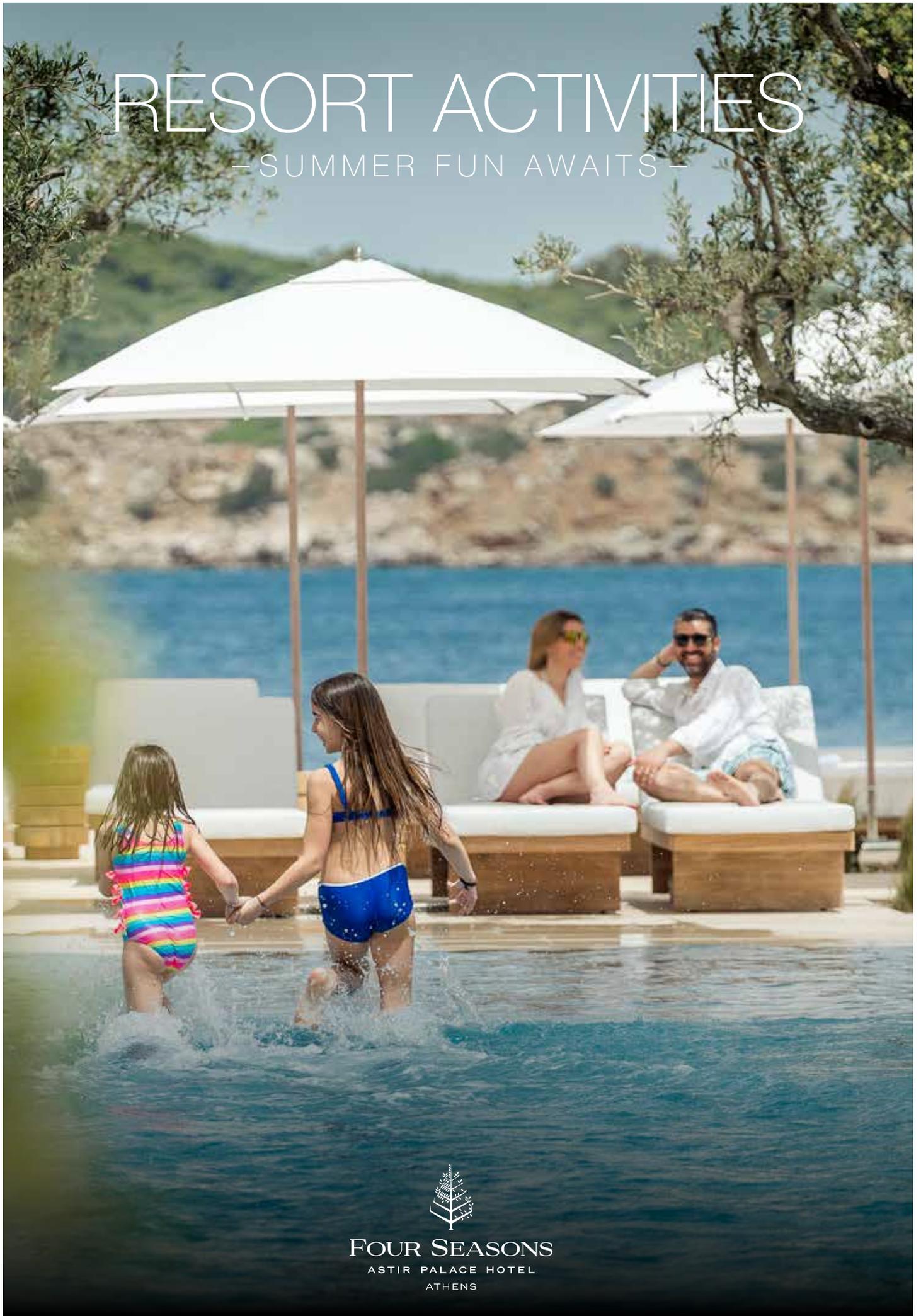


RESORT ACTIVITIES

— SUMMER FUN AWAITS —



FOUR SEASONS
ASTIR PALACE HOTEL
ATHENS





A NOTE FROM OUR GENERAL MANAGER

Our entire team is here to ensure that you experience a truly memorable stay at the glamorous Athens Riviera.

