

GREECE

Greece and the Island of Naxos



September 13 - 23, 2017

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TRIP HIGHLIGHTS

- ▶ Travel in true Greek fashion and enjoy a feast for the body, mind, and spirit
- ▶ Discover the mysteries of the Parthenon and Delphi
- ▶ Enjoy picturesque hiking and beautiful sandy beaches
- ▶ Learn to cook a Greek meal
- ▶ Enjoy an optional cruise to a group of nearby islands

QUICK VIEW ITINERARY

- Day 1: Arrive in Athens, tour the Old Town
- Day 2: Explore the Acropolis, enjoy a free afternoon, welcome dinner
- Day 3: Head to Mt. Pelion, walk into the village of Makriynitsa, visit a folklore museum
- Day 4: Take a Greek cooking class, afternoon and evening at leisure
- Day 5: Explore the picturesque villages of Mt. Pelion, hike and swim
- Day 6: Drive to Delphi, walk on Mt. Parnassus, evening on your own
- Day 7: Experience the temples at Delphi, fly to Naxos, enjoy dinner as a group
- Day 8: Explore the medieval fortress at the center of Naxos, swim or lounge at the pool
- Day 9: Visit Melanes, Ano Potamia, and Apeiranthos - traditional mountain villages
- Day 10: Spend a day on your own exploring Naxos
- Day 11: Fly to Athens and depart Greece

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**is this trip
right for me?**

We rate this trip as moderate. You should be comfortable walking on uneven surfaces for a full day. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

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Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before June 15, 2017.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Money:

The currency of Greece is the Euro. As of August, 2017, US \$1 = €0.85. Credit cards are widely accepted and ATMs will be acceptable. We recommend bringing \$200-300 in US cash and exchanging it for Euros when you arrive.

Gratuities on this trip are included in the trip price.

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is this trip right
for me?

Arrive: Arrive in Athens, Greece (ATH) on September 13, 2017 by 3:00pm.

the important
stuff

Depart: Depart Athens, Greece on September 23, 2017 after noon.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

how do I get
there?

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your
bags!

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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Packing Considerations: September weather in this Mediterranean climate generally has daytime average temperatures in the comfortable 70s, with nighttime temperatures in the 50s. As in all outdoor activities, you must be well prepared for weather changes. It can be as warm as the mid-80s in Athens, but cooler on Naxos and Mt. Pelion.

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Lightweight hiking boots (make sure they are broken in!)
- 1 pair of sneakers or sport sandals for evenings and other walks
- Comfortable shoes for evenings
- Rain jacket and pants
- 4-5 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts for sun/insect protection (quick dry recommended)
- 2 pairs shorts
- 2 pairs of pants (lightweight, quick dry recommended)
- 1-2 nicer outfits for dinners
- Medium-weight fleece jacket
- 1-2 bathing suits
- 5-7 pairs underwear
- 4-5 pairs socks
- Hat for sun protection
- Sleepwear

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues

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Essentials Continued:

- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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is this trip right
for me?

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

the important
stuff

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

how do I get
there?

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your
bags!

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

the fine print

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

your adventure
in depth

In this spirit, the successful adventure traveler should be a

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your adventure in depth

DAY 1

Wednesday
9/13/17

Arrive in Athens

Welcome to Athens, Greece! Athens, the modern capital of Greece, was the cultural center of the ancient world as well as home to many notable Greeks, perhaps the best-known being the philosopher Socrates, and the playwright Sophocles, author of Oedipus Rex.

Arrival and Transfer

You will be met at the Athens Airport and transferred to your hotel.

Meet Your Guide and Tour the Old Town of Athens

Meet your guide in the hotel lobby at 5:00pm for trip orientation and a guided walking tour of the old town of Athens. Walk to the Monument of Lysikrates, then continue on the pedestrian pathway that surrounds the Acropolis, passing the ancient Agora, where Plato and Socrates once debated politics and philosophy. Wander into Monastiraki, a unique shopping district in Old Athens with small shops and street vendors.

Dinner

Stop along the way for a light supper.

Accommodations

Electra Palace Hotel

Meals Included

dinner

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DAY 2

Thursday
9/14/17

Athens

Athens has been continuously inhabited for over 3,000 years. It was the leading city of Ancient Greece in the first millennium BC, and its cultural achievements during the 5th century BC laid the foundations of western civilization.

Tour the Acropolis

Meet your guide in the hotel lobby this morning to begin a walking tour of Athens, visiting the marbled temples of the Acropolis. The Acropolis hill (Acro - edge, Polis - city), so-called the “Sacred Rock” of Athens, is the most important site of the city and constitutes one of the most recognizable monuments in the world. Afterward, explore the Acropolis Museum and discover a state-of-the-art museum housing the unique finds and architectural sculptures of the Acropolis, as well as the remains of a neighborhood of ancient Athens. During the museum’s construction, ancient roads, houses, bathhouses, stores and workshops were found. It is a marvelous addition to the complex of museums in Athens.

