

MORE LIFE
ADVENTURES

CRETE FITNESS RETREAT WITH KAYLA MARIE

26TH JULY - 2ND AUGUST 2024



HOLIDAY GUIDE



LIFE

ADVENTURES

TRAIN AND RELAX IN CRETE NEXT SUMMER

Join us for the the MLA x Kayla Marie Fitness Retreat and have the adventure of a lifetime in Plaka, Crete.

Train under the sun in a premium outdoor gym, fitted with Eleiko equipment and located in the middle of your summerhouse with coached workouts.

Explore local beaches, get adventurous on a guided hike and frolic on a boat as you explore coves and navigate the Mediterranean.

Relax in your villa set against the beautiful Cretan mountains with your fellow Sleveners and enjoy delicious local Greek food.

Most importantly, come home with lasting friendships and memories.

HOLIDAY GUIDE



ACTIVITIES

TRAIN AND DISCOVER

Training under the sun

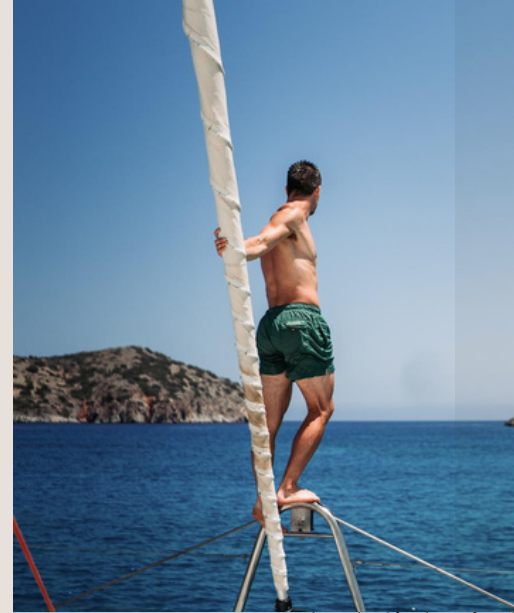
We're taking our fitness classes outdoors and under the sun! Train in the private open-air gym with a guided workout in the morning.

Discover Plaka

Explore the quaint village of Plaka through its beach, trails and local restaurants.

Sunrise SUP

Wake up to a gorgeous sunrise and enjoy a leisurely paddle on a stand up paddleboard with us. The water is breathtakingly serene in the early hours of the morning, which allows us to paddle to Spinalonga Island.



ADVENTURE AND ACTIVE RECOVERY

Richtis Gorge hike

Training at our private outdoor gym is great, but nothing beats the challenge of a hike! Treat yourself to gorge views of the Cretan landscape, and a dip in the waterfall of Richtis Gorge. This 3-hour moderate hike has rivers and streams throughout, as well as some climbing points.

Private boat trip

Recovery done right with a 4-hour private boat trip including lunch to nearby beaches and coves and enjoy diving off the boat into blue waters.

We have snorkelling equipment and water shoes available for water exploration too.

On-demand massages and recovery tools

We have a masseuse on demand, she offers deep tissue massages at your own villa for €60 per hour upon request.

Our terraces also provide stunning backdrops for your mobility session, with the help of our recovery tools and mats.



