



With Wellesley Lecturer  
**CONNIE BAUMAN,**  
Emerita Professor of the Practice

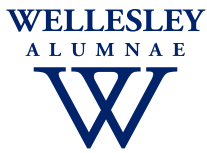


# GREECE:

Ancient Sites, Medieval Towns,  
Olive Oil and Wellness

November 8 - 17, 2024

The well-preserved medieval walled town of Monemvasia.



Dear Wellesley Alumna,

On this journey you will be introduced to places that represent a kaleidoscope of Greece – the natural beauty of the country, its ancient and historic monuments, towns and villages that have preserved their character unchanged through the centuries, and its vibrant contemporary life. This unique tour takes place in early November when the weather is delightful and the crowds of summer are a distant memory.

Greece is renowned not only for its historical sites but also for its healthful cuisine which has become famous the world over for its delightful colors, textures, and flavors, and its contributions to wellness. Based on grains, fresh fruits and vegetables, cheeses, yogurt, and fish, it became something of a fad in the 1990s, when its health benefits were touted by a Harvard study and endorsed by the World Health Organization as the “Mediterranean Diet.” Our program, based in the Peloponnese, is an opportunity to explore the ancient origins of this diet and to learn about the cultivation and production of its central ingredient: olive oil. Here, olive groves that include trees that are 2,000 years old produce very the highest quality oil and the celebrated Kalamata olives.

Accompanying you throughout the program will be Connie Bauman, Emerita Professor of the Practice, who devoted her 38 years at Wellesley to improving the health and wellbeing of the Wellesley community—as an athletic trainer and as a lecturer on fitness, sports medicine, and the scientific foundations of wellness. She remains particularly interested in how nutrition and exercise contribute to overall health and wellbeing, and in a series of lectures, discussions and excercises she will share her expertise and experience.

In addition to visiting such important ancient sites as Mycenae and Epidaurus and the well-preserved medieval town of Mistra, you will learn about the history of the olive, its health benefits, and its many uses. You will also have great fun as you help with the olive harvest, assist your chef in preparing a lunch, drink good Greek wines, and eat locally-sourced, fresh foods.

We hope you can join **Connie Bauman** and fellow Wellesley alumnae and friends on this very special program of discovery and learning in the Peloponnese at the beginning of the annual olive harvest.

Warm regards,

Kathryn Mackintosh '03  
Executive Director  
Wellesley College Alumnae Association

## WELLESLEY LECTURER

### CONNIE BAUMAN

Emerita Professor of the Practice



**Connie Bauman**, Emerita Professor of the Practice, taught at Wellesley for 38 years, retiring in 2018. Professor Bauman joined the Physical Education, Recreation and Athletics (PERA) Department as the first athletic trainer for intercollegiate sports. She was the Athletic Trainer for the National Women's Rowing Team and served on

the 1984 Summer Olympic Games Sports Medicine staff. Her fields of expertise include Fitness, Sports Medicine, Scientific Foundations of Wellness, and Innovative Course Development for Interdisciplinary learning. Her honors include Wellesley's coveted Pinanski Prize for excellence in teaching as well as the Linda K Vaughan Award for dedicated service and exceptional leadership in Physical Education.

In retirement, Connie's continued work on wellness includes recent publications and works in progress that focus on *Teaching the Whole Student: Integrating Wellness Education into the Academic Classroom* (2019) and enhancing Institutional Wellbeing and ownership. During this program, she will share her knowledge and passion for promoting overall health and wellbeing through a combination of evidence-based nutrition and mind-body practices.



**Mistra, located on the hills outside Sparta, is one of Greece's most impressive medieval sites.**

The characteristic tower architecture of Mani.



# ITINERARY



Street scene, Areopolis, Mani Peninsula

Friday, November 8, 2024

**DEPART THE UNITED STATES FOR ATHENS, Greece.**

Saturday, November 9

**ATHENS, Greece**

Arrive in Athens and transfer to the *Hotel Sofitel* for the night. This beautiful property is conveniently located across the street from the Arrivals Hall of the airport. In the evening, meet your fellow travelers, faculty host, and trip director at a welcome dinner. (D)

Sunday, November 10

**ATHENS/ANCIENT CORINTH/MYCENAE/SPARTA**

Leave the hotel after breakfast and drive across the Corinth Canal to the Peloponnese, where we pause in Corinth to visit one of the grandest ancient sites in Greece. It was destroyed by the Romans in the 2nd century BC, but re-founded by Julius Caesar just before his

assassination. St. Paul spent 18 months in Corinth (AD 51-52), working as a tentmaker and writing two epistles to his fellow Corinthians. After exploring the site and visiting its museum, enjoy lunch. Travel to Mycenae, an important center of the extraordinary civilization that flourished here in the second millennium BC. A tour of the citadel includes the imposing Lion Gate and other remains of the acropolis, as well as the impressive beehive-shaped tombs set outside the walls. Continue to Sparta to check-in at the *Hotel Mystras Grand Palace Resort & Spa*. This lovely hotel will be our home for the next six nights. Dinner this evening is at the hotel's excellent restaurant. (B, L, D)

