MANTO CORFU

Nature Retreat

where life remembers its natural rhythm

WELCOME

We are so happy to welcome you to Manto Retreat and wish you a gentle arrival.

Manto is a place of stillness, spaciousness and retreat — carried by the natural rhythm of the island. In Greek mythology, the name Manto is connected to intuition, inner knowing and deeper perception — a beautiful invitation to slow down and arrive a little more deeply during your time here.

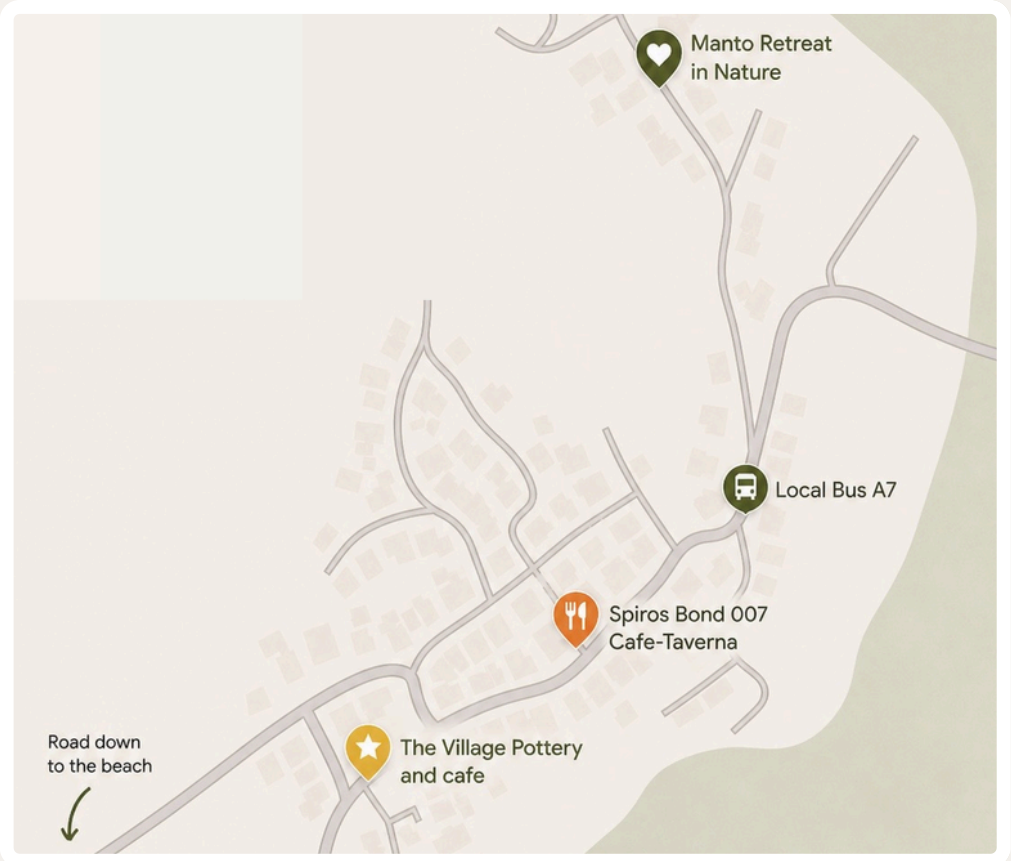
Within these pages, you will find everything you may need for your stay.

May your time at Manto feel nourishing, inspiring and deeply restorative. We hope this place offers you space to breathe, reconnect and feel a little more at home within yourself again.

With warmth,
The Manto Corfu Team

YOUR RETREAT HOME – PAGI

Manto Retreat is nestled in the small village of Pagi in the northwest of Corfu — surrounded by olive groves, rolling hills and some of the island's most beautiful beaches. The nearby areas of Agios Georgios, Afionas, Arillas and Porto Timoni are known for their untouched nature, relaxed atmosphere and the slower rhythm of island living. For exploring the area, we recommend using Google Maps, as most beaches, walking paths and local spots are easy to find there. And of course, if you need anything during your stay, we are always happy to help.



If you drive down the road towards Manto, you will find a small village car park on the right-hand side.
Please park there if possible; it is only about a three-minute walk to the retreat from there. Of course, you are welcome to drive directly up to the house first to unload your luggage.

THE RETREAT SPACE

The Property

Manto is surrounded by a spacious garden of around 3000 m², offering quiet corners to rest, gather and simply enjoy the slower rhythm of island life. The property includes a saltwater pool (7 x 4 m), outdoor shower, sun loungers, shaded seating areas, a small incense and fire space, as well as a covered yoga shala that can be fully enclosed during cooler or windier months.

