



Aegialis Hotel & Spa
Amorgos

PROGRAM

Thursday, 23rd of April 2009

- 08:00 – 09:00 Breakfast at Aegialis Hotel & Spa.
- 09:00 – 09:30 Welcoming remarks by Mrs. Irene Giannakopoulos, President of the Cultural Association and Manager of Aegialis Hotel. Registrations.
- 09:40 Departure for a Tour of Amorgos, to get acquainted with the island.
- 10:15 Arrival at the bottom of the world famous Byzantine Monastery of Panagia Hozoviotissa to start climbing the 300 steps to the church and its Museum, with most spectacular views.
- 12:30 Departure for South Amorgos “Kato Meria”. Visit to the Hellenistic Tower of Ag. Triada in Arkesini. Professional guiding of the site by the Prof. of the University of Ioannina and Director of the Excavations on Amorgos, the Archaeologist Mrs. Lila Marangou.
- 14:15 Visit of Agia Paraskevi church in the village of Kolofana, where the biggest festival of the island takes place on the 26th of July. Lunch offered by the municipality of Amorgos.
- 15:45 Departure for Chora, the capital of Amorgos. Visit of the traditional windmills, of the island. Guidance by Mr. George Kapetanakis, special architect, in the process of reconstructing one
- 17:45 Guests assemble.
- 18:00 Welcome and introductions by Mrs. Irene Giannakopoulos, President of the Cultural Association of Tholaria, chief organizer.
- 18:30 “Projects for the protection of the Amorgos environment” by Mr. Nikolaos Fostieris, Mayor of Amorgos
- 18:45 “Religious Monuments of Amorgos”, by the representative of the Archdiocese in Athens Fr. Thomas Synodinos.
- 19:30 Presentation of the Oscar Award winning animation film “Peter and the Wolf”, by it’s Oscar Award winner Producer Mr. Zbigniew Zmudzki.
- 20:30 “Tour film Festival in Poland”, by the President of the Poland Tour film festival, Mrs. Ewa Kotus.
- 20:50 Opening of the paint exhibition with paintings of Amorgos, by the English artist Mrs. Judy Attwood. Opening of the paint exhibition from the members of the International Humanitarian Aid Projects section of KLIMAKA NGO.
- 21:00 “The Culture on Amorgos” through the eyes of the French painter Mr. Michel Constant. Photo Exhibition by the Polish Photographer Mr. Andrzej Danowski.
- 21:30 Welcome dinner at the Hotel. The wines are offered by “Moraitis” winery

Friday, 24th of April 2009

- 08:00-09:00 Breakfast at Aegialis Hotel & Spa.
- 09:15 Transfer to Lagada village. Fifteen min. walk to the old church of Panagia Epanochoriani, to experience the Mass of the Holy Icon of the Monastery and follow the procession on the return to Lagada. On the way, introduction introduction

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to the unique famous Amorgian Herbs, which have medical and aromatic properties. Views of the old village Stroubo and the picturesque Gorge of Araklos. In Lagada, visit to the first distillery of Essential oils in Cyclades. Guidance by Dr. Vagelis Vassalos. Coffee break in Loza (main square of Langada) at the coffee shop "Erontas & Meli" of Mr. Antonis Roussos. Visit to a local house to see traditional art work.

