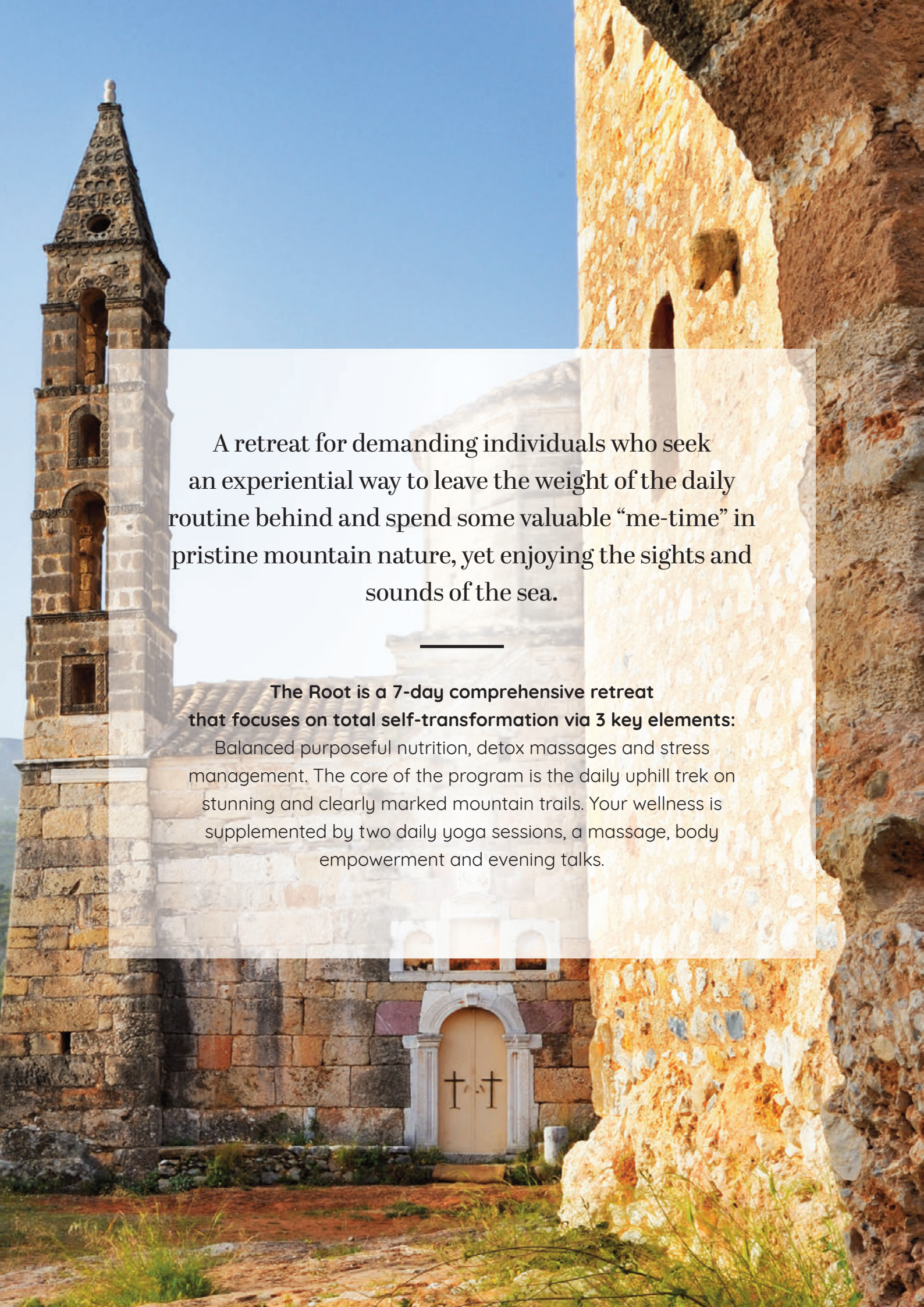


When Is The Time  
To Seriously Improve  
Your Health & Fitness?

