

# GREECE

## “Into the Light”

**ITINERARY 9<sup>th</sup> - 22<sup>nd</sup> Sept 2011**



ON=Over night, (B)=Breakfast

### MAINLAND SECTION

#### Friday 9th

Arrive Athens and transfer to hotel. Rest, wander, perhaps make your own way to visit the New Acropolis Museum, connect up with group and recover after travel. **ON Athens (B)**



#### Saturday 10th

After breakfast, depart for a half day Athens city tour which will introduce some important sites of the city. Explore ancient Athens and visit the amazing Acropolis dedicated to Athena, Goddess of Wisdom, the Parthenon - an open-air museum, Temple of Zeus and the Erechtheion with its

Porch of Maidens. Tour will also include an overview of modern Athens – a striking contrast to the remains of its glorious past.



## TO METEORA

Depart Athens and drive to Meteora in Thessaly Central Greece (5.5 hrs drive). Stay at the base of awe inspiring mountains in Kalambaka at Kastraki. **ON Kastraki (B)**



### Sunday 11th

After breakfast we visit two of **Meteora's** breathtaking monasteries perched like eagle's eyries atop rocky pinnacles. The **Meteora** monasteries are one of the most striking sights in Greece. All around we can view the most incredible mountain shapes stirring ones spirit and imagination. These fascinating sandstone peaks were first inhabited by Byzantine hermits in the 11th century, who courageously clambered up the rocks to be alone with God. The name *Meteora* is Greek for "suspended in the air," a perfect description for these remarkable Greek Orthodox monasteries of which we will visit two.

**\*Please note a strict dress code is enforced when visiting the monasteries: all shoulders must be covered (a scarf or sarong works well), men must wear long trousers and women must wear knee length or longer skirts/dresses.**

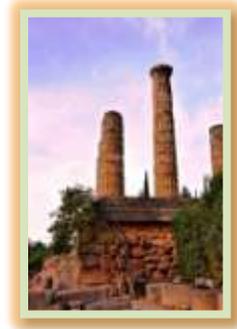


## ONWARDS TO DELPHI

This afternoon we drive to mythical magical **Delphi** (4.15 hrs). Nestled amidst pine forests and rocky crags on the holy mountain of Parnassus, **Delphi** is considered the most beautiful ancient sites in Greece. During our time at Delphi we will “move to the rhythm of our own drum”. We will walk the Sacred Way to the Sanctuary of Apollo, pay homage at the Sanctuary of Athena and visit the Museum. The Castalia Springs where visitors once purified themselves before entering the sanctuary should be a special stopping place for us, and of course the Oracle Rock...imbued with the mysteries of clairvoyance and earth energies, this is a very sacred spot. The first oracle at Delphi was commonly known as Sibyl, meaning prophetess. According to legend, she sang her predictions, which she received from Gaia. Delphi and the island of Delos are on both said to be on the St Michael Ley- line which flows through from Mont Carmel in Israel. **ON Delphi (B)**



*“For the ancient Greeks, Delphi was quite literally the centre of the world: Zeus released two eagles from opposite ends of the earth and they met in the sky above Delphi. Impaling one another with their beaks, they fell to the ground on the very centre of the world. The site was marked by the sacred Omphalos, or “navel stone “. Located at the navel of the world and personally blessed by Apollo, Delphi was the holiest site in the world for the ancient Greeks”.*



*According to ancient legends, the site was originally a sacred place of the Earth goddess Gaia. Later legends involve Apollo (son of Zeus) battling with a snake for the site. He persuaded Pan (the goat-god of wild places and evocative music) to reveal to him the art of prophecy, and erected his own oracular temple. In the 7th century BC, Delphi was known as an oracular shrine. Women would first bathe in the waters of the nearby sacred Castalian spring. Next they would drink from the sacred Kassotis spring and then, sitting in meditation near the Omphalos stone, they would enter into a visionary trance state. Throughout history, the particular energy of the site had been recognised as inducing prophetic visions. Questions regarding the future would be asked of these women “communing with the oracle”. The answers, interpreted by male priests and then spoken in verse, proved so accurate that the Delphic oracle came to exercise enormous political and social influence in the Greek empire for nearly 1000 years. The arrival of Christianity signalled the death of the ancient Greek oracle shrines and Delphi was abandoned to the elements.*

**Monday 12th**

Delphi visit all day. **ON Delphi (B)**



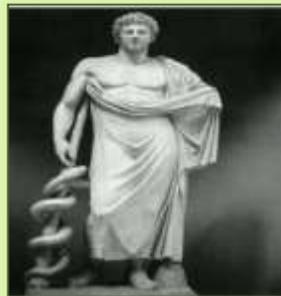
## Tuesday 13th

Optional early morning visit to Temple of Athena, Delphi (depending on opening time).

