



Meet Arcadia and beyond
Experiences in Nature and in History



MEET THE CONTEMPORARY PARADISE OF ARCADIA

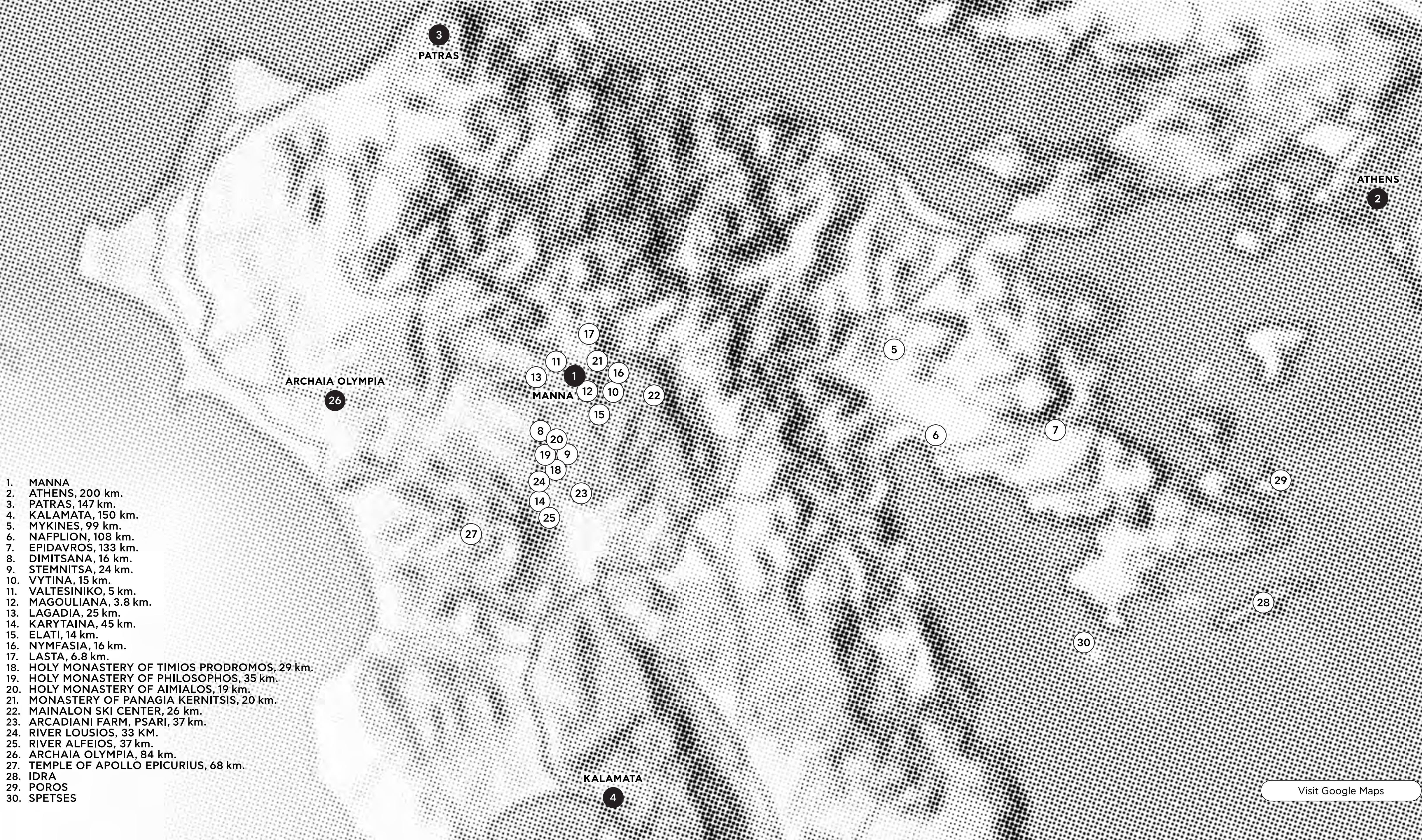
From scenic hiking trails and traditional stone-built settlements to authentic local cuisine and breathtaking natural landscapes, Arcadia offers a perfect blend of relaxation, adventure, and authentic Greek hospitality.

