



**“ON the TRACK”
10-day (9 nights) Companions’ Tour**

Proposed Arrival day, Friday, May 5, 2017

We advise the companions of the athletes that will take part on the expedition, to arrive at the “Athens El. Venizelos Airport” one day prior to the day we will depart for the city of Sparta where the march will start.

Upon request, Arcadian Trails can take care of their accommodation in the Holiday Inn Hotel or other, situated close to the airport. Each person, however, will undertake the cost of his/her accommodation and transportation from the airport to the Hotel.

Attention: *In case they decide not to come one day prior, they should know that their flight must arrive in Athens airport around 14:00 hrs. Greek time of Thursday, September 14, the latest.*

Welcome day: Saturday, May 6, 2017

Early afternoon, the companions will be transported by bus (around 3-hour drive) to the city of **“Sparta”** at the Central Peloponnese, together with the group of the athletes.

The pick-up place will depend on the final time and date of their arrival and will be arranged at a later stage.

Free afternoon and evening in the city.

Welcome dinner and overnight in a Hotel/s of the city of “Sparta”.

1st Day – Sunday, May 7, 2017

(starting day of the march and the parallel program of the companions)

07:45 Participation at the starting of the march expedition which will take place in Sparta, under the statue of **“Leonidas”**.

The journey of the companions will start after the departure of the participating athletes.

Program of the day: Visit of the Byzantine city of **“Mystras”**. Transportation to Tripoli city via **“Ancient Tegea”**. Lunch on the way*.

Meeting with the athletes in the city of **“Tripoli”**. Dinner at a tavern of the area. Overnight in a hotel of **“Tripoli”**.

2nd Day - Monday, May 8, 2017

Departure from Tripoli city to visit **“Ancient Mantinea”**, and the **“Cave of Kapsia”**. Final destination for the day **“Levidi village”**.

Lunch on the way*.

Meeting with the athletes in the village of Levidi. Dinner at a tavern of the area.



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Overnight in **Levidi**.

3rd Day – Tuesday, May 9, 2017

Departure from Levidi. Destination, “**Ancient Nemea**”.

Guided visit of the archaeological site of ancient Nemea, the Museum and the Stadium. Lunch on the way*.

Meeting with the athletes in Nemea. Dinner at a tavern of the area.

Overnight in **Nemea**.

4th Day – Wednesday, May 10, 2017

Departure from Nemea. Destination the sea city of “**Loutraki**”.

On the way, guided visit of the archaeological site of “**Ancient Corinth**”, the Museum and the “**Korinth Canal**”. Lunch on the way*.

Meeting with the athletes in Loutraki. Dinner at a tavern of the area.

Overnight in **Loutraki**.

5th Day – Thursday, May 11, 2017

Departure from Loutraki. Destination “**Vilia village**” on the Kitheron mountain. On the way, visit of the temple of “**Goddess Hera**” and the sea side of Psatha where you could swim. Lunch on the way*.

Meeting with the athletes in the village of Vilia. Dinner at a tavern of the area.

Overnight in **Vilia**.

6th Day – Friday, May 12, 2017

Departure from Vilia. Destination **Aliartos**. On the way guided visit of the archaeological site of “**Platea**” and “**Thespies**”. Lunch*.

Meeting with the athletes in Aliartos. Dinner at a tavern of the area.

Overnight at **Aliartos**.

7th Day – Saturday, May 13, 2017

Departure from Aliartos. Destination the village of Modi. On the way visit of the archeological site of “**Chaeronea**” where there is the **big Lion**. Lunch on the way*.

Meeting with the athletes in Modi. Dinner at a tavern of the area.

Overnight in a hotel of the region.

8th Day – Sunday, May 14, 2017

Departure from Modi. Destination “**Thermopylae**” to welcome the participants of the march, take part at the “Closing Ceremony”, late lunch included. Visit of the homonymous Museum.



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Late at night, bus transportation to “**Athens**” Check-in at a Hotel, in the center of the city. Overnight in **Athens**.

9th Day, Monday, May 15, 2017

Departure day.

You can choose to take the plane **back home**,

or

Continue your holidays together with the athletes that also decided to spend some more days in Greece.

For more information, please see the “**5-DAY Extended Program for participants of the Epic March and their Companions**”.

***NOTE:** Whichever the case might be, transportation to the airport is not included in the cost of the program, because of different timing in the departure of flights.*

****Attention:** As far as nutrition is concerned, the entire program includes breakfast and one meal per day. Participants will be given the opportunity to have lunch in a local tavern and each one will pay on its own. Dinner, together with the athletes, is included at the price of the program. This applies to all days, unless otherwise stated.*

February 2017

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