

The unique Albanian Riviera

MIKEY FOOD & TRAVEL joins forces with Majestic Balkans and invites you to a unique experience in southern Albania. Cooking, culture, 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

11 - 18 November 2026





The Trip

PRICE

€1,500 per person – 6 nights / 7 days

INCLUDED SERVICES

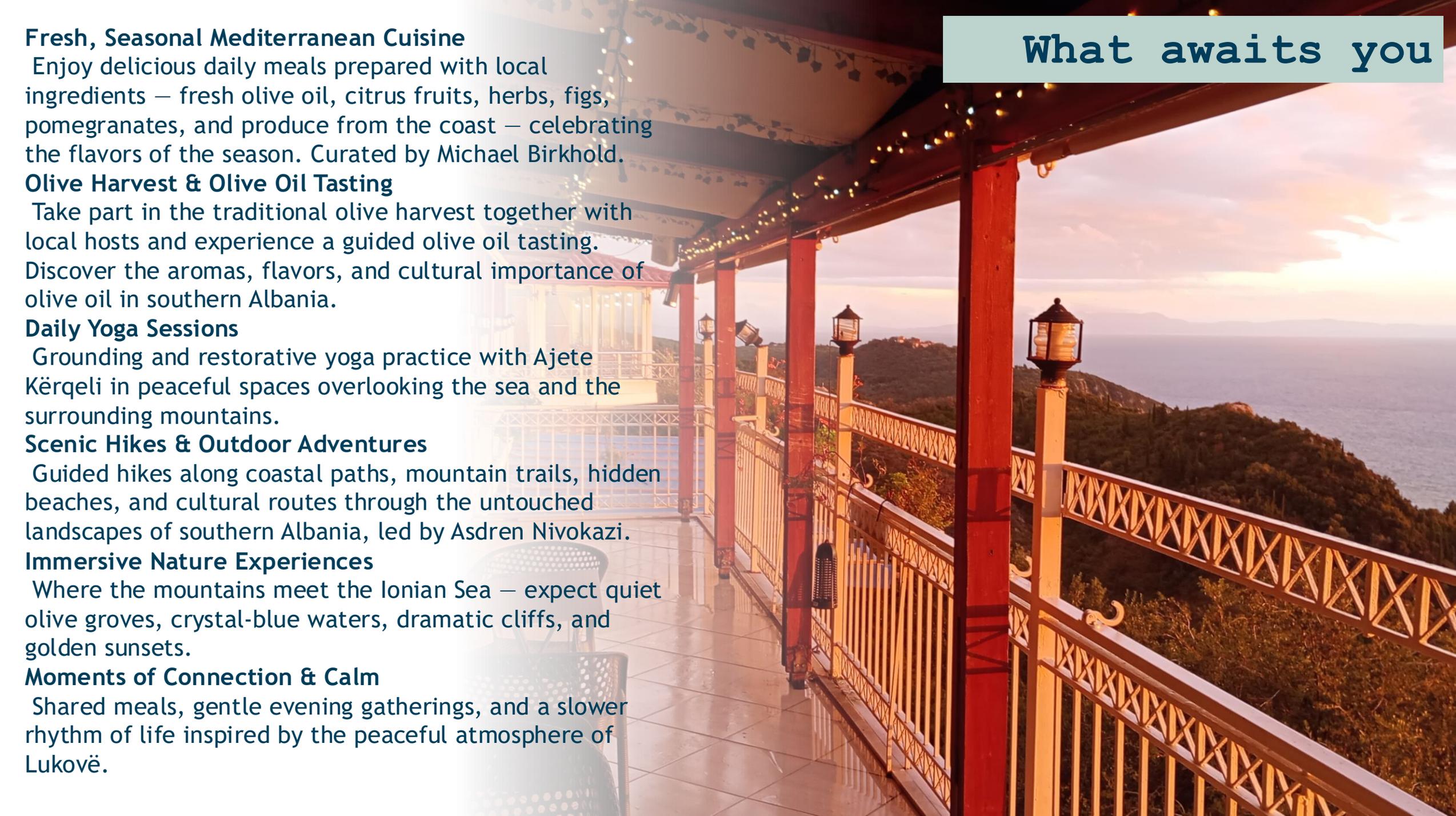
Single or double room with sea view
Breakfast, lunch snack, and dinner
All guided activities & experiences
A yoga mat

