



bluegr

MINOS PALACE

RESORT

EXPERIENCE GUIDE

## NUTRITION COOKING CLASS

Unlock the secrets of healthy and delicious cooking with our Nutrition Cooking Class. Led by our expert chefs, this hands-on class is designed to elevate your culinary skills while promoting a nutritious lifestyle. Learn the art of crafting flavorful and wholesome meals using fresh, locally sourced ingredients.

When: April to November  
Duration: 2 hours  
Price: €60.00 per person

## YACHT CRUISES

Embark on a private yacht cruise through the pristine turquoise waters of Elounda Gulf, where secluded coves and vibrant sunsets await. Discover historic salt lakes, swim above submerged towns, and relax on private beaches. Visit Spinalonga, admire luxury hotels, and savor local cuisine in the fishing village of Plaka. Choose a morning or afternoon cruise and enjoy a delightful culinary experience while exploring the island's most picturesque spots.

When: April to November  
Duration: From 2 up to 8 hours  
Persons: Max 10  
Price: Starts from €380.00

## THE KRITSA EXPERIENCE

A holistic experience at the traditional village of Kritsa, where you will visit Cooperatives established by local women to preserve the community's rich traditions. Visit the Xombli weaving workshop, the Women Association of Kritsa, and the Agricultural Cooperative of Kritsa, as well as Rodanthi, Kritsa's Natural Herb museum. Delve into the village's craftsmanship, discover the art of olive oil production, and witness the timeless beauty of Kritsa's cultural heritage, followed by lunch at a local taverna.

When: April to November  
Duration: 6 hours  
Upon Request / Can be tailored to your needs

## PRIVATE DINING

Elegantly dressed at either one of our waterfront decks or in our lashed gardens. You can transform your special day to an unforgettable experience. Allow our experts to travel your senses with tailored made options. Dinners may be further enhanced with live music, fire pot and more.

When: April to November  
Duration: As per guests' wishes  
Cost: Starting from €120.00 per person

## SOUND HEALING

Every physical object, including the body, vibrates at a natural frequency. We integrate this ancient yet modern wisdom into a group setting to help restore your baseline state of wellness. By harnessing the therapeutic power of a diverse range of sound therapies, including crystal singing bowls, Tibetan singing bowls and gongs – each instrument creates unique vibrations, that combine into an orchestra of sound healing and sound bathing.

Duration : 60 minutes  
Group Session  
Price : € 50.00 per person

## “DISCOVER” NAO PROGRAMME

A fuller, entry level programme that dives deeper into the factors shaping your health and vitality. With a focus on all four pillars of the Nao Method, it's designed to deliver a strong foundation for long-term wellbeing.

Prognostics & Biometrics  
· 1 x Resting Metabolic Rate Assessment or Maximal Oxygen Uptake Assessment based on Consultation with Health Coach · 1 x HRV Assessment  
· 1 x Wellbeing Body Composition  
· 1 x Balance and Strength Assessment

Nutrition, Sleep, Self Mastery, Movement  
· 1 x Prescribed Personal Training Session  
· 1 x Cryotherapy  
· 1 x PBM Red Light Therapy Session  
· 1 x 60 minute BrainBody Connection  
· 3 x Meal according to nutritional advice

Duration: One day programme  
Price: €1.070.00



## YOGA SESSIONS

Discover a variety of yoga classes to suit your needs. Start your day with Hatha Yoga to gently awaken your body, or deepen your practice with Flow Yoga in the evening to enhance strength and flexibility. Yin Yoga helps release tension and rejuvenate, while Pranayama focuses on mindful breathing for inner peace. Vinyasa offers fluid sequences to harmonize breath and movement, and Rhythmic Yoga energizes with pulsating rhythms.

*The classes are designed for everyone and offered on complimentary basis.*

When: April to November  
Duration: 1 hour  
Persons: Max 15

## YIN YOGA AND TIBETAN BOWLS

A powerful combination for deep relaxation and inner balance. Yin Yoga focuses on long-held, passive poses that target the fascia, joints, and deep connective tissues, promoting flexibility and releasing stored tension. The slow, meditative nature of the practice aligns beautifully with the resonant vibrations of Tibetan singing bowls, which help calm the nervous system, enhance mindfulness, and deepen the meditative experience.

When: April to November  
Duration: 1 hour  
Price: € 35.00

## TENNIS

An opportunity to get away from stress and relax awaits you at our fully equipped tennis courts. Enjoy a game with a friend or try your skills with a professional tennis instructor.

When: April to November  
Duration: As per your wishes  
Persons: Max 4  
Price: €50.00 per hour for 2 pax

## GROUP FITNESS TRAINING

Experience the power of Body Weight Training, increasing functional strength for everyday movements. Challenges muscles using only your body weight as resistance. Improve strength, flexibility, and coordination for various activities and daily tasks.

When: check weekly recreational program  
Duration: 1 hour  
Persons: Max 10

*\*All activities can be fully customized to your preferences. For a more personalized and enhanced experience, we highly recommend booking a private session with a personal trainer or expert instructor, allowing for dedicated guidance and maximum benefit*

## MEDITATION

Let the serene shores be your backdrop as expert instructors guide you through tailored sessions in our dedicated meditation areas. Whether you're a beginner or seasoned practitioner, immerse yourself in mindfulness against breathtaking sea views.

When: April to October  
Duration: 30 minutes  
Persons: Max 15

## PILATES

Discover the power of Pilates, a unique training method that will improve your posture, build muscle endurance, and enhance your strength. This dynamic workout targets your core muscles, leading to a better posture and a tighter, more toned physique.

When: April to November  
Duration: 1 hour  
Persons: Max 15

## NATURE SOUL ADVENTURES

Reconnect with nature and restore your inner balance with serene wellness sessions in the tranquil pine forests of Agios Nikolaos. Breathe in the fresh, invigorating air as you immerse yourself in guided yoga and mindfulness practices, surrounded by the soothing sounds of nature. This unique experience promotes relaxation, rejuvenation, and a deep sense of well-being, making it the perfect escape for both body and mind.