It is with great pleasure that we welcome you to our **Four Seasons Astir Palace Hotel Athens**.

There is so much to do here; we have created this **Activities Guide** to give you a sense of what is available every day.

Each activity gives you a chance to get to know all the friendly, committed and talented people in our Four Seasons team. With their expertise, you may learn a new sport, acquire knowledge, or simply enjoy time with friends and family.

Whether is it to make restaurant reservations, book spa treatments or plan Resort activities, our Concierge Team is always here to assist you.

Thank you for choosing us and I look forward to welcoming you in person.

Philippe Roux-Dessarps

Philippe Roux-Dessarps
Senior General Manager



RESTAURANTS & BARS

Choose from our collection of eight restaurants and bars in the hotel and an additional three Astir Peninsula restaurants, ready to tempt your palate with a variety of menus. Ask our concierge to make reservations.

Future-forward dining at Michelin-starred Pelagos. Lively cocktails and sea views at Avra Bar. Seasonal Greek specialities at beachfront Taverna37, and upscale Italian fare at Mercato. With eight restaurants and bars in the hotel and three Astir Peninsula restaurants, the hardest part is choosing...

PELAGOS

Awarded one Michelin star, Pelagos, named after the Greek word for ocean, offers a forward-looking interpretation of fine dining using fresh seasonal produce of the Mediterranean Sea.

HOURS

Tuesday - Saturday

7:00 PM - 10:00 PM (last seating)

Pelagos is delighted to welcome families with children ages 12 and above.

RESERVATIONS

Dial 0 or call +30 21 0890 1190



MERCATO

Mercato brings to life the vibrance of an upscale Italian trattoria. Savour authentic Italian dishes and cocktails from our Spritzeria in our warm indoor space and generous terrace overlooking the Athenian Riviera.

Imagine stepping into an upscale Italian trattoria – glittering chandeliers, white linen, and an authentic immersion in the flavours of Italy.

HOURS

Breakfast | Every day

7:00 AM - 11:30 AM

Dinner | Wednesday - Monday

7:00 PM - 10:15 PM (last seating)

RESERVATIONS

Dial 0 or call +30 21 0890 1190



AVRA BAR

Overlooking the sparkling Saronic Sea, our signature bar is peaceful by day and playful by night. Sample our world-class cocktail list accompanied by a bold mood-boosting food menu.

HOURS

Every day

12:00 Noon - 12:30 AM



TAVERNA37

Fun and vibrant, our beachfront taverna is open seasonally and showcases local Greek specialties. Share mezzes and salads, grilled lamb, catch of the day, fried calamari, and more. Toast the day with ouzo or tsipouro.

HOURS

Breakfast | Every day Lunch & Dinner

8:00 AM - 11:00 AM 1:00 PM - 10:30 PM (last seating)

RESERVATIONS

Dial 0 or call +30 21 0890 1190



HELIOS

Revel in the freshness of the rich and varied Latin American cuisine in the cool poolside setting of Helios. Savour zesty ceviches and tiraditos, piquant tacos, guacamole and grilled meat cuts, along with the right dose of margaritas.

HOURS

Every day

12:00 Noon - 6:00 PM (last seating)

RESERVATIONS

Dial 0 or call +30 21 0890 1190





ASTRON

Arion's light-filled, fashion-forward meeting point is perfect for mingling with friends or winding down with stylish drinks, delicious bar snacks, and an extensive Champagne list.

HOURS

Every day

10:00 AM - 1:00 AM

RESERVATIONS

Dial 0 or call +30 21 0890 1190



KYMA POOL & BEACH BAR

Pool or beach? No need to decide when you are at our Kyma Pool & Beach Bar. By the pool of Nafsika and at the water's edge, enjoy summer drinks and light snacks from the comfort of your beachside or poolside lounge.

