



travel12 | traveling experiences

“Athens healthy living”

Experience handbook

Athens, December 2017

Athens healthy living



experience overview

Profile	Explorer	Intensity	Medium
Theme (s)	Wellbeing; Wine & gastronomy	Location	City
Total cost	€ 237 per adult	Duration	ideal for 4-5 days



Namaste Athens – morning session

Wellbeing

There's no better way to start your day than a good morning yoga session. You'll feel relaxed and blessed and ready to rush into a busy day of whatever you want to do in Athens! It all starts with a deep breath!

€22 per adult (13+) | Approx. 2 hrs



Ride your bike all the way to the Athens Riviera

Nature & outdoors

A ride that starts and ends at the city center. In between, the beautiful views of the Saronic gulf, the Athenian Riviera with its tall palm trees lined up and the relaxed vibe of the south.

€40 per adult (13+), €25 per child | Approx. 4.5 hrs



The farm-to-table experience

Wine & gastronomy; Nature & outdoors

If you think that Athens hasn't any wineries, then you are up for a surprise and definitely a treat! Outskirts like Mesogeia hide exceptional wineries, vineyards and varieties such as Savatiano. This tour can be also customized to include regions outside Attica too. All you have to do is ask!

€175 per person | Approx. 3 hrs



It's Spa o'clock

Wellbeing

Taking the stress out of your everyday life, this spa session will leave you relaxed and rejuvenated. Just close your eyes and leave yourself to the hands of the professionals. Everybody deserves some R&R every now and then!

Available upon request | Approx. 1.5 hrs

Namaste Athens – morning session

Wellbeing



I would like to book this activity (min 2 days in advance):

Date	Adults (13+)	Children

Comments

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At a glance

Enjoy a revitalizing morning yoga session in downtown Athens

Benefit from a class taught by an experienced yoga instructor

Kickstart the day with a fresh orange juice or beverage of choice

Cost per person (all tax included)

Adults (13+)	€22
Children	-
Private	Upon request (at extra cost)
Add-ons	

Features

Guide	Included
Transfer	Available upon request
Food	Incl. Breakfast
Other	

Logistics

Starting point	Open space studio
Starting time	To be arranged
Duration	Approx. 2 hrs
Availability	All year

Accessibility

Level	Amateur No equipment required
Languages	Greek English
Children	Not suitable
Disabilities	Limitations may apply please contact us

Cancellation policy

more than 7 days in advance	full refund, excluding credit card fees
2-7 days in advance	50% refund, excluding credit card fees
less than 2 days in advance	no refund
no show	no refund

Ride your bike all the way to the Athens Riviera

Nature & outdoors



I would like to book this activity (min 2 days in advance):

Date	Adults (13+)	Children
Comments		

At a glance

Enjoy	you ride, from the city to the coast that will allow you to see the infamous Athenian Riviera
Pass	by many Athenian highlights, such as Plaka, Petralona and the Roman Agora
Indulge	in the magnificent views of the Saronic gulf and the light sea breeze

Cost per person (all tax included)

Adults (13+)	€ 40
Children	€ 25
Private	Upon request (at extra cost)
Add-ons	

Features

Guide	Included
Transfer	Available upon request
Food	Not Included
Other	

Logistics

Starting point	Near Acropolis metro station
Starting time	9:30
Duration	Approx. 4.5 hrs
Availability	Except Sundays

Accessibility

Level	Advanced Bikes and helmets provided
Languages	Greek English
Children	Suitable for children
Disabilities	Limitations may apply please contact us

Cancellation policy

more than 7 days in advance	full refund, excluding credit card fees
2-7 days in advance	50% refund, excluding credit card fees
less than 2 days in advance	no refund
no show	no refund

The farm-to-table experience

Wine & gastronomy; Nature & outdoors



I would like to book this activity (min 2 days in advance):

Date	Adults (13+)	Children
Comments		

At a glance

Enjoy an	amazing, expert-led tour of the Margi farm, see the barnyard animals and the organic vegetables growing in the farm.
Learn in	depth about the cultivation of the produce and the joys of the farm life
Taste	this season's organic produce straight from the farm to your plate with a Greek BBQ dining experience (The bbq buffet includes seasonal salads, pies, frites, eggs, meat & poultry, sweets, water & wine).

