



Monuments, Mythology & Medicine: GREECE!

Athens, Larissa, Kalampaka Town,

Meteora, Argolis, Kos & Nisyros

September 27-October 7, 2023

\$6,499 (double occupancy w/ flights)

\$1,299 single supplement

Nestled between the waters of the Aegean and Ionian seas, Greece's captivating history and scenic beauty make it a perfect destination for the discerning Nanda traveler. Beginning in the capital of Athens, journey out to explore smaller towns and islands, some with ties to Hippocrates, venturing beyond the tourist trail to explore the "real" Greece.

Focus on Health Care & Education

- **Meaningful interaction** between travelers and a healthcare professional in Greece will allow a chance to discuss the internal medical system. Better understand the challenges Greece faces with health care delivery and access to care with ever-growing incidence of chronic disease, as well as the impact of pandemics.
- **Learn more about Hippocrates's** legacy as you explore sites dedicated to the Father of Medicine. He spent his last years in ancient Larissa, and you will see the small monument (statue) and tomb as well as nearby Diachronic Museum. Also explore the **Hippocrates botanic garden and cultural center** in Kos.

Focus on Community & Culture

- Take part in a fun **hands-on introductory cooking lesson** at a local taverna to learn traditional Greek dishes like *gyros* or the sweet rag pie called *patsavouropita*.
- Visit iconic sites like the **Panathenaic Stadium** where the first *modern* Olympic games were held in 1896. In route to the **Acropolis of Athens** your guide will point out many sites including the Temple of Olympian Zeus and Hadrian's Arch.
- Enjoy a **truffle hunting adventure** with truffle hunting dogs and their handlers in Meteora. Chefs will use those truffles along with local mushrooms to create some tasty dishes for you to enjoy.
- Visit the hilltop monasteries of **Meteora** and explore the gorgeous Aegean islands of **Kos** and **Nisyros**.

Program Highlights

- **Accompanying guest program** – alternate activities will be provided for guests who do not wish to attend the meetings.
- *Optional* post trip extension to **Crete**

What's Included:

- 9 nights deluxe accommodations
- Group transfers
- Activities as outlined in itinerary
- Economy class int'l flights plus flights to/from Kos mid program (gateway set from JFK/NYC area)
- Local Leader and Insider Experts along the way
- Pre travel support & 24/7 support during travel
- Local taxes & most tips

Not included:

- Personal expenses at the hotel
- Meals not specified
- Passport renewal or issuance
- Tips to your hotel room attendants
- Domestic flights to gateway city



DAY 1, Wednesday, September 27, 2023
Depart NYC Area for Athens

Journey to **Greece** today, a country known for its delightful food, stunning landscapes, and impressive architectural wonders.

📍 Athens, Greece

DAY 2, Thursday, September 28, 2023

Kalimera! Welcome to Greece. After clearing Immigration and Customs procedures, travelers arriving the group flight (or same time) will be met by your **Guide**.

Transfer to your hotel for check-in with lunch on your own depending on your arrival time today.

The **N.J.V. Athens Plaza Hotel** is a luxury hotel with first-class amenities. They offer three unique dining venues, including a fine dining option, a cozy casual place for coffee and pastries, as well as a British-style bar with tasty snacks and excellent views. The hotel has 24-hour room service, dry cleaning, free Wi-Fi, access to nearby spa, concierge desk and more.

Relax and freshen up, before venturing out for a **welcome dinner** in the local's neighborhood, Kypseli. Enjoy traditional Greek music, dancing and of course fabulous local food and wine.

Overnight: 5 Star NJV Athens Plaza (or similar)
Included meals: Dinner

📍 Athens, Greece

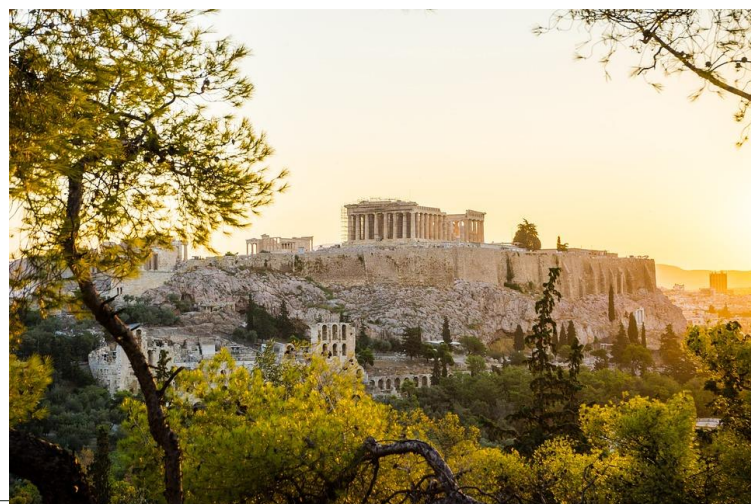
DAY 3, Friday, September 29, 2023

After breakfast professional members of the group will meet with a local medical professional at a **local hospital** or from an organization like the **Hellenic Society of Gastroenterology**. Talk with your counterparts about topics of mutual interest including physician training, access to care in Greece, medical tourism, common issues they treat in internal medicine, biggest challenges they are facing and role of the doctor vs. other allied healthcare professionals.

Accompanying Guests: *Head out after breakfast with a local guide to explore local boutiques from high end fashion and jewelry to a local deli to see what traditional foodstuffs are sold locally. Stop for a coffee and explore a museum gift shop that promotes new designers through exhibiting and selling their work. You'll also explore pioneers in cosmetics – a company run by former pharmacists that combine Greek philosophy with natural ingredients to produce goods that are, in fact, good for you, body and soul.*

After some time to grab a snack on your own, late this afternoon you will join instructors to show you just how **traditional Greek dishes are made right at home**, where real cooking happens. You might find out how to make **Greek Gyros** (the so-called 'Souvlaki Wrap'), for instance, a meal that's as tasty as it is fun to put together, or learn to master **patsavouropita**, a sweet rag pie in crispy phyllo pastry along with the yummy custard that may quickly become your favorite dessert. Enjoy your creations for dinner this evening.

Overnight: 5 Star NJV Athens Plaza (or similar)
Included meals: Breakfast & Dinner





📍 Athens, Greece

DAY 4, Saturday, September 30, 2023

Your local guide leads the way this morning as you spend the day learning about ancient Greek civilization and culture. Your guide will point out sites like Hadrian's Arch and the Temple of Zeus, Constitution square called "Syntagma", the Greek parliament and the Tomb of the Unknown Soldier on your way to **Panathenaic Stadium** that was originally built in 329aC, and where the **first Olympics** of the modern era in 1896 were held.

Next, visit one of the most recognizable sights in Athens: **The Acropolis (Greek: "city at the top")**. At the Acropolis visit the Propylaea, the Temple of Athena Nike, the Erechtheion and finally "the harmony between material and spirit", the monument that "puts order in the mind", the **Parthenon**. Continue onward to see **The New Acropolis Museum** where many statues found their home as you admire the wonders of the classical era.

After lunch you will head to the small town of **Kalampaka Town** (3.5-hour drive), which is situated in the foothills of the giant cliffs of **Meteora**. For thousands of years people have found refuge in the steep cliffs and surrounding area.

Upon arrival you will check into your local hotel and have the evening free with dinner on your own.

Overnight: 4* Divani Meteora Hotel (or similar)
Included meals: Breakfast & Lunch

📍 Kalampaka, Greece

DAY 5, Sunday, October 2, 2023

Head out this morning after breakfast to the nearby town of **Larissa** (1 hour drive). Enjoy a walking tour of the town stopping at the **Hippocrates monument and tomb**. We will explore having a professional guide and archeologist join the group for a lecture on the life of the Father of Medicine while you are visiting his modest monument. The tomb was found accidentally after the Pineios River flooded in 1826 and a statue was later erected by the sculptor *Georgios Kalakalas* in his honor.

After lunch at a local restaurant, visit the **Diachronic Museum** and **Museum of Flour & Wheat**. The Diachronic Museum permanent exhibits come primarily from excavations conducted in Thessaly during the 20th century. Among the exhibits, a renowned Neolithic collection stands out, in addition to archaic, classical, but also Ottoman tombstones, early Christian mosaics, numerous coins, and jewels as well as a menhir. Opened in 2015 it showcases 10,000 years of history in the region.

The Museum of Flour & Wheat is a cultural heritage museum and a living part of the city's history. Today the mill hosts a multitude of cultural activities including a dance school, visual arts workshops, a small theater, the Philharmonic of the City, and a puppet theater. Dating back to 1893 it was a watermill, windmill, and roller in successive phases up until the 1980s when it was shut down officially and repurposed as a public space opening back up in 2014.

Return to Kalampaka where dinner is on your own this evening.

Overnight: 4* Divani Meteora Hotel (or similar)
Included meals: Breakfast & Lunch





📍 Kalampaka, Greece

DAY 6, Monday, October 2, 2023

After breakfast head out to go **truffle hunting** in Meteora! This experience will not only include looking for truffles with trained dogs, but also lunch prepared by a local chef that will include a truffle pasta dish and mushroom tasting with a glass of local wine. Continue onward to their Mushroom Museum. A guided tour is provided, with an emphasis on mushrooms and especially on their nutritional and therapeutic value. Finally, you can peruse their shop which offers seventy traditional mushroom and truffle products created onsite.

Afterward head out to explore a couple of the hilltop monasteries including **St. Stephens Monastery**. The **monastery of Agios Stefanos** or St. Steven is by far the most accessible monastery, where instead of steps you simply cross a small bridge to reach the entrance. Dating back to the early 12th century and the first hermit monks who settled on the cliffs. Next explore the **Holy Monastery of Varlaam** including the cellar, tower and museum enjoy photo stops at points with panoramic views and historical interest. Dating to 1350 when an ascetic named *Varlaam* ascended the rock building three churches, a small cell and water tank. ****For the visit to monasteries ladies need to wear a skirt and gentlemen long trousers.****

Make the drive back to **Athens** late this afternoon where dinner is on your own.

Overnight: 5 Star NJV Athens Plaza (or similar)
Included meals: Breakfast & Lunch



📍 Athens, Greece

DAY 7, Tuesday, October 3, 2023

Today you will head out on a daytrip to explore the **Argolis region** via the coastal road along the Saronic Gulf to the Corinth Canal, which connects the Aegean Sea with the Ionian Sea.

Drive to **Mycenae** the city "rich in gold" of the ancient poets to visit the Lion's Gate, the Cyclopean Walls, and the Royal Tombs.

After lunch head onward to Nauplion for a short photo stop in route to explore the **Ancient Theatre of Epidaurus** (dating to the 4th century BC). Considered one of the greatest ancient Greek theaters due to its excellent acoustics it is also one of the best preserved. Originally the theatre had 34 rows of seats divided into 34 blocks by stairs and walkways. It was built by the architect *Polykleitos* on the side of a mountain and overlooking the sanctuary of Asklepius.

Return to Athens by the National Road connecting Epidaurus with Corinth with dinner on your own.

Overnight: 5 Star NJV Athens Plaza (or similar)
Included meals: Breakfast & Lunch



📍 Kos, Greece

DAY 8, Wednesday, October 4, 2023

After breakfast, check out and head to the airport for your morning flight to the island of **Kos**. *Note that the flow of the day is subject to change based on final flight times.*

You will enjoy a tour of the most important archaeological site on the Island - **The Asclepion**. It is the sanctuary dedicated to Asclepius who was in the ancient times regarded as the God of the healing. Then, drive to "Platanos's tree of Hippocrates" and the Castle entrance. This fortress was one of the most stalwart defenses of the Knights of St. John against the Ottomans.

Next visit **Hippocrates Garden**. The Garden Cultural Center in Mastihari is dedicated to the ancient Greek physician and father of medicine, Hippocrates of Kos. This private philosophical and cultural center was created in 2008 by Mrs. Julie Zafeiratou and showcases a replica of a 5th century BC ancient Greek settlement. Their facility also has a Philosopher's Arcade and a stone-built theater that seats 80. The center is surrounded by a beautiful garden with herbs, cedar trees, vineyards, and fruit trees and hosts seminars and theater performances.

Lunch will be provided this afternoon.

Explore the city with your guide after lunch starting out in the main square of town, Platia Elefteria (Freedom Square). You will have some **free time** to explore. Head onward with your guide to the **House of Europa** has the best-preserved mosaic depicting the abduction of Europa by Zeus (transformed into a bull).

Check in at your local hotel this evening. The **Diamond Deluxe Hotel** is an adult only luxury hotel in Kos, ideally located on the beach with high end facilities. They have onsite dining, an American style buffet daily along with a lobby bar. Enjoy the pool or beach and other amenities at their spa. Guest rooms have a king size bed, coffee and tea making facilities, beach towels, robes, bathroom amenities and slippers for your convenience.

Dinner will be provided at a local restaurant this evening.

Overnight: 5 Star Diamond Deluxe (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 Kos, Greece

DAY 9, Thursday, October 5, 2023

After breakfast, head for your daytrip via one-hour boat ride to explore the nearby volcanic island of **Nisyros**. This is one of the most beautiful but lesser-known Aegean islands that mythology tells was created during a battle between Poseidon and a giant. Poseidon pursued the Giant Polyvotis up to Kos, cut a part of it off and threw it at his enemy, sinking him to the bottom of the Aegean Sea.

Upon the arrival, take a walk through the village of **Mandraki** where your guide will share information about the town and its famous monastery. Head via bus to the volcano. You will visit the crater "Stefanos", the largest on the island (27m. deep, 350m long) and can descent into it for a closer look. *We suggest you wear comfortable walking shoes, as the descent to the crater is rocky and the ground of the crater can be quite warm so closed toes shoes are needed today.*

Return to Mandraki for some free time and a chance to visit the **Monastery of Panagia Spiliani** (Virgin of the Cave). This small church is dedicated to the Presentation of the Virgin Mary, and it is built inside a large cave. The church hosts a marble icon of the Virgin Mary that is considered miraculous.

You will have time to grab lunch on your own and do some perusing of the island's small shops.

Late this afternoon you will return via boat to Kardamena Harbor and be transported back to the hotel for some time to relax and change for dinner which will be provided.

Overnight: 5 Star Diamond Deluxe (or similar)
Included meals: Breakfast & Dinner



📍 Athens, Greece

DAY 11, Saturday, October 7, 2023

Your Grecian adventure ends today! Your guide will accompany you to the airport. We hope you have enjoyed your journey.

*For those extending to **visit** Crete, your adventure begins today!*

Included meals: Breakfast



📍 Athens, Greece

DAY 10, Friday, October 6, 2023

Depart the island today and travel back **Athens** for a final look at this magical city. We have allocated some free time so you can revisit your favorite neighborhoods or explore new ones!

Enjoy a farewell dinner at a local restaurant this evening as you say your goodbye.

Overnight: 5 Star NJV Athens Plaza (or similar)

Included meals: Breakfast & Dinner

📍 Athens

NJV Athens Plaza

2, Vasileos Georgiou A' Str.
Athens, Greece

Telephone: +30-210-3352-400

<https://www.njvathensplaza.gr/>



📍 Kalampaka

Hotel Divani Meteora

National Road Trikalon
Kalampaka, Greece

Telephone: +30-24320-23-330

<https://divanimeteorahotel.com>



📍 Kos

Hotel Diamond Deluxe

Nea Alikarnassos, Lambi
Kos, Greece

Telephone: +30-22420-+48835

<https://www.diamondhotel.gr/>

