

SACRED CONNECTIONS

Sacred Site trips to Greece

May and September each year

Day 1

- Commencing in Athens
- Welcome Dinner

Day 2

- Travel to Nafplio
- Myceane Site

Day 3

- Epidavros
- Lunch in town

Day 4

- Pottery workshop
- Nafplio town
- Dinner in Nafplio

Day 5

- Travel to Gythio
- Stop at Mystas fortified Town
- Lunch

Day 6

- Monemvasia day trip

Day 7

- Travel to Kalamata
- Diros Caves

Day 8

- Pilos and Methoni
- Lunch in Town

Day 9

- Olympia
- Travel to Kefalonia

Day 10

- Free day

Day 11

- The Island of Ithica
- Lunch by the Sea

Day 12

- Kefalonia day trip
- Lunch in town

Day 13

- Travel to Arachova
- Dinner in town

Day 14 & 15

- Delphi and Site of Apollo
- Travel to Athens
- Farewell dinner



Itinerary

SEPTEMBER 9TH 2024

Day 1 - Athens

Arrival

Our journey will begin in the beautiful ancient city of Athena, settle into your room at The Hermes hotel where we will gather in the afternoon to begin our welcome and spend time connecting.

We will make our way through the cobbled streets of the Plaka arriving at the taverna where we will share our first feast together. Returning to our hotel later in the evening to prepare for our departure in the morning.

Accommodation; The Hermes Hotel

Tomorrow; Destination, Nafplio



DAY 1

SEPTEMBER 10TH 2024

Day 2 - Travel to Nafplío

We travel together today to the beautiful seaside town of Nafplio, the original capital of Greece, named after Nafplios, who was the son of Poseidon as well as the home of the Palamidis. Nafplio hero of the Trojan war, as the story goes he was the inventor of lighthouses, measurement, weights and the Greek alphabet.

On the way we will stop at the ancient city of Myceane, located 120 kilometres south west of Athens. The Lion gate being the entry point into this sacred place which dates from 1600 bc to 1100 bc, and is called the Mycenaean, referencing the Mycenae, needless to say that is spectacular and powerful but incredibly well preserved and impressive

Stop at Myceane

Hotel; Ilion hotel

Tomorrow; Epidavros



DAY 2

SEPTEMBER 11TH 2024

Day 3 - Epidavros

After breakfast we will travel to the sacred site of Epidavros, located on the north east of the Peloponnese, this sacred site is home of Asclepius, hero and god of medicine, the son of Apollo and Coronis he represents the healing aspect of the medical arts. His daughter, Hygieia, goddess of Hygiene, also present at this earthy sacred site. The pilgrims would make their way down to the dream sanctuary of Asclepius, where they would look to him to be healed through their dreams, this site has a powerful healing energy that still is very present today.

Epidavros, also boasts one of the most impressive amphitheatres, the acoustics like a bell still today, concerts are still held here in the summer time. This site is beautifully framed by nature filled with trees surrounding the many other sacred sites contained here. After our visit Epidavros, we will have lunch together in the town before returning to Naupflion, where we will have a gathering at our hotel to discuss the experiences we have shared today.

Tomorrow; Make your own Greek pot & Nafplio town



DAY 3

SEPTEMBER 12TH 2024

Day 4 - Greek Pots

Today we will start our day with a group talk, from there we will travel together to the workshop of The Silo Art Factory, approximately 20 minutes outside of Nauplio. Here we will be welcomed by the artist and owner, Stelios where we will each create our own ceramic pot to take home, his unique work is outstanding and our visit to his workshop will be a truly memorable experience.

After our workshop, we will return to town where you will have afternoon to visit one of two castles, The castle of Palamidi, perched on a hilltop at 216m, this castle was built and fortified under Venetian rule (1686-1715) named after the local hero Palamidiis. The fortress of Bourtzi which lies at the entrance to the port, Italian in architecture, built in 1473 by the Venetians, this complex has been re-named many times over the ages. Bourtzi main purpose, a fortress until 1865 when the executioners of the prisons of Palamidi settled in, from 1930 it became touristic later being a hotel until 1970. Today it is beautiful boat trip across the bay to visit as an Archaeological Museum This evening will join to have dinner together before we move to our new destination.

Tomorrow; Travel to Gythio



DAY 4

SEPTEMBER 13TH 2024

Day 5 - Arrive Gythio

Today we will say goodbye to Nafplio as we make our way towards the town on Gythio, making a stop at Mystras, a fortified town in Laconia region, Peloponnese.

These compelling medieval ruins are filled with the ruins of palaces, monasteries and churches dating between 1271 and 1460, here we will spend 3 hours to take in the sites, eat before continuing our journey.

