

A GREEK FOOD ODYSSEY

with Lyndey Milan

13 DAYS / 12 NIGHTS | 05 May 2026



INSIGHT VACATIONS

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DAY 1: 05 MAY 2026

Welcome to Athens

On arrival in Athens, make your own way to the hotel.

Enjoy some time in Athens at your leisure.

This evening meet Lyndey and your Travel Director for a welcome drink at the hotel.

Hotel(s): Stanley Hotel Athens or similar

DAY 2: 06 MAY 2026

A Taste of Athens

This morning, join a local expert for a foodie walking tour. You will get to taste some Greek specialties along the way.

Afterwards, a light lunch of a Greek favourite (Souvlaki) is included, before heading out to the Monastirak district for some free time for shopping.

This evening, we meet again for a special welcome dinner at a local restaurant.

Meal(s): Breakfast, Lunch, Dinner.

Hotel(s): Stanley Hotel Athens or similar

DAY 3: 07 MAY 2026

Historic Athens

Your sightseeing tour this morning delves deep into the glorious history of Athens. The highlight of the tour, of course, is a visit to the Acropolis. Admire the Parthenon, built to honour the goddess Athena and still amazing in its grace, despite the loss of the Elgin Marbles. Then see the Temple of Zeus and Hadrian's Arch. A visit to the Acropolis

Museum is also on the agenda to complete the picture.

Afterwards, enjoy a light lunch in the Plaka area before or catch the funicular back down.

Return to hotel for free time

This evening a traditional Greek dinner at a local restaurant.

Meal(s): Breakfast, Lunch, Dinner.

Hotel(s): Stanley Hotel Athens or similar

DAY 4: 08 MAY 2026

Onto Nafplio

On the road this morning as we depart Athens. First stop is Isthmia for a cruise on the Corinth Canal (subject to availability). We'll enjoy an authentic lunch in Corinth before continuing to the Peloponnese and the city of Nafplio. After a brief orientation on arrival, there's a chance to visit to Palamidi Castle if you choose, before settling into the hotel.

This evening dinner in a local restaurant.

Meal(s): Breakfast, Lunch, Dinner.

Hotel(s): Ippolitti Hotel Nafplio or similar

DAY 5: 09 MAY 2026

Epidaurus and Nafplio surrounds

First is a visit to Epidaurus with a local guide. Epidaurus was an ancient site and settlement located on the fertile Argolid plain of the east Peloponnese in Greece. Blessed with a mild climate and natural springs, the sanctuary of Asclepius at

Epidaurus was an important sacred centre in both ancient Greek and Roman times. The site, which includes the massive theatre of Epidaurus, is a UNESCO World Heritage Site.

For lunch we head to the coastal city of Tolo before returning to Nafplio to travel out to Bourtzi fortress by boat.

Tonight is free for you to dine, and Lyndey has some great recommendations for you.

Meal(s): Breakfast, Lunch.

Hotel(s): Nafplio hotel

DAY 6: 10 MAY 2026

Mycenae and wine

We start today with another of Greece's archaeological sites, Mycenae which we visit with a local expert. It offers a glimpse into the Mycenaean civilization, a pivotal period in ancient Greece, and boasts impressive remnants like the Lion Gate and the Treasury of Atreus.

Afterwards, it's time to enjoy the flavours of the region once again. The Peloponnese is well known for wine, and we visit a local winery for a tasting and lunch.

Return to Nafplio where you'll join Lyndey and your Travel Director for dinner.

Meal(s): Breakfast, Lunch, Dinner.

Hotel(s): Nafplio Hotel

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DAY 7: 11 MAY 2026 **Onto Monemvasia**

A travel day today as we depart Nafplio bound for Monemvasia. Monemvasia is built into the side of a massive rock island connected to the mainland by a causeway. From a distance, it looks like a giant stone fortress—and once you enter the single gate to the Old Town, you step into a preserved Byzantine, Venetian, and Ottoman past.

On arrival, there's time to explore before dining together at a local restaurant.

Meal(s): Breakfast, Dinner.

Hotel(s): Kinsteria Hotel Monemvasia or similar

DAY 8: 12 MAY 2026 **Diros Caves and onto Kalamata**

Perhaps rise early today and for the energetic amongst us, climb to Aghia Sophia.

Depart Monemvasia and head to Diros Caves. Here and embark on a tour of the Caves (subject to availability). The caves are partially submerged in water, and visitors travel through them in small boats. It's a serene, magical journey through narrow tunnels and vast chambers, lit to highlight the stunning rock formations.

There's time for a lunch in Limeni (own expense) before continuing to Kalamata. Dinner is at the hotel in Kalamata.

Meal(s): Breakfast, Dinner.

Hotel(s): Pharae Palace Hotel Kalamata or similar

DAY 9: 13 MAY 2026 **Kalamata Markets, cooking**

A highlight today is a visit to Kalamata Central Market. We'll be guided through the various stalls, learn about the local produce and also taste some of the local specialties. There's also time afterwards for you to explore the markets at your leisure. This evening, an amazing optional dining experience.

Meal(s): Breakfast.

Hotel(s): Pharae Palace Hotel Kalamata or similar

DAY 10: 14 MAY 2026 **To Ancient Olympia**

We farewell Kalamata and travel to Olympia. On arrival, visit the Ancient Site of Olympia with a Local Expert. Highlights include the original Olympic stadium, temples of Zeus and Hera, and the ancient gymnasium. Marvel at the archaeological museum's masterpieces, including Hermes of Praxiteles. Explore the ruins of a once-sacred sanctuary in a lush valley, where sport, religion, and history come alive in powerful, inspiring ways. and visit the Ancient Olympia Site.