OPTIONAL SERVICES

Transfer from Tirana to Lukovë
(€50 per trip and person)
Flights
Travel and health insurance

Dates

11 - 18 November 2026



What awaits you

Fresh, Seasonal Mediterranean Cuisine

Enjoy delicious daily meals prepared with local ingredients – fresh olive oil, citrus fruits, herbs, figs, pomegranates, and produce from the coast – celebrating the flavors of the season. Curated by Michael Birkhold.

Olive Harvest & Olive Oil Tasting

Take part in the traditional olive harvest together with local hosts and experience a guided olive oil tasting. Discover the aromas, flavors, and cultural importance of olive oil in southern Albania.

Daily Yoga Sessions

Grounding and restorative yoga practice with Ajete Kërqeli in peaceful spaces overlooking the sea and the surrounding mountains.

Scenic Hikes & Outdoor Adventures

Guided hikes along coastal paths, mountain trails, hidden beaches, and cultural routes through the untouched landscapes of southern Albania, led by Asdren Nivokazi.

Immersive Nature Experiences

Where the mountains meet the Ionian Sea – expect quiet olive groves, crystal-blue waters, dramatic cliffs, and golden sunsets.

Moments of Connection & Calm

Shared meals, gentle evening gatherings, and a slower rhythm of life inspired by the peaceful atmosphere of Lukovë.

Flexible & open programme

This retreat is intentionally designed with plenty of freedom and flexibility.

We are happy to offer suggestions, but guests are invited to shape their own experience throughout the retreat:

- Practice yoga with Ajete Kërqeli
- Cook with Michael Birkhold and discover local cuisine
- Go hiking with Asdren Nivokazi
- Join Nita for the olive harvest
- Simply rest, write, swim, or enjoy time for yourself
- Explore the surrounding villages and towns

Each day offers a range of optional activities – yoga, hiking, olive harvesting, culinary moments, and quiet time in nature. You are invited to choose what feels right for your body, your energy, and your mood – whether that is movement, rest, connection, or solitude.

This is your time: a moment to listen to your body and follow your own rhythm.



Your home

The light-filled accommodation offers a comfortable stay in the heart of Lukovë, just a few minutes from the crystal-blue waters of the Ionian Sea. Your apartment features a very comfortable bedroom as well as a balcony with breathtaking views of the mountains and the sea.

