



# Ikaria: Greece's Blue Zone with Lewis and Clark College

**TOUR DATES: May 13-21, 2026**  
**Optional Athens Extension: May 11 - 13**

Join us on an unforgettable exploration of the Mediterranean, journeying to the Greek islands of Ikaria & Mykonos with L&C experts Jerusha and Brian Detweiler-Bedell. Adapt to the unique pace of one of the world's noted "Blue Zones," unlocking the mystery behind its inhabitants' longevity and high quality of life. Enjoy the cuisine, experience the culture, and meet the people who sustain and are sustained by this stunning landscape. Venture through country villages and walk along the beachfront, considering how you might bring the energy of this special destination back home.

*Extend your trip for extra time to explore the sites of Athens or add nights on Mykonos!*

## TOUR HIGHLIGHTS

- Meet local residents and healthcare practitioners within the "Blue Zone"
- Relax in Therma hot springs and enjoy traditionally brewed beverages
- Learn ceramic techniques and symbolism
- Farm-to-table dining and Ikarian folk dance
- Village hiking and exploration of local flora
- Discussion on island life with women's cooperative
- Traverse the Aegean Sea by ferry
- Stunning views from Mykonos



In Partnership with

**MEJDI TOURS**



**PRICING:** \$5,595 per person

## INCLUDED:

- 8 nights' accommodation (double occupancy) in hotels listed (\*or similar)
- Meals: 8 Breakfasts, 5 Lunches, 5 Dinners
- Local Greek Guides + MEJDI Tour Facilitator
- Private transportation (+ water on bus)
- Individual Arrival Airport Transfers
- Entrance fees, site visits, & speaker honorariums
- Customary gratuities for all guides, drivers and hotels
- Pre-trip travel guidance and on-ground support

**Registration @ [mejditours.com/open-tour/lewis-and-clark-greece-2026/](https://mejditours.com/open-tour/lewis-and-clark-greece-2026/)**



# THERMAE

## Ikaria: Greece's Blue Zone with Lewis and Clark College TOUR ITINERARY

### May 13: Arrival in Athens

Welcome to Athens! Transfer to your accommodations (individual and small group transfers provided as needed). Enjoy a festive welcome at your hotel along with guests who arrived earlier for the tour extension.

*Hotel: Elia Ermou, Athens (D)*

### May 14: Journey to Ikaria

Travel from Athens to Ikaria by plane or ferry (depending on schedule not yet published for 2025 season). The afternoon/evening includes faculty introductions to the "Greek Blue Zone" and a festive welcome dinner. Additional activities may be provided in Athens or Therma, Ikaria, as time permits.

*Hotel: Plumeria Guest House, Therma [B, D]*



### May 15: Island Greetings

Meet and greet with local centenarians over coffee in the morning, before setting off to Agios Kyrkos, the capital of Ikaria. Visit the archaeological museum for background on the island's history and culture, then take an illuminating walking tour in town. After lunch at a local cafe, meet healthcare professionals at a local hospital or clinic to better understand how the system impacts inhabitants of this Blue Zone region. Return to Therma for time on your own in the evening.

*Hotel: Plumeria Guest House, Therma [B, L]*

### May 16: Hot Springs & Cold Drinks

After a morning visit to the local hot springs (*optional*), begin the cross island journey from Therma. Stop at a local brewery for a discussion of the traditional practice on island and lunch with a taste of the contemporary product. Continue to Evdilos for a short tour in town, then arrive in Armenistis for a brief orientation to the neighborhood. Enjoy an evening at leisure.

*Hotel: Hotel Erofilis, Armenistis [B, L]*

### May 17: Farming, Food and Spirit

Begin the day with a traditional ceramics workshop (within walking distance) with artist Stavros Karnakis, for an introduction to the art form, its history, primary technique, and import of ancient healing and spiritual symbols. Head to Thea's Inn, an organic intentional farm to see how its caretakers put Ikarian philosophy into practice. Enjoy a farm-to-table lunch, discuss the passing of tradition, techniques unique to this island landscape, and the benefits of cultivating your own fresh food source. After a workshop on traditional island dance, return to Armenistis for a relaxing afternoon.

