

## AMANZOE

### LOCATION

Comprising a 38-suite resort, an Aman Spa and a number of Aman Villas, Amanzoe is the Greek complement to Montenegro's Aman Sveti Stefan and Turkey's Amanruya. Drawing its name from the Sanskrit-derived word for 'peace' and *zoe*, the Greek word for 'life', Amanzoe is situated on a hilltop close to the town of Porto Heli on the east coast of the Peloponnese. The resort offers panoramic views of the Peloponnese countryside and coastline, a private Beach Club in a picturesque bay and easy access to the cosmopolitan islands of Spetses and Hydra.

### SETTING

Surrounded by undulating olive groves and overlooking the turquoise waters of the Aegean Sea, Amanzoe is just a 10-minute drive from the tavernas and bustle of Porto Heli. From here, a short boat ride takes one to the vibrant and historic island of Spetses. The road approaching Amanzoe winds uphill through olive groves, offering beautiful views of the sea before reaching the arrival pavilion.

The design of Amanzoe is strongly influenced by classical Greek architecture, yet is contemporary in attitude and construction techniques. Taking into account the property's hilltop setting and open views, the design is particularly inspired by traditional Greek acropolises – citadels built atop elevated ground in ancient times.

Amanzoe's entrance and reception areas overlook an expansive reflection pool, beyond which the Library, Boutique and Gallery are set amongst terraces, courtyards and gardens joined by walkways. The resort's dining pavilions and lounges include the Restaurant, Pool Restaurant, Fireplace and Living Room with its central Bar.

The landscape allows for several secondary areas such as the Aman Spa, set within colonnaded and walled gardens; the main swimming pool, surrounded by an expansive terrace; a gym, Pilates studio and yoga pavilion; and a small amphitheatre. Other facilities include a Meeting Pavilion, two tennis courts and the Beach Club.



## ACCOMMODATION

Every one of the 38 Amanzoe guest pavilions has its own private swimming pool, ranging in length from six to 12 metres. The pavilions are divided into four categories, depending on location. Each free-standing pavilion is accessed through a stone-walled garden courtyard that leads to a spacious, high-ceilinged living and sleeping area. Beds are positioned in a marble-walled alcove which, together with the living area and bathroom, opens up onto the terrace. Rooms are also available to accommodate guests with disabilities.

## AMAN VILLAS

Surrounded by olive groves, Amanzoe's Aman Villa plots are situated adjacent to the resort and offer spectacular views of the Aegean Sea. Residences feature private swimming pools and up to five bedrooms, and are currently under construction.

The villas' open terraces feature sand-coloured marble floor tiles, traditional dry stone-clad walls, fair-faced concrete columns and cornices. The 20- to 25-metre private swimming pools are lined with emerald-coloured marble, and solid timber pergolas provide shade for poolside lounging or alfresco dining. All bedrooms feature his and hers bathrooms and dressing areas in marble and oak. The living room flows from the dining area and out onto the terrace, taking advantage of the balmy climate to ensure seamless indoor/outdoor living. All villas come with two dedicated staff members. Ideal for family gatherings, weddings and other special occasions, the villas will afford owners and guests complete privacy with the benefit of access to all the resort's facilities.

## FACILITIES

**Dining:** Fronted by an expansive outdoor terrace designed for alfresco dining, the **Restaurant** is an airy yet cosy venue defined by floor-to-ceiling window-doors on three sides. These maximise sea views and can be opened or closed depending on the weather. The more relaxed **Living Room** with its central **Bar** is an ideal venue for a quiet aperitif or light meal – either indoors or out – while the **Pool Restaurant** offers a casual spot for all-day dining. Located near

the main swimming pool, the **Fireplace** is an outdoor lounge for enjoying a drink at sunset or a nightcap beneath the stars. The **Beach Club** also includes an informal restaurant.

**Boutique:** A variety of unique Greek handicrafts, jewellery and artwork is on display and available for purchase.

**Library:** The Library offers a broad range of reading materials in several languages. Reference works on many subjects are available, including a wide spectrum of material on Greek history.

