

With **CONNIE BAUMAN**,
Wellesley's PERA Professor of the
Practice Emerita



THE ART OF GOOD LIVING IN CRETE

Exploring Ancient Sites, Medieval Towns, Stunning
Landscapes and the Origins of the Famed
Mediterranean Diet and Lifestyle

October 16 - 23, 2026

The superb and historic Kapsaliana Village Hotel, the home for our stay in Crete



Dear Wellesley Alumna,

Vibrant, dynamic Crete is far more than “just another Greek island.” With diverse geography, strategic location, and breathtaking scenery, Crete is the largest of many compelling islands that are peppered across the cerulean waters of the eastern Mediterranean. It was home to Europe’s earliest civilization, the advanced Minoan society, from around 2700 BC, and witnessed subsequent waves of occupation: under the Romans, Venetians, Andalusian Arabs, Ottoman Turks, and Genoese. Today Crete maintains a thriving agricultural economy which is sensitive to the environment and employs sustainable practices.

Rich in myth and legend, Crete was also the birthplace of the celebrated Mediterranean Diet, which has been studied over the years by the world’s medical professionals and nutritionists. The health, wellness and lifestyle of Crete’s population is another contributing factor to the island’s allure, and during this tailor-made Wellesley journey, travelers will explore the origins of the contemporary art of Greek good living. Engaging with modern-day Cretan people, who are known for their friendliness, hospitality, longstanding traditions, and strong sense of community, will offer insight into this deeply embedded sense of culture and allow us to experience how the island embodies these quintessential qualities of Greek life.

Accommodations are at the *Kapsaliana Village Hotel*, a unique property created by a visionary Cretan architect who transformed a small, abandoned village, set within an immense olive grove, into a luxurious retreat for discerning guests.

Throughout our journey we’ll be accompanied by **Connie Bauman**, Wellesley’s PERA Professor of the Practice Emerita. In a series of thought-provoking lectures and engaging discussions, Professor Bauman will share her expertise and help us unlock some of the island’s secrets in the realm of wellness and good living. We’ll enjoy delicious and healthy cuisine; explore lovely countryside, traditional villages, and important archaeological sites; and meet local people and learn about the elements that contribute to their long and healthy lives. We’ll also stay active through yoga, energetic walks, and other activities. We can’t wait for you to join us.

Warm regards,

Erin Corcoran '13
Assistant Vice President for Alumnae Relations
and Global Engagement

