

## Alternative tourism in Messinia

### Religious Tourism



Full of splendid Byzantine churches and monasteries, Messinia hides within it an exceptionally interesting Byzantine past which the visitor is called to discover.

Messinia holds unique experiences associated with religion, whether the tourists are pilgrims or people with special interests in architecture and decoration of churches, small country churches and monasteries.

### Gastronomic Tourism

An important part of the tradition of Messinia is the diet of its inhabitants and the way they consume, what is given to them by their fertile land. Many are the local products, mainly agricultural ones, after an initial processing, the most famous being the PDO Kalamata Olives and PDO Olive Oil of Messinia, and many other more or less known.

These products have a significant position in the local economy.



Contact us!

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Messinia,  
ideal destination for Alternative Tourism

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[www.messinianchamber.gr](http://www.messinianchamber.gr)

**Messinia**  
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## Alternative tourism in Messinia

Apart from the various forms of conference and business tourism in general (meetings, conferences, incentive travel and exhibitions), Messinia is an ideal environment for the pursuit of alternative forms of tourism. The attractions here are the comparative advantages of the region: its morphology, nature, archaeological sites and monuments, museums, historic town centers, traditional villages, the sea surrounding Messinia, which forms not only unique beaches, but also sheltered bays and natural moorings for marine tourism. There are of course all the necessary modern facilities for the pursuit of alternative forms of tourism.

### Conference Tourism



The organization of conferences is one of the growing and dynamic sectors of the tourism product of Messinia, thanks to Costa Navarino and other hotels that dispose of the appropriate infrastructure for conferences and services of high standard. The very easy and good access to the region by road and airport also contribute positively towards this direction. Messinia, is the ideal destination for conference tourism while visitors can combine work with sight visits in the region, leisure hours, gastronomy...

### Sports Tourism

Having a variety of public sports facilities of all kinds as well as sports installations and facilities in hotels, Messinia is able to satisfy the needs of modern tourists to exercise and in the same time to accommodate sports teams for training and major sporting events.

The beautiful natural environment of Messinia, along with the pleasant Mediterranean climate make it ideal for all kinds of sports activities throughout the year. Today's athletic infrastructure stands and is an area that boasts some of the finest athletic centers in the country.

Finally, thanks to Costa Navarino, golf is the new and growing form of sports in Messinia.



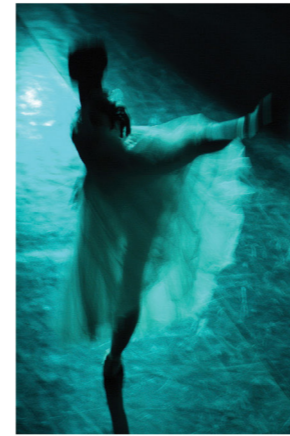
### Agro Tourism



Known worldwide for its main agricultural product, the PDO Kalamata olives, Messinia is a predominantly agricultural area with extensive olive groves, many other important crops and unique local produce. The tourist, who is interested in rural life, will visit the rural settlements, will walk the Routes of the Olive Tree and the observe the production of PDO Messinian olive oil, which will have the opportunity to experience and taste, along with the other treasures of Messinian land.

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### Cultural Tourism



The cultural wealth of Messinia, which consists in remains of a unique archaeological interest (Mycenaean domed tombs), archaeological sites (ancient Pylos, Temple of Epikourios Apollo, Ancient Messini), museums, historic monuments (castles, historic city centers), Byzantine churches and monasteries, samples of traditional architecture (towerhouses of Mani), the culture and the routes of the Olive tree and a rich contemporary cultural life (Dance Festival, festival Miden, cultural events) is a challenge for the modern tourist with cultural interests, who asks for knowledge and valuable experiences.

### Health Tourism

Apart from the existing health infrastructure (hospitals, clinics and health centers), Messinia offers two medical units, specialized to address specific health problems and restore patients, which can be combined with holidays for the patient and the persons accompanying him/her.



### Marine Tourism



The sea surrounding Messinia forms bays and coves that are ideal for yachting and anchoring points for a pleasant break for swimming and relaxation. The two marinas (Kalamata and Pylos) and coastal settlements, with jetties, offer a convenient and safe anchoring, combined with all kinds of services and facilities. The circumnavigation of Messinia is part of the circumnavigation of the Peloponnese, which offers a unique experience for sailors and generally for marine tourists. Messinia, through the port of Kalamata, is also interesting as a stopover of cruise ships sailing in the Eastern Mediterranean, a stopover off the beaten track. Messinia is also ideal for all forms of water sports and maritime activity (sailing, windsurfing, diving, etc.)

### Nature Tourism-Ecotourism

Messinia offers the tourist a number of different beautiful landscapes, usually scattered with olive groves and wild vegetation, unique protected areas (lagoons, rivers, uninhabited islands, the unique mountain of Taygetos) and a very interesting flora and fauna. Looking back on "Protected Areas", one can find all the specific data, associated with their natural environment, flora and fauna, but also with organizations working to protect them and the tours offered for ecological observation.

