

TRAVEL GUIDE

TELAMON TRAVEL

Greece



Welcome to Greece

Where mythology breathes through marble ruins, sunlight glistens on turquoise seas, and every moment feels steeped in beauty, history, and effortless joy.

From the Cycladic charm of whitewashed villages to the quiet luxury of a cliffside villa, Greece offers something rare—a seamless blend of ancient wonder and modern ease. Whether you're wandering beneath the Acropolis, sailing through sapphire waters, or savoring sunset over Santorini, Greece invites you to slow down and savor life's simple pleasures—elevated.

This guide is your curated companion to exploring Greece with intention, comfort, and style. From iconic must-sees to hidden island escapes, I'll help you craft a journey worthy of the gods.



AT A GLANCE

Capital: Athens

Language: Greek (English is widely spoken in tourist areas)

Currency: Euro (EUR)

Time Zone: Eastern European Time (UTC+2)

Visa Requirements: U.S. travelers may stay up to 90 days without a visa

Population: Approx. 10.3 million

Safety Index: Ranked as a safe destination for tourists

When to Visit Greece

From sun-soaked summers to peaceful shoulder seasons, Greece offers something beautiful in every moment.

HIGH SEASON | JUNE - AUGUST

Ideal for: Island-hopping, beach escapes, vibrant nightlife

Greece shines brightest in summer. Expect sunny skies, warm seas, and lively energy in popular destinations like Santorini, Mykonos, and Athens. It's the perfect time for sailing, al fresco dining, and resort stays—but also the most crowded and expensive.

SHOULDER SEASON | APRIL - MAY & SEPTEMBER - OCTOBER

Ideal for: Mild weather, fewer crowds, cultural exploration

This is arguably the best time to visit. Enjoy warm temperatures, blooming landscapes, and easier access to historic sites without the peak season crowds. Many islands are still lively, and prices are more favorable.

LOW SEASON | NOVEMBER - MARCH

Ideal for: City breaks, quiet retreats, local immersion

The mainland is calm and cool, while many islands go into hibernation. However, Athens and Thessaloniki remain vibrant, offering museum visits, cozy cafés, and winter cultural festivals.



Top 5 Experiences in Greece

01. WALK THROUGH ANCIENT HISTORY

Stand beneath the Parthenon at the Acropolis, wander through Delphi's sacred ruins, or explore the amphitheater of Epidaurus. Greece brings its past to life in a way no other place can—with ruins that still echo with meaning.

02. SAIL THE AEGEAN SEA

Hop between islands by private catamaran or luxury ferry—each with its own rhythm and charm. From the whitewashed magic of Santorini to the serenity of Paros and the glamour of Mykonos, island-hopping is a must.

03. DINE AL FRESCO IN A CLIFFSIDE TAVERNA

Enjoy fresh-caught seafood, wild herbs, and velvety olive oil—all served with sweeping views and a chilled glass of Assyrtiko. Greek cuisine is best experienced slowly, outdoors, and surrounded by conversation.

04. INDULGE IN SEASIDE WELLNESS

Book a beachfront massage, soak in thermal springs, or retreat to a wellness-focused resort on Crete or the Peloponnese. Greece's natural beauty lends itself to deep relaxation and renewal.

05. IMMERSE IN LOCAL LIFE

Dance at a village festival, sip ouzo with locals, or browse handmade pottery in a quiet mountain town. The real magic of Greece lies in its everyday moments—deeply rooted, joyfully shared.

Want to explore the Cyclades by yacht, enjoy a private tour of Knossos, or dine in a restored stone home in the hills? We'll help you plan every exquisite detail.

EXPLORE GREECE





More to Explore

Beyond the postcards lies a Greece filled with quiet wonders and soul-stirring surprises.

NAXOS

Larger and greener than its neighbors, Naxos offers ancient ruins, charming villages, and long golden beaches without the crowds. Ideal for those seeking balance between history and sea.

