

The background of the entire page is a photograph of a sunset over a body of water. The sky is filled with orange and yellow clouds, and the sun is low on the horizon. In the distance, there are dark silhouettes of mountains. In the foreground, a small boat is visible on the water, and some dark rocks or a breakwater are in the middle ground.

Leonie Joanne
BROWN.

WELCOME TO *IKARIA*

(N)IKARIA (with emphasis on the second i)
is a Greek island in the North Aegean Sea,
approximately 19 km southwest of Samos.

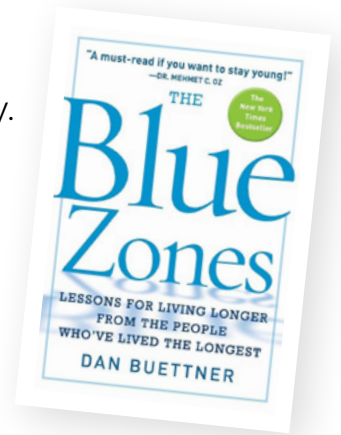
The Ikarians themselves often refer to the island as
Nikaria, or Nisi (Greek for island) and Ikaria combined.

Information
for your
Stay and Travel

IKARIA: UNLOCKING THE SECRETS OF THE BLUE ZONE

The island of Ikaria is a well-kept secret, a small paradise. It is a Blue Zone, or one of the rare places in the world where residents have an exceptionally high life expectancy. In recent years, Ikaria has made headlines worldwide as "The Island where People forget to Die." Journalists and scientists came from far and wide to observe the secret of the 'happy healthy lifestyle' up close.

The Blue Zones are fully described in the book by American researcher Dan Buettner: 'Blue Zones: Lessons for Living Longer from people who lived the longest'. Ikaria also appeared in the Netflix series: 'Live to 100: Secrets of the Blue Zones'.



IKARIA: UNRAVELING THE MYTH OF ICARUS

Ikaria is also known as the Island of Wings where, according to myth, Icarus washed ashore after his fall into the sea.

They both took flight, Daedalus leading the way. They flew past many islands. Icarus felt that flying was going so well that he could leave his father for a moment and fly much higher towards the sun.

But then what Daedalus had feared happened: the wax of Icarus' wings melted and the poor boy fell into the sea. Daedalus called out, "Icarus! Icarus!" But there was no answer. When he looked down, all he could see on the waves were scattered feathers... Icarus was buried on the island, which would thereafter be called Ikaria.

FINDING YOUR OASIS: YOUR ACCOMMODATION IN IKARIA

We are guests at Voula, owner of the Agriolykos guesthouse ('The Wild Wolf').

The guesthouse is situated high on a cliff, overlooking the bay where the village of Therma lies, known for its healing springs, therapeutic energy, and tranquility. The view, the terrace, and the proximity to the sea are priceless. The sunrise here is nothing short of magical.

Important notice:

In case you would like to stay some days extra, prior to the retreat or after the retreat, please send me an e-mail. I will arrange the booking for you, to avoid confusion.



EMBARKING ON THE JOURNEY: TRAVELLING TO IKARIA

IKARIA is a fairly remote island (hence still authentic!) and not so easy to reach. Only domestic flights land at the tiny airport. Coming from abroad, you need two flights to get to Ikaria: an international flight to Athens, and a second flight from Athens to Ikaria. Or you can travel by boat, coming from Athens or another island like Samos or Patmos. To make it easier for you, I've outlined some travel combinations.

TRAVEL BY BOAT

If you travel by boat from Athens, Samos, or Kos (or other islands) to Ikaria, you should take into account extra overnight stays because the arrival and departure times of planes and boats rarely coincide.

Good to know: there are **two ports** in Ikaria: one in **Agios Kirikos** and a second one in **Evdilos**.

The port which is closest to our retreat place is Agios Kirikos!

Information about all ferry routes from Athens and Samos can be found on the websites of [Nel Lines](#) and [Hellenic Seaways](#).

From Kos, there is a speedboat to Ikaria. The speedboat route passes through the following islands: Samos-Fourni-**Ikaria**-Patmos-Lipsi-Leros-Kalymnos-Kos.

So, for example, you could fly to Kos, stay overnight there, and then take the speedboat to Ikaria. All information about this can be found on the website of [Dodekanisos Seaways](#).

Please note:

The speedboat from Kos operates only once a week! Keep this in mind when booking your tickets. Moreover, it operates only from May to the end of September. For example, in October, there is no speedboat service anymore.

(An overview of all useful websites can be found at the bottom of this document.)



TRAVEL BY PLANE

If you're traveling from Belgium or the Netherlands, it's often the case that you need to stay overnight in Athens during the outbound journey because there are no connecting flights. The return flight can usually be done in one day. If you book in advance, you can usually find affordable connecting tickets.

The airport of Ikaria is located in Faros and serves flights from Athens. You can fly to Ikaria with two airlines: Sky Express and Olympic Airlines.

Handy tip:

Olympic Airlines operates under the wings of Aegean Airlines. If you prefer to book the international and domestic flights within one airline company: enter Amsterdam-Ikaria or Brussels-Ikaria on the Aegean Airlines website.

