

COSTA NAVARINO STORIES

THE COSTA NAVARINO MAGAZINE • No 8 • YOUR FREE COPY TO TAKE HOME



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**COVER PHOTO**

Starlit sky above Mouzaki, the location of the Navarino Vineyards. Photo by Constantinos & Petros Solikitis.

TEMES S.A., Developers of Costa Navarino**CONSULTING EDITORS**

Marina Papatsoni,
Theano Karela

EDITOR-IN-CHIEF

Giorgos Tsiros

CREATIVE DIRECTOR

Ria Staveri

COMMERCIAL DIRECTOR

Vassiliki Albani

ADVERTISING DIRECTOR

Sophia Tsepa
Tel. (+30) 210.480.8506,
email: stsepa@kathimerini.gr

ADVERTISING INQUIRIES

Evi Loudi
Tel. (+30) 210.480.8229,
email: eloudi@kathimerini.gr

PUBLISHING**EXEREVNITIS - EXPLORER S.A.**

Ethnarchou Makariou
& 2 Falireos, Athens 18547,
Tel. (+30) 210.480.8000,
Fax (+30) 210.480.8202

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A LINK WITH THE LAND

Living in harmony with nature is part of life in Messina. One of the Mediterranean's last unspoilt areas, the region features stunning landscapes that combine the crystalline Ionian Sea with rolling hills covered in olive trees and vineyards. For millennia, people here have taken pride in the beauty of their homeland and in the outstanding quality of their olive oil and their wine, which they have always shared with their loved ones. This, in short, is the luxury of simplicity and the essence of Greek hospitality.



A WARM COMMUNITY

Imagine a place that offers new ways to ease your mind and soul, where you can sleep safe and sound with your doors unlocked; where people are so hospitable that a stranger can become a friend almost instantly; a spot where time itself slows down. In this place, like-minded people from all over the world have created a community based on shared values of love and respect for nature and simplicity.



Mesmerizing, clear waters

How many ways are there to enjoy the sea? In this corner of the southwestern Peloponnese, you can explore them all. Take in the stunning sea view from your veranda or walk barefoot to the beach, just a stone's throw away from your home, before diving into the crystal blue waters of the Ionian Sea. Stroll the shore or hop on a boat to discover hidden coves and islets that once sheltered pirates and today host a plethora of wildlife species. Whatever you choose to do, wherever you are, you'll always have the music of the waves as your soundtrack.





CROISIÈRE - MANUEL CANOVAS OUTFIT

Relax, refresh, reconnect

At Costa Navarino's award-winning Anazoe Spa, ancient wisdom, modern science and nature's bounty come together for the benefit of your body and soul.

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In ancient times, the natural world served as the primary resource for treating the body. In order to prepare for battle, Spartan warriors would visit the *pyriateria*, or sweating rooms, before taking a dip in the cold waters of the Eurotas River. Hippocrates, the father of medicine, sang the praises of seawater, “because it offers relief from pain in the ribs, the chest and the back, improves breathing, alleviates fatigue, offers relief for the joints and skin... and hydrates the nasal passage.” Linear B tablets discovered at Nestor’s Palace in Pylos reveal healing regimes and medical prescriptions dating back as far as 3,500 years ago, all based on olive oil, and this well before science would come to identify its antioxidizing constituents, namely vitamin E, polyphenols and phytosterols. That knowledge of the ancients has not been lost. I know that every time I visit the multi award-winning Anazoe Spa, I will discover something new that might also be something old. The meeting of ancient knowhow and modern science, the inspired practice and the narrative underpinning each treatment invite a sense of cherished expectation. I never tire of reading the texts accompanying each treatment,

or of hearing the experienced staff talk about the beneficial effects that every pool, bath or thalassotherapy room will have on my weary body, or about every type of massage, or about the properties of each of the “magical” products that are made from primary ingredients that the Messinian countryside yields in abundance. Pomace, what remains of grapes after the extraction of their juice, is baked and used as the primary ingredient for a body scrub, in a blend that also in-

The wellness programs are adapted to your personal needs and follow a holistic therapeutic approach.

cludes brown sugar, honey and aromatic oil from the seeds. The aromatic oil derived from rosemary is used to energize the body, whereas that of sage is known to be conducive to a sense of relaxation.

I have no intention or desire to march into battle like a Spartan, but I’ll gladly try the extreme alternations between hot and cold. I will likewise float in the miniature version of the Dead Sea, a pool with a high saline

Above: Olive oil and other natural ingredients such as sea salt, honey and herbs are used in Anazoe Spa’s therapies.

