

Ritsa beach, Kardamyli. Photo: Ppso, CC BY-SA 4.0, via Wikimedia Commons.

On the water

Below the villa, the Mani coast is a playground of clear water, rocky coves and sea caves. Between pool days, the group can snorkel from the beaches, explore by sea kayak, try a first dive at Stoupa or hop on a small boat further south. Here is how to make the most of the water, with who to book and when.

Season

Sea swimming from late May to October; warmest in August and September.

Good for

Snorkelling, kayaking, diving, long swims.

Reserve

Kayak tours and dives in July and August.

Pack

Masks, water shoes, reef-safe sun cream.



Tap a place to open it in Google Maps

1. Kardamyli old harbour: kayak tours ↗
2. Foneas: snorkelling ↗
3. Kalogria: dive centre ↗
4. Agios Nikolaos: rock swimming ↗

Snorkelling

- **Foneas:** boulders and clear water around ten minutes from the villa; the best first snorkel.
- **Kalogria and Stoupa:** sandy floors with rocky edges, easy for children.
- **Agios Nikolaos and Limeni:** deep water off the rocks for strong swimmers. See our beaches map for all 16 beaches.

Diving

- **Dive Code**, a PADI 5-Star centre on Kalogria beach in Stoupa, offers first dives and courses.
- **Mani Diving Center** at Limeni dives the clear water of the Itylo bay.
- **Dive early in the trip:** leave 24 hours before flying.

Safety

- Most beaches have no lifeguard; swim with others, keep children close and stay out when the sea is rough. Emergency number: 112.
- Sea urchins live on the rocks; water shoes help.
- Wind often rises after lunch, so go out in the morning. Michael, our local manager, is on the phone if you need a recommendation during your stay.

Sea kayaking

- **Half-day guided trips** leave Kardamyli's old harbour from about March to November, with swim, snorkel and picnic stops. Explore Messinia is a well-reviewed operator.
- **You reach** sea caves, islets and coves that no road touches.
- **Beginners welcome;** guides teach the basics. Paddleboard and snorkel tours also run from Kardamyli.

Boats

- **Boat trips and boat hire** run from some harbours in summer, including Agios Nikolaos and Limeni; ask on the quay.
- **Fishing boats** unload at Agios Nikolaos most mornings.
- **Diros Caves** are toured by small boat; see our rainy days guide.



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This guide online

Checked November 2026. Hours, prices, timetables and operators change, so please check before you set out. Second photo: Kalogria, by Robert Schediwy, CC BY-SA 4.0, via Wikimedia Commons.