

Costa Navarino celebrates the harvesting season with authentic experiences and the multi awarded Navarino Icons products

London, 24 October 2016 – [Costa Navarino](#), the prime sustainable destination in the unspoilt southwest Peloponnese area of Greece, welcomes this year's harvest through a range of authentic experiences that celebrate the region's rich gastronomy and offer guests the opportunity to learn more about its home-produced food and product range, [Navarino Icons](#).



Navarino Icons has recently been accredited with some of the most significant international distinctions for its **Extra Virgin Olive Oil** and **Organic Extra Virgin Olive Oil**, receiving the prestige gold medal at **Olivinus, Argentina**, the "prestige gold" and "gold" respectively at **Terra Olivo MIOOC, Israel** and the silver medal at the **Domina International Olive Oil Contest, Italy** (D-IOOC), among others.

Hot off the heels of these exceptional accolades, **Navarino Icons Kalamon Olives** were announced winners at the **2016 Great Taste Awards** – the UK's most trusted accreditation scheme for artisan and specialty food and drink producers, organised by the Guild of Fine Food, giving Navarino Icons further recognition as top quality food products.

Enjoying mild climate and sunny days, now is the perfect time to explore Costa Navarino for a gastronomic affair and stay at one of the two luxury five-star hotels located at Costa Navarino's first resort area, Navarino Dunes: [The Romanos, a Luxury Collection Resort](#) or [The Westin Resort Costa Navarino](#).

Guests have the opportunity to participate in authentic activities that reflect the region's past and present.

Join the traditional olive harvesting activity which has been part of the daily lives of Messinians for centuries. Guests can get actively involved in the traditional method of collecting olives. The olive harvesting experience can have the perfect ending with a meal at one of the restaurants, showcasing the freshest ingredients and using Navarino Icons' extra virgin olive oil from the estate grown olive groves.

Experience olive oil tasting, led by local experts. Guests can enjoy a tasting session and learn about the olive oil's varieties and beneficial health elements. A local expert will talk the visitors through different oils and how to recognise subtle flavours as well as all they need to know about the extra virgin olive oil of Messinia - dubbed "liquid gold" by Homer - considered by lovers of good food to be among the finest in the world.



Enjoy a traditional Messinian cooking class with locals. Guests join local women in a traditional house in the nearby picturesque town of Pylos, to learn how to prepare a full Messinian menu using regional recipes, fresh ingredients and practice the culinary techniques of the Peloponnese, which have been passed down through generations, before sitting down to enjoy a meal together. This unique experience ensures that visitors at Costa Navarino are well acquainted with Messinian culture and return home enriched with the knowledge on the region's cookery secrets, diverse palate of flavours and indulgent ingredients.

For a harvest-inspired stay this autumn guests are spoiled for choice with Costa Navarino's immersive gastronomic and cultural experiences, while the natural beauty of the Messinia area is sure to revitalise the mind, body and soul.

For more information on Costa Navarino visit www.costanavarino.com

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About Navarino Icons

Navarino Icons creates products from Messinia and the Peloponnese, which are inspired by the rich culinary history and traditions of the area, with the aim of getting people acquainted with the beauty and heritage of the local culture through products of the highest quality. All products are produced by small scale local producers and in limited quantities, certified with ISO 22000: 2005, TUV NORD, to ensure the highest quality production in every step of the production process.

www.navarinoicons.com

About 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.

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