



Indigo Gazelle Tours

Gallop Further

Genuine Greece Private Cuisine, Culture & Wellness Tour

Featuring Celebrity Chef & Mediterranean Diet Advocate, Amy Riolo
9 Days/8 Nights: Spring/Fall 2024 (*based on availability)

*We should look for someone to eat and drink with
before looking for something to eat and drink.*

-- 4th Century BC Philosopher, Epicurus

9 Days/8 Nights

Ikaria - "The Isle of Longevity"

"Genuine Greece" is said to reside in the northeast Aegean, off the well-worn (but still beautiful) circuit, and on the rugged, rustic, authentic, wind-whipped island of Ikaria. You'll likely approach this 21 mile long x 5 mile wide island by plane (unless you opt for the 8 hour ferry-ride), recalling mythological Icarus' hubris as his waxed wings melted in the sun, plunging him into the sea and birthing his namesake memorial (keep your hubris in check!). Today, it is also known as "the island where people forget to die," and the perfect place for us to discover the real Mediterranean Diet – and just how delicious "culinary medicine" can be with a unique workshop presented by Chef Amy Riolo.

One of only a handful of "Blue Zones" around the world—a locale where inhabitants live measurably longer, more lucid, more active, and healthier lives—Ikaria will reveal its longevity formula during our weeklong day stay here. Rx #1: Keep your watches stowed away. Rx #2: Lace up your walking shoes. Rx #3: Yawn and stretch. Restorative nap anyone? Rx #4: Commune. Dance. Work those "komboloi" (worry beads). Friendship, fellowship, intergenerational connectivity are keys—long coffees and backgammon with fellow Ikarrians deliver years. Rx #5: Find a passion—work, a hobby, a vocation—and don't quit it (don't "retire" in the traditional sense); Rx #6: Learn those dietary secrets (polyphenol/fountains of youth spoiler alert: potent homemade wine, herbal tea, goat's milk, Greek coffee, native thyme honey, wild greens, locally harvested sea salt, legumes, olive oil, infrequent meat) with 3 unique cooking classes during our stay here:

- (1) We'll prepare rustic breads and "pites" with a Greek-American baker (Niko moved from OH to the town of Agios Kyrikos decades ago to stoke this passion) in the oldest wood-fired oven on the island;
- (2) Our own Chef Riolo will lead an intimate Greek pastry-making class at our villa compound (baklava, loukoumades, kourembiedes (Greek sand tarts), and finikia are all sweet possibilities) after her lecture on Greco-Roman, Byzantine, and Ottoman influences on cuisine; and
- (3) Chef Riolo will join a local cook and previous restaurant owner at her home above the port town of Agios Kyrikos, to orchestrate a cooking class of Ikarian longevity specialties. The menu may include: "kopanisti" (Ikaria's soft cheese); stuffed zucchini fritters; fried feta with honey; mousaka; pastitsio; lentil salad with fennel, onions, and herbs or the simple and fresh "horiatiki" (village) salad; longevity greens and pumpkin pie; "hortopita" (wild greens savory pie); or collard green dolmades filled with dried corn and herbs. Can you taste the vigor and vitality on your palate?

Our initial base will be in the walkable, placid seafront village of Faros (less than 10 minutes away from the airport) with a line of lazy and picturesque beach tavernas and a captivating view of the Fourni Islands straight away (over your left shoulder, admire the volcanic-like face of Mount Kerkis on Samos). Here, we'll enjoy several convivial meals and acclimate to the island's languid, present, joyful pace. With good fortune, we may also be regaled by stories from the island's lone Orthopedist who also happens to be a farmer, winemaker, fisherman, sailor, sea-salt gatherer, story-teller, and all around good-vibe Doctor. In him and other Ikarrians you meet, you will profoundly see that zestful, carefree essence which rewards them with a "Blue Zone" ribbon.

The nearby scenic and quiet Iero Beach is the gateway for a short hike to Dionysus' Cave, the legendary birthplace of this god. A pilgrimage we must make. We'll also take one of the island's legendary old goat trails ("monopatia"—the natural Ikarian StairMaster) to the 3rd Century BCE Drakano Tower which still stands sentinel over the Aegean and Samos...then we'll walk further to the photogenic Agios Giorgios chapel and ultimately to the reward—the eponymous, remote, and beckoning beach just paces away.

