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# EXPERIENCES

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2025





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## ACTIVITIES IN NATURE AND MOUNTAINS

### 1. Trekking

We hike all sections of the certified **Menalon Trail**, which has a total length of 75 km and on many unmarked paths.

We suggest the following sections of the **Menalon Trail** alongside the local Mylaon river:

1. **Paleohori Elatis- Pirgaki**: duration 1,5 hours, 4-5 kilometers.

Cost: 50€ / per person

2. **Elati- Vytina**: duration 3.30 hours, 9 kilometers

Cost: 70€ / per person

The above trails are located in Western Menalo in the fir forest and while walking we do a guided tour of the place and the flora and mini-seminars on mountain survival.

- Paths full of seasonal herbs and mushrooms.
- The hikes include one companion for every 10 people
- Suitable for ages 7 and up
- Hiking shoes or boots are recommended.

3. **MANNA – Valtessiniko Village**: duration 1,5 hour, 5 kilometres

Cost: 50€ / per person

- ✚ Minimum number of participants: 4 persons
- ✚ Possibility of private hiking upon availability. Cost according to route.
- ✚ Possibility of pickup and return to MANNA (including to the cost)

Marked Trails of Menalon Trail:

1. Stemnitsa- Dimitsana. Duration: 5 hours. Length 12,5km. Difficulty: 4/5
2. Dimitsana- Zigovisti. Duration: 2 hours. Length 4,2χλμ. Difficulty: 2/5
3. Zigovisti- Elati. Duration: 5 hours. Length 14,9χλμ. Difficulty: 4/5
4. Elati- Vitina. Duration: 2,5 hours. Length 8,5χλμ. Difficulty: 2/5
5. Vitina- Nimfasia. Duration: 2 hours. Length 5,6χλμ. Difficulty: 2/5
6. Nimfasia- Maguliana. Duration: 3,5 hours. Length 8,9χλμ. Difficulty: 4/5
7. Maguliana- Valtessiniko. Duration: 2,5 hours. Length 6,6χλμ. Difficulty: 2/5
8. Valtessiniko- Lagkadia. Duration: 5 hours. Length 13,9χλμ. Difficulty: 2/5

Cost: 70€ / per person / per route except route 3: Cost: €90 / person / route.



## 2. Archery & Trekking

Archery is an Olympic sport and was once used in foraging. We follow the circular path of 4 kilometers Elati – Pírgaki, which is located alongside the local river where a specially designed area has been set up where archery takes place.

We use wooden bows and the target is placed from 10 to 18 meters.

Duration: 3 hours

Cost: 80€ / per person

## 3. Mountain Bicycle

Mountain biking can be done with either a conventional Mountain Bike or an electric one.

**Cost of renting a bicycle with a driver:**

1 person:

100€/per person for a conventional Bike

130€/ person for an electric bike

2 persons and more:

50€ / per person for a conventional Bike

65€ person for an electric bike

**Cost of renting a bicycle without a driver:**

1 person or more:

40€/per person for a conventional Bike

50€/ person for an electric bike

You can follow the guides on the cycling routes with your own bike for the following fees:

Cost: 80€ for 1 person

45€ / 2 or 3 persons

35€ / for a group of 4 persons and more

Possibility for renting a bicycle for a daily use.

- A necessary condition for participation in the cycling routes is people over the age of 13
- Cycling routes will be chosen depending on the physical condition and experience of those interested
- Possibility of pickup and return by local taxi, subject to availability and extra cost.
- Includes a backpack, snacks, water, a protective helmet, and gloves.
- Height and weight of the rider are required at the time of booking to ensure proper bike adjustment.



#### 4. Trekking & Wild Truffle Hunting

With the help of a trained dog of the Lagotto breed, we find a precious wild truffle in the forest of an Arcadian village. Truffles coexist and grow on the roots of trees or shrubs. So depending on the season we collect different types of truffles in a variety of habitats. At the end of the hunt, a delicious menu awaits us, with grated fresh truffle.