Nestled in the heart of the Peloponnese, just 2 hours from Athens, Arcadia is a land of timeless beauty where majestic mountains, picturesque villages, lush forests, and rich history come together to create an unforgettable destination. For centuries, the enchanting landscapes and harmonious way of life of Arcadia inspired the celebrated Arcadian Ideal—a symbol of pastoral perfection and idyllic living—and continue today to embody the contemporary Paradise of Arcadia, where nature, culture, and authenticity create an experience that speaks to the heart.





- 1. MANNA
- 2. ATHENS, 200 km.
- 3. PATRAS, 147 km.
- 4. KALAMATA, 150 km.
- 5. MYKINES, 99 km.
- 6. NAFPLION, 108 km.
- 7. EPIDAVROS, 133 km.
- 8. DIMITSANA, 16 km.
- 9. STEMNITSA, 24 km.
- 10. VYTINA, 15 km.
- 11. VALTESINIKO, 5 km.
- 12. MAGOULIANA, 3.8 km.
- 13. LAGADIA, 25 km.
- 14. KARYTAINA, 45 km.
- 15. ELATI, 14 km.
- 16. NYMFASIA, 16 km.
- 17. LASTA, 6.8 km.
- 18. HOLY MONASTERY OF TIMIOS PRODROMOS, 29 km.
- 19. HOLY MONASTERY OF PHILOSOPHOS, 35 km.
- 20. HOLY MONASTERY OF AIMIALOS, 19 km.
- 21. MONASTERY OF PANAGIA KERNITSIS, 20 km.
- 22. MAINALON SKI CENTER, 26 km.
- 23. ARCADIANI FARM, PSARI, 37 km.
- 24. RIVER LOUSIOS, 33 KM.
- 25. RIVER ALFEIOS, 37 km.
- 26. ARCHAIA OLYMPIA, 84 km.
- 27. TEMPLE OF APOLLO EPICURIUS, 68 km.
- 28. IDRA
- 29. POROS
- 30. SPETSES



THE VILLAGES OF ARCADIA

Discover the timeless charm of Arcadia with a scenic village-hopping experience through some of Peloponnese's most picturesque stone-built settlements. A captivating journey that combines history, culture, and natural beauty, revealing the authentic soul of mountainous Arcadia.



THE VILLAGES OF ARCADIA

Wander through the cobbled streets of Dimitsana, Stemnitsa, Vytina, Valtesiniko, Magouliana, Lagadia, and Karytaina, where traditional architecture, mountain landscapes, and rich history create an unforgettable journey.

Lagadia

The so-called "hanging village" impresses with its stone-built houses, built by the famous Lagadian craftsmen, and its old watermills.

Stemnitsa

Explore the traditional mansions, the historic Silver and Goldsmithing Museum, and the nearby Monastery of Panagia Kernitsa.

Valtesiniko

Admire the beautifully preserved stone houses, the Church of the Dormition of the Virgin, the Monastery of Agios Nikolaos built on the rock, with great history and an excellent view of the Kapsali gorge and the serene mountain surroundings.

Karytaina

Visit the medieval castle overlooking the village and the historic stone bridge on the Alfeios River.

Dimitsana

A charming mountain village renowned for its rich history, traditional stone architecture, and breathtaking natural surroundings. Visitors can explore fascinating landmarks such as the Open-Air Water Power Museum and the historic monasteries of the Lousios Gorge.

Vytina

Stroll along the famous Lovers' Road, visit the Church of Saint Tryphon with its black marble bell tower, and enjoy the lively central square with its traditional coffee shops and local taverns.

Magouliana

Discover the highest village of the Peloponnese, at 1365 m. altitude, renowned for its lush forests, natural springs, and panoramic views.

