



explore
messinia
outdoor activities



ADVENTURES
IN THE PELOPONNESE



ABOUT US

We are an adventure trips and holidays operator based in the Peloponnese offering unique and authentic experiences into some of the most stunning areas of the region. We are experts at organizing a number of activities that bring travelers to experience what we love most, our homeland. All of our tours are carefully designed to suit different ages and interests. Whether a family with kids, a complete beginner, a keen outdoor enthusiast or for those seeking more challenge, we have the perfect adventure trip just for you. Our team of passionate outdoor guides will guaranty an unforgettable experience, one that will linger your memories, long after you have gone back home.

“ The Peloponnese, the beautiful leaf of the Mediterranean carved by history and myths. A small world which has the best of everything. No other part of Greece combines stupendous mountain scenery with pristine beaches and an incredible wealth of ancient monuments and sites. After all this is the place where gods and heroes were said to firstly walked the earth.



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SEA KAYAKING

“ Nothing compares to a warm water sea kayaking adventure to the most beautiful coastlines of the Peloponnese. The silent mobility of sea kayaks enables us to explore a world of remote islands and stunning beaches, visit sea caves and discover hidden bays. Powered by the rhythm of the paddle, we glide over crystal waters, home to a host of sea life. Sea kayaking trips appeal to people of all ages and lifestyle suiting to all abilities. Our day trips and weekend tours are in relatively safe, protected waters and no previous experience is required. Our weeklong tours explore wider coastlines and suit more experienced paddlers.



SEA KAYAKING

Day trips

Day trips cater to vacationers who have already chosen Peloponnese as their holiday destination and want an active way to experience the region. Departing daily throughout the season, our guided day trips offer visitors the opportunity to paddle along majestic limestone cliffs and enjoy the coastal and marine environment away from tourist crowds. Most of our trips are designed to suit everybody and all family members, regardless of the age and physical condition, giving a unique opportunity to enjoy the best the region has to offer. Our kayaking trips are accompanied from experienced instructors who will look after your safety but also take photo memories during the trip.

Weekend tours

Our weekend Sea Kayaking adventures are specially designed for those seeking a quick escape for a few days. Full days out sea kayaking will be led by our fully qualified local guides offering the opportunity to learn how to sea kayak and improve your existing kayaking skills. Either you seek for a weekend expedition, wild camping in a spectacular location or you prefer to stay in a cozy eco lodge accommodation this is an ultimate mix of adventure and relaxation. All transfers and meals are provided, food is home cooked and delicious, well-maintained camping gear, quality kayaking equipment, and professional kayak guides are at your disposal.

Weeklong tours

Our weeklong Sea Kayaking tours are for those of which an ideal vacation includes adventure, luxury and relaxation. Warm water sea kayaking along rocky coastlines, paddling between small remote islands enjoying crystal clear seas, plenty of sunshine, and a rich cultural heritage. A paddling day ends retreating at an eco boutique hotel and dining at the best restaurants of the region. You are taken care of from the time you land in Greece until the unfortunate moment have have to leave. All transfers, accommodation meals, quality kayaking equipment, and professional kayak guides are at your disposal.



STAND UP PADDLING

Stand up paddle boarding is a fun, family friendly way to get all ages out and playing on the water. Explore beautiful beaches, protected coves, and standup paddle through some of Peloponnese's most beautiful coastlines. Friendly, personal instruction is provided for new paddlers followed by a relaxed, go at your own pace exploration of the hidden gems. All of our SUP adventures are accompanied from experienced instructors who will take care of adventure planning, organizing, instructing you on the water, but also keep photo memories of the whole SUP adventure.



HIKING

Peloponnese a unique landscape where mountainous hinterland combines the mellowness of light and unobscured views to the sea. Our hiking and trekking programs are uniquely designed and never short of adventure. From light day hiking trips to skilled trekking weeklong expeditions, our trips are fun, diverse and tailored to suit your needs



HIKING

Day trips

Half day and full day hiking trips are well designed for vacationers who wish to fill their day with an easy going activity. Visitors are offered the opportunity to walk into an authentic Mediterranean landscape often filled with picturesque seaside or mountain villages. Our day hikes are performed all year round, created to suit everybody and all family members, regardless of the age and physical condition, giving a unique opportunity to learn more about Peloponnese and enjoy the best it has to offer with our trusted, experienced and devoted local guides.

Weekend tours

Our weekend hiking trips are short escape adventures making it easier to match schedule and budget giving a unique opportunity for a short exploration of the mountainous Peloponnese. Trails chosen for these weekend escapes mainly cover easy to moderate ascends to some of the most impressive mountain peaks of the Peloponnese very often offering stunning views to the sea. Cozy eco guesthouse lodging, all transfers and meals are provided, food is home cooked and delicious, and professional hiking guides are at your disposal.