When: April to November

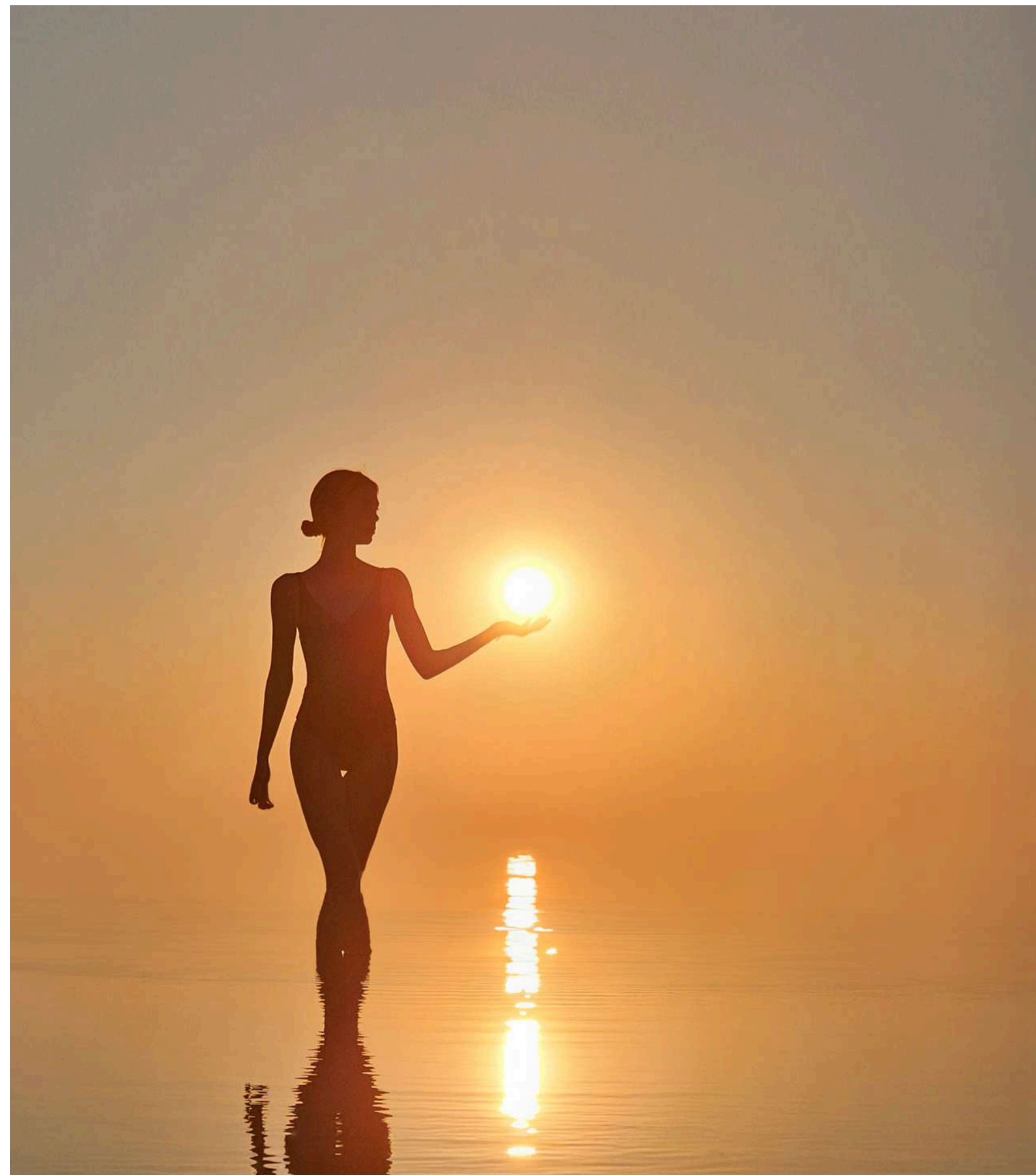
## TRAIN GYM

Each coaching session is custom designed to align with your body's natural strengths, incorporating strength training, core stability, flexibility, power and speed. Each session supports injury prevention, rehabilitation, and overall movement efficiency. Additionally, we integrate Brain Gym activities, using neuroscience-backed exercises to sharpen memory, enhance focus, and reduce stress. This holistic approach not only helps you achieve peak physical performance but also supports long-term cognitive health.

When: April to November  
Duration: 1 hour | 90 min  
Price: €150.00 | €220.00

## EXPLORE OUTDOOR WELLBEING

A dedicated exercise zone, a green space with lovely views, invites you to embrace the outdoors. To search for inner peace, numerous silent zones are scattered throughout the hotel.



## ART TOUR

Discover the historic collection of the G & A Mamidakis Foundation. With a compelling history dating back to the 1980s, today comprising more than 70 artworks by Greek and international artists, the collection is spread over two properties; the Sculpture Garden of Minos Beach art hotel and the corridors of Minos Palace Resort.

Large-scale installations on permanent display, by emerging and renowned Greek and international artists, reveal the experimentations of contemporary artists with immersive, site-specific works, transforming landscapes and spaces and inviting viewers to engage with art in new and meaningful ways.

Join our guided Art Tour or download the Smartify app and learn about the artworks, the work of the Foundation, and the history of the collection.

When: April to November  
Duration: 30-45 minutes

## BREAD MAKING

Experience the timeless tradition of bread making with our hands-on workshop, celebrating purity and freshness. Learn from skilled bakers as you craft rustic loaves using traditional techniques. Immerse yourself in the art of dough preparation, savor the aromas of freshly baked bread, and embrace the satisfaction of creating wholesome creations from scratch.

When: April to November  
Duration: As per guests' wishes  
Price: Starting from 95 €

## HERBOLOGY & MIXOLOGY WORKSHOPS

Begin your journey with a guided tour through our flourishing herbal gardens, where you'll gain insights into the diverse world of herbs and their aromatic and therapeutic wonders. Handpick your favorite herbs under the guidance of our knowledgeable staff, and then transition to a hands-on cocktail crafting session. Unleash your creativity as you blend and mix your chosen herbs to concoct a personalized cocktail masterpiece.

