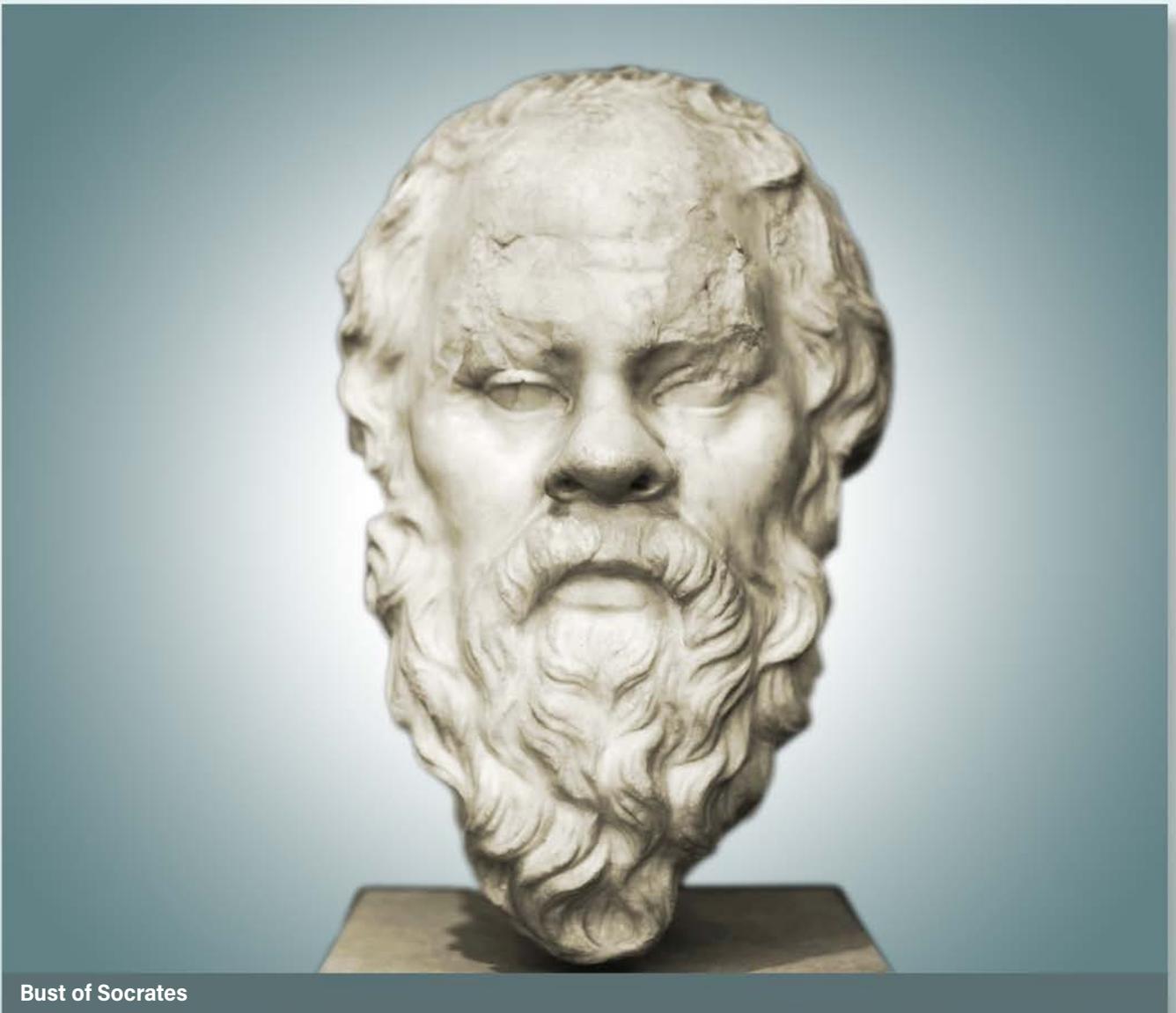


# IN SEARCH OF ANCIENT WISDOM

A Journey Across Greece and the Mediterranean World

With insights from Stoic author and founder of  
Plato's Academy Centre **DONALD ROBERTSON**



