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Dear Ones,

Welcome to the Ananda College Pilgrimage to Greece and Crete 2023!

We are looking forward to welcoming you to Greece very soon.

Attached is an overview of our itinerary from our Tour Operator TravelSmart.

Please note that for those of you who will already be in Athens on Saturday, April 22 we have arranged the following plan:

7:00- 8:00am Optional Guided Energization Exercises & Meditation  
8:00am Breakfast buffet at the Hotel and Group Meeting  
10:00am Visit to National Gardens with Guided Qi Gong  
11:00am Walk to Cycladic Museum  
Lunch and afternoon on your own in Kolonaki, Syntagma, or Plaka areas  
5:00PM Guided meditation  
Dinner and evening on your own

Each morning will also include Guided Energization Exercises and Morning Meditation and we will offer evening meditations where possible.

For our flight to Crete, please note the baggage allowance per person:

- 1 carry-on bag up to 8kg [17.6 pounds] and dimensions up to 56cm X 45cm X 25cm [22in X 17.7in X 9.8in] that can be stored in the overhead bin
- 1 personal item (women's/men's handbag or a thin laptop case) that must fit under the seat in front of you.
- 1 checked-in suitcase up to 23 kilos [50 pounds] and up to 158 cm (62 inches)

We look forward to meeting you all on Zoom on Wednesday, March 1 from 4:00 to 5:30PM Pacific and answering any questions you might have.

In joy,

Nayaswami Nischala  
Jenny Kellogg  
Priya Wong

Ananda group confirmation of services:

Outlined itinerary:

Day	Action	Overnight
Sat, 22 Apr 2023	Arrival in Athens on own arrangements	Athens
Sun, 23 Apr 2023	Athens SS -Walking - Welcome dinner	Athens
Mon, 24 Apr 2023	Departure to Delphi - Visit Osios Loukas monastery - Visit museum	Delphi
Tue, 25 Apr 2023	Corycian Cave & site	Delphi
Wed, 26 Apr 2023	Departure to Kalambaka – Truffle hunting – Sunset tour	Arachova
Thu, 27 Apr 2023	Hike and visit monasteries	Arachova
Fri, 28 Apr 2023	Return to Athens - Departure to Heraklion [at around 4:30pm]	Heraklion
Sat, 29 Apr 2023	Diktaion Andron, Kera Monastery, Kritsa Village	Heraklion
Sun, 30 Apr 2023	Knossos - Heraklion museum	Heraklion
Mon, 01 May 2023	Full day tour to Chania	Heraklion
Tue, 02 May 2023	Day excursion to Santorini	Heraklion
Wed, 03 May 2023	Free at Heraklion	Heraklion
Thu, 04 May 2023	Flight to Athens - Farewell dinner	Athens
Fri, 05 May 2023	Departure on own arrangements	

## Detailed itinerary:

### **Saturday April 22, 2023**                      **Arrival on own arrangements**

People will arrive independently [we can arrange arrival transfer at an extra cost]

**Dinner on own arrangements**

### **Sunday April 23, 2023**                      **Walking Athens Sightseeing tour**

Breakfast at the hotel.

At around 9am we will depart for our walking tour

Highlights: Tomb of Unknown Soldier, Parliament, National Garden, Zappeion, Olympic Zeus Temple, Acropolis [site and museum].

Duration: 4 1/2 hours approx.

**Dinner** at a Greek restaurant in Plaka area.

### **Monday April 24, 2023**                      **Ossios Loucas & Delphi site and museum**

Breakfast at the hotel and check-out.

Departure on our a/c deluxe motor coach to Delphi.

We will first visit the **Monastery of Ossios Loucas**, a UNESCO's World Heritage monument.

After lunch [not included] we will proceed to **Delphi** the Navel of the Earth!

In the early afternoon we will visit the site and the museum.

**Dinner** & overnight in Arachova

### **Tuesday April 25, 2023**                      **Ancient Footpath Delphi Hiking, Corycian Cave**

Breakfast at the hotel.

**Ancient Footpath Delphi Hiking** is a historic and inspiring hike that combines beautiful nature with the mystery of ancient temples!

**Dinner** & overnight in Arachova

### **Wednesday April 26, 2023**                      **Delphi to Kalambaka–Truffle hinting - sunset tour**

Breakfast at the hotel and check-out.

Departure to Kalambaka! Arrival – Truffle hunting.

Check in at the hotel - some rest and departure around 5:30pm for our "sunset tour" of Kalambaka. Stop in spots with panoramic view for photo shooting

**Dinner** & overnight in Kalambaka

**Thursday April 27, 2023** **Kalambaka- hiking tour**

Breakfast at the hotel.

This morning we will Hike through the majestic 'rock forest' of Meteora, see the best monasteries and experience the most captivating views on this morning tour.

**Dinner** & overnight in Kalambaka

**Friday April 28, 2023** **Kalambaka- Athens - Heraklion**

Breakfast at the hotel and check-out.

We will start our drive to the Athens airport [±6 hours] where we will board our flight to Heraklion.

Upon arrival we will be transferred to our hotel for **dinner** and overnight.

**Saturday April 29, 2023** **Heraklion - Rethymnon - Chania - Heraklion**

Breakfast at the hotel.

This morning we will visit the West side of Crete, Rethymnon and Chania!

**Dinner** & overnight in Kokkini Hani, Heraklion area

**Sunday April 30, 2023** **Heraklion - Knossos Palace**

Breakfast at the hotel.

This morning we will take a tour that explores the Palace of Knossos and the city of Heraklion.

**Dinner** & overnight in Kokkini Hani, Heraklion area

**Monday May 01, 2023** **Diktaion Andron, Kera Monastery, Kritsa Village**

Breakfast at the hotel.

Diktaion Andron Kera monastery and Kritsa

**Dinner** & overnight in Kokkini Hani, Heraklion area

**Tuesday May 02, 2023** **Excursion to Santorini**

Breakfast at the hotel.

Early morning transfer to Heraklion port for the 2 hours hydrofoil hop to Santorini.

Upon arrival in Santorini, we will be transferred to Fira , and have time at leisure

3pm – Transfer back to the port for the return to Heraklion.

**Dinner** & overnight in Kokkini Hani, Heraklion area

**Wednesday May 03, 2023** **At leisure**

Breakfast, **dinner** & overnight at the hotel in Kokkini Hani, Heraklion area

**Thursday May 04, 2023** **Heraklion - Athens - Farewell dinner**

After breakfast we will be transferred to Heraklion airport for our short flight back to Athens.

Farewell **dinner**

Overnight in Athens

**Friday May 05, 2023** **Departure**

After breakfast check out and departure on own arrangements.