When: April to November  
Duration: 2 hours  
Persons: Max 6  
Price: €35.00 per person

## WINE TOUR

Vineyards have been cultivated in Crete for about 4,000 years. The native varieties grown in Crete, combined with the modern methods of viticulture make Cretan wines truly exceptional. The long tradition has made the vine growing in Crete a part of its lifestyle.

Discover the Cretan terroir and indigenous grapes through a private wine tour to some of Crete's most prestigious wineries and experience tailor made wine tastings and food pairings.

When: April to November  
Duration: 2-3 hours  
Persons: Max 6  
Price: Starting from €150.00 per person

## WINE TASTING

Elevate your senses with an exclusive wine tasting experience designed just for you. Delve into the enchanting world of Greek wines as our expert sommeliers curate a bespoke selection tailored to your preferences. Immerse yourself in the nuances of each pour, accompanied by delectable bites perfectly paired to complement the flavors.

When: April to November  
Duration: 2 hours  
Price: Starting from €90.00 per person

## BIOAROMA SENSES WORKSHOPS

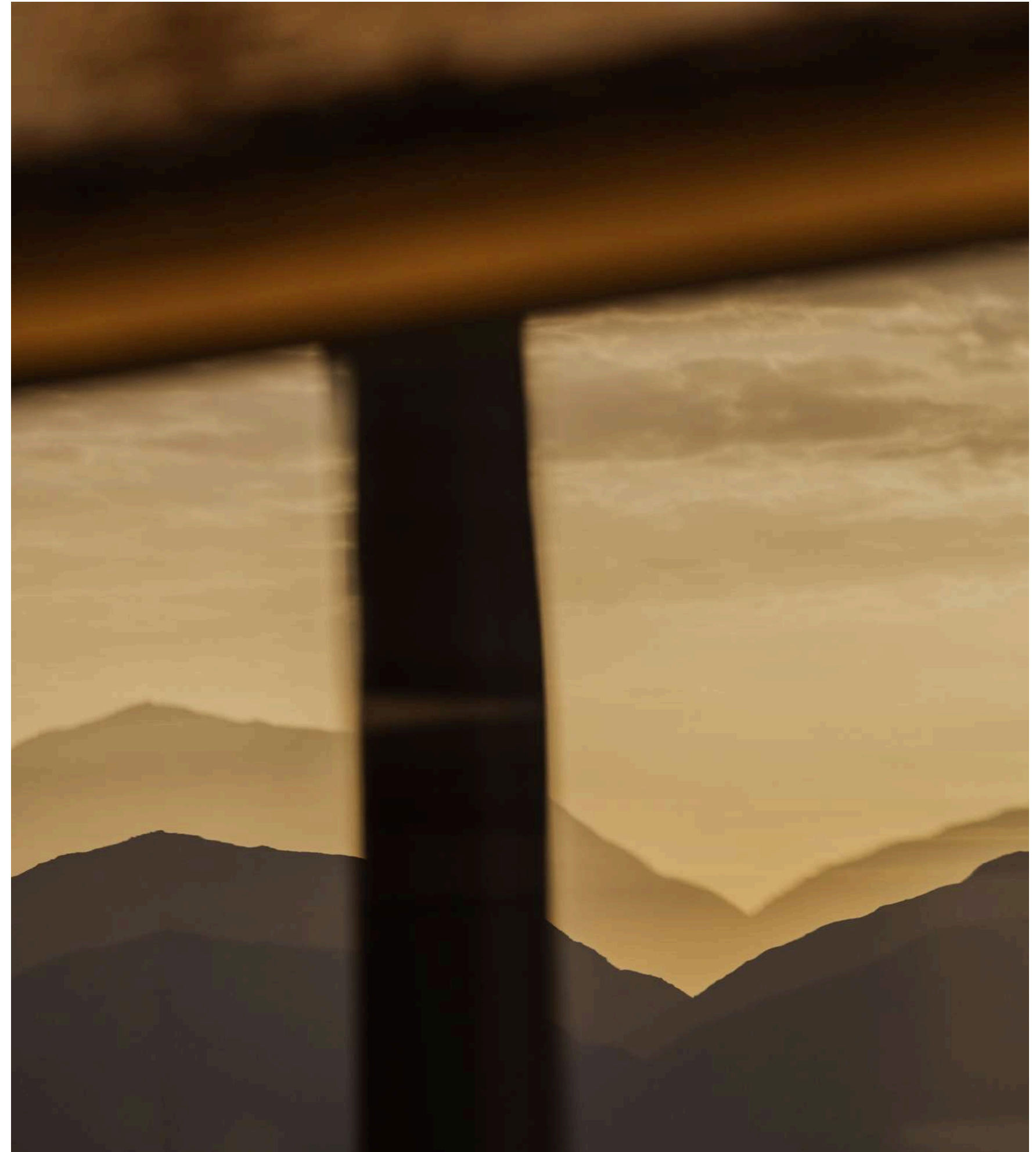
Step into the world of personalized fragrance and skincare at Bioaroma's lab with our distinct workshops. Create your signature scent at our perfume-making session, craft sumptuous creams tailored to your skin's needs, delve into artisanal soap making, and add ambiance with eco-friendly candles at our vegan candle-making workshop. Visit us for a unique experience in natural beauty.

When: April to November  
Duration: 2-3 hours  
Price: Starting from €40.00 per person

## OLIVE ESSENCE TOUR

Join our Olive oil tour for an immersive journey into the world of olive oil. Explore ancient groves, witness the olive oil pressing process, and savor the distinct flavors of extra virgin olive oils. Delight in the traditions of Cretan olive oil production, making this tour a flavorful and informative exploration of Mediterranean heritage.