##### **MENU**

As a welcome snack we start with Black Truffle Gruyere & Smoked Gruyere

Main: Mushroom barley and wild truffle

We use :

- Agaricus Craterellus lutescens-Golden Trumpet,
- Porcini-royal mushrooms
- Shitaki (Lentinula)
- Fresh Uncinatum truffle worth €650/kg
- Mushrooms stuffed with organic gruyere and fresh garlic
  - Galaktoboureko (custard filled pastry)

The meal is accompanied by local Moschofilero wine.

Duration: 3-4 hours

Cost: 110€/per person

🚩 Minimum number of participants: 4 persons

🚩 Low season: May- August

*Activities such as hiking, archery and truffle hunting can be combined with:*

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#### 5. Outdoor Cooking

Main Course: Mushroom barley and wild truffle

We use :

- Agaricus Craterellus lutescens-Golden Trumpet,
- Porcini-royal mushrooms
- Shitaki (Lentinula)
- Fresh Uncinatum truffle worth €650/kg
- Mushrooms stuffed with organic gruyere and fresh garlic
- Galaktoboureko (custard filled pastry)

The meal is accompanied by local Moschofilero wine, Black Truffle Gruyere & Smoked Gruyere



Duration: 2-3 hours

Cost: 50€/per person

✚ Minimum number of participants: 4 persons

## 6. Survivor Games

- We divide people into two or more groups.
- Each team will have a leader from us for the smooth running of the competitions and for guidance in the games.
- The games are individual and each player must bring a point to his team after completing the competitions first (speed, technique and accuracy)
- The games are implemented in the Vytina forest, they are safe and for their implementation we use wood, ropes, straps, balls, tires and more.
- Players from both teams start at the same time and should compete in some games.
- The winner is the one who will complete the events first
- Competition time per person approximately 10 minutes.

Duration: 3-4 hours

Cost: 70€/per person

✚ Minimum number of participants: 10 persons

## 7. Cooking Competition – CORPORATE PROGRAM

Thematic dish “Wild Mushroom Barley”

We divide the people into two subgroups and each group designates a judge who will taste the dishes of the competition. The teams have 5 minutes to think of the recipe they will execute for the dish they have to create. We have set up two cooking counters with the same materials that we list. The total time to perform the recipe is 45 minutes.. Every 2 minutes the player will change and the next one from the same team will take over.. The cooking player will be able to be guided by the previous one. At the end with an excellent 10 the judges will rate the dishes of the competition. The final judge is also the person in charge of the program who also judges with an excellent 10. The dishes will correspond to the number of people in each group.

The meal is accompanied by local Moschofilero wine, Black Truffle Gruyere & Smoked Gruyere, Porcini-royal mushrooms & Galaktoboureko (custard filled pasrtry)

Duration: 1-,1,5 hour

Cost: 70€ / per person

✚ Minimum number of participants: 10 persons



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## **8. Culinary and cultural experience in ARKADIANI**

Perched on the mountains of Gortynia, in the triangle of Vytinas-Stemnitsa-Karytaina and in the most beautiful spot of the village of Psari, with a view of the open horizon, Lykaio Oros and the picturesque Karytaina, the "Arkadiani" Multispace was created a few years ago. The people who envisioned the creation of Arkadiani wanted us to revive the values of the Arcadian lifestyle with local products and local traditional recipes, all integrated into a vision of the coexistence of tradition, culture and traditional nutrition with respect for the environment and ecological consciousness.

A workshop that produces excellent traditional products, a restaurant that serves simple cooking for every season with pure ingredients from the private vegetable garden, wood-fired ovens, the Cooking Museum with collections of old recipe books and kitchen tools, the Secondhand Bookshop, our Theater as well as the Museum of the Primary School, make up the Multispace of Arkadiani, the Leading Agritourism Unit, which is based in the village of Psari Gortynia-Megalopolis.

### **Arcadiani Experience Part A':**

Part 1<sup>st</sup>: Tour in the fields and Veggie pickings.

