

GET GLOBAL EXPEDITIONS (GGE_x)

Greece Cuisine, Culture & Wellness Tour

Featuring Celebrity Chef & Culinary Diplomat, Amy Riolo

12 Days/11 Nights: June 11 - 22, 2017

*We should look for someone to eat and drink with
before looking for something to eat and drink.*

-- 4th Century BC Philosopher, Epicurus

Day 1

June 11, 2017

US Departure

Depart Washington, DC-area airport to Athens on an overnight flight (carrier, route TBD)

Days 2-3

June 12-13, 2017

Athens

Athens. A “giant village.” The cradle of Western Civilization. The birthplace of Democracy. A plethora of classical and Byzantine antiquities. The tremendous weight of history and legendary glory atop a generation buffeted by years of austerity is palpable —yet a renaissance of art and culture is percolating from this contemporary crucible. Graffiti in the shadows of the Parthenon. Iconic cafe culture and street food...and, yes, world-class cutting-edge haute cuisine. The soulful sound of Greek blues —“Rembetiko” —ricocheting from a tucked-away taverna. So many monikers speak to a rich, complex past and present. Will you meet modern-day Greeks named “Hera” and “Socrates”? Very likely. The grit and glory make for a fascinating mix, and the drama is on full, expressive display for you to experience.

These two days in Athens will include time for you to explore, as you wish, the UNESCO World Heritage Site of the Acropolis and the relatively new and smart Acropolis Museum—and/or the numerous other intriguing ruins, churches, and

museums with which this city is endowed. Hellenic hospitality—“*filoxenia*” (literally, “love of the stranger”)—will be on display whether you sip a leisurely frappe at a Plaka “*kafeneion*” (cafe) or sample a flaky “*tiropita*” (cheese pie) near Syntagma Square at *Ariston*, an institution for savory pies since 1910.

Our hotel will be located near The Plaka, Athens’ historic district, Anafiotika, the adorable whitewashed neighborhood built by island refugees in the 19th century, and within a 15 minute walk to The Acropolis, The Acropolis Museum, the Ancient Agora, The Temple of Olympian Zeus, Hadrian’s Arch, many atmospheric tavernas, and the shopping districts of Ermou and Kolonaki. The highlight of our second day in Athens will feature a lecture on Greco-Roman, Byzantine, and Ottoman influences on cuisine by Chef Amy Riolo and an insider’s culinary walk with a local food writer and chef; we’ll veer from the tourist-cluttered facade and duck into neighborhood bakeries, stores, markets, canteens, and patisseries catering to Athenians. In these hidden nooks, we’ll explore (and sample) ancient Greek, Roman, Ottoman, Byzantine and modern-day influences on this country’s storied cuisine and begin to unfurl the time-tested benefits of a Mediterranean Diet, *à la grecque*.

Days 4, 5, 6 & 7

June 14-17, 2017

Ikaria - “The Isle of Longevity”

“True Greece” is said to reside in the northeast Aegean, off the well-worn (but still beautiful) circuit, on the rugged, authentic, wind-whipped island of Ikaria. We’ll approach this 21 mile long x 5 mile wide island by plane instead of ferry, recalling mythological Icarus’ vantage point before his waxed wings melted in the sun, plunging him into the sea and birthing his namesake memorial. Today, it is also known as “the island where people forget to die,” and the perfect place for us to discover culinary medicine – and just how delicious “culinary medicine” can be with a unique workshop presented by Chef Amy Riolo.

One of only a handful of “Blue Zones” around the world—a locale where inhabitants live measurably longer, more lucid, more active, and healthier lives—Ikaria will reveal its longevity formula during our four day stay here. Rx #1: Keep your watches stowed away. Rx #2: Lace up your walking shoes. Rx #3: Yawn. Restorative nap anyone? Rx #4:

Commune. Dance. Work those “komboloi” (worry beads). Friendship, fellowship, intergenerational connectivity are keys—long coffees and backgammon with fellow Ikarians deliver years: Rx #5: Learn those dietary secrets (polyphenol/fountains of youth spoiler alert: potent homemade wine, herbal tea, goat’s milk, Greek coffee, native thyme honey, wild greens, locally harvested sea salt, legumes, olive oil, infrequent meat) with 2 cooking classes during our stay here: one with our own Chef Riolo, and another with Ikarian chef and cookbook author (“The Country Cooking of Greece”, “Ikaria”), Diane Kochilas. Menus might include: “Kopanisti” (Ikaria’s soft cheese); stuffed zucchini fritters; lentil salad with fennel, onions, and herbs; longevity greens and pumpkin pie; “hortopita” (wild greens savory pie); collard green dolmades filled with dried corn and herbs; tomato acorn soup; pan-fried fish in vinegar and rosemary sauce; lamb souvlaki; tzatziki; loukamades; baklava; or cornmeal pie with greek yogurt, dried fruit, and honey. Can you taste the vigor and vitality on your palate?

With our base in the walkable, seafront village of Armenistis, we’ll acclimate to the island’s languid pace for the rest of our time here. We’ll enjoy a guided, wild herbs foraging walk. Perchance a rendezvous with a shepherd or beekeeper. Hike along one of the many old goat trails (“monopatia”) to appreciate the island’s geographic diversity. Possibly a visit to a small, but acclaimed, winery in Ikaria’s highlands. A carefree wading into the Aegean at scenic Nas Beach near the ruins of the ancient Temple of Artemis. And, finally, we’ll seek out some dancing—Ikarians (Greeks, for that matter) have a frothy fever for dance, and when the “Ikariotis” folk song strikes, the sensual, sinuous melody summons locals and travelers alike into that slow, curlicue of a festive circle that can go on until dawn. Pagan in origin, Ikaria’s famous summer “panegyria” festivals celebrate saint’s/feast days and bind communities can attract thousands in a days-long, uninhibited blend of dance, music, wine, and good cheer. You see, it all makes perfect sense as, according to local tradition, Dionysus was born in an Ikarian cave near Faros.

A coffee, a koulourakia (that addictive, buttery twist of a cookie), another shot of the local firewater, “tsipouro,” a thunderclap of laughter among new friends. Distill this variegated recipe for life and living for the journey back. If you need more encouragement: [Ikaria: Isle of Longevity](#)

Days 8, 9, & 10
June 18-20, 2017
Samos

Our sole ferry ride will be a relatively short one (just over an hour) from the port of Evdilos in Ikaria to adjacent Samos and its northern port of Karlovassi. Samos has retained much of its striking natural beauty with forests, peaks, and seductive beaches. All within a breath of the Turkish mainland. This ecological allure, deft mix of traditional inland villages with more modern coastal resorts, and contemporary social issues will all become apparent as we cross the island from Karlovassi to the historic (and UNESCO World Heritage Site) of Pythagoreio on the southwest coast.

Our lodging will be just outside pretty Pythagoreio and within walking distance of the beach and Homer's "wine dark sea." Plan on a generous dose of downtime and Vitamin D while here, accented by discussions on Epicurus' and Pythagoras' (both native sons) contributions to diet, life, living, fulfillment, and happiness. We'll also take a tour one afternoon to the 6th Century B.C. Temple of Heraion (another UNESCO World Heritage Site)—the ancient sanctuary of the goddess, Hera—and to the Museum of Samos Wines for a tour and tasting in island's capital town of Vathy. If time allows, we'll also behold the then-engineering marvel of the Eupalinos Tunnel, dug into a mountainside during this same epoch to secure drinking water for the town's 80,000 residents. There is also an excellent Archaeological Museum in Pythagoreio should you wish to explore this independently.

Indeed, the island portion of our itinerary must conclude with more food & wine. An executive chef from Pythagoreio will lead a cooking class for us one morning (rumor has it that class starts with a thimble of souma, Samos' version of raki) where the spread will consist of stuffed goat, moussaka, and stuffed vegetables (gemista). Samos is renown for its sweet, Muscat wine and just enough of this honey-golden liquid will release your inner Epicurean: *Not what we have but what we enjoy, constitutes our abundance.*

Day 11

June 21, 2017

Athens

We return to Athens from Samos by air for the final night of our program. We'll enjoy an exuberant farewell dinner at a characteristic restaurant in Athens or Attica and share some special moments from the past 11 days. Hopefully, we'll not only pack feta-stained laundry and heather honey, but also those very real longevity and life-affirming habits, practices, and dispositions that can transfer, in some form, to our oft-overcomplicated, overcooked milieus back home. In the words of Nikos Kazantzakis' lyrical Zorba the Greek: "I felt once more how simple and frugal a thing is happiness: a glass of wine, a roast chestnut, a wretched little brazier, the sound of the sea. Nothing else."

Day 12

June 22, 2017

Return to US

Depart Athens to Washington, DC-area airport (carrier and route TBD)

Tour Details

Tariff: \$5,995 per person (double or single occupancy) inclusive of:

- Culinary Leadership Services of Chef Amy Riolo
- Tour and Cultural Leadership Services of Alex Safos, Get Global Expeditions
- Round-trip airfare from Washington, D.C. to Athens, Greece (*tickets are non-refundable and non-changeable)
- Transfers from/to Athens International Airport
- In-country flights: Athens->Ikaria and Samos->Athens
- Ferry from Ikaria to Karlovassi, Samos
- Lodging, including taxes, in Athens, Ikaria, and Samos
- Daily Breakfast in Athens, Ikaria, and Samos
- Private ground transportation on itinerary throughout, including driver tip
- Admissions to The Acropolis and The Acropolis Museum

- An exclusive guided “culinary walk” to Athens’ lesser-known jewels
- 3 private cooking classes and resulting meals
- An olive oil workshop/tasting
- A Culinary Medicine Workshop
- A lecture on Greco-Roman, Byzantine, and Ottoman Influences on Food
- Presentation on “The Philosopher’s Kitchen”
- Entrance to the Museum of Samos Wines in Vathy
- Other Select Meals: (a) Athens: 2 dinners; (b) Icaria: 1 lunch, 1 dinner; (c) Samos: 1 lunch, 1 dinner
- Noted island tours, site admissions, and cultural enrichment activities (e.g. meeting a beekeeper or a guided wild greens foraging)



Payment

A non-refundable deposit of \$1,000 per person is due by April 17, 2017

Balance of payment, \$4,995 per person is due by May 1, 2017

*Only checks—payable to “Alex Safos, Get Global Expeditions”—are accepted; mail to:

Alex Safos
Get Global Expeditions
2321 Nordok Pl
Alexandria, VA 22306

Terms & Conditions

Cancellation Policy: Tour cancellations must be made in writing and are effective from date of postmark or email time-stamp. Cancellations made after May 1, 2017 are subject to full forfeiture of the tour price unless the tour is fully subscribed and your space is resold (in which case a \$250 handling fee will apply). Leaving the tour in progress, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions of the tour.

Get Global Expeditions reserves the right to cancel any tour due to insufficient enrollment that makes the tour economically unfeasible to operate or because of good-faith concerns with respect to the safety, health, or well-being of the participants. If a tour is canceled for any of these reasons, deposits will be returned minus a \$250 service fee.

This tour is limited to 12 participants.

Travel Insurance/Trip Cancellation/Overseas Medical Insurance/Emergency Evacuation coverage is **highly recommended.**

Meals, snacks, beverages, services, and activities not noted in the itinerary above are at the discretion and cost of the traveler.

Extra baggage fees beyond the standard allowance are the responsibility of the traveler.

Unless otherwise noted, alcoholic beverages are not included.

Fares for taxis, buses, or other transportation for independent excursions are not included.

Tips to bellhops and hotel staff for luggage assistance or other personal services are not included.

Accommodations in Athens, Ikaria, and Samos will be in 3*, 4* or 5* accommodations.

Mutual Waiver and Indemnity Agreement

Get Global Expeditions (GGEx) offers its participants the opportunity to experience international travel/ culinary and cultural tours. Certain potential risks to personal health and safety are associated with international travel and residence in a foreign country. You should not participate in a such a tour unless you are willing to accept the associated risks.

Get Global Expeditions cannot guarantee the health and safety of participants in a travel abroad program or eliminate all risks from travel abroad environments.

By submitting your reservation form for this program, you are agreeing to the following:

I understand that there are certain risks associated with international travel and residence in a foreign country and that Get Global Expeditions, including its director and tour leader, cannot control or eliminate these risks.

I understand that these risks may include exposure to potentially serious health and safety hazards including, but not limited to: transportation accidents, storms, floods, earthquakes, and other natural disasters, infectious diseases, inadequate medical care, remote access to medical treatment; armed insurrections; and terrorist activities.

I understand the Get Global Expeditions is not in a position to guarantee my personal health or safety during my participation in a culinary and cultural tour abroad.

I understand that Get Global Expeditions cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.

I understand the Get Global Expeditions cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.

I understand that Get Global Expeditions cannot assume responsibility for the actions of persons not employed or otherwise engaged by Get Global Expeditions, for events that are not part of the program, or that are beyond the control of Get Global Expeditions and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.

I understand and hereby acknowledge that I assume all risks incurred by my participation in a Get Global Expeditions international travel program.

I understand that I have the option to invite an attorney review this document and advise me of my rights.

In consideration of being allowed to enroll and participate in a Get Global Expeditions international travel program, the traveler(s) listed on the reservation form hereby release Get Global Expeditions, its director, agents, and employees from any and all claims arising out of or in any way connected with any Get Global Expeditions program and the traveler's/travelers' participation in the program, including, but not limited to the risks as outlined above.

Greece Cuisine, Culture & Wellness Tour

Greece ♦ June 11 - 22, 2017 | RESERVATION FORM

To reserve a place, please return this form and a signed mutual waiver and indemnity agreement with your non-refundable deposit of \$1,000 per person by April 17, 2017 to:

Alex Safos
Get Global Expeditions
2321 Nordok Pl.
Alexandria, VA 22306

Or call (571) 217-9059 or email alex@getglobalex.com for more information

Final payment of \$4,995 per person is due no later than May 1, 2017.

Name/s of Traveler/s as depicted in Passport(s)

Date(s) of Birth _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Fax _____ Email _____

ACCOMMODATIONS

I wish to share a room with: _____

Double (1 shared bed) Twin (2 beds) Single Occupancy

PAYMENT

Enclosed is my check for my non-refundable deposit of \$1,000 per person, payable to "Alex Safos, Get Global Expeditions"

I/We confirm that I/we have carefully read and agree to the Terms and Conditions and Mutual Waiver and Indemnity Agreement of this program, and agree to full payment to "Alex Safos, Get Global Expeditions", by check no later than May 1, 2017. *Each participant must sign below:*

Signature (required) _____ Date _____

Signature (required) _____ Date _____