WELLESLEY LECTURER

CONNIE BAUMAN

Emerita Professor of the Practice



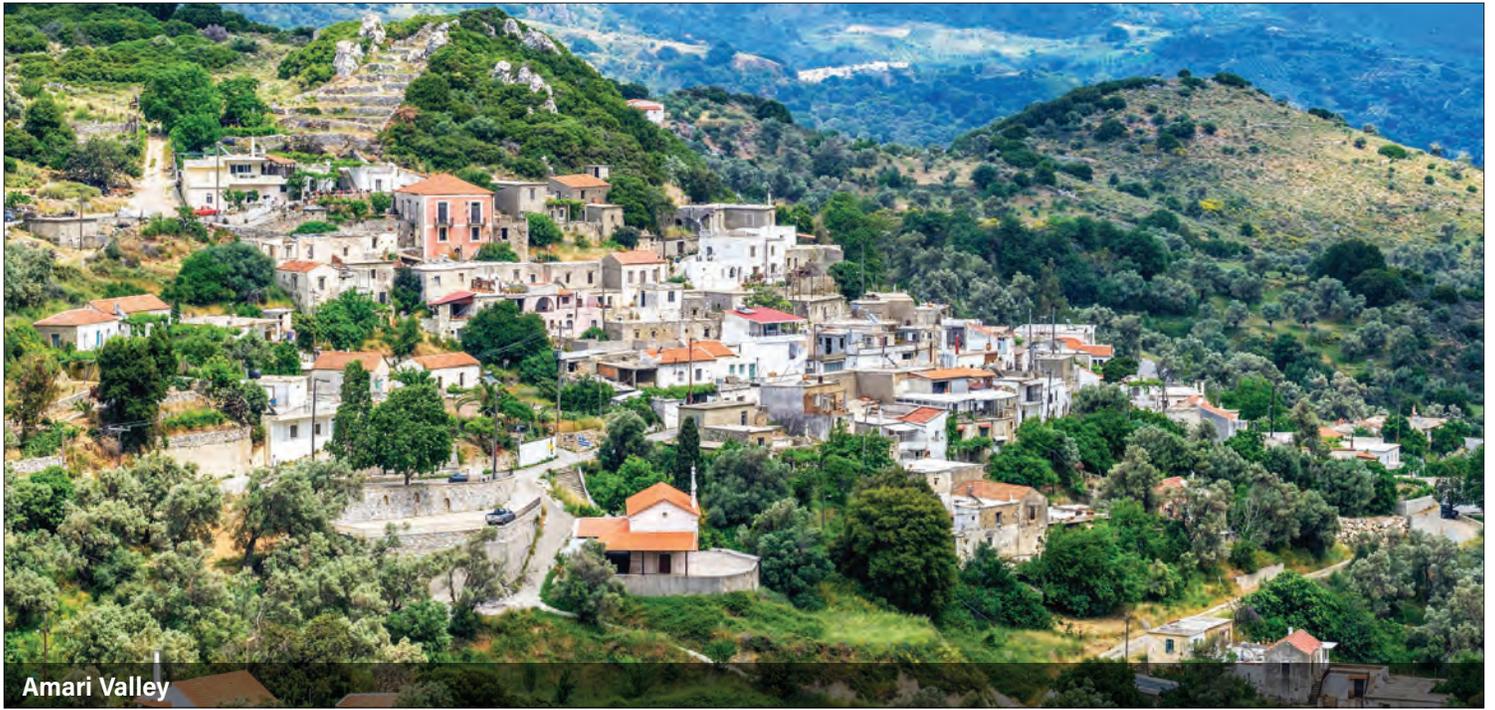
Connie Bauman, Emerita Professor of the Practice, taught at Wellesley for 38 years, retiring in 2018. Professor Bauman joined the Physical Education, Recreation and Athletics (PERA) Department as the first athletic trainer for intercollegiate sports. She was the Athletic Trainer for the National Women’s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



Harvesting olives



Amari Valley



The Cretan cuisine



Walking in the Mili Gorge



Rethymno

ITINERARY



Friday, October 16, 2026

USA/HERAKLION, Crete, Greece

Depart the US on outbound flights to Heraklion, Crete's main city.

Saturday, October 17

HERAKLION/KAPSALIANA

Arrive in Heraklion and transfer to the *Kapsaliana Village Hotel*. Enjoy a welcome dinner at the hotel, which will be our home for the duration of the program. (D)

***IMPORTANT NOTE: To help ensure a timely group departure to the *Kapsaliana Village Hotel*, please choose a flight that arrives in Heraklion no later than 1:30pm. The group transfer from the Heraklion Airport to Kapsaliana will occur at 3pm, local time.**