**Beach Club:** Situated in a beautiful bay with sparkling turquoise waters, the Beach Club is only a 10-minute drive from the resort. Alternatively, guests can mountain bike the picturesque route. The Beach Club provides two 25-metre lap pools and another smaller pool, as well as an expansive deck where guests can relax on loungers in the sun or beneath pergolas. There is also a dining area and bar, where refreshments and a full menu are served throughout the day. A range of water sports equipment is provided and boating excursions to explore the bay and nearby islands can be arranged. The Beach Club is operational May through October, weather permitting.

**Beach Club Cabanas:** Four private Beach Club Cabanas are positioned close to the Beach Club, providing all the comforts of a Guest Pavilion directly on the shoreline. As well as an air-conditioned bedroom and bathroom, each Cabana offers a terrace, an almost 200-square-metre garden, an outdoor massage area, and a private swimming pool overlooking the sea. Guests can dine at the Beach Club restaurant or in the privacy of the Cabana and its extensive grounds. Massages accompanied by the sound of the sea are also an option.

**Aman Spa:** Amanzoe's Aman Spa comprises seven double treatment rooms, two *hammams* and a hair and finishing salon, all looking onto a peaceful open-air courtyard. Treatments include massages, facials, scrubs and wraps, combining the best Asian techniques with ancient Greek beauty rituals, and using Aman Spa's own range of natural skincare products.

## MEETINGS & SPECIAL EVENTS



Amanzoe is a picturesque location for meetings and special events and offers all the necessary facilities and equipment, whether for a conference or a wedding. Offering a number of restaurants on the property, catering is easy to arrange, with Amanzoe's chefs creating personalised menus to suit events and personal tastes.

Amanzoe offers several different venues – both indoors and out. These include the Meeting Pavilion, the Library, the Pool Restaurant and the Beach Club.

### MEETING PAVILION

Situated adjacent to the Living Room and enjoying similar open views, the freestanding Meeting Pavilion is accessed via a shaded colonnade and offers an elegant foyer and a generously-proportioned boardroom with sprung regenerated oak floors, marble and mirror walls, and dramatic arched ceilings. The venue features its own kitchen and service facility, and can be set up to host any kind of special event or corporate function. Weddings and other celebrations can be arranged down to the finest detail, incorporating a casual lunch, stylish cocktail party or lavish banquet,



while video/teleconferencing, AV projectors, multi-system video players and wireless internet access are all available for meetings, conferences, presentations and seminars. The Meeting Pavilion also features several open-air areas with sweeping views of Spetses and the Peloponnese coastline.

Different functions require different layouts, and Amanzoe offers a range of flexible options:

#### MEETING PAVILION

- 50 guests boardroom style
- 120 guests banquet style
- 60 guests classroom style
- 200 guests theatre style

**LIBRARY** • 60 guests for cocktail receptions

#### POOL RESTAURANT

- 60 guests indoors for sit-down meals
- 150 guests outdoors for sit-down meals on poolside terrace
- 250 guests for cocktail receptions

**BEACH CLUB** • 250 guests for beachside BBQs



## AMAN SPA

*“Healing is a matter of time, but is sometimes a matter of opportunity.”*

– Hippocrates

The history of Western medicine is inextricably linked to Hippocrates (460-370 BC), the Greek physician who is referred to today as the Father of Modern Medicine. It was Hippocrates who freed medicine from the shackles of magic, superstition and the supernatural. He believed that the human body functions as one unified organism, or *physis*, and must be treated, in health and disease, as one coherent, integrated whole. Hippocrates placed great emphasis on strengthening and building up the body's inherent resistance to disease. For this, he prescribed diet, gymnastics, exercise, massage, hydrotherapy and sea bathing.

At Amanzoe we have combined these elements and our Aman Spa facilitates optimum wellness with the integration of natural products, therapeutic treatments and various movement modalities.

### FACILITIES

Designed as a tranquil sanctuary, Aman Spa at Amanzoe is a destination unto itself, offering extensive wellness and relaxation facilities and beautiful views.

**Treatment Pavilions:** Aman Spa offers eight treatment pavilions and each features a dressing room, treatment area, steam shower and bathroom. All offer beautiful tranquil settings and a number can accommodate couples.

**Hydrotherapy:** Watsu is a rejuvenative and deeply relaxing therapy in which one is held in the arms of a Watsu practitioner in warm water and gently moved to stretch and relax the body. As well as the purpose-built Watsu Pool, Aman Spa's wet areas include his and hers *hammans* and steam rooms with a cold plunge pool.

