

Costa Navarino celebrates the harvest season with authentic experiences and the award-winning Navarino Icons range

8th September 2014, London - [Costa Navarino](#), the prime sustainable destination in the unspoilt southwest Peloponnese area of Greece, welcomes this year's harvest through a range of authentic experiences that celebrate the region's rich gastronomy and offer visitors the chance to learn more about its home-produced food and product range, [Navarino Icons](#).



Hot off the heels of **2014's Great Taste Awards** – the UK's most trusted accreditation scheme for artisan and specialty food and drink producers, organised by the Guild of Fine Food - Costa Navarino's own range of high quality products, Navarino Icons, was announced a winner three times. This year 10,000 products competed and of those, **Navarino Icons Pure Greek Honey with fresh honeycomb** received the second best distinction of 2-STARS while the **Organic Fig Marmalade** and the **Organic Grapemust** won the 1-STAR rating, giving Navarino Icons further recognition as top quality food products.

Enjoying mild climate and sunny days, now is the perfect time to explore Costa Navarino for a gastronomic affair and stay at one of the two luxury five-star hotels located at Costa Navarino's first resort area, Navarino Dunes: [The Romanos, a Luxury Collection Resort](#) or [The Westin Resort Costa Navarino](#).

Guests have the opportunity to participate in authentic activities that reflect the region's past and present.



Join the traditional olive harvesting activity which has been part of the daily lives of Messinians for centuries. Guests can get actively involved in the traditional method of collecting olives as well as enjoying a tasting session and learning about the olive oil's varieties and beneficial health elements. The olive harvesting experience can have the

perfect ending with a meal at one of the restaurants, showcasing the freshest ingredients and using Navarino Icons' extra virgin olive-oil from the estate-grown olive groves.

Enjoy a traditional Messinian cooking class with locals. Guests join local women in a traditional house in the nearby picturesque town of Pylos, to learn how to prepare a full Messinian menu using regional recipes, fresh ingredients and practice the culinary techniques of the Peloponnese, which have been passed down through generations, before sitting down to enjoy a meal together. This unique experience ensures that visitors at Costa Navarino are well acquainted with Messinian culture and return home enriched with the knowledge on the region's cookery secrets, diverse palate of flavours and indulgent ingredients.

Amidst the wine-harvesting period, during a tour of the organic Navarino Vineyards, visitors learn about the grape varieties cultivated in the area. This is followed by a wine-tasting session of the region's local wines, including Navarino Vineyards' own award-winning 1827 & Kotyle wines. Led by an experienced sommelier, guests partake in a seminar on Greek wine culture and the uniqueness of the terroir.

For a harvest-inspired stay this autumn guests are spoiled for choice with Costa Navarino's immersive gastronomic and cultural experiences, while the natural beauty of the Messinia area is sure to revitalise the mind, body and soul.

For more information on Costa Navarino visit www.costanavarino.com

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About Navarino Icons

Navarino Icons creates products from the regions of Peloponnese, which are inspired by the rich history and traditions of the area, with the aim of getting people acquainted with the beauty and heritage of the region's culture through products of the highest quality. All products are produced by small local producers or artists and in small quantities, following strict quality controls in every step of the production process. A fine selection of Navarino Icons products are available at Marks & Spencer and Harrods in London, at Julius Meinl am Graben in Vienna, at Dean & DeLuca in the USA, Singapore & worldwide. Furthermore, visitors travelling to Greece can find them at the Hellenic Duty Free Shops, at Costa Navarino and at several other select locations. Navarino Icons is also certified to ISO 22000: 2005 by TÜV NORD CERT GmbH for the storage and trade of packaged foods, a certification that further demonstrates the high quality and care in every step of these products' creation.

www.navarinoicons.com

About Costa Navarino:

Costa Navarino is the prime, sustainable destination in the Mediterranean, located in the Greek region of Messinia in the southwest Peloponnese. One of the most unspoiled and breathtaking seaside Mediterranean landscapes, this area has been shaped by 4,500 years of history. Its philosophy is driven by a genuine desire to promote Messinia, while protecting and preserving its natural beauty and heritage. It will comprise a number of distinct sites featuring 5-star deluxe hotels, luxury residences, conference facilities, spa and thalassotherapy centres, signature golf courses, as well as a wide range of unique year-round activities for adults and children. Navarino Dunes, the first area, is home to two luxury 5-star hotels, The Romanos, a Luxury Collection Resort and The Westin Resort, Costa Navarino; The Dunes Course – the first signature golf course in

Greece- Anazoe Spa, a 4,000sq.m. spa & thalassotherapy centre; the state-of-the-art conference centre House of Events; specially designed facilities for children; as well as a variety of gastronomy venues, sports, outdoor and cultural activities. Navarino Bay, the second area is home to the signature golf course, The Bay Course.

Download high resolution photos and logos from the press section in downloads on the website www.costanavarino.com, using the password nestor.

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