

## ACTIVITIES AMMON ZEUS 2022

<b>MONDAY</b>	<ul style="list-style-type: none"> <li>• <b>09:30 – 17:30 Athos Cruise ! (Ammon Zeus basket 11 € p.p)*</b> Mount Athos is the third, eastern, and more magical peninsula of Halkidiki, which totally belongs to the church community. It is the only place in Greece that is completely devoted to the worship and prayer of God. That's why it is called in greek Holy Mountain (Agio Oros). Information's at Concierge desk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>09:30 – 17:30 Toroneos Cruise (Including light lunch)*</b> Visit the beautiful Toroneos gulf which is located between the peninsulas of Kassandra and Sithonia! Is the perfect time for you to spend a day enjoying the sea, sun and the amazing landscapes of the two peninsulas! Information's at Concierge desk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>18:00 Ouzo paths !!</b> Discover Greek's most favorite spirit and take a nice taste of that . "Yamas" !!!! Location : Cocktail bar Max participation 10 guests * / Complimentary</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>• <b>09:30 – 17:30 Blue Lagoon Cruise (including light lunch)</b> Enjoy a perfect cruise and go swimming in the "Caribbean of Halkidiki" , at the narrow pass between the islands of Diaporos and Agios Isidoros! Information's at Concierge desk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>11:00-11:30 Smoothies fun zone</b> Our barista are ready to explode your taste with the unique proposals from our healthy smoothies Location : Fresco bar Max participation 10 guests * / complimentary</li> </ul>	<ul style="list-style-type: none"> <li>• <b>12:00-12:45 Cooking Master Class pie of the day</b> Meet our Chef and learn the secrets for the traditional pie .Kali Orexi!!!! Location : Estia restaurant Max participation 10 guests * / complimentary</li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>• <b>8:30 Yogilates :</b> Train your body and soul with a mix of pilates and hatha yoga ! Don't miss it .Find your chakra Location :Ammon training spot Max participation 10 guests / complimentary</li> </ul>	<ul style="list-style-type: none"> <li>• <b>09:00 – 13:00 Treat your self like Queen or King</b> Take the advantage to taste a free face treatment with our experts Aegeo Spa therapists !!!! Location :Aegeo Spa Max participation 10 guests * / complimentary</li> </ul>	<ul style="list-style-type: none"> <li>• <b>18:00 Wine tasting / Sommeliers choice</b> Be ready for an unforgettable journey with senses and tastes Cost per person : 11,5 € (including 4 glasses wine with two types of P.D.O cheese and homemade bread sticks ) Location : Cocktail bar. Max participation 10 guests *</li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>• <b>06:30 – 20:00 Once in your life !!!! Trip to Meteora ! (Ammon Zeus basket 11 € p.p)*</b> An unforgettable day trip. Travel back in time to see a unique geological phenomenon and visit monasteries build on huge rocks from byzantine times! Information's at Concierge desk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>09:30 – 17:30 Athos Cruise ! (Ammon Zeus basket 11 € p.p)*</b> Mount Athos is the third, eastern, and more magical peninsula of Halkidiki, which totally belongs to the church community. It is the only place in Greece that is completely devoted to the worship and prayer of God. That's why it is called in greek Holy Mountain (Agio Oros). Information's at Concierge desk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>11:30 -12:30 Barista Master Class :</b> Taste the most delicious coffee and learn everything about brewing techniques like Chemex, the single origin coffee and latte art from our baristas! Location :Aegeo Spa Max participation 10 guests * / complimentary</li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>• <b>09:30 – 17:30 Toroneos Cruise (Including light lunch)*</b> Visit the beautiful Toroneos gulf which is located between the peninsulas of Kassandra and Sithonia! Is the perfect time for you to spend a day enjoying the sea, sun and the amazing landscapes of the two peninsulas! Information's at Concierge desk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>09:30 – 17:30 Blue Lagoon Cruise (including light lunch)</b> Enjoy a perfect cruise and go swimming in the "Caribbean of Halkidiki" , at the narrow pass between the islands of Diaporos and Agios Isidoros! Information's at Concierge desk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>12:00-13:00 Olive Oil tasting</b> Greece is globally known for it's world class olive oil. An opportunity to taste, explore and identify the fruitiness and the spicy taste of this unique product .Location: Estia veranda / Complimentary For the participants privilege discount 20% to all extra virgin olive oil bottles</li> </ul>
<b>SATURDAY</b>	<ul style="list-style-type: none"> <li>• <b>10:00 –11:00 Refresh –Robic !!!!</b> You have always been beautiful! Now you are just deciding to be healthier, fitter, faster and stronger ! Booked your participation and refresh your mind and your body Location :Zeus Gym. Max participation 10 guests* / complimentary</li> </ul>	<ul style="list-style-type: none"> <li>• <b>12:00-12:45 Cooking Master Class Tzatziki and pita bread !!!!</b> Meet our Chef and learn the secrets for the traditional Tzatziki one of the most known Greek dishes .Kali Orexi!!!!. Location : Estia restaurant Max participation 10 guests * / complimentary</li> </ul>	<ul style="list-style-type: none"> <li>• <b>18:30 -19:30 Management cocktail</b> Meet and mingle with our expert team and taste some of our refreshing cocktails and exquisite delicacies Location : Cocktail bar / It's our pleasure to meet you all !!!</li> </ul>
<b>SUNDAY</b>	<ul style="list-style-type: none"> <li>• <b>09:00 – 13:00 Treat your self like Queen or King</b> Take the advantage to taste a free face treatment with our experts Aegeo Spa therapists !!!! Location :Aegeo Spa Max participation 10 guests * / complimentary</li> </ul>	<ul style="list-style-type: none"> <li>• <b>11:30-12:00 Honey tasting</b> Have you heard the buzz? The most delicious varieties of locally produced honey in Northern Greece are available to try Location: Estia veranda * / Max participation 10 guests * / complimentary For the participants privilege discount 20% to all extra virgin olive oil bottles</li> </ul>	<ul style="list-style-type: none"> <li>• <b>18:00-19:00 It's NOT ALLLLLLL Greek to me !!</b> Ever heard that phrase ???? Well allow us to fill you in all the necessary Greek words and phrases so you can discover the most weird Greek things Location: Lobby area Max participation 10 guests * / complimentary</li> </ul>

\*Reservations are required for any of the activity you wish to participate

### • Daily Thessaloniki tours

- An opportunity to visit a top tourist destination worldwide. The nymph of Thermaikos and the town of Agios Dimitrios never ceases to amaze visitors with the invaluable heritage of the ancient and non ancient attractions ! For further information please contact the reception.
- Live music nights at the bar weekly / British pop-piano and saxophone live music .Come and have fun –feel the summer time in Greece
  - Greek / Italian and Worldwide gastro nights with unique wine proposals at Estia restaurant • High inspired Med-Greek menu at our favorite spot Greco's
  - Exclusive Bike services with the expert team of Breakfreemtb • Meet the Diver's / Fly into Halkidiki blue waters, go Scuba Diving.
- Find us by the pool and get a 10% off \*PADI courses and programs \*Dive trips