

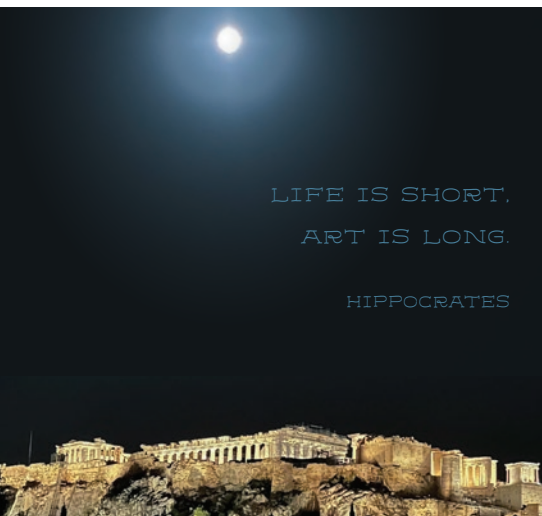


*everyone loves good things*

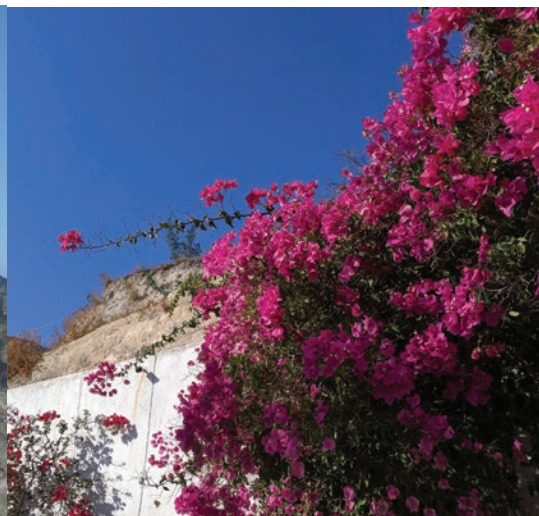
CATALYST MEDICAL CENTER, THE ROURKE ART GALLERY + MUSEUM,  
AND PETER SCHULTZ, IMPORTER PRESENT

2024 *Aegean Wellness,* TOUR  
*Wine & Wonder*

28 APRIL – 6 MAY 2024 + OPTIONAL THREE-DAY HIKING EXTENSION IN SANTORINI



LIFE IS SHORT.  
ART IS LONG.  
HIPPOCRATES



## Your Trip Leaders



**Peter Schultz** (PhD, University of Athens 2003) is an archaeologist, entrepreneur, and conservationist. He's the current Executive Director of the Longspur Prairie Fund and a scholar-

in-residence at North Dakota State University. Peter has held fellowships from the Fulbright Foundation, the A.G. Leventis Foundation, the National Endowment for the Humanities, among many others. His most recent books are *Artists and Artistic Production in Ancient Greece* (Cambridge University Press, 2017), *The Thymele at Epidauros. Healing, Space, and Musical Performance in Classical Greece* (Theran Press, 2017), and *Midwest Mediterranean. Finding Health and Flavor with the Foods of the North* (Theran Press, 2021).



**Ero Alykatora** (MA, University of Leeds) is a linguaphile, a wellness educator, and a citizen of the world. An entrepreneur since 2009, she currently resides in Crete where she

owns a language services business. She spends her free time exploring the globe. From a young age, Ero took great interest in the human body, studying it through dance, yoga, martial arts, hiking, and—most recently—caving. She's passionate about the “good health = good life” equation and has devoted herself to the holistic study of fitness. Ero has participated in countless yoga sessions and trainings, has organized and participated in African dance seminars, and has been an active practitioner of Tai Chi/Chi Gong for years. A gentle spirit, she counts on the unexpected.

## Highlights

Discover the wine, cuisine, and unmatched atmosphere of Greece on this 9 (or 13!) day wellness excursion led by **Ms. Ero Alykatora**, yoga instructor, and **Dr. Peter Schultz**, former Olin J. Storvick Chair of Classical Studies, Concordia College. This year, we're also joined by special wellness consultant **Dr. Susan Mathison**, founder of **Catalyst Medical Center**.

After a two-day jaunt in gorgeous **Athens**, we'll explore the world-famous island of **Santorini**. Our journey will take us over the lofty peaks of ancient Thera, across the sun-kissed landscapes of the Aegean, and through the ancient cultures of Bronze Age Greece. Of course, all of this is a backdrop for the true focus of our journey: **the exploration and celebration of our bodies, minds, and souls**. Travelers may also opt in for an optional three-day extension to dive (or climb!) deeper into the island's unmatched hiking culture.

