

Athens & Peloponnese

The Gastronomy Tour



7 Days / 6 Nights

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DMC & MICE

Taste Greece

Athens & Peloponnese





DAY 1

Arrival in Athens - Canal Corinth - Food Tour in Nafplio

- Arrival at Athens International Airport, meeting our representative and depart to Corinth canal (short stop) (77 km - 1 Hour 10 mins drive). After a short stop at Corinth Canal, lunch break, we depart to Nafplio (55 km 45 min drive).
- Early in the evening, we start a 3 hours-culinary tour of Nafplio which takes us to carefully selected food shops, where we taste some of the finest Greek cheeses, wines, coffees, and ice creams available in the city. At the same time, we visit the most famous monuments of the city, such as the Catholic Church, the square of St. Spyridon, the square of Saint George and the Old City which introduce us to the long and wonderful history of the city. We begin our visit with the picturesque alleys of Nafplio with its neoclassical mansions and Venetian balconies. Our first tasting stop is a traditional grocery store where we taste local varieties of cheese and sausage and we learn their little manufacturing secrets by its owner. Then we head to the Syntagma Square, the heart of the city. In one of its many coffees shops we taste traditional Greek coffee and we learn more about this historic square and the surrounding buildings. Continuing our tour we pass through the neighborhood of "Yialos" and we taste local varieties of wines, ouzo and tsipouro in a cellar-wine shop, while the owner narrate us the art of wine. Our culinary tour ends in an ice cream shop where we taste Greek ice cream tastes. Having our ice cream at hand we walk to the old port of Nafplio in order to admire the Venetian fortress of Bourtzi and to learn more about its historic existence over the centuries.
- Overnight stay in Nafplio.



DAY 2

Nafplio - Olive Oil tour - Epidaurus - Nafplio

- After breakfast, we start our day with Olive Oil Tour. On this half-day journey of olive, we learn all the secrets of this holy tree from prehistory until today and we taste fresh olive oil and various olive derivatives accompanied by delicious Greek dishes. We head to Epidauria land and a picturesque village, rich in olive oil production. Half an hour later, passing through endless olive groves, we arrive at a modern mill, where we wander to the self-owned groves and we get to know all the secrets of the olive tree. The next stop is the interior of the mill, where the fruits are transferred into the mill to become olive oil. We learn all about the stages of processing the olive fruits into pure olive oil and our experience ends by tasting unique varieties of products, like pure olive oil on fresh bread, fruits of olive and Greek feta cheese served with extra virgin olive oil, olive pâté, sweets, and traditional olive liqueur. After our visit we proceed to Epidaurus and visit the ancient theatre, world famous for its outstanding acoustics. The UNESCO'S world heritage listed monument is reputed to be the birthplace of Apollo's son Asklepios, the healer and was the most celebrated healing center of the classical world. Epidaurus is renowned for its theatre, one of the best preserved classical Greek structures and is still used today due to its amazing acoustics.
- After the tour, return to hotel and overnight stay in Nafplio.



DAY 3

Nafplio - Kapsia Caves - Mystras - Monemvasia

- After breakfast, depart to Kapsia Caves. Located in the heart of the Mantinea plateau, near the ancient theater with the rugged Menalon mountain range as a backdrop, Kapsia Cave is a must for any traveler seeking to discover the unknown side of Greece. It is also among the country's most significant caves.
- The exciting tour begins with a guide who takes you through a dark grey tunnel. You are introduced to the cave's friendly inhabitants: a rare species of spider, some cave crickets known as "dolichopoda" – the greatest species diversity is actually found in Greece – and of course, playful bats staring at you from the bottom up. As you enter the cavern, dancing sculptures made of limestone over millions of years are a breath away and beautifully showcased thanks to special lighting. The tiny ponds reflect the natural wonders adding to the aura, which is enhanced with the sound of dripping. This "dripping" is the 'hand of nature' crafting these impressive formations known as "stalactites" and "stalagmites". The cave was first found by an engineer working on a complex system of natural sinkholes which take rain water from the Mantinea Basin to the Argolid bay. A few years later, in 1887 French archaeologist Gustave Fougères came across this spectacular cavern during excavation works on Ancient Mantinea a bit further away. Since then, experts from across the globe can assess geological events through time thanks to the findings of the cave.



DAY 3

Nafplio - Kapsia Caves - Mystras - Monemvasia

- The flood left its mark which is evident from the terracotta color on the walls. Kapsia Cave opened to the public for the first time in 2010 and so far, 6,500m² have been explored. Just think, this captivating gallery of columns, corals and curtains courtesy of Mother Nature is a perfectly preserved 'picture' of prehistoric life. After a stop for lunch, we then proceed to Mystras (83.6 km - 1 hour 10 min drive)
- Mystras is an archaeological site close to Sparti, in the region of Laconia. The Castle Town of Mystras was very strong in the Byzantine times and actually in the last decades of the Byzantine period, this was the second most important town after Constantinople. On top of the castle hill, there was the Palace of the Despots, while Mystras Greece is mostly famous for its several Byzantine churches with the interesting architecture and the valuable frescoes. Below the Medieval Castle, a new village has been constructed, where many traditional accommodations are found. The region around is crossed by many trekking paths, leading to beautiful spots. Visit the Frankish and Ottoman monuments as you walk on Byzantine paths of Mystras!
- After the tour, we drive to Monemvasia.
- Overnight stay in Monemvasia.