Bust of Socrates

Aboard the New Expedition Cruise Ship *DIANA*

March 24 - April 7, 2023

Dear Friends,

I invite you to join me on this magnificent 12-night voyage as we navigate the Aegean and Ionian Seas, through a region of the central Mediterranean incredibly rich in the architectural and artistic legacy of civilizations spanning millennia. Beginning in Athens, whose acropolis is the crowning achievement of Classical Greece, we will explore the Bronze Age Minoan palace of Knossos on Crete, walk the streets of medieval Rhodes, and marvel at the Monastery of Chozoviotissa, clinging to the side of a cliff on Amorgos. From the Peloponnesian port of Gytheion, we will visit the Byzantine town of Mystra, before sailing north to the oldest oracular site in Greece at Dodoni and to Emperor Augustus's city of Nikopolis, built to celebrate his victory at the Battle of Actium. We call in Saranda on the Adriatic coast for an excursion to Butrint, an archaeological site that spans nearly 2500 years from the neolithic to the 19th century, and then cross the Ionian Sea to discover the Baroque splendor of Gallipoli and Lecce. We end this journey into the past with a visit to Syracuse and the marvelous Greek and Roman ruins that still define its Old Town.

It is more than the array of ancient sites that distinguishes this remarkable voyage. When we visit in early spring, wildflowers will be beginning to bloom and provide a burst of color to the scenic beauty for which this area is known—especially on the islands of Amorgos and Cephalonia. And we will witness all this from a state-of-the-art, new-generation expedition cruise ship, currently under construction in Finland and due to launch in early 2023. Accommodating only 192 guests in beautifully appointed staterooms and balcony suites, Swan Hellenic's Diana will feature several lounges, a restaurant, outdoor cafe, spa, library and beauty salon, and will be equipped with the latest safety and environmentally-friendly technology.

Throughout the voyage, I will speak about the origins of Stoic thought, its focus on the art of living well, and its relationship to current modes of wellness and self-improvement.

I hope you will join me on this truly special exploration of the Ancient Shores of Greece, Southern Italy, and Sicily.

Sincerely



Donald Robertson

## HOST AND LECTURER

### Donald Robertson



**Donald Robertson** is a writer, cognitive-behavioral psychotherapist, one of the founding members of the Modern Stoicism nonprofit, and the founder and president of the Plato's Academy Centre nonprofit in Athens, Greece. He specializes in teaching evidence-based psychological skills, and is known as an expert on the relationship between modern evidence-based psychotherapy and classical Greek and Roman philosophy. His work is highly interdisciplinary, combining philosophy, history, and psychology.

Donald is the author of several books and numerous articles on philosophy, history, psychotherapy, and self-improvement, including *How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius*. He was born in Irvine, Scotland, and grew up in Ayr, and worked as a psychotherapist for about twenty years in London, England, where he had a clinic. In 2013, he emigrated to Canada and began focusing more on writing and consultancy. Donald will be joined on this voyage by his wife, Kasey, editor of *365 Ways to be More Stoic*, a new book on philosophy and self-help.



Gallipoli, Italy

# THE NEW 192-GUEST EXPEDITION CRUISE SHIP *DIANA*



Oceanview Stateroom



Balcony Suite



Observation Lounge



Sauna



Club Lounge



Outdoor Cafe / Bar with swimming pool

Currently under construction in Finland and launching in early March 2023, Swan Hellenic's *Diana* is a new-generation expedition cruise ship. Although at 12,100 tons the ship is large enough to accommodate more than 350 passengers, *Diana* will accommodate a maximum of 192 guests in 96 spacious staterooms and balcony suites. The low guest density results in one of the most generous indoor and outdoor space-to-guest ratios among cruise ships.

