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PRESS RELEASE

Mythology, History, Sports in Navarino Challenge 2016

Register today & take advantage of the special packages!

25 February 2016, Athens – One of the main sporting events in Greece “**Navarino Challenge**” will take place for the fourth consecutive year at Costa Navarino on **9th-11th September 2016**.

During this time, guests of Costa Navarino will be able to take part in the multiple award-winning sports event. “**Navarino Challenge**” invites people of all ages to compete in a vast array of sports activities including **running, swimming, tae kwon do, climbing, bike-riding, pilates, boccia, basketball and kick boxing**. In addition, this year the program will introduce **new activities** such as **SUP (Stand up Paddling), golf, kids athletics, baby swimming, aqua aerobics, diving and dance lessons**.

Runners are able to choose between a variety of distances to suit all abilities, **21.1km, 10km, 5km and 1km specially designed for children**. The half marathon (21.1km) covers the **trail mapped out by Telemachus** in Homer's years when he tried to find Odysseus and discover the mythical beauty of Voidokilia.

Swimmers will have to cover the **one mile (1.6 km) distance** in a specially designed swimming route, in the picturesque **port of Pylos in Messinia**. Finally, the **SUP (Stand up Paddling) race** will make its debut at this year's event, with participants taking a unique route to **Navarino Bay**, highlighting the area's beauty and history.

The three-day “**Navarino Challenge**” event aims to raise awareness of the fight against childhood obesity through the Messinian diet and physical exercise. Once again, the event will be implemented with the support of **Costa Navarino** and **The Westin Resort Costa Navarino**, as well as the **Municipalities of Pylos-Nestor and Trifilia**.

Registrations for “Navarino Challenge” are now open! Please enter through the following link: <http://activemedia.com.gr/product/navarino-challenge/>

The Westin Resort Costa Navarino is offering special accommodation packages for those participating in “Navarino Challenge” until 30th June 2016. Prices start from 189 euro for a double room and breakfast. For further information please contact the events official travel agent Vita N Travel. Telephone: +30 210 3249070 or visit: http://navarinochallenge.com/event/accommodation_in_2016_en.html

#BeActive: <https://youtu.be/VkJJ0mgIAo4>

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Website: www.navarinochallenge.com

Facebook Page: www.facebook.com/Navarinochallenge

Facebook Event: <https://www.facebook.com/events/1575864132703599/>

Twitter Account: <https://twitter.com/NavarinoC>

YouTube Channel: <http://www.youtube.com/user/NavarinoChallenge>

Google + Account: <https://plus.google.com/115165548850159469774/posts>

Instagram Page: <http://instagram.com/navarinochallenge>

Hashtags: #navarinochallenge #costanavarino #eatwell #runwell #livewell

Costa Navarino:

Costa Navarino is the prime, sustainable destination in the Mediterranean, located in the Greek region of Messinia in the southwest Peloponnese. One of the most unspoiled and breathtaking seaside Mediterranean landscapes, this area has been shaped by 4,500 years of history. Its philosophy is driven by a genuine desire to promote Messinia, while protecting and preserving its natural beauty and heritage. It will comprise a number of distinct sites featuring 5-star deluxe hotels, luxury residences, conference facilities, spa and thalassotherapy centres, signature golf courses, as well as a wide range of unique year-round activities for adults and children. Navarino Dunes, the first area, is home to two luxury 5-star hotels, The Romanos, a Luxury Collection Resort and The Westin Resort Costa Navarino; The Dunes Course – the first signature golf course in Greece- Anazoe Spa, a 4,000sq.m. spa & thalassotherapy centre; the state-of-the-art conference centre House of Events; specially designed facilities for children; as well as a variety of gastronomy venues, sports, outdoor and cultural activities. Navarino Bay, the second area is home to the signature golf course, The Bay Course.

*High resolution photos can be accessed through the following [link](#), by using the password **nestor**.*

About The Westin Resort Costa Navarino:

The Westin Resort Costa Navarino is one of the two luxury 5-star properties of Starwood Hotels and Resorts operating at Navarino Dunes, the first resort area in Costa Navarino, the prime destination in the Mediterranean. Overlooking the Ionian Sea coastline of the Dunes Beach, at The Westin Resort Costa Navarino 445 rooms and suites, inspired by old Messinian mansions, spring from nature and create an ambiance of genuine hospitality. Voted as the "Best Family Destination" in the Mediterranean amongst Europe's Starwood Hotels & Resorts, The Westin Resort Costa Navarino is the ideal destination for family getaways as it proposes a plethora of children activities such as a wonderful aqua park with water slides, playground and recreational center as well as two specially designed hubs for children, Cocoon and SandCastle. At Navarino Dunes there is also The Romanos, a Luxury Collection Resort, the 18-hole signature golf course The Dunes Course the 4,000 sq.m Anazoe Spa, a state-of-the-art conference center, as well as a variety of culinary venues, sports, outdoor and cultural activities. Navarino Bay, the second area in Costa Navarino, features the second 18-hole signature golf course, The Bay Course. For more information on The Westin Resort Costa Navarino, please visit www.westincostanavarino.com, or follow us on [Twitter](#).