Aphrodite Hills Hotel

Example Itinerary

activeaway®

Day	Morning	Afternoon	Evening
Saturday - Arrival Day (Arrive Anytime)	**Arrival:** Fly into Paphos International Airport (PFO), approximately 25 minutes from Aphrodite Hills. If you booked an Active Away transfer, you will be collected as confirmed. Otherwise, please tell your host your travel plans and expected hotel arrival time.	**Check-in:** Arrive at Aphrodite Hills Hotel and settle into your room (check-in is available from 14:00). If you have booked an Active Away transfer, you will be met at the airport by either the host or our transfer partner. If not, please let your host know your expected arrival time so they can welcome you at the resort.	**Welcome:** Our hosts will be at the airport, so they will do their best to say hello when you arrive. **Dinner:** Your host will confirm the dinner time at the Eleonas Main Buffet Restaurant for guests who have arrived. **Late arrivals:** If you arrive after the restaurant closes, a cold plate will be provided in your room.
Sunday	**08:00-09:25 -** Breakfast - Join the group at the Eleonas Main Buffet 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 Eleonas Main Buffet 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 Lobby Bar **20:30 -** Dinner - Join the group at the Eleonas Main Buffet Restaurant
Monday	**08:00-09:30 -** Breakfast - Join the group at the Eleonas Main Buffet 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 - Join the group at the Eleonas Main Buffet 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 Lobby Bar **20:30 -** Dinner - Join the group at the Fig & Olive Restaurant (subject to availability and restaurant season)

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Tuesday	**08:00-09:00 -** Breakfast - Join the group at the Eleonas Main Buffet 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 - Join the group at the Eleonas Main Buffet Restaurant **17:00-19:00 -** Tennis Matchplay - Active Away Continental Cup (Europe vs Rest of the World)	**20:00 -** Meet in the Lobby Bar **20:30 -** Dinner - Join the group at the Eleonas Main Buffet Restaurant
Wednesday	**Day Off -** Enjoy an optional day trip or book a round on the resort's 18-hole golf course (subject to availability and additional charges).	**Free time:** Relax beside the pool, visit the spa or enjoy the resort at your leisure.	**Dinner:** Dine at the Eleonas Main Buffet Restaurant or make your own plans. Ask your hosts if you would like to join the coaching team.
Thursday	**08:00-09:30 -** Breakfast - Join the group at the Eleonas Main Buffet Restaurant **10:00-12:00 -** Tennis Coaching - Doubles Disruption (Unpredictable patterns & creativity) **12:00-12:15 -** Cool Down & Stretch - Gentle Stretching	**13:00 -** Lunch - Join the group at the Eleonas Main Buffet 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 Lobby Bar **20:30 -** Dinner - Join the group at the Pithari Restaurant (subject to availability and restaurant season)
Friday	**08:00-08:45 -** Breakfast - Join the group at the Eleonas Main Buffet 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 - Join the group at the Eleonas Main Buffet Restaurant **17:00-18:00 -** Tennis Exhibition - Coaches Exhibition Match **18:00-19:00 -** Presentation	**20:00 -** Meet in the Lobby Bar **20:30 -** Dinner - Join the group at the Nusan Restaurant (subject to availability and restaurant season)

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Day	Morning	Afternoon	Evening
Saturday - Departure Day (Depart anytime)	**Breakfast and check-out:** Enjoy breakfast before checking out of Aphrodite Hills Hotel. Please ask reception about late check-out availability the day before departure.	**Departure:** If you booked an Active Away transfer, your host will confirm collection. Otherwise, please tell your host your plans and travel independently to Paphos Airport.	**Journey home:** Depart Cyprus with new memories, new friends and plenty of tennis played.