Featuring the latest advances in technology and engineering, *Diana* is among the world's first environmentally-responsible ships. Equipped with hybrid engines, a system of powerful batteries, and a unique water filtration system, *Diana* leaves a minimal footprint. For cruising in Polar regions, the ship meets the stringent requirements of the new Polar Code with its high PC5 Category A ice-strengthened hull and other advanced features. A computer-controlled Dynamic Positioning System allows the ship to maintain position without anchoring. Operated by a complement of 135 experienced European officers and international crew members, *Diana*

will carry a fleet of Zodiacs, versatile landing boats, and kayaks. Powerful stabilizers provide a smooth ride.

*Diana's* interior spaces exude sophisticated elegance, with most rooms opening to panoramic views of the sea. All staterooms and suites face outside and are equipped with private facilities, climate control, TV, Wi-Fi and USB connections and other amenities. Of the ship's 96 staterooms, 76 have balconies. Public areas include a spacious observation lounge equipped with state-of-the-art facilities for lectures and presentations; a club lounge; a restaurant that accommodates all guests at one seating; an outdoor café/bar that surrounds the heated swimming pool; a wellness area with gym, spa, and sauna with an adjoining outdoor jacuzzi; library; beauty salon; and an infirmary that is attended by a full-time doctor and nurse. The ship also features expansive open-deck areas. Two elevators connect all decks. Attentive service is provided on a 24-hour basis. The outstanding cuisine is complemented by fine wines at lunch and dinner.

# ITINERARY



Friday, March 24, 2023

## Depart the United States

Saturday, March 25

## Athens, Greece

Arrive in Athens and transfer to the new *Athens Capital Hotel*, located steps from Constitution Square. This evening, gather for a welcome dinner and meet fellow travelers. (D)

Sunday, March 26

## Athens/Embarkation

The ancient monuments of Athens are testimonials to a glorious past that gave birth to democracy and saw the beginnings of many of the arts and sciences at the core of the Western tradition. This morning, explore the Agora, the civic and commercial center of ancient Athens. Discover the well-preserved 5th-century BC Temple of Hephaistos and visit the Agora Museum, housed in the magnificently reconstructed Stoa of Attalus. In the afternoon, tour the Acropolis, site of the incomparable Parthenon, which, along with the other temples on site, represent the highest achievement of the Classical period in architecture and art. Also visit the



Ancient Greek theater, Taormina, Sicily

Acropolis Museum before transferring to the port to embark *Diana* and set sail. (B,D)

Monday, March 27

## Amorgos

Known for its dramatic scenery, Amorgos has been settled since the 5th millennium BC. Today it is one of the most attractive islands of the Aegean Sea. Travel to the Monastery of Chozoviotissa, built into the side of a steep cliff and seemingly suspended some 900 feet above the sea below—a truly mesmerizing sight. We will also spend some time in Chora, the island's main town and one of the most picturesque villages in the Cyclades, with whitewashed houses, small churches, and windmills lining the streets. (B,L,D)

Tuesday, March 28

## Rhodes

Call in Rhodes, one of Europe's largest medieval towns, and once the site of the Colossus of Rhodes, one of the Seven Wonders of the Ancient World. In the Middle Ages, it was a stronghold of the Knights of St. John of Jerusalem, also known as the Knights of Malta. We will explore the Old Town's winding streets and splendid plazas, which owe their 14th-century charm to the Knights. In the afternoon, travel to the village of Lindos, where, either by walking or taking a donkey ride, we will ascend to the top of the acropolis to visit its monuments, admire the incredible view, and walk the narrow alleyways of the village. (B,L,D)

