



SAILING ITINERARIES

7 DAYS ATHENS TO ATHENS

Sailing boats travel with the use of engine on an average of 7-9 knots per hour and when using sails, depending on wind, on an average of 5-10 knots per hour. The duration of travel between islands is estimated approximately on an average speed of the boat.

EMBARKATION ATHENS (ALIMOS) - (12:00 am)

DAY: ATHENS (ALIMOS) – CAPE SOUNION – KYTHNOS:

ATHENS (ALIMOS) – **CAPE SOUNION** (Duration: 3:30 hours)

Cape Sounion is located 69 kilometres (43 mi) south-southeast of Athens, at the southernmost tip of the Attica peninsula in Greece. It is noted as the site of ruins of an ancient Greek temple of Poseidon, the god of the sea in classical mythology. The remains are perched on the headland, surrounded on three sides by the sea. The ruins bear the deeply engraved name of English Romantic poet Lord Byron (1788–1823).

The site is a popular day-excursion for tourists from Athens, with the sunset over the Aegean Sea, as viewed from the ruins, a sought-after spectacle.

In a maritime country like Greece, the god of the sea occupied a high position in the divine hierarchy. In power, Poseidon was considered second only to Zeus (Jupiter), the supreme god himself. His implacable wrath, manifested in the form of storms, was greatly feared by all mariners. In an age without mechanical power, storms very frequently resulted in shipwrecks and drownings.

The temple at Cape Sounion, Attica, therefore, was a venue where mariners, and also entire cities or states, could propitiate Poseidon by making animal sacrifice or leaving gifts.

Therefore the temple of Poseidon throughout history and mythology always played an important role to greek sailors

CAPE SOUNION – KYTHNOS (Duration: 3:00 hours)

Kythnos is a Greek island and municipality in the Western Cyclades between Kea and Serifos. It is 56 nautical miles (104 km) from the harbor of Piraeus. Kythnos is 100 km² (39 sq mi) in area and has a coastline of about 100 km (62 mi). It has more than 70 beaches, many of which are still inaccessible by road. Of particular note is the crescent-shaped isthmus of fine sand at Kolona and the warm thermal springs at Loutra bay, which are said to have curative properties. Kythnos can lay claim to one of the oldest known habitations in the Cycladic islands, a Mesolithic settlement (10000 BCE – 8000 BCE) at Maroulas on the northeast coast. The site, close to the village of Loutra, is situated on the shore, and large portions have eroded into the sea. Excavations in 1996 found intact human skeletons, along with stone artifacts and part of a floor pavement, which indicates a long-term settlement, probably of hunter-gatherers.

Kythnos also is the site of one of the largest caves in Greece, Katafiki Cave in Dryopida. This cave, first visited in the 1830s and described by the geologist Fiedler, has unique "schratten" or rock curtains, as well as speleotherms. It was the site of an iron mine until 1939 and has now been developed as a tourist attraction



DAY: KYTHNOS – SYROS - MYKONOS:

KYTHNOS – SYROS (Duration: 3:00 hours)

Syros (pop. 21507) is located 78 nautical miles (144 km) south-east of Athens.

The largest towns are Ermoupoli, Ano Syros, and Vari. Ermoupoli is the capital of the island and of the Cyclades. It has always been a significant port town, and during the 19th century it was even more significant than Piraeus. Other villages are Galissas, Foinikas, Pagos, Manna, Kini and Poseidonia.

SYROS – MYKONOS (Duration: 3:00 hours)

Mykonos' nickname is The island of the winds. Tourism is a major industry and Mykonos (pop. 10134) is well known for its vibrant nightlife and for being a gay-friendly destination with many establishments catering for the LGBT community.

Archaeological findings suggest the presence of the Neolithic tribe, Kares on the island in 3000 BC, but the first real settlers seem to be the Ionians from Athens in the early 11th century BC. There were many people living on the neighbouring island of Delos, just 2 km (1.2 miles) away, which meant that Mykonos became an important place for supplies and transit. It was, however, during ancient times a rather poor island with limited agricultural resources and only two towns. Its inhabitants were polytheists and worshipped many gods.

Petros the Pelican - an old celebrity of the town's waterfront, "Petros" has been the official mascot of Mykonos for over 50 years. He took up permanent residence on the island after a storm in 1954 and after his death the islanders elected a successor to carry on his legacy until today.