When: April to November  
Duration: 5 hours  
Price: €130.00 per person



### MIRABELLO BOAT TRIP EXPERIENCE

Choose the day and the vessel and let the experienced Captain to guide you through Mirabello bay. Either on a full day or half day cruise, private, semi private or in group there are plenty to discover. (options include catamaran, yacht, sailing boat, traditional wooden caique)

#### Full Day Trip:

Explore Mirabello Bay on a full-day adventure that leads you to hidden coves, crystal-clear waters, and an onboard lunch for an unforgettable nautical experience.

#### Half Day Trip:

Set sail on a Half Day Trip across Mirabello Bay, offering a shorter yet enchanting sailing experience along Crete's scenic coastline.

#### Sunrise or Sunset Trip:

Whether at dawn or dusk, experience the tranquil beauty of Mirabello Bay as the sun paints the sky in hues of pink and gold.

When: April to November  
Duration: from 2 hours to 8 hours  
Price: Starting from €150.00  
Persons: Depends on the boat type

### FISHING BOAT TRIP

Spend an exciting day on the crystal-clear waters of Mirabello with a traditional fishing trip. Discover the best fishing hot spots around, steeped in authenticity and local charm. The joy of finding a fish pulling on the end of your line is always an amazing experience, no matter your age or your skill level, fishing trips in Elounda are perfect for you or your friends.

When: April to November  
Duration: 3 hours  
Price : €90.00 per person

### UNDERWATER TREASURES

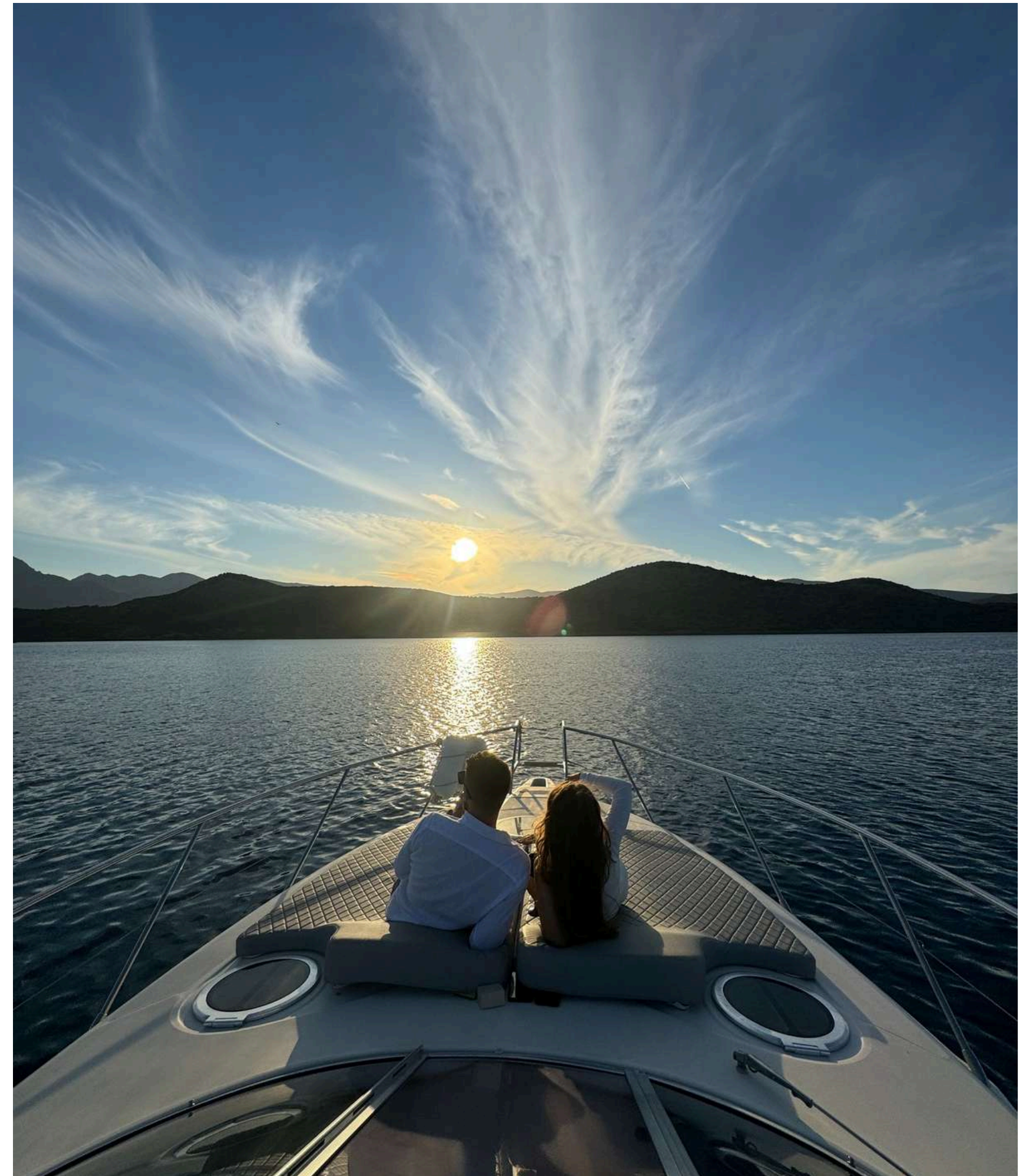
PADI certified Diving Centre is located on the grounds of the hotel giving guests the opportunity to participate in the Discover Dive sessions and enjoy diving in the tranquil waters of the sea as they explore the seabed, the ancient remains, the wrecks, the rocky slopes, the caverns, the walls and reefs found in the region. The diving center also features a great range of water sports activities for the more adventurous guests including dinghy sailing, windsurfing, water-skiing, donut and banana rides.

When: April to November  
Duration: Depends on the activity  
Persons: Depends on the activity

### VINOVOYAGE

Savor a unique Wine Tasting on the Boat experience, where every sip is enhanced by the gentle sway of the waves and breathtaking sea views. Join us aboard to explore a curated selection of local and international wines, expertly paired with delectable snacks. (options include catamaran, caique, yacht, sailing boat)

When: April to November  
Duration: 2,5 hours  
Price: Starting from €500.00



### **KNOSSOS PALACE & ARCHEOLOGICAL MUSEUM OF HERAKLION**

Discover the Palace of Knossos, the heart of Minoan civilization and the legendary lair of King Minos. Steeped in myth, it is linked to the tales of the Labyrinth and the Minotaur, as well as Daedalus and Icarus. Enhance your visit with a private transfer and tour guide. Continue your journey through history at the Archaeological Museum of Heraklion, home to an extensive collection of Minoan artifacts that bring ancient Crete to life.