© VANGELIS ZAVOS



© VANGELIS ZAVOS



After a session of massage therapy or thalassotherapy, guests can visit the spa shop for items from Anazoe's line of organic, eco-responsible skincare products.

content where the water is kept at a constant temperature of 29°C. In the therapy room, the music specially composed for the Anazoe Spa by musicologist and composer Petros Tambouris, based on ancient themes and scales, is by now a familiar sound to my ears. I can close my eyes and wave a silent goodbye to the accumulated fatigue and the annoying muscular tension and aches that accompany my

everyday existence, before emerging utterly rejuvenated and with a spring in my step. In fact, I wish I were there in the spa right now. Or do I feel in the mood for a therapy treatment under the olive trees, in the botanical garden or on the beach? In any case, I really should make a reservation straight away!

INFO & BOOKINGS

(+30) 27230.901.00, extension 80100, or through the mobile app Costa Navarino

CASE STUDIES

1. PREPARING

FOR A ROUND OF GOLF

This balanced and personalized treatment course that includes stretching exercises and the use of adhesive kinesiotherapy tape helps reinforce the body's natural sense of balance and improve the player's swing.

2. AFTER SUNBATHING

There is nothing better than a body wrap using organic aloe vera; it replenishes and protects suntanned skin. This is accompanied by a soothing

face mask which reduces redness, as well as a relaxing scalp massage. For even better results, combine it with an antioxidantizing face treatment to restore the vitality of dry and/or sun-damaged skin, minimizing the signs of premature aging.

3. SOMETHING

FOR THE FACE?

How about a facial treatment based on olive oil, in combination with ethereal oils extracted from lime blossoms, sage and olive tree leaves?

Refreshing and relaxing, it provides the skin with a healthy glow and also includes a hydrating ampoule treatment that maximizes the restorative effects on the texture and the appearance of the skin. It is accompanied by a face, hand and foot massage.

4. 110 MINUTES TO MAKE YOU MORE BEAUTIFUL

The Advanced Bio Lifting Cure is a face treatment that cleanses, rebuilds and rehydrates the skin using

biodynamic lifting massage and a full skin assessment. It includes eyebrow contouring, lymphatic massage, hot herbal compresses, a face peel, deep cleansing using vacuum suction and cupping, the application of a complex serum, a bioenergetic face massage, an intensive care face mask and a personalized daily regime and maintenance course. It combines the healing powers of nature with high-tech solutions, and ensures optimal long-lasting, instantly visible results.

The peaceful surroundings of an olive grove may be the perfect setting for a massage that features the use of olive oil.



Local treats go global

Don't forget to stop by the Kafenio & Deli or the Navarino Collections shop to pick up a delicious souvenir from the Navarino Icons range, or a bottle or two from the award-winning Navarino Vineyards.

BY MARIA COVEOU



KOTYLE series – inspired by the Cup of Nestor – consists of a white Chardonnay and a red Cabernet Sauvignon, both aged in oak barrels. A traditional spirit called tsipouro – made here from a blend of Ugni Blanc and Roditis Alepou – completes the Navarino Vineyards Collection. It comes in two versions; a simple, smooth and aromatic aperitif, and a more complex drink, aged for a year in oak barrels and served as an after-dinner digestif.



TASTE THE MESSINIAN TERROIR

Costa Navarino offers its guests a complete oenological experience through seminars with knowledgeable sommeliers and the opportunity to take part in the traditional grape harvest at the organic Navarino Vineyards. All of the vintages sampled represent contemporary and intrin-

sically Greek takes on international varieties that have become well acclimatized to conditions in Messinia and that age particularly well in the bottle.

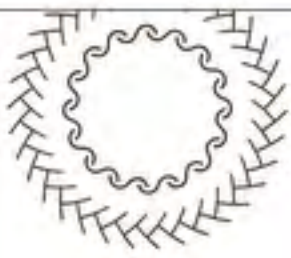
The 1827 series – named for the year of the historic Battle of Navarino – includes a white blend of Chardonnay and Roditis, a red Cabernet Sauvignon and a Syrah-based rosé. The



LATEST AWARDS Gold Medal for KOTYLE Cabernet Sauvignon 2015 and Silver Medal for KOTYLE Chardonnay 2016 at the Berliner Wein Trophy 2018 • Silver Medals for KOTYLE Cabernet Sauvignon 2015, 1827 Cabernet Sauvignon 2017, and 1827 Chardonnay 2017 at the AWC Vienna - International Wine Challenge 2018 • Silver Medal for KOTYLE Cabernet Sauvignon 2015 at the Concours Mondial de Bruxelles 2018.

