

My Greek Odyssey (Series 3)

8 x 60'

EPISODIC BREAKDOWN

1. Astypalia

First stop in series three is Astypalia, which is a couple of hours cruising to the west of Kos. It's where the Cyclades meets the Dodecanese. It's the western-most island of the group and is shaped like a butterfly, and beautiful like one too! From there we turn Mia Zoi to the north east and the tiny island of Pserimos, but before arriving I get to explore an operating fish farm.

2. Kalymnos

In this episode, I've arrived on the island of Kalymnos. It's one of the biggest islands in the Dodecanese, famed for its rock climbing. Now, I'm not exactly an extreme sports athlete, so yeah, I'll show the adventurous side of this place, but I'll also delve into the culture of it and the incredible story of the sponge divers that put Kalymnos on the map. When you learn about what they went through, you'll think they're more out there than the rock climbers!

3. Telendos

In this episode I'm covering every inch of the tiny island of Telendos. It's only 600 meters from Kalymnos, but has a personality of its own, with great hiking and a fantastic dive site. From there I'm heading to Leros, which is a more lively island, with clichéd windmills, whitewashed houses and a stunning port. The dramatic history of Leros spans centuries, with each period in time leaving its mark. None more so than the Italian influence, evident in the stunning architecture.

4. Lipsi

In this episode I'm headed for Lipsi, a peaceful little gem that's well and truly off the mainstream tourist radar. Here I'll be getting my hands dirty as I learn about the island's unique history. I'll be meeting some researchers protecting the marine environments, and headed to a farm that's unlike any other I've come across. Plus I'll be getting a taste of the local cuisine and showing you how to make one of my favourite dishes. But before getting to Lipsi, there's a spectacular island group called Macronisia that I just have to show you. Wait 'til you see the water!

5. Patmos

This episode sees me on the island of Patmos, one of the most important locations in the Christian world. It's a place of pilgrimage for thousands of people from across the planet. Beyond the religious importance, there's fantastic beaches, amazing food and an atmosphere that draws you in. From there, I'm making a quick dash across to three barely inhabited islands to the east, hidden gems not often explored by tourists. No doubt you'll be adding them to your wish list!

6. Fournoi

In episode six I've arrived in Fournoi, and I know what you're thinking "Where in the Mediterranean is that!?" Well, it's a gorgeous slice of Greece, hidden between Ikaria to the west and Samos on the northeast. My plan is to take in the sites, from the mountaintops to the seafloor. I'll be showing you that this is one of those destinations, where if you want to get the most out of the place, you have to not only get your hands a little dirty, but be prepared to pop on a wetsuit and take the plunge!

7. Ikaria

In this episode I'm finishing my visit to Ikaria by spending time meeting some of the locals. I want to understand why they live longer here than elsewhere. Is it the food? The lifestyle? Genetics? I just have to find out! I'm also headed to some of the most popular sites on the island, doing a bit of cooking with Kyriako, and even trying my hand at surfing. But perhaps best of all, I'll be catching up with a close friend who was born here.

8. Samos

In the final episode of the series we travel to a place that holds special memories for both Helen and I. It's one of the first islands we visited together, when we were young and seeking adventure. The trip put our relationship to the test. I dragged her up mountains, we crawled through tunnels and lived like backpackers. But it was an incredible time and those memories have kept us coming back, again and again. The island I'm talking of, is Samos!