Towels & Linen

Fresh bed linen and bathroom towels (one large and one small towel) are provided. Towels are changed once per week.
For the beach, pool and your yoga practice, we kindly ask you to bring your own towel. Each bathroom is equipped with a hairdryer. Sockets are European (type C/F, 230 V).

Cleaning

Rooms and bathrooms are cleaned once weekly.
Should you wish to freshen up your room, bathroom, yoga shala or kitchen in between, cleaning supplies, a mop and broom can be found in the wooden cabinets beneath the staircase and are available for your use at any time.
Please note that cleaning fees are not included in the accommodation price and are charged separately: €100 for the midweek cleaning and €200 for the final cleaning (€300 total).

Kitchen

Guests are welcome to use both the indoor and outdoor kitchens, as well as the BBQ area — ideal for shared meals, long summer evenings and slow mornings in the sun.

FACILITIES

Water & Drinking Water

Tap water is perfectly suitable for showering and brushing your teeth. For drinking, we recommend filtered or bottled water.
Depending on the retreat, drinking water may also be organised and provided through the retreat team. If you have any questions, please feel free to reach out to your facilitator or the Manto team.

Yoga-Shala Equipment

- yoga mats
- blocks & straps
- blankets
- meditation cushions & bolsters
- dumbbells & knee supports

Everything needed for movement practices, meditation and retreat sessions in a calm and supportive setting.

Audio & Sound Equipment

For classes, music or shared evenings, several high-quality speakers are available throughout the retreat space:

- a larger speaker in the yoga shala
- a Bang & Olufsen speaker indoors
- a portable speaker for outdoor areas or beach gatherings

We kindly ask for mindful use of the equipment and consideration for the peaceful atmosphere of the retreat space.

MEDICAL ASSISTANCE

Should you need medical support during your stay, the nearest health centre is located in Agros.
For more extensive care, the hospital in Corfu Town is available.
If needed, we are happy to connect you with trusted local drivers who know the area well and can reliably assist with transportation.

You'll find all important contact numbers listed below.

Corfu General Hospital
+30 2661360400

Health Center Agros (approx. 10 min by car)
+30 2662051207 / +30 2663360300

Dr. J. P. Papadopoulos (German-speaking doctor)
+30 26630 51498

Emergency / Ambulance (First Aid): 166

Police: 100

Fire Department: 199

Emergency (EU-wide): 112

German Honorary Consul Corfu +30 26610 49874

SHOPPING

Along the beach of Agios Georgios you will find several supermarkets that remain open daily into the evening hours.
In addition to groceries, drinks and toiletries, you will also find small souvenirs, beach essentials and clothing. An ATM is also located directly in the beach area.
Before reaching Kavadades, you will also find the well-stocked Beretas supermarket with a small organic section, as well as a fresh vegetable shop (K. Kourkoulos) shortly after the turn toward Afionas.

Nearby Arillas also offers several lovely shopping options with a selection of organic and international products, including Inas Café & Deli and Kostas Supermarket, both offering organic products. Along the village road and directly by the beach, you will find cozy cafés, boutiques, bars and restaurants — perfect for a relaxed afternoon or sunset evening by the sea. ATMs are also available in Arillas.

On the drive from Corfu Town toward Pagi and Agios Georgios, you will additionally pass several larger supermarkets including Lidl, Masoutis and AB Food Market — ideal for larger grocery shopping upon arrival.

AIRPORT TRANSFER

Corfu Airport (Ioannis Kapodistrias Airport) is located approximately 35 km from Manto. Depending on traffic, the drive takes around one hour. For your arrival, you may choose between public bus transportation, a private transfer or a rental car. Please allow approximately one additional hour upon arrival for disembarking (often via outdoor stairs), luggage collection and exiting the airport. For departure, we recommend planning approximately three hours in total — including one hour driving time to the airport and two hours prior to departure at the airport itself.

Taxi, airport transfers & excursions

Maria Kourkoulou: +30 6973094402
(https://mariastouristservices.com)
Vantadti Corfu: +30 6947321678
Nikos Taxi Arillas: +30 6955500558

Green Bus Corfu (line A7)

Departure

Corfu → Agios Georgios (Pagon)

Time **Departure**	Estimated time **Arrival**	Mo	Tu	We	Th	Fr	Sa	Su	Platform	**Notes** Route	**Map** and stops
05:45	07:20	✓				✓			7	via Gavrades, Armenades and Prinilas	→
05:45	07:20		✓	✓	✓				7	via Armenades and Prinila	→

Return

Agios Georgios (Pagon) → Corfu

Time **Departure**	Estimated time **Arrival**	Mo	Tu	We	Th	Fr	Sa	Su	**Notes** Route	**Map** and stops
07:20	08:30	✓	✓	✓	✓	✓			via Prinila and port	→
14:50	16:20		✓	✓	✓				via Armenades and port	→