Wednesday, March 29

## Retymnion, Crete

The largest of the Greek islands, Crete was the home of the Minoans, who created Europe's earliest advanced civilization. From the port of Rethymnon, drive to Knossos to explore its fabled Minoan Palace. Clustered around a courtyard, the palace contains a maze of rooms, passages and stairways that probably inspired the concept of the labyrinth. Many myths have their origins on Crete, including the legend of the Minotaur. Continue to the Heraklion Museum, whose exhibits will reinforce the impression gained at the palace of the brilliance and refinement of Minoan civilization. (B,L,D)

Thursday, March 30

## Gytheion/Sparta/Mystra

Gytheion is the port for both ancient and modern Sparta. Drive inland to the most well-preserved Byzantine town in Greece, built on a rocky spur overlooking Sparta. Once a great center of learning, art, and culture, Mystra is dominated by its ramparts and palaces, and by the graceful domes of its churches, many of which contain wonderful frescoes. In Sparta, we will visit the excellent Archaeological Museum. (B,L,D)

Friday, March 31

## Argostoli, Cephalonia

Cephalonia is the largest of the Ionian Island and possesses some of the most dramatic scenery of all the islands of western Greece.



Monastery of Chozoviotissa, Amorgos

Spend the day exploring its dramatic landscapes, delicious food, enchanting villages, and world-famous beaches. (B,L,D)

**Saturday, April 1**

**Preveza/Dodoni/Nikopolis**

Today's excursion takes us to the ancient town of Dodoni, the oldest oracular site in Greece, believed to date to 1000 BC. Beautifully situated in a valley below Mt. Tomaros, the site includes a superb theater, built during the reign of King Pyrrhus (3rd century BC). With walls 65 feet high and a seating capacity of 20,000, it was the second largest theater in Greece. From Dodoni, we travel to Nikopolis, founded by Augustus in 31 BC to celebrate his victory over Mark Antony and Cleopatra. (B,L,D)

**Sunday, April 2**

**Saranda, Albania/Butrint**

From Saranda, we drive to the UNESCO World Heritage site of Butrint. Inhabited since prehistoric times, the city was founded by the Trojans, or so claimed the poet Virgil. This stunning archaeological site comprises ruins spanning 2,500 years, including the remains of a Greek acropolis, a Roman theater, a 6th-century baptistry, and a 19th-century fortress. (B,L,D)

**Monday, April 3**

**Gallipoli, Italy**

From Gallipoli, visit the proudly Baroque city of Lecce and tour the Piazza del Duomo and Cathedral, the Basilica of Santa Croce, and the Amphitheater in Piazza Oronzio. Return to Gallipoli, reminiscent of Greek fishing towns in the Aegean, and discover its Castello, Baroque cathedral, and the 17th-century Church of Santa Maria della Purità. (B,L,D)

**Tuesday, April 4**

**Syracuse, Sicily**

Colonized by Greeks in the 8th century BC, Syracuse became one of the most powerful cities of the ancient world, rivaling even Athens. Tour the 15,000-seat Greek theater, among the most impressive to survive from antiquity, the Roman amphitheater, and the Archaeological Museum. A walking tour of Ortygia, the old town, reveals the remains of the Temple of Apollo, the Fountain of Arethusa, and the Cathedral, which incorporates the Temple of Athena. (B,L,D)



Street scene in Lipari

**Wednesday, April 5**

**Taormina**

Taormina clings to the side of Mount Tauro and offers superb views of the Mediterranean Sea with snow-capped Etna in the background. A maze of narrow streets, splashed with the vibrant colors of bougainvillea and oleander, the site has attracted many civilizations over the centuries. We will visit its ancient Greek theater, still in use for concerts today, an Odeon and baths from Roman times, buildings blending Arab and Norman traditions, traces of Byzantine, and villas belonging to European aristocracy in the 18th and 19th centuries. (B,L,D)

**Thursday, April 6**

**Lipari, Aeolian Islands**

Lipari is the largest and most populous of the Aeolian Islands, and according to Greek mythology, the home of Aeolus, God of the winds. A panoramic tour of the island affords wonderful views and also introduces us to its unique volcanic features. Returning to Lipari town, we visit the 16th-century Norman castle that sits atop the town's ancient acropolis and houses the Aeolian Archaeological Museum, displaying finds from all of the islands to illustrate the evolution of the archipelago as an active volcano system. (B,L,D)

