Response (First Aid) Course		5hrs	€300	€450	€700

KID'S PROGRAMMES

OPTIONS	MIN AGE	DURATION	PRICE/STUDENT		
			SILVER (1 :6 INSTR-TO-STUDENT)	GOLD (1 :2 INSTR-TO-STUDENT)	PLATINUM (1 :1 INSTR-TO-STUDENT)
Bubblemaker (pool)	8	2,5hrs	€80	€150	€300
OPTIONS	MIN AGE	DURATION	GROUP 2 PARTICIPANTS (1 :2 INSTR-TO-STUDENT)	PRIVATE (1 :1 INSTR-TO-STUDENT)	
PADI Discover Scuba Diving (Additional dive in the sea)	10	2,5hrs	€150	€250	

FOR CERTIFIED DIVERS

FUN DIVES AT SFAKTIRIA ISLAND & PYLOS (UP TO 8 DIVERS/GUIDE)

FUN DIVES	PRICE/DIVER
1 Dive	€90
2 Dives	€170
3 Dives	€250
4 Dives	€320
5 Dives	€385
6 Dives	€450
7 Dives	€510
8 Dives	€560

FUN DIVE AT PROTI ISLAND

FUN DIVES	PRICE/DIVER
2 Dives	€280

Private dive: Upon request

Duration: 5 hours

Minimum number of participants: 5

All prices include VAT 24%, insurance, and refreshments during the dives.

Minimum number of participants required on boat: 5

Transfers provided free of charge.

PRIVATE DIVES: Reservations required minimum 72 hours in advance.

EXTRA INFORMATION

Opening Hours: 10am-5pm (Low Season) & 9am-7pm (High Season)

SNORKELLING

SNORKELLING SAFARIS FOR FAMILIES (BY BOAT)

2.5 hours	€85 per person (5-6 participants)	Min. age: 6 years old Participants must be able to swim
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INFLATABLES & SNORKELLING TOUR AT SFAKTIRIA & TSICHLI BABA ISLANDS

3 hours	€150 per person	Every Monday morning Max. participants: 8 Min. participants: 3
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SNORKELLING TOUR IN NAVARINO BAY WITH EASY SEA SCOOTERS

2.5 hours	€120 per person	Max. participants: 8 Min. age: 12 years old
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SEA SCOOTERS FROM THE SHORE

30 minutes	€50 per person
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PRIVATE SNORKELLING TRIPS

Available upon request.

Reservations required at least 72 hours in advance.
All prices include VAT 24%, rental of equipment and refreshments during the snorkelling trip.
Transfers provided free of charge.

SEA-FISHING



ABOUT

Embark on a tranquil fishing journey from the picturesque harbour of Methoni, just a short drive from Mandarin Oriental, Costa Navarino. Guided by experienced local fishermen and surrounded by the crystal-clear waters of the Ionian Sea, this authentic experience offers guests the opportunity to explore traditional fishing techniques while enjoying the serene beauty of the Messenian coastline. All necessary fishing equipment is provided, along with refreshments including water, juices, and low-alcohol beverages. Snorkelling masks and a sun umbrella are also available on board, allowing guests to relax, swim, and enjoy the sea between fishing moments.

CANCELLATION POLICY

Cancellations made at least 24 hours prior to the activity are free of charge.
Cancellations within 24 hours of the activity will incur a minimum fee of 50% of the rate.

BOAT OPTIONS & PRICING



SAPIENZA II - Capacity: 3 participants

Two-hour trip: €170

Three-hour trip: €250 (11:00-14:00 or 16:00-19:00)

Please note: Transportation is not included in the prices.

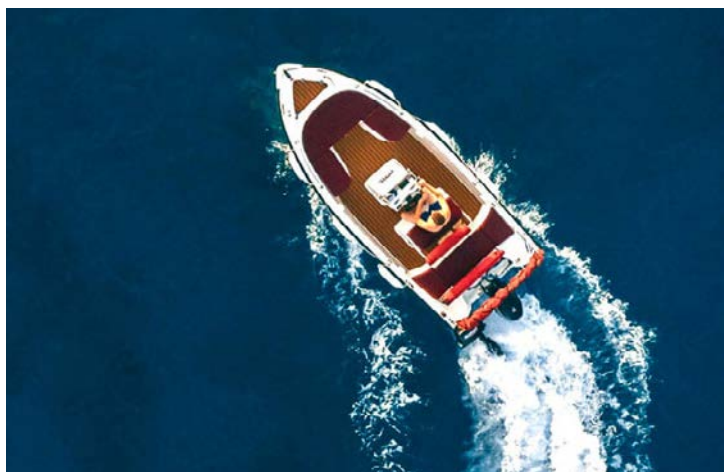


SAPIENZA IV - Capacity: 5 participants

Two-hour trip: €240

Three-hour trip: €310

Please note: Transportation is not included in the prices.



SAPIENZA CRUISER - Capacity: 10 participants

Daily three-hour cruises: 10:00-13:00, 13:30-16:30, 17:00-20:00

Price: €430

Please note: Transportation is not included in the prices.



2. LAND

- A. Hiking
- B. Climbing
- C. Biking
- D. Horse Riding



Information and bookings:
mocna-guestexperience@mohg.com
+30 27230 99888

HIKING



AN UNPARALLELED ADVENTURE

Messenian landscapes invite you to embark on an unforgettable journey. Trek through verdant trails, discovering hidden waterfalls amidst nature's embrace. Explore ancient castles steeped in history and mystery. Pause to indulge in a picnic amidst panoramic vistas, forging cherished memories in the heart of this captivating region.

PRICE

All indicated rates are per person and include 24% VAT and all other taxes.
Children under 12 years old enjoy a discount of 20%.
Children under 2 years old are free of charge.
All activities can be booked as private tours.

CANCELLATION POLICY

Cancellations 24 hours prior to tour departure are free of charge.
On cancellations less than 24 hours prior to tour a minimum cancellation fee of 50% of regular rate applies.
No-shows without any prior communication will be charged 100% of the tour participation fee.



KALAMARI WATERFALL

The Paradise in Messenia

DURATION	PARTICIPANTS	UNDER 12	PRIVATE RATE
2,5hrs	5 (min)	€45	€490

Kalamari Waterfall is a beautiful natural retreat. A short walk leads to a stunning waterfall flowing into a clear emerald pool, surrounded by plane trees and moss-covered rocks. Guests can enjoy the peaceful atmosphere, take a refreshing swim, and admire the untouched beauty of the Peloponnese.



STENOSIA WATERFALL TRAIL

Messenian Jungle

DURATION	PARTICIPANTS	UNDER 12	PRIVATE RATE
3,5hrs	5 (min)	-	€455

At **Stenosia Waterfalls**, guests will discover a series of beautiful waterfalls flowing into crystal-clear natural pools, surrounded by lush vegetation, towering plane trees, and impressive rock formations. The peaceful setting, the sound of cascading water, and the vibrant colours of nature create a truly refreshing and magical experience.



VOIDOKILIA & PALEOKASTRO

The Odyssey Hike

DURATION	PARTICIPANTS	UNDER 12	PRIVATE RATE
3,5hrs	5 (min)	€50	€455

Follow in the footsteps of the legendary Odysseus as you explore the timeless beauty of **Voidokilia Beach and Palaiokastro**. Discover the iconic omega-shaped bay of Voidokilia, where golden sand meets crystal-clear turquoise waters, and ascend to the historic ruins of Palaiokastro for breathtaking views over the Ionian Sea and the Gialova Lagoon. Steeped in mythology and history, this extraordinary journey evokes the spirit of adventure and discovery that made Odysseus one of Greece's most enduring heroes.



MESSENIAN PICNIC

Voidokilia at Sunset

DURATION	PARTICIPANTS	UNDER 12	PRIVATE RATE
3,5hrs	6 (min)	€90	€880

Enjoy a relaxing picnic at Profitis Ilias Chapel, a peaceful hilltop setting with breathtaking views over Voidokilia Beach, the Gialova Lagoon, and the Ionian Sea. As the sun sets, savour a selection of local Messenian delicacies and wine while enjoying the golden colours of the sky and one of the most spectacular panoramas in the Peloponnese.



NEDA RIVER TREKKING

Followed by lunch at a local tavern

DURATION	PARTICIPANTS	UNDER 12	PRIVATE RATE
7-8hrs	6 (min)	€90	€1,050

Explore the stunning natural beauty of **Neda River** as you hike along its crystal-clear waters, crossing wooden bridges and discovering lush forests, dramatic gorges, and hidden waterfalls. After your trek, relax and enjoy a delicious traditional lunch at a local tavern, where you can savour authentic Greek flavours in a warm and welcoming setting.



NEDA RIVER CANYONING

DURATION	PARTICIPANTS	UNDER 12	PRIVATE RATE
7-8hrs	5 (min)	-	€1,200

Experience an exciting canyoning adventure at **Neda River**, one of the Peloponnese's most spectacular natural landscapes. Navigate through crystal-clear waters, swim in natural pools, slide down smooth rock formations, and discover hidden waterfalls surrounded by lush greenery and dramatic gorges. After the adventure, unwind with a traditional lunch at a local tavern and enjoy authentic Greek flavours in a relaxed and welcoming atmosphere.

SAFETY

For your own safety activities may be adjusted due to weather conditions and abilities of participants. Cancellations due to weather conditions are reimbursed 100%. On cycling and climbing activities wearing a helmet is mandatory and is provided by Navarino Outdoors. For hiking and cycling activities guests are strongly recommended to bring along trainers and sun protection. On cycling tours a prior bike fitting for children (< 16yrs) is mandatory 24hrs prior to tour departure and takes place at Navarino Outdoors after further communication with the responsible tour guide. On all activities we provide drinking water and first aid assistance.