DAY 4

Monemvasia & Cooking Class

- After the breakfast at the hotel, visit The Castle of Monemvasia & Cooking Class.
- A unique walking tour through the meandrous narrow streets of the old town, the fortress walls and the churches, to bring back to the life of the mythical castle-town throughout the centuries. The Byzantines, the Venetians, the Ottomans, merchants from the West and the East, passed by Monemvasia leaving their marks on the buildings, the paved streets and the churches, giving it a cosmopolitan air. We get acquainted with the wealth, the power and the glory of the town, as well as the invasions, piracy and the difficulties of the life on the rock. Gazing at Myrto Sea below the imposing rock, we relive the stories and the legends, listen to poems written about this place, take a taste of magical Monemvasia. Local history, architecture and culture are explained during the tour. It is also included a refreshing stop, with a little tasting of local products (olive oil, wine, traditional sweets).
- Learn the secrets of Monemvasian cuisine with a local woman chef. We cook together starters (vegetable pie & salad), main dishes and dessert. We even knead and bake our own bread! The 2-2.5 hours cooking class in Monemvasia takes place in a traditional mansion and we are taught the recipes and the technique of making Greek recipes. Price includes all the necessary premium ingredients and kitchenware. All recipes are given to the participants. At the end of the class we taste Greek delicacies at the garden of the mansion while waiting for our dishes to be cooked. A few hours later our food is ready and altogether, as a Greek family, we dine under the sounds of quality Greek nature.
- Overnight stay in Monemvasia.



DAY 5

Monemvasia - Sparti - Wine Tasting (Arcadia) - Athens

- After breakfast, pick up from hotel and drive to Sparti (1 hour & 24 min, approximately). After a stop for coffee break, visit Sparti Olive Oil Museum. The Museum of Olive and Greek Olive Oil is located at the center of Sparti and aims to highlight the importance of olive in the Greek and the Mediterranean culture.
- After the tour we drive to local winery for a wine tasting tour and lunch. Wine tasting five wines from our premium series. You will taste five of the most delicate and unique single-variety wines. The wine tasting package is accompanied by a cheese platter. Lunch in the winery.
- We return to Athens late in the afternoon. Check-in and balance of the day at leisure.
- Overnight stay in Athens.





DAY 6

Athens Highlights Tour

- After breakfast at hotel, pick up for our Athens Sightseeing Tour. Our Athens Half Day Tour begins with a panoramic drive around Syntagma square, passing by many sightseeing hot spots such as National Garden, Hadrian's Arch, St. Paul's Church, Parliament, Tomb of the Unknown Soldier, Catholic Cathedral and Schliemann's House. We will then drive past the Athens Trilogy which includes the University of Athens, the Academy of Athens, and the National Library. Our licensed guide will make you feel as if you are experiencing firsthand Athens's old and new history as you look at these stately buildings. We continue for a photo stop at Panathenaic Stadium, otherwise known as Kallimarmaro Stadium, where the first Olympic Games took place in 1896. As we proceed, we pass by Zappeion and the Temple of Olympian Zeus. Last but not least, we make our way to the archaeological site of Acropolis, an UNESCO's world heritage monument and we visit Propylae, as well as the small Temple of Athena Nike. Of course, our visit shall not be completed without the Parthenon and Erechtheion. The expert guided Athens sightseeing and museum tour continues with a pleasant short walk passing by Herodion and Dionysos Theater, in order to visit the New Acropolis Museum. With this Athens half day tour, you will enjoy one of the top UNESCO'S world heritage monuments.
- At the end of our tour, transfer back to your hotel & balance of the day at leisure.
- Overnight stay in Athens.



DAY 7

Departure from Athens

- After days of savoring the rich flavors of Athens and the world-renowned cuisine and wines of Peloponnese, it's time to say farewell.
- Breakfast at the hotel, check-out and morning at leisure for your last-minute shopping or strolling down the streets of Athens.
- Depending on your international departure flight, transfer to Athens International Airport.



Inclusions

- 2 Nights Hotel Accommodation in Nafplio with daily breakfast
- 2 Nights Hotel Accommodation in Monemvasia with daily breakfast
- 2 Nights Hotel Accommodation in Athens with daily breakfast
- Food tour in Nafplio
- Olive Oil Tour in Nafplio
- Visit Archaeological site of Epidaurus
- Visit Kapsia Caves
- Visit the Castle of Monemvasia
- Cooking Class in Monemvasia
- Wine tasting, premium brand with lunch in the winery
- SIC (shared basis) Half day Athens Sightseeing Tour, including the Acropolis Arch. Site and the Museum of Acropolis (entrance fees included) with professional guide & transfers from/to hotel
- Entrance fees at Museums & Archaeological sites as mentioned above
- Licensed professional Guide on tours, whenever necessary
- Private transfers to/from Athens Airport and in Nafplio – Monemvasia – Athens
- All taxes

Suggested hotels:

Athens: 3* Athenian Montaza or similar, 4* The Stanley or similar, 5* Radisson Blu Park / Wyndham Grand Athens or similar

Nafplio: 3* Park hotel or similar, 4* Ippoliti hotel or similar, 5* Amphitryon Hotel or similar

Monemvasia: 3* Filoxenia hotel or similar, 4* Liotrivi Boutique hotel or similar, 5* Kinsteria Hotel or similar

Not Included

- International and/or Domestic flights
 - Other optional tours
 - Other Meals or Beverages
 - Other transfers
 - Climate Resilience Tax to be paid directly to the hotel
 - Gratuities (optional)
 - Any personal expenses
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- In case of an increase in the VAT or other taxes, including entrance fees, rates are subject to change without prior notice.
 - Rates may change during special periods such as Authentic Marathon dates, Christmas, New Year, Easter, International Congresses, Conventions and Fairs.
 - We would like to inform you that guests shall be required to pay directly to the hotel a "Climate Resilience Tax", per overnight, per room. This tax goes directly to the state and the Hotel and/or travel agents have no interference. Hotel guests shall be requested to pay the Climate Resilience Tax directly to the hotel and is not included in our above offer.



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