



PRE-CRUISE LAND PROGRAM – ATHENS, GREECE

(2 Complimentary Options to Choose From)

Option 1: Spectacular Peloponnese Adventure Challenge | 4 Days/3 Nights

Option 2: Experience Athen's Historical Past & Vibrant Present-Day | 4 Days/3 Nights

Truly destination-immersive and all-inclusive:

- Deluxe accommodation
- All Transfers are included
- Most meals and beverages
- All tours and entrance fees to sites
- Gratuities for the guides and drivers
- Dedicated Tour Manager who will be with you for the entire Program

Option 1:

Spectacular Peloponnese Adventure Challenge Duration: 4 Days / 3 nights Meals: Most

Geared for our adventure lovers who want to get an early start to their holiday, this active exploration of the natural beauty of Greece's Peloponnese region will provide you with unforgettable memories.

Day 1

Arrive in Athens and be transferred to your hotel where the remainder of the day is at your leisure and dinner is on your own.

Day 2

After spending the night in an Athens hotel where you will enjoy breakfast, your day commences with a morning drive to Arcadia and the fabled Lousios River where legend has it that Zeus, the father of Olympian gods bathed in the river after his birth. Your

exhilarating Class II rafting experience begins in Lousios and travels over the river's surging rapids and under a natural tunnel of trees. Dodge boulders and drop over cascades as you navigate your way through a densely vegetated gorge that leads from the Lousios River into the Alfios River. Along the way, stop in calm areas where you can take a refreshing swim in the crystal-clear waters and later, savor a delicious lunch at an ideal spot alongside the water. Your rafting ends at the marvellous bridge of "Koukos" and from here you will make your way to a charming guest house in Stemnitsa where you will overnight.

<u>Day 3</u>

Following breakfast, head to the Neda River and take part in a spectacular river trek alongside and within the Neda River, interestingly, one of the few rivers in Greece with a female name. Your trekking route passes through stone bridges, alongside narrow cliffs, underwater caves and impressive waterfalls. Scramble over rocks, balance on natural stone surfaces and in some of the narrower parts of the river gorge, make a short swim in order to continue on. Stop along the way to rest and enjoy a picnic lunch along the banks of the river before resuming your trek. All the effort is well worth it as you will find yourself at the end of your trail in the midst of a breathtakingly beautiful setting, complete with a cascading waterfall and natural river pool where you can go swimming. Transfer back to lodge in Stemnitsa where you will spend another night.

<u>Day 4</u>

Your final day has you hiking into the untouched nature that surrounds the Lousios River gorge, also referred to as the "Mount Athos of the Peloponnese" on account of the monasteries that appear to be literally hanging from the surrounding cliffs. It is hard not to be awed by how these monasteries seeming cling to the sheer cliff faces and have done so for centuries.

During your hike, you will visit the St. John Prodromos monastery which is open to the public. End your adventure at the fascinating archaeological site of Ancient Gortyna which is nestled along the rushing Lousios River that in ancient times was actually called the Gortynios River. Afterwards, transfer to the pier in Piraeus for embarkation.

Special Note: This tour includes 3-days of moderate to strenuous physical activity that includes inclines, scrambling over rocks, natural and uneven surfaces. The tour is not available to wheelchair guests, those with physical limitations or other health concerns. Participants should be in good physical condition. We recommend wearing weather appropriate comfortable clothing, flat walking shoes with a closed toe that can get wet, a sun cap, sunglasses and sunscreen. For water activities, we suggest wearing a swimsuit under your clothes and bringing a towel. All safety equipment will be provided. Guests will need to sign a waiver before being allowed to take part in the activities.

Option 2:

Experience Athen's Historical Past & Vibrant Present-Day Duration: 4 Days / 3 nights Meals: Yes

Start your holiday early and enjoy Athen's most iconic attractions, followed by a day that offers up an exhilarating bike ride and time for relaxing in the sun at the seaside.

<u>Day 1</u>

Upon touching down in Athens, you will be greeted and transferred to your hotel, the Saint George Lycabettus (or similar) located in the heart of Athens and notable for having stunning views of the Acropolis. After check-in, relax before having dinner in the hotel and then have the rest of the evening at your leisure.

<u>Day 2</u>

Start the day with breakfast in the hotel and then meet your guide in the lobby and commence your tour of Athens. As you head to the Acropolis site, you will pass many of the city's main landmarks such as Constitution Square (or Syntagma Square as it is also know), the Houses of Parliament, the university buildings, the Royal Palace and the Old Olympic Stadium of Athens. The stadium, which offers fantastic views of the Acropolis, was built entirely of marble and served as the site of the first modern day Olympics in 1896. However, the true highlight of the tour comes next when you arrive at the foot of the magnificent Acropolis, one of the most famous and photographed ancient monuments in the world. You will leave your coach behind here and set off on a walking tour that will be split into several stages, allowing for the guide to explain its rich history and for you to take short rest breaks. At the summit, there will be some free time to stroll about and admire the ancient temple of Athena Nike and the towering Parthenon.

Following your time at the summit, you will travel back down the mountain and visit the superlative Acropolis Museum that was opened in 2009. There is an immense amount of exhibition space and the way it has been laid out coupled with expansive windows can give the impression of crossing the ancient settlements nestled on the slopes of the Acropolis. Next, travel to the Plaka, the colorful old quarter of Athens that is rich with neoclassical architecture, ancient monuments and Byzantine churches, not to mention a plethora of shops and cafés. Following lunch here, there will be free time to do some shopping and explore on your own before transferring back to the hotel where you will enjoy dinner and then have the remainder of the evening to do as you please.

<u>Day 3</u>

After breakfast, change things up and head toward the Athen's Riviera. Once here, it's time to climb aboard a bike and be introduced to this other side of the city. As you bike along colorful side streets, soak in the local ambience and experience an uplifting bond with the surrounding sea. Mid-day stop for lunch by the beach and enjoy some free time to take a dip in the ocean or bask in the warmth of the sun before transferring back to the hotel.

Your final night takes you to the picturesque Mikrolimano area of Piraeus where you will be treated to dinner at the Varoulko restaurant. The restaurant's menu was created by Lefteris Lazarou, Greece's top-awarded Michelin Star chef, so you can expect an extraordinary dining experience. Later, with a satisfied palate and sense of contentment, head back to the hotel for the night.

<u>Day 4</u>

Following breakfast, the morning is at leisure and then you will join your transfer to the ship for embarkation.

Special Note: This tour includes 3-days of moderate to physical activity that includes steps, inclines, natural and cobblestone surfaces. The tour is not available to wheelchair guests and may not be suitable for those with other physical limitations or health concerns. Participants should be in good physical condition and comfortable riding a bike. We recommend wearing weather appropriate comfortable clothing, flat walking shoes with a closed toe that can get wet, a sun cap, sunglasses and sunscreen. For water activities, we suggest wearing a swimsuit under your clothes and bringing a towel. All safety equipment will be provided. Those who take part in any water activities do so at their own risk and responsibility.