

# Anassa Sample Weekly Group Activities



## MONDAY AT 9:30 TRY SCUBA DIVING!

Experience the underwater world and discover exciting adventure, freedom and absolute serenity. This is a chance to try scuba diving in the sea, under the full guidance of a PADI diving professional. Taster dives will take place in the shallow confined shoreline of the Anassa beach. Participants must be over the age of 8 years old. Try dives cannot take place within 12 hours of flying. Minimum 4 participants required.



## TUESDAY AT 14:00 – 17:00 LUXURY SAILING CRUISE AROUND AKAMAS PENINSULA

Sail in luxury aboard our new Bavaria 41 Cruiser yacht. Sailing with the captain, you'll discover the wonders of the Akamas and dip in the unforgettable secluded Blue Lagoon. This group trip can take up to 10 passengers (minimum 6).



Rendezvous at the watersports centre, on the beach at Anassa.

## TUESDAY AT 09:30 - 17:00 GOING THE TRADITIONAL ROUTE

Get out and about, meet the locals, and be charmed by our unique landscape and villages. These include a visit to the villages of Fiti, Simcu, Lasa and Panayia, where Chrysorroiyatissa monastery sits limpet-like on the cliff face. Down the hill in the villages, liquid treats await in the form of tasting sessions at Sterna winery, followed by a traditional lunch.

Rendezvous at Reception.





WEDNESDAY AT 09:30 – 11:30  
SAIL AWAY

We offer guests the opportunity to experience the highly recommended Akamas by boat, with a relaxing swim or snorkel in the unforgettable secluded Blue Lagoon.

Rendezvous at the Watersports centre, Anassa beach (weather permitting)

THURSDAY AT 09:00 - 14:00  
OFF ROAD ON FOUR WHEELS

This Jeep powered day excursion takes you through the Akamas region. We will take you along beaten tracks in wild forest areas with breathtaking views of the crystal clear waters and many secluded bays with the opportunity to swim in one of your choice. You will visit sites steeped in Cypriot mythology and history - old villages, the Lara turtle breeding station and bizarre rock formations that decorate the wild surroundings.

Meeting place: Reception.

COMPLIMENTARY WINE TASTING AT ARMONIA BAR

We offer guests a special wine tasting session with our sommelier, a unique opportunity to relish the fruit of the grape from a selection produced by local boutique wineries.

For the above mentioned activities a minimum of 6 participants is required.



## GET SPORTY

What better way to whet the appetite for some Anassa dining treats, than a bicycle ride. You can hire your two wheeled transport from Guest Services.



### ANYONE FOR TENNIS?

Then telephone 8221 for game, set, and match.

Anassa offers two floodlit grass courts, and instruction and tips are on offer from coaches from the Sunball Tennis Academy, both on a one to one or group basis for all ages. Multiple lesson packages commence at €189. Complimentary rackets & balls are available at Thalassa Spa.

### SQUASH TIME

Telephone 8221. Our squash court is located at Thalassa Spa, enthusiasts can enjoy a game and see if they can win against our resident tennis instructor. Complimentary rackets and balls provided.



### YOGA

'Your Gateway to Good Health'

Yoga is one of the oldest teachings and philosophies that takes a holistic approach to the individual, focusing on the body, mind and spirit to create harmony and unity, to help relieve stress and to provide strength in mind and body.



### PILATES

Pilates is a form of exercise which emphasizes the balanced development of the body through core strength, flexibility, and awareness, in order to support efficient, graceful movement.

## TABLE TENNIS

Set just below the main pool area this outdoor table provides hours of fun and complimentary racquets and balls are available from the Meltemi Pool bar.

## GO QUADING!

Join us on a quad safari and experience the adventures Cyprus has in store for you. Quads are all terrain vehicles, fairly easy to handle and ultimately suited for the rough, off-the-beaten tracks of Cyprus. Feel the adrenaline kick in on the steep slopes of the Cyprus Mountains, breath in the fresh mountain air and be amazed by the variety of the landscape on the west coast of Cyprus. A guided Quad Bike safari costs €105 per Quad for a 6 hour excursion with minimum of 3 persons. Hire a quad bike (or bikes if you fancy a group trip) from guest services.

24 hours notice is required and charges will depend on the length of time hired.

## TAKE A HIKE

The Akamas beckons so pull on stout footwear and join your personal guide for a hike through one of the most fascinating wild regions of Pafos. Charges apply for a personal guide, or you can go it alone and enjoy a visit to this natural paradise.



## BEACH VOLLEYBALL

Anassa beach offers the perfect condition for a game, with the net set up just for your needs. The Beach bar will supply the ball.

## YEEHAA!!

Saddle up and discover Cyprus from a new vantage point. Instruction for beginners, and rides to suit all levels of experience are available. Each ride is planned to give maximum pleasure. Based in the village of Lysos, the horses relish their outings taking guests across forest tracks, deserted villages, and up and down valleys. It's truly a get away from it all adventure where one communes only with the beauty nature has to offer. All standards of rider are catered for and complete beginners can also ride. Instruction can be given as necessary.