We'll also take a two night excursion across the island's mountainous spine (the highest elevation is over 3,400 feet), affording us dramatic Aegean vistas and the redolent scent of pine and sage as we make our way down to the slightly more buzzy seaside village of Armenisits. En route, take note of older women foraging for wild herbs, the checkerboard of bee boxes on a slope, a shepherd with his flock, and the zig-zag of more monopatia—all part of Ikaria's self-sustaining ethos and "Blue Zone" formula. We'll also visit one of Ikaria's most famous beaches—dramatic Nas Beach below the ruins of the ancient Temple of Artemis—and hear the roar and see the violent surf of the Aegean in contrast to Faros' calm waters. Rip currents are severe here, so take caution if you elect to wade.

The highlight during this northern detour will be an exclusive tasting and scenic sunset dinner at the small, but acclaimed Afianes Winery in Ikaria's highlands. Here, the island's legendary method of wine-making via natural fermentation in earthen clay pots is being preserved; the indigenous "Pramnian" wine was referenced by Homer and Hippocrates and is noted for its dryness coupled with high alcohol content. Brace yourselves. There is also an interesting folklore museum on site and historian-architects will appreciate the old stone house on the property—built in the centuries-old fashion to evade pirates, using stone/slate, earth, and trees as camouflage from potential marauders 1,000 feet below at sea. You will see many such innovative structures if you look hard enough. If there is wine, there must be some live music which then means dancing in the vineyard (if that doesn't sound mythological enough) is a strong possibility. Ikarians (Greeks, for that matter) have a frothy fever for dance, and when the "Ikariotis" folk song strikes, the sensual, sinuous melody summons locals and travelers alike into that slow, curlicue of a festive circle that can go on until dawn. Pagan in origin, Ikaria's famous summer "panegyria"—festivals celebrating saint's/feast days and binding local communities—can attract thousands in a days-long, uninhibited blend of dance, music, wine, and good cheer. We'll orchestrate our own miniature, abridged panegyri this night. Magic dust from Dionysus' Cave has a long shelf life.

After breakfast one day, we'll also visit the quaint mountain village of Raches with its pretty stone square, cafes and shops before we return south to Faros. This is the village where hours are usually upside-down—with stores opening in the afternoon (post-nap, of course) and not closing until late. A coffee, a koulourakia (that addictive, buttery twist of a cookie), another shot of the local firewater, "tsipouro," a thunderclap of

laughter among new friends...distill this variegated recipe for life and living for the journey back. Have a look at our quick reference-guide: [Ikaria: Isle of Longevity](#)

Our final two nights of the tour are back in Faros, and if a panegyri is scheduled in a nearby village, we'll go and immerse ourselves into this quintessential Ikarian spectacle—if not til dawn, at least until midnight. Ikaria's healing, radioactive hot springs have been known since antiquity, and we may find time to immerse ourselves in the organized, spa longevity baths in the nearby village of Therma, or at the more informal hot springs at Lefkada beach. As a nod to the island's legendary winds, the local saying is, "You're not a true sailor until you can sail the Ikarian sea." So, in order to embody the letter and spirit of Genuine Greece, one day, we'll also sail the Ikarian sea (leaving the captaining to professionals) and charter a vessel for an excursion around the island to seek out hidden coves and beaches for a swim. If time and winds permit, we'll sail to the nearby Fourni island archipelago for its famous lobster spaghetti. Any remaining time is for simple relaxation in our adopted village. Check, check, check on our longevity checklist.

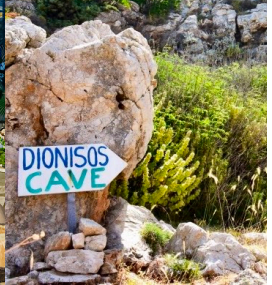
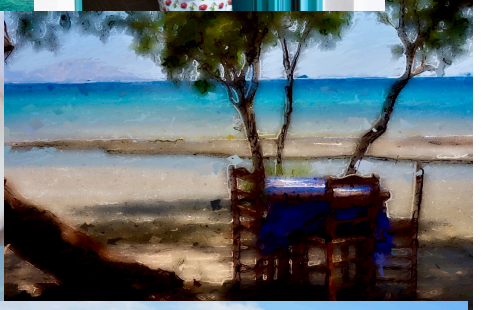
While some may elect to return home once our tour concludes, others may wish to give serious consideration to extending the journey. Where? For urbanites, cosmopolitan, revived Athens and The Acropolis await. For island-seekers, Epicurus' birthplace of Samos, spiritual Patmos, or gorgeous Lipsi (Calypso's isle)—all accessible by ferry from Ikaria—are a variegated, alluring trio of options. Whenever you decide to leave Ellas, you'll hopefully not only pack feta-stained laundry and heather honey, but also those very real longevity and life-affirming habits, practices, and dispositions that can transfer, in some form, to our oft-overcomplicated, overcooked milieus back home. These words of Nikos Kazantzakis' lyrical Zorba the Greek will resonate after your tour: "I felt once more how simple and frugal a thing is happiness: a glass of wine, a roast chestnut, a wretched little brazier, the sound of the sea. Nothing else."