CLIMBING



DESIGN YOUR DREAM DAY

Mix and match watersports (SUP, kayak, e-foil, inflatables), outdoor activities (hiking, climbing, cycling), or a picnic in nature. We'll tailor everything to your preferences, appetite for adventure, and style of exploration - just tell us what you're into!

CANCELLATION POLICY

Cancellations 24 hours prior to tour departure are free of charge.

On cancellations less than 24 hours prior to tour a minimal cancellation fee of 50% of regular rate applies.

No-shows without any prior communication will be charged 100% of the tour participation fee.

NOTES

All indicated rates are per person and include 24% VAT and all other taxes.

CLIMBING ACTIVITIES	DURATION	PARTICIPANTS	UNDER 12	PRIVATE RATE
Day Trip Kardamyli Rock Climbing For All Levels (Includes hiking, climbing, transfers and lunch at a local tavern)	8-10hrs	5 (min.)	-	€950
Rappelling Island Excursion With Inflatable Sofa Tour (Min. Weight 45kg)	3-4hrs	5 (min.)	-	€890

BIKING



AN UNPARALLELED ADVENTURE

Discover the beauty of Messenia on two wheels. Bike through mesmerising landscapes, from the iconic Voidokilia Beach to the serene Gialova Lagoon, and the majestic Methoni Castle. Pedal through picturesque routes, immersing yourself in the region's rich history and natural splendour. Experience Messenia's charm in a thrilling journey that promises unforgettable adventures at every turn.

NOTES

All indicated rates are per person and include 24% VAT and all other taxes.
Children under 2 years old are free of charge.

CANCELLATION POLICY

Cancellations 24 hours prior to tour departure are free of charge.
On cancellations less than 24 hours prior to tour a minimal cancellation fee of 50% of regular rate applies.
No-shows without any prior communication will be charged 100% of the tour participation fee.



BIKE RENTALS

OPTIONS	1 DAY	2 DAYS	3 DAYS	4 DAYS	EXTRA DAY
Road/Gravel Bikes (Carbon)	€60	€120	€170	€220	€30
E-Bikes	€55	€105	€150	€190	€30
Mtb Disc-Brakes Touring	€35	€65	€95	€120	€20
Sport Trekking 26"	€30	€55	€80	€100	€15
Tandem	€45	€80	€115	€140	€25
Junior Bikes 20" - 24"	€25	€45	€65	€80	€15
Kids Bikes Trailer Bike	€20	€35	€50	€60	€10
Trailer	€25	€45	€60	€75	€10
Baby Seat	€15	€25	€35	€45	€5

DAMAGE INSURANCE

We recommend that all customers purchase damage insurance to protect against potential additional costs related to repairs and replacement of bicycle components. This optional coverage includes minor damage incurred during normal use, such as flat tyres, broken chains, or damaged mudguards. It does not cover major damage that should not occur under normal operating conditions, including structural damage to the frame or damage resulting from misuse, abuse, or negligence.

PRICE

The cost of bike accidental damage insurance is 3€ per day, covering you for the duration of the rental and must be paid at the time of pick-up. The cost of liability exclusion for Road Carbon & Gravel bikes is 15€ for a maximum of 4 days of rental, and 3€ for each additional day.

BIKE TOURS

BIKE TREKKING TOURS	DURATION	UNDER 12	MIN. PARTICIPANTS	PRIVATE RATE
Omega Beach - Voidokilia	2-2.5 hrs	€50	5	€420
Wild Lagoon & Dream Beach - Gialova Lagoon & Voidokilia	3-3.5 hrs	€60	5	€490
Navarino Sunset - Bike Tour & Boat Picnic*	4.5 hrs	€100/€120	7	€910/€1,050
Pirates & Crusaders - Castle Of Methoni	5.5 hrs	€90	7	€840
GRAVEL BIKING TOURS				
Bike Fitness - Through the Lagoon, Waterfalls & More	2.5 hrs	-	4	€350
ROAD CYCLING TOURS				
Bike Fitness - Morning Cycling Tour through the Olive Groves & Villages of Costa Navarino	2.5 hrs	-	4	€375
	4 hrs	-	4	€500
E-BIKE TOURS				
King Nestor - Hills Near the Palace	3 hrs	-	5	€480
Flamingo - Gialova Lagoon & Voidokilia	3 hrs	-	5	€510
E-Bike Fitness through Costa Navarino's Hidden Gems	3.5 hrs	-	5	€540
E-Bike & Kayaking Tour Followed by kayaking to Helonaki Island & brunch at Green Pepper**	3 hrs	-	5	€900

TRADITIONAL BOAT PICNIC IN NAVARINO BAY

Board a traditional boat and cruise through the serene waters of Navarino Bay, where your picnic will be served on board as you enjoy the sunset.

DIVARI BEACH & WATER SPORTS EXPERIENCE

Ride to Divari Beach, take a boat for a selection of water sports activities, and then relax on board with a sunset picnic and stunning views over the bay.

DESIGN YOUR DAY, YOUR WAY

Create a seamless mix of watersports, outdoor adventures, and nature-led moments, finished with fresh, feel-good flavours at Green Pepper. Curated entirely around your pace, style, and appetite for adventure.

*2 options are available

** Custom Tours can be created

HORSE RIDING



MAKING ENDURING MEMORIES

Among the serene beauty of the coastline, make enduring memories with your partner on an intimate horse riding excursion. Feel the rhythm of hooves mingling with the salty sea breeze as you embrace the warmth of the sun and the soft sand beneath your feet. This experience fosters a deep connection with nature, evoking a sense of freedom and tranquillity. Capture these cherished moments forever with a personalised photo shoot, ensuring this special day lives on eternally.

CANCELLATION POLICY

Cancellations must be made at least 24 hours prior to the scheduled experience to avoid a 100% cancellation fee.

The minimum age for participation is 5 years old. Children under 5 years may ride on a horse only when accompanied by an adult.

PRICE

Forest & Beach Picnic Tour	€490 per person (6hr)
Beginners	€120 per person (30min)
	€230 per person (1hr)
Advanced	€280 per person (1hr)

Transfer to/from Elea is not included in the price
Record with Drone, €370 per person



3. SPORTS

- A. Golf
- B. Mouratoglou Tennis
- C. NBA Basketball
- D. Juventus Academy
- E. Summer Sports Camp



Information and bookings:
mocna-guestexperience@mohg.com
+30 27230 99888

GOLF



GENERAL INFORMATION

- Lessons are delivered by our experienced PGA Professionals.
- Lessons take place across all Costa Navarino golf courses, including The Dunes Course, The Bay Course, and The Hills Course.
- Lessons are available in Greek, English, and French.
- All necessary golf equipment is provided with no additional surcharge.
- We highly recommend pre-booking your golf lessons.
- To proceed with a reservation, please share your preferred days and times.

DRESS CODE

- Polo-type shirts, sweaters or light outerwear.
- Soft-material, simple-line trousers or tailored shorts (jeans, tracksuits, tank tops, swimwear or topless are not permitted).
- Golf shoes are preferred; if not available, athletic shoes are acceptable (heels, flip-flops, dress shoes or barefoot are not permitted for your safety and comfort).
- The golf courses at Costa Navarino operate as a soft-spike facility.

CANCELLATION POLICY

- Lessons cancelled more than 12 hours in advance - 0% of fee.
- Lessons cancelled within 8 hours - 50% of fee.
- Lessons cancelled within 4 hours or no-shows - 100% of fee.

TERMS & CONDITIONS

- Rates are in Euros (€) and inclusive of all applicable taxes as of January 1st, 2026.
- Should taxes change in accordance with Greek legislation, rates will be adjusted accordingly without prior notice.
- Costa Navarino Golf General Terms & Conditions apply.

GOLF RATES 2026

27 FEBRUARY - 21 MARCH & 08 NOVEMBER - 29 NOVEMBER

CATEGORY	PRICE
Rack Rate (18 holes)	€239
Resort Guest (18 holes)	€199
Resort Guest (9 holes)	€139

22 MARCH - 24 APRIL & 01 NOVEMBER - 07 NOVEMBER
& 04 JUNE - 12 SEPTEMBER

CATEGORY	PRICE
Rack Rate (18 holes)	€268
Resort Guest (18 holes)	€223
Resort Guest (9 holes)	€156

25 APRIL TO 03 JUNE & 13 SEPTEMBER TO 31 OCTOBER

Rack Rate 18 holes	€287
Resort Guest 18 holes	€239
Resort Guest 9 holes	€167

EXTRA GOLF SERVICES

	PRICE
Club Rental 18 holes	€40
Club Rental 9 holes	€25
Club Rental package for 18 holes (up to 5 golf rounds)	€50
Driving Range - Unlimited Balls	€10
Driving Range - Unlimited Balls + Clubs	€25
Junior Rate (up to 18 years old) 18 holes	25% discount on the adult rate
Junior Rate (up to 18 years old) 9 holes	25% discount on the adult rate

TERMS & CONDITIONS

- The above-mentioned green fees are valid for all the 4 courses of Costa Navarino (The Dunes Course, The Bay Course, The Hills Course, International Olympic Academy Golf Course), during weekdays and weekends and include all taxes payable in Greece.
- Complimentary shuttle bus transfer from one golf course to any of the others.
- The golf courses at Costa Navarino are mandatory soft spike facilities.
- Use of shared buggy is included in the above green fees.
- Proper golfing attire must always be worn on the golf course and the driving-range.
- Use of Driving-Range facilities 30 minutes prior to the tee time are included.
- Tee times cancelled less than 60 minutes prior to the tee time will be charged with a 50% cancellation fee.
- Rates are in Euros € and inclusive of all applicable taxes as of January 1st, 2026.
- Should taxes change subject to the Greek legislation, rates will be adjusted accordingly without prior notice.