Weeklong tours

Weeklong hiking adventures offer some of the most impressive mountain and sea panoramas. Less traveled hiking trails connecting hut to mountain hut through a scenery of pine and fir forests, rare endemic flora, stunning views to the Mediterranean Sea and a few of the highest summits in the Peloponnese are some of the elements of our weeklong hiking tours. A blend of village guesthouses and mountain huts with cozy atmosphere offer hospitality for a good night sleep after each day walk. Traditional restaurants and home made cooked food let you taste the specialties of the region. Transfer services are provided and professional hiking guides are always at your disposal.



CYCLING

There is nothing quite like exploring the beautiful Peloponnese on bicycle. Our cycling trips are designed to showcase the most inspiring landscapes and suit a range of levels, from beginner to advanced. Whether you cover 10km, 50km or more our programs can be customized to satisfy every cyclist whim. Our tours are either city bike wanders or countryside explorations choosing roads with little or no traffic. Our experienced guides will guarantee safety, set up the pace and make sure that your cycle tour is complemented by fascinating natural and cultural site visits.



RAFTING

Rafting in Peloponnese is one the most popular and most attended adventure tours offered in the region. No previous rafting experience is needed, children accompanied by parents, can participate. A whitewater rafting trip includes friendly and professional guides, top quality equipment, incredible scenery, and big fun. Our rafting tours through the crystal-clear river waters usually end with home cooked lunch at our river base.



RIVER TREKKING

During summer months when river water levels dropped too low there is another awesome activity for exploring the fantastic rivers of the Peloponnese. River trekking is a mixture of walking, floating, swimming while going through the river. Along with an experienced river guide and outfitted with a wetsuit, life jacket, and helmet for maximum enjoyment and safety a river trek is best suited for everyone with a relatively good physical condition and stamina.



CANYONING

The landscape of the Peloponnese has been formed by water cutting into the river bedrock over thousands of years creating impressive canyons. Canyoning is great fun, it's just like a natural water park, where you have lots of slides, jumps and abseiling, enjoying the fascination of walking through narrow gorges among enchanting waterfalls. We offer introductory canyon trips especially suited for your first canyoning experience.



FOOD EXPERIENCES

Peloponnese is renowned for its impressive range of high quality food products such as the extra virgin olive oil, cheese, fruits and wine, which are already internationally recognized. Our culinary experiences are not only for food lovers and cooking enthusiasts but for all people who appreciate the joy of a good meal and a great glass of wine after a day outdoors. We focus into the insight of the Mediterranean cuisine, a key element of our region's culture and tradition. We offer market to table activities highlighting the simple, seasonal foods of our area. Friendly and informal, our experiences feature visits to the lively local food market, visits to local olive groves and wineries, olive oil and wine tastings by the hands of the specialists, cooking workshops either outdoors or at farmhouses surrounded by organic gardens.



TEAM BUILDING

We organize corporate events throughout the Peloponnese for small or big company groups that are looking forward to promote team work, bonding, leadership skills and performance as well as providing activities that staff, clients and delegates can enjoy. Our team building ideas are mainly based on genuine outdoor games and activities where participants take part on a physical, cognitive and mental level. The idea of blending adventure with riddles and the method of learning by doing carrying out activities gets each member to exceed their personal limits and get to know themselves and their team better.



SEA TRIPS & ADVENTURES

Name	Location	Trip type	Duration	Rating	Availability
Sea kayak Trip in Kalamata	Kalamata	Day trip	4 hours	Easy	All year
Sea kayak Trip in Kardamili	Kardamili	Day trip	4 hours	Easy	All year
Sea kayak Trip in Navarino	Pylos	Day trip	4 hours	Easy	All year
Sea kayak Trip in Methoni	Methoni	Day trip	4 hours	Moderate	All year
Sea kayak Trip in Koroni	Koroni	Day trip	4 hours	Easy	All year
SUP and Snorkeling in Kalamata	Kalamata	Day trip	4 hours	Easy	May to October
SUP Trip in Kardamili	Kardamili	Day trip	4 hours	Easy	May to October
SUP and Snorkeling in Voidokoilia	Gialova	Day trip	4 hours	Easy	May to October
Sea kayak Tour in Mani	Kardamili	Weeklong	7 days	Challenging	Fixed Dates
Sea Kayak Tour in Western Peloponnese	Marathopoli	Weeklong	7 days	Moderate	Fixed Dates
Sea Kayak and Camp in Navarino	Pylos	Weekend	3 days	Easy	Fixed Dates
Sea kayak and Hike in Mani	Kardamili	Weekend	3 days	Easy	Fixed Dates