LOCAL RESTAURANTS

Whether you're looking for a relaxed breakfast by the sea, a light lunch or a memorable sunset dinner, these are some of our favourite places around Agios Georgios Bay & Arillas

Breakfast, Brunch & Light Lunch

San George Café *(Agios Georgios)*
A lovely beachfront café serving breakfast, fresh coffee, juices, sandwiches and light meals. The perfect place to ease into a slow morning by the sea.
Perfect for: Breakfast • Brunch • Coffee • Light Lunch

Cool Water Café *(Agios Georgios)*
A relaxed beach café offering fresh juices, smoothies, coffee, ice cream and light snacks throughout the day. Great after a swim or beach walk.
Perfect for: Coffee • Smoothies • Snacks • Light Lunch

Ina's Deli & Café *(Arillas)*
A charming café offering excellent coffee, homemade cakes, fresh sandwiches and healthy breakfast and lunch options. One of our favourite spots for a relaxed morning.
Perfect for: Breakfast • Brunch • Coffee • Light Lunch

Anassa *(Arillas)*
A stylish beachfront café and restaurant serving beautifully presented breakfasts, brunches and fresh Mediterranean lunches in a relaxed setting overlooking the sea.
Perfect for: Breakfast • Brunch • Lunch • Coffee

LOCAL RESTAURANTS

Dinner Recommendations

Delfini Restaurant *(Agios Georgios)*
A long-established family-run restaurant directly on the beach, known for authentic Greek cuisine, fresh seafood and beautiful sunset views.
We recommend: Fresh fish, seafood dishes and traditional Corfiot specialties.

Fisherman's Cabin *(Agios Georgios)*
A hidden gem tucked away in a secluded bay, reached by a beautiful coastal hike or a short drive. Rustic, authentic and famous for its freshly caught fish.
Perfect for: Fresh seafood · Authentic local experience
Good to know: The walk is part of the experience and absolutely worth it.

Akrotiri Café *(between Arillas & Agios Stefanos)*
One of our absolute favourite places on Corfu. Perched on the cliffs with breathtaking panoramic views over the Ionian Sea, Akrotiri is perfect at any time of day—from breakfast and lunch to sunset drinks and dinner.
Perfect for: Breakfast · Lunch · Dinner · Sunset Drinks
Good to know: One of the most beautiful viewpoints on the island.

Ammos *(Arillas)*
A beautiful beachfront restaurant with a relaxed atmosphere, offering Mediterranean cuisine, fresh seafood and one of the loveliest sunset settings on the west coast.
Perfect for: Sunset dinner · Cocktails · Mediterranean cuisine

LOCAL RESTAURANTS

Dinner Recommendations

Vavilas Fish Taverna *(Arillas)*
A traditional family-run fish taverna serving the freshest local catch, prepared simply and beautifully. A wonderful place to experience authentic Corfiot seafood.
We recommend: The catch of the day and grilled fish.

Graziella *(Arillas)*
A relaxed beachfront taverna serving traditional Greek cuisine and fresh fish just steps from the sea. Simple, authentic and always welcoming.
Perfect for: Fresh fish · Traditional Greek dinner · Beachfront dining

Brouklis Taverna (Arillas)
A traditional family-run taverna in the heart of Arillas, known for authentic Greek and Corfiot cuisine. A wonderfully genuine place with a warm atmosphere and dishes prepared following traditional recipes.
Perfect for: Traditional Greek cuisine · Corfiot specialties · Authentic taverna experience

PAGI VILLAGE LIFE

Just a few steps from Manto, Pagi offers a little glimpse into authentic Corfiot village life — slow mornings, Greek coffee, family-run tavernas and small local places worth discovering.

Spiros Bond 007 Cafe - Bar

A little piece of James Bond history right in the heart of Pagi. Parts of the legendary yellow Citroën 2CV car chase in For Your Eyes Only were filmed through the village and along the surrounding olive-lined roads. Stop by for a Greek coffee, a simple local meal and a wonderfully nostalgic glimpse into Pagi's 007 past.

Romeos Cafe Taverna

A relaxed, family-run village taverna for traditional Greek food, an easy lunch or a slow dinner close to home — simple, local and wonderfully unhurried.

The village Pottery & Cafe

One of those sweet little places that makes Pagi feel special: local pottery paired with a tiny café. Lovely for a wander through the village, a coffee and perhaps a handmade piece of Corfu to take home.

