



Indigo Gazelle Tours

Gallop Further

Genuine Greece Cuisine, Culture & Wellness Tour

Featuring Celebrity Chef & Mediterranean Diet Advocate, Amy Riolo

10 Days/9 Nights: June 14-23, 2020*

**Tour Begins in Athens and Concludes in Icaria*

*We should look for someone to eat and drink with
before looking for something to eat and drink.*

-- 4th Century BC Philosopher, Epicurus

NB: This tour begins in Athens and ends in Icaria, allowing for the opportunity to append additional travel before or afterward. Contact Indigo Gazelle for ideas, if interested.

Days 1-3

June 14-16, 2020

Athens - "A Resurgent Classic"

Athens. A "giant village." The cradle of Western Civilization. The birthplace of Democracy. A plethora of classical and Byzantine antiquities. The tremendous weight of history and legendary glory atop a generation buffeted by years of austerity is palpable —yet a renaissance of art and culture is percolating from this contemporary crucible. Graffiti in the shadows of the Parthenon. Iconic cafe culture and street food...and, yes, world-class cutting-edge haute cuisine. The soulful sound of Greek blues —"Rembetiko"—ricocheting from a tucked-away taverna. So many monikers speak to a rich, complex past and present. Will you meet modern-day Greeks named "Hera" and "Socrates"? Very likely. The grit and glory make for a fascinating mix, and the drama is on full, expressive display for you to experience.

These three days in Athens will include time for us to explore the UNESCO World Heritage Site of the Acropolis on an official guided tour along with the relatively new and smart Acropolis Museum, and the numerous other intriguing ruins, churches, and museums with which this city is endowed. Hellenic hospitality—"filoxenia" (literally, "love

of the stranger”) —will be on display whether you sip a leisurely frappe at a Plaka “kafeneion” (cafe) or sample a flaky “tiropita” (cheese pie) near Syntagma Square at Ariston, an institution for savory pies since 1910.

Our hotel will be located near The Plaka, Athens’ historic district, Anafiotika, the adorable whitewashed neighborhood built by island refugees in the 19th century, and within a 15 minute walk to The Acropolis, The Acropolis Museum, the Ancient Agora, The Temple of Olympian Zeus, Hadrian’s Arch, many atmospheric tavernas, and the shopping districts of Ermou and Kolonaki. You will have time for some independent exploration of these ancient and modern marvels.

Other features of our time in Athens will include: a very interesting discussion with a notable sociology professor for a revealing perspective on the country’s recent history and transformation; three dinners showcasing both traditional and contemporary delicious, Greek fare; and an insider’s culinary walk with a local food writer and chef during which we’ll veer from the tourist-cluttered facade and duck into neighborhood bakeries, stores, markets, canteens, and patisseries catering to Athenians. In these hidden nooks, we’ll explore (and sample) ancient Greek, Roman, Ottoman, Byzantine and modern-day influences on this country’s storied cuisine and begin to unfurl the time-tested benefits of a Mediterranean Diet, à la grecque. As you’ll see, Athens is worthy of our deep attention and shouldn’t be confined to a clichéd Acropolis sprint before departing for the islands.

Days 4-10

June 17-23, 2020

Ikaria - “The Isle of Longevity”

“Genuine Greece” is said to reside in the northeast Aegean, off the well-worn (but still beautiful) circuit, on the rugged, rustic, authentic, wind-whipped island of Ikaria. We’ll approach this 21 mile long x 5 mile wide island by plane, recalling mythological Icarus’ hubris as his waxed wings melted in the sun, plunging him into the sea and birthing his namesake memorial (we’ll keep our hubris in check). Today, it is also known as “the island where people forget to die,” and the perfect place for us to discover culinary medicine – and just how delicious “culinary medicine” can be with a unique workshop presented by Chef Amy Riolo.

One of only a handful of “Blue Zones” around the world—a locale where inhabitants live measurably longer, more lucid, more active, and healthier lives—Ikaria will reveal its longevity formula during our four day stay here. Rx #1: Keep your watches stowed away. Rx #2: Lace up your walking shoes. Rx #3: Yawn. Restorative nap anyone? Rx #4: Commune. Dance. Work those “komboloi” (worry beads). Friendship, fellowship, intergenerational connectivity are keys—long coffees and backgammon with fellow Ikarians deliver years. Rx #5: Find a passion—work, a hobby, a vocation—and don’t quit it (don’t “retire” in the traditional sense); Rx #6: Learn those dietary secrets (polyphenol/fountains of youth spoiler alert: potent homemade wine, herbal tea, goat’s milk, Greek coffee, native thyme honey, wild greens, locally harvested sea salt, legumes, olive oil, infrequent meat) with 3 unique cooking classes during our stay here:

- (1) we’ll prepare rustic breads and “pites” with a Greek-American baker (Niko moved from OH to the town of Agios Kyrikos decades ago to stoke this passion) in the oldest wood-fired oven on the island;
- (2) our own Chef Riolo will lead an intimate Greek pastry-making class at our villa compound (baklava, loukoumades, kourembiedes (Greek sand tarts), and finikia are all sweet possibilities) after her lecture on Greco-Roman, Byzantine, and Ottoman influences on cuisine; and
- (3) Chef Riolo will join a husband/wife cooking team at their traditional restaurant, Masala, in the port town of Agios Kyrikos, to orchestrate a cooking class of Ikarian longevity specialties. The menu may include: “kopanisti” (Ikaria’s soft cheese); stuffed zucchini fritters; fried feta with honey; mousaka; pastitsio; lentil salad with fennel, onions, and herbs or the simple and fresh “horiatiki” (village) salad; longevity greens and pumpkin pie; “hortopita” (wild greens savory pie); or collard green dolmades filled with dried corn and herbs. Can you taste the vigor and vitality on your palate?

Our initial base will be in the walkable, placid seafront village of Faros (we’ll transfer here from the airport less than 10 minutes away) with a line of lazy and picturesque beach tavernas and a captivating view of the Fourni Islands straight away (over your left shoulder, admire the volcanic-like face of Mount Kerkis on Samos). Here, we’ll enjoy several convivial meals and acclimate to the island’s languid, present, joyful pace. The nearby scenic and quiet Iero Beach is the gateway for a short hike to Dionysus’ Cave, the legendary birthplace of this god. A pilgrimage we must make. With good fortune, we

may also be regaled by stories from the island's lone Orthopedist who also happens to be a farmer, winemaker, fisherman, sailor, sea-salt gatherer and all around good-vibe Doctor. In him and other Ikarians you meet, you will profoundly see that zestful, carefree essence which rewards them with a "Blue Zone" ribbon.

We'll also take an overnight excursion across the island's mountainous spine (the highest elevation is over 3,400 feet), affording us dramatic Aegean vistas and the redolent scent of pine and sage as we make our way down to the slightly more buzzy seaside village of Armenisits. En route, take note of older women foraging for wild herbs, the checkerboard of bee boxes on a slope, a shepherd with his flock, and the many old goat trails ("monopatía"—the natural Ikarian StairMaster)—all part of Ikaria's self-sustaining ethos and "Blue Zone" formula. If time allows, you may venture a peek at famed, nearby Nas Beach near the ruins of the ancient Temple of Artemis, hear the roar and see the violent surf of the Aegean in contrast to Faros' calm waters—rip currents are severe here, so take caution if you elect to wade.

The highlight during this northern detour will be an exclusive tasting and scenic sunset dinner at a small, but acclaimed, winery in Ikaria's highlands. Here, the island's legendary method of wine-making via natural fermentation in earthen clay pots is being preserved; the indigenous "Pramnian" wine was referenced by Homer and Hippocrates and is noted for its dryness coupled with high alcohol content. Brace yourselves. There is also an interesting folklore museum on site and historian-architects will appreciate the old stone house on the property—built in the centuries-old fashion to evade pirates, using stone/slate, earth, and trees as camouflage from potential marauders 1,000 feet below at sea. You will see many such innovative structures if you look hard enough. If there is wine, there must be some live music which then means dancing in the vineyard (if that doesn't sound mythological enough) is a strong possibility. Ikarians (Greeks, for that matter) have a frothy fever for dance, and when the "Ikariotis" folk song strikes, the sensual, sinuous melody summons locals and travelers alike into that slow, curlicue of a festive circle that can go on until dawn. Pagan in origin, Ikaria's famous summer "panegyria"—festivals celebrating saint's/feast days and binding local communities—can attract thousands in a days-long, uninhibited blend of dance, music, wine, and good cheer. We'll orchestrate our own miniature, abridged panegyri this night. Magic dust from Dionysus' Cave has a long shelf life.

After breakfast the next day, we'll visit the quaint mountain village of Raches with its pretty stone square, cafes and shops before we return south to Faros. A coffee, a koulourakia (that addictive, buttery twist of a cookie), another shot of the local firewater, "tsipouro," a thunderclap of laughter among new friends...distill this variegated recipe for life and living for the journey back. Have a look at our quick reference-guide: [Ikaria: Isle of Longevity](#)

Our final two nights of the tour are back in Faros, and if a panegyri is scheduled in a nearby village, we'll go and immerse ourselves into this quintessential Ikarian spectacle—if not til dawn, at least until midnight. As a nod to the island's legendary winds, the local saying is, "You're not a true sailor until you can sail the Ikarian sea." So, in order to embody the letter and spirit of Genuine Greece, one day, we'll sail the sea (leaving the captaining to professionals) and charter a vessel for an excursion to the Fourni islands on the near horizon for a swim and snorkel in a secluded Aegean cove. Any remaining time is for simple relaxation in our adopted village. Check, check, check on our longevity checklist.

