



## Spartan Spirit of Adventure Retreat at Euphoria

### Sample Schedule

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 Vasilio-Neri 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 Euphoria Retreat's 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.