



## ATHENS BIKE TOUR



*A unique way to sightseeing Athens...*

The Athens Bike Tour perfectly meets the modern trend in worldwide tourism! It is fun, educational and the ideal way for active people to visit the most interesting sights and monuments revealing the unique history of Greece's capital. Everyone can join this journey back in time and get to know Athens from a different point of view". We cycle at a nice, relaxed pace, on quiet streets and narrow paths, making many stops at "must see" locations of ancient Athens. On this enjoyable guided cycling tour around the Acropolis we don't lose sight of this wonderful jewel of Athens even while enjoying our coffee break! You see almost everything as you cycle through the most beautiful archeological sites of Athens!



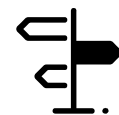
### GROUP SIZE

12-15 people per Team.  
An English speaking facilitator is accompanying the team



### DISTANCE & DURATION

9 Km / 6mi on an easy route at a relaxed pace. Approximately 2 hours, including a coffee break at the slopes of Acropolis (Thission neighborhood)



### SIGHTS OF INTEREST

Temple of the Olympian Zeus  
Hadrian's Arch | Plaka & Anafiotika  
Monastiraki Square  
Roman Forum & Tower of the Winds  
Ancient Agora | Kerameikos



### ACTIVITY DESCRIPTION

We allocate the group into teams of 12-15 people, each one accompanied by an English speaking facilitator.

Starting: Dion. Areopagitou str. (next by Melina Merkouri statue)

1st stop: Kerameikos, 2nd stop: Break at Thission

3rd stop: Ancient Agora, 4th stop: Monastiraki, 5th stop: Aerides & Roman forum

Ending: Dion. Areopagitou str. (next by Melina Merkouri statue)

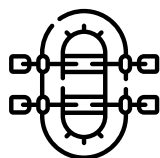


### BENEFITS

- Provides an exciting interactive knowledge on sites and history
- Creates unforgettable, fun-filled memories
- One of our most popular events by far!



## RAFT BUILDING



*An ideal adventure for Sea Lovers...*

A unique team bonding activity on the coast of Athens, where participants in teams create their own raft and compete in a rowing race! In building a seaworthy raft, teams develop creativity, trust and have great fun. It's challenging and ideal for water sports lovers! Project teams' participants receive essential limited useful materials including plastic barrels, ropes, oars & wooden stakes. Teams construct a raft in a specified time frame and then sail away. Their plans are documented and extra points are given for speed, effectiveness and teamwork. Once the rafts are built the teams compete in a real raft race.



### GROUP SIZE

10-12 people per Crew



### DURATION

2 hours at Attica's coast



### SPACE REQUIREMENTS

20sq meters space per team are required on a private or a hotel's beach



### ACTIVITY DESCRIPTION

A group is divided into crews of 12-15 people and each team receives useful equipment to build a raft and "sail away"! All teams will then compete in a relay race. Gold, silver and bronze medals will be awarded, based on cooperation, planning, and implementation.

Supplies: barrels x 200lt, wooden stakes x 3m, wooden stakes x 1.5m, ropes, stripes, life jackets, oars and more!





## BIKE TOUR + RAFT BUILDING



*A full day activity in Marathon National Park...*

### **PART 1: Bike Tour / Morning 09.00 to 12.00**

An exciting journey in a plain valley, along the sea that will be unforgettable for all those who set eyes on it. We get a closer view of the Mediterranean countryside, as we cycle along quiet roads and secluded narrow paths. The area where the historical battle of Marathon took place is full of sights with great historical & environmental value! We ride in a flat course next to the sea through a unique pine forest. Along our way we will meet some of the 220 bird species that live in the area.

### **PART 2: Raft Building / Noon 12.30 to 14.30**

A unique team bonding activity on the coast of Shiniias-Marathon, where our crews create their own raft and compete in a rowing race! In building a seaworthy raft, teams develop creativity, trust and have great fun. It's challenging and ideal for water sports lovers! Project teams' participants receive essential limited useful materials including plastic barrels, ropes, oars & wooden stakes. Teams construct a raft in a specified time frame and then sail away and compete in a real raft race!



#### **SIGHTS OF INTEREST**

Rowing & Canoe Kayak Olympic Venue  
Mediterranean Stone Pine Forest (Pinus Pinea)  
Shiniias Wetland (Natura 2000 site)



#### **PART I: ACTIVITY DESCRIPTION**

A group is divided into teams of 12-15 people and each one accompanied by an English speaking bike-escort. All teams ride on the same route keeping 100-150m distance between them. 3 stops are organized during the tour where interesting information on the sites is provided.