- 13:00 Lunch in Langada, offered by the Taverna "o Nikos"
- 15:00 Return to the Hotel. For those who like to walk, a special hiking from Lagada village to Tholaria, and through the old path from Tholaria to the hotel.
- 16:00 – 17:00 Projection of the documentary film "Meeting the Big Blue – Portrait of an Island", created by the Polish TV producer Mr. Jacek Wan, based on the traditional Eastern customs of Amorgos.
- 17:30 Assembly –coffee.
- 18:00 "Responsible Tourism: beyond environmental protection" by Mr. Akis Laopodis, Managing Partner of NaturCert.
- 18.30 "Traditional folk art, ecological souvenirs, ecological way of living", by the Polish journalist Mrs. Luda Zach.
- 19:00 "The quest for sustainable Tourism and the role of green energy" by Sustainability Consultant Mr. Theodoros Kolonas.
- 19:30 "The depicting agricultural monuments of Amorgos: List of interesting structures" by the architect Mrs. Vivianna Metallinou
- 20:00 "The everlasting environment of Amorgos" by the Greek Journalist Mr. Ilias Provopoulos.
- 20:30 "Amorgos nature and original Architecture" - with the eyes of French photographer Mrs. Edith Lebon. (projection).
- 20:50 "Amorgos & Environment" by Mrs. Yiouli Tsotsoli, Filmmaker
- 21:15 Dinner by Aegiali beach offered by "Chondros" Tavern on the beach.

Saturday, 25th of April 2009

- 08:00 – 09:00 Breakfast at the Hotel.
- 09:30 Departure to Tholaria Village. Visit of the church of Agioi Anargyroi and the kitchen where the foods for the village festivals are prepared. Tour of the village, and visit to a local house. Watch the preparation of the traditional sweet "pasteli" using local ingredients of sesame and honey.
- Experience how local women of the village prepare the world famous "fava" (yellow beans). Meet village women wearing the white scarf, part of the ancient costume of Amorgos, used up today.
- A lady will show how to make a special natural cream – ointment for skin burns based on the bee wax.
- 13:00 Lunch in Tholaria offered by "Thalassino Oniro" tavern. Traditional music and folk dancing by the children of the village.
- 15:00 Return to the Hotel. For those who like to walk, a special hiking through the olive groves and nice nature to the hotel.
- 16.00 -20.00 Enjoy our Thalasso & Beauty Centre "Lalon Idor".
- 18.00 "Beauty through nature", by the writer Mrs. Katerina Tsouxidi How to make natural beauty products. Healthy herbal teas and juices during coffee break.
- 20.30 Dinner in Tholaria offered by "Panorama" Tavern.
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Sunday 26th of April 2009

- 08:00 – 09:30 Breakfast at the Hotel.
- 09:30 Transfer to the village of Potamos and the church to watch the icons of the Monastery of Panagia Hozoviotissa departing through the mountains. Those wishing to follow the procession will walk for 3,5
- hours on the longest path of Amorgos. Walk to the upper part of the village.

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- 11:30 Boat cruise inside Aegiali Gulf, weather permitted or walk on Aegiali beach to visit the ruins of a Roman Tower by the beach. Coffee break offered by "Lakki Village".
- 13:30 Lunch in Ormos offered by "To Limani" Tavern.
- 15:00 Return to the Hotel.
- 15:30 – 16:30 "To metaxario" - Documentary film about silk production on Amorgos by Dr. Vaggelis Vassalos and Mrs. Giouli Tsotsoli. "Paths of Amorgos" – Documentary film by Mr. Giorgos Dambasis, producer and director of the Greek National Television - Satellite.
- 16:30 Cooking demonstration and Wine Tasting from "Tsantalis" winery. "The olive tree & the olive oil" by Mrs. Aikaterini Polymerou-Kamilaki, Director, Hellenic Folklore Research Centre, Academy of Athens.
- 19:30 Cocktail Party on the Veranda of Aegialis Hotel & Spa, followed by Farewell Dinner with traditional live music.

Monday 27th of April 2009

- 04:00 – 04:30 Early Breakfast.
- 04:45 Departure to the port of Katapola.

Remarks:

In the spare time between the activities you may use the sauna, hamam, Jacuzzi and gym of our Thalasso & Beauty Center free of charge.

Don't forget to bring your swim suit, in order to use the Spa facilities.

Ladies visiting the Monasteries wear skirts – gentlemen long pants.

For all our face, hair and body treatments we shall offer you a special 10% discount.

Some last minute changes may occur in the program.

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