**Thai Massage Room:** Thai massage improves movement and flexibility through yoga-style stretches and acupressure techniques. This bodywork therapy is performed over loose clothing and is relaxing, yet energising. Aman Spa offers its own Thai Massage Room with a traditional floor-level massage bed.

**Gym, Yoga Pavilion & Pilates Studio:** The spacious, light-filled gym is equipped with the latest in cardiovascular and weight-training machinery, while the yoga pavilion features re-engineered oak floors and beautiful views of the surrounding hillsides. The Pilates studio is fully equipped with reformers and other Pilates-specific equipment.

**Salon:** Offering hairstyling, manicures and pedicures, the salon is the ideal venue in which to finish a visit to the spa.

### TREATMENTS

The holistic healing philosophy of Greek medicine states that man is essentially a product of the natural environment, and that good health is found when living in harmony with nature. The process of healing is restoring this lost harmony.

Aman Spa has drawn on this ancient wisdom in creating its spa menu. All treatments combine ancient Greek wellness rituals with time-honoured Asian beauty techniques, and use Aman Spa's own range of natural skincare products.

**Signature Treatments:** Amanzoe has created a number of unique signature treatments that enhance awareness in the body and help one reconnect with the environment.

**Massage:** Aman Spa's therapists customise each massage to individual guest's needs, incorporating traditional Swedish and therapeutic techniques, as well as aromatherapy, hot stones and Thai massage.

**Body Scrubs and Wraps:** Aman Spa offers body scrubs to either harmonise or energise the body, and body wraps using Argiletz clay and other natural ingredients to promote healthy, glowing skin. Scrubs and wraps can be added to any massage or enjoyed on their own.

**Custom Facials:** A number of custom facials are offered using natural ingredients to cleanse, refresh and hydrate the skin. Techniques include Zone Therapy and hot/cold stones.

## FITNESS

Amanzoe offers various options for fitness and recreation including a Pilates studio, a yoga pavilion overlooking the surrounding hills, a fully-equipped gym and two outdoor tennis courts which can be floodlit for night-time play.



### AMAN PILATES

Amanresorts has developed a comprehensive approach to Pilates drawing on the expertise of a specialist in movement therapy and rehabilitation. Suitable for everyone, from the desk-bound executive to the champion triathlete, Aman Pilates offers clinical exercise, fitness and sports-specific training on the full range of Pilates equipment. Sessions are conducted in a personalised manner and incorporate both Allegro and mat-based Pilates.

Before starting instruction, participants undergo a specially designed, 30-minute assessment conducted by an Aman Pilates instructor. This assessment recognises that each person's body is unique and each person's physical regime different. The aim is to aid in making informed decisions about how you choose to move, exercise and take care of your body.

After the assessment, each client receives a report outlining a programme designed specifically to help achieve personal fitness and wellness goals. By following the recommendations, clients will move and exercise more efficiently and minimise the risk of injury.

### YOGA

Yoga has been practised for thousands of years. It promotes internal awareness through focusing on the breath and physical strength through the holding of specific poses. Just as with Pilates, Amanresorts believes that quality instruction is crucial, and therefore recruits highly-qualified yoga instructors with a broad range of experience in different yoga styles. Private instruction is available for all levels, from complete beginners to experienced yogis.

### PERSONAL TRAINING

The resident Fitness Trainer can develop personalised programmes incorporating fun, challenging and inspiring training sessions to suit different needs and goals. Programmes usually include a combination of stretching, cardio and weight exercises to assist in weight loss, developing muscle tone and improving fitness levels.

### TENNIS

Amanzoe has two floodlit tennis courts which are available on a complimentary basis, with prior booking. Amanzoe can provide rackets, balls and shoes if required, and tennis instruction or a tennis partner can be arranged.

## DESTINATION & ACTIVITIES



Amanzoe is one of four Aman resorts on the Mediterranean, including Aman Sveti Stefan in Montenegro, Amanruya in Turkey and Aman Canal Grande Venice in Italy. Together these retreats offer travellers a remarkable journey along one of the most historic and fabled coastlines in the world.

