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# EXPERIENCES

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Summer 2023



## ACTIVITIES IN NATURE AND MOUNTAINS

### **1 TREKKING**

We hike in all sections of the certified **menalon** trail, the European E4 and many unmarked trails. We suggest the following sections of the menalon trail alongside the local river Mylaontas:

#### **1.1 Elati- Pírgaki:**

duration 1.30 hours, 4 kilometers, cost €35/person

#### **1.2 Elati-Vitina:**

duration 3.30 hours, 11 kilometers, cost €50/person. The above paths are in Western Mainalo in the fir forest, and while walking we take a tour of the forest and the flora. The paths are rich in herbs and depending on the season, and mushrooms. On hikes every 10 people are assigned 1 companion. Suitable for ages 7 and up.

#### **Minimum number of people: 4**

-Hiking lasting 2 to 5 hours, €30/person

-Short hike lasting 1 to 1.5 hours, €20/person (€10/person for children up to 13 years old).

-Group of 2 to 3 people-Hiking lasting 2 to 5 hours, €45/person (€15/person for children up to 13 years old).

-Hike for one person lasting 2 to 5 hours, €80 Hike and for one person lasting 1 to 1.5 hours, €60 (Possibility of transfer with our own vehicle from the hotel with additional charge 15€/vehicle)

Special prices for families and large groups by arrangement.

Provision of backpack baton equipment to all participants.

### **2 ARCHERY & TREKKING**

Archery is an Olympic sport and was once used in foraging. We use wooden bows, and the target is placed from 10 and up to 18 meters. The trail is a 4km loop alongside the local river and we have set up a specially designed area where we practice archery. Cost €50/person, €25 children. Suitable for ages 7 and over.

#### **Minimum number of people: 4**

### **3 MOUNTAIN BICYCLE**

We have quality mountain bikes as well as electric bikes (subject to availability) with front suspension and hydraulic disc brakes. It is required to have good balance and little experience. Our routes are on forest roads and depending on the physical condition of the client we also make a corresponding route. The customer has the possibility to choose a route either accompanied by an experienced driver or without, with the help of a map on a safe route.

Cost (2 hours) with guide: €50/person

\* Suitable for ages over 15 years. We provide customers with a helmet, waterproofs, and water.

#### **Minimum number of people: 4**



-Groups larger than 2 people: 35€/person for a conventional bicycle 50€/person for an electric bicycle.

- One person: €80/person for conventional bike, €90/person for electric bike. Possibility of pick-up and return from the hotel with our own vehicle, additional charge of €15/vehicle.

-You can follow the guides on the bike routes with your own bicycle with the following charges: One person €65 Group of 2 to 3 people: €35/person Groups larger than 4 people: €25/person.

\*A necessary condition for participating in the cycling routes is people over the age of 13 years old.

\*\*Cycling routes will be selected depending on physical condition and stakeholder experience.

#### **4 TREKKING & SURVIVAL TACTICS**

We learn survival techniques and methods using everything in nature. On the 4-kilometer Elati-Pirgaki trail, we walk alongside the local river Mylaontas and learn:

- Lighting a Fire with 3 methods
  - Water filtration
  - Shelter construction
  - Orientation
  - First aid
  - Identification of Mushrooms and Herbs depending on the season suitable for ages 7+
- Program Duration: 5+ hours

Cost: €55 / person, €30 children

**Minimum number of people: 4**

#### **5. OUTDOOR COOKING**

##### Mushroom soup:

Agaricus, Craterellus lutescens- Golden trumpet, Porcini – king mushrooms, Mushroom broth  
**Cost €18/person**

##### Chicken fillet

with sweet and sour (Mustard, Mainalo vanilla) dried garlic.

Mushroom Risotto and Wild Truffle: Agaricus, Craterellus lutescens- Golden Trumpet, Porcini – King Mushroom, Mushroom Broth, Fresh Truffle Uncinatum.

Crackers with organic gruyere, prosciutto, and black truffle cream.

**Cost €40/person.**



## 6 WILD TRUFFLE HUNTING

With the help of a specially trained lagotto dog, we hunt for precious wild truffles in the forest of an Arcadian village. Depending on the season, we collect a different type of truffle. At the end of the hunt, a tasty menu awaits us, with grated fresh truffle.

Program duration 2-3 hours.

### MENU

Mushroom risotto and wild truffle Agaricus Craterellus lutescens-Golden Trumpet Porcini-royal mushrooms Mushroom broth Fresh Uncinatum Truffle Mushrooms stuffed with organic Gruyere and fresh garlic.

- Moschofilero (Bishbikos Winery)
- Tshipouro (Bishbikos Winery)

cost €100/person.

**Minimum number of people: 6**

## 7 TEAM BUILDING GAMES

### Cooperative Games

1. We have constructed a wooden maze with ropes attached to its edges. Each player holds the end of the rope and in cooperation with the others must drive a ball into a hole.
2. Mole game. Each team must be divided into pairs and one player blindfolds his eyes with a scarf and the other player must guide his teammate to catch the ball with his team's color and throw it into a basket, where all its players will have put the balls with the team's color in the basket.
3. The group is divided into two people, and they hold a rope with the 2 ends tied. If they stretch it, they create a guide and they have to guide a big ball inside it to make a basket. You place the basket between them and when the ball rolls down the guide rope, they have to open it, so the ball goes into the basket.

