

Sea Kayaking the West Coast Peloponnese

THE REGION

Nowhere else in Greece, the authentic Mediterranean landscape can be represented so clearly as in the Peloponnese, a region famous for its unspoiled beauty and yet the land of legends. Literally. It is here where heroes gods walked the earth and gods meddled in mortal affairs. The west coast of mainland Greece in the Peloponnese has its own distinct landscape and history. The region boasts some of Greece's finest beaches. The inland is adorned with vineyards, olive groves, and soaring mountains preserving wild terrain and a sense of myth. Harbor villages along the coast are soulfully hospitable and postcard-pretty. Coasts are full of sea caves and waters teeming with turtles. Whether it's your first or 10th visit, the west coast of the Peloponnese always holds something new for adventure seekers, food lovers, culture seekers. A place, still undiscovered from the crowds offering truly off-the-beaten-track experiences.



TRIP OVERVIEW

DURATION	DISTANCE	SEASON
8 DAYS	100 KM	APR – JUNE SEPT - NOV

This tour is an 8- day Sea Kayaking Adventure on the west coasts of Peloponnese and also a trip through the history of Greece from ancient to medieval and modern times. We paddle along the coastline of Messinia and the island complex of Oinouses exploring its treasures. We paddle under the fortifications of the medieval castles of Navarino, Methoni, and Koroni. We land in bays of indescribable beauty such as the famous omega-shaped Voidokilia. We explore Sea caves and impressive rock formations such as the arch of Pylos and the Cave of mythical king Nestor. We visit the uninhabited islands of Messinian Oinouses and take the opportunity for some short hikes to see the wildlife. We experience local living and taste authentic Greek cuisine. We lodge, 4 nights at hotels in picturesque seaside settlements, and 3 nights free camp at remote beaches along the coast. A fascinating experience combining the region's most beautiful and important sites with a lot of fun, action, and kayaking, fully supported by our team who will be with you all the way to make sure all your needs are catered.



DAY 1

ITINERARY	OVERNIGHT	DISTANCE	KAYAK TRIP
ARRIVAL DAY- DRIVE TO MARATHOPOLI	HOTEL	0 KM	0 HOURS

Arrival day. Meet your guide and the rest of the group at the agreed time (latest 17:00h) at Kalamata or Athens airport for a drive to your hotel in Marathopoli, a small seaside town and the actual starting point of our kayak trip. Settle into a cozy hotel and enjoy a welcome meze overlooking the Mediterranean Sea. Your guide will make a briefing for what is going to be followed the next six days. Dinner at local taverna and overnight at a cozy hotel or guest house.



DAY 2

ITINERARY	OVERNIGHT	DISTANCE	KAYAK TRIP
FROM MARATHOPOLI TO VROMONERI	BEACHCAMP	12 KM	4-5 HOURS

Wake up in Marathopoli and enjoy breakfast overlooking the Ionian Sea. Meet your guide after breakfast at your hotel's lobby. Your kayaks are already in the beach waiting for you. Adjust your kayaks to your body and you are ready for departure. Within a small crossing of 1 nautical mile we reach the island of Proti. An island with an intense past, hideout of pirates and sailors. We explore the coastline of the island and continue paddling south until you get to the Vromoneri beach. We spend plenty of time swimming and snorkeling and enjoying the turquoise waters of the beach. We finish the day at the beach of Vromoneri for dinner and overnight.



DAY 3

ITINERARY	OVERNIGHT	DISTANCE	KAYAK TRIP
FROM VROMONERI TO NAVARINO BAY	HOTEL	12 KM	4-5 HOURS

Wake up on the beach, take a morning swim and enjoy breakfast prepared by your guides. We depart from Vromoneri paddling south along the coast of the open Ionian Sea. Here, it is very likely to experience sea turtles or a dolphin. Within a few hours we arrive to the famous Voidokilia beach. Shaped in the Greek letter omega (Ω), its sand forms a semicircular strip of dunes. On the land-facing side of this strip is Gialova Lagoon, an important bird habitat. The beach has been named "A Place of Particular Natural Beauty". Why not spend the time lazing and swimming, but also to explore the beach, picking up the path beyond the sand dunes that leads up to Nestor's Cave. The story goes that this is where Hermes hid the cattle stolen from Apollo. We carry on heading south to the bay of Navarino gliding just off the walls of the medieval fort of Palaiokastro. We end the day reaching Gialova, a charming fishing village where we meet local fishermen who will love to share stories of marine life in the region.