MONEMVASIA

A hidden stone fortress town tucked into a rocky island on the Peloponnesian coast. Wander its car-free lanes, stay in a centuries-old mansion, and watch the Aegean shimmer at sunset.

MILOS

Famous for its dramatic coastline, lunar-like rock formations, and technicolor beaches. Fewer crowds, more magic.

ZAGORI VILLAGES (EPIRUS REGION)

Famous for its dramatic coastline, lunar-like rock formations, and technicolor beaches. Fewer crowds, more magic.

KASTELLORIZO (MEGISTI)

Greece's easternmost island feels like a painting—pastel houses, crystal-clear harbors, and absolute stillness. Reachable by boat or short flight, it's perfect for slow, soul-soothing travel.

Curated Tip: Whether you're looking to add a lesser-known island, a mountain escape, or a private historical experience, we'll help you design a route suiting your travel rhythm.

Where to See Ancient Ruins

Step into the world of gods, philosophers, and empires.

Greece is an open-air museum—its temples, theaters, and cities tell the story of Western civilization's origins. Here's where to walk through history and feel its timeless pull.

THE ACROPOLIS - ATHENS

Crowned by the Parthenon, this iconic hilltop site is a symbol of democracy and artistic brilliance. Visit early or at sunset for a quieter, golden-lit experience.



DELPHI - MOUNT PARNASSUS

Once considered the center of the world, this sacred site of Apollo includes temples, treasuries, and panoramic mountain views. The air still feels mystical.



EPIDAUROS - PELOPONNESE

Home to the world's best-preserved ancient theater, known for its perfect acoustics. Performances still take place here during summer festivals.



MYCENAE - ARGOLIS

A Bronze Age citadel surrounded by myths of kings, warriors, and Homeric legends. Walk through the Lion Gate and into the age of Agamemnon.

KNOSSOS - CRETE

The heart of Minoan civilization, this labyrinthine palace is linked to the legend of the Minotaur. It offers a fascinating contrast to the temples of the mainland.

ANCIENT MESSENE - MESSENEIA

A lesser-known marvel with vast ruins, peaceful surroundings, and fewer crowds. It feels like having an entire archaeological park to yourself.

Curated Tip: Want to explore with a private archaeologist or access sites before opening hours? We can help make that happen—just say the word.

Cultural Etiquette *and Smart Travel Tips*

Greek hospitality is legendary—traveling with respect and curiosity enhances every moment.

DO

- **Greet with a friendly “Yasas” (Hello)**—especially when entering shops or small restaurants.
- **Dress modestly** when visiting churches or monasteries—shoulders and knees should be covered.
- **Use your right hand** for giving or receiving items, especially with elders.
- **Tip lightly** for good service (more on that next).
- **Take your time.** Meals are unhurried and meant to be enjoyed—linger, talk, savor.

DON'T

- **Flush toilet paper.** Greek plumbing systems can't handle it—use the bin provided.
- **Assume every schedule is strict.** Embrace the slower pace, especially on the islands.
- **Raise your hand with your palm facing outward.** It's considered rude (known as the “moutza”).
- **Rush through a greeting.** Greeks value connection—make eye contact, smile, be warm.



A Taste of Greece

Simple ingredients, bold flavors, and meals that nourish body and soul.

Greek cuisine is rooted in freshness, tradition, and a deep respect for the land. Whether dining at a seaside taverna or a rooftop restaurant in Athens, every bite tells a story of place and heritage.

LOCAL STAPLES

- **Mezze:** Small shared plates like dolmades (stuffed grape leaves), grilled octopus, and fava.
- **Greek Salad:** Tomatoes, cucumber, olives, red onion, and feta—drizzled with golden olive oil.
- **Moussaka:** A layered dish of eggplant, spiced meat, and béchamel. Comfort food, elevated.
- **Souvlaki & Gyros:** Skewered or wrapped grilled meats with pita, yogurt, and spices.

FROM THE SEA

- **Grilled Sea Bream or Lavraki (Sea Bass):** Often simply prepared with lemon, olive oil, and herbs.
- **Calamari & Shellfish:** Fresh, tender, and always better near the water.