**Amanzoe:** Set in a land of classical ruins, azure seas and olive groves on the coast of the Peloponnese, Amanzoe offers a contemporary hilltop retreat overlooking the Aegean Sea. The resort embraces the architecture and soul of ancient Greece and is ideally placed for exploring the region's natural attractions and rich culture.

**Aman Sveti Stefan:** In a country famed for its beauty, the most iconic images associated with Montenegro are of the tiny islet named Sveti Stefan. Attached to the coast by a narrow isthmus, the island lies across the bay from Villa Miločer, and together these two historic sites comprise Aman Sveti Stefan.

**Amanruya:** All along Turkey's Aegean coast are magnificent reminders of the region's classical past. These vie for attention with spectacular natural scenery, from pine forests to picturesque scalloped bays. One such bay on the Bodrum Peninsula is home to Amanruya. Set on a hillside, the resort offers breathtaking sea views and a sheltered pebble beach.

**Aman Canal Grande Venice:** Synonymous with romance, Venice is famed for its canals, the largest of which, the Grand Canal, winds its way through the heart of the city. Lining this historic thoroughfare are gracious buildings between 200 and 700 years old, including the regal 16th-century *palazzo* in which Aman is housed.

Combining a stay at Amanzoe with one or more of Aman's Mediterranean retreats can be easily arranged by Amanresorts' 24-hour concierge service.



## GEOGRAPHY

Greece or the Hellenic Republic is the southeastern-most country on the European continent. Surrounded by the Aegean Sea to the east and the Ionian Sea to the west, it boasts a vast number of islands and islets, famed for their white-washed houses, sapphire waters and unrivalled beauty. The mainland also offers stunning landscapes, dramatic mountains and lakes, fertile agricultural lands and quaint historical towns and villages.

**Peloponnese:** Rich in history and steeped in mythology, the Peloponnese is a large peninsula in southern Greece, forming the part of the country south of the Gulf of Corinth. Named for the founder of the Olympic Games, King Pelops, the peninsula reaches out its rocky, beach-fringed fingers into the azure waters of the Aegean Sea and is home to beautiful countryside dominated by olive groves and carob trees. The Peloponnese has long been a favoured weekend and holiday destination for Athenians due to its proximity to Greece's capital, its mild climate and peaceful scenery.

**Porto Heli:** The scenic town of Porto Heli is situated on the east coast of the Peloponnese and across from the cosmopolitan islands of Spetses and Hydra. Surrounded by a glittering blue sea, this area is the birthplace of legends and civilisation, blessed by a history that embraces the Spartans and Romans, the Byzantines and Venetians, all drawn here over the millennia because of the region's beauty, wealth and strategic location. Porto Heli itself is a district of the Municipality of Ermionida which includes the districts of Ermioni, Kranidi and Kilada. The entire area is often collectively referred to as Porto Heli.

## HISTORY

Ancient Greece is generally considered the cradle of Western civilization, philosophy, democracy and the Olympic Games. Human presence in the Peloponnese can be traced as far back as 50,000 years ago to the middle of the Palaeolithic Era. Findings around the ancient city of Halieis on the south side of Porto Heli Bay indicate that life in the area dates back to 3,000 BC. In fact, the city was enclosed (around 800 BC) by a defensive wall with at least five gates, and had independent territorial rights and its own mint. On a calm day, one can still see the communal baths' remains – now underwater – and even swim amidst the ruins. The town's early inhabitants were primarily engaged in fishing and farming, and the historic name *Porto Heli* translates as 'Bay of Eels', denoting the fish's importance to the area when it was being established.

## CLIMATE

Situated 38° north of the equator, Greece enjoys all four seasons, with warm summer months and a dry mild winter. More specifically in the Porto Heli area, spring and autumn are pleasant, characterised by bright sunshine and occasional rainfall. Temperatures during summer average around 33°C, whereas over the winter months temperatures average 10°C. The area's Mediterranean climate allows for outdoor activities throughout the year, and comfortable swimming during the summer, late spring and early autumn months.

## PLACES OF INTEREST

### ANCIENT SITES

There is a wealth of archaeological sites to explore in the area. These include the Sanctuary of Asklepios at **Epidaurus**; the legendary citadel of **Mycenae** and the Mycenaean cemetery of Dendra; the ancient citadel of Tirynth and its dam, constructed around the 12th century BC; the early Bronze Age settlement of Lerna at Mili; the Temple of Hera close to Argos; the village of **Didyma**; the lofty **St. Dimitrios Monastery of Avgo**; **Monemvasia** and its beautifully-preserved medieval churches; and numerous Mycenaean bridges, each a feat of engineering on the road trip from Amanzoe to **Nafplion**, amongst many others.