PRIVATE LESSONS



GOLF LESSONS 2026 - PRICE LIST

LESSON TYPE	PRICE	DURATION
Private Coaching	€120	50 mins
Coaching - 2 persons	€140	50 mins
Coaching - 3 persons	€160	50 mins
Coaching - 4 persons	€180	50 mins
Private Junior Coaching	€100	50 mins
Junior Coaching - 2 persons	€120	50 mins
Junior Coaching - 3 persons	€140	50 mins
Junior Coaching - 4 persons	€160	50 mins
Private On-Course Coaching - 9 Holes*	€260	2 hours
Private On-Course Coaching - 18 Holes*	€520	4 hours

NOTES

On-course coaching prices do not include green fees.

Extra person for on-course lessons: €50 per person (9 holes) / €100 per person (18 holes).

Our private lessons offer a personalised coaching experience tailored to each golfer's needs, providing focused attention and a refined, one-to-one approach. Whether enhancing fundamentals, refining technique, or enjoying dedicated on-course guidance, every session is designed to deliver clear progress in a comfortable and exclusive setting. Perfect for guests seeking flexibility, individual support, and a truly customised learning experience.

GOLF SCHOOLS 2026



PROGRAMME	SESSIONS	1 PERSON	2 PERSONS	3 PERSONS	4 PERSONS
Half-Day Golf School	3 x 50 min	€360	€420	€480	€540
Two-Day Golf School	4 x 50 min	€480	€560	€640	€720
Three-Day Golf School	6 x 50 min (5% discount)	€690	€800	€920	€1030
Five-Day Golf School	10 x 50 min (10% discount)	€1080	€1260	€1440	€1620

NOTES

Our Golf Schools provide an elevated multi-day coaching experience crafted for guests seeking meaningful progress delivered with exceptional service. Designed to complement an extended stay at the resort or in our villas, each programme offers a seamless blend of personalised instruction, thoughtful structure, and a calm, luxurious learning environment. Ideal for beginners and developing players, the progressive format builds confidence and solid fundamentals, while multi-day pricing offers excellent value for those wishing to commit to deeper improvement. The result is a refined coaching journey that enhances both your game and your overall resort experience.

MOURATOGLOU TENNIS



MOURATOGLOU PHILOSOPHY

Over the past 25 years, the guiding principle of the Mouratoglou Coaching Methodology & Philosophy has been centred on a joyous play experience and on the performance improvement of everyone's game. At the Mouratoglou Tennis Centre in Costa Navarino, all players have the unique opportunity to develop their skills while enjoying an optimal experience guided by the best coaches, who are certified by the Mouratoglou Coaching Methodology & Philosophy. Get a diverse range of coaching expertise and embrace your potential, irrespective of your age, goals, ambitions, or skill level.

EXTRA INFORMATION

The tennis court is located at Navarino Dunes, approximately 15 mins by car from Mandarin Oriental, Costa Navarino.

Tennis Sessions are available in Greek and English.

Complimentary shuttle is offered.

OPEN HOURS

February, November 10:00-18:00

March, April, May & September, October 8:00-20:00

June, July & August 7:30-21:30

CANCELLATION POLICY

Any cancellations must be made at least 12 hours prior to session time.

Appointments cancelled with less than 12 hours' notice will be billed 50% of the session cost.

No shows or cancellations with less than 2 hours' notice will be billed 100% of the session cost.



CHALLENGE THE COACH | GAME ON

Do they play as well as they teach? Step onto the court, challenge the coach, and let the game speak for itself

PARTICIPANTS	DURATION	PRICE	
		Spring & Autumn	Summer
1	60 min	€110	€130



CHALLENGE THE PRO | THE REAL TEST

Play against a professional tennis player and push your limits in a high-energy match that tests skill, focus, and confidence.

PARTICIPANTS	DURATION	PRICE	
1	60 min	€170	



PRIVATE / SEMI-PRIVATE TENNIS LESSONS | MAXIMISE YOUR PERFORMANCE

Whether you wish to learn the fundamentals or work intensively on specific aspects of your technique, Mouratoglou Tennis Center's coaches will take your game to the next level. During each personalised training session, the coach will help you identify and further develop your strengths and optimising individual performance.

PARTICIPANTS	DURATION	PRICE	
		Spring & Autumn	Summer
1	60 min	€100	€120
2	60 min	€120	€140



PRIVATE / SEMI-PRIVATE TENNIS LESSONS WITH THE HEAD COACH | BENEFITS OF LEARNING WITH THE HEAD COACH

Expert Knowledge: With extensive experience in both teaching and playing, the head coach brings a wealth of knowledge that can elevate the quality of your lessons. **Advanced Techniques:** Head coaches excel at introducing advanced strategies, techniques, and mental aspects of the game, helping you take your skills to the next level.

PARTICIPANTS	DURATION	PRICE
1	60 min	€150
2	60 min	€170



TENNIS CLINICS / FAMILY TENNIS | QUALITY TIME TOGETHER

Learn tennis while bonding with friends or family in a fun, supportive setting. Whether with family or small groups, it's the perfect mix of shared moments and skill development on court.

PARTICIPANTS	DURATION	PRICE	
		Spring & Autumn	Summer
3 to 4	60 min	€160	€180



ADULTS TENNIS CAMPS | ALL LEVELS

A signature tennis camp experience for adults looking to elevate their game. Through structured sessions, and match-based practice, participants refine technique, build consistency, and enjoy high-quality training tailored to their level.

PARTICIPANTS	DURATION	DAYS	PRICE
up to 4 persons per group	90 min	3	€300
		4	€350
		5	€400



JUNIOR TENNIS CAMPS | ALL LEVELS

A great way to start smoothly with tennis, or a unique opportunity to join a signature high-intensity tennis camp that combines physical training, technical and tactical improvement.

3 Groups: Red (5-7yo), Orange (8-10yo) and Green (10yo+)

KINDLY BE INFORMED THAT:

- A minimum 3-day booking is required within the same week (Mon-Fri).
- 10% discount for the second child from the same family. Please note that this discount cannot be combined with other offers or discounts.
- Participants will also be assessed by the tennis coach on the first day to determine their skill level.
- Tennis Sessions are available in Greek and English.

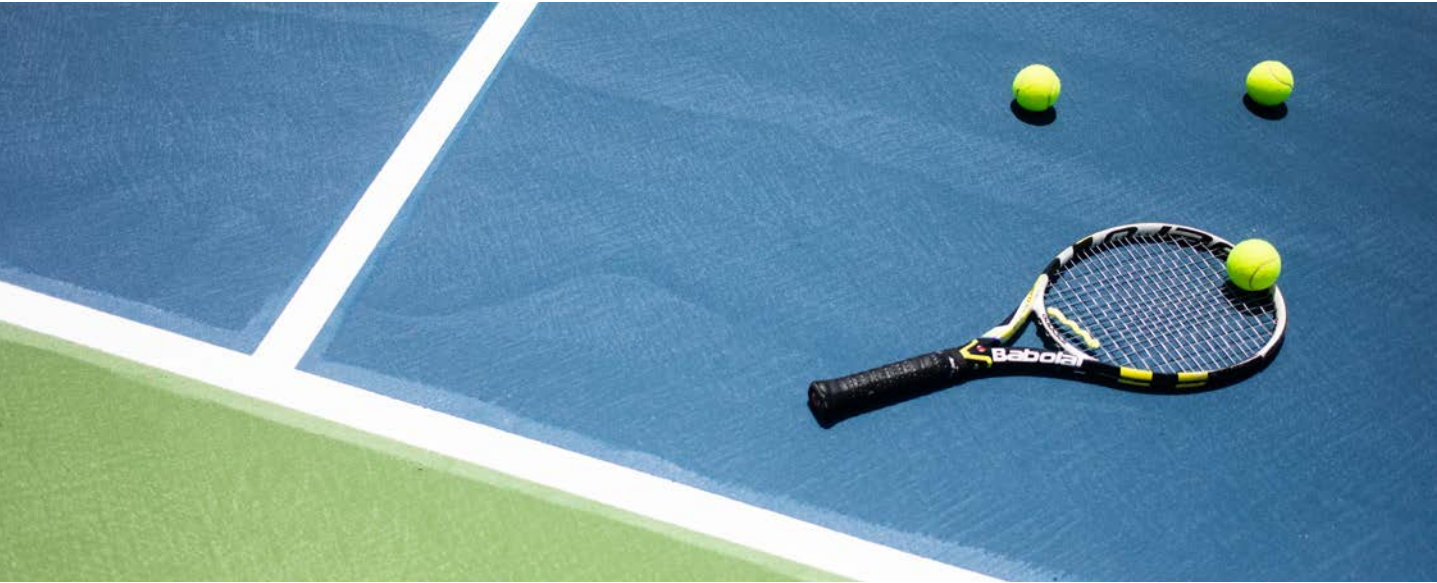
PARTICIPANTS	DURATION	DAYS	PRICE
up to 4 kids per coach	90 min	3	€270
		4	€320
		5	€350



PRIVATE / SEMI-PRIVATE PADEL LESSONS | UNLEASH YOUR POTENTIAL

Whether you're aiming to master the basics or keen on honing specific facets of your technique, the Mouratoglou Tennis Center coaches are committed to helping you boost your performance. Highly trained instructors provide top-quality training by enhancing your strengths, and refining your overall play. Get ready to take your padel game to new heights with personalised training sessions. (Racquets for padel lessons are included in the price.)

PARTICIPANTS	DURATION	PRICE	
		Spring & Autumn	Summer
1	60 min	€100	€120
2	60 min	€120	€140
Padel Clinic 3 to 4	60 min	€160	€180



PRIVATE / SEMI-PRIVATE SQUASH LESSONS | UNLEASH YOUR POTENTIAL

Whether you’re looking for a high-energy workout or eager to refine your technique, squash offers an exhilarating challenge in an enclosed court setting. With only one bounce allowed, the game demands quick reflexes, strategic shots, and sharp precision. Fast-paced and engaging, it’s perfect for players of all skill levels. Plus, the compact court fosters close social interaction, making it an ideal choice for a fun and competitive match with friends or family.

