



*Ikaria, Greece*

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

### ***Tentative Itinerary***

**May 4 – May 14, 2018**

**May 4th-** 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 5th-** After a breakfast of yogurt, fresh eggs, herbal teas and more we will go to visit a woman who will show us how to make traditional savory pie. Of course we will be enjoying it with a glass of wine! Then it is back to Nas for some free time. You may want to have a rest, because tonight we will be going to a traditional *panyiri* (festival). Be ready for dancing!

**May 6th-** After last night we may want an easy day today!! We will have breakfast and then go to visit the old monastery of Theoktistis. Situated up in the mountain with beautiful scenery this church has a very interesting history which I will share with you while we enjoy loukoumades (greek doughnuts). On our way we will stop to visit a pharmacy. It will be interesting to see how they compare to what we are used to in the States. Afterwards we will be dropped off in Armenistis for a free afternoon to shop, swim, or have lunch. Those that wish may walk back to Nas along an ancient footpath.

**May 7th-** Today we will be visiting a bee keeper's shop to learn the history of bees and honey in Ikaria. Bees are fascinating and the honey is great! Then we will go further up the mountain to the village of Christos Rahes. Here we will explore the shops and have lunch. A bit further up the mountain we will visit the winery of Nikos Afianes. Our hosts will give us a tour of their winery and then we will sit down to sample the different wines. Then back to Nas for a rest before we meet for dinner. This evening's herbal activity will be Traveler's First Aid.

**May 8th-** After breakfast, we will visit Thea's husband's farm to see what is in season. Then back to Nas to cook our lunch! In the afternoon, Ilias will take you on a hike up the valley.

**May 9th-** Today we will have a workshop with a man who distills his own oils. Afterwards, we will meet for lunch. Free time. Dinner. Herbal Spa Night!

**May 10th-** After breakfast we will go up the mountain to forage with Aryiro, renowned local herbalist, and then back to her house to cook and enjoy! We will head back to Nas for dinner.

**May 11th-** This morning we will be joined by an elderly lady to talk about traditional knowledge of the use of herbs and teas. Afterwards, we will go on a nature hike that will take us through lakes and an old restored water mill. Then time for lunch and back to Nas; meeting up again at dinner!

**May 12-** Today we will be going to the other side of the island. There will be time for swimming, exploring and a lunch by the sea. Those who feel more adventurous may hike over the mountain to the other side with Ilias. It is a beautiful trail and just a tad challenging! Back to Nas and dinner.

**May 13-** 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. Closing Circle of Appreciation.

**May 14-** Today our tour ends as we enjoy our last breakfast together, then complete our experience with a Closing Circle before 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 outing are optional. In the event that an activity must be changed for some reason, an alternate activity will be arranged to take its place. 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.

**Cost: \$2,795** *(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 \$300.*

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

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