

CULINARY and WINE TOUR OF GREECE, 8 -days



GREECE: SHORT INTRODUCTION

Greece is the southernmost country on the European mainland. A land of which the red soil is sown with stones and rocky mountains, but also with such a rich and unceasing variety in scenery. Greece, a land that has brought forth gods and heroes, philosophers, literature, architecture and art, all of a supreme quality.

Greece, being the cradle of western civilisation, has had a long and eventful history. It was part of each of the great empires - the Roman, the Byzantine and the Ottoman - that ruled the region. The country has strong historical ties with south-eastern and western Europe, Asia and Africa. At the crossroads of so many civilisations, it is gifted with a rich and fascinating cultural heritage.

Greece's geopolitical position as well as the country's rich historical and cultural past makes it a country with distinct and favourable prospects in attracting business and convention tourism.

Greece is undoubtedly proclaimed "by nature and position" as a privileged location for this specific type of events. World-renowned beauty spots, ideal climatic conditions throughout the year, constant succession of natural sites, accessibility, traditional and architectural treasures, interspersed ancient monuments, all these elements are harmoniously combined in these contemporary European country!

Excellent tourist infrastructure, new airports, luxurious hotels, exhibition and congress centers, delicious and healthy cuisine enhanced by the people who resume their old skills and traditions, under the guidance of the "father of Gods" Zeus, the patron of hospitality! History and values of an ancient civilization inviting to return to the sources for a more profound approach to the substance of great ideals, such as peace, science and Olympic spirit!

As the north of Greece borders with other countries its inhabitants have adopted an attitude of constant cultural exchange, even with the remotest places, it is this endless give and take mentality that has shaped the modern profile of Greece as a non biased, open-hearted and hospitable country.



ATHENS

Athens, the oldest inhabited city in the world, the cradle of democracy and Western civilisation as we know it today, begun as a small-fortified village built on top of the

Acropolis rock as far back as 3.000 years B.C. Centuries later, modern Olympic Athens is a cosmopolitan and vibrant city which offers the foreign visitor unlimited possibilities for excursions, sightseeing and nightlife. Its glory can be understood through a visit to the Acropolis museum, the National Archaeological museum, the museum of Keramikos and naturally the ancient Acropolis where one of the architectural wonders of the world, the Parthenon, the temple devoted to the goddess Athena, can be seen and admired. 19th Century Athens can be discovered when strolling through the old area of Plaka and Monastiraki.



Athens of the 21st century however exposes a complete new picture! The Olympic Games 2004 have boosted the city to its limits. Wherever the visitor looks, whatever he does, he encounters a hypermodern infrastructure with all the necessary needs. Every detail needed for making the stay of the visitor comfortable, has been taken care of.

Athens now provides one of the safest airports in the world with a complete security program, a superior technology and all this with an immense respect for the environment.

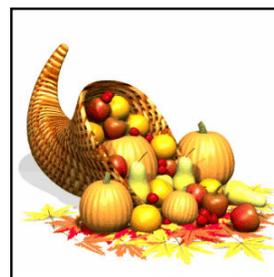
The “Attiko Metro” constitutes one of the biggest and most complex projects to have ever been constructed in Greece. Its operation changed the transportation map of Athens, bringing a great relief to its residents’ daily life, improving the overall functioning of the city and with the adding of new lines, providing a new, modern, fast, comfortable, reliable and safe transport for the citizens.

The “Attiki Odos” project, the new peripheral highway, provides unprecedented and innovative services and 24-hours per day assistance. This project assimilates daily approximately 12% of the total traffic volume of the Attica basin, helping to ease the already congested road network. It also means improvement of the quality of life for the citizens of Attica, improvement of the traffic flow, an obvious reduction in gas and noise emissions saving time and fuel and reducing pollution in general.

Athens has it all: the sophistication of the West and the adventure of the East.

THE GREEK GASTRONOMY

The Greek gastronomic identity is very rich with roots going back far in time. Greece has one of the oldest and richest culinary traditions in the world. It is an inheritance of tastes, aroma’s, ingredients and touches (techniques), which start in the prehistoric period and still lives on in our modern times. A world of dishes (food), wine and traditions makes up the Greek cuisine. We will present this world to you during a magic 7-day tour through the inexhaustible richness of the Greek gastronomy. We will follow the path of taste and we will discover the grandeur that the wine can offer to tasteful Greek food.



8-DAY-PROGRAM

<p>Day 1,</p>	<p>Arrival in Athens and transfer to the hotel. Check-in and relax. In the afternoon we will start our program with a first impression of the city of Athens and have a small panoramic tour. Following, the coach will drive us to Kastella, in the heart of Piraeus. What better first contact with the Greek traditional gastronomy than having a dinner at the famous taverna, “Arxaion Gevsies”!</p> <p>We invite you to enjoy the gastronomical preferences of our ancestors with old recipes (lost during centuries). The food, served by the ancient way, is surprising and very healthy, an unforgettable gastronomical experience.</p> <p>The whole environment and organization of the restaurant is a complete revelation, from the interior design until the dresses of the waiters. All the plates of Archaion Gevseis are based on ancient recipes and with whatever was available in ancient times (no forks are used!).</p> <p>The information is printed as a newspaper “The Ancient news”, in which the client can find the menus, the ancient sources and stories as well concerning the daily life in classical Greece.</p> <p>Return to the hotel and overnight</p>	 

Day 2,

Breakfast at the hotel.

We will start the day with a ½ day city tour of Athens with professional English speaking guide, including a panoramic tour of Athens (Constitution Square, the House of Parliament, the Memorial of the unknown Soldier, the National Library, the Presidential Palace, the Panathenaic Stadium) and visit to the Acropolis, with the most famous monuments such as the Temple of Nike, the Erechteion, the Parthenon and the Museum.



Noon time: lunch at Dionysos Zonar's restaurant with view to the Acropolis.

After lunch, we will continue the tour with a visit of the **Semeli-Kokotos estate**. Mrs. Anne Kokotos (British) will introduce you into the wine making and the most important products. The estate is as well renowned for its marvelous view.



Free evening for a stroll into Athens and to get to know its astonishing night life.

Day 3,

Breakfast at the hotel.

This day is dedicated to the region of Attica.

Together with our guide, we will drive through the mainland (inner road) in order to arrive at **Megapanos winery**. Mr. Megapanos, one of the leading experts and president of the Attica Winemakers Association, will give a lecture about wine producing in Greece in general.



After this, we will continue to the technological park of Lavrio. Our guide will explain the functioning of the old mining installations and at the end an expert will give us a lecture concerning the history of the Greek gastronomy. A demonstration of Greek recipes will be given and lunch in the Park.

In the afternoon, we will slowly proceed to **Cape Sounion**, one of the most visited spots of the Attic mainland, for a guided visit of the Poseidon temple.

Return to Athens and free evening.

Day 4,

Free day for shopping and wandering around the city of Athens. We suggest a visit to Plaka, the old living quarter with Monasteraki and Thesion or you can even see a performance at the Herodes Atticus theatre.



Day 5,



Departure for a tour of the Peloponnese with our professional English speaking guide.

We will leave Athens by the coastal road to the Corinth canal (short stop for photo's and coffee).

Continue to Nemea, the region known for its quite heavy red wines (once known as Hercules' Blood). Visit of the **Skouras estate**, producer of the finest wines. Lunch on the road.



Continue to Epidaurus (best preserved ancient theatre of the ancient world) and Mycenae (Cyclopic walls, lions' gate) for a guided visit of these 2 archaeological sites. Dinner and overnight at the hotel in Nafplio.

Day 6,



Breakfast at the hotel.

In the morning we will visit the region of Mantinea, another interesting wine region. 2 estates are on the program: **Spyropoulos and Tselepos Estate**, 2 old mansions transformed

into modern wineries.

Lunch in local taverna.

After lunch, we will continue. On the road to Olympia, we will visit the archaeological site of Bassae with the temple of Apollon Epikourios, one of Greece's best preserved shrines.

Overnight and dinner at the hotel in Olympia



Day 7,

Breakfast at the hotel.

In the morning, visit of the archaeological site of Ancient Olympia, the cradle of the Olympic Games (the temple of Olympian Zeus and the museum).

Lunch on the road

After the guided visit, we will continue our trip back to Athens.

Arrival in the early evening and overnight at the hotel.



Day 8,

Enchanted by rich experiences we will take the plane back to our home country. Our trip has come to an end.

Sea & City Tours, however, will continue to explore the path of taste with other destinations and is expecting you on a new trip full of new food and wine tasting!!