**Epidaurus:** Situated in the East Peloponnese, just 51 kilometres from Amanzoe, Epidaurus is home to the Sanctuary of Asklepios, a UNESCO World Heritage Site. The site – which includes a renowned amphitheatre – is surrounded by forest and has the ambience and seclusion of a retreat.

Built in the fourth century BC by Polykleitos the Younger, the theatre has a capacity of 15,000 people and is remarkably well-preserved. An architectural masterpiece with perfect acoustics, it was expanded from 34 to 55 rows by the Romans. The theatre is still host to internationally-acclaimed performances every summer. However, the main attraction at Epidaurus is the sanctuary itself.

The Sanctuary of Asklepios was the most renowned healing centre of the ancient world. The God of Medicine to the Ancient Greeks, Asklepios was considered a son of Apollo, given the gift of healing after his mother died giving birth to him. Consisting of temples, hospitals and other facilities dedicated to health, the sanctuary was visited by those looking for a cure from as far afield as Rome.

The sanctuary reflects not only the great history of the Hellenistic and Roman periods, but also the powerful nature of the ancient Greeks' spiritual beliefs. The oldest buildings date back to the sixth century BC, and within the ruins are the remains of the Enkoimition. Here people would sleep in the hopes of having Asklepios appear to them in their dreams with a cure for what ailed them. Represented by the snake (hence the global symbol of modern medicine – a snake entwined around a rod), Asklepios was one of the later additions to the Hellenic gods. Treatments included “licks” from snakes, as well as entertainment. The Greeks believed in the power of theatre to heal the mind and spirit, hence the inclusion of the amphitheatre.

**Mycenae:** Founded by Perseus, capital of Agamemnon's kingdom and an important commercial centre, Mycenae was the “golden city” of ancient Greece, and is today a UNESCO World Heritage Site, situated 100 kilometres from Amanzoe. The epicentre of the Mycenaean world, the city gave its name to a period and a civilization that spread as far as the Mediterranean basin between the 16th and 12th centuries BC.

The site itself is exceptionally well maintained, providing a clear picture of exactly what it was like to live within the city walls. A formidable city in its day, Mycenae is surrounded by mountains and fields offering glimpses of blue sea.

Situated about 300 metres away from the Mycenaean acropolis is the well-maintained Treasury of Atreus – also known as the Tomb of Agamemnon (son of Atreus and brother-in-law of Helen whose abduction by Paris started the Trojan War). Known as a *tholos* or ‘bee-hive’ tomb, it was built between 1350 and 1330 BC. It is the largest and best preserved of the nine *tholos* tombs found in Mycenae.

The colossal Cyclopean walls of Mycenae and the famous Lion Gate are other standout attractions – still impressive after more than 3,000 years.

**Nafplion:** The historic town of Nafplion is situated just 65 kilometres away from Amanzoe, and is full of spectacular monuments and sights that have stories ranging from ancient to medieval times. The town played a major role in the history and creation of modern Greece, as it hosted the first Greek parliament after the Greek War of Independence. It was also the town where the first pharmacy was opened and the first military school was founded.

Up until Greek Independence in 1832, Nafplion was ruled by a host of great conquerors including the Byzantine and Ottoman Empires, and the Venetians. Over the centuries, the different occupying forces left their mark on the architecture and culture of Nafplion, imbuing it with the unique and cosmopolitan atmosphere it has today.

Renowned for its neoclassical architecture, the imposing Palamidi Castle overlooking the city and the Bourzi Castle set on an island in the middle of the harbour, Nafplion is a charming town to wander. The quaint streets of the old town are shaded by bougainvillea and lined with restaurants and shops, while live jazz bars provide entertainment in the evenings.

