

Elemental Balance in Greece

September 20-27, 2024

Our trip to Greece offers the perfect balance of an awe-inspiring destination, healthy food experiences, and wellness activities to nourish your mind, body, and spirit. We will experience the ancient, classic, and constantly evolving city of Athens, plus the exquisite Peloponnese in southern Greece, an area inhabited since pre-historic times, and dotted with pine forests, Byzantine churches and lofty hilltop villages. With upgraded accommodations, elevated service, and spa options, in an area where the historical landscape exudes a palpable healing energy rooted in ancient civilizations and cultural lineage, you'll feel rejuvenated, rested, and restored.

Day 1: Athens

Welcome to Athens, the cradle of Western civilization. Athens is a vibrant city that has it all – a rich historical heritage, the landmark Acropolis, hip and trendy bars, high-end boutiques, and multicultural cuisine. Your private driver will meet you at Athens International Airport and transfer you to our luxury hotel in the heart of the city where we'll stay for two nights. The afternoon is yours to relax, explore the historic neighborhood of Plaka, or enjoy a leisurely stroll along Dionysiou Aeropagitou, a pedestrian street that is the longest walkway in Athens. Return to the hotel by late afternoon to meet for our **Wellness Moment – Evening Yoga**, and afterwards head out for our included group dinner at one of Athen's top restaurants with an amazing Acropolis view.

- Accommodation
 - Athens Capital Hotel
- Included Meals
 - Dinner
- Included Activities
 - **Wellness Moment –Yoga Class: Opening Circle**
- Add on Activities
 - Athens – Temple of Olympian Zeus
 - Athens – Tomb of the Unknown Soldier and the Evzone Guards
 - Athens – Acropolis Museum
 - Athens – National Archeological Museum
 - Athens – Ancient Agora

Day 2: Tour of the Acropolis and Athens Food Tour

Begin the morning with our **Wellness Moment - Morning Meditation** followed by breakfast at the hotel.

Afterwards, meet our licensed archeology and food expert to start a fascinating day of discovery with a visit to Dionysus Theater, the oldest theater in Greece. Continuing our walk, we'll ascend Acropolis hill while enjoying breathtaking views of the nearby monuments, such as Herodes Atticus Odeon, Philopappos Monument, the Observatory, and others. Enjoy a full explanation of Acropolis' marvelous monuments: the Temple of Athena Nike, the Propylaea gateway, the Erechtheion, and the astonishing

Parthenon. Our guide will help us discover more about the site's significance, as well as the bountiful heritage and cultural achievements of the Greek civilization during the Golden Age.

After the conclusion of the Acropolis visit, we'll cross the beautiful old town of Athens, the Plaka, and the Monastiraki area to start a delicious journey of discovery through the streets of a lesser-known part of Athens - the Athenian Market area. We will discover a kaleidoscope of colors, smells, tastes, and textures as we pass stalls bursting with color, intoxicating spice shops, enticing sweet shops, bakeries, and the bustling central food market of Athens. We'll visit small, hidden, specialty food shops where we will have the opportunity to sample a wide variety of Greek delicacies ranging from mouth-watering sweets to original traditional Greek products, such as olives, honey, and cheese. Our guide will also provide us with valuable insight on the unique and intricate culinary heritage of Greece as well as the famous Mediterranean diet, hailed today as a model of healthy living.

The rest of the day and evening are yours to explore or rest. Ask for recommendations about other top sights and restaurants to enjoy dinner on your own or with friends.

- Accommodation
 - Athens Capital Hotel
- Included Meals
 - Breakfast
 - Food Tour
- Included Activities
 - Private Acropolis and Athens Food Tour
 - **Wellness Moment: Morning Meditation**
- Add-on activities
 - Athens – Temple of Olympian Zeus
 - Athens – Tomb of the Unknown Soldier and the Evzone Guards
 - Athens – Acropolis Museum
 - Athens – National Archeological Museum
 - Athens – Ancient Agora
 - Athens - Evening Show at Odeon of Herodes Atticus (at base of Acropolis)

Day 3: Athens to Mystras with a Tour of Mycenae and Epidaurus

Begin the morning with our **Wellness Moment - Morning Meditation** followed by breakfast at the hotel.

After breakfast, meet our driver in the hotel lobby to start our trip to the Peloponnese. Enjoy a scenic drive along the Saronic Gulf coastal road towards our first stop, the Corinth Canal. The Corinth Canal is a famous narrow waterway that separates mainland Greece from the Peloponnese, and which connects the two Greek Seas – The Aegean and the Ionian Sea - and will provide us with the first of many perfect photo opportunities of the day.

As we enter the Peloponnese, we are in Argolida, the land of Homer's Golden Mycenae and home to King Agamemnon. Our tour of this stunning UNESCO Site commences by entering through the Lion's Gate, erected during the 13th century BC, and the only remaining monumental piece of Mycenaean sculpture. Explore the awe-inspiring examples of Cyclopean masonry found in the walls of Mycenae and continue with a visit to the Royal Tombs of King Agamemnon and his wife Clytemnestra along with the Treasury of Areus.