## GREECE



## Accommodations

### Airotel Parthenon | 2 nights



### Nissia Apartments | 8 – 11 nights



## What to Expect

This trip features food, wine, and educational experiences led by archaeologist Peter Schultz and yoga + wellness instruction led by Ero Alykatora. Accommodations are 3 and 4 stars. You must be able to complete long, unassisted walks over uneven terrain and steps. Travelers who are not able to walk or stand unassisted for extended periods are respectfully advised to consider alternative adventures. All travelers are expected to be physically active, to be self-supportive on all excursions, to enjoy traveling as part of a dynamic group, and to be ready to relish and enjoy cultural differences. Some sites and experiences require strenuous walking or climbing, often with difficult footing. All participants must follow safety/sanitization protocols set forth by Peter Schultz, Importer, local staff, and Greek law. If you have questions about your ability to participate in this adventure, we kindly suggest a visit to your personal physician (with this brochure in hand) to discuss this program's appropriateness for you. In late April and early May, average daytime temperatures in Athens can range from the upper 60s to the upper 70s F; nighttime temperatures can dip to the upper 50s F. In Santorini, you can expect temperatures to range from the upper 60s to the low 80s F. Rain is always possible. Complete pre-departure details, including up-to-date COVID-related protocols, will be sent to travelers before departure.

## Flights & Transfers

Airfare from/to home is not included. Your flight itinerary – arrival into Athens (ATH) and departure from Santorini (JTR) – must be provided to Peter Schultz, Importer prior to our adventure. Private airport transfers are included for our departure from Athens and our arrival to Santorini. Once you've received your final payment invoice, you should book your flights. If you're considering booking non-refundable airline tickets before this time, please contact our office first. We accept no liability for cancellation penalties related to domestic or international airline tickets.

HAPPINESS RESIDES NOT IN  
POSSESSIONS AND NOT IN GOLD;  
HAPPINESS DWELLS IN THE SOUL.

DEMOCRITUS

## Itinerary

### Sunday, 28 April | Day 0 – Arrival in Athens

Our journey begins with our arrival to the conveniently located [Airotel Parthenon](#) in Athens. Here, we'll kick jet lag and prepare for our adventure. (Superstar [Tod Ganje](#), of [Travel Incorporated of Moorhead, MN](#), is ready to help you with your travel plans and your travel insurance.) No scheduled activities today. Please take time to acclimate and enjoy Athens on your own.

### Monday, 29 April | Day 1 – Athens

For our first afternoon together, we'll get acquainted with our neighborhood and tour the [Athenian Acropolis](#) with Peter. For dinner, we'll dine at the exclusive [Point-A](#), beneath the Acropolis.

### Tuesday, 30 April | Day 2 – Arrival in Santorini

We'll depart on a mid-morning flight to meet our hosts, Dora and Nikos, in [Kamari](#). We'll settle into the beachfront [Nissia Apartments](#) and get acquainted with our village. After an optional wellness session with Ero and Susan, we'll go to our first wine tasting at [Hatzidakis](#) winery, just a short drive from Kamari. Dinner tonight is at the intimate [Metaxi mas](#).

### Wednesday, 1 May | Day 3 – Santorini

The early morning is open for free exploration, or an optional wellness session with Ero. More wellness work with Ero is optional in the afternoon, followed by a late-afternoon departure for wine tasting at one of the most exclusive vineyards on the island, [Vassaltis](#), situated just a short drive from our hotel. Dinner tonight is wood-fired, beachside pizza at [Navy's](#).

### Thursday, 2 May | Day 4 – Santorini

After our optional wellness work this morning, we'll leave for our tour of the ancient Bronze-Age town of [Akrotiri](#), the "Pompeii of the Aegean." Following our tour of the site, we will visit our friends' local organic farm, [Faros Market](#), for a lecture on traditional Greek wines, ingredients, and culinary tips. We'll spend the afternoon in the island capital of [Fira](#), visiting the [Archaeological Museum](#) (if we choose) and exploring the town for lunch, shopping, and other delights at our leisure. Dinner tonight is on your own in Kamari.

*continued . . .*



WE ARE WHAT WE  
REPEATEDLY DO.  
EXCELLENCE,  
THEN, IS NOT AN  
ACT, BUT A HABIT.  
ARISTOTLE



**Friday, 3 May | Day 5 – Santorini**

This relaxing day starts with a free morning or an opportunity for more optional wellness work with Ero. If you're looking for more optional adventures, Peter will be leading a mid-morning excursion to the Hellenistic city of Thera and the Church of Panagia Episkopi, right above Kamari. Optional wellness work with Ero in the afternoon. Dinner tonight is a traditional, truck-stop meat feast at Kantina o Minas.

**Saturday, 4 May | Day 6 – Santorini**

Free day for beaching, hiking, exploring, or . . . nothing at all. Enjoy!