THE SUMMERHOUSE

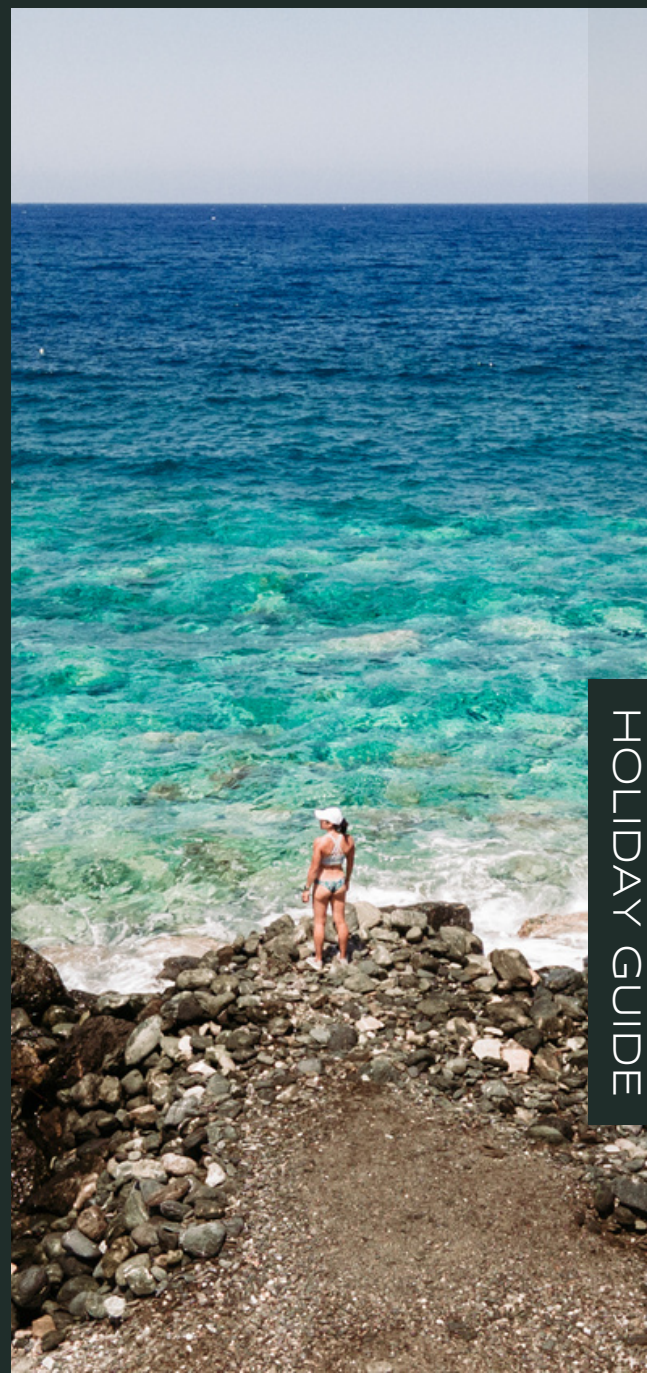
Our summerhouse, also known as **Fig Tree Villa**, includes four houses laid out around a communal gym.

Each house is laid out on two levels, with a double or twin bedroom, a bathroom and a private terrace on each level, a lounge with open plan kitchen on the ground floor, private parking spaces, Wifi, air conditioning and washing machine. Each kitchen includes a fridge, oven, cutlery and crockery.

Three of the houses boast stunning sea views, while the fourth opens up to mountain and gym views.

Address: Eparhiaki Odos Vrouha, Plaka Beach 720 53
Lasithi, Crete, Greece

Airport transfers: 1 hour's drive away by car from Heraklion Airport.





MORE LIFE
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THE GYM

The gym is right outside your front door and you can train there around the clock. Here, you will find all you need to continue your training while away from home, including:

A 7.2m Eleiko freestanding rig with 13 pull-up spaces (7 muscle-up spaces) and 6 squat stations

3 sets of gymnastics rings (2x high, 1x low)

6x 20kg and 6x 15kg Eleiko Sport barbells

3x training barbells and Eleiko bumper plates

Hex dumbbells, kettlebells, sandbags, medicine balls, jump ropes, bands, set of parallettes

4x Concept2 Model D rowers

Yoga mats, blocks and mobility tools

There is also a nearby trail for running, open-water swimming in the sea right outside the house and a 50m swimming pool and running track 25 minutes' drive away.



HOLIDAY GUIDE

FOOD

Each house has its own kitchen, where simple meals are easy to prepare.

There is a wealth of fresh local restaurant suggestions at your doorstep in Plaka, nearby Elounda and Agios Nikolaos. We will plan and book all dinners. Breakfasts and lunches are more flexible and up to you. Food is not included in the price. Generally, you will spend between 25-35€ per head for dinner.



ITINERARY

**subject to change*



Friday 26th July

- Pick up at Heraklion airport
- Dinner in Plaka

Saturday 27th July

- Sunrise swim or SUP
- Coached training session
- Free day
- Dinner in Plaka

Sunday 28th July

- Coached training session
- Optional trip to Spinalonga or watersports
- Dinner in Elounda

Monday 29th July

- Richtis Gorge hike
- Coached training session
- Dinner in Plaka

ITINERARY

**subject to change*



Tuesday 30th July

- Coached training session
- Optional trip to Lyrarakis Winery
- Dinner in Elounda

Wednesday 31st July

- Sunrise swim or SUP
- Coached training session
- Boat trip
- Dinner in Plaka

Thursday 1st August

- Coached training session
- Free day
- Dinner in Agios Nikolaos

Friday 2nd August

- Sunrise swim or SUP
- Coached training session
- Final brunch
- Departures

BOOK WITH US

Your Crete fitness retreat includes 8 days, 7 nights stay at Fig Tree Villa, 1 x return airport transfer*, coached training sessions, open gym, sunrise SUP, Gorge hike, 4-hour boat trip, MLA host and photography package.

Other activities such as watersports, spinalonga, winery and massage will need to be paid for separately, however our team are available to support you with any bookings you might want to add to your package.