Sights nearby:

Mykonos windmills - The windmills are a defining feature of the Mykonian landscape. There are many dotted around the island, but most are concentrated in the main town of Chora. The famous "Kato Mili" in Chora (Greek for lower mills), stand in a row on a hill overlooking the sea to harness the strong northern winds. Capped with wood and straw, the windmills were built by the Venetians in the 16th century to mill flour and remained in use until the early 20th century. Many have been refurbished and restored to serve as homes to locals and vaults to numerous Mykonian heritage documents.

Little Venice - rows of fishing houses line the waterfront with their balconies hanging over the sea. The first of these was constructed in the mid-18th century. They originally belonged to rich merchants or captains and the little basement doors that provided direct access to the sea and underground storage areas led people to believe that the owners were secretly pirates.

Mykonos has many bays, which are well protected from the usual northern winds, in which water sports activities and snorkelling are possible. A walk through main town is strongly recommended, with the typical Cycladic houses, alleys and windmills, the famous brand stores, the never ending



MYKONOS – DELOS – RINIA - PAROS:

Duration: 1:00 hours)

The island of Delos, near Mykonos, near the centre of the Cyclades archipelago, is one of the most important mythological, historical and archaeological sites in Greece. The excavations in the island are among the most extensive in the Mediterranean; ongoing work takes place under the direction of the French School at Athens and many of the artifacts found are on display at the Archaeological Museum of Delos and the National Archaeological Museum of Athens.

Delos had a position as a holy sanctuary for a millennium. Investigation of ancient stone huts found on the island indicate that it has been inhabited since the 3rd millennium BCE. By the time of the Odyssey the island was already famous as the birthplace of the twin gods Apollo and Artemis. Indeed, between 900 BCE and 100 CE, sacred Delos was a major cult centre, where Dionysus is also in evidence as well as the Titaness Leto, mother of the above-mentioned twin deities.

Delos is THE archaeological site to visit if you are sailing in the Cyclades. There are guides to take you on a tour on the site, but it is generally better to organize it in advance.

Swimming and diving are prohibited by law in Delos.

DELOS – RINIA (Duration: 0:15 hours)

Rhinia or Rhenea or Rinia, or Rineia also known as Greater Delos, is an almost deserted island five miles SW of Mykonos. The anchorages around the island make a pleasant stop for people who avoid the noise of "civilization" and are a good overnight base prior to a visit by yacht to the archaeological site of Delos, from which it is separated by a 100 metre wide channel.

RINIA – PAROS (Duration: 2:30 hours)

One of the Cyclades island group, it lies to the west of Naxos, from which it is separated by a channel about 8 kilometres (5 miles) wide. It lies approximately 150 km (93 miles) south-east of Piraeus. Unrivalled natural beauty, beaches with crystal clear waters, unrivalled Byzantine footpaths connecting traditional villages and breathtaking landscapes make Páros one of the best loved holiday destinations in Greece. Its nearest neighbour is the municipality of Antiparos, which lies to its southwest.

Naoussa, a colourful village, where the ruins of a Venetian fortress stand at the entrance to its small harbour, lies at the north of Paros and is known for its exquisite shopping opportunities within the town's narrow alleys, so a walk in town is recommended along the little fishing harbours and beautiful structure of the town. One can also take the opportunity to dine ashore at one of Cyclades finest restaurants.



DAY: PAROS – KOLYMBITHRES (PAROS) – FOLEGANDROS:

PAROS – KOLYMBITHRES (PAROS) (Duration: 0:15 hours)

Kolymbithres is just opposite the harbour of Naoussa and provides the perfect bay for swimming and water sports. After the sport activities you can also have lunch before heading on the trip towards Folegandros.

KOLYMBITHRES (PAROS) – FOLEGANDROS (Duration: 4:00 hours)

Folegandros' landscape is varied, and includes tall cliffs and a large cave. The "capital" of the island, Chora, is built on the edge of a 200-metre high cliff. A beautiful little village, from where one can enjoy the spectacular sunset in one of the various cafes or taverns. Walk along the cobblestone narrow streets of Hóra past white houses with multi-coloured doors and windows, timeless creations of the traditional Cycladic architecture. If you need to take a rest, plane trees will offer you their cool, welcome shade. Wait until the sun sets into the eternal blue of the Aegean and join the locals in the village's squares.

The port of Folegandros is the small village of Karavostasis. The Ano Meria village contains a small but interesting Ecological and Folklore Museum.

Shining under the Aegean sun, Folégandros was named after the son of king Minos. This off-the-beaten-path destination captivates the visitors with the untouched beauty of its beaches, the luminous blue of its waters, and the unadulterated style of its architecture.