PARTICIPANTS	DURATION	PRICE	
		Spring & Autumn	Summer
1	60 min	€80	€100
2	60 min	€100	€120
3	60 min	€100	€120

PRIVATE / SEMI-PRIVATE SQUASH LESSONS | UNLEASH YOUR POTENTIAL

TYPE	SPRING & AUTUMN		SUMMER	TIME
Hard*	€50	€50		60 min
Clay*	€50	€70		60 min
2 Padel**	€60	€80		60 min
Squash	€50	€50		60 min
Pickleball	€50	€60		60 min



COURT RENTAL

TYPE	SPRING & AUTUMN		SUMMER	TIME
Hard*	€50	€50		60 min
Clay*	€50	€70		60 min
Padel**	€60	€80		60 min
Squash	€50	€50		60 min
Pickleball	€50	€60		60 min

* Tennis court rentals receive a 25% discount during high season and off-peak hours from 13:00 to 16:00.

** Additional cost for padel racquets: €5 per person.

NBA BASKETBALL



LEARN TO PLAY THE NBA WAY WITH ELITE COACHES

From 8th June to 12th September 2026.

The NBA Basketball School returns to Costa Navarino on June 8, 2026, for its fourth year, bringing the official NBA training philosophy to FIBA-compliant courts at Navarino Dunes. Young athletes aged 6–17 can join three- to six-day camps led by NBA-certified coaches, combining focused skill development, on-court training, open gym sessions, and competitive play – delivering consistent NBA-level standards in a dynamic, high-energy format.

TRAIN THE NBA WAY WITH MICHAEL BRADLEY

Experience NBA-level training with former first-round draft pick and NBA veteran Michael Bradley, who joins Costa Navarino 29 June–15 August.

With years at the highest level of the game, Bradley delivers focused sessions built on skill development, game intelligence, and a competitive mindset – giving young athletes the opportunity to train the NBA way.

NBA REGISTRATION KIT

All participants receive:

Two NBA-branded T-shirts, NBA-branded sling bag

Participants registered for the 5-day, 6-day, or Easter programme also receive at the end of the programme: NBA Basketball Certificate, NBA-branded basketball, NBA medal of participation.

IMPORTANT INFORMATION

The programme is for 6 to 17-year-olds.

The meeting point is the basketball court in the Sports Center at Navarino Dunes. Please arrive at the meeting point 15 minutes prior to the session. All participants must visit the Navarino Collections office prior starting the camp, to sign the necessary documents and receive the NBA registration kit. If they arrive on the same day of their camp, they can complete this process directly at the Basketball Court. Young players must be accompanied by a parent/guardian for this purpose.

Private Sessions for Adults: Private coaching sessions for adults are available upon request, depending on the coach's availability.

KIDS' TRAINING GROUPS

Participants are divided into groups based on age and skill level. Skill levels are assessed by an NBA Basketball School coach on the first day of camp. Based on this evaluation, the coach may adjust group placement to ensure the best possible training experience for each participant. Each participant attends two daily training sessions – one in the morning and one in the afternoon – providing a balanced and immersive development experience.

DAILY SCHEDULE

MONDAY	Creating Space and Advantage Learn how to create space from the defender and to create an offensive advantage.
TUESDAY	Ball Manipulation Learn how to manipulate the ball and explore different ways to break down primary defenders and handle the ball in transition.
WEDNESDAY	Creative Finishes Learn how to attack the basket and finish at different angles and with a variety of different finishes.
THURSDAY	Ball Movement Learn how to create and convert advantages for their team through exploring functional passing solutions.
FRIDAY	Disruptive Defence Learn how to disrupt the offense's spacing and timing through exploring defensive principles of play as individuals and as a team.
SATURDAY	Competition Day - Putting It All Together Learn how to apply all the skills and concepts they learned from the previous days in a day centred around various dynamic competitions and high-energy games.

PRICING		SESSIONS	KIDS 6 - 10 YO	KIDS 11 - 17 YO
3 days	€360	Morning & Afternoon	9:00 - 10:30	11:00 - 12:30
4 days	€460			
5 days	€530			
6 days	€600		18:00 - 19:00	19:00 - 20:00

- Note:
- Additional days beyond 6: €100 per day.
 - 10% discount for children from the same family.
 - All afternoon sessions include game session with music.
 - If afternoon groups are smaller in size, they may be combined.
 - Parents and participants will be notified in advance during the morning session.

JUVENTUS ACADEMY



TRAIN THE JUVENTUS WAY THIS SUMMER AT COSTA NAVARINO!

From June 29th to August 29th, 2026

Develop your ball control, sharpen your dribbling, improve your passing vision and take your shooting to the next level with the official Juventus training methodology. This summer, the philosophy of Juventus Academy Resort Experience meets the unique landscape of Costa Navarino, offering young players a journey defined by creativity, discipline and joy. Guided by official Juventus Academy coaches, children aged 6–15 take part in dynamic training sessions that build technical ability, tactical understanding and teamwork—helping them grow in confidence on and off the pitch. A structured programme is available through flexible packages starting from a minimum of 3 days, with the option to extend beyond 6 days, offering daily morning or afternoon sessions tailored to each age group. The Juventus Academy at Costa Navarino introduces young players to the club's training standards within an inspiring resort setting.

IMPORTANT INFORMATION

Kindly be informed that:

- Participants are divided into three groups based on age and skill level.
- Skill levels will be assessed by a Juventus coach on the first day of the experience. Based on their evaluation, the coach may adjust a participant's group placement to ensure the best training experience.
- 10% discount for children of the same family.
- The meeting point is the football pitch, located nearby Moraitis Outdoors. Please reach the meeting point 10 minutes prior to the session.
- Saturday tournament can be attended only with the booking of another session prior to the tournament.
- Bookings can be done between 10:30am-2:30pm for next day session and are subject to availability.
- Programme may change according to weather conditions.

CANCELLATION POLICY

As a courtesy to other guests and our staff, cancellation must be received by Costa Navarino at least 48 hours prior to the appointment time. Cancellations within less than 48 hours and no shows will be billed at 100% of the regular participation fee.



PRICING		
DURATION	GROUP A (6-8 YO)	GROUPS B & C (9-15 YO)
3 days	€255	€330
4 days	€330	€420
5 days	€400	€500
6 days	€460	€550
Additional Day	€70	€85

TRAINING SESSIONS		
GROUP A (6-8 YO)	GROUP B (9-11 YO)	GROUPS C (12-15 YO)
08:30 - 09:45	10:00 - 12:00	17:00 - 19:00

With every registration, children will receive a Juventus registration package including:

- 1 T-shirt
- 1 pair of socks
- 1 Pair of shorts
- 1 bag

Participants registered for the 5-day programme and more will also receive the following at the end of the programme:

- Juventus Certificate of participation
- Juventus medal of participation

SPORTS-SUMMER CAMP: SAILING, WINDSURFING & WATER ADVENTURES



DURATION

From June to September
Kids & Teenagers from 6 to 17 years old.

ACTIVITIES

Tuesday: Sailing Class (12:00 - 13:00)

Wednesday: Windsurfing Class (11:00 - 12:00)

Thursday: Bike Tour (09:00 - 12:00)

Friday: Kayak Tour (10:00 - 12:00)

Saturday: Waterskiing or Wakeboarding lesson (20mins between 09:00 - 11:00)

All classes have fixed timings and organised as group activity. Outside the given time range the activity is considered a private individual experience, not part of the Summer Camp.

(Exceptions will be considered on the spot)

PRICES

5-day programme: €490 / per child

3-day programme: €350 / per child*

(*free choice of activities)

BOOKING & CANCELLATION POLICY

24-hour prior activities

In case of cancellation within the 24-hours of the starting day of the programme, only the first-day activity will be charged as a private option.

In case the activity cannot take place for one day, it will be rescheduled either on Sunday or Monday.

If the guest cannot take part in one activity of the 5-day programme, the amount will be calculated as a 3-day plan + single activity.

MEETING POINT

Mandarin Oriental, Costa Navarino Aquatic Center by Ormos Beach Club

WATERSPORTS DISCOVERY PACKAGE FOR ADULTS



Looking to experience more than one watersports during your stay? We offer specially curated activity packages for adults, combining multiple watersports at a discounted rate. These packages provide the perfect opportunity to enjoy a variety of exhilarating water-based experiences. Designed as private sessions, each activity can be scheduled at your convenience, taking into account your availability and local weather conditions.

HOW IT WORKS

Select a package of three watersports activities.

Each activity is booked as a private experience.

To receive the special discounted rate, all three activities must be completed.

The discount is applied to your invoice during the final activity of the package.

Enjoy the thrill of multiple watersports while benefiting from flexibility, privacy, and exceptional value.



4. CULTURAL EXPERIENCES

- A. "Mantili" Silk Scarf Dyeing
- B. Ceramic Workshop
- C. Kintsugi
- D. Messenian Mosaic
- E. Hat Painting
- F. Jewellery Workshop
- G. Woven Stories of Messenia
- H. Stargazing Odyssey



Information and bookings:
mocna-guestexperience@mohg.com
+30 27230 99888

"MANTILI" SILK SCARF DYEING



ABOUT

In Kalamata's history, silk thrived, with the city gaining fame for its trade by the late 19th century. Monastery nuns were pivotal, annually producing 3 tons of silk, crafting renowned scarves like "Mantili Kalamatiano". At Mandarin Oriental, Costa Navarino, guests honour this legacy by crafting silk scarves using eco-friendly bundle dyeing. This workshop aims to merge the region's legacy with Eastern traditions, allowing for creativity and experimentation.

PRICE

€220 per person, 3 hrs (minimum of 3 participants)

CANCELLATION POLICY

Cancellations must be made at least 24 hours prior to the scheduled experience to avoid a 100% cancellation fee.