When: April to November  
Duration: 3-5 hours  
Price with guide starts from €525.00

### **TOPLOU MONASTERY & VAI**

Explore Toplou Monastery, a 14th-century marvel of Byzantine architecture. This vibrant convent spans about 800 square meters across three floors, offering insights into centuries-old monk traditions and local winemaking. Nearby, discover Vai Palm Forest, Europe's largest with over 5,000 Cretan Date Palms, in a UNESCO-protected landscape. Its exotic sandy beach, with whitish sand and a palm-fringed backdrop, evokes landscapes reminiscent of a jungle paradise.

When: April to November  
Duration: 7 hours  
Transfer price: Starting from €330.00

### **RICHTIS OR SARAKINA GORGE**

Located in Lassithi Prefecture, between Agios Nikolaos and Sitia, exploring either Richtis Gorge or Sarakina Gorge offers a remarkable showcase of East Crete's natural beauty. The 3-kilometer Richtis Gorge hike, with an elevation difference of approximately 350 meters, winds through a lush landscape along the river, featuring platan, oleander, and sage. The journey, taking three to four hours, leads to a captivating 20-meter waterfall and a serene pond, concluding at the picturesque pebbly beach of Richtis, adorned with tamarisk trees, stone seats, and a perennial stone water fountain. Alternatively, Sarakina Gorge presents its own unique allure, promising an unforgettable experience that immerses you in the pristine beauty and diverse landscapes of East Crete.

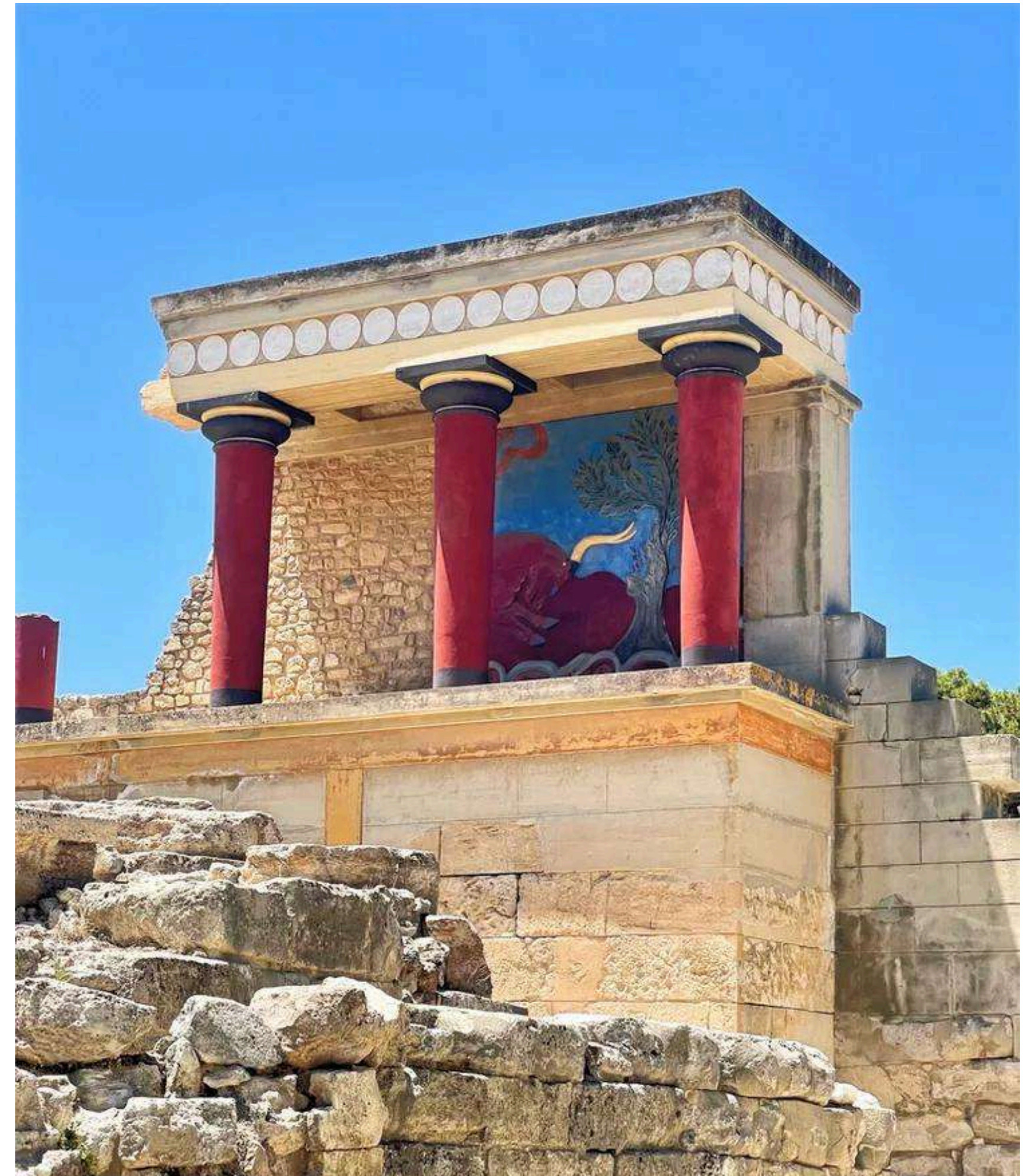
When: April to November  
Duration: 5 hours  
Private Transfer Price: Starting from €275.00

### **CRETAN SAFARI EXPERIENCE**

Discover the heart of Crete by exploring two distinct plateaus, immersing yourself in mythology, and indulging in a wealth of captivating information about Crete and its vibrant local life.