The Church of the Assumption of the Virgin Mary

Towering above Hóra and with a stone path leading to it, a whitewashed impressive church awaits to be discovered. Allegedly built on the site of an ancient temple, the church hosts significant ancient immured inscriptions and statues' pedestals in its yard and interior. Tradition has it that the silver-plated icon of the Virgin Mary is miraculous. Linked to pirate stories, the icon is carried around the town in a procession held every year on Easter Sunday.

Hiking tip: Follow the rocky path starting from Poúnda square all the way to the church (walking time app. 15 min).

Ano Merá

The picturesque village of Ano Merá is a traditional rural settlement of the 19th century. To learn more about the traditional everyday life of Folégandros, visit the Folk Art Museum (open from 17:00 to 20:00 in the summer).



DAY: FOLEGANDROS – POLYAIGO – MILOS:

FOLEGANDROS – **POLYAIGO** (Duration: 2:00 hours)

Polyaigos is an uninhabited Greek island in the Cyclades near Milos and Kimolos. Its name means "many goats", since it is inhabited only by goats. Its goat population maintains Polyaigos as a barren island. It has, however, some magnificent beaches, mainly on the southern part of the island, as well as many sea-surface caves, which serve as a refuge to a dwindling population of Mediterranean monk seals (*Monachus monachus*). A perfect location for snorkelling in deep blue waters.

POLYAIGO – **MILOS** (Duration: 2:00 hours)

Milos (pop. 4977) is a volcanic island in the south of Aegean Sea. The volcanic activity in ancient years has endowed Milos island with an exciting variety of gorgeous landscapes, consequently offering the visitor a wide range of activities. The funny shapes of the rocks and their wonderful colours at the beautiful white sandy beaches are one expression of the volcanic features of Milos. The economic activity is another: minerals such as obsidian are excavated here. What is more, one of the most ancient mines in the Mediterranean is on this island

The island's villages are lovely too: the stately Pláka (the island's capital), the harbour of Adámantas, the beautiful Hivadolímní, the marvellous Emporiós with the little lagoon of Revary and the old iron mines. It is famous for the statue of Aphrodite (the 'Venus de Milo', now in the Louvre), the statues of Greek god Asclepios (now in the British Museum), the Poseidon and an archaic Apollo in Athens.

The spectacular formation of the rocks and caves around Milos, due to weather and sea is something that definitely has to be experienced on your journey.

The white rocky landscape that embraces Sarakíniko forms an once-in-a-lifetime encountered lunar landscape while on Kléftiko, which can be reached only by boat, you can dive in secluded rocky caves with crystal clear waters.

Add the wild beauty of Alogomántra, the open cave of Papáfragkas, the sheltered Ahivadolímní- the biggest beach on the island where also the island's camping site is situated- and the beaches of Fyripláka, Yérakas and Tsigrádos adorned with grayish-red rocks.



DAY: MILOS – SERIFOS – KYTHNOS:

MILOS – SERIFOS (Duration: 3:00 hours)

Serifos is located in the western Cyclades, south of Kythnos and northwest of Sifnos. It is part of the Milos regional unit. The area is 75.207 square kilometres (29.038 sq mi) and the population was 1,420 at the 2011 census.

Chora town is built amphitheatrically on a rocky hill commanding the island from the top. It is one of the most elegant Cycladic towns that will inspire you, even before the ship docks, on your arrival to Serifos. You'll get to visit two neighbourhoods; Pano (meaning upper) Chora and Kato (meaning lower) Chora connected by a stairway. You'll find some bars, cafés and tavernas in the town's narrow streets blending in with the whole scene harmoniously. It is worth taking a 10 minutes' walk up to the Venetian castle, built in the 15th century, to drink in the view of the blue sea!

In Greek mythology, Serifos is where Danaë and her infant son Perseus washed ashore after her father Acrisius, in response to an oracle that his own grandson would kill him, set them adrift at sea in a wooden chest. When Perseus returned to Serifos with the head of the Gorgon Medusa, he turned Polydektos, the king of Serifos, and his retainers into stone as punishment for the king's attempt to marry his mother by force.

The most impressive ancient monument is the "Aspros Pirgos" ("White Tower"), a Hellenistic marble watchtower (c. 300 BC) with walls preserved to 2 m. and an interior staircase, standing on a hilltop just east of the road from Chora to Mega Livadi, near Mega Chorio.

An ideal place for taking a stroll or making a stop by the nearby cafés, fish tavernas and pastry shops located next to the seashore is the Serifos main Port, also known as Livadi.

SERIFOS – KYTHNOS (Duration: 3:00 hours)

There are several bays on Kythnos, where one can stay overnight. Loutra is a small beautiful harbour with thermal water coming out of a hot spring at the nearby beach. At Kolona you will also find a hot spring and a very graphical bay with a crescent-shaped isthmus of fine sand.



