



### DAY 1- KALAMATA

- Accommodation at the Hotel Elite city resort
- Free time to relax on the beach
- Gastronomic dinner at the restaurant «Thalassaki», where you can try specialties from the region and original Greek cuisine, with a view to the Messinian Bay and the city of Kalamata.

### DAY 2 - KALAMATA (HISTORIC CENTRE) and ANCIENT MESSINI

- Breakfast and guided tour around the city: Historic and Folkloric Museum; Archaeological Museum; Castle of Kalamata, one of the most beautiful castles of Messinia; historical Monastery of St. Constantine & Helen. During the tour, you will also have the opportunity to stop and visit some traditional shops as Oikonomakos (Cured meat, sausage, cheese, olives. Foodtasting award, London 2003), where you can find all the traditional local products: honey, herbs, extra virgin olive oil of Messinia, original PDO Kalamata olives, the Papadimitriou products (mainly the balsamic vinegar, which is differentiated from any other balsamic vinegar in the world, as it is produced from 100% Corinthian currants, renowned since antiquity for its unique nutritional and antioxidant properties) etc.
- Gastronomic lunch at the restaurant «Milopetra» – a typical Greek restaurant where you can enjoy original Greek dishes cooked in olive oil
- After lunch, visit to Ancient Messini
- Free evening



**Info and reservations :**  
New Travels Agency  
7A Graf Ignatiev Str. , Sofia 1000 , Bulgaria  
Tel: +359 2 464 04 00  
e-mail: nta@nta.bg  
www.nta.bg



### DAY 3 - MANI & PYLOS REGION

- Breakfast and early transfer for visit to traditional olive oil mill SKARPALEZOS GEORGIOS GP Co, at Stavropigio – Mani.
- Transfer to Kardamili, visit of the old town
- Lunch at one of the restaurants along the beach.
- Return to Kalamata.
- In the early afternoon visit of Lagoon of Pylos (Yalova), a protected area of great natural and cultural interest, wildlife sanctuary and the first stop of migrant birds on their way from Northern Europe to Africa
- Free time
- Dinner in Yalova, at the restaurant ELIA or return to Kalamata and attendance of a performance of the International Dance Festival of Kalamata - One of the leading cultural events in the life of Kalamata. An event of high artistic standards, the Festival presents troupes and artists from all over the world, supports modern dance in Greece and organises seminars of dance with schoolteachers of international fame (July).

### DAY 4 - Breakfast

- End of programme