Our next stop is Epidaurus, the world heritage listed city that's reputed to be the birthplace of Apollo's son Asklepios, the healer, and was the most celebrated healing center of the classical world. It's probably most famous for its theater. Built in 340 BC, it is one of the best preserved classical Greek buildings and is still used today for dramatic theatrical performances and concerts due to its amazing acoustics.

We'll have a break for lunch and wind up the day in Mystras, our home for the next four nights. You'll settle in before meeting for our **Wellness Moment - Evening Yoga**. Dinner is on your own at Euphoria Resort.

- Accommodation
 - Euphoria Retreat Wellness Resort
- Included Meals
 - Breakfast
- Included Activities
 - **Wellness Moment - Morning Meditation**
 - Short stop at Corinth Canal
 - Private Group Tour of Mycenae
 - Private Group Tour of Epidaurus
 - **Wellness Moment - Evening Yoga Class**

Day 4: **Tour of Mystras**

Begin the day with our **Wellness Moment - Morning Meditation** and breakfast at the resort.

Today we're exploring Mystras, an important and visually stunning UNESCO World Heritage site. Sitting on the steep slopes of the Taygetus Mountains and bounded by verdant olive and orange trees, this fortified city is one of the most compelling sets of medieval ruins in Greece. Surrounded by ancient walls, this former Byzantine Capital is where the last Byzantine emperor was crowned, in 1448. Mystras reached its zenith of power and prestige during the time of the Despots, with the building of magnificent churches that are outstanding examples of Late Byzantine ecclesial architecture. Explore the churches (the oldest dating back to 1270 AD) and learn about the wall paintings and the floor mosaics, Frankish and Ottoman monuments, and several foundations of houses and palace ruins where the nobles lived. There will be time to wander quiet cobbled pathways, walk meandering paths down the mountainside, and stop in stillness to admire immense, profoundly healing views.

The afternoon is yours for lunch and to explore Euphoria's Spa, check out their wellness offerings, and schedule treatments. We'll then join for our **Wellness Moment - Evening Yoga**. Afterwards, enjoy dinner on your own either at Euphoria, or maybe check out one of the local restaurants in Mystras.

- Accommodations
 - Euphoria Retreat Wellness Resort
- Included Meals
 - Breakfast
- Included Activities
 - **Wellness Moment: Morning Meditation**
 - Private Group Tour of Mystras
 - **Wellness Moment: Evening Yoga Class**
- Add-on Activities

- Enjoy complimentary wellness facilities at Euphoria Retreat
 - Outdoor-Indoor Swimming Pool
 - Relaxation Area
 - Waterwell (Kneipp Therapy)
 - Tepidarium
 - Laconium Finnish Sauna
 - Experiential Showers
 - Herbal Steam Bath
 - Cold Plunge Pool
 - Cold Ice Mist
 - Use of Gym
- Schedule a spa treatment

Day 5: **Day Trip to Monemvassia**

Begin the morning with our **Wellness Moment - Morning Meditation** and breakfast at the resort.

After breakfast, we'll meet our driver and start a full-day journey to Monemvasia, also known as the "Gibraltar of the East," where we'll visit Europe's only castle that has never ceased being inhabited and has been a strategic fortress for the Byzantines, Franks, Venetians, and Ottomans. Founded by the Byzantines in the sixth century, this mystical stone-built settlement has a medieval-like wonder to it. The Old Town and the Castle of Monemvasia have been entirely carved into the slopes of a huge rock that stands into the sea, offering breathtaking views. Many old mansions in Monemvasia Old Town have now been turned into boutique hotels, restaurants, and shops. Our guide will take us on a leisurely stroll along the town's narrow, cobbled paths. There will be free time for exploration and lunch on your own. Upon our return to Euphoria Resort, we'll unwind with **Wellness Moment – Evening Yoga** and then dinner on your own either at Euphoria or in Mystras.

- Accommodations
 - Euphoria Retreat Wellness Resort
- Included Meals
 - Breakfast
- Included Activities
 - **Wellness Moment - Morning Meditation**
 - Private Group Tour of Monemvassia
 - **Wellness Moment - Evening Yoga Class or Other Euphoria Activity**
- Add-on Activities

Day 6: **Euphoria Retreat Leisure Day**

This is your day to do as much or as little as you want! Check out Euphoria's Daily Wellness Group Activities to join a morning hike, fitness class, or lecture. Euphoria also offers a wonderful collection of spa treatments, delivered by intuitive experts and ranging from the physically restorative and soul-nurturing to the cosmetic. In the evening, we'll gather for our **Wellness Moment – Evening Yoga**, and an included group dinner at Euphoria Retreat.

- Accommodations

- Euphoria Retreat Wellness Resort
- Included Meals
 - Breakfast
 - Dinner
- Included Activities
 - **Wellness Moment - Evening Yoga**
- Add-on Activities
 - Complimentary Morning Hike
 - Complimentary Fitness Classes
 - Complimentary Lectures
 - Spa Treatments

Day 7: **Mystras to Athens with Nemea Winery**

Begin the morning with our last **Wellness Moment - Morning Meditation: Closing Circle**, and then breakfast at the resort.

