



Ikaria – Greece *June 14-19, 2026*

Hello friends!

My name is Catherine (Kaiti) Iliadou, and I am the owner of *Welcome Exclusive Travel Services*. I am glad to let you know that I am planning a trip to the beautiful island of Ikaria, one of the world's 5 "Blue Zones", immediately following the MLMI Symposium, June 14-19, 2026!

What better way to conclude your visit to Greece! Ikaria, with its unparalleled beauty and longevity secrets, will amaze you. It's a humble island, well known for its simple way of living.

You will have the chance to connect with nature, visit traditional, picturesque mountain villages and amazingly rugged beaches, enjoy the Ikarian cuisine, and meet the locals, famous for their relaxed attitude. The itinerary will include hiking, swimming, cooking, wine tasting, and an overview of the island's rich history (see tentative itinerary below).

WE CAN ONLY ACCOMMODATE 15 PEOPLE, ON A FIRST-COME, FIRST-SERVED BASIS.

So, come along! I want to share with you Ikaria's secrets!

Best regards

Kaiti



Welcome - Exclusive Travel Services

8222 Taylor Crt, West Windsor, NJ - 08550, USA; 732.910.9911; ciliadou@gmail.com

Tentative itinerary-All activities are subject to change.
(You will receive the final itinerary as soon as the activities are confirmed)

June 14

Arrival in Ikaria
Dinner at a local restaurant

June 15

Swim at Armenistis beach
Lunch at Atsahas
Afternoon hike to Christos Raches village
Dinner at the village square

June 16

Drive to the famous Seychelles beach
Boat to the beach
Swim at Seychelles beach
Lunch at “Yalos kani fourtouna”

Drive to Therma village
Spend time at the thermal springs
Enjoy ice cream/drinks at a local café

June 17

Free day

June 18

Winery visit and wine tasting
Lunch
Farewell dinner, music, and dance at a taverna.

June 19

Departure



Cost

Double occupancy: 1300 Euros (1350 Euros if paid by credit card)

Single occupancy: 1550 Euros (1620 Euros if paid by credit card)

Payment Deadlines: Deposit 500 Euros: December 1, 2025, Remaining balance: March 1st, 2026

Cancellation Policy: 45+ days before start date: full refund minus \$500 cancellation fee; 20 - 45 days before start date: refund of 50% of total cost; 1 - 21 days before start date: subject to a one hundred percent (100%) cancellation fee of the total cost

Included in the cost: Ferry Boat from Leros to Ikaria, hotel accommodations, scheduled dinners, transportation on the island, organized local tours, and scheduled group activities.

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