**Didyma:** The village of Didyma lies in a small valley surrounded by a mountain range. Two of the most impressive sights in the vicinity of Didyma are the Small and Big Caves, geological crater-shaped formations created thousands of years ago and shrouded in myths and local stories. The Big Cave is a wild place, a rocky home to many different species of birds. To reach the Small Cave you have to descend some steps into a cave, cutting directly through the rock. A lovely 10-minute stroll takes you around the inside of the crater where you come across two tiny churches that are built directly into the rock and dedicated to St. George and St. Sotira.

**St. Dimitrios Monastery of Avgo:** Behind the mountains of Didyma on a mountain called Avgo, stands the monastery of St. Dimitrios. *Avgo* is the Greek word for ‘egg’. Built in the 14th century, this two-level monastery is built into the rock face about 850 metres up, and overlooks the gorge through which the Rados River plunges to the sea.

**Monemvasia:** Nicknamed ‘the Gibraltar of the East’ or ‘The Rock’, Monemvasia is situated on a small peninsula off the east coast of the Peloponnese. The peninsula is linked to the mainland by a 200-metre causeway, and consists mostly of a large plateau – 100 metres high, 300 metres long and one kilometre wide. The town and its famous fortress were founded in 583 by Greek refugees fleeing Slavic and Avaric invasions. The town became an important trade and maritime centre in the 10th century and was controlled in turn by the Byzantines, the Venetians and the Ottomans over the next few centuries. Today the town's walls and many of its Byzantine churches remain from the medieval period, and walking its cobbled streets is like strolling back in time.



## ISLAND HOPPING

The Peloponnese is surrounded by numerous uninhabited islets, ideal for day trips, sailing excursions and swimming in secluded coves. Ten minutes across the water from Porto Heli by water taxi is the cosmopolitan island of **Spetses**, known for its sea-faring traditions, its heroic contribution to Greek Independence from the Ottoman Empire, its Venetian and neoclassical mansions with pebble mosaic courtyards, and its horse-drawn carriages. A bit farther away, but still within easy reach by water taxi is the island of **Hydra**. Populated by historic sea captain mansions which evoke an ambience of centuries past, Hydra is renowned for its vibrant dining scene and nightlife.

**Spetses:** The island of Spetses has a long and rich history. One of the most interesting parts is the period of the Greek War of Independence and the Greek Revolution of 1821. Spetses was the first of the Greek islands to raise the flag of the Revolution on the morning of 3rd April, 1821 at the monastery of St. Nicolas. Laskarina Bouboulina of Spetses, a very important and influential person in the revolution, used her wealth to build and lead a navy after her husband's death. Today, Bouboulina's house is one of the most impressive places to visit in Spetses, amongst other mansions and museums.

Spetses does not just offer an inspiring past, but also natural beauty. It is cosmopolitan yet traditional, a charming combination of quaint streets, pine forests and local charm, where reminders of the rich history of the island lie around every corner.

Though the island suffered greatly after the two World Wars and a large part of the population moved away, thanks to the growth of tourism, Spetses recovered quickly. Sotirios Anargyros, a Spetsiote who made his fortune in America, returned home to help rebuild the island and its inimitable spirit. He built a road and reservoir, a prestigious boarding school, the first luxury hotel in the area, and started a reforestation and conservation programme that replaced all of the greenery lost due to years of war and neglect. While tourism is one of the island's main resources, the local traditions and customs of Spetses remain the same and the locals proudly maintain them despite changing times.

Visitors can explore the museums, churches, mansions and harbour, while enjoying the many shops and tavernas along the way.

**Hydra:** For much of the past, Hydra was on the margins of history. The population was very small in ancient times, and except for brief mentions by Herodotus and Pausanias, it made little mark on the history of those times. Between the years 1204 to 1566 it belonged to Venice, and from 1566 to 1821 it was part of the Ottoman Empire. Its naval and commercial development began in the 17th century, and its first school for mariners was established in 1645.

Despite its lack of historic importance, Hydra is a beautifully picturesque town. As you approach the port, the statue of Andreas Miaoulis, a local war hero, welcomes you as he stares out to sea. From the water, you can see the impressive clock tower of Hydra and stately old mansions climbing the hillside.

There is no motor transport allowed anywhere on the island. Donkeys and water taxis provide the only means of getting around.

Hydra is as welcoming in the morning as it is in the evening, whether you wish to browse the shops, dine in the atmospheric restaurants or explore the museums. Although you may choose your tour time according to your personal wishes, please keep in mind that the heat of midday can be quite intense during the summer months.

