



## AUTHENTIC VILLAGE COOKING

Visit our picturesque village home and discover traditional Messinian cooking with the help of local women who will share authentic family recipes passed down from mother to daughter. You will learn how to prepare a typical full Messinian menu, using regional techniques and fresh ingredients, followed by lunch and the opportunity to savor the food prepared.



# PHILOSOPHY WALK

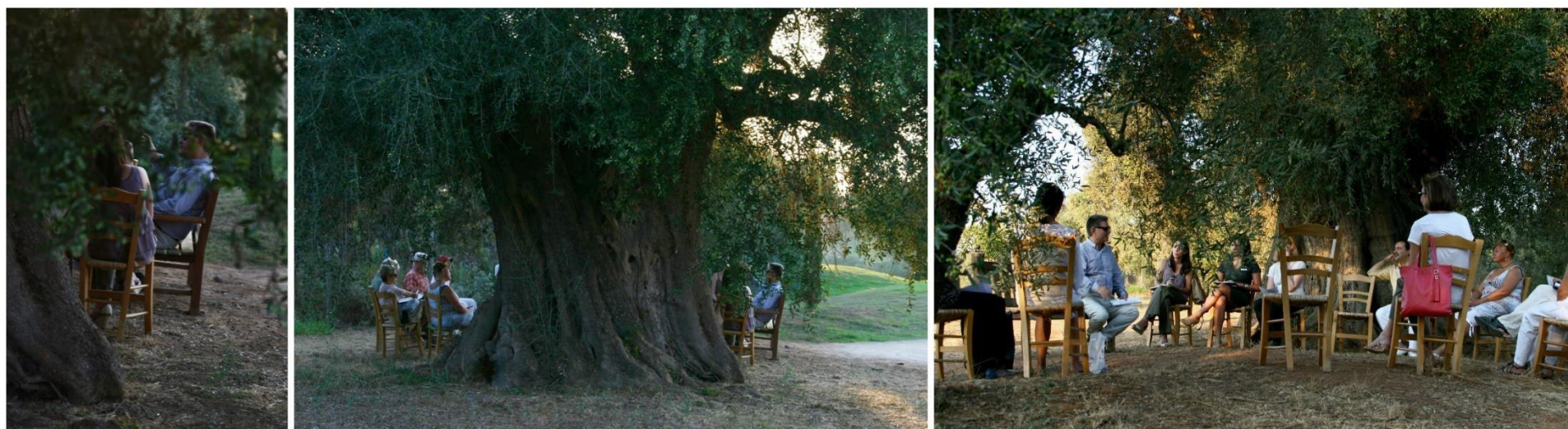


**REVENGE** – seen through the prism of Moral Values and Justice

**POLITICS & PHILOSOPHY** – Is there such a thing as ‘Uncorrupted Governors’?

Thousands of years ago, Plato proposed how this may be possible...

Follow in the footsteps of the ancient Greek thinkers on a ‘Philosophy Walk’ against the idyllic backdrop of the Messinian countryside. Led by classical scholars, these walks offer a unique opportunity to discuss important modern-day issues through the prism of ancient Greek philosophical thinking and find answers to contemporary problems by drawing on the wisdom of the past.







## WINE MASTER CLASS

Expand your enological knowledge at our Wine Master classes. Learn about Greek and local wines from the experts and assess the characteristics of certain Messinian Varieties. Tasting sessions are held at Enoteca, accompanied by savory snacks.

## OLIVE OIL TASTING

Join a tutored olive oil tasting session in which you will learn by local experts how to discern the subtle flavors of the region's renowned extra virgin olive oil. Tasting sessions are held at Enoteca.





## OLIVE HARVESTING \*

Experience first-hand one of Messinia's most enduring agricultural and culinary traditions, as you participate in each step of the olive's seasonal journey from tree to table.

Harvest a quantity of olives the age-old way, visit a nearby mill where you will help make the oil and discern the subtle flavors of the region's renowned extra virgin olive oil, accompanied by a traditional meal.



