



MANNA EXPERIENCES IN NATURE & IN THE FOREST 2025



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## ACTIVITIES IN NATURE AND IN THE MOUNTAINS

### 1. Trekking

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

We suggest the following sections of the Menalon Trail alongside the pristine waters and river pools of 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 surrounding breathtaking virgin nature, the flora and fauna of the area, and mini-seminars on mountain survival.

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

3. **MANNA – Valtesiniko 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- Valtesiniko. Duration: 2,5 hours. Length 6,6χλμ. Difficulty: 2/5
8. Valtesiniko- Lagkadia. Duration: 5 hours. Length 13,9χλμ. Difficulty: 2/5

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



## **2. Hiking in the Gorge of River Lousios, visiting the unique Monasteries of Prodromos and Philosophos, and finally a refreshing 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 that will not disappoint even the most demanding hikers!

Starting from the restored Watermill and waterpower Museum at Dimitsana, with a view towards the entire gorge, we walk on a paved path between the old watermills! We get a small taste of Lousios River after crossing it for the first time and heading up to the Monasteries of Philosophoy and Prodromou with their thematic library and exhibition of traditional costumes. Now the trek enters deep 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 12th century! The traditional treat from the monks is necessary to help us gain strength and descend towards the finish line. 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, after 4 hours of hike.

- Long route: Length: 9 km Duration: 4.5 hours Difficulty level: moderate Physical condition: very good, Price: 70€/person, Participants: 2+
- Short route: Length: 5.5 kilometers Duration: 2 hours Difficulty level: Moderate Physical condition: good Price: 60€/person Participants: 2+

## **3. Archery & Trekking**

Archery is an Olympic sport and was once used in foraging. We follow the circular path of 4 kilometers Elati – Pargaki, 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

## **4. Mountain Bicycle**

Explore the untamed virgin nature of the fir forests of Mount Menalon with a Mountain bike and with the guide of our certified guides. This unique exercise and rejuvenating mountain experience can be done with either a conventional Mountain Bike or an electric one and with the guide and assistance of our certified trainer and guide. 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 may also 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

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.

## 5. Trekking & Wild Truffle Hunting

A unique rejuvenating trek deep in the untamed fir forest, where we search for the precious truffles, with the help of specially trained Lagotto dogs and our certified guide. Trekking between picturesque pebble stone villages, deep in the Arcadian nature of Mount Menalon, we search the forest to find the precious wild truffle. Truffles coexist and grow at 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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## 6. 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

## **7. Survivor Games**

A unique game that helps to promote healthy competition, team spirit, fun and bonding among members.

- We divide people into two or more groups.
- Each team will be lead by a team member of the certified guides, to assist the smooth running of the games.
- Each player may bring a point to their team, once completing the competitions first (speed, technique and accuracy factors)
- 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

## **8. Cooking Competition – corporate program.**

Thematic dish “Wild Mushroom Barley”

A fun way to bring the team together and exercise collaboration and team spirit. Guests are divided into two groups, and each group designates a judge who will taste the dishes of the competition. The teams have 5 minutes to think of the way to execute the recipe and create the dishes in the two cooking counters available. 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

Cost: 70€ / per person

Minimum number of participants: 10 persons



## **9. Culinary and cultural experience in ARCADIANI**

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 towards the mountain and the picturesque village of Karytaina, the "Arcadiani" Multispace was created a few years ago. The people who envisioned the creation of Arcadiani wanted to revive the values of the Arcadian lifestyle with local products and 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 traditional products, a restaurant that serves simple cooking for every season with pure ingredients from the farm's vegetable garden, wood-fired ovens, the Cooking Museum with collections of old recipe books and kitchen tools, the Secondhand Bookshop, the Theater as well as the Museum of the Primary School, all make up the Multispace of Arcadiani.

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

Part 1: Tour in the fields and Veggie pickings.

Part 2: Visit the traditional workshop

Part 3: Bread making in wood fire oven

Part 4: Traditional local feast

Part 5: Shopping at the gift shop (optional)

Part 6: 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

### **Arcadiani 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 the agro-tourism deer farm with local liquor tasting, herbal therapy, herb collection, and tinctures with a distinguished herbalist.

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

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

Both options include:

- A 100% edible essential oil, a gift for each guest.
- 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 the farm trees, 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. In the meantime, 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 people: 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 a 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.

Duration: 1-1,5 hour

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

Up to 15 people: 75/ per person

5. Cooking Class with a local mum

We return to Arcadiani 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 the farm 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 people: 120€/ per person

5 up to 15 people: 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 Menalon (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 is the closest ski center to Athens, situated in one of the most beautiful fir forests of the country, famous for its legends and its beauty.

### Tracks

Menalo Ski Center has seven slopes served by three sliding lifts:

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 level 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 snow hawk 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 at the beginning of 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 where one may enjoy the plastic ski mats.

### 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 and mini river trekking at the pristine waters of River Lousios.

Lousios is the only river in Greece that has enough water for rafting all year round. It is the closest to Athens for rafting and river trekking in breathtaking nature. 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 unique features of this experience. 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. After our return to the base and weather permitting, we are also given the opportunity to rappel on the 40-meter-high village bridge. 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.

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



## **11. 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.

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

- Horseback riding on the paths of Menalo
- Free riding
- Guidance and walking
- Riding lessons
- Acquaintance with horses for our little friends

**A 40-minute** horseback ride through the fir forest of Menalo, costs **25€ per person**.

**A 60-minute** horseback ride through the fir forest of Menalo, costs **35€ per person**.

### **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.