Gythio, is a beautiful seaside town in the Peloponnese, nestled on the hill and surrounded by a natural bay, beautiful beaches, and wild landscapes, with white sand beaches and crystal waters, no wonder it's a prime choice for the sea turtles to come to lay their eggs.

On arrival we will settle into our hotel and gather for a group discussion and workshop, the evening will be yours to enjoy the town and the beauty and wonderful places and tavernas on offer.

Hotel; Pantheon

Tomorrow; Monemvasia



DAY 5

SEPTEMBER 14TH 2024

Day 6 - Monemvasía

After breakfast we will make our way to the castle town of Monemvasia, being among the most impressive places you can visit in Greece, Monemvasia was totally carved on the back side of sea rocks during the medieval times. Purposely not visible from the mainland, to avoid being attacked, the only way to get here was by boat.

Over time, pathways have been constructed to connect the castle entrance to the mainla, we will spend our day here taking in the sea view from the top of the castle, which is truly breathtaking, exploring the medieval town and everything it has to offer, we will gather for lunch but will not hurry our experience in this totally unique place. This afternoon we will make our way back to our hotel, where we will share today's experiences, the evening will be free to enjoy.

Tomorrow; Travel to Kalamata



DAY 6

SEPTEMBER 15TH 2024

Day 7 - Kalamata

We farewell our time in beautiful Gvthio, as we make our way to the township of Kalamata, we will spend our time making some important stops along the way, the first one being Divos Caves. This very important natural site as many of the caves were one of the earliest inhabited place in Greece. Spread over an area of about 33000 square meters, only about 5000 square meters have been explored! We will enter the cave by walking down a stairway to an underground lake where we will enter boats that will be waiting for us, we will journey through the caverns and tunnels, filled with stalactites and stalagmites. From here we will travel to the towns of Aeropoli, Mani, Stoupa and Kardamyli, each one offering its unique charm and character, we will have time to explore, have lunch and walk the old towns as we make our way to our destination of Kalamata. On arrival we will settle into our rooms and then meet for an afternoon talk, the evening will be yours to relax and enjoy the township and sights.

Tomorrow; Pilos & Methoni Hotel; Osteria



DAY 7

SEPTEMBER 16TH 2024

Day 8 - Pylos and Methoni

After our morning gathering, we will journey to the ancient town of Pylos, historically known as Navarino, this town has been inhabited since the beginning of the final division of the stone age about 12,000 years ago, today Pylos has approximately 2700 residents, Its natural beauty and splendour are spellbinding, as well as being steeped in ancient ruins and treasures waiting to be discovered, today we will take a boat trip on Navarino bay and explore the water ways. We will then board our bus and move to the towns of Methoni and Koroni, where we will visit the Venetian and Medieval castles before having time to stop for lunch then making away back to Kalamata

Tomorrow; Olympia & travel to Kefalonia



DAY 8

SEPTEMBER 17TH 2024

Day 9- Olympia

We now make our way to the beautiful Island of Kefalonia, the largest of the Ionian Islands, before departing we will travel to the sacred site of the Olympia, we will be able to honour Zeus, Hera and the Olympians. This magnificent site surrounded by trees is impressive to view as well as powerful, the museum is filled with ancient relics and history. We hope to have time to have lunch before boarding our vessel this afternoon. Kefalonia is the Island where the movie Captain Corellis Mandolin was made, with emerald, green mountains and crystal-clear waters, this is the largest of the Ionic Islands offering an array of beauty to discover throughout the entire Island. On arrival we will settle in at the wonderful Hotel Limonaki, this evening we will join to have dinner by the sea.

Tomorrow; Free Day



DAY 9

SEPTEMBER 18TH 2024

Day 10- Free Day

Today is a free day for you to gather up all the experiences so far and explore the beauty that awaits you on this magical Greek Island. We will have a short gathering after breakfast to run through the next days program before you adventure out to enjoy the island of Kefalonia.

Tomorrow; The Island of Ithica

Hotel; Princess Hotel



DAY 10

SEPTEMBER 19TH 2024

Day 11- The island of Ithica

Today we will visit the magical island of Ithaca, home of the mythological hero, Odysseus 96 square kilometres, this is the second smallest of the 7 Ionian islands, The romans occupied the island in the 2nd century BC, later, becoming part of the Byzantine Empire. During the 13th century, ruled by The Normans, after a short rule by the Turks, Ithica fell into Venetian hands. One of the most magical and remarkable islands in Greek mythology, it as a mythical essence, and boasts some of the most breath-taking beauty you have experienced. The relaxed character and emerald green waterways make it one of the most heavenly islands for those looking to totally relax. Beautiful villages, traditional identities, Ithaca also offers a medieval village in Anogi, Loizos Cave and Katharon Monastery will be some of the jewels will be experience in this full day trip. We will share lunch together by the sea experiencing some of the fresh seafood and traditional Greek delicacies at the beautiful taverna.

Tomorrow; Kefalonia day trip



DAY 11

SEPTEMBER 20TH 2024

Day 12 - Kefalonia

Today we will adventure and explore the many jewels of Kefalonia beginning our journey soon after an early breakfast. Some of the adventures today will include, Drogarati cave, over 100 million years old with stalactite and stalagmite formation, St Erasimos monastery and nunnery, and learn the remarkable life of saint Gerasimos, Robola winery, where we will taste the beautiful Robola wine a grape specifically grown on the island of Kefalonia, Melissia Lake, (pictured above), this cave was discovered after the 1953 earth quake when the whole was opened up exposing this amazing underground lake, St Georges castle and more. We will also enjoy lunch together today in the beautiful town of Fiskado enjoying not only the view but for those of you that want to take in the finest of Greek shopping, this is the perfect spot. This is a very full day, so on return to our hotel we will have the evening to rest and

Tomorrow; Travel to Delphi



DAY 12

SEPTEMBER 21ST 2024

Day 13 - Travel by Ferry

Today we will begin our day by farewelling Kefalonia and boarding our ferry to the township of Patras where we will then continue our journey and head to Arachova.

During winter, Arachova is a winter destination servicing the three ski centres located on Parnassus Mountain. The village is tradition in architecture, and a beautiful mountain backdrop, at night the town comes alive with a vibrant night life. Just 8 kilometres from Delphi makes this a wonderful destination as we travel back to Athens.

On arrival to our hotel, we will come together as a group for a discussion, and in preparation for tomorrow before having a free evening in Arachova.

**Tomorrow; Delphi
Hotel; Domotel**



DAY 13

SEPTEMBER 22ND 2024

Day 14 - Delphi & Athens

As we make our way back to Athena, we will stop at the sacred site of Apollo and The Tholos of Delphi, two spectacular sites to come and reflect on the journey we have all experienced to this point. The Tholos (circular temple) is located to the southeast of The Temple of Apollo, called Athena Pronea meaning “before the temple”, being the point you would come to before arriving at the temple of Apollo. This was a significant site, as you would come here to make your sacrifice before going to the oracle, the point that what considered to be the centre (naval) of the earth. Today we may bring our own question to the oracle, as we reflect on the time we have spent together over the past two weeks, after spending our time in Delphi, we will return to our hotel to have a free night in the beautiful town ship of Arachova.

Tomorrow; Travel to Athens



DAY 14

SEPTEMBER 23RD 2024

Day 15 - Athens & Sounion

Today, after breakfast we will make our way back to Athens, this afternoon we will head to the sacred site of Sounion to watch the sunset and have our final dinner together at the foot of the sacred site.

Making our way back to Athens



DAY 15

SEPTEMBER 24TH 2024

Day 16- Farewell

Today, after breakfast we will farewell each other as we now make our way back to onward destinations or homeward bound, our time together will be unique and unforgettable as we move forward with time to process our newfound insight, growth, and connections.

New friends and memories



DAY 15

2023 & 2024

Things to Prepare Before the Trip

Passport & Visa

Make sure to have a valid passport. A visa is not required to enter Europe, However it will be required from 2024.

Currency exchange

In Greece the currency is Euro. it is advised to exchange some currency before your trip or withdraw from ATMs once you arrive.

Climate.

During the times of May the climate is warm throughout the day. Layers or a light jacket could be required in the evening. During the time of September the climate is warm to hot. In bot months it is advised to bring swim wear.



Travel Insurance

Travel insurance is essential. Contact me for any further assistance in purchasing your treavel insurance.

Transportation

On our guided tour of the sacred sights we will travel on our own bus throughout Greece. Airport transfers can be organised with our lovely taxi driver George.

Pricing 2024

TWIN SHARE EARLY BIRD

AU\$4700.00

**An \$850 deposit is due to confirm
your place in the program**

TWIN SHARE NON EARLY BIRD

AU\$5200.00

**With final balance due eight weeks
prior to start date**

SINGLE EARLY BIRD

AU\$5700.00

Payment Plans are available

**Early Bird options offering
discounted**

SINGLE NON EARLY BIRD

AU\$6200.00

**After Pay is also available for
Australian Citizens**

Pricing Includes

*Accommodation including breakfast, Our own bus
for 15 days, all day trips, entry fees to sites &
museums, Ferry tickets, all group talks &
inclusions, 6 lunches and dinners, pre group
zoom calls 6 months prior*



www.aquariusrising.net.au
info@aquariusrising.net.au
+61(0)412013744