Highlights:  
Kriksa - Local village  
Selakano Forest - Largest Pine Forest of the Island/ Viewpoint  
Katharo - Raki and Honey Tasting  
Havgas Gorge - Viewpoint  
Goat Valley - Viewpoint of Lassithi Plateau  
BBQ - Traditional Cretan Food with local wine and water  
Zeus Cave - Birthplace of Zeus  
Krassi - 2000-year-old tree/village spring

When: April to November  
Duration: 7 hours  
Price: €90.00 per person (group of 7 people)  
Private: €450.00 for 2pax



### FLOATING BREAKFAST

Elevate your morning with our indulgent Floating Breakfast experience. Paddle in the privacy of your room's pool, surrounded by the beauty of Mirabello waters, and savor a specially crafted breakfast menu. Whether you opt for a healthy or naughty start, the tranquil sea panorama sets the stage for a moment of pure relaxation.

When: April to November  
Price: floating breakfast service €50.00 plus breakfast selection

### WATERFRONT PICNIC

Immerse yourself in the simplicity of a perfect picnic, where the beauty of the outdoors meets the joy of delightful treats. Escape to our carefully chosen picturesque water patio spot where a thoughtfully curated picnic basket filled with delicious bites awaits you. Bask in the serenity of the water patio as you lounge on soft blankets and pillows, surrounded by the tranquility of our lush surroundings. Sip on your favorite beverages, share quality time with loved ones, and savor every moment.

When: April to November  
Duration: As per guests' wishes  
Price: Starting from €150.00 for 2pax

### CLIMBING

Embark on an exhilarating climbing adventure in Crete, where you can scale the cliffs of Agiofarago, Kapetaniana, or Voulismeno Aloni. Each site offers unique challenges and breathtaking views, inviting you to experience the rugged beauty of this Mediterranean island firsthand. Whether you're a seasoned climber or exploring for the first time, Crete's diverse landscapes promise an unforgettable journey into nature's awe-inspiring realm.

When: April to November  
Duration: As per guests' wishes  
Price: Starting from €120.00

### BIKING

Escape to the great outdoors on a biking getaway with expert guides who truly know Crete and Agios Nikolaos. Experience the unique virgin beauty, cultural richness, and hidden natural spots.

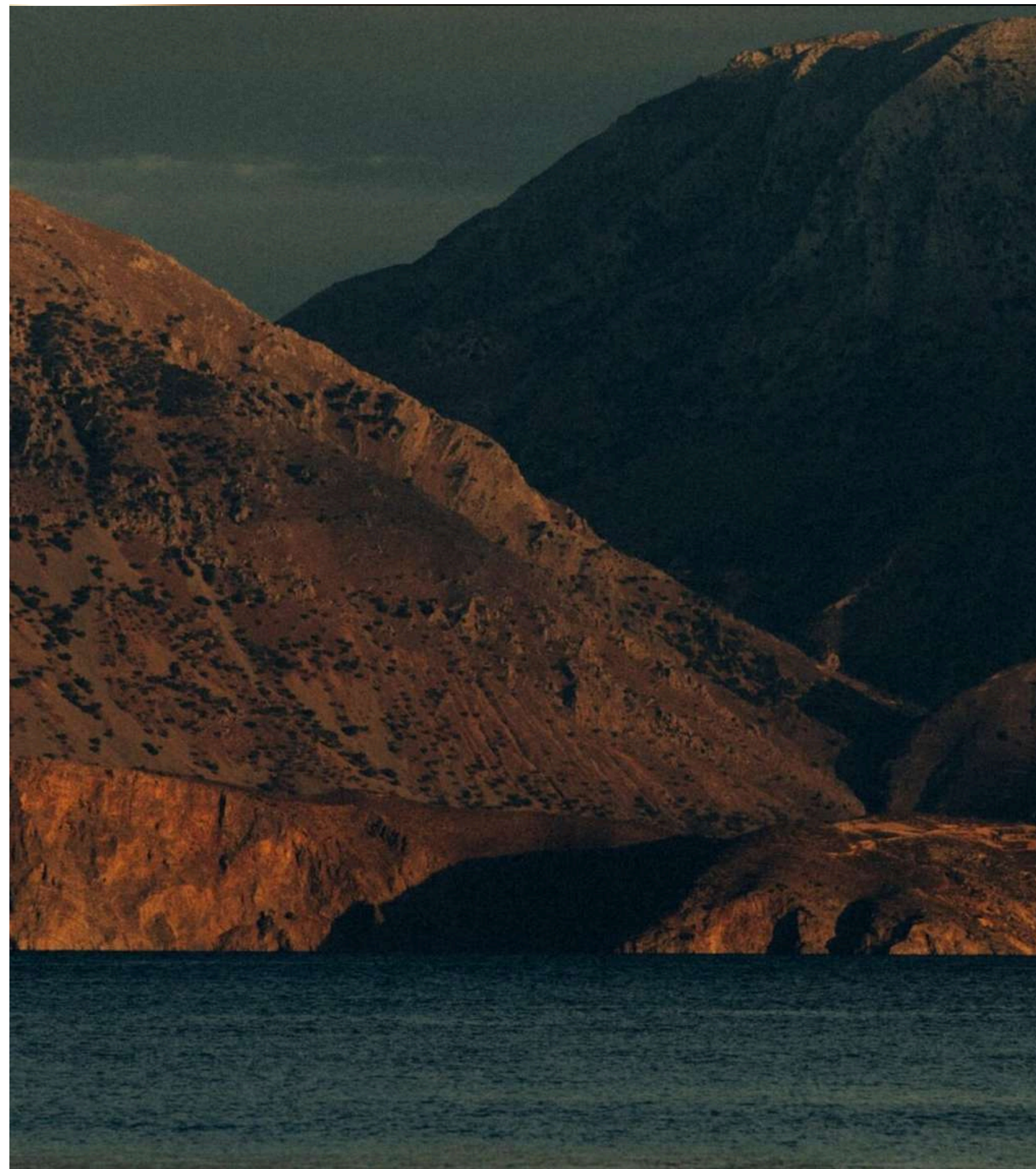
When: April to November  
Duration: As per guests' wishes  
Price: Starting from €120.00

### THE ISLAND

The island of Spinalonga is located in the Gulf of Elounda opposite the village of Plaka. Spinalonga is a magnificent island with fortresses dating from the Venetian period. It is an island of legends and a triumph to survival in the early 20th century from the scourge of leprosy. It is a place of great archaeological and historical significance, a source of inspiration for authors, film directors, artists and musicians. Spinalonga is in the tentative list of UNESCO world heritage sites.

