



EXPERIENCES IN NATURE & IN THE FOREST 2026



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- Pírgaki:** duration 1,5 hours, 4-5 kilometers.
Cost: 50€ /person
2. **Elati- Vytina:** duration 3.30 hours, 9 kilometers
Cost: 70€ /person
3. **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€ per person, 190€ for two, 80€ for three persons and more.
For 2-4+ hours duration (experienced runners): 180€ per one person, two pax. 250€ and 100€ for 3 pax. and more per person. (October- May, limited availability)
4. **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€ per one person, 230€ for two persons, and 90€ for three persons and more.

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.

5. **MANNA – Valtésiniko Village:** duration 1,5 hour, 5 kilometres. Cost: 50€ / per 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)

Marked Trails of [Menalon Trail](#)

1. Stemnitsa- Dimitsana. Duration: 5 hours. Length 12,5km. Difficulty: 4/5
2. Dimitsana- Zígovisti. Duration: 2 hours. Length 4,2χλμ. Difficulty: 2/5
3. Zígovisti- 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- Valtésiniko. Duration: 2,5 hours. Length 6,6χλμ. Difficulty: 2/5
8. Valtésiniko- Lagkadia. Duration: 5 hours. Length 13,9χλμ. Difficulty: 2/5

Cost: 70€ /person /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 Philosophou 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 – 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: 3 hours

Cost: 80€ /person

4. Mountain Bicycle

Explore the untamed virgin nature of the fir forests of Mount Menalon with a Mountain bike and with the help 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 guide:

1 person:

100€/person for a conventional Bike

130€/person for an electric bike

2 persons and more:

50€ / person for a conventional Bike

65€ /person for an electric bike

Cost of renting a bicycle without a driver, 1 person or more:

40€/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€ for 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 (October – April)

A unique 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

Cost: 110€/person

Duration: 3-4 hours

7. Survivor Games

A unique game designed to promote healthy competition, team spirit, fun, and bonding among participants, 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: 3-4 hours

Cost: 70€/person

Minimum number of participants: 10 people

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 Farm

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" Farm was created a few years ago by the people who envisioned the revival of the Arcadian lifestyle with local products and traditional recipes.

EXPERIENCE A – “Symbols and Dough Creations” – The Art of Embroidered Bread

An authentic, hands-on experience that highlights the soul of Arcadian tradition through the art of bread-making. Participants are introduced to the symbolism of traditional “embroidered” wedding breads and create their own handmade designs, which are baked in a traditional wood-fired oven. The experience is enriched with a demonstration of traditional pasta-making and a guided tour of the Gastronomy Museum. Followed by a curated meal based on local recipes and pure ingredients, offering a complete connection to the cultural and gastronomic heritage of Arcadia.

EXPERIENCE B – “From the Vegetable Garden to the Plate” – Cooking Class & Full Meal

A complete “farm to table” experience that combines nature, creativity, and gastronomy. Visitors begin by harvesting fresh, seasonal ingredients from the organic vegetable garden, discovering the importance of sustainable cultivation. They then take part in a traditional pie-making workshop, learning the art of handmade phyllo dough and creating their own recipe, which is baked in a wood-fired oven. The experience concludes with a presentation of traditional pasta, a guided tour of the Gastronomy Museum, and an authentic meal that highlights the freshness and simplicity of local cuisine as a form of modern luxury.

EXPERIENCE C – “The Shepherd’s Legacy” (Premium Experience)

A unique premium experience offering a rare glimpse into the authentic world of the Arcadian countryside, combining privacy, knowledge, and high gastronomy. Visitors take part in an immersive experience alongside a herd, with a local livestock farmer sharing stories and insights about the region’s biodiversity and its importance to product quality. The experience continues with a refined picnic in nature, where selected local cheeses, wines, and traditional delicacies are presented through a curated tasting. The day concludes with a special degustation menu at the restaurant, based on a farm-to-table philosophy, offering complete experience of authentic luxury and a deep connection to the land.

ALL WORKSHOPS, THE FOLLOWING APPLY:

Duration: 2–2.5 hours

- Cost: 2 to 5 people: €125 per person
- 6 to 15 people: €80 per person
- 16 to 25 people: €60 per person

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.

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 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.