THE MONASTERIES OF ARCADIA

Among the most impressive sights of mountainous Arcadia are the Monastery of St. John the Baptist (Prodromos), the Monastery of Philosophos, St. Nicholas (Agios Nikolaos) at Veltesiniko, Aimeyalon Monastery and Panagia Kernitsis, all built at imposing locations overlooking the Lousios Gorge.

The Holy Monastery of Timios Prodromos, founded in the 16th century, impresses with its unique location and its serene atmosphere, literally built on the rock. The Old Monastery of Philosophos was founded in 963 AD and played an important role as a center of education and spirituality during the Byzantine period, offering visitors a fascinating glimpse into history and heritage.

Surrounded by the magnificent natural landscape of the area, these sacred places are still operated by monks, offering a unique combination of spirituality, culture and stunning views.

The tour of the Monasteries can be done on your own or with a private guide and transfer. To visit the monasteries within the Lousios Gorge, the use of comfortable shoes and modest clothing is strongly recommended.

Opening hours
10:00 - 13:00 and 17:00 - 19:00

Opening hours for the public
may change depending on the season



Monastery of Agios Nikolaos, Valtessiniko



Holy Monastery of Timios Prodromos

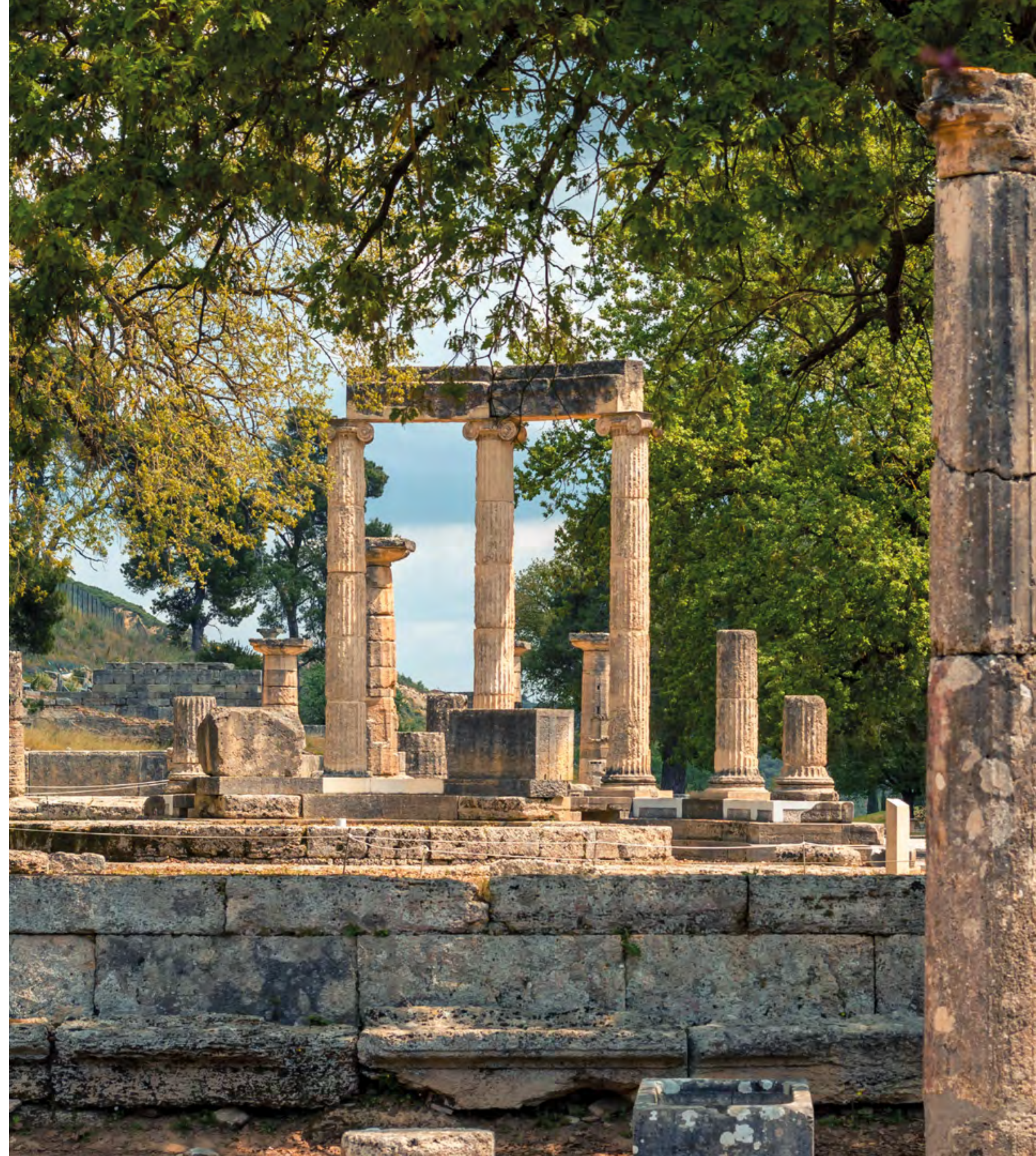


VISIT ANCIENT OLYMPIA

Surrounded by beautiful landscapes and home to the fascinating Archaeological Museum of Olympia, Ancient Olympia provides a journey into the origins of one of the world's greatest sporting traditions, making it an unforgettable stop for history and culture enthusiasts.

