

D1- Arrival & Installation: Arrival & installation to the accommodation & depending the time of arrival relaxation around the pool & a welcome drink or small visit in the city of Messolonghi & cycling in the area of Tourlida. A special shaped cycling route of 5km nearby the lagoon, the pelada (traditional huts of fishermen) & in one of the most beautiful sunsets. Dinner in a traditional tavern in the city of Messolonghi.



D2- U-Bound exercises & Climbing in mountain Arakinthos



After breakfast, **U- bound exercises** in the olive grove in our facilities & after transportation to the feet of mountain Arakinthos. The **climbing** to the top it is done through a marked path, from the monastery of Saint George of Xounista which is located in 140m height and 10km from the city of Mesologgi. The whole environment is beautiful and during the route there's always the view of Mesologgi and its lagoon. The climbing to the top last 1 to 2 hours. The path goes through Mediterranean bushy area (arbutus, plane trees etc) an ends in a big forest of oak trees (Qupteus frainfo) unto the top of Greveno where is the refuge of the Mountain Association of Mesologgi in 983m height. At the top you can see the Trichonida Lake and the bay of Patra.



D3- Sea Kayak in the Lagoon of Mesolonghi -Aitoliko & Body Weight exercises



In the morning after breakfast you will have free time to relax & spend the time as you wish inside our facilities or outside. In the afternoon we will get inside the **canoe-kayak** & start paddle in the part of Kleisova lagoon heading to the small island of Saint Triad. During the Sea Kayak route you will have the chance to tour yourself among the beautiful ecosystem of the lagoon, the traditional pelada (fishermen huts) & the rare species of birds which nesting in the area of the lagoon. Arriving in the Saint Triad's island we will rest for a while & after we will start our **Body Weight exercises** program. In the end we will return in back in Mesolonghi with the Sea Kayak.



D4-Free program day: A day with free time and program for **relaxation** in our facilities (ping pong, basket, Archery, mountain bike) or you can take your **bike** an head to the city of Messolonghi or Nafpaktos where you can take your walk and your shopping.

D5- Tour in the lagoon with traditional boats & Pilates



After breakfast we will go to the city of Mesolonghi and head to the pelades (fishermen huts) where we will have a tour with traditional boats in the lagoon. In this activity you will be able to know the lagoon of Mesolonghi-Aitoliko through a tour with the traditional boats of the region. You will learn

about how the ecosystem works the legends & history that are linked with it. You will be able to observe rare & beautiful birds. You will learn about the cycle of the fish that live in the lagoon. Enjoy the fishing experience along with professional fishermen & learn from them. In the afternoon Pilates exercises in the Olive Groove of our facilities.



D6- Hiking in the mountain of Varasova & TRX exercises

After breakfast, transportation to the feet of mountain



Varasova. The access to the top is easier from the west side of the mountain and the course lasts 2,5 hours. There you can enjoy the spectacular view and the existence of many interesting caves. In the Afternoon TRX exercises in the Olive Groove of our facilities.



D7- Cycling, BirdWatching & Yoga



In the morning after breakfast, cycling around the lagoon & Birdwatching accompanied by an experienced environmentalist. You will have the opportunity to observe in their natural environment the great variety of birds which the lagoon accommodates in its waters. You will be informed about their reproduction, their main nutritious habits e.t.c. The afternoon yoga exercises in the Olive Groove in our facilities.

D8-Departure

Prices (Euro/person)	Season B			Season A		
	Two beds room	Three beds room	Four beds room	Two beds room	Three beds room	Four beds room
I) Transportations with your own vehicle	432	383	353	482	412	383
II) Transportation with our vehicle. Includes all transportations (Pickup from –transportation to airport)	658	609	572	764	695	665

Season A: July & August
Season B: March, April, May, June, September, October

In the price included (I) => Seven overnights in a family bungalow, in one of the units below, breakfast with local organic products, bikes & cycling equipment, Hiking equipment & a guide, Sea Kayak equipment & guide, a dinner in a traditional tavern, a tour with traditional boat, Birdwatching, U-Bound exercises, Body Weight exercises, Pilates exercises, TRX exercises, Yoga exercises, plus taxes.

In the price included (II) => All the above, as well all the transportations (Pickup from the airport, daily transportations according the program and transportation to the airport for the departure)

- Units of accommodation:**
- 1) Socrates Organic Village-Wild Olive
 - 2) Evinos Garden
 - 3) Socrates Organic Village-Kryoneri



www.evinos-garden.gr

www.socratesorganicvillage.gr

www.organic-village.gr

Implementation period: March-October

Price: 353 – 764 € / person (according to all the above)

Minimum participation: 6 people (for fewer people participation contact us for the prices)

Conditions of participation: Stamina, Basic knowledge of swimming

You must have with you => swimsuit, hat, towel, sunglasses, sunscreen, waterproof shoes and camera (optional)