*\* seasonal activity*



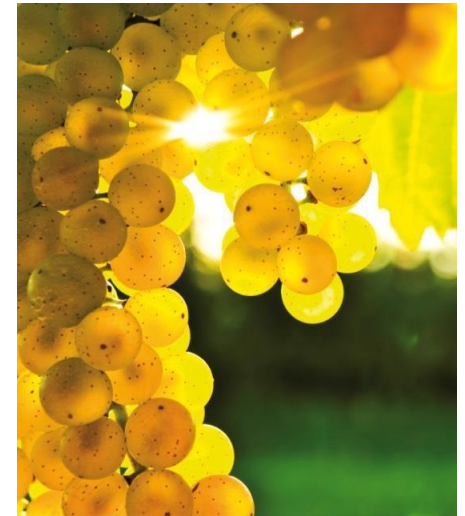


## **WINE EXPERIENCE TOUR**

Taste local and other Greek wines and discover their colors, aromas and flavors. Wine experts, leading this experience, will not only guide you through a unique tasting journey at the land where the life of wine begins, but also introduce you to the right food pairing with each wine you will taste.

## **WINE HARVESTING \***

Wine grapes have been cultivated in Messinia since Homeric times. Share in the local knowledge, experience a private tour to the Navarino Vineyards, learn and participate in the grape harvesting and join a wine tasting seminar led by an experienced sommelier.



*\*seasonal activity*



## FARM TO TABLE COOKING EXPERIENCE

Messinia's rich soil and favorable climate prompted the 5th century BC Greek playwright Euripides to call it "the land of the good fruit".

And today, a wide range of agricultural products from the region are in demand all over the world on account of their superior quality. So it is a fitting place for this illuminating "farm-to-table" experience, aimed at people who want to know more about what they are eating and where it comes from.

Visit the vegetable garden, collect the seasonal produce and enjoy a delicious outdoor meal surrounded by nature. The set menu (for 5-15 persons) and buffet option (15-25 persons) feature dishes prepared with the freshest local ingredients.







## CHEESE MAKING

*Taste the flavor of Messinia*

Messinia is renowned for its fine cheeses with unique personalities. Some, such as rich and spicy Sfela, have received a coveted Protected Designation of Origin, while others, including melt-in-the-mouth Talagani, have achieved global recognition.

This is an experience that combines tradition and gastronomy. It all unfolds in the Taverna, where our chef and local women will reveal the secrets of the local cheese varieties and explain the time-honored production methods.

Watch as local women make soft Tyromyzithra from fresh goat's milk, which will then be served with honey and cinnamon.





## TRADITIONAL MESSINIAN EMBROIDERY

*Discover an ancient craft and the relaxation it brings*

Embroidery was widely practiced in ancient Greece and Messinia was no exception. Among the amazing finds in a Bronze Age warrior's tomb dating back to around 1500 BC, near the Palace of Nestor at Pylos, was a sword with an ivory hilt overlaid with gold in a rare technique imitating embroidery!

Discover this ancient craft – and the relaxation it brings, beginner-friendly class at the Kafenio. Learn about the local styles and techniques handed down over centuries, master the basics, and create a piece of traditional embroidery.

At the end, participants will be given an instruction manual and the tools to continue pursuing their embroidery dreams at home.





# ASTRONOMY NIGHTS



**"Astronomy Nights"** is an interactive experience at Costa Navarino organized by the Navarino Environmental Observatory and Navarino Natura Hall by Hellenic Post Bank. As a visitor for this observing activity, you investigate the cosmos as conceived from a Messinian angle, in small groups under the guidance of trained staff.

This unique astronomical experience includes observation of planets, like Saturn and its rings, features on the Moon, Jupiter and its satellites, beautiful nebulae such as Orion, galaxies, stars and many others.





**Art** is a fundamental aspect of the Costa Navarino experience, with original works by Greek and international artists forming an integral part of the interior design. A 90-minute guided tour of the art collections gives guests the opportunity to gain an appreciation of artworks and artifacts of the 17th-19<sup>th</sup> centuries.

