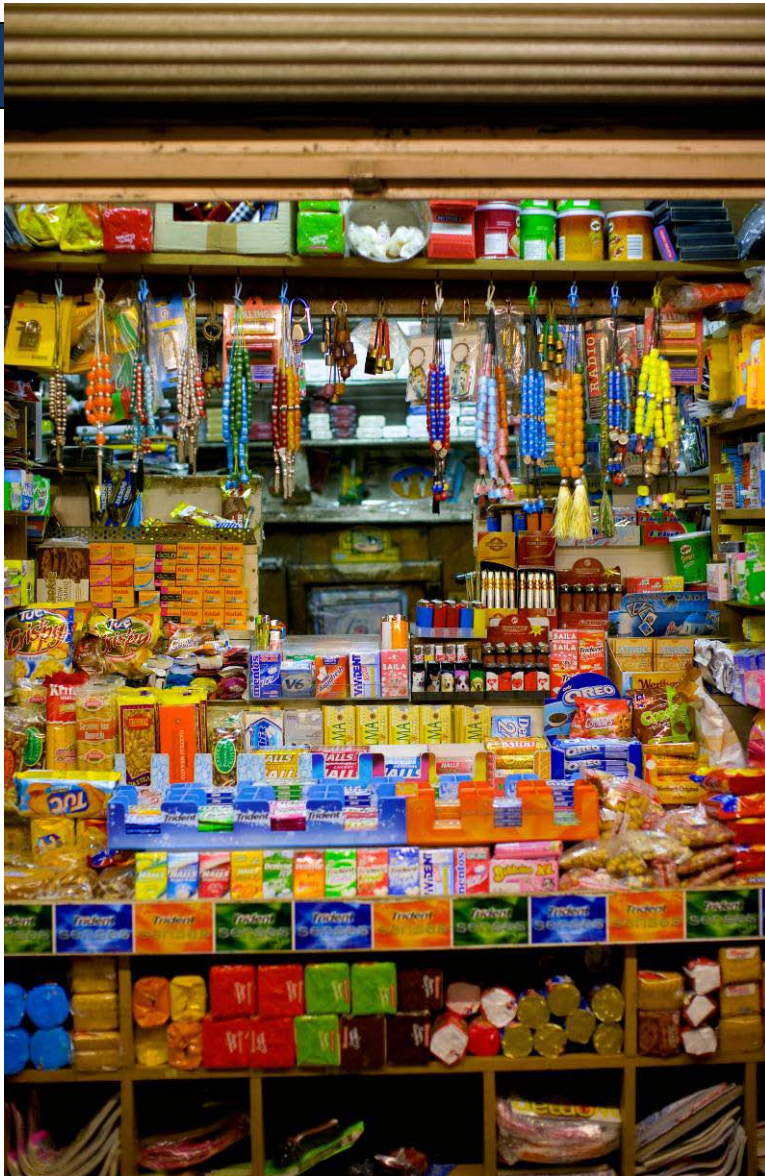


Athens



Sample incentive program
4 days / 3 nights

*Athens-the capital of Greece, took is the name goddess Athena
the goddess of Wisdom and knowledge
This is where democracy was born*

*This is where art became inseparable from life
This is where that the 'Marvel of the Architecture', the Parthenon was created
The glory of the classical world
Athens still pulses with life and continues to fascinate visitors from all over the world*

For more information, please contact us at: Greece@bodyandsoulinternational.com or
find us at <http://www.bodyandsoulinternational.com>

DMC Services presented by Intermed Travel Services S.A.



Day 1

Arrival



- **Arrival in Athens - Private Transfer** : Upon arrival at the Athens airport guests will be met by designated Intermed English speaking staff holding sign with signage bearing group's name. With the assistance of our staff guests will be directed to their waiting vehicle for their private transfer.