HOURS

Every day

10:00 AM - 7:00 PM

RESERVATIONS

Dial 0 or call +30 21 0890 1190



ARISTOTLE'S

With golden-age glamour, our exclusive cigar lounge pairs the world's finest cigars with rare cognacs, whiskeys and a craft cocktail list. Personal storage lockers are available in the humidor.

HOURS

Every day

10:00 AM - 1:00 AM

RESERVATIONS

Dial 0 or call +30 21 0890 1190

EXCEPTIONAL DINING EXPERIENCES

Quintessential Greek summer evenings – soft sea breezes, pink sunsets, and dazzling star-scapes were made for celebrating with family and friends. Create your own private dining experience in one of our stunning locations, from lantern-lit seclusion for two on the beach to al fresco parties spilling out onto our lush lawn. With a dedicated chef, set menu options, and personalised service, we help you make each moment bespoke.



PRIVATE DINING LOCATIONS

PRIVATE CABANA

Wave music, glowing sunsets, and soft breezes set the backdrop for your seafront cabana where two to eight people can enjoy divine dining and the shimmering Saronic Gulf.



BUNGALOWS BEACH

Make the grandest of romantic gestures by arranging a lavish dinner for two at the Bungalows Beach: a unique, lantern-lit location right on the water that promises the ultimate in privacy alongside dramatic sunset vistas. Or extend the happiness for up to six guests for an intimate milestone celebration.