Meeting Point: Olympic Canoe & Kayak venue

Ending Point: Shiniias-Marathon beach

Duration Approximately 3 hours



#### **PART II: ACTIVITY DESCRIPTION**

A group is divided into crews of 12-15 people and each team receives useful equipment to build a raft and "sail away"! All teams will then compete in a relay race. Gold, silver and bronze medals will be awarded, based on cooperation, planning, and implementation.

Supplies: life jackets, barrels x 200lt, wooden stakes x 3m, wooden stakes x 1.5m, ropes, stripes, oars, and more!

Duration Approximately 2 hours





## ORIENTEERING



*A thinking sport in the Environmental Park of Ilion ...*

Participants use a special purpose map and a magnetic compass to navigate through the diverse terrain (forest, hills, lakes, etc.) of the Environmental Park in Ilion and visit, in sequence, control points that are indicated on the map. The course of control points is kept a secret from competitors before the start. Try this new activity which involves a huge mental element. There is no marked route - the orienteer must navigate with map and compass while running. The map gives detailed information on the terrain such as hills, ground surface, and obstacles. Participants need map reading skills, concentration and ability to make quick decisions on the best route while running.



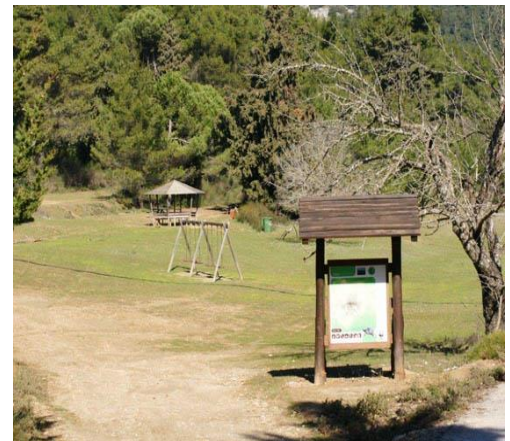
### GROUP SIZE

12-15 people per Team  
An English speaking facilitator is accompanying the team



### DURATION

Approximately 3 hours



### BENEFITS

- Balance between mental and physical exertion
- Increase aerobic capacity and cardiovascular strength
- Improve people's health and happiness





## THE MASK OF AGAMEMNON



*The perfect interactive way to learn the history of Athens...*

**THE STORY:** "Athens 1990, Greece faces an offensive act, which can irreparably damage her good reputation worldwide: the golden mask of king Agamemnon has been stolen. This time Fantōmas -famous for his intelligent and rapid moves- succeeded in stealing it! A codified message from Fantōmas to a candidate buyer is the only clue that police has so far..."

**THE GAME:** Participants are guided to specific spots in the Historic Centre where they have to solve a riddle and to receive a piece of information (a "clue") bringing them closer to the message's decoding. Team which succeeds in collecting all the pieces of information will be able to read the message and find the hidden Agamemnon's Mask.



### GROUP SIZE

8-10 people per Team



### DURATION

Approximately 2 hours



### BENEFITS

- Encourage health competition
- Reinforce the power of teamwork
- Enhance decision-making skills
- Advance strategic thinking



### ACTIVITY DESCRIPTION

Each team is identified by a different color and is accompanied by an English speaking assistant. In each team there are members in different roles and tasks, such as leaders, cashiers, scouts, historians, etc. They all moving in Athens' historical center searching for specific spots – destinations, such as Pnyka, Tower of the Winds & Areios Pagos – where they have to solve a riddle and get a hidden clue. Awarding takes place in a café in Thission, where we also offer refreshments (orange juice) and cake. The winning team takes a prize and all participants receive certificates.







## SEA KAYAK TOUR / SANTORINI



*Explore the untouched south coast of Santorini...*

Visit black, white and red beaches; enter magnificent sea caves, swim and snorkel. Sea kayak tour starts from Mesa Pigadia, a black beach on the south coast of the island. Paddle along the coastline admiring beautiful rock formations and cave houses built into the cliffs. You reach the Black Mountain and the Akrotiri lighthouse, exploring sea caves along the way. Paddling east, pass by the White Beach named for the imposing white cliffs above, and continue to Kampia Beach. There you'll enjoy a fresh nutritious snack at the traditional tavern and go snorkeling from the beach. Back in your kayak, paddle to the Red Beach and marvel at the colors, vivid evidence of volcanic activity. Return to the starting point and have a traditional Greek lunch at a local tavern. After the meal drive back to pick up location.