CERAMIC WORKSHOP



ABOUT

In this ceramics class, creativity flows through both the pottery wheel and the hands. Participants will explore the art of shaping clay using a combination of wheel throwing and hand-building techniques, discovering different ways to bring their ideas to life. With three pottery wheels available in each session, students will have the chance to experience the rhythm of the wheel while also experimenting with the freedom and tactile nature of hand-formed pieces. This dynamic process invites curiosity, playfulness, and personal expression, turning simple clay into unique ceramic creations.

PRICE

€160 per person (minimum of 3 participants)

Shipment can be arranged directly with the hotel at an additional cost.

CANCELLATION POLICY

Cancellations less than 24 hours prior to each activity the full amount will apply

KINTSUGI



ABOUT

Kintsugi is a traditional Japanese art form that celebrates the beauty of imperfection. Rather than concealing damage, this philosophy honours the history of a broken ceramic piece by repairing it with gold or metallic lacquer, transforming cracks into delicate lines that tell a story of resilience, renewal, and transformation. In this mindful and hands-on workshop, participants will be introduced to the history and philosophy of Kintsugi while learning contemporary and safe techniques to restore a ceramic object. Through a slow and reflective creative process, broken fragments are carefully reassembled and highlighted, turning damage into a unique work of art. Blending craftsmanship, symbolism, and storytelling, this experience invites participants to reflect on the beauty of repair and depart with a meaningful piece that carries both memory and renewed life.

WORKSHOP DETAILS

Duration: approximately 2 hours

Small groups for personalised guidance

Suitable for adults and teenagers (13+)

Price: €180 per person (minimum of 3 participants)

Cancellation Policy: Cancellations made less than 24 hours prior to the activity will incur a minimum fee of 50% of the total rate.

MESSENIAN MOSAIC



ABOUT

Mosaic is one of the oldest decorative arts in Greece, created by arranging small pieces of stone or glass (tesserae) to form intricate patterns and images. From ancient Greek floors to Byzantine masterpieces, mosaics have long reflected the colours, geometry, and rich artistic heritage of the Mediterranean. In this hands-on workshop, participants are introduced to the fundamentals of mosaic-making through a contemporary approach inspired by Messenian patterns, Mediterranean colours, and natural textures. Guided step by step by an experienced instructor, each participant will design and create their own small mosaic artwork using pre-cut tesserae. The process is tactile, relaxing, and deeply creative, offering a meaningful connection between traditional craftsmanship and mindful artistic expression. Suitable for all ages and particularly enjoyable for families, this workshop invites participants to slow down, experiment with colour and form, and leave with a unique handmade piece.

WORKSHOP DETAILS

Mini Mosaic (Family-Friendly): €140 per person (minimum of 3 participants)

Duration: approximately 1.5–2 hours

Suitable for children aged 6+

Cancellation Policy: Cancellations made less than 24 hours prior to the activity will incur a minimum fee of 50% of the total rate.

HAT PAINTING



ABOUT

Hat Painting is a playful and creative workshop where participants transform a simple hat into a unique, wearable piece of art. Inspired by Mediterranean colours, nature, and personal imagination, each participant designs and paints their own hat using specialised fabric paints and decorative techniques. Guided step by step by an experienced instructor, participants explore colour, pattern, and composition while expressing their individual style. Whether inspired by the sea, florals, geometric motifs, or abstract designs, each hat becomes a personal creation to be worn and enjoyed long after the workshop. Relaxing, engaging, and suitable for all skill levels, this workshop offers a joyful blend of creativity and craftsmanship, allowing participants to leave with a beautiful handmade accessory and a memorable artistic experience.

WORKSHOP DETAILS

Price: €150 per person (minimum of 3 participants)

Duration: approximately 1.5-2 hours

Cancellation Policy: Cancellations made less than 24 hours prior to the activity will incur a minimum fee of 50% of the total rate.

JEWELLERY WORKSHOP



ABOUT

This jewellery workshop offers a unique opportunity to step into the world of handcrafted design and discover the art behind contemporary jewellery making. Participants will visit a working jewellery studio, where they will be introduced to the creative process, as well as the tools and techniques used by professional artisans. During the workshop, participants will learn the fundamentals of jewellery design and create their own simple piece using accessible techniques, under the guidance of an experienced instructor. Along the way, they will gain insight into the craftsmanship, precision, and creativity that transform raw materials into beautiful wearable objects. Combining creativity, craftsmanship, and an authentic studio experience, this workshop invites participants to explore the art of jewellery making and depart with a meaningful handmade piece, along with a deeper appreciation for the craft.

PRICE

€140 per person (minimum of 3 participants)

WORKSHOP DETAILS

Duration: approximately 1.5-2 hours

Suitable for children aged 6+

Transportation: Complimentary transportation is included

Cancellation Policy: Cancellations made less than 24 hours prior to the activity will incur a minimum fee of 50% of the total rate.

WOVEN STORIES OF MESSENIA



ABOUT

A Meaningful Journey into Greek Craft and Connection.

Step into the sunlit landscapes of Messenia, where olive trees whisper stories and every thread carries meaning. In this engaging and hands-on weaving experience, guests of all ages are invited to slow down, connect, and discover the gentle rhythm of traditional Greek craftsmanship. Guided by local artisans, participants will be introduced to the fundamentals of hand weaving—understanding how warp and weft come together, how a loom is set in motion, and how simple patterns gradually develop, row by row. Using both frame and inkle looms, guests will explore a variety of colours, textures, and materials, watching their creations come to life through a mindful and creative process. Blending heritage, creativity, and shared experience, this workshop offers a meaningful opportunity to connect with Greek tradition and leave with a unique handmade piece.

WORKSHOP DETAILS

Location: The workshop takes place at the hotel

Suitable for children aged 7+, families, and adults

Available during Easter holidays, weekends, and from 20 June to 1 September

Price: €200 per person (minimum of 4 participants)

Cancellation Policy: Cancellations made less than 24 hours prior to the activity will incur a minimum fee of 50% of the total rate.

STARGAZING ODYSSEY



ABOUT

Experience the magic of the night sky during a relaxing and inspiring evening dedicated to astronomy. Set away from the city lights, this unique experience invites participants to explore the stars, planets, and constellations that have captivated humanity for thousands of years. Led by an experienced astronomy facilitator, guests will learn to identify prominent constellations, discover fascinating stories from Greek mythology associated with the night sky, and observe celestial objects through a telescope. The experience thoughtfully combines scientific insight, storytelling, and peaceful moments of reflection beneath the stars. Ideal for families, couples, and curious explorers of all ages, Astronomy Nights provides a memorable opportunity to reconnect with nature and appreciate the beauty of the universe above.

Group Option: €40 per adult and €25 per child (minimum of 5 adults)

Private Option: €500 for 1-5 participants



5. CULINARY

- A. Authentic Cooking
- B. Diples & Galatopita Experience
- C. Olive Oil Tasting
- D. Wine-Tasting
- E. Olive Harvesting
- F. Kalamata Food Tour



Information and bookings:
mocna-guestexperience@mohg.com
+30 27230 99888

AUTHENTIC COOKING



ABOUT

Messenia's renowned hospitality and delectable cuisine await. Step into a traditional stone house overlooking the Ionian Sea, where two local women will guide you through Greek culinary traditions passed down through generations. Gather around a rustic wooden table to enjoy the dishes you've crafted, amidst traditional songs and the famous Kalamatiano dance.

PRICE & INFO

Private Option: €130 per person (2hrs)

Transfer included

minimum of 3 participants

0-3 yo: Complimentary

7-12 yo: €90 per person

FROM TRADITION TO TASTE: DIPLES & GALATOPITA EXPERIENCE



ABOUT

Visitors are invited to take part in an engaging, hands-on culinary workshop, where they will learn to prepare two traditional sweets from the Messenian region: Diples and Galatopita. Guided by knowledgeable local experts, participants will discover authentic techniques and time-honoured recipes passed down through generations. During the experience, guests will learn how to make Diples, a festive delicacy crafted from thin sheets of dough that are carefully fried until golden and crisp. The pastry is then shaped into elegant folds and generously drizzled with honey, before being finished with a sprinkling of sesame seeds and crushed walnuts, creating a delightful balance of texture and aroma. The workshop also includes the preparation of Galatopita, a much-loved traditional milk pie. Participants will see how simple, high-quality ingredients—fresh milk, eggs, semolina, and sugar—are transformed into a smooth, creamy filling, baked to perfection. Lightly infused with cinnamon or vanilla, Galatopita offers a comforting flavour that reflects the warmth and authenticity of Messenian home cooking. This interactive experience allows guests not only to taste these traditional desserts but also to actively participate in their creation. It is a unique opportunity to connect with the rich gastronomic heritage of Messenia, enjoy authentic flavours, and take home lasting culinary memories.

Price: €90 per person (minimum of 3 participants)

Children: Ages 1-3 complimentary; ages 7-12 €55

OLIVE OIL TASTING



SUSTAINABLE
CULTURAL
ACTIVITY

1. OLIVE OIL TASTING

Discover the rich flavours and traditions of Messenian Greek olive oil through an authentic tasting experience. Guided by an Olive Oil Sommelier, guests will learn how premium extra virgin olive oil is produced, explore its aromas and tasting notes, and enjoy a curated selection paired with local delicacies. From the renowned Koroneiki olives of Messinia and Kalamata olives to other indigenous cultivars, the tasting unfolds as a quiet exploration of Greece's landscape and culinary heritage. Designed as an intimate and thoughtful experience, it offers a deeper understanding of one of the country's most enduring traditions.

Price: €95 per person (minimum of 3 participants)

2. GREEK OLIVE OIL & TABLE OLIVE TASTING EXPERIENCE

A curated 1.5-hour tasting experience introducing guests to the depth and diversity of Greek olive culture, featuring Greek olive oils and four distinctive varieties of table olives, carefully paired to highlight their regional character and sensory profile. From the renowned Koroneiki olives of Messenia and Kalamata olives to other indigenous cultivars, the tasting unfolds as a quiet exploration of Greece's landscape and culinary heritage. Designed as an intimate and thoughtful experience, it offers a deeper understanding of one of the country's most enduring traditions.