LAND TRIPS & ADVENTURES

Name	Location	Trip type	Duration	Rating	Availability
Hiking Trip in Kalamata	Kalamata	Day trip	5 hours	Moderate	All year
Hiking Trip in Kardamili	Kardamili	Day trip	5 hours	Easy	All year
Hiking Trip in Navarino	Pylos	Day trip	4 hours	Easy	All year
Hiking to the Summit of Taygetos	Sparta	Day trip	7 hours	Moderate	May to November
Hiking Trip in Ridomo Gorge	Kampos	Day trip	5 hours	Moderate	All year
Cycling city tour in Kalamata	Kalamata	Day trip	4 hours	Easy	All year
Cycling around Ancient Messini	Ithomi	Day trip	4 hours	Easy	All year
Hiking on the Spartan Trail	Sparta	Weeklong	7 days	Challenging	Fixed Dates
Hiking on the Mainalon Trail	Stemnitsa	Weeklong	7 days	Moderate	Fixed Dates
Hiking Mount Taygetos	Sparta	Weekend	7 days	Moderate	Fixed Dates
Hiking Lousios Gorge	Stemnitsa	Weekend	3 days	Easy	Fixed Dates
Hiking and Rafting in Lousios Gorge	Karytaina	Weekend	3 days	Easy	Fixed Dates





RIVER TRIPS & ADVENTURES

Name	Location	Trip type	Duration	Rating	Availability
River Trekking and Archery in Polilimnio	Kazarma	Day trip	4 hours	Easy	May to October
River Trekking in Neda Gorge	Platania	Day trip	4 hours	Moderate	May to October
Rafting in Lousios river	Karytaina	Day trip	4 hours	Easy	All year
Rafting and Hiking in Lousios gorge	Karytaina	Weekend	3 days	Easy	Fixed Dates
Canyoning in Kalamata	Kalamata	Day trip	4 hours	Easy	May to October
Canyoning in Neda	Platania	Day trip	5 hours	Moderate	May to October





WHAT WE DO

Authenticity

We understand the difference between a standard tour and an authentic unique experience.

B2B

We can work exclusively at a B2B basis, and specialize in white labeling for our partner adventure tour operator.

Flexibility

We can create and operate FIT and group trips, either ad-hoc, brochure or series programs.

Pricing

We provide rates either through competitive commissions or net pricing

Tailored

We customize all our programs to suit your specific trip style and focus.

Service

We give you the hands-on service you need, from product design to operations.



WHY WITH US

Exceptional Local Trip Leaders

Our trip leaders are born and bred in the region and are proud to be ambassadors of their culture and heritage. They are carefully selected on clear criteria of qualifications and skills.

Authentic Experiences

We bring travelers deeper into the local culture and geography whether they hike, kayak or cycle. We develop a personal approach with travelers and pride ourselves to be different on that.

Environmentally Engaged

Central to our philosophy is to protect the environment and support local projects with regards to sustainability and responsible partnerships.

MEET OUR TEAM



Katerina

Founder and owner of Explore Messinia, a qualified river guide and sea kayaking guide and a long distance open water swimmer, Katerina always enjoyed sports life and adventure traveling. Katerina founded Explore Messinia with all the same principles she believes in when she travels, authentic experiences and top quality services. Her goal is simple, she wanted people to travel actively, with a purpose and experience what she loves more, her homeland.



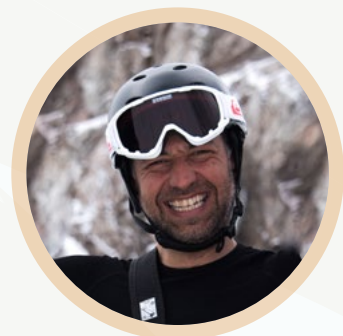
Fotis

Born and raised in Kalamata Fotis started traveling at a very young age. Since those early days, he has hiked, climbed, sea kayaked and mountain biked a lot. He is a qualified river guide, sea kayaking leader and instructor, canyoning leader and has worked for many years as a guide and tour leader on day and multi-day programs all over Greece.



Giorgos

His love and commitment for Sea Kayaking starts many years ago. At the moment he holds the highest qualification from British Canoeing as an advanced water sea kayak leader. He is also a sea kayak instructor and a qualified river guide. He has worked for many years as a rafting guide and has led groups on sea kayaking expeditions all over Greece.



Trifonas

His love for sports in the nature begins from his early childhood where he was involved in Ski racing. After university graduation he has worked as an alpine ski instructor in ski resorts around Greece. He is a qualified river guide sea kayaking leader. He has worked as a tour guide and leader on hiking and kayaking trips all over the country





Scan and check our video!



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