- **Transfer to the Hotel.** Upon arrival at the Hotel, InterMed staff will direct guests to the Reception area or designated Hospitality Desk to ensure check in procedures.
Vehicles: All transfers are performed by private air – conditioned deluxe vehicles as follows:
Individual Transfers :_By private Mercedes air-conditioned Mercedes taxi (max 3 pax)
Group Transfers : By private Mercedes air-conditioned brand new coaches

- **In the evening, transfer to DIONYSSOS ACROPOLIS restaurant for dinner**
The restaurant and café of Dionyssos are of the most famous in Athens with the unique spectacular view of the hill of Acropolis. Named after the ancient god of Wine & Mischief, Dionyssos restaurant is well known for its opulent decoration and high-class clientele. Within the elegant atmosphere and high quality of service, Dionyssos offers both International and Greek cuisine. However, it is certainly due to its exceptional location offering a splendid view over the flood lit Ancient Parthenon that makes Dionyssos a must-see.

- **After breakfast, rendez-vous at the hotel lobby with our licensed guides for a full day of discovery and fun in Athens!**



The Acropolis of Athens

On the natural fortress of the Acropolis, reinforced by the hand of man, stand the Propylaea, the temple of the Winged Victory, Erechtheion with the Porch of the Caryatids and, towering over all, and the majestic Parthenon. A winding path leads to the treasure of antiquity. From the top guests can see to the North Plaka quarters and the ancient Agora; to the East, Mount Lycabettus; to the South, the theatre of Dionysus. This is where the tragedies of Aeschylus, Sophocles and Euripides were performed.

The New Acropolis Museum *A Modern Museum Is Born*

A few metres away from the Acropolis entrance and the Ancient Theatre of Dionysos, the New Acropolis Museum, built on pedestrian walkway of Dionysiou Areopagitou Street, looks like hanging between the past and the present of Athens. Designed by Bernard Tschumi and Mihalis Fotiades, the new Acropolis Museum has a total area of 25,000 square meters, with exhibition space of over 14,000 square meters. Made of stainless steel, glass, marble and concrete, materials typical of the Athenian environment, the new museum has a direct view of the Acropolis. With bioclimatic planning, which gives ideal lighting and heating conditions, the New Museum offers all the amenities expected in an international museum of the 21st century.

The Exhibits and the Surprises of the Museum

The Parthenon sculptures and the copies of those located in the British Museum, the 130 metres of the frieze, the pediments, the antiquities of the Holly Rock of the Acropolis, the emblem of goddess Athena, Karyatides are what visitors will have the chance to enjoy during the opening ceremony of the museum. The reasoning behind the exhibition, is to give the visitors the feeling they are walking through the place to realize the place where the excavations and the artifacts lie.







➤ **Lunch in a taverna in Plaka**

There are numerous unpretentious taverns throughout Athens oldest and most the picturesque neighbourhood, Plaka. With its narrow, labyrinthine streets nestle into the north eastern slope of the gleaming Ancient Acropolis, it is hard to beat this atmosphere.

From the whitewashed passages and flowered balconies into the warm atmosphere of their interior, with authentic flavours and wine, one visit is enough to convince you that certain things do not ever die!

➤ **After lunch, we set off for an interactive fun game, “the Rally of the 5 senses”.**

The Idea: This is an interactive fun game that will guide guests through some of the most exciting areas of Athens, whilst highlighting the fascinating history of this antic city and its people. From mythological times through ancient history to the present day, guests will need to use all their senses, instinct, imagination and spirit to succeed and excel in this unique voyage of discovery around Athens.

➤ **Optional : A bicycle Ride in Plaka, the alternative sightseeing**

The best way for young and active people to visit the most interesting places, which reveal the unique history of the capital of Greece. It is a journey back in time, passing by all “must see” locations of ancient Athens. Everyone can live this fun and educational experience, while cycling at a nice, relaxed pace. We only ride on quiet streets and narrow paths making many stops at sights of interest.

➤ **In the evening, dinner with fish specialties on the port of Mikrolimano**

Seaside tavernas are located throughout Microlimano-the small, charming port near Piraeus. Although close to the capital, the atmosphere here is more like that of being on a small Greek island; The charming setting, the simple and effective service and the delicious specialty-seafood, makes for a wonderful quick getaway from city life.

Day 3

Sailing to Aegina island



➤ Buffet breakfast at leisure at Hotel

Intermed staff will be meeting guests at Hotel's lobby in the morning at a pre-arranged time and direct them to their waiting transportation for their transfer to the marina.

➤ The Sailing Experience

- Transfer time City Hotels to marina per way : Average transfer time 30 minutes
- Sailing time to the island per way : Approx. 3- 3 ½ hours

Today participants will experience sailing along the waters of Saronic Gulf. This is a Sailing Race, prepared especially for your guests. The Race will be set-up in the area located right in front of the small marina of Alimos (or a close by marina depending on availability for specific day).

Each sailing yacht can accommodate up to max 10 persons. The yacht's type will be a "Bavaria 44" (or similar).

The sailing experience is a fun race with pre arranged points that guests will need to cover and during sailing guests exercise the use of GPS and other electronic instruments. Special tasks are performed on board (i.e. prepare knots, design routing on the map) in order for the teams to conclude race by working as a team and communicating with their fellow members.

All instructions and tasks will be outlined in a tailor made booklet which will be given on board to guests and will have briefing prior to the starting of the race by their skippers.



Aegina is the largest island of the Saronic Gulf and is the favourite holiday 'refuge' of the Athenians, as well as a preferred island of tourists.

Entering the port, one can enjoy the okra and pink shades of the traditional Greek houses, and the busy life of summer and winter. Adding to the colourful and vivid port of Aegina there are boats that sell fruits and vegetables, small fish market, ouzo at Skotadis' where you can enjoy grilled octopus, and swimming on the sandy beach.

Driving towards the inner part of the island leading to the Doric temple of Aphaia and the monastery of Saint Nectarios, there is a wonderful scenic route passing olive trees, pistachio nut trees, cypress trees and traditional Greek houses.

➤ **Scooter rental (optional)**

Scooters are the favorite mean of transportation on the island and as such are widely used by locals and visitors. The activity will give guests the opportunity to explore the island and get acquainted with areas that visitors do not normally see. This is not a speed race but rather a relaxing ride for the "explorers".

➤ **Visit of the Temple of Aphaia**

The main ancient highlight of the island is the Aphaia Temple. The sanctuary was initially dedicated to the cult of Aphaia, a local deity later assimilated by Athena. Finds dating from the prehistoric period - including figurines of breeding women - point to the conclusion that the cult was established very early, possibly in the beginning of the 2nd millennium B.C. Judging from votive offerings and, mostly, from building activity, the sanctuary flourished mainly in the Archaic period. At the end of the period, around 500 B.C. and a little later, the sanctuary assumed the monumental form it preserves today. The area was evened off by the construction of isotonic walls which retained the earth on which the temple was erected, along with the altar, the propylon and various lesser buildings. A second period of prosperity came in the mid-4th century, leaving its traces on the remodelling of the altar and the construction of new buildings to the SE of the temenos. Pottery evidence of the following periods suggests restricted activity on the site until the beginning of the 1st century B.C., when the sanctuary definitely declined.

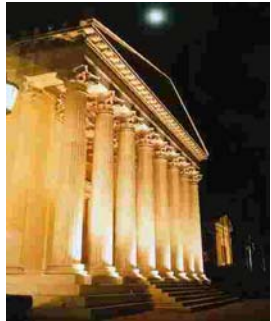
➤ **Lunch** will be offered at a local taverna.

Gala Dinner options



➤ The Vorres Museum

Located in nearby small suburb/village is the Vorres Museum with its collection of over 3000 years of Greek history. The structure consists of a complex of six acres of buildings, courtyards and gardens. Mr. Vorres began this collection over 40 years ago, upon his passing; he has willed the entire to museum to the Greek government. Entering into the beautiful torch lit gardens you will be greeted by the gentle music of a String Quartet, providing an atmosphere of soothing warmth to begin this special evening. The museum is divided into two main sections. The first comprises a group of two traditional village houses and the remnants of a stable that date back to the early 19th century. Peasant artefacts, Greek carpets, ceramics, icons, rare furniture and antiquities are displayed as a re adaptation of the daily life of the affluent Greek.



➤ The Palace of Zappeion

In 1869, the Greek Parliament allocated 80,000 m² of public land between the Palace Gardens and the ancient Temple of Olympian Zeus, and also passed a law on November 30, 1869, "for the building works of the Olympic Games", as the Zappeion was the first building to be erected specifically for the revival of the Olympic Games in the modern world.

For its construction, the privileges of Greece were emphasized: the clear sky of Attica, the Mediterranean light, the columns with Ionian capitals, the colours of frescoes and circular patio just like the elegant houses of Antique Greece, the colonnades of the entrance which imitates the propylies of temples dedicated to the gods of Olympus.