### ACTIVITY DESCRIPTION

- Paddle to Black Mountain and enter the magnificent sea caves
  - Reach Akrotiri Lighthouse, one of the oldest in Greece
  - Explore White Beach, which is surrounded by white cliffs
- Marvel at the colors of Red Beach, the epitome of a volcanic beach

Starting & Ending point: Mesa Pigadia  
Stop: Kampia beach (time for snack and snorkeling)



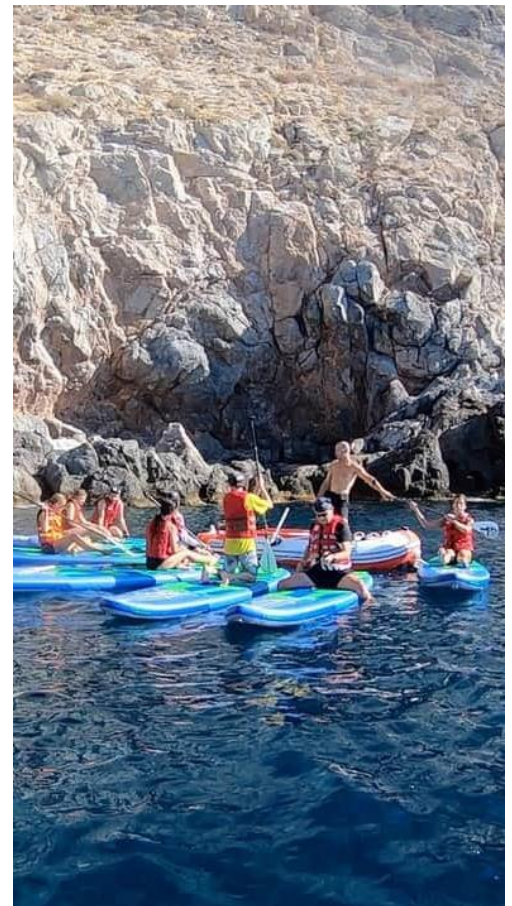
### DISTANCE & DURATION

6-8 km / 4-5 mi  
Paddling about 2 ½ hours, total time approximately 5 hours



### INCLUSIONS

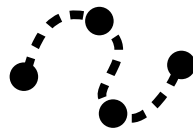
- English Speaking Guide
- BCU Certified Guides
- Sea Kayak equipment
- Snorkeling equipment
  - Snack & Lunch
- Photos of the Kayak Tour







## CALDERA TRAIL



*A magnificent Sunset View from the top of a hill...*

Known worldwide, this trail offers every hiker lifelong memories of natural beauty. Breathtaking views while walking along the rim of the volcanic Caldera, passing through whitewashed villages that seem to hang over the void. Enjoy the exciting opportunity to admire Santorini's caldera from an old mule path connecting Fira and Oia. This guided half-day hike gives you spectacular views of the island, its immense caldera, and the surrounding Mediterranean islands in the distance.



### DISTANCE & DURATION

9 Km / 6 mil  
4 hours, total time approximately 5 hours



### ACTIVITY DESCRIPTION

- Breathtaking views over the volcano from different angles
- A chance to hike on a picturesque & authentic old mule path
  - Sites like Cycladic chapels, Firotstefani, Imerovigli & Oia
  - Watching the sunset from the top of a hill with a 360° view
- Delicious picnic lunch (fresh fruit, a sesame bar and a fresh smoothie)



### INCLUSIONS

- Hotel pick-up and drop off
- English speaking guide
  - Walking sticks
  - Picnic lunch
- Photos of the tour





## HIKING TOUR | NIGHT HIKING TOUR



*A different way of sightseeing Santorini...*

### TOUR I: SANTORINI HIKING

Set off on a hike that tests your endurance and leads you to the highest point of the island, letting you enjoy the wild untouched nature of Santorini's summits and spectacular 360° panoramic views.

### TOUR II: SANTORINI NIGHT HIKING

A wonderful opportunity to catch a break from the over crowdedness you'll often face on Santorini. Be one of the few privileged who hiked, during night, PEACEFULLY and under the light of your torches some sections of the world famous Fira-Oia hike.



#### TOUR I: ACTIVITY DESCRIPTION

- Panoramic views from Santorini's highest point
- Walk on the untouched nature of Santorini's summits
- Visit Pyrgos, one of the most peaceful villages on the island
  - The cemetery of Ancient Thira
- A demanding hike, for those who want to exercise different

Starting Point: Pyrgos village, Ending Point: Perissa  
Duration Approximately 4 hours



#### TOUR II: ACTIVITY DESCRIPTION

- Panoramic views from Santorini's highest point
- Walk on the untouched nature of Santorini's summits
- Visit Pyrgos, one of the most peaceful villages on the island
  - The cemetery of Ancient Thira
- A demanding hike, for those who want to exercise different

Starting Point: Prophet Elias chapel, Ending Point: Fira  
Duration Approximately 4 hours



#### INCLUSIONS

- Hotel pick-up and drop off
- English speaking guide
  - Walking sticks
  - Light Picnic
- Photos of the tour



