

COSTA  
NAVARINO

CULTURAL EXPERIENCES 2018  
Individuals



## **CULTURAL EXPERIENCES 2018**

In Costa Navarino, guests are encouraged to discover the beauty, history and culture of Messinia by engaging in authentic cultural experiences that enable them to become part of an age-long heritage. The Messinian Authenticity program offers a wide variety of intriguing activities to choose from and have the chance to interact with locals, taste traditional recipes and discover secrets taught from father to son .

At the same time, guests enjoy entertainment events in Agora addressing to all ages that include magic shows, music & theatrical performances and traditional gastronomical & cultural experiences.



## AUTHENTIC VILLAGE COOKING

Visit our picturesque village home and discover traditional Messinian cooking with the help of local women who will share authentic family recipes passed down from mother to daughter. You will learn how to prepare a typical full Messinian menu, using regional techniques and fresh ingredients, followed by meal and the opportunity to savor the food prepared while singing to traditional tunes.

Fee: 70€ p.p. (30€ kids under 12 y.o.)

Min-Max participants: 6 – 20 pax

Duration: 3hrs

Private option available





## WINE MASTER CLASS

Expand your enological knowledge at our Wine Master classes. Learn about Greek and local wines from the experts and assess the characteristics of certain Messinian Varieties. Tasting sessions are held at Enoteca, accompanied by savory snacks.

Fee: 35€ p.p.

Min-Max participants: 2 – 20 pax

Duration: 1hr

Private option available

## OLIVE OIL TASTING

Join a tutored olive oil tasting session in which you will learn by local experts how to discern the subtle flavors of the region's renowned extra virgin olive oil. Tasting sessions are held at Enoteca.

Fee: 35€ p.p.

Min-Max participants: 6 – 20 pax

Duration: 1hr

Private option available







## OLIVE HARVESTING

Experience first-hand one of Messinia's most enduring agricultural and culinary traditions, as you participate in each step of the olive's seasonal journey from tree to table. Harvest a quantity of olives the age-old way, visit a nearby mill where you will help make the oil and discern the subtle flavors of the region's renowned extra virgin olive oil, accompanied by a traditional snack.

Fee: 50€ p.p.

Min-Max participants: 10 – 20 pax

Duration: 2,5hrs

Private option available

Seasonal Activity: October & November





## WINE EXPERIENCE TOUR

Taste local and other Greek wines and discover their colors, aromas and flavors. Wine experts, leading this experience, will not only guide you through a unique tasting journey at the land where the life of wine begins, but also introduce you to the right food pairing with each wine you will taste.

Fee: 50€ p.p.

Min-Max participants: 6 – 20 pax

Duration: 2,5hrs

Private option available



## WINE HARVESTING

Wine grapes have been cultivated in Messinia since Homeric times. Share in the local knowledge, experience a private tour to the Navarino Vineyards, learn and participate in the grape harvesting and join a wine tasting seminar led by an experienced sommelier.

Fee: 50€ p.p.

Min-Max participants: 6 – 20 pax

Duration: 2,5hrs

Private option available

Seasonal Activity: August - September







## FARM TO TABLE COOKING EXPERIENCE

Messinia's rich soil and favorable climate prompted the 5th century BC Greek playwright Euripides to call it "the land of the good fruit". And today, a wide range of agricultural products from the region are in demand all over the world on account of their superior quality. So it is a fitting place for this illuminating "farm-to-table" experience, aimed at people who want to know more about what they are eating and where it comes from.

Visit the organic vegetable garden, collect the seasonal produce and enjoy a delicious outdoor meal surrounded by nature. The menu feature dishes prepared with the freshest local ingredients, while you meet people that share the same love for pure products and traditional recipes.

Fee: 70€ p.p. (30€ kids under 12 y.o.)

Min – Max participants: 5 – 15 pax

Duration: 3hrs

Private option available





## PHILOSOPHY WALK

**REVENGE** – seen through the prism of Moral Values and Justice

**POLITICS & PHILOSOPHY** – Is there such a thing as 'Uncorrupted Governors'? Thousands of years ago, Plato proposed how this may be possible...

Follow in the footsteps of the ancient Greek thinkers on a 'Philosophy Walk' against the idyllic backdrop of the Messinian countryside. Led by classical scholars, these walks offer a unique opportunity to discuss important modern-day issues through the prism of ancient Greek philosophical thinking and find answers to contemporary problems by drawing on the wisdom of the past.

Fee: 35€

Min – Max participants: 5 – 20 pax

Duration: 1hr

Private option available







## BOTANICAL TOUR

Groups of visitors are taken on a tour in both our vegetable and botanical gardens to discover the flora which is traditionally and environmentally connected with the region of Messenia. Local trees, flowers and herbs are related to old stories and myths, whereas garden vegetables remind us of the principles of the Mediterranean & Messinian diet. Guests discover all about Messinian nature and enjoy a herbs' drink

Complimentary activity

Duration: 1 hr



## ASTRONOMY NIGHTS



Astronomy Nights is an interactive experience at Costa Navarino organized by the Navarino Environmental Observatory and Navarino Natura Hall. As a visitor for this observing activity, you investigate the cosmos as conceived from a Messinian angle, in small groups under the guidance of trained staff.

This unique astronomical experience includes observation of planets, like Saturn and its rings, features on the Moon, Jupiter and its satellites, beautiful nebulae such as Orion, galaxies, stars and many others.

Complimentary Activity  
Duration: 1hr





## ART TOUR



**Art** is a fundamental aspect of the Costa Navarino experience, with original works by Greek and international artists forming an integral part of the interior design. A 90-minute guided tour of the art collections gives guests the opportunity to gain an appreciation of artworks and artifacts of the 17th-19<sup>th</sup> centuries.

Visitors are also introduced to more contemporary pieces, many of which were inspired by local nature and the projects undertaken at Costa Navarino to preserve the important natural habitats of the region. The tour concludes with a taste of local wine surrounded by artifacts and historical heirlooms.

Complimentary activity

Duration: 1,5 hr





## Navarino Natura Hall



Guests can enjoy free tours in Navarino Natura Hall, an interactive exhibition center which uses the very latest digital technologies to inform visitors and locals about the uniqueness and beauty of Messinia's natural habitats.





Blessed with fertile soil and an excellent climate, Messinia has for centuries produced agricultural products of the highest quality.

This fun outdoor activity by Sandcastle encourages children to discover nature at first hand so that they can better understand the connection between farm and fork. Kids become little gardeners as they learn to plant seeds and gather seasonal fruits. They will be spent with our chef preparing traditional recipes on the spot.

Fee: 32€

Duration: 2hrs





## LITTLE ARCHAEOLOGISTS IN ACTION



What better place for kids to enter the fascinating world of archaeology than Messinia? Home to two of the greatest sites in all of Greece – Ancient Messene and the Palace of Nestor – the region is alive with reminders of its glorious past.

This fun learning opportunity by the Sandcastle is ideal for children aged 4-11, who can go on a dig and discover hidden artifacts as well as study the finds, uncover their secrets, and become archaeological detectives as they try to crack the code of an ancient script.

Fee: 32€ p.p.

Duration: 2hrs





---

COSTA  
NAVARINO

---