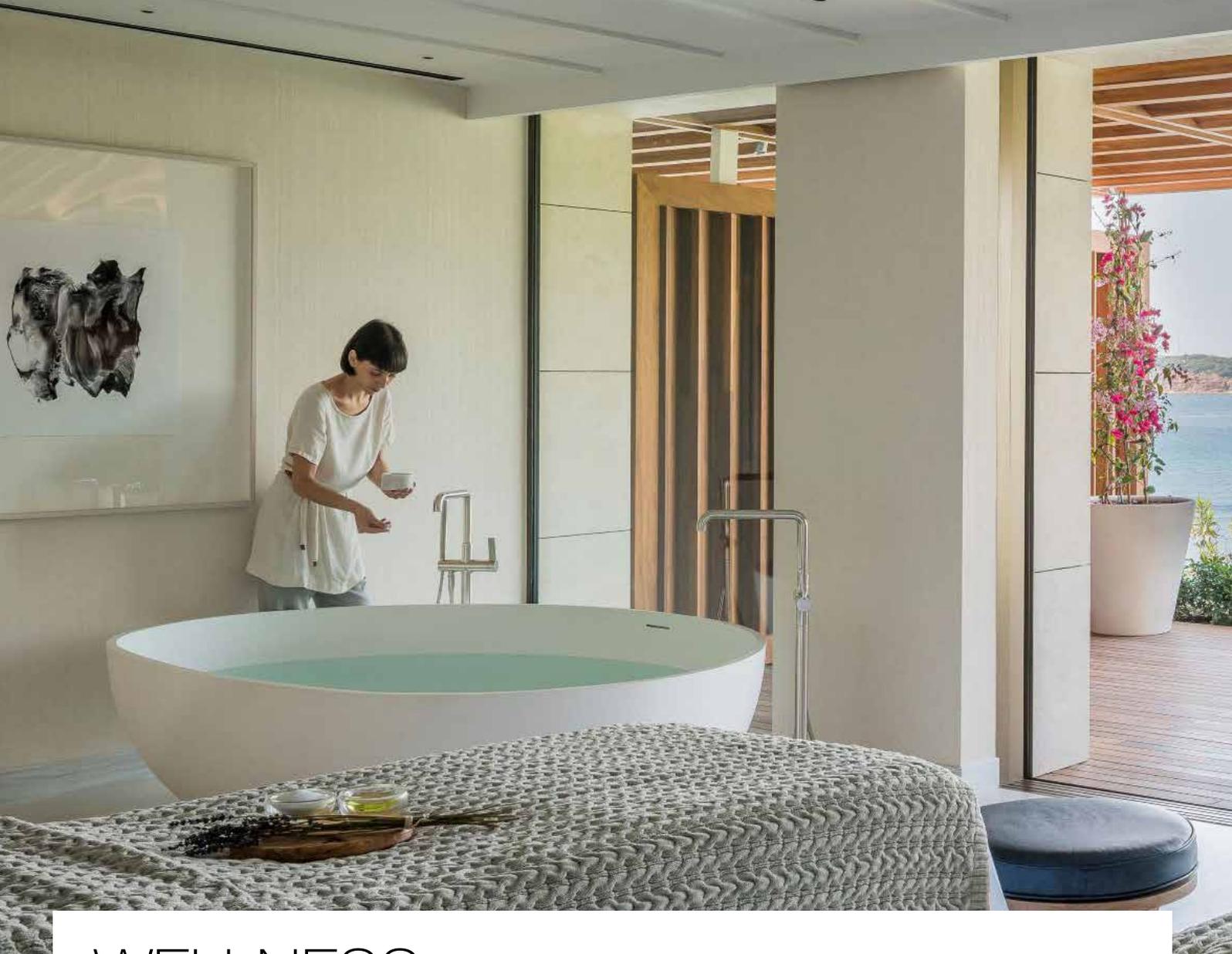
AL FRESCO BY MERCATO

Let the laughter and love spill out across our semi-private lawn space at Al Fresco by Mercato, beside our elegant Italian trattoria. With soft grass underfoot and glittering sea views, it's the ideal place to celebrate a special occasion for 10 to 50 guests.



RESERVATIONS

Dial 0 or call +30 21 0890 1192



WELLNESS

SPA FACILITIES

THE SPA

Inspired by Hippocrates and his philosophy of holistic health, the nurturing treatments of The Spa incorporate the healing power of water, essential oils, indigenous botanicals and medicinal flowers, such as the anemone.

A comprehensive range of beauty treatments, including body rituals, massages, facials, allow you to discover your inner Grecian goddess or god.

THE FOUNTAIN HOUSE - "TAKING THE WATERS"

Greece's long history of bathing ceremonies is woven with reverence into The Spa's Facilities where the highest level of Sanus Per Aquam (health through water) experiences meet heartfelt serenity. Let an aroma steam grotto, sauna, cool showers, hammam facilities and indoor lap pool wash away your cares and leave you refreshed and invigorated.



PETROS HAIR SALON

Look and feel your finest with hairstyling, manicures and pedicures.