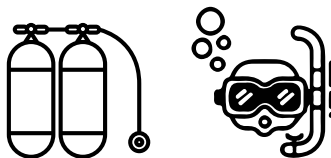
#### INCLUSIONS

- Hotel pick-up and drop off
- English speaking guide
- Walking sticks & Torches
- Dinner & Wine tasting
- Photos of the tour





## SCUBA DIVING | SNORKELING



*A scuba diving /snorkeling day in Athenian Riviera...*

### Scuba Diving

Have you always wondered what it's like to breathe underwater? If you want to try scuba diving, but aren't quite ready to take the plunge into a certification course. Athens coastline is ideal for beginners to dive: warm water with great visibility and a stone's throw from Athens center. In no more than 20 feet (6 m) deep in crystal clear warm waters, you will discover what it is like to breathe underwater for the first time... Do not miss the opportunity to experience it!!!

### Snorkeling

Boat, mask, flippers and a swimsuit ... Snorkeling at its best! Three small islands of the "Athenian Riviera", each one with its small "blue" treasures, are ready to be discovered by you. These rocky, uninhabited islets are lined with beaches and caves and washed by clear waters that harbor rich marine life, reefs, and even shipwrecks. This perfect day could not end in a better way, than having a meal in a traditional tavern where you will get to taste really Mediterranean flavors!



#### INCLUSIONS

- Private tour to/from the islands & swimming/snorkeling excursion
  - All the equipment you'll use (diving suit, flippers, mask etc.)
- Instruction and assistance related to the equipment and its handling
  - Personalized attention from the guide
  - Snacks, cold water & refreshments included
  - USB stick with a lot of underwater photos



#### SAFETY FIRST

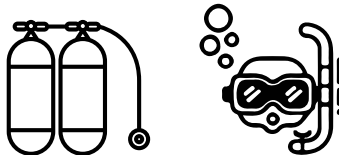
The ribs which are used are fully equipped according to the latest safety regulations: Medical oxygen life support, fully equipped medical bag, personal life jackets with a whistle for each passenger, fire extinguishers







## SCUBA DIVING | SNORKELING



*Get ready to discover the beauty of underwater Santorini...*

### Scuba Diving

Santorini and its unique composition offers a great variety of all levels diving. The great volcanic eruptions that shook Santorini over the centuries have created magnificent underwater scenery, which is giving scuba diving lovers endless options of wall dives and never-ending drop-offs around Caldera and the volcanic islets.

### Snorkeling

Grab your mask, your snorkel & discover the undersea Treasure!!! The snorkeling half day safari in Santorini is a great way to explore the sea of the island and enjoy it by watching the aquatic life below the surface... a perfect activity for all the sea lovers in an amazing scenery!!!



#### SCUBA DIVING / LOCATIONS

- Lava Caverns in South coast and non-volcanic in East coast for shallowest dives
- White island, with amazing lava formations and superb wall diving
- Thirassia island which was once connected to Santorini, before the volcanic eruption
- Palea Kameni island with its active volcano which offers a wreck dive right next to the hot springs
  - Nea Kameni island with a very beautiful wreck dive



#### SNORKELING / ACTIVITY DESCRIPTION

- A half day tour by boat to a big part of the island
- Snorkeling in 2 different spots for 40 min each
- Snack and refreshments between the dives and on the way back
- Experienced guide both on the boat and in the water for participants comfort and safety



#### EXTRA ACTIVITIES

##### MORNING / SUNSET FISHING TOUR

- fishing on board
- swimming, fishing or relaxing on a beach
- lunch/dinner (fresh fish, salad & beverages)

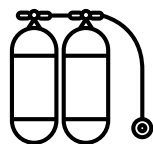
MORNING: 10.00-15.00 / SUNSET: 15.30-21.00







## SCUBA DIVING | SNORKELING



*Explore the underwater scenery of Mykonos...*

### Scuba Diving

The crystal waters of Mykonos are full of interesting sites to explore, including two shipwrecks and a rich variety of marine life. Diving in Mykonos Island means diving into the past and ancient history with each stroke of your fins. Amphorae, pots and traces of the ancient Greece and the Roman Empire what the divers will see.

### Snorkeling

Explore the deep blue waters of the Aegean Sea through a guided snorkeling adventure in Mykonos. Snorkel in the scenic blue water near Mykonos with a guide and look for parrotfish, rainbow wrasses, barracudas, flounder fish, seahorses, and more marine life.