Private Small Group Tour Details

Group Size: 6-10 travelers

Tour Cost dependent on final number of travelers

- Tour and Cultural Leadership Services of Alex Safos, Indigo Gazelle
- Culinary Leadership Services of Chef Amy Riolo
- Private ground transportation in Ikaria (international airfare and domestic travel to/from Ikaria not included)
- Lodging, including taxes, in Ikaria
- Daily breakfasts in Ikaria
- All meals on Ikaria (1/2 bottle of wine per person included for dinner)
- 1 pastry workshop with Chef Riolo
- 1 Greek dinner prepared by Chef Riolo
- 1 cooking class (and dinner) with an Ikarian cook
- 1 rustic pita-making class (and lunch) at an Ikarian bakery
- Private winery tour, tasting, and vineyard dinner in Ikaria with musical entertainment
- Day sailing excursion around Ikaria to explore hidden coves and beaches
- An olive oil workshop/tasting conducted by Chef Riolo
- A culinary medicine workshop by Chef Riolo
- A lecture on Greco-Roman, Byzantine & Ottoman Food Influences by Chef Riolo
- Presentation on “The Philosopher’s Kitchen” by Chef Riolo
- Excursions may include: Ikaria’s therapeutic, radioactive hot springs (consult your physician beforehand!); Dionysus’ cave; Iero Beach; Drakano Tower; Raches village; Nas Beach, and other points of interest
- Cultural enrichment activities— both planned (e.g. discussions with local Ikarians) and impromptu (beekeeper/shepherd encounters, wild greens foraging, dancing!)
- Gratuities for driver(s), guest speakers, and local guides



Payment

A non-refundable deposit of \$xxx per person is due by Date TBD

Balance of payment of \$xxxx is due by Date TBD

Only checks—payable to “Alex Safos, Indigo Gazelle”—are accepted; mail to:

Alex Safos
Indigo Gazelle Tours
2321 Nordok Pl
Alexandria, VA 22306

Terms & Conditions

Cancellation Policy: Tour cancellations must be made in writing and are effective from date of postmark or email time-stamp. Deposits are non-refundable. Per-person charges for cancellations prior to tour start ("Cancellation Period") are as follows:

- Cancellations between Dates TBD: 50% of the tour cost will be refunded;
- Cancellations after Date TBD: 100% of the tour cost will not be refunded

Indigo Gazelle reserves the right to cancel any tour due to insufficient enrollment that makes the tour economically unfeasible to operate or because of good-faith concerns with respect to the safety, health, or well-being of the participants. Indigo Gazelle reserves the right to interrupt the tour once in progress because of good-faith concerns with respect to the safety, health, and well-being of all participants, including the tour leader and featured chef. Indigo Gazelle strongly considers guidance from the US Department of State and CDC in addition to other official and unofficial sources in these matters. If a tour is canceled for any of these reasons prior to departure, the tour price will be refunded minus the \$xxx non-refundable deposit. Participants leaving the tour in progress, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions of the tour. Participant costs to leave the tour will be the responsibility of the participant. Trip Interruption coverage—in addition to Trip Cancellation coverage—is **highly recommended** for such scenarios.

International travel, domestic travel to/from Ikaria, accommodations, and ground transportation before the tour commences on Date TBD in Ikaria and after the tour concludes on Date TBD are the sole responsibility of the traveler. **Do not** make travel arrangements to Greece and Ikaria before first contacting Indigo Gazelle to ensure the tour is fully booked/confirmed.

Proof of complete, up-to-date Covid-19 vaccinations are a requirement to participate on this tour

Travel Insurance/Trip Cancellation/Overseas Medical Insurance/Emergency Evacuation coverage is not included. Travel and Trip Cancellation (especially "cancellation for any reason" coverage) insurance along with Overseas Medical Insurance with Emergency Evacuation coverage are *highly recommended*.

Meals, snacks, beverages, services, and activities not noted in the itinerary above are at the discretion and cost of the traveler.

Extra baggage fees beyond the standard allowance are the responsibility of the traveler.

Unless otherwise noted, alcoholic beverages are not included.

Fares for taxis, buses, or other transportation for independent excursions are not included.

Tips to bellhops and hotel staff for luggage assistance or other personal services are not included.

Note that this tour involves moderate exercise with significant walking at all destinations with hilly elevations and uneven surfaces. Please be physically prepared and pack appropriate footwear.