Cost per person (all tax included)

Adults (13+)	€175
Children	€175
Private	Upon request (at extra cost)
Add-ons	

Features

Guide	Included
Transfer	Available upon request
Food	Incl. Meal
Other	

Logistics

Starting point	Margi farm
Starting time	To be arranged
Duration	Approx. 3 hrs
Availability	All year

Accessibility

Level	Amateur No equipment required
Languages	Greek English
Children	Suitable for children
Disabilities	Limitations may apply please contact us

Cancellation policy

more than 7 days in advance	full refund, excluding credit card fees
2-7 days in advance	50% refund, excluding credit card fees
less than 2 days in advance	no refund
no show	no refund

It's Spa o'clock

Wellbeing



I would like to book this activity (min 2 days in advance):

Date	Adults (13+)	Children
Comments		

At a glance

Enjoy a	revitalizing and rejuvenating spa session
Benefit	from an amazing massage session by professional masseurs
Indulge	by treating yourself to some relaxing me-time

Cost per person (all tax included)

Adults (13+)	Available upon request
Children	-
Private	Private only
Add-ons	

Features

Guide	Not Included
Transfer	Available upon request
Food	Not Included
Other	

Logistics

Starting point	Spa venue
Starting time	To be arranged
Duration	Approx. 1.5 hrs
Availability	All year

Accessibility

Level	Amateur No equipment required
Languages	Greek English
Children	Not suitable
Disabilities	Limitations may apply please contact us

Cancellation policy

more than 7 days in advance	full refund, excluding credit card fees
2-7 days in advance	50% refund, excluding credit card fees
less than 2 days in advance	no refund
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Selected Accommodation options

Athens, city center

New Hotel



Design and Contemporary Art at their finest! New Hotel will amaze you with its refined aesthetics, its cozy atmosphere and the museum-like interiors that manage to blend low-key Athenian style with luxury and all art everything. Staying at New Hotel is pretty much an experience of its own with forward-thinking interiors by Campana brothers and a re-inventing attitude.

Located in the exclusive and stylish Kolonaki district, Persicope Hotels has modern yet minimalistic interiors with hints of Contemporary Art infused in the space. It is a tribute to clean lines and uncluttered spaces that makes it an ideal choice for your urban stay. Less is more after all.

Periscope



Fresh Hotel



This downtown Athens Hotel is exactly what its name implies, Fresh and uplifting! An urban resort with unconventional atmosphere filled with vibrant colors and positivism. Opt for its pure and subtle luxury with an obvious minimal tilt. Air Lounge offers amazing city views coupled with the beauty of doing all things alfresco!

Practical information

How to book

You can **book this experience directly** through <https://www.travel12.gr>.

You will be able to enter the starting date of your experience, select the activities that interest you along with any requested extras, state the number of adults & children and any special requirements.

To secure your booking, you will be re-directed to **PayPal** in order to pay a **15% deposit**. Once your booking has been completed, we will send you a detailed plan [including names of guides, exact meeting locations and timing] within 48 hours for final confirmation (or any requested amendments) by you.

If you prefer to **book offline**, please **complete the request form** for each activity you wish to book (top of page) and send us the scanned image at hello@travel12.gr. We will get back to you within 48 hours in order to complete your booking.

Modifications are possible until 7 days prior to the experience starting date at no extra cost.

Description of services

This handbook provides an informative, though not exhaustive, description of a complete **traveling experience**, crafted by the travel12 experts. This experience is an activity compilation, carefully curated so as to provide you with a **comprehensive way to experience the selected destination**, and has been optimized to meet the preferences of the traveler profile(s) mentioned in the first page.

The information provided is accurate at the time of viewing this file online at <https://www.travel12.gr> or downloading it from the website. As service characteristics may evolve over time, new services may be added and others discontinued, customers are advised to consult <https://www.travel12.gr> or download the **latest version of this handbook** to ensure they have **up-to-date information**.

Pricing

At travel12 we strive to provide **high quality services at a fair price**. Since the cost of our services is dependent on parameters that we do not entirely control, our prices which can be subject to change without prior notice. Customers who have already made a purchase will not be asked to pay the difference in case of a price increase. Travel12 is not liable for refunding the difference in the case of price reduction.

Prices strictly include features stated in the specific section describing the service. Any additional services are available at the extra cost stated, or upon request based on the respective description. Prices are on a per person basis, unless stated otherwise. Lower pricing for children or infants applies where stated at the service description.

Prices include all applicable taxes. Prices do not include tips, personal expenses or personal insurance.

Terms and conditions

Please visit <https://www.travel12.gr> for the detailed terms and conditions and privacy policy.

Contact us

travel12

Traveling experiences

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