Part 2<sup>nd</sup>: Visit the traditional workshop

Part 3<sup>rd</sup>: Bread making in wood fire oven

Part 4<sup>th</sup>: Traditional local feast

Part 5<sup>th</sup>: Shopping at the gift shop (optional)

Part 6<sup>th</sup>: Stroll through the village

Duration: 2-2,5 hours

Cost: 2 up to 4 persons 125€/ per person

5 up to 15 persons: 80€/per person

16 up to 25 persons: 50€/per person

### **Arkadiani Experience Part B':**

Depending on availability and season, you can participate in additional experiences.

**This experience is available from 1<sup>st</sup> of April till 31<sup>st</sup> of October.**

3. Visit to another agro-tourism deer farm with local liquor tasting, herbal therapy, herb collection, tinctures with a distinguished herbalist.

### **Or as a second option**

4. Visit to the agro-tourism deer farm with tasting of local liquor and live distillation of herbs and participation in the preparation of essential oils.



Both options include:

- A 100% edible essential oil, a gift for each of our guests.
- Cooking class. We light the fire in our wood oven. We tour the farm to pick vegetables for our meal and learn how our food is grown. Meet our trees and vegetables and deer. By the time we get back to the kitchen, the oven is already hot and ready to bake. Prepare the vegetables for the briam (grilled mixed vegetables) and place it in the oven. By the time the main course is cooked, we have already prepared the Greek salad and Tzatziki using the freshest vegetables, and traditional sheep yogurt from small local dairies. Finally, we sit together in our outdoor kitchen and enjoy what we have prepared.

Duration: 2- 2,5 hours

Cost: 2 up to 4 persons 220€/ per person

5 up to 15 persons: 120€/ per person

#### **Arcadiani Experience Part C:**

**This experience is available from 1<sup>st</sup> of April till 30 of November.**

You can choose one of the following experiences or a combination of them:

4. Visit to a model sheep farm and local cheese tasting with full traditional lunch.

We learn the workings of the farm and optionally participate in feeding, milking or, if it's the season, shearing the animals. Visit to a model sheep farm and local cheese tasting with full traditional lunch

Duration: 1-1,5 hour

Cost: 2 up to 4 persons 120€/ per person

Up to 15 persons: 75€/ per person

5. Cooking Class with a local mum

We return to Arkadiani and light the fire in the wood oven and start kneading our dough. We tour the farm to pick vegetables for our meal and learn how our food is grown. Meet our trees and vegetables. By the time we get back to the kitchen, the oven is already hot and ready to bake our loaves. Prepare the vegetables for the briam (grilled mixed vegetables) and place it in the oven. By the time the main course is cooked, we have already prepared the Greek salad and Tzatziki using the freshest vegetables, and traditional sheep yogurt from small local dairies.

Duration: 2-2,5 hours

Cost: 2 up to 4 persons: 120€/ per person





5 up to 15 persons: 75€/ per person

*All experiences include a buffet with traditional local recipes and bottled organic wine from the Spyropoulos estate.*

50% deposit upon booking. Up to 7 days before the activity, advance payment of 100% of the total amount. Cancellation policy up to 3 days before 50%.

✚ Possibility of pick-up & return by local taxi, subject to availability and extra cost.

## 9. Menalon Ski Resort:

The Ski Center is in the Prefecture of Arcadia on the plateau of Ostrakina at an altitude of 1600 meters, below the highest peak of Mainalo (Profitis Ilias 1981 m.). It belongs to E.O.S. Tripoli and is 162 km from Athens, 120 km from Kalamata, 90 km from Sparta and Nafplio and only 30 km from Tripoli. It is the closest to Athens. From the National Highway you will take the exit immediately after the Nestani toll. There he will follow the road to Levidi, which is a provincial road network in excellent condition, he will pass the village of Kapsia and turn for the Ski Trail at the signs that he will meet on the left three kilometers after Kapsia. After 90 minutes of comfortable driving, you are in a completely different landscape. In one of the most beautiful fir forests of the country, famous for its legends and its beauty. The approach to the area of the ski resort is made from the village of Ano Kardara and from Vytina and end at the plateau of Ostrakina.