Lunch

Enjoy lunch on your own today.

Free Afternoon

Enjoy a free afternoon before gathering back together for dinner.

Welcome Dinner

Enjoy a welcome dinner with your group this evening.

Accommodations

Electra Palace Hotel

Meals Included

breakfast, dinner

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DAY 3

Friday
9/15/17

Athens to Mt. Pelion

Mt. Pelion is the land of the Centaurs as well as the place where the first part of the movie *Mama Mia* was filmed. Spend the next three days exploring its beautiful villages characterized by winding cobblestone streets, blooming courtyards, flagstone-paved squares, shaded by plane trees and lovely houses in architectural style particular to this region.

Head to Mt. Pelion

Drive to Mt. Pelion with your guide.

Check-in at Hotel

Upon arrival in the village of Portaria, check into your lovely hotel, the Xenia, for the next three nights.

Lunch

Enjoy lunch on your own today.

Makriynitsa Walk

Take a walk with your guide into the village of Makriynitsa, the “balcony of Mt. Pelion.” Explore this picturesque mountain village, including a visit to the folklore museum (upon availability), and take an easy 2-3 hour walk (with an option to shorten it if desired) above and around the village on a mule path through beautiful forest vegetation.

Dinner

Ending the walk, dine together at a favorite local taverna.

Accommodations

Xenia Portaria Hotel

Meals Included

breakfast, dinner

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DAY 4

Saturday
9/16/17

Mt. Pelion

Pelion is considered one of the most beautiful mountains in Greece: hiking trails and stone paths give access to springs, coves and numerous beaches, sandy or pebbly, set among lusciously green slopes.

Breakfast Enjoy a leisurely breakfast at the hotel.

Private Cooking Class with Lunch Make your way to a private cooking class, where you will learn about the cuisine of Pelion during a hands-on cooking experience. Savor the fruits of your labor for lunch.

Free afternoon and Evening After a delicious lunch, enjoy a free afternoon and evening. Enjoy dinner on your own at a local restaurant.

Accommodations

Xenia Portaria Hotel

Meals Included

breakfast, lunch

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DAY 5

Sunday
9/17/17

Mt. Pelion

In Greek mythology, Mount Pelion was the homeland of Chiron the Centaur, tutor of many ancient Greek heroes, including Achilles, Theseus, and Heracles. It was in Mount Pelion, near Chiron's cave, that the marriage of Thetis and Peleus took place. The uninvited goddess Eris, to take revenge for having been kept outside the party, brought a golden apple with the inscription "To the Fairest." The argument that then arose between the goddesses Hera, Aphrodite, and Athena resulted in events leading to the Trojan War.

Exploring the Villages of Mt. Pelion

Set out on a full day tour of Mt. Pelion, to explore the countryside and its picturesque villages on the eastern side of the mountain. You will have ample opportunities for exploring mountain villages, hiking on old, restored mulepaths, and swimming in the clear, bright waters of the sparkling sea.

Lunch Enjoy lunch along the way with the group.

Dinner Have dinner on your own this evening.

Accommodations

Xenia Portaria Hotel

Meals Included

breakfast, lunch

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DAY 6

Monday
9/18/17

Mt. Pelion to Delphi

Delphi is the center of the ancient world (and a UNESCO World Heritage Site) and one of the most beautiful sites in all of Greece.

According to Greek legend, Zeus released two eagles in opposite directions from the ends of the earth to determine its center. They met in Delphi. Situated on the slopes of Mt. Parnassus in a landscape of remarkable beauty and majesty, Delphi was thus considered the center of the known world, the place where heaven and earth met. It was the place on earth where man was closest to the gods.

Head to Delphi Head to Delphi, the center of the ancient world (and a UNESCO World Heritage Site) and one of the most beautiful sites in all of Greece.

Lunch Enjoy lunch on your own today.

Mt. Parnassus Leisurely Walk After checking into the hotel, the Amalia, take a leisurely three hour walk on Mt. Parnassus. Begin the hike from the Corycian caves, where the Nymphs of Greek mythology lived, and a place of worship for Pan. During the walk, enjoy lovely vistas of the Peloponnese and the Corinthian Gulf.

Dinner Enjoy dinner as a group in this busy mountain village.

Accommodations

Amalia Hotel

Meals Included

breakfast, dinner

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DAY 7

Tuesday
9/19/17

Delphi to Naxos

Naxos, the largest and most fertile of the Cycladic islands. In mythology, Naxos is the island of Dionysus, god of wine, and Sriadne, who was jilted and left there by Theseus.

Explore Delphi Explore the temples at Delphi on foot today. You'll walk up to the temples, learn about their history, and take some time to soak it all in.

Lunch Enjoy lunch as a group

Flight to Naxos Drive about two and a half hours to the airport and catch your flight to Naxos.

Head to the Hotel On arrival in Naxos, your private transfer awaits you to take you to the Villa Marandi, your lovely hotel on the beach.

