



The Albanian Riviera – the unique region of southern Albania

MIKEY FOOD & TRAVEL joins Majestic Balkans and invites you to a truly unique experience in southern Albania. Cooking, hiking, yoga, and warm hospitality come together to create moments of pure enjoyment, surrounded by the peaceful beauty of southern Albania and indulged by its exceptional local cuisine.

Travel dates in 2026
07 - 13 March & 14 - 20 March



RETREAT PRICES

We can't wait to share this special experience with you!

Our retreat offers an exceptional all-inclusive package priced at **€1,500 per person for 7 days** and **€1,020 per person for 5 days** - outstanding value for money for an unforgettable experience.

The Retreat

Experience Lukovë - Food, Hiking & Yoga with Majestic Balkans and MIKEY FOOD & TRAVEL

We are delighted to announce the launch of our Food Travelling Retreat Program with a guided retreat in the picturesque coastal village of **Lukovë, Albania**.

This exclusive experience invites you to slow down, reconnect with nature, immerse yourself in the peaceful beauty of southern Albania, and enjoy the exceptional local cuisine curated by **Michael Birkhold**.

What awaits you:

Fresh, seasonal Mediterranean cuisine, prepared with local ingredients such as olive oil, citrus fruits, herbs, figs, and coastal produce - served as lovingly crafted, nourishing daily meals. **Daily yoga sessions** for grounding, relaxation, and physical renewal - held in tranquil spaces overlooking the sea and surrounding mountains. **Scenic hikes & outdoor adventures**, including coastal walks, mountain trails, hidden beaches, and cultural routes through the unspoiled landscapes of southern Albania. **Deep nature immersion**, where mountains meet the Ionian Sea - featuring breathtaking views, crystal-clear waters, quiet olive groves, and golden sunsets. **Moments of connection & inner calm**, created through shared meals, gentle evening sessions, and a slower rhythm of life inspired by the beauty and serenity of Lukovë.

DATES

Week 1

Option 1: Arrival 7 March 2026 - Departure 13 March 2026 / 7 days, 6 nights

Option 2: Arrival 7 March 2026 - Departure 11 March 2026 / 5 days, 4 nights

Week 2

Option 1: Arrival 14 March 2026 - Departure 20 March 2026 / 7 days, 6 nights

Option 2: Arrival 14 March 2026 - Departure 18 March 2026 / 5 days, 4 nights

Program - A glimpse of what we've prepared for you:

Day 1 - Arrival & Welcome

Arrival in Lukovë and check-in. Welcome drink and light snack, followed by time to relax. Once everyone has arrived, we'll gather for a warm welcome, a brief introduction to the retreat, and a shared dinner.

Day 2 - Yoga, Village Walk & Coastal Hike

Morning yoga session, followed by breakfast/brunch. Guided walk through the village and hike along the Lukovë coastline. Optional: relaxing afternoon yoga session. Pre-dinner get-together with drinks, followed by a communal dinner.

Day 3 - Hike, Water Activity & Cultural Experience

Morning yoga and breakfast/brunch. Full-day adventure: Kakome-Krorezë hike with visits to historic monasteries along the route (lunch box included). Optional: relaxing afternoon session. Pre-dinner get-together, followed by dinner.

Day 4 - Breathwork & Herbal Exploration

Morning yoga session and breakfast/brunch. Cultural and sensory experience: guided breathwork and herbal exploration around Lukovë. Optional: relaxing afternoon session. Pre-dinner get-together, followed by dinner.

Day 5 - Coastal Hike & Beach Time

Morning yoga and breakfast/brunch. Coastal hike from Lukovë to Bunec, followed by free time at the tranquil Bunec Bay beach. Optional: relaxing afternoon session. Pre-dinner get-together, followed by communal dinner.

Day 6 - Beach Day & Kayaking (Optional)

Morning yoga and breakfast/brunch. Relaxed beach day in Lukovë (lunch box included). Optional: kayaking tour to explore the sea caves of Lukovë (additional cost). Optional: relaxing afternoon session. Pre-dinner get-together, followed by dinner.

Day 7 - Closing Yoga & Farewell

Final morning yoga session, followed by breakfast/brunch. Farewell circle and departure.





The accommodation

The bright and airy accommodation offers a comfortable stay in the heart of **Lukovë**, just minutes from the crystal-clear **Ionian Sea**. Your apartment features a cozy bedroom and a balcony with breathtaking views of the mountains and the sea.

Guests can also enjoy a **beautiful garden with sea views** - perfect for morning coffee, scenic sunsets, and relaxing breaks. Surrounded by orange trees, olive groves, and untouched nature, the accommodation is an ideal base for beach days, coastal hikes, and exploring the charm of southern Albania. The property offers **single and double rooms**.

Join us

To join this unique experience, please register to **secure your spot** or ask any questions - **by 31 January 2026 at the latest.**

All contact details can be found on the **last page!**

A week to **rejuvenate body and mind** - with daily yoga sessions, scenic hikes, lovingly prepared Mediterranean cuisine, and precious moments of connection. From coastal walks and cultural experiences to beach days and gentle evening practices, each day blends movement, nature, and relaxation. Surrounded by the stunning landscapes of Lukovë, where the mountains meet the Ionian Sea, a balanced program awaits to ground, inspire discovery, and promote deep restoration.

This retreat is dedicated to **connecting with nature, renewing the spirit, and creating unforgettable moments** in the heart of the Albanian Riviera.

We can't wait to share this special experience with you!



Weitere Informationen

Inklusive:

Privates Zimmer mit Meerblick für jede Teilnehmerin / jeden Teilnehmer (6 Nächte)
Mahlzeiten (Frühstück, Mittagssnack & Abendessen),
Aktivitäten und geführte Erlebnisse
Kostenlose Yogamatte für deine Praxis während des Retreats

Nicht inklusive:

Flugtickets
Versicherung
Transport

Es bietet sich an in die Hauptstadt Tirana zu fliegen. Wir helfen euch gerne bei der Planung eines Aufenthalts in Tirana. Von dort aus gibt es verschiedene **Transportmöglichkeiten** nach Südalbanien - Bus, private Shuttle, Taxi, Mietwagen.
Bitte sprecht uns an, damit wir bei der Organisation behilflich sein können.

Bitte beachte: Alle Zahlungen sind nach Abschluss **nicht erstattungsfähig**. Die maximale Teilnehmerzahl liegt bei **10 Personen** - die Plätze sind begrenzt, daher empfehlen wir eine frühzeitige Buchung.



Albanian impressions

From
Tirana
to
Lukova



Our Team

Our dedicated team is passionate about creating meaningful retreat experiences:

- **Michael Birkhold** - Passionate about culinary arts and crafting delicious local flavors. His goal: unforgettable experiences - *l'Expérience*.
- **Asdren Nivokazi & Nita Zeqiri** - Your hosts and retreat coordinators, ensuring a smooth and heartfelt experience.
- **Ajete Kërqeli** - Yoga instructor guiding you through energizing and restorative sessions.
- **Asdren Nivokazi** - Guide for breathtaking hikes through the spectacular landscapes of southern Albania.



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