The tour also introduces visitors to more contemporary pieces, many of which were inspired by local nature and the projects undertaken at Costa Navarino to preserve the important natural habitats of the region







## **BOTANICAL & ORGANIC VEGETABLE TOUR**

Enjoy a fascinating morning learning about local herbs and their unique benefits for the human body.

The tour takes place in our botanical gardens.  
Participation is free of charge but registration is required.





## NAVARINO NATURA HALL



An interactive exhibition center which uses the very latest digital technologies to inform visitors and locals about the uniqueness and beauty of Messinia's natural habitats.





# MESSINIAN NATURE TOUR

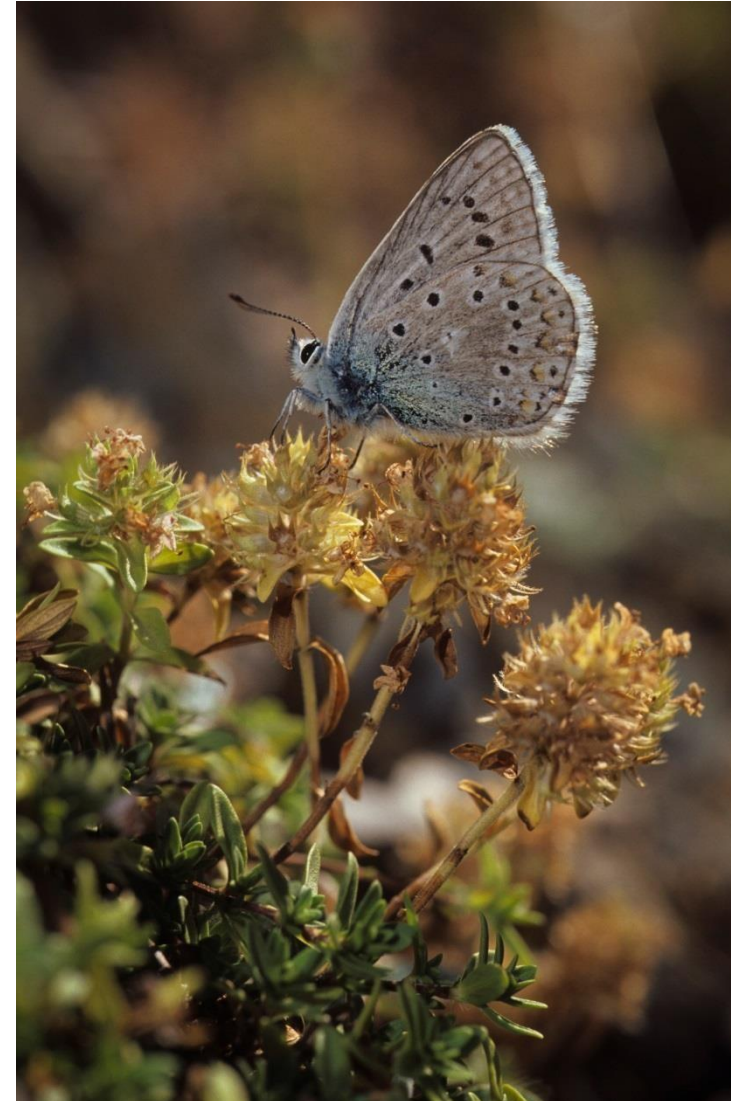


## **EXPLORE LOCAL NATURE:**

*A fun, free discovery tour of Messinia's trees, flowers and herbs*

Hop on a buggy and take a one-hour tour around the resort with our botanical expert who will guide you through the secrets and highlights of the local flora. The tour will take you to:

- Navarino Natura Hall
- Wild Green Tour
- Garden Vegetables





## LITTLE ARCHAEOLOGISTS IN ACTION

*Go on a dig, crack an ancient code!*

What better place for kids to enter the fascinating world of archaeology than Messinia? Home to two of the greatest sites in all of Greece – Ancient Messene and the Palace of Nestor – the region is alive with reminders of its glorious past.