#### SCUBA DIVING / INCLUSIONS

- Go over of the scuba equipment, move with the gear and breathe underwater
- Learn of key skills that are used during every scuba dive
  - Swimming around and exploring
- Scuba gear including a mask, fins, wetsuit, regulator, buoyancy control device, dive gauges and a tank



#### SNORKELING / ACTIVITY DESCRIPTION

##### BEACH SNORKELING ADVENTURE

- Guided assistance to donning the equipment and feel comfortable in the water
- Swimming slowly along the rocky reef and exploration of the interesting marine life
- Development of the abilities and new techniques that can be used for swimming more comfortably at the surface and enjoy the marine world in a fun and relaxing manner

##### BOAT SNORKELING ADVENTURE

- Briefing the group on the safety procedures and necessary boating operations before embarking
- Donning the equipment and entering in the water after boat's anchored near a rocky reef
- Exploration of the beautiful reef and the unique marine species, identified and described by the Snorkeling guide



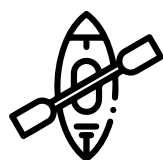
#### SCUBA DIVING / LOCATIONS

- Paradise Reef
- Caverns Mykonos Tragonisi
  - Grouper Rocks
- Barracuda Reef Mykonos Kalafakiona
  - Anna II Wreck





## SEA KAYAK TOUR / ATHENS



*The one and only Sea Kayaking experience in Athens...*

Stunning views from the seaside along the Athenian Riviera, all the way to Cape Sounio and to the famous Temple of Poseidon! En route, you have the chance of having a light snack on one of the islets. Upon arrival at Cape Sounio, you visit the famous temple and end your day with a marvelous meal, enjoying unique views and the sunset of the Saronic Gulf!!!



### DURATION

- April to November
- Approximately 8 hours



### INCLUSIONS

- Hotel Pick Up & Drop Off
- English speaking Guide
- All necessary equipment for the operation of the activity
- Greek traditional snack



### ACTIVITY DESCRIPTION

- Kayak along the Athenian Riviera & past spectacular cliffs, beaches, and caves
- Admire the Temple of Poseidon, from a unique angle that few people have the chance to experience
  - Enjoy Greek energizing and refreshing snacks
- Finish your adventure with a delicious meal overlooking the endless blue sea

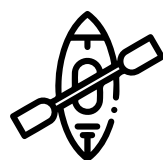
*- Choose between a Morning and a Sunset Tour -*







## SEA KAYAK TOUR / MYKONOS



*Take a journey of discovery and exploring Mykonos from the sea...*

Mykonos offers a truly unique sea kayaking experience, spectacular vistas, long sandy beaches, crystal clear water, enchanting secret coves, local wildlife and dramatic rock formations. The wild northern coastline delivers a revitalizing break from the hustle and bustle of modern living. Exploring this pristine environment, paddling around the dramatic coastline, and being the captain of your own vessel in the form of a modern sea kayak, allows you to reconnect with nature, reinvigorating your mind, body, and soul.



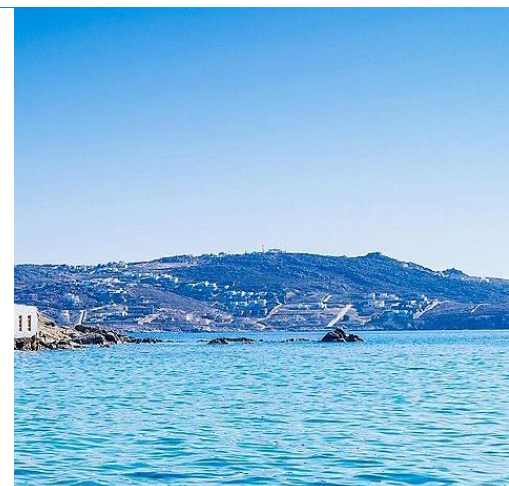
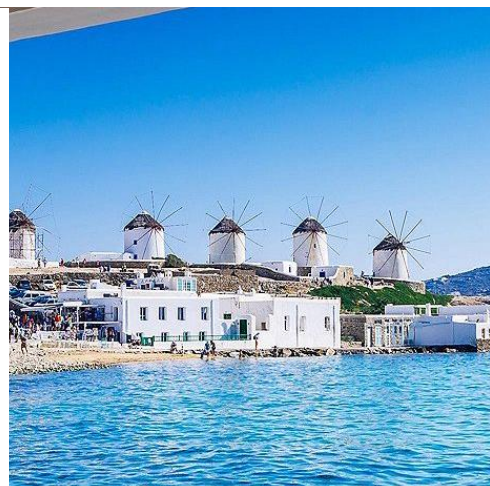
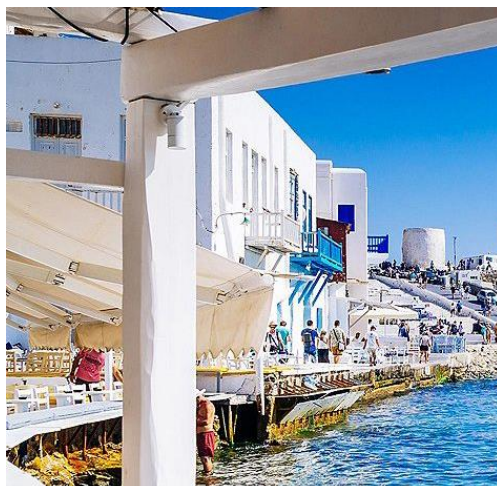
### DURATION

