



EUPHORIA SPARTAN SPIRIT OF ADVENTURE RETREAT

For Fitness Full of the Spartan Spirit for Adventure.

Spend an outdoor week with us exploring the region of Sparta, while unleashing your physical fitness and celebrating your inner resilience, in the style of our local warrior ancestors. The Spartan champions were revered as much for their military prowess as for their unwavering physical and mental focus to reach optimum performance. Train like a Spartan and feel proud of yourself!

Like all our retreats, this is another playful experience of exploration and joy – with a physical focus. Your outdoor activities, ranging in intensity, will take you through the beauty and history of the land of the Spartans, keeping alive their spirit of fitness, open-heartedness and a love for nature.

Daily exercise, including hiking, cultural walking tours, interval training, cycling, rock climbing and swimming, plus energy movement sessions and aerial yoga. Each activity takes place at a different location, so you can explore the beauty of this blessed land, breathe in clean air and exercise in nature while enjoying beautiful views, mountain and sea side.

You will have plenty of time to recover from training with our spa facilities and treatments that you can book. You will also have one day of rest from your physical excursions and plenty of nutritious, energy-giving food.

Live the Spartan virtues of strength and balance in the battlefields where they were victorious. You'll find this a soul-lifting experience too!

Below is a sample itinerary of activities included in the 7 Day program with six daily excursions around Euphoria Retreat and the surrounding area. Each day includes 2-3 hours of physical exercise, plus the opportunity to enjoy the unspoilt nature and culture of this historical area of the Peloponnese.

- **Day 1:** Energise yourself in the hilly forest around Euphoria Retreat focusing on functional and HIIT (High Intensity Interval Training) exercise, using props. Discover the historical site of Mystras Castle
- **Day 2:** Cycle to and from the nearby classical Sainopoullio Amphitheatre for a HIIT session
- **Day 3:** Travel by car to the pretty seaside town of Gytheio, once a Roman trading port, for a small triathlon session: swimming, cycling and rock climbing.
- **Day 4:** Hike along the mountain tops of Menelaia, an archeological site with long views over the ruins of Sparta
- **Day 5:** Enjoy a walking tour through the many paths on Mount Taygetus behind Euphoria Retreat, on whose steep slopes the Spartans abandoned all those deemed unfit or traitors!



- **Day 6:** Spend the morning in the village of Tripi and its Karvasaras and Vasiloneri Springs. You can swim in the cold spring waters, running, cycle and practice archery, just like the Spartans

YOUR MENTORS: This retreat is led by our fitness team of experienced trainers, who will be always alongside to encourage and support you in building resilience, strength and self-empowerment, with a lot of laughs along the way.

You are welcome to spend as much time as you like enjoying our beautiful and extensive facilities spread over the four floors of our Spa: outdoor and indoor pools leading to the meditative experience of our Sphere Pool with hydrotherapy; the Tepidarium with steam baths, Finnish sauna, cold plunge and ice mists; the Waterwell with Kneipp Walk Therapy and indoor and outdoor relaxation and recreation spaces.

Your Programme includes five meals: breakfast, lunch and dinner plus two healthy snacks, mid-morning and mid-afternoon. We also offer herbal infusions, fruit and nuts throughout the day.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.

Please contact our travel specialists if you have questions or if you would like to receive a tailor-made offer.

The package does not include flights. We would be happy to help you find the best connections. If you would like to receive a quote for flights, please let us know, along with your preferred departure airport.

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