AWARD-WINNING PRODUCTS THAT INSPIRE INTERNATIONAL CHEFS

The purest local ingredients, traditional methods of preparation and the principles of the Mediterranean diet come together in the Navarino Icons product line, which boasts more than 40 international awards and distinctions so far. In 2018, Navarino Icons Extra Virgin Olive Oil was named as an EVOO of the Year for a third consecutive year by the EVOO World Ranking system. Inspired by the area's rich traditions and history, the line of Navarino Icons products has been created so that guests can take a small part of Messina back home with them. Olive oil, olives, honey, marmalades, dips, spoon sweets and other items are supplied by local producers, using recipes and/or methods of preparation that have been passed down from generation to generation. A testament to the quality of Navarino Icons is the fact that distinguished chefs from all over the world have chosen to use these products to create innovative new dishes.



INTERNATIONAL PRESENCE

Navarino Icons can be found on the shelves of more than 200 outlets in the United States, including those of Dean & DeLuca, Whole Foods, Zingerman's and Zabar's, and in over 300 outlets in Europe and Asia, including those of Marks & Spencer in the UK, Julius Meinl Am Graben in Vienna, Urban Deli in Sweden, Qatar Duty Free Shops, and Hellenic Duty Free Shops in Greece. Navarino Icons mini items are also served in Business Class on several international airlines, including Aegean Airlines, Saudi Airlines, Lufthansa and others.





1827 Lounge & Bar

The main bar at The Westin Resort welcomes guests from early in the morning, with delicious coffees, teas and herbal infusions, until late at night, with premium drinks and handcrafted cocktails.
(+30) 27230.954.19
ext. 85419



Anax Lounge

The Anax Lounge veranda sunset experience is nothing short of regal; the sky is painted gold by the vivid hues of the setting sun as you enjoy signature cocktails, select spirits and exceptional wines while listening to discreet live music.
(+30) 27230.971.87
ext. 87187



Armyra by Papaioannou

Every dish is a showcase for the day's best catch of fish or other seafood, cooked to perfection with the utmost respect for the primary ingredients. Stars include the lobster risotto and the ceviche, and food selections can be accompanied by any of 120 excellent Greek and international wines. For the perfect start to your meal, order a classic or signature cocktail.
(+30) 27230.971.86
ext. 87186

A world of restaurants



Barbouni

Open until sundown, Barbouni offers classic octopus, crispy whitebait and many other meze, as well as wonderful fresh shellfish and a range of creative modern dishes, all served on the restaurant's wooden deck right above the beach.
(+30) 27230.971.77 / ext. 87177



Flame

The popular steak house overlooks the well-manicured greens of The Dunes Course and serves specialty cuts of premium meat, perfectly cooked and flavored with fresh herbs from the garden.

(+30) 27230.972.10 / ext. 87210



Branco

A large selection of spirits, ice that's more than simply H₂O and elegant presentation combine to transform drinking into a fine art. Try one of the imaginative cocktails, like Lulu's Colada (made with a blend of rums and ginger).

(+30) 27230.971.60

ext. 87160



Da Luigi

A favorite among young and old alike, our Italian restaurant is open every night, serving classic dishes that hail from every part of Italy, prepared with high-quality ingredients. You can get great pizzas and pasta dishes, but there are also more sophisticated selections, such as Sicilian-style fish with capers and olives.

(+30) 27230.971.59 / ext. 87159

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Kafenio & Deli

In a setting reminiscent of the quintessential traditional Greek café on the village square, you can quench your thirst with homestyle lemonade with strawberry and basil, get an energy boost from Greek superfoods such as dried figs, prunes, honey and walnuts with turmeric, or sample the area's culinary heritage with a selection of meze. Of course, you'll also find the entire range of Navarino Icons delicatessen products, as well as Navarino Vineyards' wines and tsipouro (a pomace brandy) for purchase.

(+30) 27230.971.61

ext. 87161





Kayak Boutique

Kayak is a Greek boutique ice cream producer that creates magical frozen treats from fresh Greek milk and cream and real fruits. Kayak's philosophy is based on creating innovative, extraordinary flavors like Salty Caramel, Dark Forest Fruit, White Chocolate Passion, Banoffee and other extremely addictive gourmet creations made with pure ingredients. Be sure to try the new sorbet called "Exotic," with mango, passion fruit, orange, lime and coconut.

