



# AMANZO'E

Experience Guide





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## The Amanzoe Experience

Welcome to Greece, the cradle of Western civilisation, democracy, philosophy, medicine and theatre, and one of the most beautiful countries in the world. Perched on the top Agios Panteleimonas, a hill named after ‘the all-merciful saint’ on the coast of the Peloponnese, Amanzoe enjoys a prime position in a fabled part of the country – full of ancient sites and charming villages.

We would like you to experience this region to the full – from the barren peaks of its mountains to the vivid blues of the Aegean Sea, with valleys of olive groves scented with wild thyme and oregano in between – and will do our utmost to help you achieve this. Read on to find our favourite activities in the region.







## Revisit the Past

Amanzoe is ideally placed for exploring the region's historic islands and remarkable ruins. The wealth of nearby archaeological sites includes Epidaurus with its UNESCO-protected amphitheatre and Sanctuary of Asklepios, the legendary citadel of Mycenae, the theatre of Miletus, Didyma's caves, the Temple of Hera close to Argos, the Byzantine monastery of St Dimitrios and Nafplio, the first capital of modern Greece. Day trips can be arranged with a personal driver and a tour guide at the attraction/s, followed by dining in a local restaurant, or a picnic basket to enjoy in a private natural setting. Alternatively, transport can be arranged between Amanzoe and multiple sites via private helicopter, allowing considerably more time at each site.

### Nafplio Town

Full of storied monuments dating from ancient and medieval times, the historic town of Nafplio is situated just 65 kilometres from Amanzoe. The town also played a major role in the history and creation of modern Greece, as it hosted the first Greek parliament after the Greek War of Independence and became the state's first capital in 1828. Before Independence, Nafplio was ruled by a host of conquerors including the Byzantine and Ottoman Empires and the Venetians. Over the centuries, the different occupying forces left their mark on the architecture and culture of Nafplio, imbuing it with the unique and cosmopolitan atmosphere it has today.

Renowned for its neoclassical architecture, the imposing Palamidi Fortress overlooking the city and the Bourtzi Castle set on an island in the middle of the harbour, Nafplio is a charming town to wander. The quaint streets of the old town are shaded by bougainvillea and lined with restaurants and shops, while jazz bars provide entertainment in the evenings.

### Spetses

The island of Spetses has a long and rich history, but the most interesting period is that of the Greek War of Independence and the Greek Revolution of 1821. Spetses was the first of the Greek islands to raise the flag of the Revolution on the morning of 3 April 1821 at the monastery of St Nicolas. Laskarina Bouboulina of Spetses, a very important and influential person in the Revolution, used her wealth to build and lead a navy after her husband's death. Today, Bouboulina's house is one of the most impressive places to visit in Spetses, among other mansions and museums.

Spetses offers not only an inspiring past, but also natural beauty. It is cosmopolitan yet traditional – an enchanting combination of quaint streets, pine forests and local charm with reminders of its rich history around every corner.



## Hydra

Hydra is a picturesque town on a peaceful island. As you approach the port, the statue of Andreas Miaoulis, a local war hero, welcomes you as he stares out to sea. From the water, you can see the impressive clock tower of Hydra, and stately old mansions climbing the hillside. No motor transport is allowed anywhere on the island: donkeys and water taxis provide the only means of getting around.

Hydra is as welcoming in the morning as it is in the evening, whether you wish to browse the shops, dine in the atmospheric restaurants or explore the museums. You may choose tour time according to your personal wishes, but please keep in mind that the heat of midday can be quite intense during the summer months.

The car journey from Amanzoe to the port of Metochi takes approximately 40 minutes, while the water taxi journey from Metochi to Hydra takes approximately 10 minutes.

For hiking enthusiasts eager to explore Hydra, embark on a guided journey with a professional trekker. Choose from a variety of scenic routes that wind through the charming old town and lead you to the tranquil coastline, offering breathtaking views and a unique experience of the island's natural beauty.

## Monemvasia

Nicknamed ‘the Gibraltar of the East’ or ‘The Rock’, Monemvasia is situated on a small peninsula off the east coast of the Peloponnese. The peninsula is linked to the mainland by a 200-metre causeway and consists mostly of a large plateau – 100 metres high, 300 metres long and one kilometre wide. The town and its famous fortress were founded in 583 by Greek refugees fleeing Slavic and Avaric invasions. The town became an important trade and maritime centre in the 10th century and was controlled in turn by the Byzantines, the Venetians and the Ottomans over the next few centuries. Today, the town's walls and many of its Byzantine churches remain from the medieval period, and walking its cobbled streets is like strolling back in time.