Price: €125 per person (minimum of 3 participants)

WINE-TASTING



THE TERROIR OF THE PELOPONNESE

A focused exploration of our region's unique vineyard landscape and indigenous varieties.

Duration: 1 hour | Price: €80 per person | 5 wines

ASSYRTIKO VS XINOMAVRO: GREECE'S ICONIC VARIETIES

A comparative tasting of two of Greece's most celebrated grapes, highlighting their distinct characters and expressions.

Duration: 1 hour | Price: €100 per person | 5 wines

PREMIUM HELLENIC WINE EXPERIENCE

An elevated selection of top-tier Greek wines, ideal for guests seeking a refined and exclusive experience.

Duration: 1 hour | Price: €250 per person | 5 wines

ALONG GREEK AND INTERNATIONAL TERROIRS

A side-by-side tasting that places Greek wines in a global context, offering a broader understanding of terroir differences.

Duration: 1 hour | Price: €150 per person | 5 wines

ADDITIONAL INFORMATION:

Available from Monday to Thursday, between 13:00 - 16:00 at Oliviera.

CANCELLATION POLICY

Cancellations less than 24 hours prior to each activity the full amount will apply.

OLIVE HARVESTING



ABOUT

In Messenia, the olive harvest signifies the culmination of autumn and the land's abundance. Globally acclaimed Koroneiki olive oil and Kalamata olives epitomise the region's excellence. Post-harvest, relish familial gatherings under olive trees, savouring dishes steeped in tradition. Engage in an immersive olive oil tasting led by our sommelier, unlocking the nuances of premium olive oil. Experience Messenian hospitality, embracing its warmth and generosity.

PRICE

€160 per person, 3 hrs (minimum 4 participants)

No transfer included

Available September-November

KALAMATA FOOD TOUR



SUSTAINABLE
CULTURAL
ACTIVITY

ABOUT

Experience Kalamata's culinary delights on our Kalamata Food Tour. Guided by an expert, explore the lively food market, sampling fresh, locally-sourced ingredients and traditional treats like "Lalagia", "Sfela" cheese and spoon sweets. Discover the rich flavours and stories behind Kalamata's gastronomy in an unforgettable culinary adventure.

PRICE & INFO

€185 per person

Every Saturday

Tour duration: 5.5 hrs (3h guided)

Latest Departure by 09:30

Transportation: 2hrs

Minimum 4 participants

The price includes guide fees, tasting of local products.

Transfer is not included.

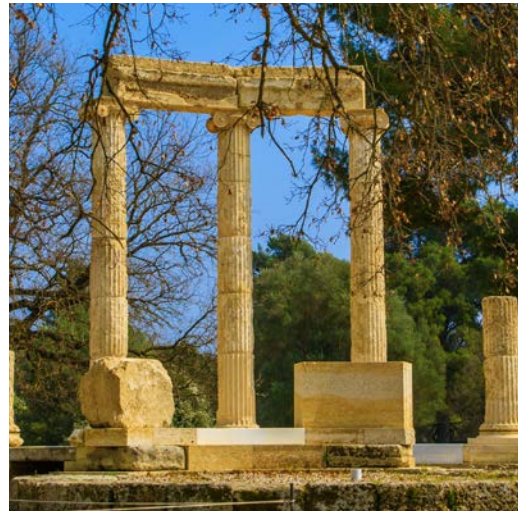
CANCELLATION POLICY

Cancellations less than 48 hours prior to each activity the full amount will apply.

6. HISTORY & ART



- A. Castle of Pylos
- B. Castle of Methoni
- C. Palace of Nestor
- D. Ancient Messene
- E. Ancient Olympia
- F. Temple of Apollo Epicurius
- G. Archaeological Site of Mystras
- H. Archaeological Site of Mycenae
- I. Discover Ancient Olympia & the Art of Marble Sculpture
- J. The Messenian Odyssey
- K. Epic Tales & Vineyard Trails of Olympia



Information and bookings:
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HISTORY & ART

CASTLE OF PYLOS, CASTLE OF METHONI, PALACE OF NESTOR, ANCIENT MESSENE, ANCIENT OLYMPIA, TEMPLE OF APOLLO EPICURIUS, ARCHAEOLOGICAL SITE OF MYSTRAS, ARCHAEOLOGICAL SITE OF MYCENAE



ABOUT

Embark on guided cultural and historic tours, exploring iconic sites that unveil the layers of Greece's rich heritage. Wander through the hallowed grounds of Ancient Olympia, tracing the footsteps of ancient athletes, or immerse yourself in the medieval marvel of the Castle of Methoni. With stops at historic gems like the Palace of Nestor and Ancient Messene, these expert-led tours promise unforgettable glimpses into Greece's storied past.

CANCELLATION POLICY

Cancellations less than 24 hours prior to each activity the full amount will apply

CASTLE OF PYLOS



Perched above the crystal-clear waters of Navarino Bay, the Castle of Pylos invites you to step into a world of history, beauty, and breathtaking views. Also known as Niokastro, this impressive 16th-century fortress was built to guard one of the most strategic harbours in the Mediterranean and today, it stands as one of the most captivating landmarks in the region. Wander through its grand stone gateways and along its sturdy walls, where every corner reveals panoramic vistas of the sea and the charming town of Pylos. Inside, discover hidden courtyards, historic buildings, and cultural treasures that bring centuries of history to life, including exhibits from the Archaeological Museum of Pylos.

Price: €180 (minimum 2 participants)

CASTLE OF METHONI



Methoni Castle is one of the most enchanting and photogenic fortresses in all of Greece. Built by the Venetians in the 13th century, this vast seaside castle once served as a key stop along important Mediterranean trade routes. Step through its imposing stone gates and wander along expansive walls, where sea breezes and stunning coastal views accompany you at every turn. A long, narrow bridge leads to the iconic Bourtzi a small fortified tower set on a tiny islet, creating a truly magical scene that feels straight out of a storybook.

Price: €195 per person (minimum 2 participants)

PALACE OF NESTOR



Step into the world of ancient myths and royal splendour at the Palace of Nestor, one of the best-preserved Mycenaean palaces in Greece. Dating back to around 1300 BC, this remarkable site is traditionally linked to the wise King Nestor of Homer's epics, offering a fascinating glimpse into life during the Bronze Age. Stroll through the ruins of grand halls, royal apartments, and storerooms, where archaeologists uncovered clay tablets written in Linear B some of the earliest records of the Greek language. Elevated walkways allow visitors to explore the site comfortably while imagining the palace in its full glory.

Price €175 per person (minimum 2 participants)

ANCIENT MESSENE



Discover one of Greece's most impressive archaeological treasures at Ancient Messene, a vast and beautifully preserved ancient city nestled among green hills and dramatic mountain scenery. Founded in 369 BC, this remarkable site offers a unique journey into the heart of classical Greece, far from the crowds. Wander through its grand stadium and gymnasium, explore the imposing city walls and gates, and admire the elegant theatre where performances once brought the city to life. Every step reveals a vivid picture of daily life in antiquity, making Ancient Messene a true paradise for history lovers and explorers alike. After your visit, our favourite suggestion for lunch is Ithomi, a traditional tavern just a short drive away. Here, you can enjoy homemade dishes, fresh local ingredients, and warm Greek hospitality the perfect way to complete your cultural experience.

Price: €205 per person (minimum 2 participants)