This fun learning opportunity is ideal for children aged 4-11, who can go on a dig and discover hidden artifacts as well as study the finds, uncover their secrets, and become archaeological detectives as they try to crack the code of an ancient script.







## **LITTLE GARDENERS**

*Discover the connection between farm and fork!*

Blessed with fertile soil and an excellent climate, Messinia has for centuries produced agricultural products of the highest quality.

This fun outdoor activity encourages children to discover nature at first hand so that they can better understand the connection between farm and fork. Kids become little gardeners as they learn to plant seeds and gather seasonal fruits. They will be spent with our chef preparing traditional recipes on the spot.



# HISTORICAL SITES



Messinia has a fascinating history that goes back 4,500 years, as evidenced by awesome palaces and vaulted tombs from the Mycenaean era, magnificent Classical temples, evocative Byzantine churches and well-preserved medieval castles. Among the places to visit are :

**Ancient Messini**, built in 369 B according to the Hippodamian grid system, reflecting a democratic social order, visitors can retrace the foundations of western democracy and visit the monuments of the an ancient city in Greece , still being unearthed by archaeologists.

**The Palace of Nestor**, the wise old king of Homeric fame which was unearthed in 1939, revealing more than 600 clay tablets inscribed with a mysterious script that has come to be known as Linear B, the first written language in history to use syllabic signs.





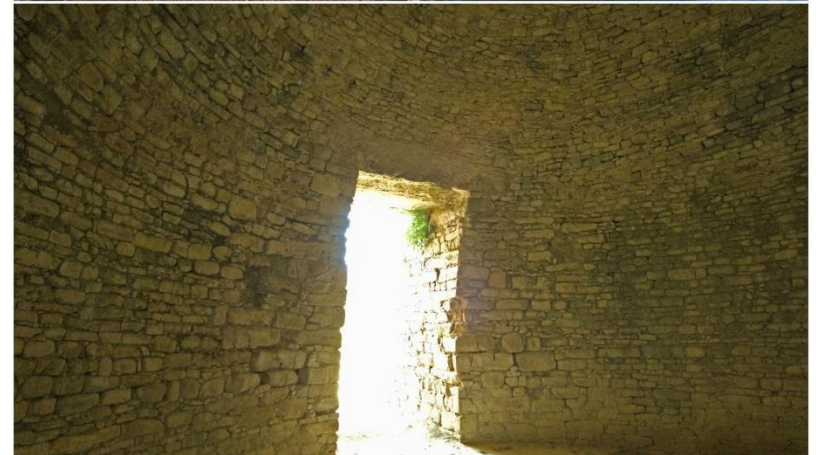
## HISTORICAL SITES



More than **33 castles** can be found in Messinia - all providing stunning vistas and holding clues to the rich and checkered past of the region. Among them, Paleokastro - Pylos, The Castle of Kalamata, The Castle of Koroni, The Castle of Methoni, Neokastro - Pylos and The Castle of Kyparissia

The **British Monument** in Helonaki island in Navarino Bay, of the famous naval battle in 1827, in which an allied British, French and Russian fleet defeated a combined Egyptian-Ottoman armada, marking a decisive turning point in the Greek War of Independence.

**Tholos Tomb** on the hill of Ano Eglianos, the oldest vaulted, or beehive, tomb discovered to date.



## NATURAL SITES



### **Gialova Lagoon**

Observe more than 270 of birds species, many rare, during a leisurely hike to Gialova lagoon, featured among the most important stopovers in Greece for migratory birds and designated as a special protection area in the EU- wide ecological network Natura 2000.

### **“Voidokoilia Beach”**

One of the ten best beaches in the world according to The Times.

### **Polylimnio** (*many lakes*)

The breathtaking waterfalls at Polylimnio are considered one of Messinia's best-kept secrets.