## Mycenae

Founded by Perseus, Mycenae was the golden city of ancient Greece, and is today a UNESCO World Heritage Site 100 kilometres from Amanzoe. The epicentre of the Mycenaean world, the city gave its name to a period and a civilisation that spread as far as the Mediterranean basin between the 16th and 12th centuries BCE. Mycenae is surrounded by mountains and fields offering glimpses of blue sea.

Situated about 300 metres away from the Mycenaean acropolis is the well-maintained Treasury of Atreus – also known as the Tomb of Agamemnon (son of Atreus and brother-in-law of Helen whose abduction by Paris started the Trojan War). Known as a tholos or ‘bee-hive’ tomb, it was built between 1,350 and 1,330 BCE. It is the largest and best preserved of the nine tholos tombs found in Mycenae. The colossal Cyclopean walls of Mycenae and the famous Lion Gate are other standout attractions – still impressive after more than 3,000 years.

## Didyma

Didyma lies in a small valley surrounded by a mountain range. Two of the most impressive sights in the vicinity are the Small and Big Caves, crater-shaped formations created thousands of years ago and shrouded in myths. The Big Cave is a wild place, a rocky home to many different species of birds. To reach the Small Cave visitors are required to descend some steps cutting directly through the rock. A 10-minute stroll takes you around the inside of the crater where you come across two tiny churches dedicated to St George and Church of Metamorfosi Sotiros (Transfiguration of Christ) built directly into the rock.

## Epidaurus

Situated in the East Peloponnese, just 51 kilometres from Amanzoe, Epidaurus is home to the Sanctuary of Asklepios, a UNESCO World Heritage Site. The site – which includes a renowned amphitheatre – is surrounded by forest and has the ambience and seclusion of a retreat.

The Sanctuary of Asklepios was the most renowned healing centre of the ancient world. The God of Medicine to the Ancient Greeks, Asklepios was considered a son of the god Apollo, given the gift of healing after his mother died giving birth to him. Represented by the snake (hence the global symbol of modern medicine – a snake entwined around a rod), Asklepios was one of the later additions to the Hellenic gods. Consisting of temples, hospitals and other facilities dedicated to health, the sanctuary was visited by those looking for a cure from as far afield as Rome.

The oldest buildings date back to the sixth century BC, and within the ruins are the remains of the Enkoimition. Here people would sleep in the hopes of having Asklepios appear to them in their dreams with a cure for what ailed them. Treatments included ‘licks’ from snakes, as well as entertainment, as the Greeks believed in the power of theatre to heal the mind and spirit. Built in the fourth century BCE, the amphitheatre is remarkably well preserved. With capacity for 15,000, it is still host to live performances every summer.



## Active Adventures on Land

The Peloponnese is renowned for its beautiful hiking trails, all boasting remarkable views. There is minimal official signage, so it is best to trek with a local guide who knows the paths well and can tailor routes to suit your fitness level and interests. When the start and end point is not Amanzoe, a car and driver will either drop you off or collect you. A picnic lunch can be enjoyed en route.

### Trekking or Cycling in Ermionida

Less than 15 kilometres from Amanzoe lies the coastal town of Ermioni in the municipality of Ermionida. Discover Ermioni's verdant Bisti Peninsula by hiking or cycling through its beautiful pine forests, stopping to enjoy serene views or for a swim in the crystal clear sea. At the peninsula's highest point you can spot the ruins of temples dedicated to Athena and Poseidon. The route can also bypass a photogenic white windmill.

### Franchthi Cave

A famous archaeological site overlooking Kiladha Bay, Franchthi was first occupied by humans during the Upper Paleolithic period, around 38,000 BCE. Occupied almost continuously throughout the Mesolithic and Neolithic eras, but abandoned around 3,000 years ago, it is one of only a handful of sites in the world with such a long record of human settlement. Home to hunters, fishermen and their families over the ages, the cave was extensively excavated between 1967 and 1976, with the artefacts found now on display at Nafplio Archaeological Museum. Today the cave is a peaceful site where one can ponder the origins of humankind while enjoying the view.







## Horse Riding Lesson

Explore a unique Arabian horse farm nestled in our town. Engage in horseriding lessons or simply visit the stables to feed the horses. Alternatively, witness captivating shows featuring one or two magnificent horses. Meet D IBN Rasheem, a globally acclaimed champion, adding an extraordinary touch to your experience.