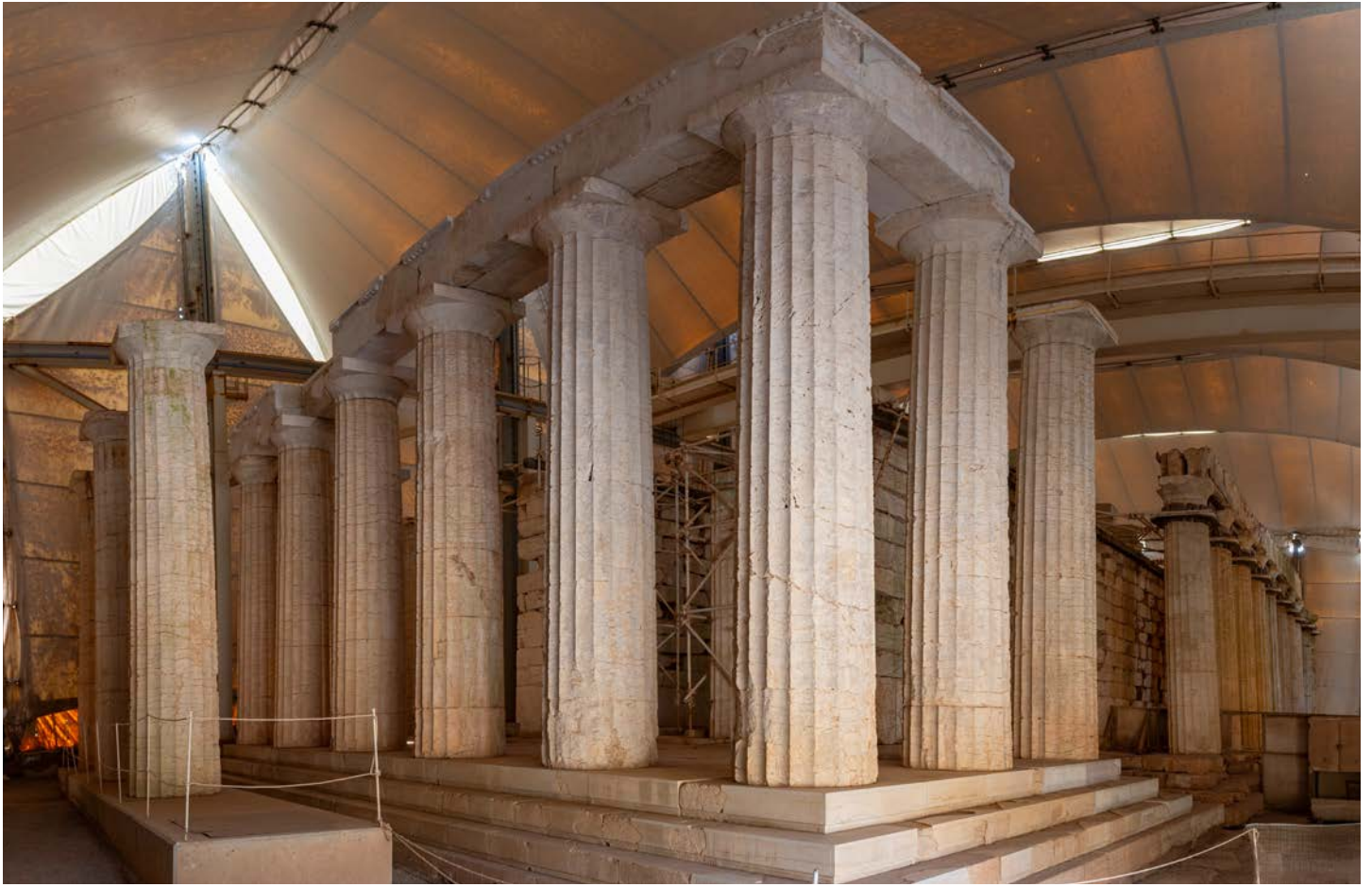
ANCIENT OLYMPIA



Step into the birthplace of the Olympic Games at Ancient Olympia, a site that has inspired athletes and travellers for millennia. Nestled in a lush valley of the Peloponnese, this sacred sanctuary was dedicated to Zeus and was the heart of ancient Greek sport, religion, and culture. Explore the impressive ruins of temples, including the Temple of Zeus and the Temple of Hera, stroll through the ancient stadium where legendary athletes once competed, and marvel at intricate sculptures and artefacts that tell stories of gods and heroes. The on-site museum showcases treasures from the site, including statues, inscriptions, and ceremonial objects. After your historical journey, our favourite suggestion for lunch is Ambrosia Tavern, where local flavours and warm Greek hospitality make the perfect ending to a day steeped in history and inspiration.

Price: €230 per person (minimum 2 participants)

TEMPLE OF APOLLO EPICURIUS



Immerse yourself in one of ancient Greece's most extraordinary architectural gems at the Temple of Apollo Epicurius, majestically perched high in the rugged Arcadian mountains. Built in the mid-5th century BC, this breathtaking sanctuary was dedicated to Apollo as "Epicurius" the helper and healer by worshippers grateful for his protection. What makes it truly unique is its bold fusion of all three classical Greek architectural orders—Doric, Ionic, and the world's oldest known Corinthian capital—in a single structure, reflecting innovative design by the famed architect Iktinos, who also worked on the Parthenon. Recognised as a UNESCO World Heritage Site, the temple stands in an awe-inspiring natural setting that combines history, art and serene mountain views in one unforgettable visit.

Price: €210 per person (minimum 2 participants)

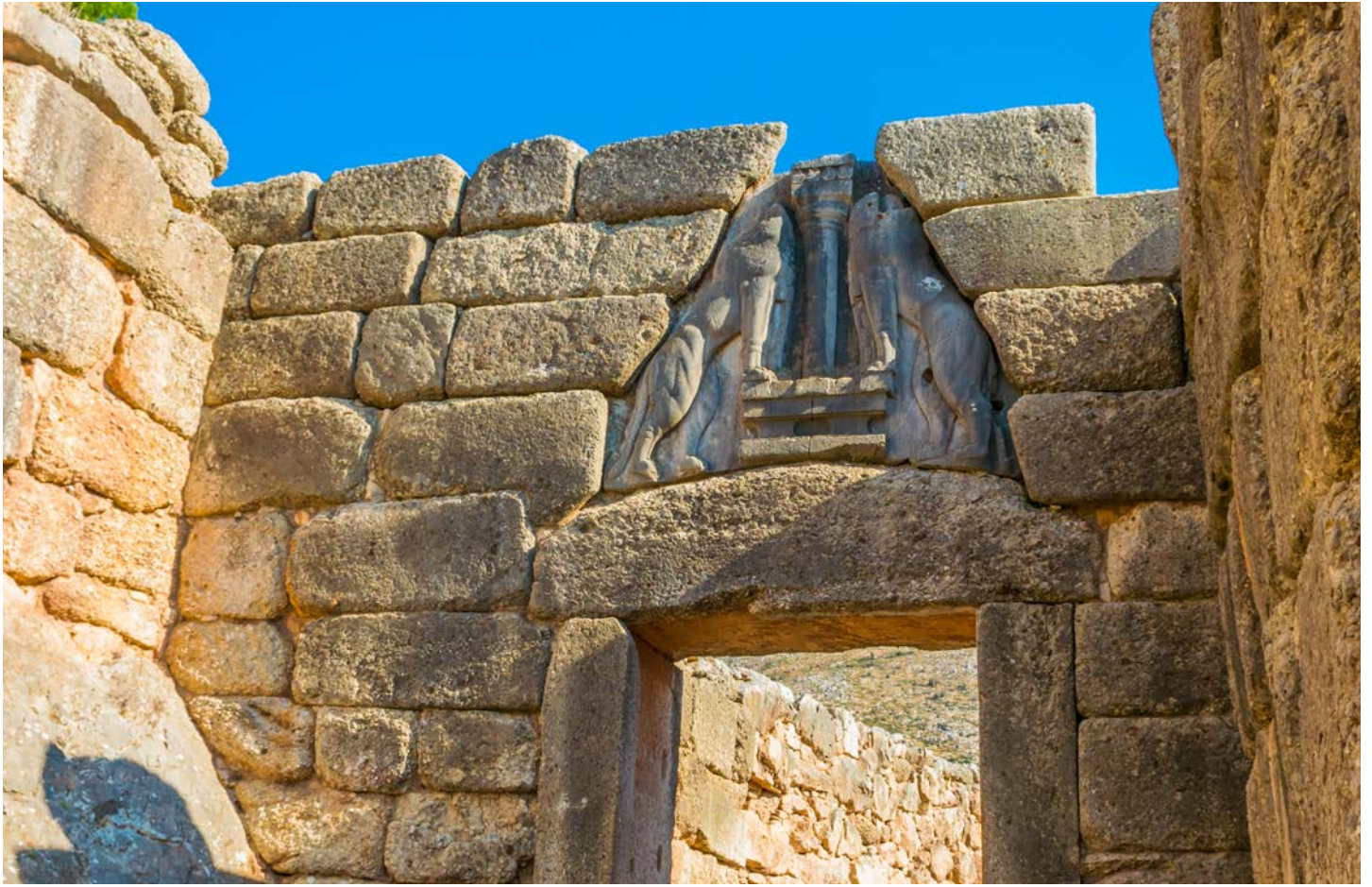
ARCHAEOLOGICAL SITE OF MYSTRAS



Step back in time at the Archaeological Site of Mystras, a stunning Byzantine fortress-city perched on the slopes of Mount Taygetus. Once a thriving medieval capital of the Peloponnese, Mystras is famous for its dramatic ruins, Byzantine churches adorned with vivid frescoes, and winding cobblestone streets that whisper stories of a bygone era. Explore the impressive Palace of the Despots, monasteries, and fortifications while enjoying breathtaking views over the surrounding plains of Laconia. Every corner reveals a fusion of history, art, and architecture, making it a captivating destination for history enthusiasts and curious travellers alike. After your historical journey, our favourite suggestion for lunch is the tavern “o Ellinas”, where local flavours and warm Greek hospitality make the perfect ending to a day steeped in history and inspiration.

Price: €250 per person (minimum 2 participants)

ARCHAEOLOGICAL SITE OF MYCENAE



Step into the legendary world of the earliest Greek kings at Mycenae, a UNESCO World Heritage Site and one of the most important centres of Mycenaean civilization. Famous as the home of King Agamemnon from Homer's epics, Mycenae offers a fascinating journey into Greece's Bronze Age. Marvel at the iconic Lion Gate, explore the royal tombs, and wander through the ancient citadel where massive stone walls built with the legendary cyclopean technique still stand after more than 3,000 years. The site's museum showcases artefacts, jewellery, and pottery that bring this heroic age vividly to life. A visit to Mycenae combines myth, history, and archaeology, making it an unforgettable experience for anyone intrigued by the roots of Greek civilization. After your historical journey, our favourite suggestion for lunch is the Melinas tavern where local flavours and warm Greek hospitality make the perfect ending to a day steeped in history and inspiration.

Price: € 250 per person (minimum 2 participants)

DISCOVER ANCIENT OLYMPIA AND THE ART OF MARBLE SCULPTURE



SUMMARY

Ancient Olympia is one of the most important sites of classical Greek civilization. It was the sacred sanctuary where the Olympic Games were born and where athletics, religion, and culture came together in honor of Zeus. Walking through the archaeological site, visitors discover the remains of temples, training grounds, and the original Olympic stadium where ancient athletes once competed. This cultural experience is enriched with a visit to a traditional sculpture workshop, where participants can see how skilled artisans still carve marble using techniques passed down through generations.

KEY SITES

- Ancient Olympia Archaeological Site. Includes the Temple of Zeus, the ancient gymnasium, and the historic Olympic stadium.
- Sculpture Workshop of Alexandros Papalabros . Visit the studio of a master sculptor trained at the School of Fine Arts of Tinos and learn about traditional marble-carving techniques.