Ancient Olympia is one of Greece's most remarkable archaeological sites, known as the birthplace of the 1st ever Olympic Games. It offers visitors the chance to explore impressive monuments, including the Temple of Zeus, the ancient Olympic stadium, and other monuments that reflect the rich history and culture of ancient Greece.

The tour can be done privately via own car, or with a private guide and transfer. Surrounded by beautiful landscapes and home to the fascinating Archaeological Museum of Olympia, Ancient Olympia provides a journey into the origins of one of the world's greatest Events, making it an unforgettable stop for history and culture enthusiasts.





TEMPLE OF APOLLO EPICURIUS

Built by Iktinos, the architect of the Parthenon, the Temple of Apollo Epicurius Bassae is an archaeological site in the Peloponnese, just 68 km. from MANNA.

It is renowned for the exceptionally well-preserved Temple of Apollo Epicurius, built between 450 and 400 BC. Considered one of the finest, best preserved and most innovative ancient Greek temples, it features early use of the Corinthian order and a unique interior frieze. Dedicated to Apollo, the God of light, music and poetry, it is a masterpiece of classical architecture and became the first Greek site inscribed as a UNESCO World Heritage Site.

It is a site that can be combined with a visit to the picturesque villages of Dimititsana, Stemnitsa, Andritsaina, Karytaina and Elliniko.

Visiting hours:

Summer period 1st April – 30th October, 08.00 a.m-20.00 p.m

Winter period: 1st November – 31st March 08.00 a.m – 15.00 p.m

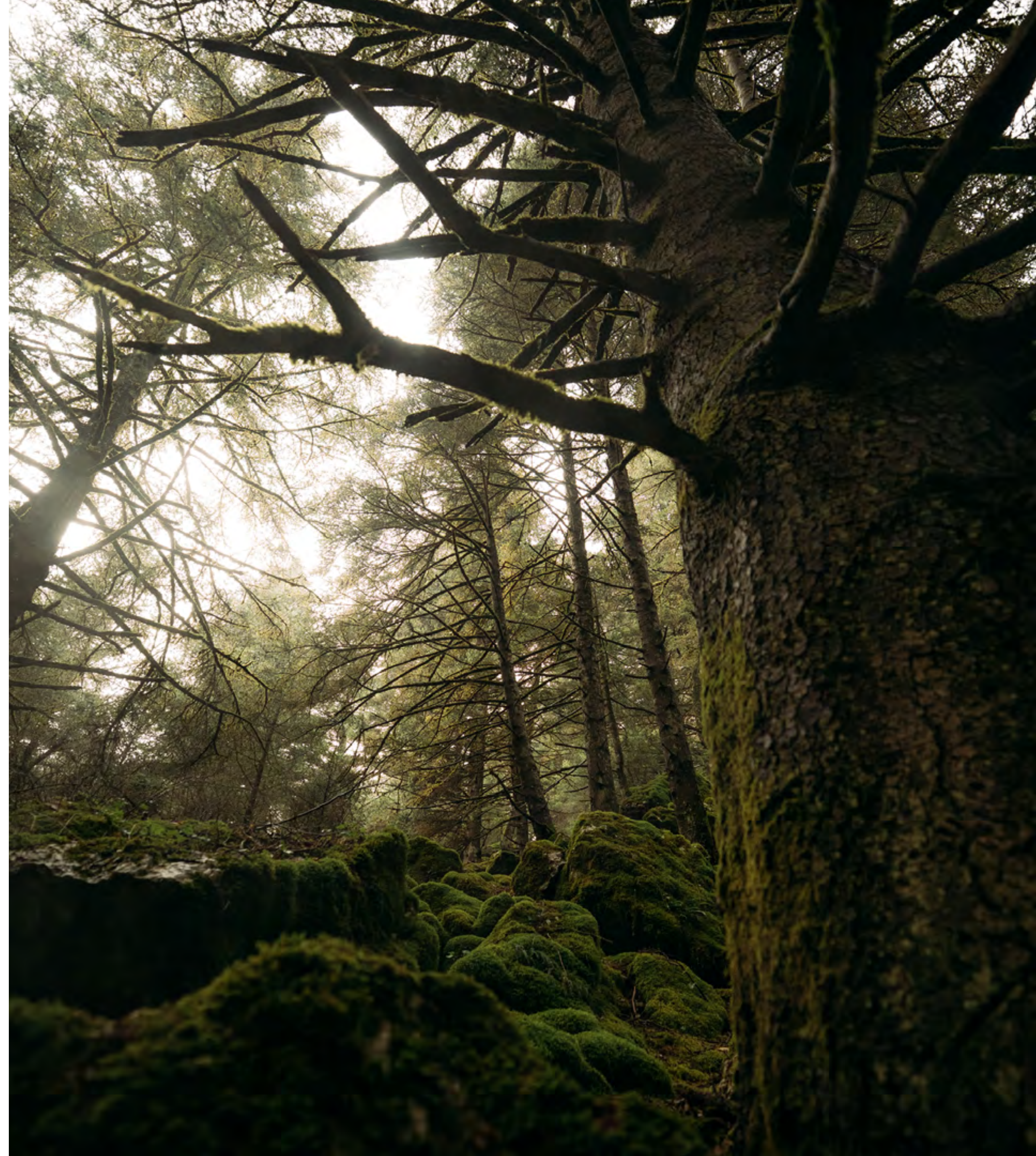
Distance from MANNA: 68 km.

By car: 1.45'

TREKKING

This is best way to explore the breathtaking beauties of Mount Menalon and a truly unique invigorating experience, through the virgin untamed fir forest and the pebble stone, traditional, picturesque villages.

We hike through all sections of the certified Menalon Trail the 1st certified trail of Greece, in the E4 European trek, which has a total length of 75 km.





Sections of the Menalon Trail alongside the pristine waters and river pools of the local Mylaon river:

[Visit Menalon Trail Website](#)

Forest trail running

in the footsteps of Panas" with a certified guide, an experienced mountain runner. The activity can be customized in duration and difficulty.

