

Itinerary

Where to Go to Close One Chapter and Start Another

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If anything in life is guaranteed, it's that certain moments demand to be marked: a milestone birthday, a big anniversary, a new job. Celebrating them well might mean leaving the world behind in a subterranean spa, time spent in nature or a few days of eating your way through somewhere new. Post-breakup, pre-breakthrough or mid-transition, the perfect reset meets you wherever you are and sends you home feeling like the best version of yourself.

For a trip that's equal parts restorative and fun, try pairing a meandering drive through the peaceful mountains and valleys of Greece's Peloponnese region with a few days of creative inspiration and top-tier souvlaki in Athens. The contrast between unspoiled countryside healing and a paloma or three in Greece's most exciting city will make this mainland journey all the sweeter.

Start by unplugging at Euphoria Retreat in the sleepy medieval town of Mystras, where mornings begin with hikes through wildflowers, phones are banned from communal areas and early evenings are spent soaking in the spa's network of pools. After making a dent in your neglected paperback, drive through vineyards to Athens for factories turned art galleries, picnic spreads on Lycabettus Hill, day trips to thermal lagoons and scenery ouzo bars. Several rooftop espressos and life-altering lamb chops later, you won't want to leave, but you'll be glad you came.

Where to Stay



Fly into Athens and drive two and a half hours to Euphoria Retreat—or book a driver through the hotel, who comes prepared with pillows, ice-cold water and plenty of anecdotes. The beautiful stone property, surrounded by cypress trees, greets you with a warm glass of oregano-infused water and a bespoke itinerary designed to gently restore. Minimalist rooms in neutral tones have an almost monastically calm feel; pretty tile work encourages lingering in generous bathrooms, and countryside-facing balconies provide a distraction-free place to surface between reflexology treatments. Weekly group hikes to Byzantine castles and bookable spa treatments are on offer, but spontaneity is encouraged—don't miss a private soak in the hot tub.

In Athens, make your home base at Hotel Grande Bretagne, a Luxury Collection Hotel, Athens, overlooking Syntagma Square and the Old Royal Palace. Rooms are classically beautiful, with grand chandeliers, marble tubs and regal swagged curtains. Deluxe Acropolis rooms have spacious balconies with front-row seats to the hourly changing of the guard. For company and a great view, head to the rooftop bar to toast new beginnings while an orangey sun sets over the Parthenon.

Eat and Drink



At Euphoria Retreat's in-house Gaia Restaurant, start your meal with shots of soup (the beet is especially good) and bread made for dragging through local Kalamata olive oil. For a change of scenery, nearby Tavern Hellen delivers checkered tablecloths, bubbly-crustéd moussakas and strangers wishing you a cheery "kalimera."

In Athens, casual but stylish Akra is the move for brioche rolls with hazelnut praline and torched bonito. Come evening, Epta Martyres draws locals and in-the-know visitors for fennel-forward loukaniko and wines from small producers. For something celebration-worthy, Désiré, a charming patisserie open since the 1960s, serves classic sweets like diplos: fried dough soaked in fragrant honey syrup and sprinkled with walnuts.

Things to Do



Days at Euphoria Retreat start with 8 a.m. hikes. You might trek to the Trypi springs waterfall, or make your way to Byzantine ruins, with hide-and-seek views of the Taygetus Mountains. Spend the rest of the morning at Euphoria's spa, where the Five Element Balancing massage treatment begins with a questionnaire, assigns your dominant elements and gets to work relieving trapped emotions. Afterward, swim in the indoor-outdoor hydrotherapy pool beneath a dramatic dome emanating trance-like whale sounds, or retreat to the pink-hued salt room for some deep breathing and very little else.

In Athens, skip the Acropolis crowds and visit the second-floor restaurant at the Acropolis Museum for prime views of the ruins, minus the warring selfie sticks. For a day trip, head to thermal lagoon Lake Vouliagmeni before stopping for brunch bowls at Sofi's and then a stroll on the sandy boardwalk.

How to Go Big

Maximize your annual cardmember benefits by booking Euphoria Retreat and Hotel Grande Bretagne, a Luxury Collection Hotel, Athens—both members of The Edit by Chase Travel. Use one \$250 The Edit credit on an eligible stay at each hotel to receive a total of \$500 back on your Greek getaway. Booking through The Edit also unlocks a \$100 property credit with each stay; put yours toward a restful massage at Euphoria Retreat and a celebratory afternoon tea at Hotel Grande Bretagne's Winter Garden City Lounge.

3 More Trips for Your Next Milestone

From sun-drenched vineyards to romantic city streets, these vacations are perfect for spoiling yourself.

Marrakech, Morocco

In Morocco's former capital, spend your days sipping mint tea at rooftop cafés with Atlas Mountain views and exploring the labyrinthine souks—a medina walking tour is the best way to navigate the stacks of handicrafts—then retreat to art-filled converted riad IZZA. Go big on ceramics and spices, and for a souvenir that weighs nothing, take home a tagine recipe from a Moroccan cooking class.

Napa Valley, California

Napa is a luxury playground for private SUV wine tours and guided hikes through the redwoods. If that sounds too high-octane, drift from vineyards to hot springs to a spa hotel, like Four Seasons Resort and Residences Napa Valley. Book The French Laundry in advance for a serious dinner, and if you're celebrating someone creative, try a visit to recently opened art and culture museum The MAC.

Paris, France

Start with a dip in Ritz Paris's column-lined pool and a massage at the spa before settling in at Restaurant Espadon, just off the hotel's Grand Jardin, for special meals. Leave time for a guided Louvre tour or a sightseeing cruise on the Seine, then escape the Eiffel Tower crowds and head to the banks of Canal Saint-Martin for a glamorous picnic of red wine and cheese from Marché Saint-Martin.

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