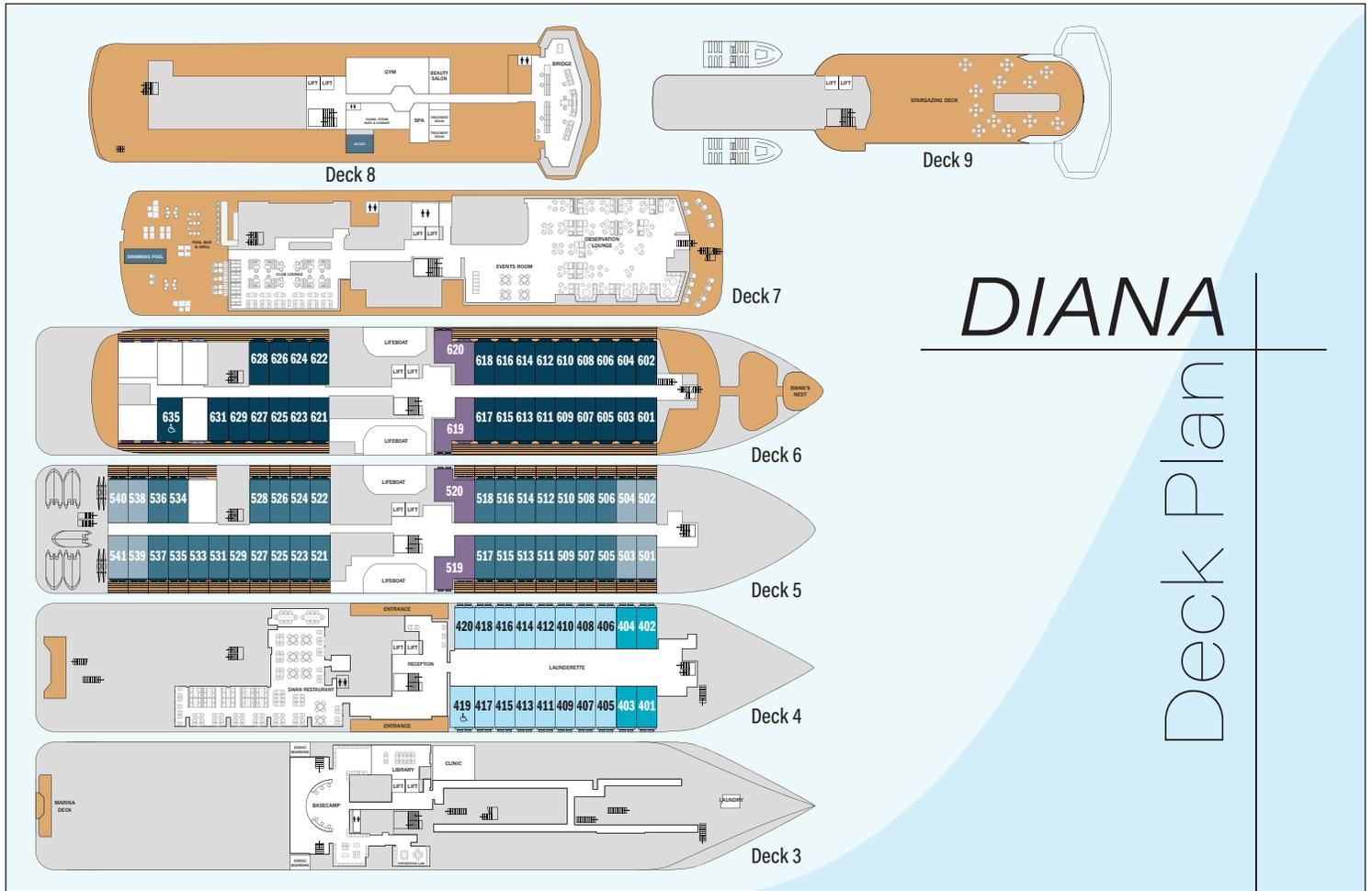
**Friday, April 7**

**Palermo/Disembarkation/USA**

Arrive in Palermo, Sicily's capital. Disembark and transfer to the airport for your return flight home. (B)



