



STAR ESCAPES

This glorious, family-friendly region in Greece's Peloponnese boasts clear, calm shallows, sandy beaches, gorges and coves

Messinia

STAY

Taking cues from traditional Messinian manors, the Westin Resort, Costa Navarino (3) is a masterclass in easy-going elegance. Its hillside surroundings lead down to a golden sweep of Ionian coast and there's a breathtaking vista at every turn. The family-friendly resort has been designed to delight parents and youngsters alike – from the special kids' check-in to the waterslides and basketball courts – while the bedrooms – many with their own infinity pool – all enjoy sea or golf views. Those in need of relaxation will find myriad spots to chill out but the brilliant activities mean it's hard to resist getting involved. The only downside is dragging the family back home to reality.

TASTE

At lunchtime, head to beach-front Barbouni (1) to sample just-caught calamari beneath a ceiling of billowing sails. Come sunset, tuck into steak at Flame while enjoying the view, then witness the surrounding hills disappear as darkness falls. Keen cooks can get stuck into the hotel's authentic cooking experience – you'll prepare your own Messinian menu with the help of local women,

using regional techniques and fresh ingredients.

INDULGE

Tranquillity is within easy reach at the Anazoe Spa – a light, bright sanctuary where therapies span the board, from expertly administered facials to full-body extravaganzas. The aloe vera body wrap is perfect for sun-parched skin and there are ultra-gentle treatments for beauty-loving little ones. Many rituals incorporate ingredients grown in the local countryside (think just-picked olive leaves and fragrant herbs) and steam baths and experience showers are a must-try.

EXPLORE

Rent a bike from Navarino Outdoors and cycle to Voidokilia beach (2); shaped like the Greek letter omega, the sands rise up into a semi-circular bank of dunes lapped by the translucent water. For stunning coastline views, set sail round the Bay of Navarino, taking in the historical gems, before cooling off in the sparkling azure sea.



WHAT TO PACK



Korres Olympos Tea Cleansing Foam, £18, from lookfantastic.com

Sienna embroidered maxi dress, £270, Melissa Odabash; visit odabash.com

Tall forage basket bag, £34, Bohemia; visit bohemiadesign.co.uk



Amanda Seyfried explored Greece while filming *Mamma Mia!*

› Rooms at Westin Resort, Costa Navarino start at £192 a night including breakfast; visit costanavarino.com. easyJet flies from London Gatwick to Kalamata between April and November, from £37.30 one way; visit easyjet.com.