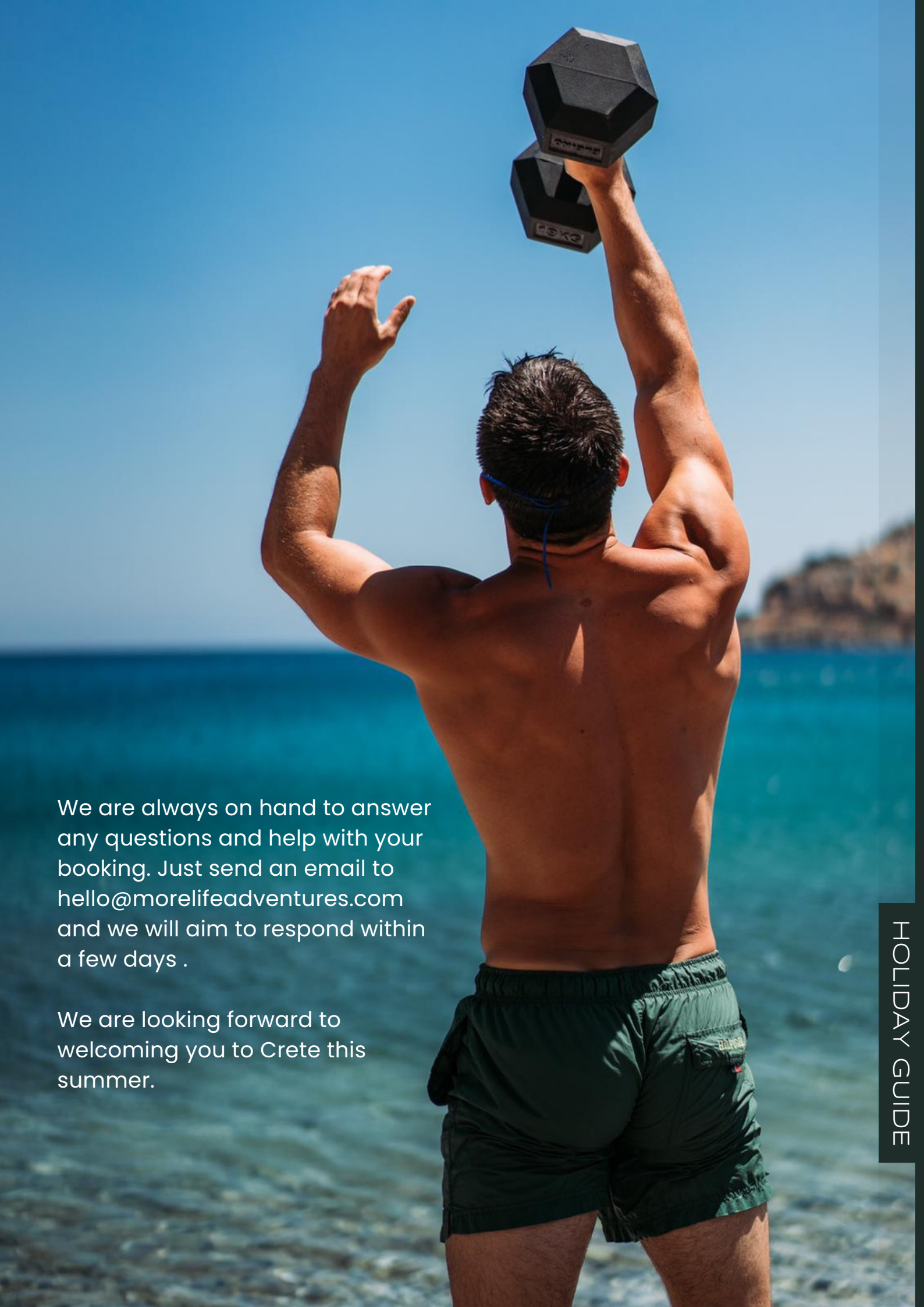
Flights are not included, but our team can advise on which flights to book to maximise your experience with us.

Standard - Single occupancy is \$2,750 per person, while double occupancy is \$2,450 Both options require a \$300 deposit to confirm your booking.

Link to secure your place is [here](#). We have payment plans set up so you can pay per month in small installments. Starting with a \$300 deposit and equal payments made until a month before the trip.

*We will organise 1x mini-van airport transfer for arrival and departure. These timings will be given to you once you book. If your flight arrives or leaves before these times, you will be required to cover your own transfer.





We are always on hand to answer any questions and help with your booking. Just send an email to hello@morelifeadventures.com and we will aim to respond within a few days .

We are looking forward to welcoming you to Crete this summer.