### Accuracy Games

1. Each player with the archery game must collect points for his team. He has 2 arrows at his disposal and the target is placed at a distance of 15m.
2. We place a scored cork target and each player shoots 3 darts. The winning team is the team that collects the most points in total
3. The player places a ball on his knees and after passing 3 zig zag obstacles throws the ball on the ground to enter a hole. He has 3 attempts to get the ball in and score points for his team.

### Balance Games

1. We place a beam on the ground on top of a cylinder. (Seesaw) the entire team must climb onto the beam to balance for 10 seconds.



2. We place a strap at 6m from one tree to another. With the help of a teammate, each player must walk on the belt from one point to another.

3. Each player walks on a large cylindrical log and must travel a distance. Then the next player on the team goes up and continues with the trunk. In this game there is help from the other teammates as they keep the player balanced. The goal is for all players to lead the trunk to the finish line.

### **Speed Games**

1. We place glasses on the ground, inside some of them we have placed a coloring with balls. There are as many balls as there are players. So, each player has to run and pick up the glasses and find their team's ball to put in a bucket. The team wins when they find all the balls.

2. Holding 2 thin sticks per two players we place a ball inside them. The players must drive the ball to the basket after passing some obstacles without falling.

3. We give each player a pipe and place the players in a row. We drop a ball into the pipe of the first player and it must pass through the pipe of the others without falling to the ground. Aim to travel a distance and place the ball in the basket. All games are safe, and the goal is player cooperation.

Some games are timed, and some are scored. So, in the end the winning team is the one with the best score and the fastest time.

**cost €60/person.**

**Minimum number of people 10.**

Depending on the number of people there may be a corresponding discount.

## **8 SURVIVOR GAMES**

We divide people into two or more groups Each team will have a leader from us to run the matches smoothly and to guide 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 will have to compete in the following games:

1) At the start of the game the player will have to crawl through the first "obstacle" which is a net and some ropes. Coming out he will have to walk on a belt that is supported on the ends of two trees. For help, we will have another rope in the air that can be held so that he does not lose his balance. If he loses his balance, he must start all over again walking on the leash. Then holding two thin rods he should support a ball and carry it to the basket. If the ball falls, the game must start again from the beginning. Then he should pick up some glasses that are on the ground and find 3 balls with the coloring of his team. After he completes the competition, the final accuracy game follows. We have a vertical plywood board with some holes where the player will have to basket 3 balls. The winner is the one who will finish the races first. Competition time per person approximately 5-10 minutes.

2) At the beginning of the game we close the player's eyes and after following the instructions of a teammate he must pick up a ball from the ground and put it in a basket. Then (with eyes open) he should roll 3 tires alternately and put them on a metal stake. Then with a tube and a



ball, he will have to drive the ball through some aerial tubes and at the end the ball will fall back into his tube, and he will throw it into the basket. If the ball falls, the game must start over. The next game is the maze. Holding a wooden maze in his hands, he must lead a ball into a hole. After completing the competition, he should place a ball on his knees and after passing some obstacles, put it in the basket. If the ball is dropped, the game must start over. Finally comes the accuracy game. We have supported some small logs on a table and the player should knock them off the table by throwing some balls. The winner is the one who will finish the races first. Competition time per person approximately 10-15 minutes.

**cost €60 / person.**

**Minimum number of people: 10**

## **9 ARKADIANI Village**

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 Arcadiani 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.

**Activity A:** Reception and tour of the surrounding outdoor areas, the threshing floor, the fields and the vegetable gardens- **Bread kneading**, Guided tour of all the sites of Arcadia (workshop, Museum of Cooking Utensils and the Library)- Cooking class making local and seasonal recipes - Full lunch with wine, refreshments- **Visit and guided tour of the Museum of Primary Education**, Walk in the village with a visit to a traditional house if possible.

**Prices for persons (with VAT):**

**2 people: €100/ person**

**03 up to 15 people: €50/person**

**16 to 25 people: €35/person**

**Activity B:** Visit to the sheep farm and cheese tasting and LUNCH in Arcadiani.- Visit and guided tour of the Museum of Elementary Education (with VAT).

**2- 20: €35/person**

Only MEAL in Arkadiani (without guided tours of the Arkadiani sites)

+includes 4 types of cheese (if the time is convenient depending on the excursion, the shepherd can play the flute).



**Activity C: it takes 7 days early Booking.** Visit to the deer farm and tasting of liqueurs or Wines from the organic estates of Spyropoulou winery and lunch there. Includes 6 types of liqueurs or 6 types of wine with accompanying nuts picked on the estate.

Herbal medicine workshop

- Practical workshop, Botanical walk- tinctures with an approved botanist- Phyto therapist. Walk through a landscaped estate where there are free range deer to feed. Herb tasting included.

**6 – 20: €90/person**

Food in this case is optional and upon order. Confirmation from estate: Monday- Sunday- Tour start time? 10 am. **100% prepayment upon booking.**

Cancellation policy: less than 3 days cancellation 100% refund- 3 days earlier: 50%.

We give our guests the opportunity to choose the activity they are interested in, and we create tailor-made experiences for them, and they can be from couples to larger groups.

## 10 MAINALO 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.

## 11 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.**





## 12 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
- Horseback riding excursions with picnics
- Guidance and walking
- Riding lessons
- Rides in the manege
- Acquaintance with horses for our little friends

**Cost: 35€ / person for 25 minutes and 35€/ person for 1 hour**

### 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.

Services provided by Third Parties, such as indicative tours, guided tours, vehicle rental, transfer or taxi services, sports, winter sports as well as other services charged 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.