DAY 4

ITINERARY	OVERNIGHT	DISTANCE	KAYAK TRIP
FROM NAVARINO BAY TO METHONI	HOTEL	18 KM	5-6 HOURS

Today we explore the Bay of Navarino and the island of Sphacteria. The bay itself is a place of incredible natural beauty, with impressive landscape, crystal clear, waters and golden sandy beaches where sea turtles often return to lay their eggs. Starting from Gialova we head towards 'Fanari' the imposing monolithic islet located at the south side of the bay, we visit the impressive natural stone arch. The islet is also a resting and nesting place for many bird species. We circumnavigate the islet exploring its sea caves, tunnels, and arches. Our next stop is the unhabitated island of Sphacteria. Here we stretch our legs and walk to the island's viewpoint for taking pictures of an idyllic landscape. After some kayaking we make a stop at a secluded beach for swimming and snorkeling, and why not some cliff diving for those who feel a bit more adventurous. Here we also taste our homemade picnic of local delicacies and relax under the sun. We continue paddling south overlooking the imposing walls of Niokastro fort. We end the day at the medieval citadel of Methoni the "eye" of Venice in the Mediterranean and an important marine center for the Venetians during medieval time.



DAY 5

ITINERARY	OVERNIGHT	DISTANCE	KAYAK TRIP
FROM METHONI TO FINIKOUNDA	BEACH CAMP	18 KM	5-6 HOURS

Breakfast at the beach overlooking the bay of Limeni. Today we will sail along a coast with many coves between impressive cliffs and a navy blue sea to the old port of Mezapos. Along the way, there is an optional stop to visit the Diros Caves, one of the largest sea caves in the world with an intricate network of passageways and galleries, decorated with sparkling stalagmites and stalactites. We continue to row south in search of a small "fjord" offering an exit point. A place well worth visiting, ideal for taking a break to relax with a snorkel and enjoy a picnic of fresh local produce. Covering a total distance of 18 km, we arrive at the sheltered bay of Mezapos, a secluded port used in the 17th century as a hiding place for local pirates. Here we set up our campsite and enjoy our home-cooked dinner while listening to stories and legends of the history of the pirates of this port.



DAY 6

ITINERARY	OVERNIGHT	DISTANCE	KAYAK TRIP
FROM FINIKOUNDA TO CAPE AKRITAS	BEACH CAMP	20 KM	5-6 HOURS

After a magic beach camp under the stardom, we wake up with a refreshing swim at the sea. We enjoy our breakfast by the beach and prepare to depart. Leaving Foinikounda we head south towards Cape Akritas, one of the southernmost capes of the European mainland. We cross the channel between the cape and the island of Venetiko. This is a desert island with a rugged coastline full of gigantic rocks scattered all around. On the northeast side of the island, we visit the islands single beach. We head northeast paddling along a coastline full of sandy beaches and coves until we reach Kalamaki beach. In the background, the snowy peaks of Taygetos and the Messinian Bay uncover slowly. We end the day at Amoudi beach where we settle for our beach camp. We enjoy our dinner under the stardom and prepare our camp for another magical overnight under our million stars hotel.



DAY 7

ITINERARY	OVERNIGHT	DISTANCE	KAYAK TRIP
FROM M CAPE AKRITAS TO KORONI	HOTEL	14 KM	4-5 HOURS

Breakfast and departure to Koroni a lovely seaside town, crowned by an imposing Venetian fortress, which dominates the hilltop. This town is unique and captivating at the same time, a harbor offering shelter to fishing boats. Heading north we navigate our kayaks through rock gardens and reefs with rich sea life. We may be lucky enough to witness wildlife such as the famous Caretta Caretta sea turtle swimming under our kayak. We carry on paddling near imposing white chalk cliffs and discover hidden coves with some of the finest gold-sanded beaches of the region. Halfway we make a relaxing stop at a sandy beach for swimming, snorkeling, and tasting a delicious picnic. Arriving in Koroni we will admire this picturesque castle town surrounded by olive trees, the fortress, and the spectacular cliffs giving her a special charm. Landing and departure from Koroni to Kalamata for a farewell dinner and overnight.



DAY 8

ITINERARY	DISTANCE	KAYAK TRIP
DEPARTURE TO ATHENS AIRPORT	0 KM	0 HOURS

Breakfast and departure from Kalamata to Athens airport for a flight back home. If time allows us, we drive to Corinth Canal for a quick stop to visit an engineering marvel. A project that spanned many centuries, it was conceived by a ruler of Ancient Corinth, begun by Roman emperor Nero, and completed in the 19th century.



