Greece for all ages

Land of mighty conquests and mythical heroes

ABOARD THE NEW 18-CABIN YACHT RUNNING ON WAVES  JULY 16-25, 2016

HTTP://ALUMNI.PRINCETON.EDU/JOURNEYS
The full schedule of daily activities, excursions to archaeological sites, and educational content of this program are designed for children seven years of age and older. While adults attend stimulating lectures, young travelers will learn about the gods and heroes of Greek mythology, take part in a treasure hunt, paint pottery, learn Greek words and phrases, hold foot races in the venues used in the original Olympic competitions, try Greek dancing, make new friends, and gain a sense of history and the world around them. There will also be time to relax, swim, and stroll through the delightful villages of the Peloponnese Peninsula. This is a wonderful opportunity to introduce children to classical antiquity and create memories that will last through generations.
Dear Princetonian,

Long known as the “cradle of Western civilization,” Greece is among the best destinations in the world for an educational family adventure. Athens and the Peloponnesse Peninsula deliver an enticing blend of history, diverse cultural influences, stunning natural beauty, swimming in warm waters, and archaeological treasures. You and your family are invited to join this exclusive odyssey while sailing the azure waters of the Mediterranean Sea to explore the cities and sanctuaries of ancient Greece.

Set off on an overland journey from Athens to Corinth to the majestic Temple of Apollo and Nemea, where antiquity’s Nemean Games were held. In the colorful seaport town of Nafplio, board the privately chartered, 18-cabin yacht Running on Waves for a seven-night cruise around the stunning, sun-drenched coast of the Peloponnese Peninsula. Delve into treasures of antiquity at the World Heritage site of Epidaurus, the citadel of Mycenae, and the medieval fortress town of Monemvasia. Take a boat ride among the gleaming stalagmites and stalactites in the Diros Caves and swim in the clear blue waters surrounding the Mani Peninsula. At ancient Olympia, site of the original Olympic Games, take part in a fun race on the track with fellow travelers. Learn the mysteries of the oracle at Delphi, and cruise through the towering Corinth Canal back to Athens.

To further enhance the learning opportunities on board and ashore, you will be accompanied by a Princetonian expert. Running on Waves has only 18 cabins, so to ensure your family’s place on this program, I encourage you to contact us at (609) 258-8686 or email journeys@princeton.edu.

With kindest regards,

[Signature]

Leslie J. Rowley S95
Executive Manager, Princeton Journeys
Office of Alumni Affairs
Princeton University
**Itinerary**

**SATURDAY–SUNDAY, JULY 16–17**

**Home ➔ Athens**

Arrive in Athens and transfer to your hotel located in the historic Plaka District at the foot of the Acropolis. Gather this evening for a welcome orientation and rooftop reception. **HOTEL ELECTRA PALACE (R)**

**MONDAY, JULY 18**

**Corinth ➔ Nemea ➔ Nafplio (embark)**

History comes to life in ancient Corinth, left intact by the Romans when they redeveloped the city (once home to 100,000 citizens and 460,000 slaves) as their provincial capital in 44 BC. Among Corinth’s treasures is the well-preserved Temple of Apollo with its massive Doric columns. Continue to Nemea, site of the Sanctuary of Zeus, developed in the 6th century BC with the establishment of the Panhellenic Nemean Games. Enjoy free time for independent exploration in picturesque Nafplio before boarding **Running on Waves** in the harbor situated beneath the stunning Venetian Palamidi Castle.

**RUNNING ON WAVES (B,L,D)**

**TUESDAY, JULY 19**

**Mycenae ➔ Epidaurus**

Ancient Mycenae was regarded as merely legend until its ruins were discovered in the 1870s by Heinrich Schleimann. Immortalized as “rich in gold” in Homer’s epic poems the *Iliad* and the *Odyssey*, Mycenae was a major center of Bronze Age civilization known for its imposing structures and gold treasures. It was here that the reputed mask of Agamemnon was unearthed in 1876. Continue to the UNESCO World Heritage site of Epidaurus, known for its Sanctuary of Asclepius, the god of medicine, and its 15,000-seat theater, an acoustic marvel built in the 4th century BC. This evening, cruise along the scenic eastern shoreline of the Peloponnese peninsula. **RUNNING ON WAVES (B,L,D)**
WEDNESDAY, JULY 20

Monemvasia
The medieval fortress of Monemvasia—the “Gibraltar of Greece”—clings to a massive rock rising dramatically from the sea, connected to the mainland by a causeway. The only entrance to Monemvasia is through a massive, fortified gate. Explore the narrow cobbled streets of this charming town, stealing views across Monemvasia Bay as you go. Spend the afternoon sailing and swimming in the warm, azure waters.