(+30) 27230.911.01 / ext. 81101



KOOC Taverna Secrets

Traditional Greek textures are transformed in this inspiring menu created by acclaimed chef Chrysanthos Karamolegos. Try the horiatiki (Greek salad) with grilled pita bread wedges, olive tapenade and a feta cheese vinaigrette, followed by grilled lamb marinated in sundried tomato paste, or by great vegetarian dishes like the artichokes with asparagus or the grilled haloumi cheese served with a fragrant bean and fennel-bulb hummus.

(+30) 27230.971.65 / ext. 87165



Morias

The best of local food products are served at the breakfast buffet every morning. The spread includes fragrant honey, traditional Greek yogurt, homemade jams, freshly baked breads, dairy items and cold cuts from small-scale producers, Kalamata olives and fresh eggs prepared in many different ways. Come evening, Morias offers themed nights and international cuisine.

(+30) 27230.954.14

ext. 85414



Nargile

To travel from Messinia to the Middle East is as easy as crossing the threshold of this Lebanese restaurant, where a classic menu features superfood salads and spicy, fragrant and colorful flavor combinations. At dinner, belly dancers add to the unforgettable dinner atmosphere.

(+30) 27230.911.45 / ext. 81145





Onuki

In a cosmopolitan ambiance, enjoy a journey through contemporary Japanese cuisine, with fish and meat dishes featuring premium raw materials. Your memorable dining experience can be complemented with a wide selection of handcrafted cocktails and sake in the lounge bar area, all to tunes from the DJ's ethnic music collection.

(+30) 27230.911.31

ext. 81131

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Pero

At The Romanos, breakfast is served at the main restaurant, Pero. A selection of Greek goodies, hearty rustic bread, honey, and fresh fruit (used in both the juices and the fruit salads) are all great reasons to get out of bed early.

(+30) 27230.971.80

ext. 87180



Souvlakerie

Greece's national street food receives the star treatment here, with top-of-the-line ingredients ranging from delicious fresh salad greens to fluffy pita flatbreads and mouth-watering meats of different kinds. Try the chicken skewer with roasted eggplants and a fragrant sauce of kefir and mint, or the traditionally prepared pork gyros, served with a spicy harissa sauce.

(+30) 27230.971.62

ext. 87162



The Diner

A classic American-style diner that caters to the entire family, with the Aqua Park just outside and with games like pool and bowling inside. Breakfast starts with fresh-squeezed detox and energy juices, delicious smoothies rich in vitamins, sugar-free homemade lemonade and milkshakes. Order a delicious juicy Black Angus beef burger or steak for lunch and enjoy classic and signature cocktails.

(+30) 27230.954.10

ext. 85410



Enjoyable instruction

Ages three and up can join in for tennis, paddle tennis, squash and other racket sports, available for all skill levels. Tennis cross training, a fun combination of exercise and practice drills, is a popular option.

(+30) 27230.911.51 / ext. 81151, (+30) 27230.911.29 / ext. 81129



Surf's up!

At the surf club on the beach, you can enjoy your time on the water with surfing, kitesurfing, windsurfing, dinghy sailing or stand-up paddle boarding (SUP). Alternatively, have a seafaring adventure aboard a sport catamaran, join a guided sea kayak trip to Omega Beach, or simply relax with some beach or SUP yoga.

(+30) 27230.911.49 / ext. 81149

Ready, set, go!

From family fun for all ages to adrenaline-pumping thrills for the more adventurous, Costa Navarino's rich program of activities offers great ways to spend your day.



Pedal power

A selection of bicycles, including mountain bikes, regular bikes, and bikes with child seats or trailers for family rides can be rented, or you can join in guided cycle path tours or on-road tours around the area.

(+30) 27230.903.00 / ext. 80300



Skimming the sea

Whether it's waterskiing, wakeboarding, bouncing along on a banana ride or heading out on a paddle boat, plenty of fun awaits you on the water. Certified experienced instructors are on hand to help with the trickier stuff.

(+30) 27230.911.30 / ext. 81130,
(+30) 698.567.2852, 698.077.8055



Thrills, not spills

There's safe fun for the whole family at the state-of-the-art Speed Park with new automatic 270cc CRG karts, as well as simulators that let you try your skills against the greatest F1 tracks.

(+30) 27230.911.44 / ext. 81144,
(+30) 690.763.2430