

GREECE: ATHENS + ISLAND OF IKARIA

Guided Journey to the Island of Ikaria
Plus 2 nights in Athens pre-trip and 1-night in Athens post-trip
September 9-20, 2025

Cost \$3,150.00 pp double occupancy

single supplement \$900

Rooms are double occupancy
Standard Room: Twins or double beds

Number of People

22

Lodging,

Studio: 7 nights in Ikaria

Pre-trip: 2 nights in Athens

4* hotel w/ breakfast included

Post-trip: 1 night in Athens

4* hotel w/ breakfast included

Trip Leaders

Kim Walden

kimcdw11@gmail.com

850-450-2220

Wendy Ellis

wendyxcise@yahoo.com

850-261-6388

Join in for an authentic journey to the Greek island of Ikaria—the island of longevity and well-being! Ikaria is known as one of five “blue zones”—places where people live to be 100 years old—with great health. Known for their pure approach to the Mediterranean diet, natural/daily movement, herbal teas, wild greens, raw honey, hot springs, natural wines, regular all-night celebrations, and low-stress, joyful lifestyle, Ikarians enjoy an extraordinary and very natural way of life.

Come with us to Ikaria for 7 nights to learn about and attune to this healing, joy-creating, and longevity-cultivating lifestyle. The intention of the trip is to guide you through an authentic experience on one of the most beloved Greek islands—while connecting you to places, people, plants, and practices that can inspire you to live an even more beautiful, long, healthy life!

This trip will include two nights in Athens at the start of the trip and one night in Athens to conclude. We will journey from Athens to Ikaria on a comfortable, enchanting ferry ride and will fly from Ikaria to Athens at the end of the week.

There will be opportunities to see the ancient sites in and around Athens during the days there. While on Ikaria, we will participate in inspiring cultural activities such as a Greek cooking class with a local grandmother, visits to 2 hot springs, tours of 2 ancient Greek temples, a wine tasting at a natural wine vineyard, and a late-night cultural festival with live music and dancing. We will eat traditional Greek meals at the best tavernas on the island. Additional activities such as paddle boarding, biking, snorkeling, hiking, and surfing will be available.

The trip will be guided by Kate Daughdrill and Dimitris Goltsis—both Greek residents who love sharing the authentic culture, food, music, and nature of Greece.

Cancellation

Policy:2024/2025

Sign up date until Aug.

15, 2024 \$50 fee

Aug.16- Sept 30th \$200 fee

Oct 1 - Nov 1 \$500 fee

Nov. 2 - Dec 31st \$1,000 fee

**NO REFUND AFTER
January 1st , 2025**

TRIP INSURANCE IS REQUIRED.

look at :

insuremytrip.com

SEND PAYMENT

To

Wendy Ellis

254 Seamarge Ln

Pensacola, FL 32507

Please complete a trip application and include a copy of your passport with your deposit. We will ask for proof of insurance at a later date. All checks are made payable to Pensacola Ski and Travel Club.

PACKAGE INCLUDES:

7 night/8 day cultural + well-being experience on Ikaria for 22 people
3 nights/3 days in Athens at a 4-star hotel
Welcome dinner (with 2 wine/beer drinks)
Ferry from Athens to Ikaria
7 breakfasts, 5 lunches, and 7 dinners at the best tavernas and restaurants on Ikaria
2 rounds of local wine/beer for the table at dinners
Guided tours of the villages, beaches, 2 hot springs, wineries, and festive Greek celebrations!
A Greek cooking class, a wine tasting and vineyard tour, a Greek dance class, and visits with Ikarian elders to learn their secrets of longevity and vitality!
6 yoga + fitness classes in the mornings
A cultural/well-being guidebook to Ikaria and optional educational talks by lead guide Kate Van
transportation all over the island
All ground transfers with gratuities included
Welcome gift and surprise local Greek snacks :)
Pre-trip party

OPTIONS:

- *Guided tour of Acropolis + Museum: \$70*
- *Optional add-ons for an herbal plant hike and beekeeper visit*
- *Paddleboarding, biking, snorkeling, hiking, and surfing are also available.*

SPECIAL REQUIREMENTS:

- Basic trip insurance with health coverage is required. Additional coverage is recommended. However, we do not sell insurance. insuremytrip.com has options.
- *Passports with at least 2 blank pages are required with expiration at least 6 months beyond conclusion of trip. We require a copy of your passport.*
- *New for 2025 Americans will need a "Visa" to visit Europe (details coming)*

Payment Schedule:

Amount due at sign-up: \$750

Amount due Oct 1, Nov 1, Jan.1, Feb 1:

\$500

Final Balance due on : May 1st, 2025