
NAVARINO

SEA

ON WATER
BY SURF SALAD



Navarino Sea by Surf Salad offers challenging and fun surface water sports and activities for those looking for something beyond swimming. Learn to **kitesurf**, **windsurf** or **surf** with private lessons for beginners and advanced coaching from experienced instructors. **Kayak** with your friends, **SUP** to Voidokilia beach and balance your body with **beach yoga**.

Make the most of your holidays on the crystalline waters of the Ionian Sea.



Learn to **kitesurf**, an unforgettable experience that will change the way you look at the sea, on Navarino Dunes beach, a 3 km sandy beach with a daily thermal wind. Our experienced instructors will teach you in safety, according to the guidelines of the Greek Kiteboard Riders Association. For the more experienced, the latest gear is available to rent.

Kayaking is easy to learn and a fun way for the whole family to exercise. Set off with friends or join an escorted trip to nearby beaches.

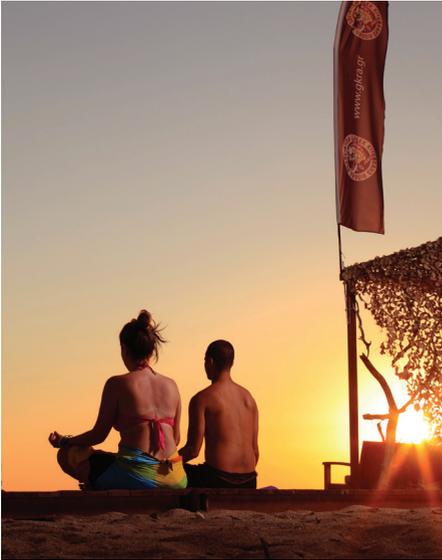
Both one- and two-person kayaks are available.

Make the most of one of the best surfing and windsurfing spots in Greece to learn the basics or hone your skills.

Surf camps for beginners and intermediates focus on surfing fundamentals. Catch your first waves and stand on your surfboard under the guidance of experienced instructors.

Learn the secrets of **windsurfing** with expert instruction, the right equipment and ideal weather conditions. Enroll in courses for all levels, perfect your technique and achieve your goals.





Balance your mind and body, relax and stretch with **Beach Yoga**.

Control your breath and calm your mind through relaxation and meditation.

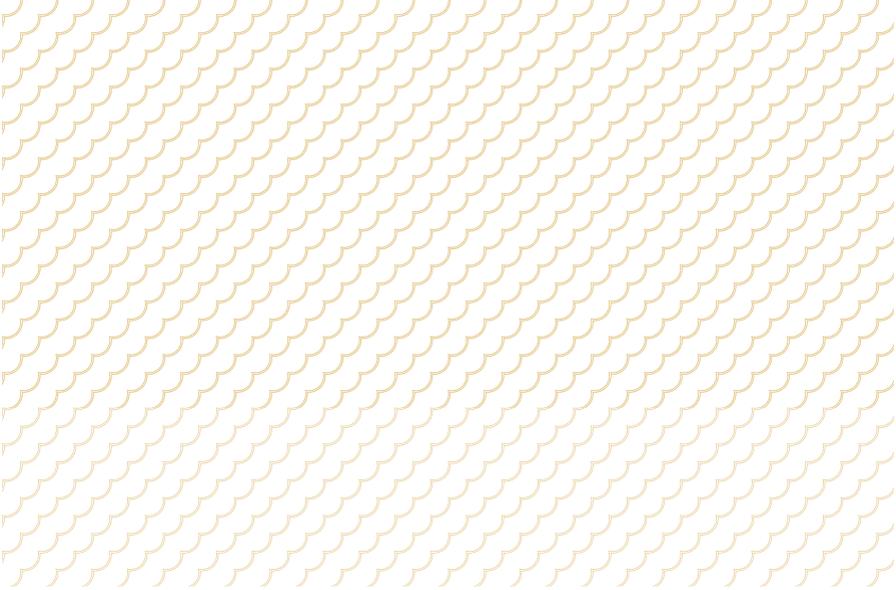
Join the daily sessions every morning.



Stand Up Paddleboarding (SUP) is easy and nearly everyone can start paddling in just a few minutes. Take just a little helpful advice, check for the right wave conditions and visit the nearby beaches.

Combine SUP with yoga and enjoy the marvelous benefits of exercising while floating on water. Develop mindfulness, focus and balance while at the same time getting your core muscles in shape.





For further information and bookings, please contact Surd Salad on:

T: +30 27230 91149 or 81149 from within the resort.

Information and bookings are also available from Navarino Collections on:

T: +30 27230 91130 or 81130 from within the resort.

