



*Ikaria, Greece*

## **Herbal Medicine and Traditional Healing on the Greek Islands of the Aegean**

### ***Tentative Itinerary***

**May 21 – 31, 2022**

**May 21-** On arrival, it will be easy to imagine why, in mythology, Icarus, so overcome by Ikaria's beauty, lost his way and fell into the sea. Thea & Jane will be at the airport to greet you. First, we will visit the village of Therma to enjoy the hot springs. Have your bathing suits and towels ready! Afterwards we will enjoy a lunch by the seaside. On our way to Nas we will stop in the village of Evdilos for some free time. Here we can stretch our legs and enjoy the sea side village with a coffee. Once in Nas you will settle into your new homes and have a rest before Opening Circle and dinner. Dinners will be family style with a variety of dishes and a great time for conversation.

**May 22-** After a breakfast of yogurt, fresh eggs, herbal teas and more we will go to visit the monastery of Theoktistis. On the way back to Nas, there will be a stop off in Armenistis for free time to swim, shop, have lunch, etc. Those who wish, may take a lovely walking trail back to Nas. Be sure to have a rest this afternoon, because tonight we will have a traditional music & dance night!

**May 23-** We will be spending most of the day in the mountain village of Christos Rahes. There we will visit the shops in the square, have some lunch, visit a honey house, and meet an Ikarian woman who will show us how to make a deliciously savory vegetable pie. Then we are off to visit the Afianes Winery in Prophet Ilias. After that, it's back to Nas for dinner and free time.

**May 24-** Today we will be visiting Thea's family farm and collecting seasonal vegetables to cook and enjoy for lunch. A true farm-to-table experience! In the early evening, there will be a hike to the valley to enjoy its breathtaking natural beauty, and then back to Nas for dinner.

**May 25-** After breakfast, we are off to the village of Agios Dimitrios to visit Thodoris & Tara of [Ikarian Nature](#) who distill their own oils. Afterwards, we will stop in the village square for lunch before returning to Nas for some free time until we meet up again for dinner. We may also be visiting with Aryiro, an amazing Ikarian herbalist today!

**May 26-** We will be meeting with a young couple today who make soaps and salves. Everyone will be taking part in the workshop. Then it's back to Nas for lunch. Free time. Dinner.

**May 27-** Today we travel across the island to Agios Kyrikos taking our time to explore the wonderful sites and plants along the way! While in Agios Kyrikos we will stay at Evon's Rooms on Faros Beach. This day's itinerary may change a bit as our schedule is firmed up, thank you for being flexible!

**May 28 – 30** – These three days will be spent exploring amazing sites around Faros and Agios Kyrikos and taking day-trips to the beautiful islands of Fournoi and Patmos. Fournoi is actually a collection of small islands known for their beautiful beaches, lush scenery filled with spectacular herbs and as a historical hideaway for Saracen pirates! Patmos is renowned for its natural beauty and its ancient spiritual character. Known as the "Holy Island", it is rich in religious architecture, activity and cultural history. We are still solidifying the schedule for these days, so they are subject to change. We appreciate your flexibility!

**May 31-** Today our tour ends as we enjoy our last breakfast together, we may have time for one more amazing activity together before we complete our experience with a Closing Circle and we depart to the airport.

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**Items of Note:** Throughout our journey, Jane will be pointing out and sharing information on the bounty of medicinal plants surrounding us! All activities and outings are optional. In the event that an activity must be changed for some reason, an alternate activity will be arranged to take its place. We ask for your grace & flexibility as our schedule may be adjusted for optimal enjoyment! Our goal is to provide a balance of structured opportunities and free time to explore and contemplate Greece's extraordinary beauty.

**Optional Classes:** With additional charges, participants may wish to take a pottery workshop, a mindfulness session or yoga class. Massages may also be available.

**Cost: 2,995.00** *(Includes all transportation within Greece, accommodations based on double occupancy, most all meals, seminar classes, guide fees, archaeological sites and museum entry fees.) There are Single Supplements available for an additional fee.*

**Lodging:** All participants will stay in either Eutichia Studios (<http://www.eutichiastudios.gr/>) or Nas Studios (<http://www.island-ikaria.com/studios-apts/Nas-Studios>) near Thea's Taverna.

While in Agios Kyrikos we will stay at Evon's Rooms on Faros Beach.

**Contact:**

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**Updated 9/7/21**