Important notice:

Please DO NOT book your tickets through online ticket services like go-daddy.com or go-ferry.com or cheap flight search engines. Firstly, you will pay a lot more, and secondly, if anything goes wrong, such as a flight delay, you won't receive the same level of service as when you book directly through the website of the airlines or ferry companies. **ALWAYS book your tickets directly with the flight or ferry companies.**



OVERNIGHT STAY IN ATHENS

If your flights do not connect, and in case you don't have enough time to visit Athens City Centre, it is advisable to book accommodation close to the airport, through the website of Airbnb. In recent years, Athens offers lots of comfortable options to stay overnight, including transfer to and from the airport.

BUS OR METRO TO ATHENS

In case you would like to visit the city center, you can take bus X95 or the Airport Express Bus. These depart from the airport exit (to the right of the taxis, you'll also find the ticket booth just outside the airport doors). The bus will take you directly to the city center in about an hour.

The final stop is Syntagma Square. A ticket will cost you a few euros.

You can also take the metro. The metro also departs from the airport (upon arrival, exit the arrivals hall, cross the street, and take the escalator up).

The metro will take you to the tourist city center (Akropolis) or to the port of Piraeus, where you can connect to boats.

USEFUL WEBSITES

- Tourist guide for Ikaria > [Visit Ikaria](#)
- General info for Ikaria > [Island-Ikaria](#)
- Ferry boats > [Nel Lines](#) and > [Hellenic Seaways](#)
- Flights from Brussels and Amsterdam > [Aegean Airlines](#)

In case you would like to book directly from Brussels or Amsterdam to Ikaria: go to Aegean Airlines.

- Flights from Brussels > [Brussels Airlines](#)
- Flights from Eindhoven and Amsterdam > [Transavia](#)
- Flights from Athens to Ikaria > [Olympic Air](#) (this is a daughter company of Aegean Airlines, operating the national flights) and > [Sky Express](#)
- Accommodation in Athens > [Airbnb](#)

MORE INSIDER KNOWLEDGE FOR YOUR IKARIA ADVENTURE

Slow Down and Enjoy the Ride: Embrace the Ikarian Way of Life!

Ikarians have a stubborn attitude towards modern development. They prefer to maintain their traditional, modest way of life. And this is evident in the landscape, the houses, the entire infrastructure. When you arrive in Ikaria for the first time, it feels like someone has turned the clock back fifty years!

Ikaria is a peculiar island. You never quite know WHY you're going there. When you arrive through the harbor, you might as well turn back immediately: at first glance, there's little to see or do. And indeed, there is nothing to do, there's no distraction. And that's precisely the island's strength. The island gives you all the time and space to connect with yourself, to tap into your source.



Offbeat, Wild, and Unconventional

Ikaria is not beautiful, neat, tame, polished, luxurious, easy, cute, or fun. Ikaria has a rugged, challenging beauty that goes far beyond beauty. It lacks order and regularity. It's a windy island, with regular storms and gusty winds from October to April, heavy downpours, and surprisingly cold winter snaps (snow! ice!). The disorder you sometimes see here is usually the result of natural forces.

And the powerful forces of nature have their influence on the residents: Ikarians attach little importance to luxury or other material possessions. However, they do value the ownership of land, forests, goats, sheep, horses, cows.

You won't find the typical picture you'd expect from a Greek island here. No cute blue-and-white houses, but instead, car wrecks adorn the streets. So indeed, words like rugged, wild, chaotic, but also exotic and sexy are associated with Ikaria.

Ikaria invites you to slow down, to land your feet on the mighty rock that she is. "Take it easy, it's safe here. I've got you," she whispers.

Beyond Time – Where Time Stands Still

Living in timeless Ikaria means living without a watch. In the morning, you throw open the door and observe how high the sun is. You tune into the rhythm of nature. Soon you'll notice: there's always plenty of time! If you don't strive to be 'on time' and 'punctual', not to count, add up, or stretch time, then you sink into the non-time that Ikaria is.

Appointments are made and kept, but the exact time isn't so important. If you're invited to a party at eight, you might as well show up at ten, eleven, or twelve (for parties, Ikarians take their time, parties typically last until the early morning hours).

It's no coincidence that Ikaria is known as the island 'where the inhabitants forget to die': few are aware of chronological age, but rather of the fluidity and changeability of life. Ikarians live in the now. Now is timeless. So why would you then grow old?

My Final Message for Your Ikarian Adventure

Travel to Ikaria without expectations, open and curious like a child. Leave behind worries and old baggage and venture fearlessly. We'll be here with open arms to welcome you!

*If you embark on your Journey to Ikaria,
wish that your road may be long,
full of adventures, full of experiences.
Wish that your road may be long,
with many summer mornings
where you learn from the Wise Ones
and the Mirrors on your path.
Safe travels! Kalo taxidi!*

**Leonie, inspired
by the poem "Ithaca"
by Konstantinos Kavafis (1911)**



Leonie Joanne
BROWN.

**AUTHOR, TRANSFORMATIONAL COACH, SPEAKER AND TRAINER
MENTOR FOR VISIONARY LEADERS, CONSCIOUS CREATORS
AND MISSION-DRIVEN ENTREPRENEURS**

Visit me at: leoniejoannebrown.com

Mail me at: info@leoniejoannebrown.com