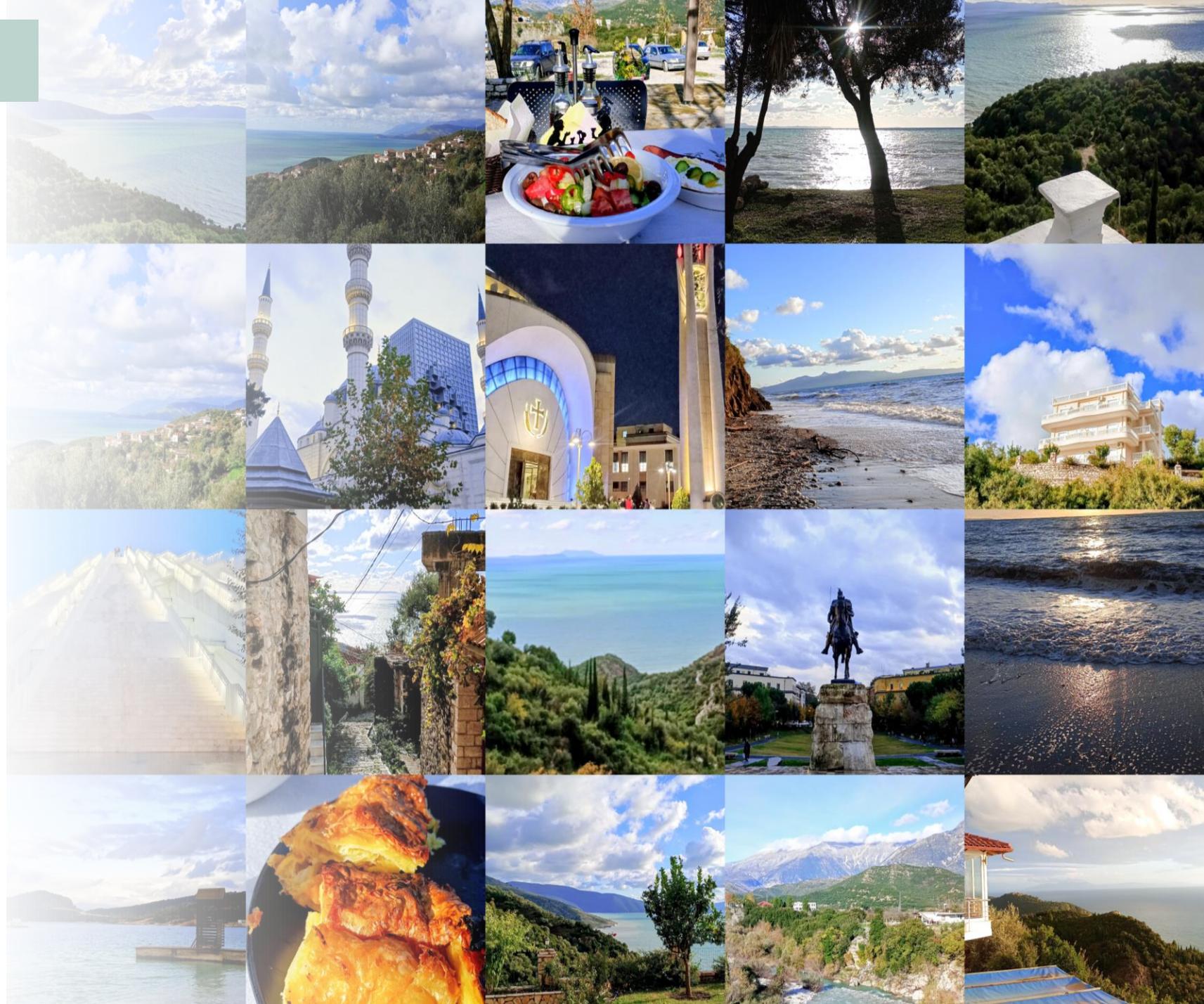
Guests can also enjoy a beautiful garden overlooking the sea – perfect for morning coffee, atmospheric sunsets, and relaxing moments of rest. Surrounded by orange trees, olive groves, and unspoiled nature, the accommodation is the ideal starting point for beach days, coastal hikes, and discovering the charm of southern Albania.

The accommodation offers both single and double rooms.



Impressions

From
Tirana
to
Lukova



Our dedicated team is passionate about creating beautiful and sustainable retreat experiences:

Michael Birkhold - Passionate about culinary arts and creating delicious local experiences. His goal: unforgettable moments – *l'Expérience*.

Asdren Nivokazi & Nita Zeqiri - Your hosts and retreat coordinators, ensuring a warm welcome and a smooth, enjoyable experience throughout your stay.

Ajete Kërqeli - Yoga teacher guiding you through energizing and restorative sessions.

Asdren Nivokazi - Your guide for inspiring hikes through the spectacular landscapes of southern Albania.



Michael Birkhold
121 Quai de Valmy
75010 Paris
+33 7 68 36 17 65
+49 15 77 61 31 941
michael.birkhold@gmx.net
www.mikey-travelling.de



MAJESTIC BALKANS
+49 17 73 31 72 20
majesticbalkans@gmail.com
www.majesticbalkans.com/de

