



# MANI HIKING & MORE

Hiking Escapes

Off Road Escapes

Cultural & Historic  
Routes

Wellness & Fitness

Canoe, Diving  
& Boat rides

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## Guided e-Bike Tours

From the turquoise sea to the rugged inland, you will explore this breathtaking landscape in a sportive yet stress-free way. Hop onto your e-bike and cruise along the coast, bike through fields and old charming villages.



## Hiking Escapes

For beginners and experienced hikers

Discover the area of Mesa Mani, its wild yet magnetizing nature and its cultural elements. Explore this historic area, reconnect with nature and enjoy all it has to offer.

Daily escapes / 3hour / 5hour

Group: Min 2ps / Max 8ps

## Cultural & Historic routes

Through various routes that cross the area from end to end, we can discover historic temples (6th-12th century) and important religious sites of great interest.

Group: Min 2ps / Max 8ps

## Off Road Escapes

Excursions by 4X4, the real experience

Enjoy the evocative landscapes of Mani and get to know its history, tradition, and unique architecture with our on/off road routes of 90km. Through mountains, stone-built traditional villages of unique beauty and points of interest we discover Mesa Mani. Possibility for pit-stop in a traditional tavern with local dishes.

Group: Max 4ps

## Indulge Yourself!

After all, this is the land of purification

Canoeing rides starting from Gerolimenas, including stop-and-swim on a secluded sandy beach (canoe access only). Boat rides in Eastern Mani and Elafonissos (performed by our partner). Diving in the Laconian sea (by appointment).

**Tailor made routes & activities for more than 2 people:** by appointment

## Wellness & Fitness

### Massage Services

- Oliva Detox Massage
- Gaia Natura Massage
- Active Sparta Therapy

*at your hotel premises*



Yoga /  
Stretching  
Sessions

*at your hotel premises*