



The Roman Empire, Philosophy, and the German Frontier Retreat & Travel Experience

Dates: August 7 - 16, 2024

Saalburg Retreat: August 7-11

Tour Experience: August 11-16

Included: 9 nights' accommodation per itinerary
1 MEJDI trained guide for 5 days
Group airport transfer upon arrival on Day 1
Daily shuttles Bad Homburg to Saalburg retreat site: Days 2-4
2 days private bus transportation: Day 5 and Day 9
Train and ferry cruise fares as needed per itinerary on Day 8
Round trip train fare Mainz > Cologne
Refreshments provided at retreat site on Days 2-5
Meals listed in itinerary: 9 breakfasts; 3 lunches; 3 dinners
Drinks included for 3 meals: Lunches on Days 3 & 4; Dinner on Day 4
Entrances, sites, and activities per itinerary

Not included: International airfare
Travel insurance-**HIGHLY RECOMMENDED**
Single Supplement = \$425
Customary gratuities for guides, drivers and hotels
Meals not mentioned in the itinerary
Anything not explicitly mentioned in the included section

Pricing: 18-20 paying participants x \$2,580 per person
15-17 paying participants x \$2,690 per person

Summary and Itinerary below.



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Summary

Immerse yourself in an Ancient Roman fortress of Saalburg on the Limes with Dr. Rob Colter (University of Wyoming, USA, and Founder and Director of Wyoming Stoic Camp) and Dr. Alexander Zock (Stoic Podcaster and Executive Coach) for a workshop on the topic of “Ancient Stoicism and Personal Growth.” In the workshop, we will look at ideas and text from Greek and Roman Stoic philosophers, and trace connections to contemporary ideas in self-growth and development, as well as explore Roman Culture. Retreat program begins in the evening of August 7, concludes August 11.

After the retreat, join Dr. Colter on a journey exploring Roman history and culture in Germany through Frankfurt and Mainz, to Cologne, along the Middle Rhine, and to Trier. Visit key landmarks and museums, cruise the river, and appreciate the German landscape in both historical and contemporary contexts. The tour begins when the retreat concludes midday August 11, concludes early morning August 16.

Itinerary

Day 1: Welcome to Germany - Wednesday, August 7

Arrive to Frankfurt and transfer to your accommodations (one group transfer provided according to traveler flight plans). Dinner provided at your hotel or nearby, followed by a brief orientation with your faculty.

Overnight: Maritim Hotel, Bad Homburg [Dinner included]

Day 2: Saalburg Retreat - Thursday, August 8

Retreat activities at Saalburg retreat site led by UW faculty and colleagues, Dr. Robert Colter and Dr. Alexander Zock.

Overnight: Maritim Hotel, Bad Homburg [Breakfast included]

Day 3: Saalburg Retreat - Friday, August 9

Retreat activities at Saalburg retreat site led by UW faculty and colleagues.

Overnight: Maritim Hotel, Bad Homburg [Breakfast and lunch included]





Day 4: Saalburg Retreat - Saturday, August 10

Retreat activities at Saalburg retreat site led by UW faculty and colleagues in the morning; cultural activities provided at retreat center in the afternoon, followed by traditional "Roman Feast."

Overnight: Maritim Hotel, Bad Homburg [Breakfast, lunch and dinner included]

Day 5: Retreat Concludes, Frankfurt Visit - Sunday, August 11

Transfer to the retreat center in the morning for concluding activities led by UW faculty and colleagues. Those joining only for the retreat may join for the following half day tour in Frankfurt and/or ride with the group and alight at a public transit hub in Frankfurt.

Head to Frankfurt in the afternoon for a visit to the Archaeological Garden, uncovering ruins of the ancient Roman settlement of "Nida." Continue through the heart of the city to the Frankfurt Historical Museum, and see the Frankfurt Cathedral. On your way to Mainz, stop briefly at the Hochst Old Town, an architectural gem known for medieval history and early modern industry.

Overnight: Intercity Hotel Mainz [Breakfast included]

Day 6: Mainz - Monday, August 12

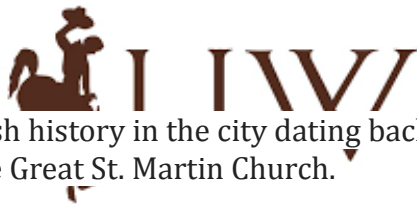
Enjoy a later start, followed by an afternoon walking tour of Mainz, a city famous for its university, Roman heritage and status as a media hub. Explore the ancient remains of the Roman theater and aqueducts*, and dive deeper into local history at the Landesmuseum Mainz, which holds an impressive collection of artifacts illustrating daily life and culture of Ancient Rome. See the Temple of Isis and Mater Magna and the Romanesque Mainz Cathedral.

**This requires a longer walk and may be an optional morning excursion.*

Overnight: Intercity Hotel Mainz [Breakfast and lunch included]

Day 7: Cologne - Tuesday, August 13

Travel by train to Cologne for visits to the Cologne Cathedral, a UNESCO World Heritage Site and the Roman-Germanic Museum. Walk beside remnants of Roman city walls and



aqueducts and learn about Jewish history in the city dating back to antiquity. Check out the old market and the Romanesque Great St. Martin Church.

Explore on your own* in the afternoon: rent a bike for a leisure ride along the Rhine River or visit the Fragrance Museum, one of the oldest factories of fine perfumes in the world. Return to Mainz in the evening.

**Fees for optional "on own" activities not included.*

Overnight: Intercity Hotel Mainz [Breakfast included]

Day 8: Rhine River - Wednesday, August 14

Use boats and trains to explore the castle-covered region along the banks of the Rhine Valley. Begin with a light hike up to the Rheinfels Castle of St. Goar dating to the 13th century. Continue downriver to Oberwesel to admire its well-preserved city walls and towers and cruise further to Bacharach for its ancient heritage and medieval charm. Start at St. Peter's Church and continue to Stahleck Castle and the Werner Chapel, or hang closer to town for a tasting at one of its wineries (*optional, not included*). Return to Mainz by train at your leisure.

Overnight: Intercity Hotel Mainz [Breakfast included]

Day 9: Trier - Thursday, August 15

Journey to Trier to see remnants of its Roman past and ancient grandeur. See the Porta Nigra landmark, a remarkably preserved Roman gate, and the imposing Imperial Baths. Visit the UNESCO-listed Roman Amphitheater and stand at the Roman Bridge, still in use today. Browse the exhibits at Rheinisches Landesmuseum, showcasing artifacts from the city's Roman era, and check out the intricate mosaics of the Villa Rustica. (*Time permitting*) Make an additional stop at Trechtingshausen or Bingen am Rhein on your return to Mainz. Enjoy a farewell dinner with the group.

Overnight: Intercity Hotel Mainz [Breakfast and dinner included]

Day 10: Departure - Friday, August 16 **[No services]**

Travelers self-transfer (with easy train connection) to the airport according to their departing flights.

Overnight: N/A [Breakfast included]



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