## **CONTINUE TO EPIDAVROS**

Now we drive to **Epidavros** arriving around 4pm (travel time approx 5hrs). Here we will visit the most advanced Centre of Healing in the ancient world, the Sanctuary of Asclepius.

This is also the site of one of the most perfect and well-preserved theatres in Greece. Although it was built in the 4<sup>th</sup> century BC, the acoustics are so ideal; you can stand in the centre of the arena, speak in a normal voice, and be heard by someone at the very top of the theatre, some 190 feet up!



Asclepius pictured above, is the son of Apollo. Asclepius is the god of medicine and healing in ancient Greek religion. Asclepius represents the healing aspect of the medical arts; his daughters are Hygieia ("Health"), Iaso("Medicine"), Aceso("Healing"), Aglaga("Healthy Glow"), and Panacea("Universal Remedy"). The rod of Asclepius, a snake-entwined staff, remains a symbol of medicine today, although sometimes the caduceus or staff with two snakes is mistakenly used instead.

## **EPIDAVROS TO NAFPLIO**



Driving 45mins from Epidavros, we come upon Nafplio, a city of Venetian fortresses with a tranquil ancient harbour and plenty of harbour side restaurants and cafes. A place for us to relax, shop, eat and wander. Nafplio is one of Greece's prettiest towns and was the first capital of Greece after independence. Narrow streets, neoclassical mansions and Venetian houses are what characterize Nafplio, along with its three fortresses including **Palamidi Fortress** with the alleged 999 steps that lead to its entrance. **ON Nafplio (B)**



## BACK TO ATHENS AND CAPE SOUNION

### Wednesday 14th

Breakfast and time for a leisurely stroll around Nafplio then rejoin our bus and return to **Athens** (approx 2hr.15 drive).

Late afternoon we set off for a magnificent sunset tour to **Cape Sounion** and the awesome Temple of Poseidon. *Though his famous statue is long gone to the National Archaeological Museum in Athens, the great god Poseidon needs no bronze props to make his presence felt. The Greeks have always watched the sea, for the return of loved ones, for the safe delivery of goods, for news of war. Maybe that's why the Temple of Poseidon, with its magnificent view of the Aegean, seems to still fulfil the role of sea watcher and guardian from on high.* After sunset we will dine at a local beach restaurant before heading back to our hotel in Athens.

**ON Athens (B)**



## OFF TO THE ISLANDS!

### Thursday 15th

Transfer from hotel to Athens port to go to Mykonos by ferry. Transfer from ferry to hotel in Mykonos.



Mykonos is a visually beautiful island, cosmopolitan with great beaches, chic boutiques and charming cobbled white washed villages. It is claimed that exactly **365 churches** and chapels stand on the island, one for each day of the year. As we explore the streets of Mykonos, we begin to naturally walk the powerful ley lines that flow out to sacred Delos. For those who are open, the power of these ley-lines and their link to Delos may be quite tangible. **ON Mykonos (B)**



**Friday 16th**

Day trip with locally sourced public tour operator to Delos, Greece's most sacred island and mythical birthplace of Apollo and Artemis where we will visit the Temple of Apollo. Delos and Delphi are on both noted to be on the St Michael Ley- line which flows through from Mont Carmel in Israel. After the main tour we are free to explore this extraordinary and charismatic island surrounded in stunning blue ocean. Here also, we can visit Goddess Isis as she resides in her temple on the mount. ..words cannot describe! **ON Mykonos (B)**



**ONWARDS TO SANTORINI**

### **Saturday 17th**

Transfer from hotel to Myconos port to take the ferry to Santorini and transfer to hotel. **ON Santorini (B)**

Santorini is a fascinating island considered by mystics to be part of the legendary great Atlantis. Now we can slow down and relax as we “bathe in the light”.