- May to November
- Approximately 1 ½ hours



### GROUP LEVEL + AGE

- Fitness level: Moderate
- Participants age: 10+







## HIKING TOUR / MYKONOS



*Experience the stunning landscapes of Mykonos on a hiking tour of the island...*

Explore Mykonos on foot during a guided hiking tour and see island's countryside, dotted with farms, chapels, and beaches. Choose from the ambitious 10 km option, suitable for advanced hikers, or the more manageable 5 km. Also don't miss the opportunity to visit the Armenisti Lighthouse, one of the highlights of the island, and enjoy the amazing sunset.



### ACTIVITY DESCRIPTION

- OPTION A: 5km / 3 mi

starts with visits to a few nearby farms to sample some seasonal produce and ends up at the scenic Mersini Beach. Wade into the azure waters before beginning the return trek, followed by lunch (if option is selected)

- OPTION B: 10km / 6 mi

continues from Mersini Beach and ends with views of the surrounding Tinos, Samos, and Ikaria islands. After short rest walk to more country chapels, other farms and one last beach (lunch if option is selected)



### DISTANCE

5 or 10 Km / 3 or 6 mil





## SUP TOUR / SANTORINI



*Admire Santorini whilst trying to balance on your SUP...*

Take the chance to see the south coast of the island on your SUP! Starting from Akrotiri and one of its most unspoiled beaches, the participants will try to paddle standing on their board and experience the very interesting coastline of Santorini Island with its volcanic nature. An activity full of fun and swimming!!!



### DISTANCE & DURATION

5 km / 3 mi  
SUP about 2 hours, total time  
approximately 3 hours



### HIGHLIGHTS & INCLUSIONS

- Paddle Vlychada pumice formations
  - Swimming
- Certified English Speaking Guide
  - All SUP equipment
  - Fresh fruits



### TAKE WITH YOU

- Swimming suite
- Hat & Sun screen
  - Towel
- A liter of drink water
- Shoes (will get wet)





## COOKING LESSONS



*Cook and taste a delicious Greek Meal that you prepared...*

Discover the Greek cuisine through an interactive cooking lesson along with a professional chef and learn all the secrets of the famous Mediterranean gastronomic wealth. Take an idea how locals are cooking and eat the food you prepared using the freshest ingredients. One of the most exciting cultural experiences you must not miss!!!

### GREEK MEZES



Mezes (mezedes for plural) means a small plate of hot or cold food that is served alongside other mezedes.



#### FAMOUS MEZEDES

- Tzatziki
- Zucchini balls
- Small cheese pies
- Stuffed peppers w/cheeses
  - Meatballs
- Shrimps saganaki
- Fried cheese
- Spetsofai

### TRADITIONAL GREEK LUNCH

In Greece, traditionally lunch is the largest meal of the day. Especially "Sunday lunch" takes the form of a feast.



#### TRADITIONAL GREEK LUNCH

- STARTERS  
Spinach & cheese pie, bread, tzatziki, Greek salad, etc.
- MAIN COURSE  
Moussaka, Stuffed peppers w/ricce, Chicken w/pasta, etc.
- DESSERT  
Ravani, Greek cheesecake

### QUICK GREEK DINNER



In just an hour, cook a delicious quick Greek dinner with traditional tasty fresh ingredients.



#### QUICK GREEK DINNER

- APPETIZERS  
Cheese pie (tiropita), tzatziki, dakos w/fresh tomato and cheese
- MAIN COURSE  
Chicken or pork gyros
- DESSERT  
Greek cheesecake

### TRADITIONAL GREEK BAKING

Join one of the fabulous home bakers to combine flavors and producing a batch of baked goods.



#### TRADITIONAL GREEK BAKING

- Tiropsoma  
a soft, feta-studded loaf of bread
- Kremidopita  
pies stuffed w/onions & herbs
- Portokalokaloura  
sweet and crunchy orange cookies



### ACTIVITY DESCRIPTION

- Discuss about the menu & the ingredients
- Hand-on cooking class following chef's instructions
- Enjoy the dinner





## SAILING CRUISE / ATHENS



*Sail the amazing coastline of Athens by a boat...*

A different Sailing experience. Taste typical traditional Greek food on board, sail, swim & snorkel in the blue waters of Aegean Sea. Discover unique secret spots, small-uninhabited islets and secluded bays all across the coastline of Athens in a day full of fun...