DISCOVER

Hiking Trails

Manto is located directly along the well-known Corfu Trail — one of Greece's most beautiful long-distance hiking routes, leading across the island through small villages, olive groves, coastal landscapes and untouched nature. https://www.thecorfutrail.com/
Especially beautiful is the nearby section of the historic Donkey Trail (Gaidouromonopati), an old pathway offering expansive views across the green hills and the Ionian Sea.

Another beautiful walk begins along the coastline of Arillas and leads up to a small chapel overlooking the sea.
The walk takes approximately 20–25 minutes and offers a wonderful opportunity for a small personal pilgrimage — to enjoy the magical view over the island of Gravia, find a quiet moment of reflection or perhaps leave behind a personal wish or prayer.

DISCOVER

Between small mountain villages, hidden bays, Venetian architecture and golden evening light, Corfu reveals its own unique rhythm.
Here are a few of our favourite places for slow afternoons, sunset moments and discovering the quieter beauty of the island.

Agios Georgios Pagon
The wide bay of Agios Georgios is known for its calm waters, small tavernas and relaxed beach cafés. Especially in the early mornings and evenings, the atmosphere here becomes beautifully peaceful.

Arillas
Over the past years, Arillas has gently evolved into a small centre for yoga, slow living and conscious travel culture.
Along the village road and beachfront, you'll find cozy cafés, small boutiques, bars and restaurants with relaxed atmosphere and beautiful sea views — perfect for an afternoon wander or sunset dinner by the water.

DISCOVER

Villages & Viewpoints

If you feel like exploring the island a bit further, the small mountain villages and viewpoints in the north of Corfu offer the chance to experience special moments. Amidst narrow lanes, rugged coastal landscapes, and sweeping views across the Ionian Sea, a quieter, more authentic side of the island reveals itself here.

Afionas

One of the most beautiful mountain villages on the island. Narrow pathways, traditional houses and breathtaking views across the Ionian Sea make Afionas a truly special place — especially in the golden evening hours before sunset.

From here, a small hiking trail also leads down to the famous Porto Timoni (“Butterfly Bay”), a stunning double bay with crystal-clear water.

You can either hike down via Afionas and return to Agios Georgios by boat taxi, or take a boat directly from Agios Georgios.

DISCOVER

Cape Drastis

The striking white cliffs and turquoise waters of Cape Drastis are among the island's most iconic natural landscapes.
Especially beautiful in the early evening light or experienced from the sea during a small boat trip.

7th Heaven Cafe

A beautiful spot for a drink overlooking the dramatic cliffs of the northwest coast. Perfect when combined with sunset views at nearby Loggas Beach.

DISCOVER

History, Culture & Corfu Town

Corfu Town is considered one of the most beautiful island towns in Greece and is perfect for a day trip or a slower afternoon of wandering and exploring.
The old town is deeply influenced by Venetian architecture and filled with narrow alleyways, local markets, hidden courtyards, traditional tavernas and historic cafés.
Especially worth visiting:

- Saint Spyridon Church
- the Venetian alleyways of the Old Town
- the two historic fortresses
- the famous Liston promenade with its arcades and cafés
- Mon Repos Palace — a beautiful seaside estate surrounded by gardens and walking paths

Kanoni
Known for its iconic view over the small monastery island of Vlacherna and the airplanes passing low above the sea shortly before landing — especially beautiful in the early evening light.

Achilleion
The former palace of Empress Elisabeth of Austria (“Sissi”) combines history, gardens and breathtaking panoramic views across the island.

SERVICES

Selected Offerings & Recommendations

Upon request, we are happy to support the organisation of additional offerings and experiences during your retreat stay on Corfu.

These may include:

- private chefs (including Ayurvedic cuisine)
- massage & bodywork
- womb healing & holistic treatments
- photographers & content creation support
- additional yoga or workshop facilitators
- pottery & jewellery workshops
- ceremonial cacao for cacao ceremonies

Please feel free to reach out to us anytime if something calls to you.

INTERNET & CONTACT

Internet & WiFi

WiFi is available throughout the entire retreat property.
Network : MANTO
Password: shivashakti21

Contact

Should you need anything during your stay, we are always happy to support you. Whether it's recommendations, organisational questions or small things along the way — please don't hesitate to reach out. We hope your time at Manto feels nourishing, restful and deeply inspiring — and that this place becomes a little home away from home during your stay.

Manto Retreat Corfu
Website: www.manto-corfu.com
Instagram: @manto_corfu
E-Mail: info@manto-corfu.com
Phone: +49 176 35200400

Quiet Hours

To help preserve the peaceful and restorative atmosphere of Manto for everyone, we kindly ask you to respect the traditional Greek quiet hours between 14:30 and 17:00, as well as evening quiet time from 22:00 onwards.

WE HOPE MANTO FEELS
A LITTLE LIKE HOME TO YOU

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