Accommodations in Ikaria: Travelers will share adjoining, limited-service luxury villas but have their own private bedroom and bathroom along with a communal pool. These villa accommodations and amenities will be exclusive to our tour group with no outside guests during our stay in Faros, Ikaria. There will also be two nights in northern Ikaria at a 3* seafront hotel with sea view rooms.

By participating on this tour, you hereby grant Indigo Gazelle permission to use any and all proprietary and copyrighted media (photos, video, audio, etc.) created/captured by Indigo Gazelle on this tour for marketing, advertising, promotional, and/or educational purposes.

Mutual Waiver and Indemnity Agreement

Indigo Gazelle Tours, LLC (“Indigo Gazelle”) offers its participants the opportunity to experience international travel/culinary/cultural/wellness tours. Certain potential risks to personal health and safety are associated with international travel and residence in a foreign country. You should not participate in a such a tour unless you are willing to accept the associated risks.

Indigo Gazelle cannot guarantee the health and safety of participants in a travel abroad program or eliminate all risks from travel abroad environments.

By submitting your reservation form for this program and signing and dating this Mutual Waiver and Indemnity Agreement, you are agreeing to the following:

I understand that there are certain risks associated with international travel and residence in a foreign country and that Indigo Gazelle, including its owner and tour leader, cannot control or eliminate these risks.

I understand that these risks may include exposure to potentially serious health and safety hazards including, but not limited to: transportation accidents; storms, floods, earthquakes, and other natural disasters; infectious diseases (including COVID and other pandemics), inadequate medical care, remote access to medical treatment; armed insurrections; and terrorist activities.

I understand that Indigo Gazelle is not in a position to guarantee my personal health or safety during my participation in a culinary, cultural, and wellness tour abroad.

I understand that Indigo Gazelle cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.

I understand that Indigo Gazelle cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.

I understand that Indigo Gazelle cannot assume responsibility for the actions of persons not employed or otherwise engaged by Indigo Gazelle, for events that are not part of the program, or that are beyond the control of Indigo Gazelle and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.

I understand that Indigo Gazelle acts only as an agent for the various independent suppliers that provide hotel accommodations, transportation, sightseeing, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Indigo Gazelle and its respective employees, agents, representatives, and assigns accept no liability whatsoever for

any injury, damage, loss, accident, delay, or any other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Responsibility is not accepted for losses, injury, damages or expenses of any kind due to sickness, weather, strikes, hostilities, wars, terrorist acts, acts of nature, local laws or other such causes. All services and accommodations are subject to the laws and regulations of the country in which they are provided. Indigo Gazelle is not responsible for any baggage or personal effects of any individual participating in the tours/trips arranged by Indigo Gazelle. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.

I understand and hereby acknowledge that I assume all risks incurred by my participation in an Indigo Gazelle international travel program.

I understand that I have the option to invite an attorney review this document and advise me of my rights.

In consideration of being allowed to enroll and participate in an Indigo Gazelle international travel program, the traveler(s) listed on the reservation form hereby release Indigo Gazelle, its owner, agents, and employees from any and all claims arising out of or in any way connected with any Indigo Gazelle program and the traveler's/travelers' participation in the program, including, but not limited to the risks as outlined above.

Signature (required) _____ Date _____

Signature (required) _____ Date _____

Genuine Greece: Private Cuisine, Culture & Wellness Tour Ikaria, Greece ♦ Spring/Fall 2024 ♦ RESERVATION FORM

To reserve a place, please return this form and a signed mutual waiver and indemnity agreement with your non-refundable deposit of \$xxx per person by Date TBD to:

Alex Safos

Indigo Gazelle

2321 Nordok Pl.

Alexandria, VA 22306

—Or call (571) 217-9059 or email alex@indigogazelle.com for more information

Final payment of \$xxxx per person is due no later than Date TBD along with proof of having received a complete sequence of Covid-19 vaccinations.

Name/s of Traveler/s as depicted in Passport(s)

Date(s) of Birth _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Fax _____ Email _____

ACCOMMODATIONS

I wish to share a room with: _____

Double (1 shared bed) Twin (2 beds) Single Occupancy

PAYMENT

Enclosed is my check for my non-refundable deposit of \$xxx per person, payable to "Alex Safos, Indigo Gazelle"

I/We confirm that I/we have carefully read and agree to the Terms and Conditions and Mutual Waiver and Indemnity Agreement of this program, and agree to pay the \$xxxx pp tour balance made out to "Alex Safos, Indigo Gazelle", by check no later than Date TBD. *Each participant must sign below:*

Signature (required) _____ Date _____

Signature (required) _____ Date _____