## HISTORICAL, ARCHAEOLOGICAL AND NATURE TREKS

Trekking in the beautiful scenery of the Peloponnese is an invigorating and memorable experience. Trek past Byzantine chapels, Mycenaean tombs and watermills on your way from Mycenae to the village of Prosymni (3 hours). Other options include a light trek to the sunken hollows of Vythismata or the Bisti Forest at Ermioni.

## MUSEUMS

Alongside the amphitheatre and healing facilities at Epidaurus is an excellent museum which contains statues and other objects found at the site. The onsite museum at Mycenae is full of beautiful cultural handicrafts and many golden items that give clues to the everyday life of the Mycenaeans. Kranidi offers an excellent Folklore and Cultural Museum.



## EXCURSIONS

**Local Produce:** The region has a reputation for its agricultural products including its citrus fruits, low-acidity olives, diverse fish and crustaceans, honey and wine. Amanzoe offers guests the opportunity to pick olives and make their own olive oil (seasonal); join in the pomegranate harvest (seasonal); visit local sheep and goat farmers who make their own cheese; and collect honey (seasonal) on a trip to the local hives and honey museum.

**Wine Tasting:** Within 90 minutes of Amanzoe there are numerous vineyards open for wine tasting. All boast indigenous Greek grape varieties, offer tours of the surrounding vineyards and are known for their complex and diverse wines.

The vineyards of Nemea are particularly famous. Nemea is an ancient site in the northeast of the Peloponnese, not far from the town of Nafplion. Here in Greek mythology Heracles overcame the Nemean Lion of the Goddess Hera, and the Nemean Games took place.

The region was first put on the map for its winemaking by Homer, who called it Ampeloessa, which means “full of vines”. Today the appellation of Nemea is the most important red wine AOC of southern Greece, and arguably all of Greece. The indigenous Greek Agiorgitiko grape is grown, producing wines famous for their deep red colour with violet and blue hues, their complex aromas and their long, velvety finishes.

**Fishing:** Originally a small fishing community, much of Porto Heli’s history is based around this industry. Amanzoe can arrange visits to local fish tavernas and markets.

**Boating:** If you are in the mood for an adventure on the water, Amanzoe offers a Wally One speedboat, or Aquazoe – a Pershing 62. A number of customised charters are available, enabling guests to explore the islands, inlets and coastal towns along this famous stretch of coastline.

Although there are several charming tavernas at each destination, Amanzoe can provide a picnic to be enjoyed on the water or a secluded beach.

Whatever you do, don’t miss the magnificence of a Greek sunset, during which the mountains and the sea are painted a beautiful, dusky pink.

**Waterskiing:** Waterskiing is available in the region’s sheltered bays during the warmer months of the year.

**Mountain Biking:** Off-road tracks abound in the area, whether winding through ancient pine forests or hilltop olive groves offering beautiful views.

**Helicopter Tours:** Head out at sunrise or sunset for an airborne tour of the area, or combine this archaeological flight with your heli-journey to and from the airport. Flights will take in all the Mycenaean Citadels including Mycenae, Tyrinth and Midea, as well as Epidaurus, Halieis (the ancient sunken city in Porto Heli Bay), Akrokorinthos, the ancient stadium and Temple of Apollo at Nemea, and Isthmia Harbour.

## TRAVEL TIPS

**Getting there:** Amanzoe is a 2 ½-hour drive overland from Athens or a 2-hour journey by sea on a hydrofoil from the Athenian port of Piraeus. Alternatively, guests can charter a helicopter – a flight of just 25 minutes from Athens Airport.

**Immigration:** No visas are required for citizens of European Union countries, Canada, Australia, Japan and the USA. Visas are required for all other nationalities. It is always wise to check with your local Greek consulate to ensure your visa status is correct before travelling.

**Currency:** The euro is Greece’s unit of currency.

**Language:** The official language of Greece is Greek, while English is widely spoken throughout the country, especially in tourist destinations.

**Health:** A medical centre is located close to Amanzoe.

**Dress:** Light clothing and a hat are recommended during the summer months, while warmer clothing may be necessary in the early mornings and evenings in spring and autumn.

**Electricity** is 220v/50Hz

**Time Zone:** 2 hours ahead of GMT

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