

Kalogria, Stoupa. Photo: Robert Schediwy, CC BY-SA 4.0, via Wikimedia Commons

On the water

The coast below the cottage is made for being in the water: clear, calm and full of coves, rocks and caves. Snorkel from the beaches, paddle the coast by sea kayak, try a first dive at Stoupa or spend a day on the water further south. This guide covers what to do, where, and when.

Season

Swimming from late May to October; warmest August and September.

Best for

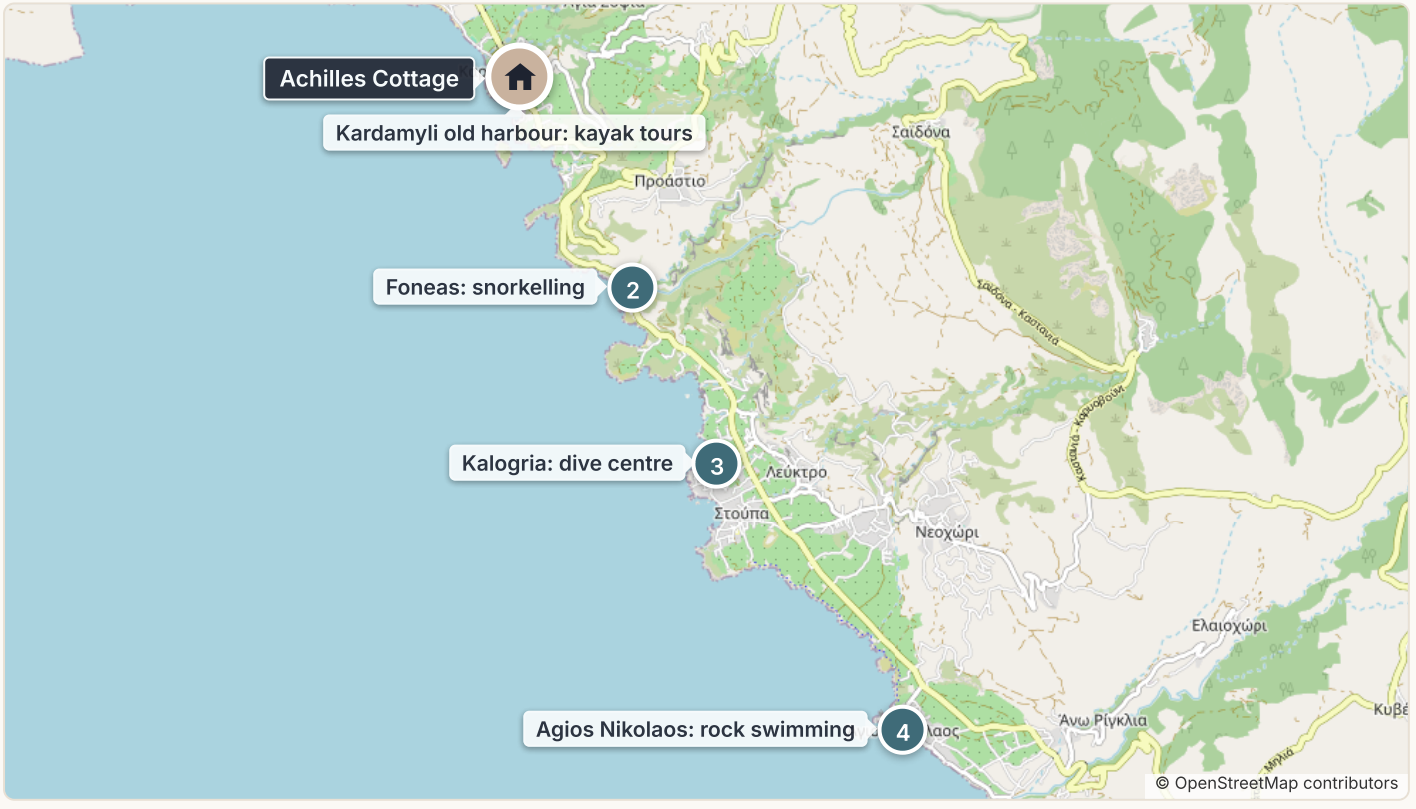
Snorkelling, kayaking, diving and long swims.

Book ahead

Kayak tours and dives in July and August.

Bring

Mask and snorkel, 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.** Rocks and boulders in clear water, about 10 minutes from the cottage. The best first snorkel.
- **Kalogria and Stoupa.** Sandy bottoms with rocky edges; easy for children. Freshwater springs make the water cooler.
- **Agios Nikolaos and Limeni.** Deep water straight off the rocks for confident swimmers.

Sea kayaking

- **Guided half-day tours** leave from Kardamyli's old harbour, roughly March to November, with stops for swimming, snorkelling and a picnic. Explore Messinia is one well-reviewed operator.
- **What you see:** sea caves, small islets and coves you cannot reach by road.
- **No experience needed;** guides teach the basics first. Stand-up paddle and snorkel tours also run from Kardamyli.

Diving

- **Try a dive.** Dive Code, a PADI 5-Star centre at Kalogria beach in Stoupa, runs first dives for beginners and courses for all levels.
- **Further south.** Mani Diving Center at Limeni dives the clear water of the Itylo bay.
- **Plan it early in your stay:** do not fly within 24 hours of diving.

Boats

- **Small boat trips and boat hire** run from some harbours in summer, including Agios Nikolaos and Limeni; ask at the harbour.
- **Fishing boats** come into Agios Nikolaos most mornings: the place to buy fish or just watch.
- **The Diros Caves** are explored by small boat: see our rainy days guide.

Stay safe

- Most beaches have no lifeguard. Swim near others, keep children close and stay out when the sea is rough. Emergency number: 112.
- Wear water shoes on rocks: sea urchins are common.
- The wind often picks up in the afternoon; go out in the morning. Michael, our local manager, is a phone call away during your stay.



More guides from Achilles Cottage

Getting here: From Kalamata airport · From Athens airport
Town guides: Kardamyli · Stoupa · Agios Nikolaos and Trachila · Exochori and the mountain villages · Kambos and Zarnata · Kalamata · Areopoli and Limeni · Diros, Gerolimenas and Vathia
Activities: On the water · Food and olive oil · Rainy days and families · Walking and hiking

This guide online

Details checked November 2026. Operators, opening hours, prices and timetables change: check before you go. Second photo: Ritsa beach, Kardamyli, by Ppso, CC BY-SA 4.0, via Wikimedia Commons.