



With **DR. ILIA DELIO**,
Founder of Center for
Christogenesis

JOURNEY TO GREECE:

Exploring the Greek Roots of
Science, Religion, and Culture

September 20 - 30, 2026



Dear Friends,

The ancient Greeks are rightfully credited as the founders of Western science, not because they had microscopes or laboratories, but because they fundamentally invented the method of scientific inquiry. Between roughly the 6th century BCE and the 4th century BCE, Greek philosophers developed the revolutionary idea that the natural world operates according to intelligible principles that human reason could discover. This shift from mythological explanation to rational investigation marks the birth of science as we know it. The earliest Greek thinkers, known as the Pre-Socratics, initiated this intellectual transformation by daring to ask: what is the world fundamentally made of, and how does it work? Rather than accepting traditional mythological accounts of creation and divine intervention, figures like Thales, Anaximander, and Heraclitus sought material and rational explanations. Thales of Miletus (c. 624-546 BCE), often considered the first Western philosopher, proposed that water is the fundamental substance of all things—a claim that seems quaint to modern ears, but nevertheless a search for a *unifying principle* based on observation rather than mythology. Socrates (469-399 BCE) left no written works, but his method of questioning, dialectic reasoning, and the relentless pursuit of truth through logical argument—became foundational to scientific methodology. He insisted that truth could be discovered through careful reasoning rather than authority or tradition and established the intellectual rigor that science requires. Plato made profound contributions by emphasizing that beneath the changing physical world exists an underlying mathematical order. His Theory of Forms suggested that the material world imperfectly reflects eternal, unchanging abstract principles. In short, early Greek thinkers were significant contributors to a new age of consciousness that provided the foundation for modern science. For them, science was a form of natural philosophy, a means of reflecting on the deep questions of existence and purpose.

We invite you to join us on a journey of discovery that retraces the footsteps of these remarkable thinkers. Our carefully curated travel experiences will take us to the ancient sites where Greek philosophy was born—from the bustling agora of Athens where Socrates engaged his students in dialectic debate, to the Temple of Apollo at Delphi, where “Know Thyself” remains inscribed for all seekers of wisdom. We will walk through the ruins of the Lyceum where Aristotle founded his school, visit the island of Samos where Pythagoras established his community of learners, and explore the temples and theaters where these philosophical traditions were woven into the fabric of Greek life. By experiencing Greece not as mere tourists, but as intellectual pilgrims, we will gain a profound appreciation for how these ancient thinkers help shaped the world we inhabit today. Whether you are a student of history, a philosophy enthusiast, or simply someone curious about the roots of Western thought, I am sure this journey will enrich your understanding and inspire your own pursuit to know the human experience in a vast and awesome universe.

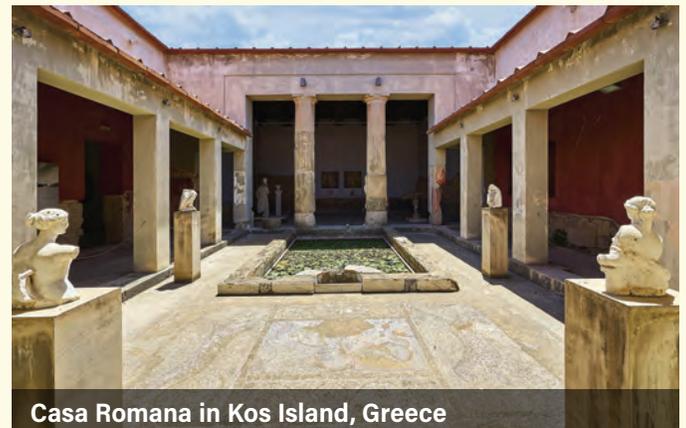
Sincerely,

Ilia Delio, OSF, Ph. D.

Cover photo: The illuminated Parthenon on the Athenian Acropolis



Ilia Delio, OSF is the Josephine C. Connelly Endowed Chair in Theology at Villanova University. She is founder of the Center for Christogenesis, an online spiritual and educational resource for the integration of science, religion and culture. She is a Systematic-Constructive Theologian with research interests in evolution, quantum physics and artificial intelligence. She holds a doctorate in Pharmacology from Rutgers University, Graduate School of Biomedical Sciences and a doctorate in Historical Theology from Fordham University. She is the author of twenty-five books, including *The Not-Yet God: Carl Jung, Teilhard de Chardin and the Relational Whole* and *Re-Enchanting the Earth: Why AI Needs Religion*. She lectures nationally and internationally and is a Fellow of the International Society for Science and Religion.