Private transfer option : Explore the island with a private transfer, accompanied by a knowledgeable guide. Extend your experience to Elounda villages, including Plaka, Vrouhas, and Fourni, discovering local culture and flavors.

When: June to November  
Duration: 6 hours  
Price: starting from € 340.00



## BLUE & E-BIKES

Hop on a blue or e-bike and of you go to discover the region's secret gems with the most enjoyable mean of transport. Check out our couples' tandem bike. Don't forget to grab a map of cycling routes as you go.

Price:

blue bikes: with our compliments

e-bikes: Starting from €10.00 (depends on duration)

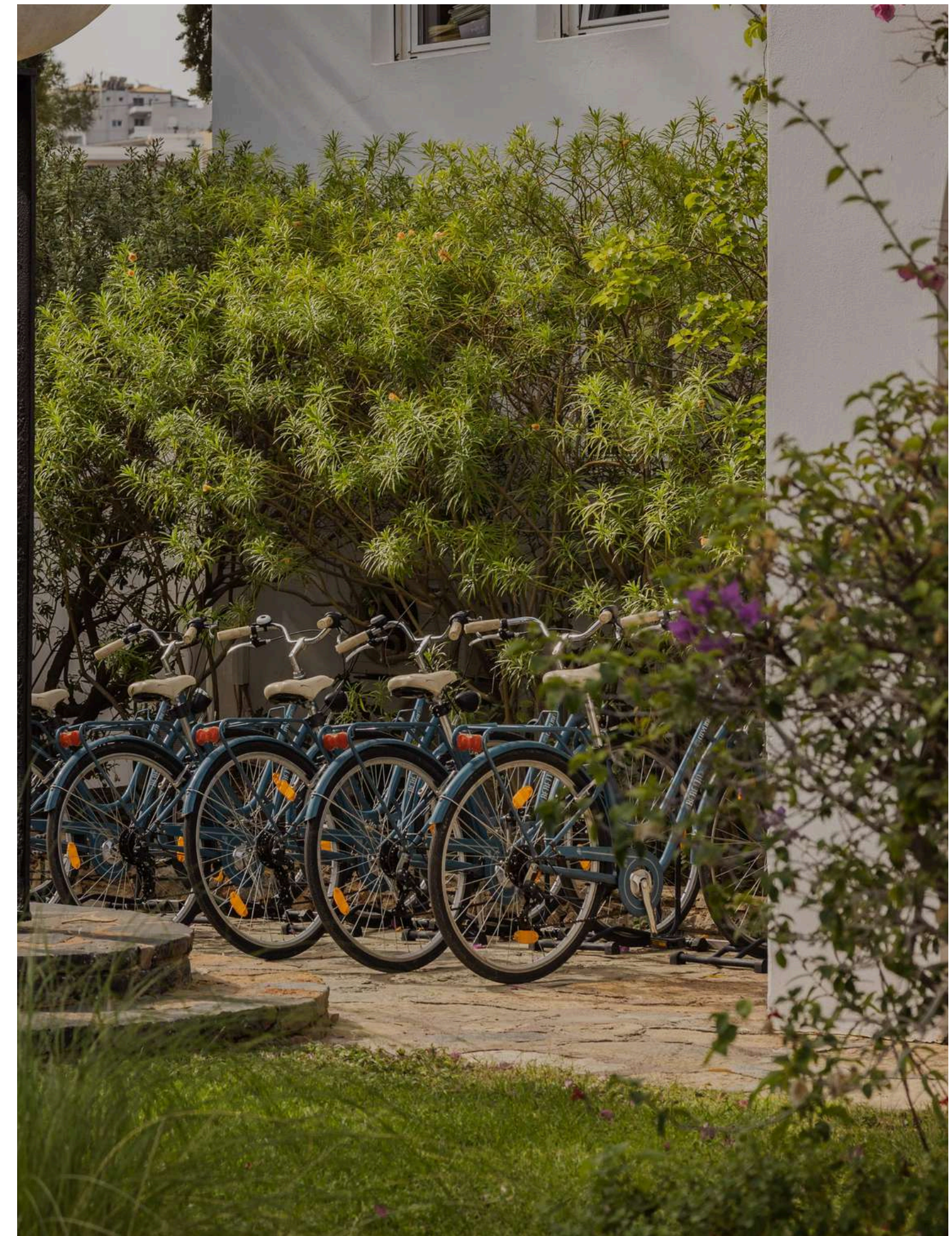
## CONSCIOUS PROGRAMS

Tree Planting  
Beach & Coast Cleaning  
Recycling Program  
Support Local Animal Shelters