EXPERIENCE HIGHLIGHTS

- Guided visit to Ancient Olympia
- Visit to a working sculpture studio
- Demonstration of traditional marble carving

Type: Morning Experience

Duration: Approx. 8 hours (2h guided tour & 1.5h workshop) Available From Monday to Saturday

Price: €190 per person (minimum 4 participants)

Latest request: 3 days prior to the tour date

CANCELLATION POLICY

Cancellations less than 48 hours prior to each activity the full amount will apply

THE MESSENIAN ODYSSEY



Messenia brings to life the world of early Greek history, where Homeric myth meets Mycenaean archaeology. This is the realm of King Nestor of “sandy Pylos,” whose Bronze Age kingdom has been revealed through modern excavations.

KEY SITES

- Palace of Nestor (13th c. BCE): Best-preserved Mycenaean palace; great hall, storerooms, and Linear B tablets showing early written Greek.
- Pylos Archaeological Museum: Artefacts from Bronze Age Messenia that illuminate daily life.
- Niokastro Castle: Later fortress marking Pylos as a historic crossroads of myth, memory, sea, and land.
- Port of Pylos: Former docking site of the wooden trireme from Christopher Nolan’s *Odyssey*.

TOUR HIGHLIGHTS:

- Guided visits to the Palace of Nestor, Niokastro & the Archaeological Museum, a 30-minute break in Pylos (snack is not included in the price).

Type: Morning/Evening Experience (except Tuesday and Sunday)

- Duration: 4 hours (2.5h guided)

- Meet your guide at the hotel lobby

- Inclusions: English-speaking guide’s fee, tickets & VAT Price €360 per person (minimum 2 participants)

CANCELLATION POLICY

Cancellations less than 48 hours prior to each activity the full amount will apply.

EPIC TALES & VINEYARD TRAILS OF OLYMPIA



Start your day with a 2-hour guided tour in Ancient Olympia, exploring the lives of ordinary citizens, pilgrims, athletes, benefactors, artists, and leaders. Discover how temples, monuments, and sculptures celebrated the divine, heroic victories, and civic pride, revealing the rich tapestry of Greek society from the Prehistoric to Late Roman periods. Afterward, enjoy a 1.5-hour vineyard tour and wine-tasting experience. Sample four wines - white, rosé, and red - paired with traditional snacks like cheese, cured meats, olives, fresh vegetables, bread, and local sweets, complemented by tsipouro, (juice for children).

Type: Morning Tour (except Sundays)

- Duration: 6.5 hours (2h guided & 1.5h wine-tasting)
 - Latest departure time by 09:00am
 - Meeting point with your driver at the hotel lobby
 - Inclusions: English-speaking guide's fee, tickets, wine-tasting experience & VAT
- Latest request: 3 days prior to the tour date

Price €275 per person (minimum 2 participants)

CANCELLATION POLICY

Cancellations less than 48 hours prior to each activity the full amount will apply.



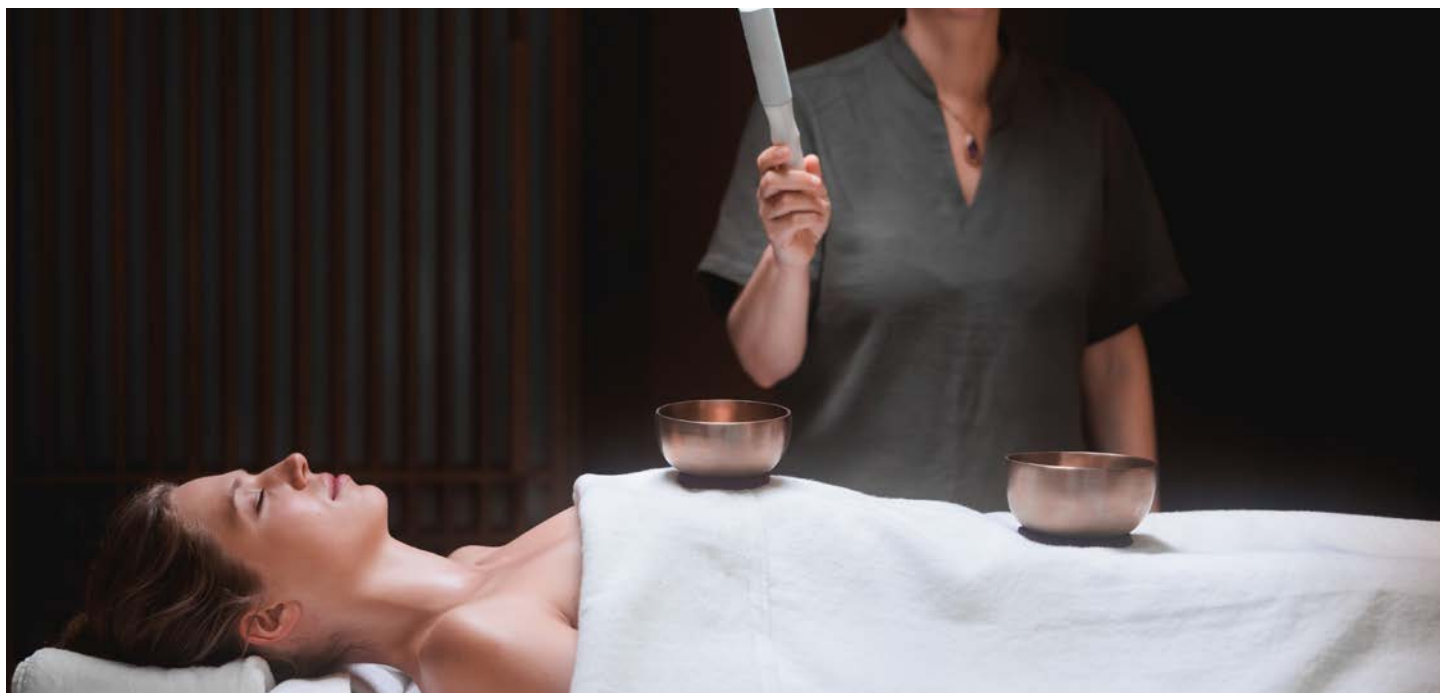
7. WELLNESS

- A. Messenia Sauna Experience
- B. Aromatic Steam & Cold Immersion Ceremony
- C. One To One Guided Meditation
- D. One To One Nature Immersion
- E. Heat & Water Journey



Information and bookings:
mocna-guestexperience@mohg.com
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WELLNESS EXPERIENCES



MESSEZIA SAUNA EXPERIENCE

1 hour | €180

The journey begins with gentle breathwork, helping you settle into stillness as the warmth gradually builds. The air is infused with essential oils of wild herbs native to the region—such as bay leaf, rosemary, and mountain sage—evoking the surrounding olive groves and coastal hills. As the heat deepens, our sauna practitioners guide you through a sequence of aromatic infusions, natural exfoliation with herbal steam, and the traditional technique of leaf whisking, using olive or oak branches to stimulate circulation and awaken the senses. This experience is both energising and meditative—a moment where time slows, the body softens, and the mind clears, leaving you deeply refreshed and rebalanced.

AROMATIC STEAM AND COLD IMMERSION CEREMONY

1 hour | €180

A herbal steam immersion, where the aromatic essence of wild mountain tea, bay leaf, and oregano invites deep breathing and inner stillness. As warmth envelops the body, tension dissolves and awareness gently expands. A revitalising olive oil and sea salt exfoliation follows, using ingredients once revered in ancient healing practices. This tactile, grounding experience clears the skin and reawakens the body's natural vitality. Next, a cool water immersion offers a moment of clarity and renewal – an awakening of the senses and a symbolic return to self. The contrast of temperatures stimulates circulation and invites a deeper connection to the present moment.

ONE TO ONE GUIDED MEDITATION

1 hour | €140

Personalised meditation and breathwork sessions designed to support your wellbeing and enhance your inner calm. Choose from a focus on breathing techniques, inner observation and visualisation or mindfulness practices.

ONE TO ONE NATURE IMMERSION

1 hour | €140

A guided walk along the beachfront, inviting a deep connection with the earth. Moving slowly and mindfully, you'll tune into the textures beneath your feet, the scent of the coastal air, and the rhythm of your breath, awakening the senses and grounding the body.

HEAT AND WATER JOURNEY

FLOWER STEAM BATH | 8 minutes

Warms the body slowly and continuously, reaching the inner body whilst the aromatic flowers aid in relaxation and are known to release tension and relax the mind. Each day a variety of essential oils are used.

EXPERIENCE SHOWERS | 5 minutes

The Hydrotherapy Shower encompasses various water features including steam, cold, and water all of which are designed to relieve stress, pain, and reduce tension in the muscles and is highly beneficial for the rehabilitation after injury.

*Rehydrate with one of our infused waters.

MINERAL STEAM BATH | 8 minutes

Energise your senses as you breathe in the mineral-infused air and gently move into a state of relaxation as the mineral salts, lemongrass essence open and cleanse your pores. The mineral steam is an excellent way to clear congestion, improve joint stiffness and ideal for a workout recovery.

PANORAMIC OLIVE SAUNA | 8 minutes

Saunas have been known throughout history to promote well-being and encourage the body's natural way to cleanse itself through perspiration. Designed to alleviate sore muscles, improve the health of the skin, and reduce stress.

*Rehydrate with one of our infused waters.

COLD PLUNGE | 1- 3 minutes

Dip into the cold plunge for 1 minute and then gradually increase this to three minutes. The most important thing is to listen to your body. The benefit of a cold plunge is to help reduce inflammation and swelling. At the same time reduce stress and boost injury recovery.

*Rehydrate with one of our infused waters.

JAPANESE FOOT BATH | 5 minutes

To soothe tired and aching feet.

HYDROTHERAPY TUB | 10 minutes

Immerse to relax muscle, relieve pain and reduce swelling and inflammation. Thanks to the relaxation and leisure, our Hydrotherapy Tub enhance mental state and stress relief.

HERBAL SAUNA | 8 minutes

To relax both your body and mind, step into the sauna with aromatic herbs, handpicked from our Spa Garden, infused within.

*Rehydrate with one of our infused waters.



MANDARIN ORIENTAL
COSTA NAVARINO

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