WINES & SPIRITS

- **Assyrtiko:** A crisp white wine from Santorini—perfect with seafood.
- **Agiorgitiko & Xinomavro:** Bold red wines from the mainland.
- **Ouzo & Tsipouro:** Anise-flavored and best enjoyed slowly, with snacks and sea views.

SWEET TREATS

- **Baklava:** Layers of phyllo, honey, and nuts.
- **Loukoumades:** Fried dough puffs drizzled with syrup and cinnamon.
- **Greek Yogurt with Honey & Walnuts:** A naturally luxurious finish.



Wellness in Greece

From ancient healing springs to seaside sanctuaries, Greece offers restoration for body, mind, and spirit.

Wellness in Greece is effortless—it's in the air, the light, the land. Whether you're soaking in mineral-rich waters or meditating by the Aegean, self-care here feels natural and deeply renewing.

THERMAL SPRINGS & NATURAL BATHS

- **Edipsos (Evia):** One of Europe's oldest spa towns, with thermal waters frequented since Aristotle's time.
- **Pozar Springs (Macedonia):** Surrounded by forest and waterfalls, these warm outdoor pools feel like nature's embrace.
- **Loutraki:** Known for its healing mineral waters and luxurious spa centers.

ISLAND SPA RETREATS

Many luxury resorts in Santorini, Crete, and the Peloponnese offer full-service spas with sea views, holistic treatments, and hammam rituals. Imagine a massage under a pergola with the scent of jasmine in the air.

NATURE & NOURISHMENT

- Olive oil therapies, herbal compresses, and mountain teas connect modern wellness with ancient Greek traditions.
- Hiking trails in Naxos, Crete, or Meteora offer moments of silence and scenic stillness.

MINDFUL MOMENTS

Start your day with sunrise yoga by the sea. End it with sunset meditation on a cliffside. Let the rhythm of the land slow you down.





Getting Around Greece

From ferries to flights, getting there is part of the adventure.

Greece's diverse geography makes travel exciting and scenic. Whether you're exploring ancient ruins or hopping between islands, there's a comfortable and curated way to get there.

MAINLAND TRAVEL: SELF-DRIVE OR PRIVATE DRIVER

For flexibility and access to the countryside, a rental car or private driver is ideal. Roads are generally good, though rural routes may be winding and narrow. A private chauffeur offers a relaxed way to take in the views.

ISLAND HOPPING: FERRIES & PRIVATE BOATS

- **Ferries:** Reliable and scenic, with options from fast hydrofoils to larger car ferries. Ideal for connections between major islands like Santorini, Paros, and Mykonos.
- **Private charters:** For bespoke sailing experiences, catamaran transfers, or secluded island visits.

DOMESTIC FLIGHTS

Efficient for reaching islands farther from Athens—such as Crete, Rhodes, or Corfu. Flights are short (30–60 minutes) and widely available.

LOCAL TRANSPORT ON ISLANDS

- **Taxis & Transfers:** Many resorts include transport or can arrange it on arrival.
- **ATVs & Scooters:** Popular for short distances, but best for confident drivers.

Curated Tip: We'll coordinate all transportation details—from ferries and flights to door-to-door drivers—so your journey flows as beautifully as the destination.



Packing Tips for a Seamless Escape

Light, layered, and luxuriously prepared—your Greek adventure begins with what you bring.

Packing for Greece means balancing style with comfort, especially when transitioning between ancient sites, sun-drenched islands, and elegant dining under the stars.