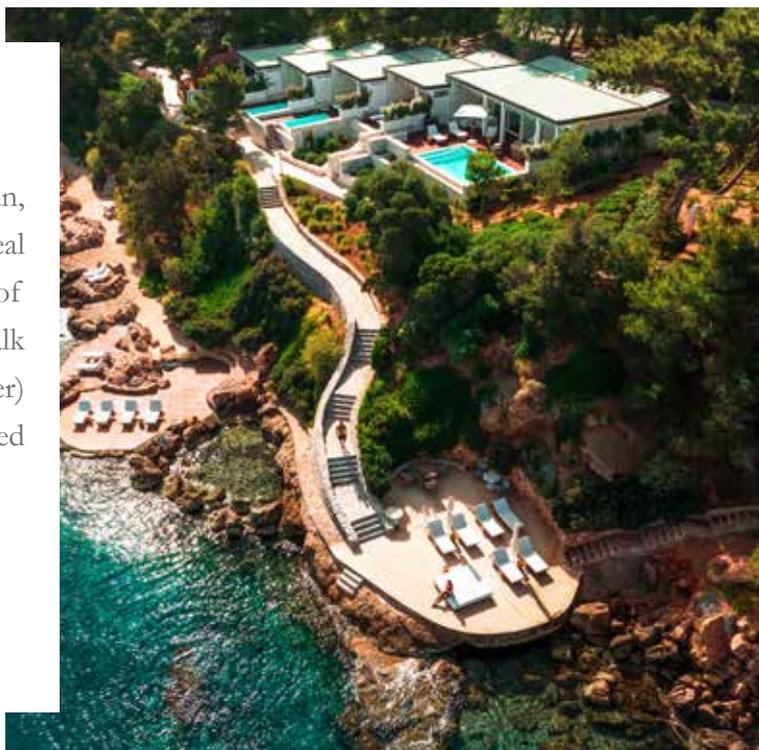
THE BOUTIQUE

Showcasing up-and-coming high-end Greek brands and designers alongside limited-edition apparel and chic home décor, The Boutique offers a bespoke shopping experience. From our luxurious Dobby Sateen cotton sheets to the highest quality pillows and duvets, wrap yourself up for a night of blissful sleep, from our signature Home Collection. Indulge in our range of soft and absorbent towels and robes, designed to soothe the body and soul. Located in The Spa reception, it's the perfect place to pick up a beautiful gift as well as the finest beauty products.

SWIMMING

THREE PRIVATE BEACHES

Lapped by the azure waters of the Aegean, our three private sandy beaches are the ideal place to surrender to the elegant charm of the Athens Riviera. A 300-metre boardwalk with sun loungers (available April to October) allows you to soak up every sun-kissed moment.



POOL RELAXATION

Whether marvelling at the horizon in the sleek infinity pool or savouring the peace in the adults-only pool, our two outdoor swimming spots are made for lazy summer days. In operation April to October.



WATER SPORTS

Calling all thrill-seekers: our adrenalin-fuelled range of water sports are available April to October from the boardwalk.



FITNESS

DAILY MOTIVATION

From Sun Salutations to a quick cardio blast, our Fitness Centre and Wellness Studio gives you the freedom of choice with a range of equipment and classes in yoga, core training and more.



BALL SPORTS



BASKETBALL COURT



SOCCER

Slam dunk your fitness goals in our sun-kissed basketball court and get a kick out of our soccer mini field – a place to make friends and hone your skills surrounded by sea breezes and towering pine trees.

ACTIVITIES

From star-gazing with a skilled astronomer to honing your backhand with a former world no. 8, our group activities range from inspirational to invigorating; educational to elevating. Join our hand-picked team of experts and put the intrigue into every day.



TENNIS

It's game, set and match with our three floodlit hard-surface tennis courts and exclusive partnership with an elite tennis coaching company. Run by former world no. 8, Janko Tipsarevic, Tipsarevic Luxury Tennis Academy offers VIP tennis coaching, tennis clinics, boot camps, and more – in stylish surroundings.

TENNIS INTRO

Up your game with our on-site pros

There's always something new to pick up in tennis, regardless of your skill level.

 Thursdays 11:00 AM

 1 hour

 Tennis Court No. 3

 4 guests maximum
Ages 5 - 12 years

Private classes upon request

Advanced booking required +30 21 0890 1000

Charges will be applied for this activity.



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ATHENS


Tipsarević
LUXURY TENNIS

AQUA CYCLING CLASS

Start the day as you mean to go on with an invigorating Aqua Cycling class. The strong resistance offered by the water makes pool cycling a quick and effective calorie burner, and by raising your metabolic rate, it helps reduce body fat and maintain a healthy weight – all against a backdrop of sea breezes and sunshine.

 30 minutes

 Nafsika Pool

 5 guests maximum



OUTDOOR CYCLING CLASS

Get pumped for the day ahead with an uplifting 60-minute spin class on Nafsika Waterfront – complete with high-energy tunes! Delivered by one of our Fitness experts.

 1 hour

 Nafsika Waterfront

 3 guests maximum

PILATES REFORMER

Tone core muscles, relieve back pain and improve balance and posture through private Pilates Reformer classes and semi-private training with Pilates Pros, held in our indoor studio within the Arion Private Training Suite.

 1 hour

 Arion Private Training Suite

 3 guests maximum



ARCHERY

Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity.

Fun for the whole family.



Thursdays 1:00 PM



1 hour



Forest area behind the Tennis Lounge



4 guests maximum

Additional private lessons on request

YOUR INSTRUCTOR

NIKOS ELEFTHERIOU

Seven Times Winner at the Greek Championship,
Member of the Greek National Archery and
founder of Toxosport.

Advanced booking required +30 21 0890 1000

HIPPOCRATES' RECIPES

Immerse yourself in the Ancient Greek 'Healing through Water' philosophy with this group session in the Spa Suite.