### **Tracks**

Mainalo Ski Center has seven slopes served by three lifts, all sliding. Tracks in detail:

The 1st most difficult piste of the center (Northern) is located to the right of the central ski lift and is 600m long. It is mostly black and towards the end red.

2nd Touristic is a red track, to the right of the central slide, but on a more open course in the forest, with a length of 700m.

3rd Regional starts at the top of Aetos and follows a long route to the right, passes the snowhawk chalet and reaches the base of Aetos. It is 2,500m long. and it's a blue track.

4th Polybius is a red-blue track, which starts as soon as we leave the Aetos slide and in a left direction. It is 800m long. and ends in front of the Chalet.

5th Eastern is a red-blue track, which also starts as soon as we leave the Aetos sliding lift and in a left direction. It is 800m long. and ends with a traverse at the starting point of the Aetos ski lift.

6th Arcturos is a 350m long blue piste, to the left of the correspondingly named ski lift. Ideal for the next level of beginners.

7th beginner track 130m long. It is the track on which the plastic ski mat works.

### **LIFTS**

The ski resort operates three lifts serving the mentioned slopes. Two slides (saucers) and a baby-lift.

### **Aries**



A 100-meter-long single-seater baby-lift that serves the beginner's track but also acts as a connector for the ARKTOUROS lift.

#### **Arcturus**

A 350-meter long single-seater ski lift that gives access to the lower part of the ski lift. It also functions as a connector to the Eagle elevator.

#### **Eagle**

A 570-meter long single-seat ski lift that leads to the top of the ski lift. With this slide you have access to all ski slopes.

### **10. Rafting , mini river trekking, on the River Lousios.**

Lousios is the only river in Greece that has enough water for rafting all year round. It is the closest place to Athens for this type of activities since it is 210 km away (190 km of which is highway). The magnificent view through the river to landscapes that are not accessible from other points, crossing canyons and unspoiled nature are just some of the advantages of the action. The group consists of approximately 6-8 people who are guided by an experienced and certified guide. This sport promotes teamwork, respect for the elements of nature but also for anyone who wishes to improve their physical condition. After the descent and before returning to the base we are given the opportunity to do a mini river trekking (crossing a canyon on foot) and end up at a magnificent waterfall where our team members undertake to take commemorative photos and videos with waterproof equipment. After our return to the base and weather permitting, we are given the possibility for groups of several people to rappel on the 40-meter-high village bridge. We provide all the necessary equipment to protect you from the cold, such as a special isothermal neoprene suit, neoprene socks and a waterproof jacket, as well as a life jacket, helmet, paddle and of course the boat. You will only need an extra pair of shoes to be used during the descent, a towel and bathing suit or second pair of underwear.

Cost:60€/per person.

The activity costs from €50/person and does not include food and travel expenses.

### **11. Horse riding**

If you find yourself in Vytina or the nearby villages (Stemnitsa Dimitsana), don't miss a ride with the horses in the fir forest. You will be surprised at how tame and familiar the horses are with humans, which reinforces the view that they are treated with an excess of love and care.

Activity for groups consisting of 2 or more adults accompanied by a horse guide.

- • Horseback riding on the paths of Mainalo
- • Free riding
- • Guidance and walking
- • Riding lessons



- • Rides in the manege
- • Acquaintance with horses for our little friends

Short walk around the perimeter of the forest lasting 30 minutes and costing €30

A long walk through the forest lasting 50 minutes and costing €35.

### UPDATE TO CUSTOMERS:

The activities mentioned in this form are carried out by companies and partner groups, which are active in the area and do not have any partnership with the hotel.

The final price will be announced when a demand is made by interested parties.

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The services provided by Third Parties, such as indicative tours, guided tours, vehicle rental, transport or taxi services, sports, winter sports as well as other services billed directly by Third Parties or indirectly by the Hotel and provided by an independent company or an independent person, who is not employed by the Hotel.

The Hotel bears no responsibility for the services or fees of external companies which the Guests must pay directly as they are not included in the hotel fees.