DAY: KYTHNOS – CAPE SOUNIO – AGIA MARINA (AIGINA):

KYTHNOS – AGIA MARINA (AIGINA) (Duration: 6:00 hours)

Since it is a long way back home, it is preferable to do this in comfort on the last day.

Agia (Santa) Marina: This gorgeous bay lies at the eastern part of the island Aegina (pop. 8924). Agia Marina is a preferred summer destination for greek and foreign tourists. It has a beautiful bay with a 500 m long sandy beach, shallow blue water, ideal for water sports and snorkeling. Protected from the usual northern winds, it provides a perfect shelter for swimming, dinner and overnight stay, so that in the morning you will have only a one and a half hour trip back to Athens.

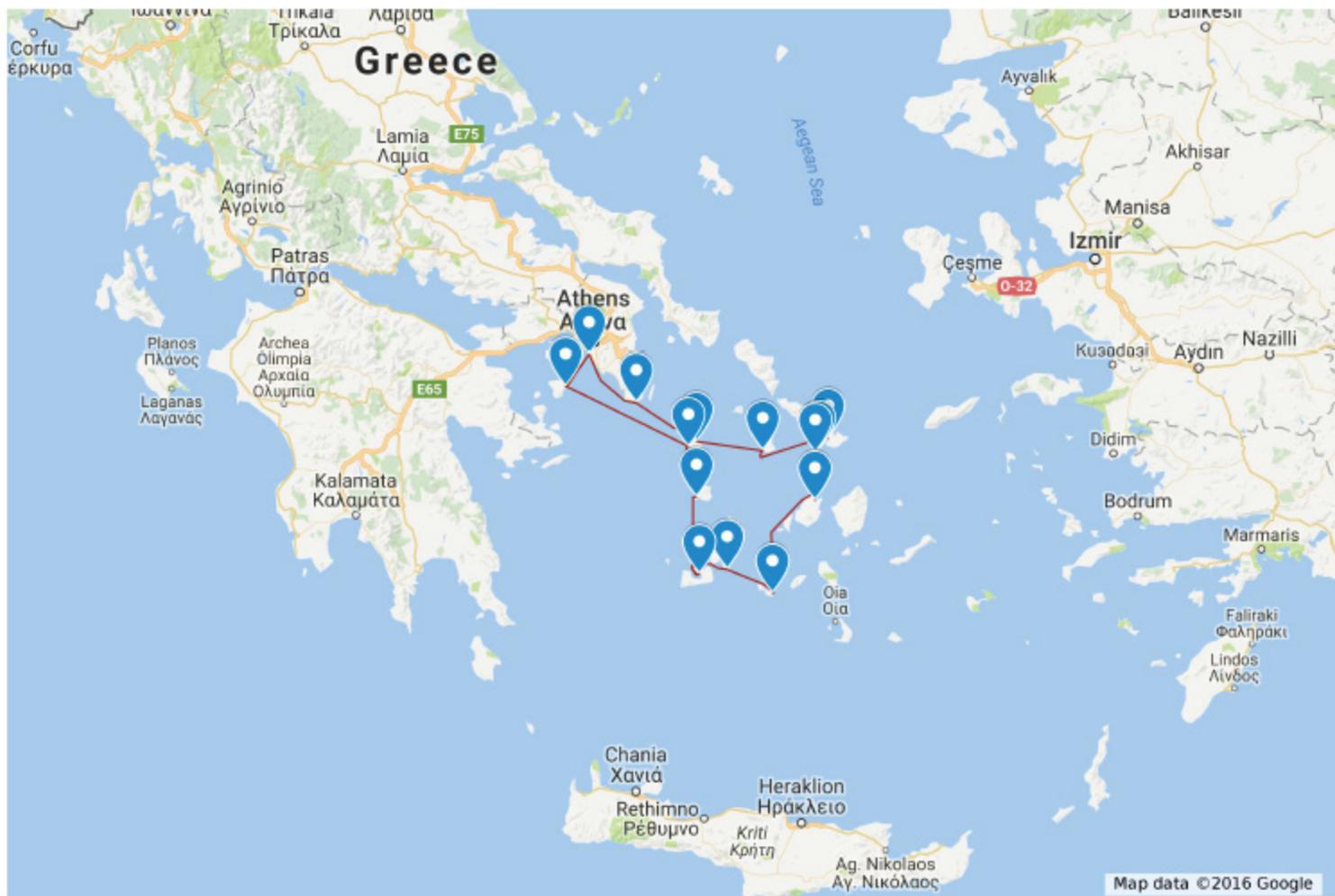
Sights nearby:

There is a road, leading to the main town, which goes through forests of pine trees and passes by the temple of Aphaia, which is a Dorian style temple built in the 5th century BC. The goddess Aphaia was associated with fertility and the agricultural cycle. It also goes to the Monastery of Saint Nektarios and to the old medieval town with it's old churches.