As we head back to Athens, we'll visit Nemea, one of Greece's oldest and most important regions for wines. Set amid olive groves and cypress trees, Nemea wineries produce many of Europe's leading grape varieties, such as Chardonnay, Merlot, Cabernet Sauvignon, and Syrah, but more importantly, it's renowned for its full-bodied Agiorgitiko wines. You will get to visit local wineries, meet the producers, learn about the wine-making process, and taste a variety of wines accompanied by local delicacies. We'll also get to relax and savor a traditional lunch. Once back in Athens, the late afternoon and evening are yours to finish up any last-minute souvenir shopping, savor a final Greek meal, see a show at Odeon of Herodes Atticus (at base of Acropolis), or enjoy a late evening of Greek music.

- Accommodations
 - Hotel in Athens
- Meals
 - Breakfast
 - Lunch at winery
- Included Activities
 - **Wellness Moment - Morning Meditation: Closing Circle**
 - Nemea Winery with Lunch
- Add-on Activities
 - Evening Show at Odeon of Herodes Atticus (at base of Acropolis)
 - Late Night Music

Day 8: **Day of Departure**

Departure is on your own. Assistance can be provided to schedule private transportation, taxi pickup, or use public transportation. If you are not ready for the adventure to end just yet and would like to spend more time in Greece - especially to visit one of Greece's famous islands - Wayfinders Travel can arrange extra accommodations and assist with all travel arrangements.

- Included Meals
 - Breakfast

Essential Information

Trip Cost

- \$3449 per person, double occupancy
- \$799 single occupancy supplement
- \$100 “Early Bird” Discount if deposit is made by January 31, 2024

Payment Schedule

- \$750.00 deposit is required with registration
- Final balance is due 90 days prior to departure (June 22, 2024)

Refund and Cancellation Policy

- Trip deposit is 100% refundable for 30 days from the date it is received. After 30 days, trip deposit becomes nonrefundable and will be forfeited should you decide to cancel your reservation. Deposits made 90-120 days before the trip begins become nonrefundable on the final payment due date. If you reserve the trip less than 90 days before its start date, then the entire tour cost becomes nonrefundable after 7 days.
- Cancellations must be in writing.

Trip Insurance

- Trip insurance is strongly recommended
- A trip insurance quote will be provided to you upon receipt of trip deposit
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Trip Cost Includes

- 7 nights luxury accommodations in Athens and Mystras
- 7 breakfasts
- 1 lunch
- 2 dinners
- Private arrival airport transfer
- Private transportation to all included destinations
- Private group guided tour of Acropolis
- Private group food tour in Athens
- Private group tour of Mycenae
- Private group tour of Epidauros
- Private group tour of Mystras
- Private group tour of Monemvasia
- Nemea winery tour
- Daily Wellness Moments for Meditation and Yoga
- Yoga mats and equipment at each location
- Complimentary wellness facilities at Euphoria Retreat: Outdoor-Indoor Swimming Pool, Relaxation Area, Waterwell (Kneipp Therapy), Tepidarium, Laconium Finnish Sauna, Experiential Showers, Herbal Steam Bath, Cold Plunge Pool, Cold Ice Mist, Use of Gym
- Complimentary daily program of activities at Euphoria Retreat: hikes, lectures, and classes
- 10% spa discount at Euphoria Retreat if booked at least 24 hours prior to arrival day

Not Included

- Airfare
- Passports and Visas

- Departure transfers, taxes and excess baggage charges
- Meals other than those specified in the itinerary
- Optional activities and all personal expenses
- Travel insurance

Minimum Age:

The minimum age is 15 at the time of travel. All travelers under the age of 18 must be accompanied by a legal guardian, or by an escort over the age of 18, appointed by their legal guardian. The legal guardian or designated escort will be responsible for the traveler under the age of 18.

Trip Requirements

- A yoga practice of at least six months is recommended, though beginners are welcome
- Moderate level of fitness due to extensive walking and sightseeing in ancient places on uneven surfaces, walking tours lasting several hours, and one forest hike
- Porterage is provided but it's always best to be able to carry your own luggage for ease of traveling. Please limit yourself to one piece of small to mid-size luggage plus a small day pack or shoulder bag for day trips
- Greece can be quite hot in September, and there is often very little shade when sightseeing, so it's important to dress appropriately for, and be able to tolerate the heat.

Want to See More of Greece?

Wayfinders Travel, a division of Melanie Carroll Psaltakis, LLC, is a full-service travel agency.

Transportation, hotels, and tours can be arranged to other areas of Greece such as the well-known islands of Mykonos and Santorini, highlights of Crete, less-known islands on a sailing adventure, or more mainland sites such as Delphi and the cliff-top monasteries of Meteora. Contact Melanie Psaltakis at melanie@wayfinderstravel.com