Sunday, October 18

KAPSALIANA/MILI GORGE/RETHYMNO/KAPSALIANA

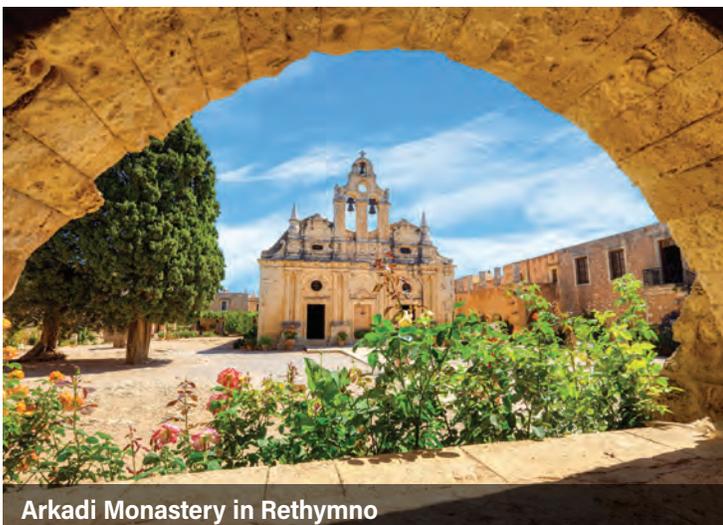
Begin the morning with an introductory lecture by Professor Connie Bauman. Afterwards, get to know Kapsaliana with a leisurely walk

around its lovely countryside and orchards. Continue to the Mili Gorge to experience Crete's natural beauty on a 2.5-mile hike suitable even for beginners. A short drive away, enjoy a brief tour and hosted lunch at the Agias Eirinis Monastery before returning to Kapsaliana for leisure time. This evening, set off for a walking tour and dinner in charming Rethymno, built between the sea and a hill crowned by a massive Venetian fortress. (B,L,D)

Monday, October 19

CHANIA/KAPSALIANA

In the morning, drive to Chania, nestled around its historic harbor. First visit the superb Archaeological Museum, with artifacts spanning from the Neolithic period to the Roman era. Later, explore the old section of town including the Etz Hayyim Synagogue: Crete's only active synagogue and a testament to over 2,000 years of Cretan Jewish heritage. Lunch at a local restaurant is followed by time at leisure. On the return to the hotel, stop at the excellent Durakis Winery for a wine tasting and dinner. (B,L,D)



Arkadi Monastery in Rethymno



Heraklion Market



The 16th-century Venetian castle still guards the harbor of Heraklion

Tuesday, October 20

KAPSALIANA/MARGARITES/KAPSALIANA

A special outdoor stretching session is followed by a chance to experience harvesting olives and a tasting of Crete's famed high-quality olive oil. Gourmet delights continue as members of the Women's Association of Episkopi give us a cooking lesson, showing us how to prepare typical Cretan dishes that we'll enjoy for lunch. Later, visit the 12th-century Arkadi Monastery and admire well-preserved architecture in the village of Margarites, known for its centuries-old pottery traditions. Enjoy a demonstration by a local craftsman, followed by time at leisure and dinner in Margarites. (B,L,D)

Wednesday, October 21

KNOSSOS/HERAKLION/KAPSALIANA

A full-day excursion brings us first to Knossos, the most magnificent Minoan palace in Crete. Clustered around a spacious courtyard, its network of rooms, passages and stairways may have inspired the concept of the labyrinth. More than any other palace, Knossos reveals the brilliance and refinement of Minoan civilization. Afterwards, browse the colorful Heraklion Market where stalls sell renowned Cretan herbs and other local products, followed by lunch at a local restaurant. In the afternoon, exquisitely presented exhibits at the Archaeological Museum of Heraklion reinforce our impressions of the remarkable achievements of Minoan culture. (B,L,D)



Palace of Knossos

Thursday, October 22

SOUTHERN CRETE/KAPSALIANA

Explore southern Crete, beginning in the verdant Amari Valley. This mountainous region is known for its ecotourism appeal and its historic role in Crete's liberation from occupying forces. Continue to the award-winning Museum of Cretan Ethnology in Vori, which offers a well-rounded presentation of cultural and traditional life on Crete, then tour Gortyn's ancient ruins. Enjoy lunch at a traditional taverna and, refreshed, visit the Messara Archaeological Museum. Later, a wine tasting at the well-regarded Domain Zacharioudakis, whose owners are beloved friends of Thalassa Journeys, is paired with spectacular views of the Cretan countryside. Tonight a festive farewell dinner at Kapsaliana completes the Cretan experience. (B,L,D)