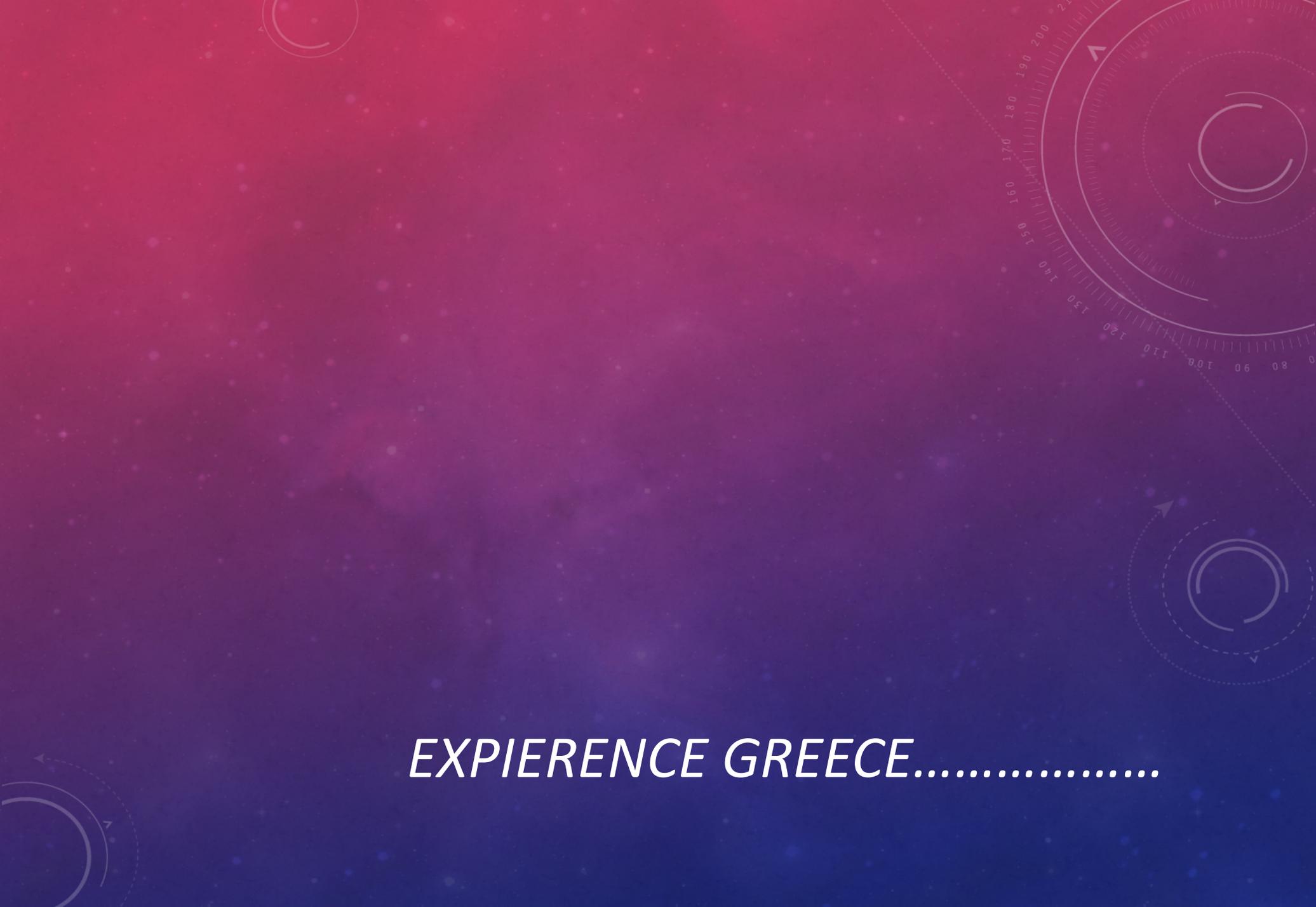
DAY: AGIA MARINA (AIGINA) – ATHENS (ALIMOS) (Duration: 1:30 hours)

DISEMBARKATION ATHENS (ALIMOS) - (12:00)





8 days - 7 nights
Athens to Athens Itinerary



EXPIERENCE GREECE.....