## Horse Riding at Sunset

Embark on a captivating journey starting from the stables, riding your horse to the hill's summit. After nearly an hour of horseback exploration, enjoy stunning views and a special set up in the midst of nature. Indulge in a lavish charcuterie platter, featuring local delicacies and a bottle of wine, amidst 360-degree views of the Ermionida region.

## Monastery of Agios Dimitrios of Avgo

The Monastery of Agios Dimitrios of Avgo, situated above the Iria valley on the northern slopes of Mount Avgo, offers an incredible hiking experience starting from Pelei village. The nine mile route takes approximately three and a half hours to complete. The monastery, primarily carved into the rocks, comprises a ground floor and two upper levels interconnected by a narrow stone staircase. Its church, honoring Agios Dimitrios Myrovlytis and the Agioi Theodoroi, resides on the second floor, although the interior of the Agios Dimitrios chapel suffered fire damage in the past. Despite this, some frescoes in the temple of Agioi Theodoroi endure. Ascend the stone stairway to the monastery's summit for a breathtaking view of the valley and Iria.

## Fournoi Village - Iliokastro

The trail from Fournoi Village to Iliokastro offers a scenic journey through pine forests, culminating an impressive view of the sea from the mountains.

## Ververonda Lagoon

A picturesque setting where the mountains meet the sea. The walk around Ververonda Lake, also known as Porto Heli Lake, is ideal for families and those seeking a leisurely stroll in a tranquil environment.

## Katafyki Gorge

Katafyki Gorge, nestled between Fournoi and Ermioni villages, offers a stunning natural landscape. With a manageable 5.6-kilometre trail, it is a perfect pursuit for families. Experience the wild beauty of the gorge, adorned with rocks, pine trees and endemic plants, for an unforgettable adventure.

## Prophet Elias Chapel Uphill

An intense activity, requiring skills such as balance and endurance leading to the top of the mountain and the chapel of the prophet Elias with panoramic views.

## Bisti Forest in Ermioni

The Bisti Forest is perched at the tip of the Ermioni Peninsula. Embraced by the sea, trail paths wind through a dense pine forest, boasting incredible views of the Argolic Gulf and Hydra Island along this 1.5-kilometre trail. The route is suitable for all ages and fitness levels.

## Amanzoe Beach Club – Korakia

Discover a scenic circular trekking route from Amanzoe Beach Club to Korakia, following a well-maintained dirt road through lush olive groves and pine forests. The route offers breathtaking panoramic views of the Argolic Gulf, Porto Heli and Spetses.





## Active Adventures at Sea

Explore the islands, pristine beaches and ancient towns along this famous stretch of coastline in privacy and consummate luxury aboard one of Amanzoe's high-speed watercrafts. Half and full-day charters leave/return from Porto Heli port and customised full-day charters can be arranged.

### Beach Club

Amanzoe's Beach Club is situated on the resort's private beach, offering a spacious restaurant and a number of swimming pools surrounded by terraces with beautiful views. A range of water sports equipment is available for Amanzoe guests to use on a complimentary basis, including paddleboards, kayaks and snorkelling gear.

### Scuba Diving

With the Aegean's warm, crystal-clear water ensuring excellent visibility, Amanzoe's private dive charters promise a world-class scuba diving experience. Whether you're keen to gain your Open Water certification or are a Divemaster looking to explore wrecks and caves, Amanzoe caters to all levels by offering personalised dive itineraries and a range of courses.





Island Hopping

There is no better way to explore a coastline than by boat. Amanzoe’s own motorboats are available for private charter with 24-hours notice, while customised itineraries are offered through an experienced local yacht charter company, usually departing from Porto Heli. Both of these options enable the exploration of nearby islands, coastal towns and uninhabited coves with snorkelling in secluded coves and the chance to toast the sunset as it turns the sea to molten gold. Amanzoe’s chefs can prepare a picnic to be enjoyed onboard and meals can also be arranged in seaside tavernas.

Private Yacht Charters -  
Choice of Vessel

Prices include boat skipper, diesel, snorkelling gear and soft drinks.

Suggested Itineraries

- Spetses Island (Dapia Village, Zogeria Beach, Xilokeriza Beach) to Spetsopoula Island
- Nafplio to Bourtzi Castle to Spetses Island
- Kyparissi Village to Vathi Avlaki Beach to Spetses Island
- Monemvasia to Kyparissi Cove
- Nafplio to Bourtzi Castle
- Hydra Island to Dokos Island

The above are dependent upon the vessel type, destination and the mutually agreed upon duration of the excursion (half or full day).