CHALLENGE  
REVITALIZE  
CHANGE

**THE ROOT**  


The background image shows a stone bell tower on the left with a pointed roof and several arched openings. To the right is a stone wall with a door featuring two crosses. The scene is set in a mountainous area with some greenery in the foreground.

A retreat for demanding individuals who seek an experiential way to leave the weight of the daily routine behind and spend some valuable “me-time” in pristine mountain nature, yet enjoying the sights and sounds of the sea.

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**The Root is a 7-day comprehensive retreat that focuses on total self-transformation via 3 key elements:**

Balanced purposeful nutrition, detox massages and stress management. The core of the program is the daily uphill trek on stunning and clearly marked mountain trails. Your wellness is supplemented by two daily yoga sessions, a massage, body empowerment and evening talks.

# In Detail

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## THE PLACE

### KARDAMILI Village

Kardamili is a historic coastal village of Messinian Mani, located about 35 kilometers southeast of Kalamata, in the Peloponnese. It truly is one of the Peloponnese's well-kept secrets of rare beauty and wealth with rich history and tradition. At the rough, rocky slopes, the well-equipped war towers and the adjacent tower houses of the formidable recusant and resistant Maniot families still dominate the area like fortified summits. In this area with the Homeric name, the stone houses and the churches all stand unchanged and with a natural charm. The endless olive groves, the amazing beaches, the tidy stone houses with their verdant gardens as well as the village's picturesque small port are only a few of the area's beauties.

## ACCOMMODATION

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For the needs of our retreat, we have privatized "Diapori", a beautiful boutique hotel of 25 guest rooms and suites, located just outside Kardamili in West Mani, Peloponnese (<https://diapori-hotel.gr>). We will be spending our time in this great, new property by the sea, where we will find "refuge" after our days exploring the beautiful surrounding slopes and forests of Mt. Taygetos.



## Getting There

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Kardamili is a 45' drive from Kalamata Airport and a 3h drive from Athens. For transportation arrangements please contact us. We can arrange transport as a group or you may book your own individual transfer. If you are travelling by yourself, **find directions here** ➔

# THE PROGRAM

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- 5:30 Soothing wake-up to the sounds of nature.
- 6:00-7:00 Morning yoga stretch and light meditation on the seafront terrace
- 7:00-7:20 Breakfast with a view
- 7:20-7:55 Gear inspection, foot care, preparation
- 8:00-12:30 Hiking activity on the slopes of Mt. Taygetos through the countryside of Mani & ocean coastline (varies daily). Snack during the route.
- 12:30-13:30 Return to the lodge. Freshen up.
- 14:00-14:30 Lunch
- 15:00-18:00 Soothing massages
- 15:00-18:00 High & Low impact strength conditioning and body toning, pilates
- 18:00-19:00 Restorative yoga and meditation
- 19:00-19:45 Organic gourmet vegetarian dinner in the retreat center dining area
- 20:00 Free time. You may enjoy relaxing views of the ocean and the nearby village with a warm cup of tea, reading on the terrace or just chatting with fellow guests
- 21:00 Kalinihta!





## The HIKES

The Root is a hiking retreat. This is an important element of the transformation that we promise. We take the hikes very seriously, offering daily guided hiking activity through the magnificent and varied countryside of western Mani. What better way to recharge your physical and mental health than by connecting with nature? Balance your heart, soul and spirit while experiencing breathtaking views of the Mediterranean Sea and Mt. Taygetos, breathing in the aromas of fir forests or listening to the sounds of streams and nightingales.

Upon arrival we set out on a “test” hike, where we assess your hiking capacity and provide useful tips for the days to follow. All hikes are different, starting right outside the hotel with a constant, smooth uphill direction. There is no set pace to follow and each one takes his/her own time to reach the finishing point. The return to the hotel is by minivans. Approximate daily hiking time is 3.5h-5h. There are at least three mountain guides along the route, following you discretely making sure that the trails are well marked, ready to help if needed. Every guest is equipped with a high-capacity radio transmitter, enough water and nutritional snacks. There are 1 or 2 brief stops along the routes for water refills and snack.