RUNNING ON WAVES (B,L,D)

SATURDAY, JULY 23

Olympia
Depart this morning for Olympia, iconic site of the ancient Olympic Games and a vast complex that was both religious and secular. During the Games, the Greek city-states were bound by a truce that forbade hostilities and focused attention strictly on athletic competition. Every two years, the Olympic flame still begins its journey from in front of the Temple of Hera at Olympia. After a tour and a chance to race on the ancient track, set sail for the Gulf of Corinth. RUNNING ON WAVES (B,L,D)

THURSDAY, JULY 21

Diros; AreopoliS
Ride in small boats among the gleaming stalagmites and stalactites of the Diros Caves, which have, over many millennia, been used as a shelter, workshop, treasure storage, cemetery, and place of worship. After lunch in a small fishing village, take a walking tour of AreopoliS, where the Greek War of Independence began. End the day with a swim in crystal-clear waters.

RUNNING ON WAVES (B,L,D)

SUNDAY, JULY 24

Itea; Delphi
Call at Itea for an excursion to the spectacular ruins of Delphi. Located on the slopes of Mt. Parnassus, Delphi was the sanctuary of the influential Delphi Oracle and was considered by the ancient Greeks to be the center of the world. Its stunning setting and awe-inspiring architecture evoke the same reverence today as they did thousands of years ago. Return to the ship and cruise through the dramatic Corinth Canal, whose steep limestone walls soar nearly 300 feet overhead. Enjoy a farewell dinner on board as the ship returns to Athens. RUNNING ON WAVES (B,L,D)

FRIDAY, JULY 22

Messene
Drive to ancient Messene, where ongoing excavations and restoration projects are underway at the expansive archaeological site. Messene’s temples, stadium, theater, nymphaeum, towers, and tombs reveal a legacy of a once vibrant city. Visit the on-site museum, which displays extensive finds from the works in progress. The afternoon is free for games, exploring, or water sports. RUNNING ON WAVES (B,L,D)

MONDAY, JULY 25

Athens (Disembark)
Home
Disembark this morning and transfer to the airport for flights home.

Optional Post-Cruise Extension

JULY 25-27, 2016

Athens
Explore the Acropolis and the beautiful new Acropolis Museum; the Agora, the focus of public life in Athens, and its unique museum; the kerameikos, once the potters’ quarter of the city as well as an important cemetery with numerous funerary sculptures; and the National Archaeological Museum, one of the world’s most significant museums devoted to ancient Greek art. An excursion to Cape Sounio includes a visit to the Temple of Poseidon and sweeping views across the Aegean Sea. Extension details and pricing will be sent to confirmed participants.
Running on Waves

Launched in 2011, Running on Waves combines the look of a classic three-masted sailing vessel with contemporary design and state-of-the-art facilities and equipment. She is modern, high-speed, and environmentally friendly, with a High Ocean Class rating that allows her to sail anywhere around the globe. All thirteen sails are deployed hydraulically from the deck by a four-man crew in a ballet-like production. The vessel meets all current SOLAS (Safety of Life at Sea) requirements for navigational and safety equipment. She boasts stabilizers, a bow thruster, a hydraulic stern marina for easy access to the sea, and a sun deck with a Jacuzzi. Much of the deck area is shaded for protection from the sun. Meals are served buffet style in the dining room, which can accommodate all guests at one seating. In the spirit of private yachting, a full open bar is provided each day: spirits, wine, beer, soft drinks, bottled water, coffee, and tea are complimentary. Each of the ship’s 18 cabins has efficient air-conditioning and heating along with private en suite facilities. Single, double, and triple accommodations are available. Teak, tile, light alloys, and artwork are featured in the decor, creating the ambiance of a sumptuous private yacht.

Program Rates, Per Person

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There is a discount of $500 for children (ages 7-18), sharing a cabin with an adult in any category. The discount does not apply to the third person rate in a triple. Double beds measure 71"x51" to 73"x53" and twin beds measure 71"x31.5".