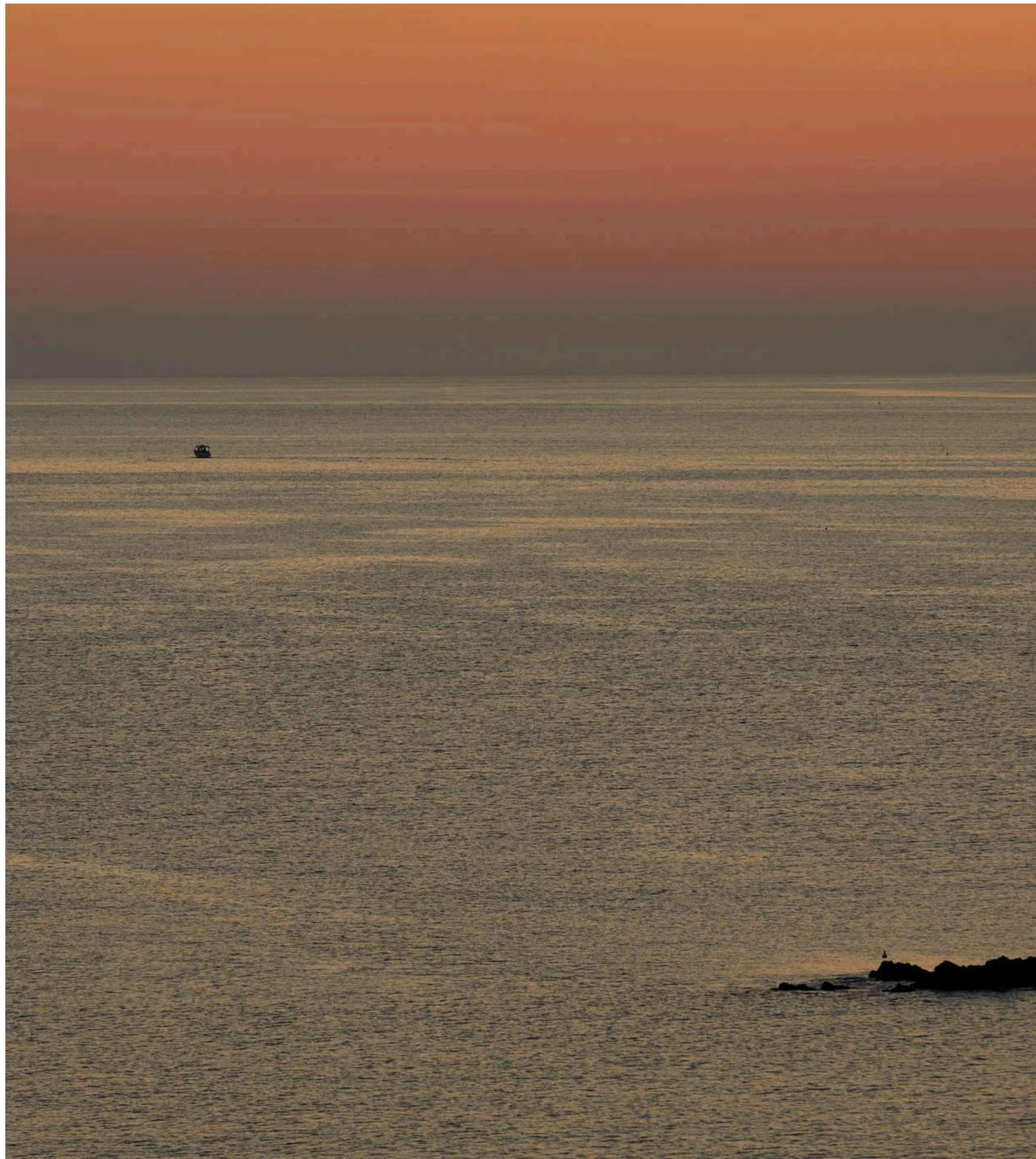
Through our b-Active! campaign, which promotes solidarity and volunteerism, we invite our employees and guests to partake in environmental, educational, and volunteer activities. Such activities include recycling, water saving, beach cleanings, training, donation boxes, blood donations etc.

Our annual Volunteers' Week invites employees, guests and the local community to come together in the spirit of solidarity. We partner with organizations that support healthcare, the environment and education to organize a series of inspired activities. We clean our seas, we spread awareness about breast cancer, we support our local community by inviting people to plant trees and clean woodland areas with us, and we visit local schools where young students learn all about the magic and secrets of nature from experts.

Request more information at the reception







## EVERYTHING YOU NEED TO KNOW

### WEATHER IN CRETE, GREECE

Crete boasts a Mediterranean climate along the coast and alpine conditions in the mountains. During the inviting months of spring, summer, and autumn, temperatures are delightful. Spring introduces mild warmth, paving the way for summer, where temperatures can soar up to a balmy 35°C (95°F). The sea retains its comfortable warmth, allowing for a refreshing swim from May to October. Winter remains mild, ensuring a pleasant atmosphere for visitors throughout most of the year.

### ATTIRE GUIDE

As you embark on various outdoor activities in the captivating landscapes, we recommend suitable attire, adjusted to the season and weather conditions. During these vibrant seasons, pack comfortable outdoor clothing. The weather fluctuates from warm and sunny to occasional rain and cool evenings. Ensure you have suitable attire for varying conditions. For hikes, opt for closed shoes and comfortable clothing. For sunnier days, sunglasses and a hat/cap are advisable, along with sun protection. A swimsuit is essential if you plan to take a refreshing swim during your activities. Don't forget your camera to capture the breathtaking panoramas that Crete has to offer.

### TIME ZONE IN CRETE, GREECE

Crete follows the Eastern European Time (EET) zone. It is GMT/UTC + 2 hours during Standard Time and switches to GMT/UTC + 3 hours during Daylight Saving Time.

### HOW TO BOOK

Experience the exceptional offerings at Minos Palace hotel & suites with a personalized touch. Our Personalized Experience Service team, well-versed in the intricacies of the property and the hidden gems of Crete, is ready to curate a bespoke itinerary tailored to your preferences.

To secure your personalized itinerary of activities, connect with our Personalized Experience Service team directly at [info-palace@bluegr.com](mailto:info-palace@bluegr.com) or by phone +30 28410 23801. They will guide you through the available options, suggesting the most scenic locations and points of interest based on your preferences.

Meeting point for each activity will be advised at the time of booking. All the booked tours will commence promptly at the agreed start time. Pre-booking for all experiences is required.

### TERMS & CONDITIONS

Cancellation policies apply for Signature Experiences & Private Classes. A 100% cancellation fee will be charged for any activity not cancelled within 24 hours of its start. Kindly note that some activities could occasionally be affected by inclement weather conditions, in which case they may be cancelled by Minos Palace hotel & suites management and cancellation fees will not apply. We will, however, do everything possible to accommodate any inquiry that you might have.



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RESORT

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