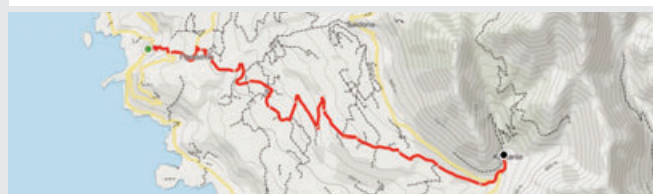
**On the right you can check some of the route details:**



Vertical - Prastio - Saidona - Ai Giorgis →  
 📏 Distance: 7.54 km • ▲ Elevation gain: 813 m



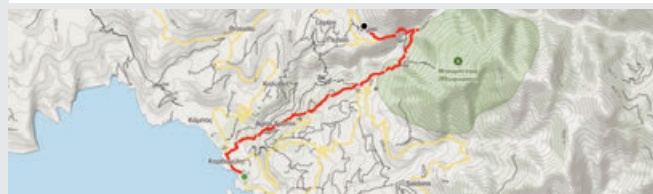
Diapori - Viros - Sotira - Ayios Petros - Hotel Faraggi →  
 📏 Distance: 7.71 km • ▲ Elevation gain: 521 m



Vertical - Prastio - Kastania →  
 📏 Distance: 9.80 km • ▲ Elevation gain: 541 m



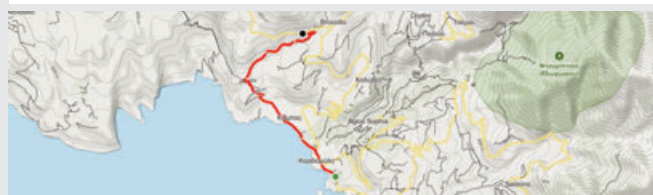
Diapori - A. Sofia - Kalyves - Pedino - Tseria - Hotel Faraggi →  
 📏 Distance: 11.44 km • ▲ Elevation gain: 901 m



Diapori - A. Sofia - Hotel Faraggi - Tseria →  
 📏 Distance: 8.99 km • ▲ Elevation gain: 674 m



Diapori - Exochori - Kitriniaris - Vaidenitsa →  
 📏 Distance: 9.47 km • ▲ Elevation gain: 658 m



Diapori - Elies - Prosilio →  
 📏 Distance: 5.89 km • ▲ Elevation gain: 290 m



## YOGA sessions

There are two daily yoga sessions. One to start your day and one just prior to dinner. Each one serves a different purpose. The morning one to help you start the day smoothly and the evening one to ease your body and mind after a challenging day. Different yoga types are offered.



## FOOT care

We cannot hike suffering from blisters or swollen feet. Every morning, our expert associates will inspect your feet and take care of them with healing creams, special tapes, bandages and vaseline, making sure you are good to go and pain free in the wilderness.



## MASSAGE sessions

Every guest is entitled to one-hour massage every day. Restorative, Deep tissue and Ayurvedic sessions will be offered according to your mood of the day.



## FITNESS sessions

Every day, between 15:00-18:00, we hold a variety of fitness sessions, lasting 20' - 50', such as stretching, pilates, high and low impact training, empowerment programs and more. These will help your body recover from the challenging hikes and gain back its energy and flexibility.



## HEALTHY Cuisine

We have our own gourmet chef, Constantinos, who will be preparing locally inspired recipes using the freshest ingredients packed with nutritional value. The emphasis is on vegetarian/vegan menus. At The Root, guests enjoy seasonal menus centered around healthy, delicious and inspired dishes. Our culinary approach is to use only organic, garden-fresh, high-quality ingredients infusing them with natural flavors. All fruits and vegetables are sourced from small local organic producers. During our week together we avoid stimulants in what we consume, so **no caffeine** and **no alcohol** will be served or found anywhere in the retreat center. It is also prohibited for you to bring any!



