

KIPARISSI

Travel Information



Welcome to our wonderful upcoming holiday in Greece. Ru and I are very happy to be seeing you all.

Here you will find all the essential information you might need.

FLYING TO GREECE

The nearest airports are Kalamata and Athens. If you wish to stay in Athens when you arrive or before you depart, here is a wonderful hotel to book in Monastiraki, a bohemian area in the heart of the city. The best option is the BOUTIQUE HOTEL. One of the apartments offered outside Monastiraki is not a good location.

ENTRY REQUIREMENTS

We recommend you confirm the latest entry requirements nearer the time of travel. EVERYONE is welcome into the country, regardless of your private medical choices. At the moment there are no entry restrictions to enter Greece.

ONWARD TRAVEL TO KIPARISSI

The nearest airports are Athens around 4 to 4.5 hours away by car, OR Kalamata around 3 hours drive.

Car: you can rent a car from Athens airport with CENTAURO or via your airline company where you can pick up some good deals. If you're interested in sharing car hire with others, please tick this option on the booking form and we'll put you in touch with others attending the holiday.

Transfer: We may be able to arrange a transfer for you if there are enough people to share a large taxi but this can be expensive around €50 to €80 per person.

Directions

From Athens take the road to Fokiano, from there take the new road (not on Google maps) to Kiparissi. It's a gorgeous drive and there are 2 other ways to arrive further inland. Co-ordinates for Cavo Kortia are 36°59'08.7"N 22°59'57.9"E. Contact Helen if you need extra directions +44 7779 025450 on WhatsApp, Signal and Telegram.

ACCOMMODATION

Cavo Kortia, Kiparissi, 23052, Greece

Tel: +30 2732 300414 or +30 6948 984176

E-mail: info@cavokortia.gr

Κιπαρισσι Λακωνίας, Kiparissi 230 52, Greece

The contact at Cavo Kortia is Nektaria. If you wish to book any more nights before or after the holiday, please contact her directly, mentioning that you are booked for the Aegean Dream.

WHAT TO BRING

- Please bring a yoga mat with you if possible, we will be practising outside whenever we can. If you wish to, bring a block or any prop for sitting
- It can be cooler at night time, so bring long sleeves and trousers, good walking shoes, sandals for the day, clothes for movement practice, swimming gear with a towel for the beach, and a warm shawl
- Goggles and/or snorkel is great as the water is really clear
- Mosquito repellent and sunscreen. There are hairdryers and natural shampoo, soaps and shower gels provided at the hotel.

AND FINALLY

DAILY SCHEDULE

On arrival day, we will be holding a welcome restorative class in the evening.

On full retreat days, we will be practising together in the morning around 8.30-10.30am and then again in the afternoon around 6pm.

On departure day, we will offer a closing class from 9-10am for those who do not have to leave early.

INCLUDED IN THE FEE are evening meals at Cavo Kortia, which offers delicious Greek cuisine buffet style. There is a local supermarket to buy fruit, and other goods for eating in your apartment as each one has a kitchen. There 3 other restaurants in the local village plus 2 or 3 cafes, and a jewellery/craft shop.

There will be two bodyworkers on-site to offer treatments. The information will be emailed to you before you arrive.

Please do not hesitate to contact Ru and Helen on info@yogahealthmandala.co.uk