Saranda, Albania



All accommodations aboard *Diana* are spacious staterooms and balcony suites. They are elegantly decorated, face outside, affording sea views, and include a queen-size bed that can be arranged as two twin beds, a spacious bathroom, mini-refrigerator, safe, ample closet space, climate control, telephone, TV, Wi-Fi, and USB connections, as well as other amenities.

CATEGORY	DESCRIPTION	RATES PER PERSON / DOUBLE OCCUPANCY
<b>E</b>	Oceanview staterooms with two large oval windows. 206 sq. ft. Deck 4. Staterooms 401-404.	\$ 10,490
<b>D</b>	Oceanview staterooms with two large oval portholes. 206 sq. ft. Deck 4. Staterooms 405-420.	\$ 10,990
<b>C</b>	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 501-504, 538-541.	\$ 12,590
<b>B</b>	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 505-518, 521-537.	\$ 12,990
<b>A</b>	Suites with balcony and living room area. 300 sq. ft. Deck 6. Suites 601-618, 621-635.	\$ 13,890
<b>AA</b>	Suites with large balcony, separate bedroom & living room. 474 sq. ft. Decks 5 & 6. Suites 519, 520, 619 & 620.	\$ 15,290

**FOR SOLO TRAVELERS** A limited number of singles are available at no supplement, after which a 40% supplement applies, as compared to the standard 70% supplement.

## RATES ARE ALL-INCLUSIVE

The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions or embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include:

- One night at the *Athens Capital Hotel* (or similar).
- Welcome dinner in Athens.
- Cruise aboard the *Diana*, as described in the itinerary.
- Group airport/hotel/pier transfers at designated times, and the handling of luggage.
- Lectures and discussions with Classical Wisdom's special guest lecturer, Donald Robertson.
- Complete program of shore landings and activities ashore.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night.
- 24-hour room service.
- Gratuities to the ship's crew, guides, porters and drivers.
- Basic Wi-Fi aboard the ship.
- The services of an experienced Thalassa Journeys Trip Director.
- All local taxes and service charges, including port and embarkation taxes.
- Complete pre departure material.

**NOT INCLUDED:** International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the itinerary or the above inclusions.

**FOR RESERVATIONS AND INFORMATION,**

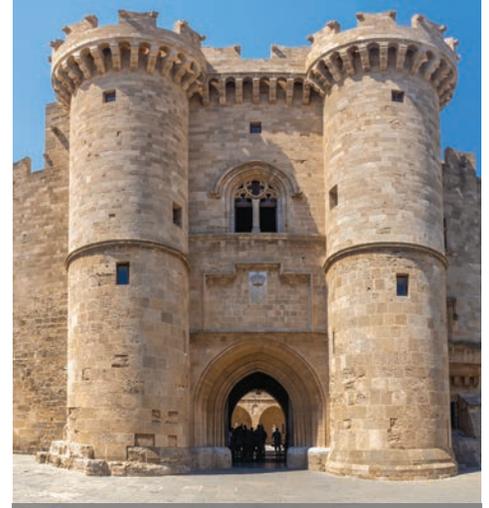
**PLEASE EMAIL  
RESERVATIONS@THALASSAJOURNEYS.COM**

**OR CALL TOLL-FREE**

**866-633-3611**



Palace of Knossos, Crete



Castle of the Knights, Rhodes



Assos, Cephalonia

## GENERAL INFORMATION

**PAYMENT SCHEDULE:** A deposit of \$1,500 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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