Monday, November 11

**SPARTA**

Since antiquity, olive trees have been cultivated in the area around Sparta—both for their fruit and for their oil. Today, the production of oil predominates, taking full advantage of the region's exceptional natural environment and ideal weather conditions. We will visit an



The 6th-century BC Temple of Apollo, Ancient Corinth



The attractive countryside of the southern Peloponnese is covered with centuries-old olive groves.

organic olive farm where we will meet with the owner and participate in the harvest. During this hands-on experience we will learn much about sustainable organic methods of cultivation and will have an opportunity to sample some olive oils, Kalamata olives, and other olive-based products. (B, L, D)

**Tuesday, November 12**

**SPARTA/MONEMVASIA**

This morning we focus on the healthful qualities of olive oil and on some of the research that confirms its contributions to wellness. We will also learn about its uses in non-food applications, including soaps and hair and skin care. Then, we drive to Monemvasia, one of the lesser-known jewels of Greece, a beautifully preserved town built on a rocky promontory and surrounded by walls on all sides. During the Middle Ages, Monemvasia prospered as an export center for the Malmsey wine that was then fashionable among European elites. It is that medieval town of labyrinthine alleyways, stately old homes, and

chapels built with Malmsey money that we visit today. (B, L, D)

**Wednesday, November 13**

**SPARTA/MISTRA**

This morning, pick olives, prepare them for pressing, and watch as extra virgin olive oil is produced. Then join the hotel's executive chef for a presentation on Greek cuisine and a cooking demonstration. Those who wish may assist in the preparation of the lunch that follows. In the afternoon, explore Mistra, the most well-preserved Byzantine town in Greece, built on a rocky spur overlooking the plain of Sparta. Once a great center of learning, art, and culture, Mistra is dominated by its ramparts and palaces, and by the graceful domes of its churches, many of which contain wonderful frescoes. (B, L, D)

**Thursday, November 14**

**SPARTA/MANI VILLAGES**

Today we explore the Mani Peninsula, a mountainous and arid region



Olive oil, a staple of the Greek and Mediterranean diets.



Diros Cave, Mani



**Nafplion, one of Greece's loveliest old towns.**

of mountain villages of distinctive stone houses, where the inhabitants pride themselves on being descended from the ancient Spartans. Enjoy lunch at the fishing village of Limeni, visit magnificent Diros Cave, with its underground lake and spectacular display of stalactites and stalagmites, and stop in Areopolis, a typical Maniot town and the region's capital. (B, L, D)

**Friday, November 15**

#### **SPARTA**

We spend this morning in Sparta, visiting its Archaeological Museum, displaying finds from excavations of ancient Sparta and surrounding sites, as well as the informative Museum of the Olive and Greek Olive Oil. Housed in an old olive warehouse, its exhibits chronicle all aspects of olive cultivation in Greece, from the ancient past to the present. After lunch, an olive tasting workshop will enhance your ability to distinguish high quality virgin olive oil from ordinary olive oils. Gather this evening for a festive farewell dinner. (B, L, D)



**Corinth Canal**

**Saturday, November 16**

#### **SPARTA/NAFPLION/EPIDAUROS/ATHENS**

Leave the hotel in the morning and drive to Nafplion. Situated at the head of a spacious bay and dominated by two fortresses, historic Nafplion is one of Greece's loveliest old towns, and the first capital of independent Greece. Explore the town and enjoy lunch at a seaside taverna. Continue to Epidaurus, the sanctuary that was dedicated to Asclepius, the God of healing. A religious shrine, health center and popular spa in antiquity, Epidaurus is famous for its 4th-century BC theater, known for its beauty, harmonious proportions and perfect acoustics. Proceed to Athens for an overnight stay at the *Hotel Sofitel*, located at the airport. (B, L)

**Sunday, November 17**

#### **ATHENS/USA**

Walk to the airport's departures terminal across the street from the hotel for flights homeward. (B)



**The well-preserved 4th-century BC theater at Epidaurus.**

## RATE PER PERSON

\$4,990 per person, double occupancy  
Single room supplement: \$1,290

## PROGRAM INCLUSIONS

- Two nights at the *Hotel Sofitel Athens* airport.
- Six nights at the *Hotel Mystras Grand Palace Resort & Spa* (or similar).
- Full buffet breakfast each morning at the hotels.
- All meals, except one dinner, which include wine, beer and soft drinks.
- Lectures on nutrition, health and wellness by Connie Bauman.
- Meet-and-assist service on arrival in Athens and on departure from Athens.
- Ground transportation within Greece aboard air-conditioned, Wi-Fi equipped motor coaches.
- Expert English-speaking Guide/Tour Manager to accompany the tour throughout.
- All tours and excursions as mentioned in the itinerary.
- All local taxes and service charges.
- Gratuities to drivers, guides, and porters.
- Comprehensive pre-departure material.