While some may elect to return home once our tour concludes, others may wish to give serious consideration to extending the journey. Where? For starters, pulsing Mykonos, spiritual Patmos, or gorgeous Lipsi—all accessible by ferry from Ikaria—are a variegated, alluring trio of options. Whenever we decide to leave Ellas, we'll hopefully not only pack feta-stained laundry and heather honey, but also those very real longevity and life-affirming habits, practices, and dispositions that can transfer, in some form, to our oft-overcomplicated, overcooked milieus back home. In the words of Nikos Kazantzakis' lyrical Zorba the Greek: "I felt once more how simple and frugal a thing is happiness: a glass of wine, a roast chestnut, a wretched little brazier, the sound of the sea. Nothing else."

Tour Details

Tariff: \$6,025 per person (double or single occupancy) inclusive of:

- Tour and Cultural Leadership Services of Alex Safos, Indigo Gazelle
- Culinary Leadership Services of Chef Amy Riolo
- In-country flight, one-way: Athens->Ikaria (1 checked bag per person included)
- All ground transportation/transfers during the tour except upon arrival in Athens
- Lodging, including taxes, in Athens and Ikaria
- Daily breakfasts in Athens and Ikaria
- Official guided tour of The Acropolis
- Admissions to The Acropolis and The Acropolis Museum
- An exclusive guided “culinary walk” to sample Athens’ lesser-known foodie jewels
- A lecture on contemporary Greece by an acclaimed professor
- 1 lunch and 3 dinners in Athens (1/2 bottle of wine per person included for dinner)
- 3 lunches and 3 dinners in Ikaria (1/2 bottle of wine per person included for dinner)
- 1 pastry workshop with Chef Riolo
- 1 cooking class (and dinner) at an authentic Ikarian taverna
- 1 rustic pita-making class at an Ikarian bakery
- Winery tour, tasting, and vineyard dinner in Ikaria
- Day sailing excursion to the archipelago of Fourni
- An olive oil workshop/tasting conducted by Chef Riolo
- A culinary medicine workshop by Chef Riolo
- A lecture on Greco-Roman, Byzantine & Ottoman Food Influences by Chef Riolo
- Presentation on “The Philosopher’s Kitchen” by Chef Riolo
- Cultural enrichment activities— both planned (e.g. informal discussions with locals in Athens and Ikaria) and impromptu (beekeeper/shepherd encounters, dancing!)
- Gratuities for driver(s), guest speakers, and local guides
- NB: Travelers are responsible for transportation from Ikaria once the tour concludes on June 23, 2020. There are daily flights from Faros, Ikaria to Athens and ferry service from Agios Kyrikos, Ikaria to adjacent islands (e.g. Mykonos, Patmos, Lipsi, Fourni, Samos, Turkey via Samos) for those interested in extending their Aegean adventure



Payment

A non-refundable deposit of \$2,000 per person is due by February 3, 2020

Balance of payment, \$4,025 per person is due by February 24, 2020

*Only checks—payable to “Alex Safos, Indigo Gazelle”—are accepted; mail to:

Alex Safos
Indigo Gazelle Tours
2321 Nordok Pl
Alexandria, VA 22306

Terms & Conditions

Cancellation Policy: Tour cancellations must be made in writing and are effective from date of postmark or email time-stamp. Cancellations made after February 24, 2020 are subject to full forfeiture of the tour price unless the tour is fully subscribed and your space is resold (in which case a \$250 handling fee will apply). Leaving the tour in progress, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions of the tour.

Indigo Gazelle reserves the right to cancel any tour due to insufficient enrollment that makes the tour economically unfeasible to operate or because of good-faith concerns with respect to the safety, health, or well-being of the participants. If a tour is canceled for any of these reasons, deposits will be returned minus a \$250 service fee.

International travel and airfare to/from Athens—the tour's starting point—and transportation from Ikaria—the tour's end point—are the responsibility of the traveler. **Do not** make travel arrangements to Athens or from Ikaria before first contacting Indigo Gazelle to ensure the tour is fully booked.

This small group tour is limited to 10 participants.

Travel Insurance/Trip Cancellation/Overseas Medical Insurance/Emergency Evacuation coverage is not included but **highly recommended**.

Meals, snacks, beverages, services, and activities not noted in the itinerary above are at the discretion and cost of the traveler.

Extra baggage fees beyond the standard allowance are the responsibility of the traveler.