Dinner Have dinner on your own this evening.

Accommodations

Villa Marandi
All Suites Hotel

Meals Included

breakfast, lunch

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DAY 8

Wednesday
9/20/17

Naxos

The giant brothers Otus and Ephialtes figure in at least two Naxos myths: in one, Artemis bought the abandonment of a siege they laid against the gods, by offering to live on Naxos as Otus's lover; in another, the brothers had actually settled Naxos.

Exploring the Kastro

Make your way to Chora, the island capital, to meet your local guide for a private half-day walking exploration of the Kastro, the medieval fortress (or castle) at the center of Naxos town.

Lunch and Free Afternoon

After lunch together in town, enjoy the remainder of the day at your leisure. Swim in the sea, or the beautiful hotel pool. Lounge on the deck, or explore more of the town. The choice is all yours!

Dinner

Enjoy a dinner on your own tonight.

Accommodations

Villa Marandi
All Suites Hotel

Meals Included

breakfast, lunch

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DAY 9

Thursday
9/21/17

Naxos

The Villages of Naxos: Set out with your guide to explore some of the most picturesque villages on Naxos, visiting local sites and museums along the way. The villages are each of distinctive interest.

Melanes The first village you will visit is Melanes, where you will find the sites of two Kourai lying unfinished in their original positions (Kouros is the modern term given to a free-standing ancient Greek sculpture which first appeared in the Archaic period in Greece and represent nude male youths).

Ano Potamia Head to Ano Potamia, for a lovely lunch in this traditional mountain village.

Apeiranthos Visit the pretty village of Apeiranthos, home to four small museums, quite interesting for a mountain village! The distinctive style of this village is that many of the houses are built with marble.

Evening at Leisure Return to the hotel and enjoy a relaxing evening on your own.

Accommodations

Villa Marandi
All Suites Hotel

Meals Included

breakfast, lunch

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DAY 10

Friday
9/22/17

Naxos

Naxos is the largest island of the Cyclades with a strong presence since the fourth millennium BC. Naxos is full of historical sites, ancient temples, towering castles, Byzantine churches, beautiful villages and breathtaking beaches for all tastes that fill your time here with images and emotions that only few islands can offer.

A Day of Leisure

Today is for whatever you want to do. Soak up the sun and stay at the hotel to enjoy the private beach or the pool. Go into Chora to further explore the Kastro on your own, or do your last minute shopping. Or opt to be part of a day of sailing around the island, and buy a ticket to sightsee and swim from a boat.

Farewell Dinner

Gather together for a Farewell Dinner, and enjoy reliving the beautiful time you have had on the splendid mainland of Greece and the magical island of Naxos.

Accommodations

Villa Marandi
All Suites Hotel

Meals Included

breakfast, dinner

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DAY 11

Saturday
9/23/17

Naxos and Depart

All adventures must come to an end, but it's just the beginning of great memories!

Head to the Airport

Transfer to the airport to board your flight to Athens Airport, where everyone can connect with their international flights home, or stay longer in Greece!

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Electra Palace Hotel

Stately, with the air of an era long gone, the Electra Palace Athens is hospitable and aristocratic, and located in the heart of the city. Classical in its architecture and design, blending beautifully with the noble historical buildings of the Plaka area, the hotel's elegant luxury is complemented by the majestic views of the Acropolis that can be enjoyed from the rooftop restaurant, pool, rooms and suites.

Xenia Portaria Hotel

One of the most beautiful "ornaments" of Pelion, Portaria, the Xenia Portaria Hotel is considered the ideal place for every traveler who seeks a quality vacation. Its natural beauty, architectural style, mansion houses, places of interest and especially its unique picture-postcard setting, make it the ideal destination and a splendid base for memorable excursions.

Amalia Hotel

The Amalia Delphi has an exquisite location at the foot of mount Parnassus. It offers a panoramic view to the green valley, all the way to the sea, Itea, and the beautiful town of Galaxidi.

Villa Marandi All Suites Hotel

The Villa Marandi All Suites luxury boutique hotel is a very special place on the beautiful island of Naxos, Greece. Set on a quiet beach, just three miles from the town of Naxos, the hotel and décor of the comfortable suites of Villa Marandi has been inspired by the elements of the sea. Shells, stones and driftwood create a relaxing atmosphere that will make you feel right at home. Being centrally located, you are able to enjoy the best beaches on the island and also be close enough to everything to learn the history of Naxos. From the hotel you also have a breathtaking view of the imposing "Portara" of the Apollo temple. Staying here for four nights, right on the beach, is a great way to end your trip!

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Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing and activities as indicated in the itinerary
- ▶ Professional guide throughout the trip
- ▶ Entrance fees
- ▶ Tips for guides and bus drivers, and all restaurant gratuities
- ▶ One AdventureWomen Associate

Not Included:

- ▶ International airfare to and from Greece
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature