



Monuments, Mythology & Music: GREECE!

Athens & Crete

June 12-22, 2023

\$5,899 including flights

\$999 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 onward to Crete, venturing beyond the tourist trail to explore "real" Greece.

Focus on Music Education & Culture

- **Meaningful interaction** between travelers and a music educators and enthusiasts in Greece will allow a chance to discuss the curriculum in music classes, traditional music of Greece and gain an understanding of teacher training requirements and challenges.
- Explore local museums showcasing musical instruments commonly used in Greece like the lute. This will include a visit to the **Musical Instrument of Ancient Greece** section of the Museum of Ancient Greece. Music was a large part of the culture of ancient Greece so there are a large variety of instruments and musical modes to learn about with your expert guide.
- Take part in a **Stagakis Traditional Cretan Lyra Workshop**, created by the famous Cretan artist Manolis Stagakis and still run by his family to this day.

Focus on Community & Immersion

- Visit iconic sites like the **Acropolis of Athens!**
- Enjoy a **five senses tour through the historical center of Athens**. Your explorations will include a variety of experiences including tasting Greek coffee and snacks, dancing to Greek music, and visiting a local market to delight in the smells of herbs.
- Visit the delightful historic village of **Archanes** for dinner. See the remains of what is believed to have been a Minoan palace and explore the village and its churches dating to the Byzantine and Venetia periods. Stroll through the charming streets visit the little shops selling local wares like olive oil and wine.
- Tour the archaeological site of **Knossos** to see the ruins of this Minoan palace. This Bronze Age site on Crete has been called Europe's oldest city perhaps settled as early as the neolithic period up to 7000 BCE.
- Visit a **local winery** like *Stilianou* for a tour and tasting.
- Visit the **Honey Museum in Rethmnon**. This delightful facility will share their passion for bees and honey production and includes a tour and overview of their facilities.

What's Included:

- Deluxe accommodations 4*
- Group transfers
- Activities as outlined in itinerary
- Transportation including flights to and from Crete
- Local Leader and Insider Experts along the way
- International flights to/from Greece (tentatively out of New York area)
- Pre travel support & 24/7 support during travel

Not included:

- Personal expenses
- Meals not specified
- Passport renewal or issuance
- Domestic flights to gateway city
- Tips for your Local Leader, Insider Experts, Housekeeping etc.

DAY 1, Monday, June 12, 2023

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



📍 Athens, Greece

DAY 2, Tuesday, June 13

Kalimera! Welcome to Greece. After clearing Immigration and Customs procedures, travelers will be met by a **Local Guide**.

Transfer to your hotel for bag drop before heading to a welcome lunch at a local restaurant downtown. You will also have an **orientation tour** today before returning to the hotel for check in and some free time to relax.

Hotel Athens Cypria is a quiet and cozy hotel situated in the heart of Athens, just 150 meters from Syntagma Square. They are very near Ermou shopping street, old towns of Plaka and Acropolis and close to many restaurants and theaters. Guest rooms have a minibar, safe, hairdryer, bathroom amenities, free wi-fi, and tea/coffee maker. The hotel has onsite dining, room service, and a fitness room.

Relax for the rest of the evening with dinner on your own.

Overnight: Hotel Athens Cypria 4* (or similar)
Included meals: Lunch

📍 Athens, Greece

DAY 3, Wednesday, June 14

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 **Panathinaikos Stadium** that was originally built in 329aC, and where the **first Olympics** of the modern era in 1896 were held.

You will have time to stop for lunch (own expense) this afternoon during your explorations.

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.

This evening transfer to Kypseli area for a welcome dinner.

Overnight: Hotel Athens Cypria 4* (or similar)
Included meals: Breakfast & Dinner





📍 Athens, Greece

DAY 4, Thursday, June 15

After breakfast head on foot to the *Kotsanas Museum of Ancient Greek Technology*. This morning your visit will start with a tour of the **Music Instruments of Ancient Greece** section. Music was an integral part of Greek life. They are proud to showcase not only music instruments but also cover music theory and fragments of instances of songs in ancient texts. From the roughly 50 preserved musical texts of antiquity, the song of Seikilos constitutes the most ancient complete musical composition worldwide. The song was engraved on a small, round, marble tombstone dated from the 2nd century B.C.

Continue onward to explore the **Museum of Greek Folk Musical Instruments**. MELMOKE offers a glimpse into Greek culture and folk music, through musical instruments and customs. They have a vast collection of instruments as well as sound material that allows visitors to listen to them.

Lunch will be provided this afternoon at a local restaurant.

This afternoon we are working on opportunities for further professional interaction in the city.

Dinner is by individual arrangement.

Overnight: Hotel Athens Cypria 4* (or similar)
Included meals: Breakfast & Lunch

📍 Athens, Greece

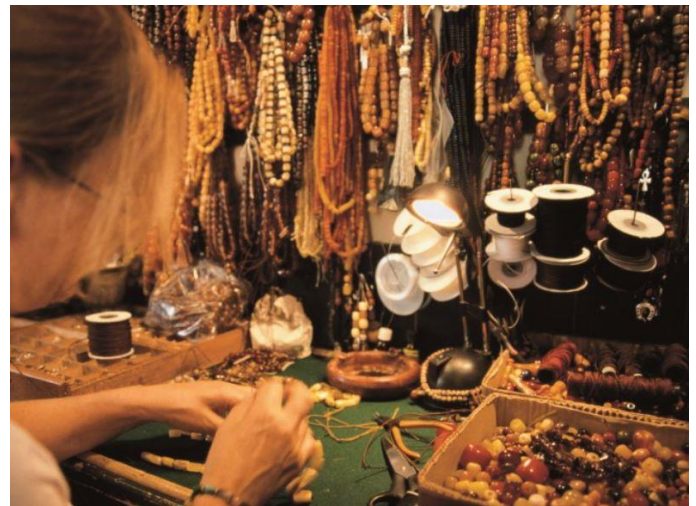
DAY 5, Friday, June 16

This morning is set aside for the opportunity to visit a **local music school**. The primary objective for this trip is to share and exchange information about music and the other arts; education; and cultural similarities AND differences with colleagues and students in Greece. This will provide an opportunity to see what music classes are available in Athens schools.

After lunch, spend the afternoon going on a **Five Senses tour** through Athens historic center. This is a walking tour that will start out at a local café for a Greek coffee and local snack tasting. Head onward to hear the famous Greek Zorba music and learn a Syrtaki dance. Next, the flea market to participate in a Komboloi making workshop (worry beads). Onward to get a homemade lemonade and 'spoon sweet' tasting, Vrettos distillery to try ouzo and meze, before ending in the Roman Forum.

Return to your hotel for dinner on your own this evening.

Overnight: Hotel Athens Cypria 4* (or similar)
Included meals: Breakfast & Lunch





📍 Heraklion, Greece

DAY 6, Saturday, June 17

After breakfast, check out and head to the airport for your flight to **Crete**. Arrive in Heraklion and transfer to the hotel to drop your bags before you head out to explore.

Hotel Lato is a boutique property with stunning views of the Venetian fortress and cold city harbor of Heraklion. Guest rooms have a work desk, safe, free Wi-Fi, minibar, hairdryer, bathroom amenities as well as room service. The hotel has several restaurants, a bar, a holistic spa and 24-hour reception for your convenience.

First stop today is for a **walking tour** of the town. Sites you will see today include Plateia Eleftherias (Freedom Square), The Venetian Walls, The Venetian Loggia, St. Mark's Basilica, Lontaria (Lion Square), St. Minas Cathedral, Bembo Fountain, Heraklion Open Air Market, and Koules Venetian Fortress.

Stop for lunch this afternoon before returning to the hotel to check in.

This evening you will head to the traditional village of **Arhanes** for dinner. This lovely historic village has a lot to see, and you will have some time to explore before dinner. Perhaps see their Byzantine and Venetian period churches, explore the local markets to pick up some olive oil or wine, or see the remains of the Turkish neighborhood and its Minoan palace. It's like stepping back in time!

Return to Heraklion and overnight.

Overnight: Hotel Lato 4* (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Heraklion, Greece

DAY 7, Sunday, June 18

Today you will head out to visit **Knossos**.

Knossos is the largest Bronze Age archaeological site on Crete, said to be the ceremonial and political center of the Minoan civilization. The site has been substantially "rebuilt", making it very accessible to explore. The Palace was first erected around 4,000 years ago but abandoned circa 1380-1100 BC. Your local guide will bring it to life and share information on the people that used to live there and their lives.

Next stop will be to the **Nikos Kazantzakis Museum** in Myrtia dedicated to Greek theater. If possible, a stop will be made in Choudetsi village to talk with a local artist who had put on music workshops for visitors prior to an earthquake in 2021 damaging his workshop making it inhabitable. He is still trying to find a new facility and if operating during your visit we will plan to stop by for a visit!

After lunch in town head to a **local winery** like *Stilianou* for a tasting and tour. Giannis Stilianou and his teenage son, personally tend to their 3 hectares of organic vineyards. They are unique in that they use no irrigation and don't spray chemicals on the plants. They are a small organic farm focused on indigenous Cretan grape varieties.

Return to your hotel and overnight. Dinner will be provided at a local restaurant.

Overnight: Hotel Lato 4* (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Heraklion, Greece

DAY 8, Monday, June 19

After breakfast, visit the **Thirathen Museum of Folk Music and Musical Instruments**. The museum houses musical instruments, research, and various documents in the nearby historical village of Krousonas (home of less than 3,000). Their museum is in a recently renovated traditional house, where the sounds of nature meet the sounds of traditional instruments and fascinating melodies are created, so visitors have the chance to experience the charm of Mediterranean music. The goal of your visit today is to learn about their dedication to research and documentation of Greece's musical traditions. Chat about those traditions with staff and learn about their traditional music.

Head onward to the Anogia Village to visit the café and museum dedicated to **Nikos Xylouris**. Nikos is considered one of the greatest Greek musicians (1936-1980), mainly responsible for keeping traditional Cretan music alive through his later. He is a symbol of resistance in Greek culture because his voice resonated during the hard years of dictatorship in Greece. He is called both "The Voice of Crete" and "The Archangel of Crete". *Perhaps order a drink in the café to help support the museums initiatives.*

Lunch will be provided this afternoon.

Return to the hotel for some free time with dinner on your own.

Overnight: Hotel Lato 4* (or similar)

Included meals: Breakfast & Lunch



📍 Heraklion, Greece

DAY 9, Tuesday, June 20

After breakfast, head to **Rethymnon** for a walking tour of the old city. Rethymnon was originally built during the Minoan civilization and used to mint its own coins in ancient times. The town has an aristocratic appearance, with many buildings dating back to the 16th century. Old town is a well-preserved section of the city and has buildings influenced by its Turkish period as well as Renaissance-style Venetian architecture.

Next, make your way to visit the **Stagakis Traditional Cretan Lyra Workshop**. Run now by Manolis Stagakis grandson, the shop will explain to the group how their music instruments are constructed. A representative will show the tools and instruments and you will have a chance to hear traditional and folk music. See a short instrument making demonstration. As process takes over a week this will be a glimpse of how they handmake these beautiful instruments still today. First opened back in 1945 by Manolis they still manufacture traditional Cretan Lyra's and sell them globally to collector or musicians.

Lunch will be provided this afternoon at a local restaurant or local tavern in the area.





Last stop is to visit the **Apithano Meli Honey Museum**. *Apiθavo* says they are 'an ode to the bees with a taste of Crete'. Located at the foot of Psiloritis Mountain the farm was opened by two childhood friends, Dinos and Christos, to unite their passion for Crete and the bees to offer the purest products possible. Enjoy a tasting of their honey with its strong aroma and unique taste.

Dinner is on your own this evening.

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

📍 Athens, Greece

DAY 10, Wednesday, June 21

Depart the island today and travel back **Athens**.

You will have time for lunch on your own this afternoon. Upon arrival you will be met and transferred to your local hotel.

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

Overnight: Hotel Athens Cypria 4* (or similar)
Included meals: Breakfast, Dinner

📍 Athens, Greece

DAY 11, Thursday, June 22

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

Included meals: Breakfast



Crete, Rethymno © GNT0/E. Fili

📍 Athens, Greece

Hotel Cypria Athens

5 Diomias Str, Syntagma Sq.
Athens, Greece

Telephone: +30-210-323-8034

<https://athenscypria.com/>



📍 Heraklion, Greece

Hotel Lato Boutique

15 Epimenidou Street
Heraklion, Greece

Telephone: +30-2810-240350

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