Unless otherwise noted, alcoholic beverages are not included.

Fares for taxis, buses, or other transportation for independent excursions are not included.

Tips to bellhops and hotel staff for luggage assistance or other personal services are not included.

Note that this tour involves moderate exercise with significant walking at all destinations with hilly elevations. Please be physically prepared and pack appropriate footwear.

Accommodations in Athens will be in 4* full-service lodgings. In Ikaria, travelers will share adjoining, limited-service luxury villas but have their own private bedroom and bathroom along with a communal pool. There will also be an overnight at a 3* seafront hotel.

By participating on this tour, you hereby grant Indigo Gazelle permission to use any and all proprietary and copyrighted media (photos, video, audio, etc.) created/captured by Indigo Gazelle on this tour for marketing, advertising, promotional, and/or educational purposes.

Mutual Waiver and Indemnity Agreement

Indigo Gazelle Tours, LLC (“Indigo Gazelle”) offers its participants the opportunity to experience international travel/culinary and cultural tours. Certain potential risks to personal health and safety are associated with international travel and residence in a foreign country. You should not participate in a such a tour unless you are willing to accept the associated risks.

Indigo Gazelle cannot guarantee the health and safety of participants in a travel abroad program or eliminate all risks from travel abroad environments.

By submitting your reservation form for this program and signing and dating this Mutual Waiver and Indemnity Agreement, you are agreeing to the following:

I understand that there are certain risks associated with international travel and residence in a foreign country and that Indigo Gazelle, including its director and tour leader, cannot control or eliminate these risks.

I understand that these risks may include exposure to potentially serious health and safety hazards including, but not limited to: transportation accidents, storms, floods, earthquakes, and other natural disasters, infectious diseases, inadequate medical care, remote access to medical treatment; armed insurrections; and terrorist activities.

I understand the Indigo Gazelle is not in a position to guarantee my personal health or safety during my participation in a culinary and cultural tour abroad.

I understand that Indigo Gazelle cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.

I understand the Indigo Gazelle cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.

I understand that Indigo Gazelle cannot assume responsibility for the actions of persons not employed or otherwise engaged by Indigo Gazelle, for events that are not part of the program, or that are beyond the control of Indigo Gazelle and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.

I understand that Indigo Gazelle acts only as an agent for the various independent suppliers that provide hotel accommodations, transportation, sightseeing, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Indigo Gazelle and its respective employees, agents, representatives, and assigns accept no liability whatsoever for

any injury, damage, loss, accident, delay, or any other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Responsibility is not accepted for losses, injury, damages or expenses of any kind due to sickness, weather, strikes, hostilities, wars, terrorist acts, acts of nature, local laws or other such causes. All services and accommodations are subject to the laws and regulations of the country in which they are provided. Indigo Gazelle is not responsible for any baggage or personal effects of any individual participating in the tours / trips arranged by Indigo Gazelle. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.

I understand and hereby acknowledge that I assume all risks incurred by my participation in an Indigo Gazelle international travel program.

I understand that I have the option to invite an attorney review this document and advise me of my rights.

In consideration of being allowed to enroll and participate in a Indigo Gazelle international travel program, the traveler(s) listed on the reservation form hereby release Indigo Gazelle, its owner, agents, and employees from any and all claims arising out of or in any way connected with any Indigo Gazelle program and the traveler's/travelers' participation in the program, including, but not limited to the risks as outlined above.

Signature (required) _____ Date _____

Signature (required) _____ Date _____

Genuine Greece
Cuisine, Culture & Wellness Tour
Greece ♦ June 14-23, 2020 | RESERVATION FORM

To reserve a place, please return this form and a signed mutual waiver and indemnity agreement with your non-refundable deposit of \$2,000 per person by February 3, 2020 to:

Alex Safos
Indigo Gazelle
2321 Nordok Pl.
Alexandria, VA 22306
—Or call (571) 217-9059 or email alex@indigogazelle.com for more information

Final payment of \$4,025 per person is due no later than February 24, 2020.

Name/s of Traveler/s as depicted in Passport(s)

Date(s) of Birth _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Fax _____ Email _____

ACCOMMODATIONS

I wish to share a room with: _____

Double (1 shared bed) Twin (2 beds) Single Occupancy

PAYMENT

Enclosed is my check for my non-refundable deposit of \$2,000 per person, payable to "Alex Safos, Indigo Gazelle"

I/We confirm that I/we have carefully read and agree to the Terms and Conditions and Mutual Waiver and Indemnity Agreement of this program, and agree to full payment to "Alex Safos, Indigo Gazelle", by check no later than February 24, 2020. *Each participant must sign below:*

Signature (required) _____ Date _____

Signature (required) _____ Date _____