- ⋮ Wednesdays 3:00 PM
- 🕒 1 hour
- 📍 Spa Suite
- 👥 5 guests maximum



GYM CLASSES

Enjoy an inspiring range of gym classes throughout the week, from HIIT training to Legs and Abs. Work out in small groups with access to the expertise of our skilled trainers.

- Stretching
- HIIT
- Functional Training
- Legs & Abs
- Mobility Training
- Stretching
- Legs & Abs
- Mobility Training
- Stretching
- Legs & Abs
- Mobility Training
- Stretching
- Legs & Abs
- Pilates Mat
- Power Walk
- Cardio & Strech

- 📍 Fitness Center at Nafsika



POTTERY

Apart from its practical use as vessels for food, water and wine, pottery was one of the first storytelling art forms for ancient Greeks. Contact our concierge team to book a class for your kids, or join in on the fun, so they can learn about the art form's origins and pick up the techniques involved.

- ⋮ Fridays 11:00 AM



YOGA, MEDITATION & SOUND HEALING

Strengthen your body and elevate your mind with a range of classes that tap into the serene beauty of the Athens Riviera. Gently wake your muscles and attune awareness with uplifting Sunrise Yoga; ease your tension and settle your thoughts with peaceful Sunset Yoga; draw strength and power from a lustrous full moon session, or discover inner peace with morning meditation.



1 hour



Fitness Center at Nafsika



YOUR INSTRUCTOR

SAVVAS GIANTSIS AND HIS TEAM

Savvas, founder of the House of Yogo and a registered Yoga Alliance teacher, is a well-known Yoga instructor internationally. He was trained in the United States and in India by Pattabhi Jois, John Tomayo, and Dharma Mittra.

DJ LAB

Kick start a professional DJ career, by building the skills of a Pro, from preparing to perform a harmonic mix using a DJ set.

 1:30 hours

 Tennis Lounge



GREEK DANCING

Discover an age-old tradition – found in ancient texts by Plato, Aristotle, Plutarch and Lucian – and immerse yourself in the infectious joy of Greek dance or horos. There are over 10,000 traditional dances that come from all regions of Greece with each region taking great pride in their own versions. Our weekly classes are taught by renowned dance trainer of 24 years, Christoforos Modinos, and include the dances of Zorba, Chasapiko, Kalamatiano, and Ikariotikos.

 Tuesdays 7:00 PM

 1 hour

 Taverna37

 Additional private lessons on request



YOUR INSTRUCTOR

CHRISTOFOROS MODINOS

Owner of three Chororama dance schools and certified as a traditional Greek dancing instructor by the National Dance-Sport Federation, Christoforos has been sharing his energy, exuberance and expertise with budding Greek dancers for nearly two and a half decades.

STAR GUIDE

Since the beginning of time, people, especially ancient Greeks, have turned their eyes to the sky and discerned the shapes of animals and objects in the stars, thus creating constellations. Among other things, they saw lions, scorpions, and bulls, as cuneiform texts found in the Euphrates Valley suggest. Join us for a night with Dr. Fiori-Anastasia Metallinou from the National Observatory of Athens.

26 July 9:30 PM
23 August 9:30 PM

 1:30 hours

 15 guests maximum

 Helipad

Advanced booking required +30 21 0890 1000

YOUR INSTRUCTOR

DR. FIORI-ANASTASIA METALLINO

Dr. Metallinou is a Public outreach Officer at the National Observatory of Athens' Institute for Astronomy, Astrophysics, Space Applications and Remote Sensing. Having earned her Ph.D. on research on the development and recovery of magnetic storms in the geospace, she organized events that combine astronomy with poetry and music.



KIDS FOR ALL SEASONS

Youngsters aged 4 to 12 can engage in mind-stimulating arts and crafts activities as well as play games at the Hotel's fully supervised Kids Club, which operates year-round.

PRECIOUS FAMILY MOMENTS WITH ACTIVITIES

Make the most of your time together, enrich their knowledge and simply have fun with specially-designed activities for kids and families.



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