TRIP FEATURES

KAYAK COACHING

PERSONAL PERFORMANCE SKILLS

PADDLING

ROLLING

BRITISH CANOEING SEA KAYAK COACHING

SKILLS

CLINICS

As highly experienced instructors and being Approved British Canoeing as award providers, we have found that including the coaching sessions into a Sea Kayaking trip works best with the best results. This approach allows the whole group to be involved and the coaches can drip feed information allowing guests time to practice and gain confidence before moving on. First timers and beginners are welcomed. Over this eight-day trip, we aim to improve your sea kayaking skills, develop your decision making and practical skills for a fun and safe time on the water while we explore the fantastic coastline of the Peloponnese.



FOOD & MEALS

GREEK CUISINE

FULL BOARD

HOTELS

PIC-NIC

TAVERNAS

AUTHENTIC GREEK CUISINE

BREAKFAST

LUNCH

DINNER

When you travel to Greece, the food is one of the highlights. Our cuisine reflects the history and bounty of our region and draws on fresh, seasonal local produce and generally simple, no-frills cuisine that brings out the rich flavors of the Mediterranean. Whether you dine in a local tavern or prepare your own food during the day, our meals are pure Mediterranean, nutritious and tasty. Breakfasts will be provided by the hotels, with top quality local products from a rich buffet of hot and cold delicacies, sweets, fresh juices and all kinds of coffees. Your kayak guides are all experienced cooks. They will offer you during the days of kayaking a delicious picnic consisting of fresh bread, local cheeses, fresh hand-picked vegetables, delicious dips seasoned with local herbs and of course seasonal fruits. They will also cook for you during camp days. Dinner will be served in local taverns. Your guides recommend the best of Greek cuisine for you.



TRIP FEATURES

ACCOMMODATION

LODGING

4 HOTEL NIGHTS & 3 BEACH CAMPS

COMFORT

CAMP AND HOTELS

The trip is provided as “Comfort style” meaning that our accommodation is taking place 4 nights at cozy hotels and 3 nights beach camp. During our stay at hotels and after a salty day, we shall return to our cozy hotels where hot showers and comfortable beds are waiting. During camping days imagine landing your kayak on a stunning beach, setting up camp for the night, sitting around a driftwood fire as night draws in, and preparing your own food. The trip is provided with the support of a vehicle with trailer carrying all our food, luggage, and equipment. This means that we shall never compromise on comfort.



4X4 VEHICLE & MINI BUS

AIRPORT TRANSFERS, BAGGAGE TRANSFER AND ASSISTANCE

Included in this sea kayaking adventure is a 4X4 vehicle with a trailer available daily with your personalized driver to give you an extra helping hand with your daily needs. The tasks of our 4X4 vehicle are to store and transport the kayaks when needed. To support, during camps with camping equipment, kitchen utensils, etc. To transfer your equipment, bags, and luggage of any size to the next accommodation. Your airport transfers will be supported by state-of-the-art 9-seater minibuses offering comfortable transportation as well as room for any bags or luggage and equipment you may bring. Comfort, so you can have fun on the water.



RATES

BASED ON GROUP NUMBER OF PARTICIPANTS

Inclusions

- 4 nights Hotel lodging based on double room , 3 nights beach camp
- 6 fully guided – fully supported paddling days
- Full Sea Kayak equipment (kayak, paddle, PFD, sprayskirt, 1 drybag)
- Full camping gear for camp nights (Tent, mat, sleeping bag)
- Full kitchen gear during camp overnights
- Air transfer from/to Kalamata or Athens airports for the whole group.
- All local transfers as described in the plan.
- Everyday baggage transfers – support vehicle
- Meals included: 7 breakfasts, 6 lunches, 7 dinners)
- Professional, multilingual BC sea kayak trip leaders
- Rolling instruction and paddling performance skills instruction
- Safety equipment (first aid kit, repair kit emergency phone, VHF)
- High quality photographs from the trip
- All taxes

Not included: Flights, tips for the guides, travel insurance, drinks/ soft drinks / alcohol, anything not described above.

Price:

8-16 pax €1700,- per participant

Single kayak + €120,- per participant

Single room + €220,- per participant

CONTACT AND BOOKING



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