Casa Romana in Kos Island, Greece



Tower of the Winds, Athens, Greece



Samos, Greece

ITINERARY



Sunday, September 20, 2026

DEPART THE US

Monday, September 21

ATHENS, Greece

Arrive in Athens and transfer to the *Athens Capital Hotel* (or similar), situated in the center of the city. Welcome dinner in the evening. (D)

Tuesday, September 22

ATHENS

Start the exploration of ancient Athens at the Tower of the Winds which is the work of the astronomer Andronicus. The octagonal monument dates to the 2nd century BC and it served as a sundial, water clock, and weathervane. Continue to the Agora, the civic center of Athens and the living heart of its democracy. Socrates

questioned the assumptions of his fellow citizens here. After lunch at a local restaurant, tour the Kerameikos, the principal cemetery of ancient Athens, where most of the city's notable figures were buried. Continue to the grounds where Plato's Academy, the world's most famous school of philosophy, stood, and visit the exhibition highlighting Plato's works. (B, L)

Wednesday, September 23

ATHENS

In the morning, visit the Museum of Ancient Greek Technology, which exhibits replicas of the actual inventions of ancient Greek scientists and inventors. Continue to the site of the Lyceum, the school founded by the other giant of ancient Greek philosophy, Aristotle. After lunch at a nearby restaurant, visit the Benaki Museum, which houses a superb collection that highlights Greece's history from the ancient past to more recent times. (B, L, D)

Thursday, September 24

ATHENS

In the morning, tour the Acropolis, the rocky plateau that dominates the modern city as it did in antiquity. The incomparable Parthenon and other temples built in the 5th century BC represent the highest achievement of art and architecture of the Classical period. Continue to the National Archaeological Museum. Included in its stunning collection of masterpieces is the Antikythera Mechanism. Dating from the 2nd century BC, the mechanism is the world's oldest analogue computer. Spend the afternoon at leisure for independent activities. (B, L)

Friday, September 25

ATHENS/SAMOS

Transfer to the airport in the morning for the flight to Samos, the island



The 6th-century BC Temple of Hera, Samos, Greece



The Monastery of St. John the Theologian in Patmos dominates the town of Chora

that rose to cultural and technological prominence in the 6th century BC. Pythagoras—philosopher, mathematician, and discoverer of the geometric theorem that bears his name—was a native son, as were others such as the brilliant engineer Eupalinos; Theodoros, a veritable Leonardo da Vinci; and Rhoecos, an innovative architect. In the afternoon, tour Samos's most important sites, including the Tunnel of Eupalinos, a miracle of ancient surveying and engineering. Running for more than 1,000 yards through a limestone hill, the tunnel began at both ends running level, and the miners met in the middle with only the smallest of errors. Also visit the remains of the 6th-century BC Temple of Hera, the largest temple ever built in Greece, and the Archaeological Museum of Pythagorio. Accommodations at the *Hotel Casa Cook* (or similar). (B, L, D)

Saturday, September 26

SAMOS/EPHESUS, Turkey/SAMOS

In the morning, sail across the short channel to Turkey's port of Kusadasi and then drive to nearby Ephesus, one of the world's most

magnificent ancient sites. Founded by Greeks around 1100 BC, Ephesus flourished between 600 BC and AD 500. During the Roman period, Ephesus attracted Christian settlers, including St. John, who it is believed came here to take care of the Virgin Mary during the last years of her life, and St. Paul, who lived in the city for three years in the AD 60s. Visit the imposing well-preserved monuments, including the Church of St. Mary, which in AD 431 served as the site of the Council of Ephesus, the Great Theater, where St. Paul preached, and the Roman houses, some of them decorated with exquisite mosaics. Return to the hotel in Samos in the late afternoon. (B, L, D)

Sunday, September 27

SAMOS/PATMOS/KOS

Sail in the morning from Samos to Patmos, named the "Holy Island" because it was to Patmos that the Roman Emperor Domitian banished St. John in AD 95, and where he wrote the Book of Revelation. About 1,000 years later, the Byzantine Emperor Alexis Komninos ordered a monastery to be built in memory of St. John. Upon arrival in beautiful



Zia village, Kos island, Greece



Sanctuary of Asclepius (Aesculapius), Kos, Greece

Patmos, visit the Cave of the Apocalypse, where St. John lived as a hermit and received the revelation. Continue to the Monastery of St. John the Theologian, the immense fortress-like monastery that was built in the 11th century. Dominating the island's main town, with its attractive and distinctive whitewashed architecture, the monastery housed precious ecclesiastical treasures. Reboard the boat in the afternoon and continue to the island of Kos. Check-in at the *Hotel Aktis Art* (or similar) for the next three nights. (B, L, D)

Monday, September 28

KOS

An island of verdant landscapes, a rich history, interesting archaeological remains that span the centuries, and picturesque old villages, Kos was also the birthplace of Hippocrates (460-377 BC), the Greek physician acknowledged to be the founder of Western medicine. After his death, a medical school and the Sanctuary of Asclepius (Aesculapius), the god of healing, were built, making Kos famous throughout the ancient Mediterranean world for the practice of medical sciences as pioneered by Hippocrates. In the morning, visit the Asclepeion, the religious sanctuary dedicated to the god of healing that included a school of medicine and a therapeutic center. Sited in a beautiful pine-covered terraced location, excavations at the site have revealed the remains of guest rooms, public baths, temples and other buildings. After lunch, explore the town of Kos, seeing Hippocrates's plane tree, where, according to tradition, the master physician taught his pupils; and the substantial ancient remains that include the Casa Romana, a Roman villa with exquisite floor mosaics. Also visit the Archaeological Museum, which houses a statue of Hippocrates, along with other important artifacts. (B, L)