### ONE DAY PRIVATE CRUISE

Reach Sounio, the amazing cape of Athens, and the Temple of Poseidon. In a place touched by Gods, be ready to feel an exciting experience!!



#### INCLUSIONS

- Vessel orientation & safety briefing
  - Complimentary wine, beer, refreshments
- Complimentary Hors d'oeuvres
- Historical narration across Athenian coastline
  - Swimming stops at unique spots
    - Towels & Snorkeling gear
- Lunch under the Temple of Poseidon
- Dinner at a picturesque uninhabited island

- Duration: 10 hours -

### SAIL THE SUNSET



For those who prefer to sit on deck and enjoy a cruise around the Athens coast while listening to relaxing music, have a drink and enjoy a magnificent sunset!!!



#### INCLUSIONS

- Sailing on board a modern sailing Catamaran
- Local professional English speaking skipper
- Greek appetizers for snack, water, a glass of wine or a soft drink & a signature cocktail
  - Snorkeling equipment
  - Fishing rods

- Duration: 4 hours -

### SAIL THE ATHENIAN COASTLINE

Explore the hidden coves of the southern Athens coast and drop anchor in beautiful secluded bays with azure colored waters for swimming or fishing!



#### INCLUSIONS

- Sailing on board a modern sailing Catamaran
- Local professional English speaking skipper
- Greek appetizers for snack, water, a glass of wine or a soft drink & a signature cocktail
  - Snorkeling equipment
  - Fishing rods

- Duration: 5 hours -





 **pentagon**  
SPORTS + TRAVEL

## FULL DAY CRUISE / THE GEMS OF THE SARONIC GULF



*Sail across the Aegean Sea a visit one of the Gems of Saronic Gulf...*

Choose a day cruise from Athens and explore a number of beautiful destinations in speed & style... Except the short ride that can be take you around the Athenian Riviera, there are more gems in the Saronic Gulf, such as the island of Aegina, Hydra, Spetses where you can spend a full day. Enjoy a Greek Island cruise and see golden beaches, Greek temples, colorful markets, and many more!!!



### ISLANDS

- Aegina
- Hydra
- Spetses

- Duration: approx. 9 hours -



### INCLUSIONS

- Sailing on board a motor-boat
- Local appetizers & Meze dishes, Fruits
- Local wine, Soft-drinks, Bottled water
  - Snorkeling equipment
- A Professional English Speaking Crew





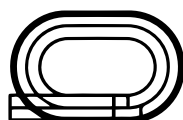


## MINI OLYMPIC GAMES / ATHENS



*Citius, Altius, Fortius...*

A unique experience combining strategy, competition and self-discipline inside the PANATHINAIK STADIUM of Athens, the home of first modern Olympic Games in 1896! The Olympic Games are one of the most popular activities and ideal for every active group...



### SPORTS

- Relay race 4x100m
  - Long jump
  - Discus throw
  - High jump
- Sprint race 200m
  - Shot put
  - Javelin throw



### DURATION

- Approximately 2 ½ hours inside the Panathinaic Stadium of Athens



### ACTIVITY DESCRIPTION

- Group is splitted into smaller teams
  - All team members in a rotation for "Training - Warming up" session (includes a short seminar and actual trials in each sport)
  - Teams assign Roles ("Athletes"), in each team there will be athletes for each of the selected games
    - "Olympics Sport Competition": "Athletes" in action! (experienced instructors guide and coach all the athletes)
    - "Awarding"
- (Medals awarding on a podium for the Gold, Silver & Bronze winners)







## ANCIENT OLYMPIA WITH VR GLASSES



*A great way to learn about Ancient Olympia...*

Visit the Archaeological site and discover the original Ancient Olympia. Now all the ruins are coming back to life through your VR Glasses. Visit any monument at your own pace, and small and interesting stories will be activated automatically when you approach each one. Take the opportunity and experience Ancient Olympia in a totally different way...



### ACTIVITY DESCRIPTION

By using the VR glasses you'll discover:

- Gymnasium and Palestra, the places where athletes were practicing for the Olympic Games
  - Phidias workshop, the place where Phidias gave life to the statue of Zeus
  - Temple of Zeus, the biggest temple of Peloponnese
- The statue of Victory, the statue that made all Spartans feel the same, and the Echo portico
  - The Stadium, the place of ultimate glory for an athlete
  - The Temple of Hera and the great fountain called Nymphaeum

*- Duration: 1 ½ hours -*







## ATHENS 5 SENSES



*Capture the Greek tradition with all your Senses...*

Walk in the historical center of Athens and join this interactive journey in the paths of Greek tradition and culture with all your senses! **Taste** traditional drinks & snacks (Ouzo & meze, Greek coffee & cherry sweet). **See** and visit famous sites such as Plaka, and Monastiraki Flea Market. **Listen to** traditional sounds (bouzouki, laouto...) and dance like Zorba the Greek. **Smell** typical herb scents. **Feel** with your hands local products (komboloi, briki...).