Friday, October 23

KAPSALIANA/HERAKLION/HOMEWARD

After breakfast at the hotel, transfer to the Heraklion International Airport for flights homeward. (B)

***PLEASE NOTE: A morning group departure from the *Kapsaliana Village Hotel* will be arranged. When choosing a return flight from Heraklion Airport, please allow approximately 3.5 hours for time in transit and at the airport.**



Colorful outdoor restaurants in the narrow alleys and streets of Chania

THE EXCEPTIONAL KAPSALIANA VILLAGE HOTEL



This unique itinerary is centered around the boutique *Kapsaliana Village Hotel*, originally constructed in the mid-1700s as an olive mill. A village grew around the mill, which functioned for about 200 years. Abandoned after World War II, the village and its olive mill were forgotten until a young Athens-and Paris-educated Cretan architect rediscovered them and made it his mission to bring the mill back to life. After years of thoughtful restoration to preserve the architectural integrity of the old buildings and the layout of the village, Kapsaliana opened as a world-class small historic hotel. Given the nature of the property, each elegantly appointed room is distinctive, and all feature an ensuite private bathroom with rainfall showerhead.

Located in stunning natural surroundings in the hill country near historic Rethymno, the *Kapsaliana Village Hotel* pays homage to the past and celebrates the present. Its own orchards supply most of the ingredients for its kitchen, helping the hotel to be totally green. This truly exceptional property, not only in Greece but also in the wider Mediterranean region, paves the way to a more balanced and sustainable future, advocates for an environmentally friendly lifestyle, and provides authentic experiences to visitors.

The Kapsaliana is a member of the Historic Hotels of Europe and has been designated by a Greek Presidential Decree as having "High Cultural Value."



RATES

\$ 5,990 per person, double occupancy.
Single room supplement: \$ 1,490.

PROGRAM INCLUSIONS

- Fine hotel accommodations for six nights at the *Kapsaliana Village Hotel* (or similar).
- Lectures and discussions with Professor Connie Bauman.
- Full breakfast each morning at the hotel.
- Five lunches and six dinners at local restaurants with wine or beer and soft drinks.
- Airport/hotel transfers and handling of luggage on the program arrival and departure dates.
- All tours and excursions as described in the itinerary with a professional English-speaking guide.
- Entrance fees to museums, archaeological and historic sites.
- The services of an experienced Thalassa Journeys Trip Director.
- Gratuities to guides, drivers and porters.
- All local taxes and service charges.
- Complete pre-departure material.

NOT INCLUDED: International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the Itinerary and the Program Inclusions.

ACTIVITY LEVEL

Travelers can expect an estimated daily total of 3-6 hours of walking at an easy pace. Archaeological site tours, ancient towns, and nature excursions may involve walking on inclined or uneven surfaces including unpaved or rocky paths, cobblestones, or stairs without handrails. During site visits guests will need to stand if seating is not available. Embarking and disembarking from motor coaches will be necessary. Temperature conditions are generally mild in October, one of the finest months for visiting Crete.

REGISTRATION

WELL 26L-1016

Enclosed is my check or credit card no. for \$ _____ (\$ 1,000 per person) as a deposit to hold _____ place(s) on **THE ART OF GOOD LIVING IN CRETE**, October 16 - 23, 2026, 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 email: reservations@thalassajourneys.com**

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

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

Visa

Mastercard

Discover

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.

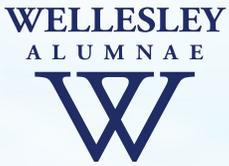
INSURANCE: We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip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

**CST 2138603-50
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THE ART OF GOOD LIVING IN CRETE

With **Connie Bauman**

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Characteristic architecture lines the harbor of Chania

FOR RESERVATIONS AND INFORMATION

PLEASE CALL

THALASSA JOURNEYS AT

866-633-3611

or email

reservations@thalassajourneys.com