Tuesday, September 29

KOS

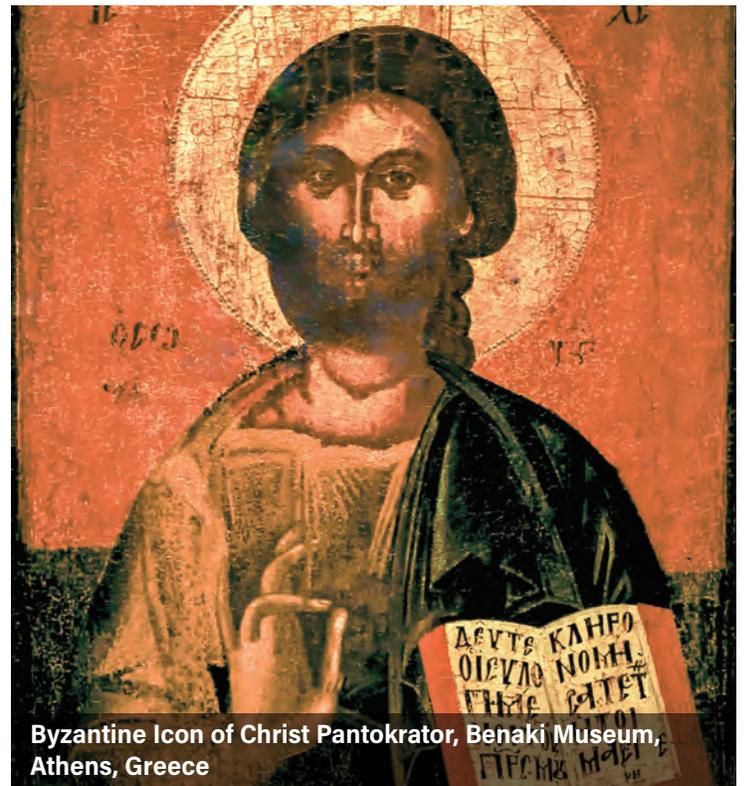
In the morning, visit the International Hippocratic Foundation, a non-profit institution that aims to cultivate, relay and extend the values of

Hippocratic medicine. We will be hosted by officials of the institution and attend a lecture on the foundation's activities and the life and work of Hippocrates. After lunch, visit some of the prettiest old hill villages of the island, including Zia, the abandoned village of Old Pyli, and contemporary Pyli. In the evening, enjoy a farewell dinner. (B, L, D)

Wednesday, September 30

KOS/US

Transfer to the airport for the return flight home. (B)



Byzantine Icon of Christ Pantokrator, Benaki Museum, Athens, Greece

RATES

\$ 7,490 per person, double occupancy.
Single room supplement: \$ 1,890.

PROGRAM INCLUSIONS

- Fine hotel accommodations throughout: Four nights at the *Athens Capital Hotel* (or similar), in Athens; two nights at the *Hotel Casa Cook* (or similar), in Samos; and three nights at the *Hotel Aktis Art* (or similar), in Kos.
- Flight from Athens to Samos.
- Boat ride from Samos to Patmos and Patmos to Kos.
- Full breakfast each morning at the hotels.
- Discussions with Dr. Ilia Delio.
- Eight lunches and six dinners at local restaurants with wine or beer and soft drinks.
- Airport/hotel/pier transfers and handling of luggage on the program arrival and departure dates.
- All tours and excursions as described in the itinerary with a professional English-speaking guide.
- Entrance fees to museums, archaeological and historic sites.
- The services of an experienced Thalassa Journeys Trip Director.
- Gratuities to guides, drivers and porters.
- All local taxes and service charges.
- Complete pre-departure material.

NOT INCLUDED: International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the Itinerary and the Program Inclusions.

ACTIVITY LEVEL

Travelers can expect an estimated total of 2-3 hours of walking at an easy pace per day. Since this program features archaeological sites and guided walks of ancient towns, excursions may involve walking on inclined or uneven surfaces such as rocky or unpaved paths and navigating cobblestones or flights of stairs without handrails. During site visits, guests may need to stand briefly if seating is not available. Embarking and disembarking from motor coaches and other transportation methods will also be necessary. Your willingness to explore will help you get the most from this unforgettable experience.



Celcus Library, Ephesus, Turkey

GENERAL INFORMATION

TCFC 26L-0920

PAYMENT SCHEDULE: A deposit of \$1,000 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 our 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 effected 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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JOURNEY TO GREECE

With **Dr. Ilia Delio**

September 20 - 30, 2026



Kos town, Kos Island, Greece

FOR RESERVATIONS AND INFORMATION

PLEASE CALL

THALASSA JOURNEYS AT

866-633-3611

or email

reservations@thalassajourneys.com