Paloma Orenda

Example Itinerary

activeaway®

Day	Morning	Afternoon	Evening
Saturday - Arrival Day (Arrive Anytime)	**Arrival:** Fly into Antalya Airport (AYT). Paloma Orenda is approximately 75 km from the airport.	**Check-in:** 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 and collected according to your confirmed arrangements. If you are making your own way, please tell your host your expected arrival time so they know when to welcome you at the resort.	**20:00 -** Meet the group and your host at Bistro Bar. **20:30 -** Dinner - Join the group at Paloma Restaurant for the buffet. **Late arrivals:** The 24-hour Bistro Bar offers drinks, sandwiches and late snacks, subject to the hotel's current service. Please keep your host updated if your arrival plans change.
Sunday - Rally Rhythm	**07:30-09:25 -** Breakfast - Join the group at Paloma Restaurant. **09:30-09:55 -** Welcome Meeting - Meet the coaching team, learn how the week will work and get ready for the first session. **10:00-12:00 -** Tennis Coaching - Rally Rhythm: The Green Zone (Consistency, movement and rally tempo). **12:00-12:15 -** Cool Down & Stretch.	**13:00 -** Lunch - Join the group at Paloma Restaurant. **16:30-17:00 -** Tennis Masterclass - Warming Up to Win (Prepare your body and mind before playing). **17:00-19:00 -** Tennis Doubles Social - Find Your Rhythm.	**20:00 -** Meet in Bistro Bar. **20:30 -** Dinner - Join the group at Paloma Restaurant for the buffet.
Monday - Mental Matchplay Mastery	**07:30-09:30 -** Breakfast - Join the group at Paloma Restaurant. **10:00-12:00 -** Tennis Coaching - Spanish Drills: Train Like the Pros (Movement, consistency and repeatable patterns). **12:00-12:15 -** Cool Down & Stretch.	**13:00 -** Lunch - Join the group at Paloma Restaurant. **16:30-17:00 -** Tennis Masterclass - Mental Matchplay Mastery (Focus, resilience and between-point routines). **17:00-18:00 -** Tennis Doubles Social - Serve & Return. **18:00-19:00 -** Tennis Doubles Social - Mind Over Match (Point play and coaching).	**20:00 -** Meet in Bistro Bar. **20:30 -** Dinner - Join the group at Wabi Sabi for the first organised à la carte dinner. Active Away will arrange the group reservation, subject to the hotel's operating schedule.

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Tuesday - Transition Triumph	**07:30-09:00 -** Breakfast - Join the group at Paloma Restaurant. **09:30-10:00 -** Tennis Masterclass - The Art of the Approach (Recognise the right ball and move forward with confidence). **10:00-12:00 -** Tennis Coaching - Transition Triumph (Approach shots, positioning and the first volley). **12:00-12:15 -** Cool Down & Stretch.	**13:00 -** Lunch - Join the group at Paloma Restaurant. **17:00-19:00 -** Tennis Matchplay - Active Away Continental Cup (Europe vs Rest of the World).	**20:00 -** Meet in Bistro Bar. **20:30 -** Dinner - Join the group at Paloma Restaurant for the buffet.
Wednesday - Day at Leisure	**Day Off:** There is no organised tennis today. Relax by the resort beach or pools, visit Palomaqua, or make independent plans to explore Side or Manavgat.	**Free time:** Optional transport, excursions, spa treatments and paid activities are not included, so please check arrangements and costs before booking.	**20:00 -** Meet in Bistro Bar if you would like to join the group. **20:30 -** Dinner - Join the group at Paloma Restaurant for the buffet.
Thursday - Doubles Disruption	**07:30-09:30 -** Breakfast - Join the group at Paloma Restaurant. **10:00-12:00 -** Tennis Coaching - Doubles Disruption (Positioning, coordinated movement and unpredictable patterns). **12:00-12:15 -** Cool Down & Stretch.	**13:00 -** Lunch - Join the group at Paloma Restaurant. **16:30-17:00 -** Tennis Masterclass - Psychology of Doubles (Communication, decisions and purposeful disruption). **17:00-19:00 -** Tennis Doubles Social - Disrupt & Dominate.	**20:00 -** Meet in Bistro Bar. **20:30 -** Dinner - Join the group at Paloma Restaurant for the buffet.

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Friday - Tour Finals	**07:30-08:45 -** Breakfast - Join the group at Paloma Restaurant. **09:00-10:30 -** Tennis Coaching - Bullseye Battle (Accuracy and purposeful targets). **10:30-11:00 -** Bubbles & Snacks. **11:00-13:00 -** Tennis Matchplay - Active Away Tour Finals: Legends Classic.	**13:30 -** Late Lunch - Join the group at Paloma Restaurant. **17:00-18:00 -** Tennis Exhibition - Coaches' Exhibition Match on the clay show court. **18:00-18:30 -** End-of-week Presentation.	**20:00 -** Meet in Bistro Bar. **20:30 -** Dinner - Join the group at Quentine for the second and final organised à la carte dinner. Active Away will arrange the group reservation, subject to the hotel's operating schedule.
Saturday - Departure Day (Depart Anytime)	**Breakfast and check-out:** Enjoy breakfast before checking out of Paloma Orenda by 12:00. Late check-out information may not be available until the day before, so please speak directly with reception.	**Departure:** If you booked an Active Away airport transfer, you will be collected according to the confirmed arrangements shared before travel. If you are making your own arrangements, please tell your host your departure time so they know your plans and can say goodbye.	**Journey home:** Depart Antalya with new memories, new friends and plenty of tennis played.