**NOT INCLUDED:** Airfare, travel insurance, expenses of a personal nature; any meals and other items not mentioned in the itinerary and the Program Inclusions.



Lion Gate, Mycenae



Fresco in one of Mistra's medieval churches.

## REGISTRATION

WELL 24L-1108

Enclosed is my check or credit card no. for \$ \_\_\_\_\_ (\$ 1,000 per person) as a deposit to hold \_\_\_\_\_ place(s) on **GREECE: ANCIENT SITES, MEDIEVAL TOWNS, OLIVE OIL AND WELLNESS**, November 8 - 17, 2024, with Wellesley College. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card.

**For reservations, please call Thalassa Journeys at: (866) 633-3611**

or make a check payable and mail with this registration forms to:

**Thalassa Journeys:** 8815 Conroy-Windermere Rd., Suite 406, Orlando, FL 32835

AmEx                       Discover                       Visa                       Master Card  
No. \_\_\_\_\_  
Exp. \_\_\_\_\_ 3- or 4-Digit Security Code \_\_\_\_\_

### Preference at hotels:

Double accommodation                       Double Bed                       Single Bed  
 Single accommodation                      *Bed configuration cannot be guaranteed.*

FIRST                      MIDDLE                      LAST (AS ON YOUR PASSPORT)                      CLASS OF

FIRST                      MIDDLE                      LAST (AS ON YOUR PASSPORT)                      CLASS OF

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

TELEPHONE (HOME) \_\_\_\_\_

(CELL) \_\_\_\_\_

EMAIL \_\_\_\_\_

**Each participant must sign below: I/We have read the "General Information" section and agree to its terms.**

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

## GENERAL INFORMATION

**PAYMENT SCHEDULE:** A deposit of \$1,000 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure. Payment can be made by personal check or charged to a credit card.

**CANCELLATIONS & REFUNDS:** All cancellations are subject to a \$300 per person administrative fee. Cancellations received 61-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 60 days of departure are subject to 100% cancellation penalties. Requests for cancellations must be made in writing. No refunds will be made for any part of this program in which you choose not to participate.

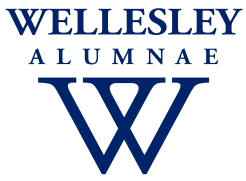
**INSURANCE:** We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement.

**ITINERARY:** The itinerary, accommodations and arrangements are subject to change at the discretion of Thalassa Journeys.

**RESPONSIBILITY:** Please read carefully the following terms and conditions, which constitute the sole, legally enforceable agreements between the traveler and Thalassa Journeys. Thalassa Journeys acts solely as agents for the traveler with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the traveler's safety and satisfaction, but, we neither assume nor bear any responsibility or liability for any injury, death, damage, loss, accident, delay or irregularity arising in connection with the services of any ship, airplane, train, automobile, motor coach, carriage or other conveyance, or the actions of any third-party, involved in carrying the traveler or in affecting these tours. We are not responsible for damages, additional expenses, or any other losses due to cancellation, delay or other changes in air or other services, sickness, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, acts of God or other causes beyond our control. All such losses must be borne by the traveler, and tour rates provide for arrangements only for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the traveler shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as we are able to recover on the traveler's behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the traveler beyond the foregoing. We reserve the right to make alterations to the tour's itinerary and to substitute hotels, transportation methods, or lecturers if this is required. We reserve the right to cancel, delay, or reschedule any tour prior to departure, and, so long as this is not due to any of the aforesaid causes beyond our control, the traveler shall be entitled to a full refund of all monies paid to that point if he/she so desires. No refund shall be made for any unused portion of any tour. By forwarding their deposit(s), the traveler certifies that he/she and/or their dependents, minors or others covered thereby do not have any mental, physical or other condition of disability that could create a hazard for them or other travelers. We reserve the right to decline to accept or to decline to retain any person as a member of any tour should such person's health, condition or actions adversely affect or threaten the welfare or safety of other travelers or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or stored at the traveler's risk entirely, and, we shall bear no liability or responsibility for any damage or other loss thereto. Resolution of any disputes arising hereunder shall be affected exclusively in the state or federal courts presiding in Florida, pursuant to applicable Florida law.

**RATES:** Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.

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Wellesley College Alumnae Association  
106 Central Street  
Wellesley, MA 02481

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Join **Connie Bauman**, Emerita Professor of the Practice on **Greece: Ancient Sites, Medieval Towns, Olive Oil and Wellness** | **November 8 - 17, 2024**



Limeni village, Mani



FOR RESERVATIONS AND INFORMATION,  
PLEASE CALL **866-633-3611**  
or email: [reservations@thalassajourneys.com](mailto:reservations@thalassajourneys.com)