## CALORIES intake

We do not count calories but our philosophy is to eat healthy with enough nutrients, in order to provide all necessary energy for your daily activity. Be sure we can also work around your needs and personal goals.



## LAPTOPS and PHONES

Yes, there is Wi-Fi in your bedrooms. However, we ask you to minimize the use of telecommunication during the hikes and in all public spaces. For planning purposes, we suggest you make any necessary calls in the privacy of your room.



## LAUNDRY

To preserve the ecosystem, your personal laundry will only be done twice a week (on Tuesday and Thursday). You can pack accordingly.



## PREPARATION

There is no need for advanced training for our retreat but for best results we will ask that you build up your cardiovascular capabilities in the meantime. Our hikes are beautiful though some are challenging and range from 9km to 13km (3.5h to 5h duration). In addition, we ask you to reduce - or for optimum results - abstain from caffeine/alcohol intake two weeks in advance of the program, for better results.



## WEATHER

Naturally we cannot have any accuracy in predictions yet. The weather is expected to be mild, with temperatures between 10°C early in the morning to 25°C at midday. Scattered showers may also be encountered during the hikes. This is the time of the year that all seasons may be present in just one day. Hence, please check our list of proposed gear and clothing.



## PLACES to visit around pre/post The Root

The region of the Peloponnese is a very attractive destination, combining mountains, sea and amazing traditional hotels. The Peloponnese hosts some of the most important Greek archaeological sites (Ancient Olympia, Ancient Messene, Mycenae & Epidaurus) and Byzantine monuments (Mystra Byzantine Citadel, Monemvasia Castle), many of which are listed on the UNESCO World Heritage List. We will happily assist on your pre or post stay vacation in the area or Greece in general.

# WHAT TO BRING

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## NECESSARY TO HAVE

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- 1 Trail-running shoes with an aggressive sole. Buy them on time and break them in, wear them a few times before our trip (A sturdy sole is very important, as all trails are rocky)
- 1 Camel pack with bladder - at least 1.5lt, ideally 2.0lt
- 1 Walking / trekking sticks (preferably telescopic)
- 3 Long-sleeved, light-colored, quick dry shirt
- 1 Swimsuit
- 1 Buff (neck protection)
- 3 Hiking socks (smart wool or similar)
- 1 Sunhat
- 2 Long pants
- 1 Warm fleece jacket
- 1 Sandals for walking around the property
- 1 Lightweight rain jacket
- 3 T-shirts (dry fit)
- 1-2 Yoga attire



### TIP

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Our team can assist you in finding specialized shops, where you can buy your equipment. The list is available upon request.

## GOOD TO HAVE

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- 1 Sunscreen
- 1 Sunglasses
- 2 Shorts
- 3 Sweat clothes/comfortable clothes
- 1 Sleeping attire





## COST & PAYMENT

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The cost is **5,390€\*** and includes everything apart from your arrival / departure cost.

(\*) This cost refers to standard room accommodation.

**Upgrade to:**

- Executive Suite: 6,390€
- Junior Suite: 5,990€

**The price includes:**

- 7-days / 6-night stay
- Daily full board vegetarian meals (breakfast, snack, lunch, snack, dinner, all healthy and nutritional)
- Personal interview and body measurements
- All-day-long tea & herb station with various tea flavors and types
- Daily restorative, 55' massages in couples or separately
- Daily, escorted hiking routes (8-14k long)
- Daily, 2 yoga sessions at sunrise and sunset
- Daily, 2h body-toning and fitness sessions
- Spare backpacks, walking sticks, water flasks
- All local transfers by minivan
- One outdoor activity apart from the hikes
- VHF radios for all guests
- Give-aways (mugs, yoga blankets, water bottles, etc.)
- (Includes a 10% discount for the second person sharing a room)
- VAT

**THE ROOT**  


**feelosophy**

Tel: +30 210 6754300 • Email: [theroot@feelosophy.gr](mailto:theroot@feelosophy.gr)

[feelosophy.gr](http://feelosophy.gr)