During our time on Santorini (probably on Monday 19<sup>th</sup>), we will join a public day tour including a boat trip to the volcano & hot springs, lunch stop, then on to the gorgeous and artistic village of Oia. Here, after walking or riding up the steep donkey track, one can simply move towards the light, drawing in the dream like quality of the great sun’s setting rays before making our way back to the church square and catching a bus back to our hotel.



### **Sunday 18<sup>th</sup> - Monday 19<sup>th</sup> -Tuesday 20<sup>th</sup> Santorini **ON Santorini (B)****

With four nights on the island we will have plenty of time to explore, swim and of course gaze in awe at what some describe as the most breath taking sunsets in the world! Black sand beaches, amazing views, stunning ocean, powerful vibrations, incredible shopping, delicious food, striking colours and white-washed villages create a spectacular energy!

*“It has been said that sunsets in Santorini are the best in the world. From the Caldera, breath taking views of the volcano & neighbouring islands. From the east, miles of dark sandy or pebbled beaches. Everywhere one sees small domed churches and remnants of days gone by.....”* **ON Santorini (B)**





## RETURN TO ATHENS (feels like home base by now!)

### Wednesday 21st

Transfer from hotel to Santorini port where we will take the ferry from Santorini back to Athens.  
Transfer from Athens port to hotel. **ON Athens (B)**



## DEPARTURES

### Tuesday 22nd

Transfers from hotel to Athens airport.

**Don't worry we will use wheels ;-)**



**In Greece you will travel with  
Anna Filliol and Karen McConnell**



**Anna Filliol - trip organiser/leader**

Anna offers her services as a tour organiser and spiritual intuitive at sacred sites. She has travelled extensively and is passionate about making sacred journeys plus having some fun along the way! Anna can help you access the mystical aspects of your journey and lead you into “deep connected spaces” via guided meditations and her highly tuned intuition. As a spiritual channel, her presence may open potential doorways for her clients and fellow travellers to experience the unseen worlds in a safe and enlightening way.



**Karen McConnell**

Karen is an excellent anchor for light frequencies. Her meditations help to assist groups with grounding energy. Karen led the Heart Temples tour to Peru in 2008 and accompanied the Greece Tour 2010.

## **WHAT'S INCLUDED IN TOUR**

Everything as stated in the itinerary including group visit entrance fees to archaeological sites and Delphi Museum.

4\* Accommodation (3\* Delphi & Meteora)  
(B&B= Bed and Breakfast)

3 nights Athens B & B  
1 night Meteora B & B  
2 nights Delphi B & B  
1 Night Napflio B & B  
2 nights Myconos B & B  
4 nights Santorini B & B

Professional English speaking Tour Guide on Mainland Tour

#### Meals

All breakfasts  
2 Dinners

#### Transportation

Athens Airport to Hotel on 9<sup>th</sup> September  
All ground transfers as per itinerary  
All ferry transfers as per itinerary  
Athens to Airport departure on 22<sup>nd</sup> September  
All road tolls, gas & taxes

#### Excursions with local public Tour Operators

Delos Island Tour  
Santorini: Day tour

## **WHAT'S NOT INCLUDED IN TOUR**

International flights in and out of Greece  
Airport transfers outside the tour arrival and departure dates  
Cost of local buses/taxis not stated in tour  
Meals that are not specified  
All drinks including bottled water  
Tips & Gratuities: Group tips to porters, hotel bellman, bus drivers and other guides. \*\*Each participant is required, at the start of the trip to put 20 Euro cash into a "Tipping Kitty" which will be used by Anna Filliol to tip porters, guides, drivers etc during the group tour dates. Arrival and departure Airport transfer tips will not be included in this kitty nor will tips for personal services e.g. room service, private taxis, room maids etc.  
Visa and passport charges  
Items of a personal nature (e.g. laundry, drinks, telephone calls)  
Emergency evacuation  
Personal Travel Insurance (compulsory)  
Any other things not described or specified in the itinerary  
Private bookings with Anna for Empower your Life Sessions. Cost 100 Euro per hour.

## **\*TOUR COSTS:**

**\$5200 NZD** per person based on twin or triple share basis

\*\*PLUS **20 Euro cash** for "Tipping Kitty" to be paid in Athens to Anna Filliol on Day 1 of the tour- see details at Tips & Gratitude under **"WHAT'S NOT INCLUDED IN THE TOUR"**

Single room (if available) supplement **\$2000 NZD**

\*Costs are based on minimum 10 people and current exchange rates. All dates, price, guides and itineraries are subject to change without notice.