Cost for 1-2 hours duration
130€ for 1 person
190€ for 2 persons
80€ for 3 persons and more

For 2-4+ hours duration (experienced runners)
180€ for 1 person
250€ for 2 persons
100€/person for 3 persons and more
(October - May, limited availability)

MANNA – Valtesiniko Village

Duration 1,5 hour - 5 km.
Cost: 50€/person
Minimum number of participants: 4 persons
Private hiking upon availability.
Cost according to route.
Possibility of pickup and return to MANNA (included in the cost)

Dynamic hiking

on circular routes in the forest. It is recommended for experienced hikers who want to discover the footsteps of "Panas" in the virgin forest on secret, demanding routes. Included: Certified experienced mountain guide, snacks with traditional local products, hiking poles.

Duration of activity depends on the level, from 3 to 7 hours.
Cost: 160€ for 1 person
230€ for 2 persons
and 90€ for three persons and more.

Paleohori Elatis - Pirgaki

Duration 1,5 hour - 4,5 km.
Cost: 50€/person

Elati - Vytina

Duration 3.5 hours - 9 km.
Cost: 70€/person

The above trails are part of the Mainalon Trail surrounded by the flora and fauna of the area. Paths are full of seasonal herbs and mushrooms. The hikes include one companion for every 10 people. Hiking shoes or boots are recommended.

Marked Trails of Menalon Trail:

[Visit Menalon Trail Website](#)

Stemnitsa - Dimitsana
Duration: 5 hours
Lenght: 12,5 km.
Difficulty Level: 4/5

Dimitsana - Zigovisti
Duration: 2 hours
Lenght: 4,2 km.
Difficulty Level: 2/5

Zigovisti - Elati
Duration: 5 hours
Lenght: 14,9 km.
Difficulty Level: 4/5

Elati - Vitina
Duration: 2,5 hours
Lenght: 8,5 km.
Difficulty Level: 2/5

Vitina - Nimfasia
Duration: 2 hours
Lenght: 5,6 km.
Difficulty Level: 2/5

Nimfasia - Maguliana
Duration: 3,5 hours
Lenght: 8,9 km.
Difficulty Level: 4/5

Maguliana - Valtesiniko
Duration: 2,5 hours
Lenght: 6,6 km.
Difficulty Level: 2/5

Valtesiniko - Lagkadia
Duration: 5 hours
Lenght: 13,9 km.
Difficulty Level: 2/5





Hiking in the Gorge of River Lousios, visiting the Monasteries of Prodromos and Philosophos, followed by a swim in the pools of Lousios

Possibly the most impressive route in the area, combining the history and culture of the region with a magical hiking route with many changes in the landscape.

Starting from the restored Watermill and waterpower Museum at Dimitsana, with a view towards the gorge, we walk on a paved path between the old watermills.

Heading up to the Monasteries of Philosophou and Prodromou with their thematic library and exhibition of traditional costumes.

Now the trek enters deep into the into the gorge and the sound of water accompanies us until we reach the impressive Monastery of Prodromos, which has been hanging

in the rocks since the 9th Century! The final stop is Ancient Gortyna with its imposing bridge. Here, the river creates small pools ideal for a refreshingly cool 'rehab' swim in its pristine cool waters.

Long Route

Length: 9 km.

Duration: 4,5 hours

Difficulty Level: Moderate

Physical Condition: Very Good

Cost: 70€/person

Participants: 2+

Short Route

Length: 5,5 km.

Duration: 2 hours

Difficulty Level: Moderate

Physical Condition: Good

Cost: 60€/person

Participants: 2+

TREKKING & WILD TRUFFLE HUNTING

October – April

A rejuvenating trek deep in the untamed fir forest, where we search for the precious black Autumn and Winter truffles, with the help of a specially trained Lagotto Romagnolo dog and our certified guide.

In the fir forest of Arcadia on a safe circular 4-kilometer path, 'Bianca' the dog, will teach us the secrets of truffle. The trail is part of the Menalon Trail and takes place in parts, alongside the local Mylaon river, it's small waterfalls and river pools.

After the hike, a fresh truffle tasting awaits us

Duration: 3-4 hours

Cost: 110€/person





ARCHERY & SURVIVOR GAMES

A game designed to promote healthy competition, team spirit, fun, and bonding among participants.

