Royal Mare

Example Itinerary

activeaway®

Day	Morning	Afternoon	Evening
Saturday - Arrival Day (Arrive Anytime)	**Arrival:** Fly into Heraklion International Airport (HER). Royal Mare is approximately 30 minutes from the airport.	**Check-in:** Arrive at Royal Mare and settle into your room (Check in available from 14:00). If you've booked a transfer, you'll be met at the airport by either the host or our transfer partner. If not, please feel free to let your host know your arrival time so they can come and say hello.	**Welcome:** Our hosts will be at the airport - so they will do their best to say hello when you arrive. Please keep an eye on the WhatsApp group! **Dinner:** Your host will let you know the dinner time for those that have already arrived. This is a little more relaxed as many attendees arrive at different times or have had early starts. **Late Food:** For those arriving later, the hotel will prepare a cold plate in the room. We would suggest grabbing something from the airport/plane as this tends not to be the most substantial.
Sunday	**08:00-09:25 -** Breakfast - Join the group at the Sympossio Restaurant **09:30-09:55 -** Welcome Meeting - At the Tennis Centre **10:00-12:00 -** Tennis Coaching - Rally Rhythm: The Green Zone **12:00-12:15 -** Cool Down & Stretch - Gentle Stretching	**13:00 -** Lunch - Join the group at the Sympossio Restaurant **16:30-17:00 -** Tennis Masterclass - Warming Up to Win **17:00-19:00 -** Tennis Doubles Social - Find Your Rhythm (Get tips from your coaches)	**20:00 -** Meet in the Main Bar **20:30 -** Dinner - Join the group at the Sympossio Restaurant

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Monday	**08:00-09:30 -** Breakfast - Join the group at the Sympossio Restaurant **10:00-12:00 -** Tennis Coaching - Spanish Drills (Train like the pros) **12:00-12:15 -** Cool Down & Stretch - Gentle Stretching	**13:00 -** Lunch - At either the Sympossio or Albatros Grab & Go Restaurant **16:30-17:00 -** Tennis Masterclass - Mental Matchplay Mastery (Focus, resilience & routines) **17:00-18:00 -** Tennis Doubles Social - Serve & Return **18:00-19:00 -** Tennis Doubles Social - Mind Over Match (Point play & coaching)	**20:00 -** Meet in the Main Bar **20:30 -** Dinner - Join the group at the South American Pacifico Restaurant
Tuesday	**08:00-09:00 -** Breakfast - Join the group at the Sympossio Restaurant **09:30-10:00 -** Tennis Masterclass - The Art of the Approach **10:00-12:00 -** Tennis Coaching - Transition Triumph (Approach shots & net movement) **12:00-12:15 -** Cool Down & Stretch - Gentle Stretching	**13:00 -** Lunch - At either the Sympossio or Albatros Grab & Go Restaurant **17:00-19:00 -** Tennis Matchplay - Active Away Continental Cup (Europe vs Rest of the World)	**20:00 -** Meet in the Main Bar for taxis into town **20:30 -** Dinner - Optional group meal at a favourite restaurant in town (approximately €50 including taxis)
Wednesday	**Day Off -** Optional Day Trip! Please visit the Active Away Day Off Guides for more information.	**Free time:** Enjoy independent activities or relaxation.	**Evening:** Enjoy the resort at your leisure.
Thursday	**08:00-09:30 -** Breakfast - Join the group at the Sympossio Restaurant **10:00-12:00 -** Tennis Coaching - Doubles Disruption (Unpredictable patterns & creativity) **12:00-12:15 -** Cool Down & Stretch - Gentle Stretching	**13:00 -** Lunch - At either the Sympossio or Albatros Grab & Go Restaurant **16:30-17:00 -** Tennis Masterclass - Psychology of Doubles (Disrupt, distract, dominate) **17:00-19:00 -** Tennis Doubles Social - Disrupt & Dominate	**20:00 -** Meet in the Main Bar **20:30 -** Dinner - Join the group at the Candia Restaurant

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Friday	**08:00-08:45 -** Breakfast - Join the group at the Sympossio Restaurant **09:00-10:30 -** Tennis Coaching - Bullseye Battle **10:30-11:00 -** Bubbles & Snacks **11:00-13:00 -** Tennis Matchplay - Active Away Tour Finals: Legends Classic	**13:00 -** Lunch - At either the Sympossio or Albatros Grab & Go Restaurant **17:00-18:00 -** Tennis Exhibition - Coaches Exhibition Match **18:00-19:00 -** Presentation	**20:00 -** Meet in the Main Bar **20:30 -** Dinner - Join the group at the Royal Palm Restaurant
Saturday - Departure Day (Depart anytime)	**Breakfast and check-out:** Enjoy breakfast before checking out of Royal Mare - check out time is 12:00. Please note late check out information will not be available until the day before - we suggest speaking directly with reception.	**Departure:** Your confirmed airport transfer and pickup details will be shared before travel.	**Journey home:** Depart Heraklion with new memories, new friends and plenty of tennis played.