ESSENTIAL WARDROBE

- Light, breathable clothing – linen, cotton, and natural fibers work best
- Layering pieces – a light sweater or wrap for breezy evenings
- Comfortable sandals or walking shoes – for cobblestones, ruins, and hillside towns
- Swimwear – for beaches, boat days, and spa visits
- Sunhat & sunglasses – stylish protection from the Mediterranean sun

PRACTICAL MUST-HAVES

- Daypack or crossbody bag – ideal for island exploring or city walks
- Refillable water bottle – tap water is safe to drink in most places
- Travel adapter – Greece uses Type C and F plugs (230V)
- Scarf or shawl – versatile for layering, sun cover, or modesty in religious sites
- Bug spray & reef-safe sunscreen – especially for beach and nature stays

ELEVATED TOUCHES

- Resort-casual attire – think maxi dresses, linen shirts, and relaxed chic for dining
- One dressy outfit – for fine dining, rooftop views, or castle stays
- Small umbrella or light rain jacket – occasional showers, especially in spring or fall

Curated Tip: Many luxury hotels provide pool towels, beach bags, and hair dryers—so you can travel lighter. We'll also let you know if any parts of your itinerary require specific dress or footwear.



Gratuities & Service Tips

Tipping in Greece is a gesture of appreciation, not expectation—but always warmly received.

While not strictly required, tipping is part of modern Greek hospitality, especially in tourist-facing services. A few euros go a long way to show your gratitude.

RESTAURANTS & CAFÉS

- Sit-down dining: Leave 5–10% for good service (cash preferred).
- Casual tavernas or cafés: Rounding up is perfectly acceptable.

HOTEL STAFF

- Housekeeping: €1–2 per night
- Porters: €1–2 per bag
- Concierge: €5–10 for thoughtful arrangements or bookings

TAXIS & TRANSFERS

Round up to the nearest euro or tip 5–10% for longer rides or excellent service.

SPA STAFF & GUIDES

- Spa therapists: €5–10 per treatment if not already included
- Tour guides: €10–20 per person for full-day tours
- Private drivers: €20–50 depending on duration and experience

Curated Tip: Always check if a service charge is included on restaurant bills or hotel invoices—if so, additional tipping is optional, not expected.

Travel Safety Overview

Greece is a welcoming, well-traveled destination with a strong culture of hospitality and low crime rates.

Traveling in Greece is generally safe, especially in tourist areas, coastal towns, and the islands. While petty theft can occur in busy city centers, serious incidents are rare.

WHAT TO KNOW

- **Low crime:** Greece is considered very safe for solo travelers, couples, and families.
- **Watch for pickpocketing** in crowded areas like central Athens, metro stations, and ferries.
- **Emergency number:** Dial 112 for police, fire, ambulance, or coastal emergency.
- **Driving caution:** Roads in mountain regions or remote islands can be narrow and winding—drive slowly and stay alert.
- **Tap water:** Safe to drink on the mainland and many islands (but check locally—some islands advise bottled water).

HEALTH & INSURANCE

- Pharmacies are widespread and well-stocked.
- English-speaking doctors are available in most cities and resort areas.
- Travel insurance is strongly recommended for peace of mind.

Curated Tip: We only work with vetted transportation providers, trusted resorts, and licensed guides—so you can relax and enjoy every moment of your escape.





Your Escape Awaits

Where myth meets magic, and every sunset feels like a blessing—your journey through Greece begins here.

From sun-drenched islands and ancient temples to slow meals beneath olive trees, Greece offers a soulful kind of luxury—rooted in beauty, simplicity, and timeless wonder. Whether you're dreaming of a curated island-hopping itinerary, a wellness retreat by the sea, or a deep dive into classical history, I'm here to make it seamless.

Laura + Ann



Let's curate your dream
Greek escape.

Laura Adams
Certified Travel Advisor

Ann Mayers
Travel Curator

tel. 760.645.8775
hello@telamontravel.com
www.telamontravel.com

This guide is intended for personal use only and may not be reproduced, distributed, or sold without written permission. Telamon Travel operates as an independent affiliate of Fora Travel, CST #2151995-50. Registration as a seller of travel does not constitute approval by the State of California.



© 2026 Telamon Travel. All rights reserved.
www.telamontravel.com

Telamon Travel operates as an independent affiliate of Fora Travel, CST #2151995-50.
Registration as a seller of travel does not constitute approval by the State of California.