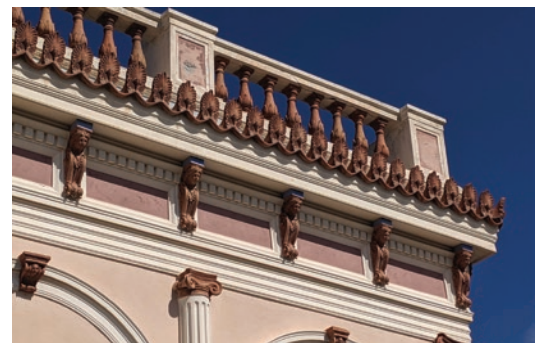
**Sunday, 5 May | Day 7 – Santorini**

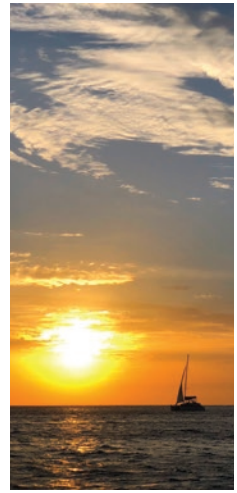
Sunday morning begins with an optional wellness session and the opportunity to attend a Greek Orthodox church service at Kamari's Sacred Church of Our Lady of the Myrtle. Optional wellness work with Ero in the early afternoon. Dinner tonight is on the beautiful terrace of local favorite, Aroma Avlis.

**Monday, 6 May | Day 8 – Santorini**

Our morning begins with an optional wellness session with Ero and Susan. In the early afternoon, we'll lunch at and sample the famous wines of Domaine Sigalas. The rest of the afternoon will be free time in the charming cliffside town of Oia. We conclude the day with a sunset dinner at Fanari Villas.

*continued . . .*





## Optional Three-Day Hiking Extension in Santorini

### Tuesday, 7 May | Optional Day 9 – Santorini

This morning opens with an optional wellness session with Ero followed by a hike to the tallest peak in the South Cyclades, Profitis Ilias. This afternoon, we'll relax with a seaside wine tasting at Gaia. Dinner is at Kamari's lovely Fistikies.

### Wednesday, 8 May | Optional Day 10 – Santorini

After our optional morning wellness session with Ero, we'll hike to the "locals only" Monolithos Beach for a day of sun, swimming, and picnicking. An entirely free afternoon is followed by a truly magical, beachside dinner at the incomparable Vassilikos.

### Thursday, 9 May | Optional Day 11 – Santorini

Our last full day on the island begins with our final optional wellness session with Ero and Susan. We'll then take a bus to Fira to hike the famous caldera of Santorini, ending in the city of Oia. After a light lunch at the Kastro Restaurant, we'll return to Kamari for a bit of free time. Dinner tonight is at the legendary fish tavern, To Psaraki.

### Friday, 10 May | Optional Day 12 – Return

In the morning, we depart for the airport for our return flight home, until the next time . . . .



THE MIND  
IS NOT A  
VESSEL TO  
BE FILLED  
BUT A FIRE  
TO BE  
KINDLED.  
  
PLUTARCH





## Costs

For 2024—and only 2024!—we’re thrilled to offer this adventure for a one-time, inaugural price.

**2 Nights in Athens, 7 Nights in Santorini:  
\$4495 / person, double occupancy**

**2 Nights in Athens, 10 Nights in Santorini:  
\$4995 / person, double occupancy**

**(Single occupancy surcharge: \$995)**

DEPOSIT:  
**\$1995 per person is due 1 October 2023**

FINAL PAYMENT:  
**\$2500 or \$3000 per person is due  
15 January 2024**

To secure your seats, please send your deposits to Peter Schultz, Importer via Venmo© (@Peter-Schultz-Importer), Zelle© (701-866-8660), or snail mail (Aegean Imports, LLC, 1217 Elm Street South, Moorhead, MN 56560). Digital invoices are available, upon request.

*\*Deposits are fully refundable until 15 November 2023, if replacement travelers can be identified.*

*\*Deposits are taken, and seats are held, on a “first come, first served” basis **only**.*

*\* International airfare for arrival into Athens and departure from Santorini is on your own.*

*\* We reserve the right to adjust this price and this schedule as needed.*

*\* Giotto Patrons of the Rourke take \$250/person off the price!*

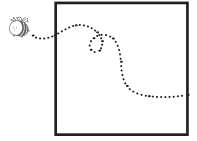
*\* Giotto Fellows of the Rourke take \$500/person off the price!*



everyone loves good things

**For questions, and to reserve your space,  
please contact our travel coordinator Cady, at:  
218.329.3578 | [info@peterschultzimporter.com](mailto:info@peterschultzimporter.com) |  
[www.peterschultzimporter.com/adventures](http://www.peterschultzimporter.com/adventures) |  
1217 Elm Street South, Moorhead, MN 56560**

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peter schultz



IMPORTER  
everyone loves good things

1217 Elm Street South, Moorhead, MN 56560

Catalyst Medical Center,  
The Rourke Art  
Gallery + Museum, and  
Peter Schultz, Importer  
PRESENT

2024

# Aegean Wellness, Wine & Wonder

TOUR



Join archaeologist  
Peter Schultz and  
wellness educator  
Ero Alykatora  
in Athens and  
Santorini, Greece.

**28 APRIL – 6 MAY 2024**  
**+ Optional Three-Day Hiking  
Extension in Santorini**