The Megaron (Palace) of Zappeion welcomes until our days the demonstrations of high range. For evenings organized in this prestigious place, InterMed emphasizes not only the particular beauty of the building but brings a spotlight on the event.





➤ **The Nassioutzik Museum**

16 km from the centre of Athens, on a green peaceful hill between the areas of Pallini and Spata, unfolds the lifetime creation of George Nassioutzik.

A beautiful and hospitable 12 acre natural landscape makes the dreams of this restless Macedonian come true and becomes his second 'birthplace'.

A simple visit or glimpse of the KTIMA or METEORA, confirms that the dreams of George Nassioutzik are alive... through materials carefully selected for the unique buildings... and through the rare precious objects gathered here form different parts of the world.

Not only is the NASSIOUTZIK MUSEUM a Byzantine Mansion, it also has a distinct cultural heritage. As a visitor you will discover more than 2000 unique works of art.

It is a personal vision that transcends its boundaries. The area is enchanting and charismatic. It aims to express the vision of those with sophisticated lifestyles and simultaneously to become the 'Estate' of everyone who visits it.

➤ **The Island**

Island is a well established, favourite club that is frequented in the summer by people who are looking for atmosphere, style and quality.

The beautiful natural settings of Island and its aesthetic decoration make it unique. The architecture is Cycladic, white being the main colour of the interior. What makes it stand out is the intervention of objects and decoration that one would consider classic, which gives the place a modern, imaginative appearance.

Entertainment options



➤ Percussionist Show

A powerful and impressive show performed by drummers that will keep you stunned and excite your senses with the boisterous rhythm and volume.



➤ Soprano and Tenor show

Two opera singers, one soprano and one tenor, accompanied by a pianist interpret the world's most famous arias.



➤ The Syrtaki

It is characteristic of the Greeks to sweeten their sorrows, celebrate their joys and confront life with exuberance and wit! Brought to life, is the philosophizing Larger-than-life Zorba, performing the dance that made him famous, the syrtaki.



➤ Greek Folk Dances

Greece is one of the few countries in the world where the folk dances are as alive today as they were in ancient times. It is an expression of human feelings and everyday life. The Greeks danced at religious festivals, ceremonies; they danced to ensure fertility; they danced to prepare for war and to celebrate victories; they danced at weddings; they danced to overcome depression and to cure physical illness



➤ Greek Dance Theater

Fragments from Greek mythology. A landscape of bodies distilled through music and sound. Words and phrases from ancient Greek unlock the doors of the senses...

The rituals by which the myths are established and repeated have persisted since man first cultivated the earth until the present day.



➤ Tenors and Divas Incognito

Tenors and Divas Incognito mixes the best of Tenors Incognito and Divas Incognito, and brings you a totally unique and unforgettable experience. Melding the timeless elegance and class of opera, with the fun and relaxed approach of musicals and popular music.



- **Buffet breakfast at leisure at Hotel**
- **Check out of the hotel and rendez-vous with our licensed guides at the hotel lobby, for a visit of the Temple of Poseidon at Cape Sounion, followed by lunch (fish specialties) by the sea.**

Attica is blessed with picture-perfect landscapes and mountainous territory. Bordered by the sea on three sides, its sharply indented coastline is fringed with beautiful beaches. This excursion will show you some of the marvellous vistas Attica offers.

You will drive along the scenic west coast of the Attica peninsula, affording you fine view of the Saronic Gulf and of the fertile countryside inland. You pass the suburban exclusive areas of Lagonissi and other resorts on your way to the south easternmost tip of the landmass of Europe - Cape Sounion. Here on the top of the cliff, from where King Aegeus threw himself into the sea which even now bears his name, stand the 17 remaining Doric columns of the fifth century BC. Temple of Poseidon. Built of Pentelic marble, the columns have retained much of their original gleaming white appearance. Many visitors-both illustrious and run-of-the-mill - have carved their names on the pillars since the 18th century. Lord Byron proudly carved his signature, but you are discouraged from leaving your mark. The panorama from this lofty spot is superb with the deep blue Aegean Sea studded with islands before you.

- **Lunch in a small tavern, on the sea front below the Temple of Poseidon.**
- **Transfer to the airport for the return flight**