## Culinary Journeys

Renowned for its natural produce, from its olives and honey to its cheese and herbs, the Peloponnese offers gourmands a plethora of experiences. Amanzoe has special relationships with a number of local farmers and producers, as well as with local fishermen, allowing guests the chance to experience unique culinary journeys.

### Generations of Beekeeping

In the valley below Amanzoe, only a 10-minute drive away, the Bairaktaris family has been keeping bees since 1914. The farm supplies all of Amanzoe's honey, and offers a detailed tasting, including the farm's renowned clove and thyme honeys. They also make a range of natural propolis moisturisers infused with local herbs.

A specially curated outing to their family apiary reveals both age-old and more modern methods of beekeeping. The family has created a 'Bee Museum' in a traditional stone building on the property, with many of the original beekeeping tools used by their ancestors on display. A number of Plexiglass 'bee boxes' allow you to observe hive activity.

After visiting the Bee Museum and the farm's modern production facility, stroll around the property and enjoy light refreshments in the shade of a beautiful old carob tree.

For a more extensive tour (depending on availability), Mr Bairaktaris can demonstrate the rituals of the beekeeper passed down from his grandfather, using traditional equipment. You will be invited to be a part of the process and fill your own jars of honey.

### Fishing

Join a local fisherman as they venture to nearby fisheries, secluded beaches and jagged coastline on an equipped traditional wooden fishing boat with a capacity of six passengers – three out of six passengers are allowed to fish at the same time. Depending on the season, and weather conditions, barracudas, bluefish, dentex and groupers may be sighted.

The duration of the fishing trips ranges from four to six hours and can be organised in the morning from 7am onwards, or during sunset time until 10pm. Pick-up can be arranged from Costa or Spetses island.

### Farmhouse Visit

Close to Amanzoe, a traditional farmhouse rests in a picturesque valley, surrounded by orchards, groves and fields tilled as they have been for centuries. Children can collect eggs and feed the farm animals, while adults learn more about farm life. Then, sit down at the old wooden table on the sunlit veranda to enjoy an authentic Greek farmhouse breakfast with the farmer and his family.







## The Vineyards of Nemea

Nemea is an ancient site in the northeast of the Peloponnese, not far from the town of Nafplio. It was here in Greek mythology that Heracles (Hercules) overcame the Nemean Lion of the Goddess Hera, and the Nemean Games took place.

The region was first put on the map for its winemaking by Homer, who called it Ampeloessa, meaning ‘full of vines’. Today the appellation of Nemea is the most important red wine AOC of southern Greece.

The indigenous Greek Agiorgitiko grape produces wines famous for their deep red colour with violet and blue hues, their complex aromas and their long, velvety finishes. Amanzoe guests can take a tasting journey through the Nemea wine region and explore the superb wines of Domaine Skouras. Established in 1986, Skouras offers beautifully maintained vineyards and informative tours and tasting experiences.

## Olive Oil Tasting

Experience the Olive Oil Tasting workshop, an engaging session led by a certified olive oil sommelier. This workshop aims to empower culinary enthusiasts to discern various quality grades and grasp fundamental principles of olive oil tasting. Through interactive discussions, hands-on exploration and expert guidance, participants gain proficiency in identifying key characteristics distinguishing top-tier olive oils from inferior ones, enabling them to make informed choices in selecting the finest options. Following the educational segment, attendees indulge in sampling a premium array of acclaimed olive oil brands hailing from Peloponnese and beyond, offering a journey into the rich flavours of Greece’s renowned olive oil heritage.

## Wine Tasting

Embark on our Wine Tasting experience showcasing a curated assortment of eight or 12 distinguished wines sourced from Greece and beyond. Discover our eclectic wine collection, featuring exclusive and limited-release labels meticulously selected to enhance your tasting journey. Immerse yourself in a captivating odyssey, accompanied by our certified sommelier, lasting approximately 1.5 hours, tailored to your preferences.

## Whisky Tasting

Join us at the Main Bar for an exclusive Whisky Tasting experience, featuring a curated selection of whiskies, expert guidance and rich flavours. Advanced reservations are required.

## Cooking Class

Available from 15 May

Take part in a hands-on cooking class as an expert chef guides you through a repertoire of authentic Greek recipes. Immerse yourself in a flavourful culinary experience – and learn new recipes to enjoy at home following your trip. Cooking classes can be arranged in the Bostani, the Beach Club or the privacy of a villa.