Archery

Archery is an Olympic sport and was once used in foraging. We follow the circular path of 4 kilometers Elati – Pirgaki, 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: 2 hours
Cost: 70€/person
Minimum number of participants: 10 people

Survivor Games

This activity involves dividing players into two or more groups, each led by a certified guide to ensure the smooth running of the games. Participants compete in a series of challenges set in the Vytina forest, using safe equipment such as wood, ropes, straps, balls, and tires.

Duration: 3 hours
Cost: 80€/person
Distance from MANNA, estimate of 20' drive.

MOUNTAIN BICYCLE

Explore the untamed nature
of the fir forests of Mount Menalon with
a Mountain bike and with the help
of our certified guides.

This experience can be done with either a conventional Mountain Bike or an electric one
and with the guide and assistance of our certified trainer guide

Electric bike
Cost of renting with a guide
1 person: 130€
2 persons and more: 65€/person
Cost of renting without a guide:
50€/person

Conventional bike
Cost of renting with a guide
1 person: 100€
2 persons and more: 50€/person
Cost of renting without a guide:
40€/person

You may also follow the guides
on the cycling routes with your own bike
1 person: 80€
For 2 or 3 persons: 45€/person
For a group of 4 persons and more:
35€/person

Or rent a bike for the day. A necessary condition for participation in the cycling routes, are guests must be over 13 years old. 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.





COOKING COMPETITION

Corporate Program

Guests are divided into two groups, and each group designates a judge who will taste the dishes of the competition.

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.

At the end, the judge will rate the dishes with '10' being the best.

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

Duration: 1-1,5 hour

Minimum number of participants: 10 persons

Cost: 70€/person



ARCADIANI FARM

Located 50 minutes from MANNA,
in the village of Psari, Arkadiani
traditional farm offers authentic
experiences that blend local tradition,
gastronomy, and nature.

Experience A´ **“Symbols & Pasta Traditions”**

Discover the art of traditional decorative
bread kneading, learn about Arcadian
pasta-making traditions, and enjoy a meal
featuring local flavors.

Experience B´ **“From Garden to Table”**

Harvest fresh ingredients from the organic
garden, take part in a traditional pie-making
workshop, and savor an authentic meal
prepared with seasonal produce.

Duration: 2–2,5 hours

Cost:
2 to 5 persons: 125€/person
6 to 15 persons: 80€/person
16 to 25 persons: 60€/person





RAFTING & MINI RIVER TREKKING AT THE PRISTINE WATERS OF RIVER LOUSIOS

The magnificent view through the river
and towards landscapes that are not
accessible from other points, crossing
canyons and unspoiled nature
are just some of the features
of this experience

We provide all the necessary equipment to protect from 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.

The group consists of approximately 6-8 people who are guided by an experienced and certified guide.

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 take commemorative photos and videos with waterproof equipment.

Weather permitting, we are also given the opportunity to rappel on the 40-meter-high village bridge.

Cost: 60€/person. (does not include food and travel expenses)

HORSE RIDING

If you find yourself in Vytina or the nearby villages of Stemnitsa and Dimitsana, don't miss a ride with the horses in the fir forest.

This is a dreamy life-changing experience of horse riding in the virgin fir forest. The horses are treated with love and care and are tamed and loving towards people.

Horseback riding on the paths of Menalo

Free riding

Guidance and walking

Riding lessons

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

A 40-minute horseback ride through the fir forest of Menalo
Cost: 25€/person

A 60-minute horseback ride through the fir forest of Menalo
Cost 35€/person





MENALO SKI CENTER

Just 26 km from MANNA (30' by car),
Menalo Ski Center is located
on the Ostrakina plateau at an altitude
of 1600 meters.

It consists of 7 slopes with lifts, ideal for beginners and more experienced skiers.
At the Menalon Ski Center there is also a chalet for snacks, relaxation and drinks.



UPDATE TO GUESTS

All prices include VAT.

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 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.

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