Program Rates Include
All accommodations and meals as specified in the itinerary • All excursions as specified in the itinerary • Full program of briefings, lectures, and presentations, and a youth program • Group transfers for all participants on group arrival and departure days • Baggage handling • Gratuities to porters, waitstaff, guides, and drivers • Gratuities to shipboard personnel • Entrance fees • Welcome and farewell receptions • Full open bar on board Running on Waves—wine, beer, alcoholic beverages, bottled water, soft drinks, coffee, and tea • Bottled water on motorcoaches • Professional tour manager throughout • Youth coordinator throughout • A Greek guide throughout

What to Expect
This is a moderately strenuous program that is at times physically demanding and busy. Daily activities can involve one to three miles of walking, often on hilly and/or uneven terrain. Participants should be fit and in active good health. If you are taking part in swimming activities you must know how to swim. Any physical or mental condition that may require special medical attention must be reported in writing when you make your reservation. Temperatures during this time of year generally range from the low-70s to the mid-80s F, with moderate humidity on the coast.

Air Arrangements
U.S. domestic and international airfare is not included in the program rates. Information about making flight arrangements will be sent to all participants.

A NOTE ABOUT COSTS
Tour costs are based upon current airfares, taxes, tariffs, currency values, and on the basis of a minimum number of participants. While we will do everything possible to maintain the listed prices, they are subject to change. Due to fluctuations in oil prices and/or tax rates, a surcharge may be added to your tour fee. If there are significant changes, details and costs will be advised prior to departure.
RESERVATION FORM

Greece for all ages

JULY 16-25, 2016

Please make your deposit check payable to Criterion Travel and mail to: Princeton Journeys, John Maclean House, P.O. Box 291, Princeton, New Jersey 08542-0291. Or fax credit card information to: (609) 258-5561. For more information, contact the Princeton Journeys staff at journeys@princeton.edu or (609) 258-8686.

PAYMENT
☐ Enclosed is my check for $ ____ ($1,000 per person, payable to Criterion Travel), to reserve _____ place(s) on Greece for All Ages OR
☐ Please charge my deposit to:
   □ VISA □ MasterCard □ American Express □ Discover

CREDIT CARD NUMBER
SEC. CODE
EXP. DATE

CARDHOLDER SIGNATURE

I/we understand that final payment is due March 18, 2016, 120 days prior to departure. Registrations after March 18, 2016: full payment is due.

NAME #1
CLASS YEAR

NAME #2
CLASS YEAR

NAME #3
CLASS YEAR

NAME #4
CLASS YEAR

STREET ADDRESS

CITY/STATE/ZIP

HOME PHONE
WORK PHONE

MOBILE PHONE
EMAIL

SINGLE TRAVELERS
I understand that there is a supplemental charge. If this is a reservation for one person, please indicate:
☐ I prefer to have single accommodations.
☐ I plan to share accommodations with

I'd like to know about roommates. I am a ☐ Non-smoker ☐ Smoker.

I understand that if a roommate cannot be found by the final payment deadline of March 18, 2016, I will pay the single rate.

ACCOMMODATIONS
Cabin category preference:

1ST 2ND

Hotels (not guaranteed): ☐ King/Queen ☐ Twins ☐ Triple

I/we have read the tour information and agree to the Terms & Conditions therein.

SIGNATURE DATE

SIGNATURE DATE
Greece for all ages

July 16-25, 2016

ENJOY A FULL YOUTH PROGRAM AND IMMERSE YOUR FAMILY IN THE RICH HISTORY OF THE “CRADLE OF WESTERN CIVILIZATION.”

Highlights

Experience the intimate, 18-cabin yacht Running on Waves on a seven-night cruise and witness a rousing production as the crew raises all 13 sails (weather permitting).

Explore the site of the ancient Olympics with a chance to race on the historic track, and enjoy a full youth program with beach activities, Greek mythology, scavenger hunts, and more.

Swim in azure Greek waters from sandy beaches, secluded coves, or off the stern marina, ride a boat through the gleaming Diros caves, and have lunch in a small fishing village.

Enjoy excursions to four outstanding World Heritage sites: Epidaurus, Mycenae, Olympia, and Delphi.

Visit Messene, an expansive archeological site with excavations and restoration projects in progress.