### GROUP SIZE

15-20 people per each Team.  
An English speaking facilitator is accompanying each team



### DISTANCE & DURATION

Approx. 4km / 2.5 mi and 2 ½ hours  
walking in the  
Athens Historical Center



### ACTIVITY DESCRIPTION

Each team is accompanied by an English speaking facilitator and provided with a city map & a questionnaire booklet.

1<sup>st</sup> stop: "Melina Café" for a Greek coffee "**Tasting**" & "**Touching**" the items inside the "Mystery Box"

2<sup>nd</sup> stop: "Aerides" for dancing Syrtaki & "**Hear**" the traditional Greek music & instruments

3<sup>rd</sup> post: "Monastiraki" square & Flea Market for "**Seeing**"

4<sup>th</sup> post: "Arethas" shop in Plaka. "**Smell**" & try to guess the Greek herbs hidden into the bags

5<sup>th</sup> stop: "Vrettos distillery" for "**Tasting**" ouzo & meze



## MYTHICAL GREEK QUEST



*A high-Tech Urban Adventure...*

**THE STORY:** A digital edition treasure hunt that leads to powerful team building, encourage strategy, communication, navigation skills and the ability to follow instructions. Enjoy the huge potential of up-to-date technology, combined with a great variety of types & games. Use tools like maps, compass, GPS, puzzles, riddles, quizzes, pictures & videos.

**THE GAME:** Participants use tablets with customized app installed. The app encourages engagements with the participant's surroundings and also cooperation with team members.



### GROUP SIZE

10-12 people per Team



### DURATION

Approximately 2 hours



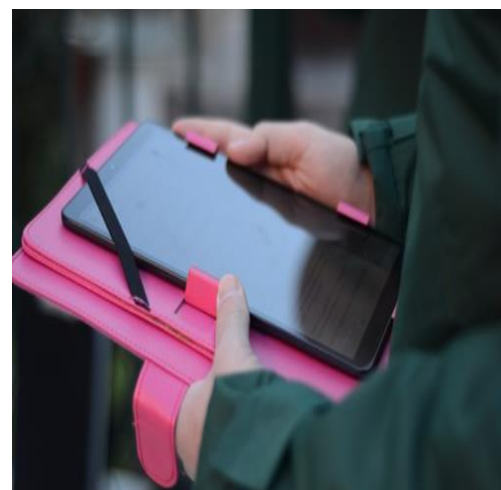
### BENEFITS

- Get to know the town and its history through this interactive and fun mission
- Encourages communication
- Shared group experience



### ACTIVITY DESCRIPTION

The installed software shows all locations & spots which teams should visit in order to raise their score. The app guides the teams everywhere and only allows questions & challenges to be activated when a particular spot is reached. Teams earn points for correct answers & receive penalties for wrong answers. All players should be thinking three steps ahead to keep the lead, with this competition resulting to an exciting and adrenaline filled day. Please note that we can customize the tasks to serve the group's profile (interests, age, faculty, company, background, nationality etc)







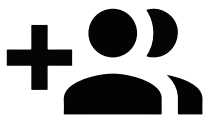
**pentagon**  
SPORTS • TRAVEL

## EXPERIENCE THE ATHENS FOOD SCENE



*A journey in Greek gastronomy...*

Join this interactive journey in the paths of Greek tradition & culture and taste traditional drinks, snacks, visit famous sites & local shops. The group walks in the historical center of Athens and gets to know some Grekk traditions & gastronomy in an exciting interactive way.



### GROUP SIZE

12-16 people per each Team.  
An English-speaking facilitator is accompanying each team



### DISTANCE & DURATION

Approx. 4km / 2.5 mi and 2 ½ hours  
walking in the  
Athens Historical Center



### ACTIVITY DESCRIPTION

Each team is accompanied by an English-speaking facilitator and guided in the Athens Historical Center. They visit specific locations in rotation and go through various Greek tasting & tradition experiences!

1<sup>st</sup> stop: "Glykys Café" in Plaka for a glass of **Homemade lemonade & Meze** tasting

2<sup>nd</sup> stop: "Pide Restaurant" in the city center for a traditional Greek **Peynirli** tasting

3<sup>rd</sup> post: "Souvlaki o Kostas 1950" in the city center for a typical Greek

**Souvlaki & Pita**

4<sup>th</sup> post: "Krinos est.1936" by the central Market of Athens for a portion of sweet  
**Loukoumades**