



THE BEE & THE HONEY

This excursion has a religious and cultural perspective. The places that we will visit will be Mount Athos (for men), Ouranoupolis, Stratoniko and Holomontas mountains (famous area known for the production of honey and herbs) and Arnea (to visit the folklore museum). It was created for all those who love nature and the production of certain natural products such as honey. We will walk the mountains, pace along the fields of aromatic herbs and get lost in nature. If you love nature and wine and want to get to know a little more about Greece's finest food production, than this is the journey just for you!



DAY 1: Arrival at the Mount Athos Area

Mount Athos area is only 90km away from the Makedonia airport of Thessaloniki. You will have the opportunity to choose the accommodation you wish in an area that offers hotels, of every taste! After check-in you can enjoy your lunch or your dinner depending on your arrival's time.



DAY 2: Mount Athos (Only for Men)

After breakfast, the men will head towards Ouranoupoli's port and board on the ship which will take them to the port of "Three Brothers" of Mount Athos. They will visit the Metochi of St. Nikolaos (of the Holy Monastery of St. Pavlos) where they will be toured at the honey routes. Here, they will see how the monks produce organic honey from blessed trees and bushes of the mountains. The men will have the opportunity to choose the dormitory of their desire to sleep at night. Women who are legally prohibited to visit the holy land will taste wines and dine in one of the famous traditional restaurants tasting Mount Athos traditional foods and wine.



DAY 3: Stratoniko and Holomontas mountains

After the men's arrival in Ouranoupoli (by noon), both men and women will head to Arnea, where they can watch the honey production at the verdant slopes of Cholomontas and Stratoniko mountains. We highly recommend taking part of the production by wearing the uniforms and the masks of the famous beekeepers of the town. Late in the afternoon, we will visit the traditional central park, meet the producers and buy honey from the shops that provide a huge variety of tastes, always in impeccable quality. To complete the day, we will go back to the hotel and request a special Greek dish. We will try feta cheese poured with honey. It is a specialty known since antiquity. It is even said the Aristoteles highly preferred it back in his time.



DAY 4: Stratoniko and Holomontas mountains

After breakfast, we will set off to the mountain where we'll visit fields with aromatic plants and herbs. We can choose to go by feet or by cycling so as to smell the aromas of the flowers in the mountain. Later in the day, we will visit the Environmental Center of Arnea watching a documentary called. "Bee's work" about the production process of honey. In the afternoon, we will dine in the forest of St. Paraskevi in Arnea. Later we will wander around the cobbled streets of the town and visit the folklore museum and the Holy Cathedral of St. Stephan. Late in the afternoon, we will return at the hotel and taste local wines and tsipouro with delicious Greek appetizers.

DAY 5: Departure



CATEGORY:	GASTRONOMY & TRADITION
DURATION:	5 days / 4 overnights
INCLUDED:	accommodation on BB, extra meals, bus transportation, local guides, all taxes
PRICE:	Please contact: info@melitours.gr

The tour can be generally rearranged depending on your needs. Arrival and departure are flexibly amended and the duration can also be shortened or extended. More services can be added.