*Hotel: Hotel Erofilis, Armenistis [B, L]*







## Ikaria: Greece's Blue Zone with Lewis and Clark College TOUR ITINERARY, CONTINUED

### May 18: The Mountains

Trek the Katanies village mountains for an introduction to Ikaria's flora and fauna, including herbs thought to reduce stress and improve quality of life. Ride to Christos Village in Raches for a visit to the local women's cooperative and conversation with leadership on community life. Have lunch at Ta Bakaliaraki in Agios Dimitrios village before returning to Armenistis for time at leisure. Reconvene in the evening for a short walk to a special group dinner with local flavor.

*Hotel: Hotel Erofilis, Armenistis [B, L, D]*

### May 19: Village Life

Check out of your hotel for a brief visit at the Monastery of Theokisti to discuss the unique architecture of an earlier time and the meaning of this site with a local elder (pending availability). Find stunning houses tucked away in lush vegetation in the Village of Akamatra, whose square holds landmarks of rich history including an oil press, schools and chapels. After passing through Alama, where paved paths lead to towering plane trees and a perennial spring, stop briefly to grab lunch in Evdilos. Return to Armenistis for a restful afternoon, before gathering in the evening for a festive dinner accompanied by traditional Ikarian island music.

*Hotel: Hotel Erofilis, Armenistis [B, L, D]*



### May 20: Ikaria to Mykonos

Enjoy free time on the final full day of the trip, transferring by ferry to Mykonos for the evening. Head to town for a short walk at dusk and join the group for a festive farewell dinner offering views of the Kato Myli Windmills.

*Hotel: Despotiko Hotel, Mykonos [B, D]*

### May 21: Free Day & Departure

Wake up in Mykonos and enjoy a relaxing morning at leisure. Optional activities may be available for those staying in Mykonos for an extra night or more. Departing travelers self-transfer to the airport or ferry ports with service to Athens and beyond.

Tour services conclude at hotel check out for those not extending their stay in Mykonos.

*Hotel: N/A [B]*

### Optional Post Tour Services

- Additional nights accommodation in Mykonos:
  - \$195 per night (single supplement = \$190)
- Transfer to Mykonos airport and fly to Athens + overnight at Sofitel Athens Airport:
  - \$495 per person (single supplement = \$220)





## Lewis and Clark College OPTIONAL EXTENSION TOUR

### TOUR DATES: May 11 - May 13 2025

Start your journey with a 2-day guided tour of Ancient Greece. Included in this extension:

- Explore the ancient wonders of the the iconic Acropolis and Mars Hill.
- Traverse the cobblestone streets of the Plaka neighborhood
- Uncover the treasures of Mycenae and Epidauros, with a scenic stop at the majestic Corinth Canal.
- Savor local delicacies throughout

**PRICING:** \$1,335 per person (double room)  
+ \$340 for single accommodation

### INCLUDED:

- 2 nights' accommodation per itinerary
- Meals: 2 breakfasts [B], 1 lunch [L], 1 dinner [D]
- 1 Greek Guide for 2 days
- Private transportation (+ water on bus)
- Arrival Airport Transfers
- Entrance fees, site visits, & activities
- Pre-trip travel guidance & on-ground support

## TOUR ITINERARY

### May 11: Arrival

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Arrive to Athens and transfer to your hotel. Check in, relax, utilize the many hotel amenities or explore downtown Athens on your own. Dinner provided at the hotel.

*Hotel: Elia Ermou Hotel, Athens [D]*

### May 12: Athens & Acropolis

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Meet your guide and head into town for a full day guided visit to the famous Acropolis and Mars Hill followed by the Acropolis Museum. Visit the bustling market for lunch, surveying the variety of produce available in order to better understand their origin and place within the Greek culinary tradition. Explore the cobblestone streets of the Plaka neighborhood in the afternoon before dinner on your own and time leisure.

*Hotel: Elia Ermou Hotel, Athens [B]*

### May 13: Mycenae & Epidauros

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After crossing the Corinth Canal, which connects the Aegean and Ionian Seas, arrive in Mycenae - the home of the powerful Agamemnon - to see the handsome Lion Gate and Treasury of Atreus. After lunch, continue to Epidauros in a most idyllic location chosen by the Greeks to build the most famous health resort sanatorium dedicated to the doctor-God Asclepius. Adjoining the ruins of Aesculapium lies the best preserved theater of ancient Greece. Return to Athens for dinner with travelers arriving for the main tour.

*Hotel: Elia Ermou Hotel, Athens [B, L]*