# On Property Experiences

## Ceramics Art Class

Experience ancient Greek culture firsthand by joining our traditional ceramic class in our Greek sanctuary. Learn the art of pottery making, just as the ancient Greeks did over 2,500 years ago in a creative on-site setting, especially made for this activity. Our expert instructor will guide you through the process, from shaping the clay to adding intricate designs inspired by Greek mythology and architecture. Learn the techniques of hand-building and clay decorating and create your own masterpiece using vibrant glazes inspired by Greek culture. As you create your own unique piece, you will gain a deeper appreciation for Greek history, artistry and craftsmanship, as the foreigners of centuries ago did when they visited the Greek villages.

## Syrtaki Dance Lessons

Immerse yourself in the vibrant rhythms and lively steps of traditional Greek syrtaki dance. Feel the captivating melodies and infectious energy of this beloved cultural tradition. Our expert instructors will guide you through lessons, teaching you the moves to twirl and spin like a true Greek dancer. Whether you're a beginner or an experienced dancer, our lessons are tailored to help you master the steps and feel the passion of this iconic dance.

## Ultimate Couples' Escape at Amanzoe

Relax and indulge with the Ultimate Couples' Escape in the serene surroundings of Amanzoe. A rejuvenating experience, ideal for special occasions and intimate celebrations.

Your journey includes:

**Private Relaxation Area:** Enjoy exclusive access to your own heated pool and steam room for 60 minutes.

**Gourmet Refreshments:** Savour a selection of light snacks and premium beverages, curated to compliment your experience.

**Couples Massage:** Relinquish stress with a 60-minute, side-by-side massage performed by our expert therapists, tailored to your preferences and designed to harmonise mind and body.

Available from May

## Bostani

Enjoy farm-to-table dining with ingredients grown on Amanzoe's own bostani farm. From aubergines and tomatoes to famous Peloponnesian melons, each Thursday evening, from the beginning of May until the end of September, guests are invited to savour a curated Greek dinner showcasing the very best of local produce. Each dish is brought to life with stories of its authentic roots.



## The Healing Power of Sound

A transformative three-hour retreat designed to harmonise your mind, body and spirit. Hosted in the serene privacy of our exclusive Soundbath Suite, this journey blends ancient traditions with modern relaxation techniques to bring balance and tranquillity.

Your journey includes:

### Personalised Orientation

**Soundbath & Breathwork:** A centring therapy focusing on the breath and vibrations.

**Steam Room:** A detoxifying steam room session to aid the body.

**Floating Meditation:** A relaxing meditation enjoyed in the embrace of our heated indoor pool.

### Tea Ritual

**Aromatherapy Massage:** A 60-minute massage to awaken the senses.

Available from May

## Opa Night

From mid-May through to the end of September, guests can enjoy Opa Night at Amanzoe. Hosted at the Beach Club, a 10-minute drive from the main resort, the jubilant evening commences at 7.30pm. Enjoy a selection of moreish Greek food, spanning fresh fish to perfectly cooked vegetables, in this family-style dinner, complete with dancers, singers and traditional Greek music.

Reservations are required



## Signature Dinners

Amanzoe offers a number of beautiful settings in which to dine in blissful seclusion. Travel back in time in the atmospheric open-air setting of the Amphitheatre, or enjoy feet-in-the-sand dining at its best on the beach. Whether you are seeking an intimate meal for two or a group celebration, we will tailor the menu to your individual preferences and ensure a dining experience to remember.

### Pavilion Chef’s Table

Enjoyed on your terrace or in the comfort of your Beach Pavilion, we recommend including freshly caught lobster, king prawns, wild sea bass, calamari, octopus, lamb chops and various pork cuts in your menu selections.

### Amphitheatre Dinner

Take centre stage in a setting reminiscent of an Ancient Greek theatre while enjoying a bespoke five-course menu.

This dining experience is subject to favourable weather conditions.

### Nama Private Dinner

Enjoy a signature Japanese tasting experience with the Aegean Sea as your backdrop. From April through September, enjoy a selection of authentic courses of traditional Washoku cuisine within Nama’s serene hilltop setting.

### Bostani Barbecue

Perfect for a laidback lunch or dining at dusk, Amanzoe’s Bostani grill rests adjacent to the resort’s own vegetable and herb garden. From mid-May until the end of September, guests can enjoy the finest homegrown produce, courtesy of a chef-prepared bespoke menu, in a truly unique setting.

### Library Private Dinner

Arrange an elegant private dinner in this intimate two-storey setting, surrounded by a collection of more than 1,000 books.

### Beach Dinner

Enjoy a tailored, five-course menu just metres from the sea, warmed by the glow of candlelight and tiki torches.







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