



tKE the retreat, 14 days of adventure

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
8:00		breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
9:00							
10:00	arrivals & check in	climbing yoga hiking	via ferrata		culture day	climbing yoga hiking at telendos	fishing experience
11:00							
12:00							
13:00							
14:00	lunch	lunch	lunch	north experience	lunch	lunch	lunch
15:00							
16:00	free time	free time	free time		free time	free time	free time
17:00							
18:00	orientation speech		climbing yoga hiking				climbing yoga hiking
19:00		horse riding			caving	scuba diving	
20:00	welcome drink & snacks at azul wine bar						
21:00		dinner	dinner	dinner	dinner	dinner	dinner

- NOTES :**
- * A slack line will be installed on site for the whole duration of the retreat
 - * Massage upon request for scheduling



tKE the retreat, 14 days of adventure

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
8:00							
9:00	hiking the italian path to vathy			crusing kalymnos			
10:00			climbing yoga hiking	snorkel with wild dolphins scuba diving	test your limits day	cultural trail of vathy valey on horses & ancient sightseeing	free activities upon request
11:00				lunch on board	on a high performance level		
12:00							
13:00	lunch in traditional agrofarm & tour			deep water solo or belay from the boat	marathon of climbing yoga hiking		
14:00		south experience	lunch			lunch	lunch
15:00							
16:00							
17:00	sea kayak cliff diving deep water solo			free time	breaks and food provided	free time	
18:00			mountain off road biking				
19:00				yoga		tentsile	check out
20:00						campfire bbq	
21:00	dinner	dinner	dinner	dinner	dinner	closing ceremony	

NOTES :