Later join a local chef who, along with Lyndey will share with you their passion for local ingredients and high-quality products with

an entertaining and immersive cooking demonstration, showcasing classic Greek cuisine. Experience authentic Greek regional flavours, as you savour dishes prepared for your dinner.

Meal(s): Breakfast, Dinner.

Hotel(s): Amalia Olympia Hotel or similar

DAY 11: 15 MAY 2026 **The tastes of the region**

Today we focus on the produce of this region. Learn all about what makes the Greek honey so special with a visit and tasting at a bee farm.

Next visit an olive oil farm for a tasting followed by a delicious lunch.

Join Lyndey for a relaxed dinner at the hotel this evening.

Meal(s): Breakfast, Lunch, Dinner.

Hotel(s): Amalia Olympia Hotel or similar

DAY 12: 16 MAY 2026 **Return to Athens**

Depart Olympia and return to Athens late in the afternoon.

After settling into the hotel, join Lyndey for a celebration Dinner to reminisce about our food journey through Greece.

Meal(s): Breakfast, Dinner.

Hotel(s): Stanley Hotel Athens or similar

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DAY 13: 17 MAY 2026

Farewell Athens

Your tour comes to an end after breakfast at the hotel.

NB: Itinerary is subject to change at this stage.

Meal(s): Breakfast.

13 days from

\$11,695

Twin Share

\$1,750 Single Supplement

INCLUSIONS

- 12 breakfasts, 7 lunches & 8 dinners
- Air-conditioned coach throughout.
- Hotel portage where available of 1 bag per person.
- An expert Travel Director and separate Driver.
- Hotel tips, restaurant tips for included meals, and local taxes.
- Cherry-picked hotels, all tried and trusted (Hotels listed to be used as a guide only and are subject to availability. If the quoted hotel is unavailable, we will secure another hotel in the same category).
- Gratuities to Travel Director, Drivers and local guides throughout



Escorted by Lyndey Milan

BOOKING TERMS AND CONDITIONS

What's Not Included: Airfares (unless otherwise stated), passports and applicable visa fees, charges imposed by third parties, laundry, phone calls, items of a personal nature, beverages, meals and sightseeing not detailed on the itinerary, excess baggage, travel insurance. Please note that travel insurance is highly recommended. Please ask your travel agent for further details. Price: The advertised price is in Australian dollars, per person twin share unless otherwise stated. Deposit: A non-refundable deposit of \$1,000 is required within 7 days of booking. Final Payment: The balance of monies due for the tour must be paid by 31 January 2026. For preferred method of payment, refer to Insight Vacations. Payments after this date may incur a late fee payment.

Cancellation Fees: In the event you have to cancel your booking, cancellation fees will apply. Deposit will be forfeited on cancellation prior to final balance payment. After due date for final payment, additional cancellation charges will apply. For full details of cancellation fees, contact Insight Vacations

Amendments: A fee of \$50 may apply to any change made to your booking once confirmed. Refunds: No refund is available if cancellations occur after the trip has commenced or in respect of any trips, accommodation, meals or any other services not utilised. Itinerary Changes & Trip Cancellation: Prices are based on costs, charges,

tariffs, taxes, levies and exchange rates at the time of publication. In the event that such fluctuations affect the price to be paid for services, Insight Vacations reserves the right to adjust the price as necessary at any time. Insight Vacations reserves the right to vary itineraries should circumstances dictate, as well as cancel or reschedule any trip departure in accordance with operating requirements, or circumstances beyond its control. The advertised trip requires minimum numbers to depart. Should these not be met, Insight Vacations reserves the right to alter or cancel arrangements. Passport and Visas: You must have a valid passport with 6 months validity from date of return. For Visa requirements for this trip, contact your travel agent. Hotels: The hotels listed in the itinerary are listed as a guide only and are subject to change. Porterage: for one suitcase is included in the trip price and at arrival or departure from each trip hotel. Due to limited coach capacity this single bag should have a weight not exceeding 30kg and dimensions not exceeding 77.5cm (30.5in) x 56cm (22in) x 32cm (12.5in). Charges will be levied in the event these limits are exceeded and our promise to transport you as indicated may be invalidated. Note: Airlines may restrict check-in baggage to 20kgs per person. Documentation: Approximately 2 weeks prior to departure from Australia, documentation will be sent to you. Holidays & Changes: During local or national holidays abroad, certain facilities

such as museums, sightseeing and shopping may be limited. In such instances, and whenever possible, slight itinerary adjustments are made to minimise inconvenience to our passengers. If, however, you feel your enjoyment might be diminished by such minor limitations, please check with the respective national tourist office before selecting a specific departure. Similarly, holidays, closing days and other circumstances may necessitate a change of the day of the week for scheduled highlight dinners, sightseeing or other activities. Due to the unreliability of domestic air scheduling, religious festivals, and other unforeseen circumstances, the itineraries, hotels or order of sightseeing may change at short notice. Additional terms and conditions These conditions incorporate the basis upon which bookings are accepted by Insight Vacations. By making a booking you are agreeing to these terms & conditions. Insight Vacations is not responsible for the costs of any other travel arrangements affected due to our cancellations or re-scheduling of any trip departure. For further information about Insight Vacations please refer to the Insight Vacations brochure. These conditions must be carefully studied prior to making the commitment of paying the deposit as they must be referred to. Additional terms and conditions may be applicable to this group and are available from your travel agent



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