

The background is a solid teal color. It features several faint, light-colored circular and semi-circular patterns. On the left side, there is a large, semi-circular scale with numerical markings from 150 to 260 in increments of 10. The numbers are oriented along the curve of the scale. There are also several smaller circular patterns with arrows indicating clockwise or counter-clockwise directions, some solid and some dashed.

SAILING ITINERARIES

7 DAYS ATHENS TO MYKONOS

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 2 KYTHNOS – SERIFOS - MILOS:

KYTHNOS – SERIFOS (Duration: 2:30 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!

Serifos Island, with its rugged mining sites, laden with history, has its own distinct Cycladic flair. The island exudes a calm atmosphere and speaks directly to your senses. Despite its arid and wild land characteristics, Serifos is gracefully embraced by the deep blue colours of the Aegean Sea and has some magnificent beaches. The locals have respected the Cycladic architectural tradition by building white and blue houses making the islands towns and villages all the more wonderful.

SERIFOS – MILOS (Duration: 3:30 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 Hivadólími, 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.



DAY 3 MILOS – POLYAIGO – FOLEGANDROS:

MILOS – POLYAIGO (Duration: 2:00 hours)

Polýaigos 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 Polyaiagos 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 – FOLEGANDROS (Duration: 2:00 hours)

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).

Chrysospiliá is a natural monument of great interest, and not just to archaeologists and speleologists. Situated below the monastery of the Virgin Mary on a rocky beach at 30m above sea level with impressive stalactites and stalagmites, the cave is globally unique for the ancient male Greek names written on its walls and roof, dated back to the 4th century BC. Nicagoras, Themistocles, Cleon, Callimachus, Pythagoras, and Lysicrates are some of the names carved on the cave walls. According to some theories, the cave was used as a worship site where ceremonies for young men coming of age used to take place.



DAY 4: FOLEGANDROS – SIKINOS - SANTORINI

FOLEGANDROS – SIKINOS (Duration: 1:00 hours)

It was known as Oinoe (Island of Wine) in Ancient Greece. It contrasts with nearby islands, such as Ios, in being quiet and relatively less developed. There are two villages, "Allopronia" on the south sea side, being the port, and another higher up in the hills being the chora. The chora up on the hills is composed of two settlements adjacent to each other, "Castro" to the west and "Chorio" to the east. There are a handful of tavernas in the harbor. The beach at the harbor is one of two large sandy beaches on the island. Several ancient ruins rest on the island, although some are remote. There are two paved roads, although a third is being built to connect the nascent heliport and eventually a new resort on the other sandy beach, and there are several well-maintained dirt roads. Much of the island is very difficult to access due to the terrain. Nearly all of the island's area is covered by terraces once used for extensive agriculture. Now only a handful are used across the island, most operating on government subsidies. The community had 273 inhabitants at the 2011 census. It includes the uninhabited island of Kardiotissa and other uninhabited islets. Its total land area is 42.507 square kilometres (16.412 sq mi).

SIKINOS – SANTORINI (Duration: 2:00 hours)

Santorini, classically Thera, and officially Thira, is an island in the southern Aegean Sea, about 200 km (120 mi) southeast of Greece's mainland. It is the largest island of a small, circular archipelago which bears the same name and is the remnant of a volcanic caldera. It forms the southernmost member of the Cyclades group of islands, with an area of approximately 73 km² (28 sq mi) and a 2011 census population of 15,550.

Santorini is essentially what remains after an enormous volcanic eruption that destroyed the earliest settlements on a formerly single island, and created the current geological caldera.

The depth of the caldera, at 400m, makes it impossible for any but the largest ships to anchor anywhere in the protected bay; there is also a fisherman's harbour at Vlychada, on the southwestern coast. The island's principal port is Athinios. The capital, Fira, clings to the top of the cliff looking down on the lagoon.

The island is the site of one of the largest volcanic eruptions in recorded history: the Minoan eruption (sometimes called the Thera eruption), which occurred some 3,600 years ago at the height of the Minoan civilization. The eruption left a large caldera surrounded by volcanic ash deposits hundreds of metres deep and may have led indirectly to the collapse of the Minoan civilization on the island of Crete, 110 km (68 mi) to the south, through a gigantic tsunami. Another popular theory holds that the Thera eruption is the source of the legend of Atlantis.

While visiting Santorini, we recommend a tour guide, who will take you on a ride through the history of the island, including a visit to the winery, which is an experience well to be remembered. Also a walk through the town of Thira or Oia, for shopping, coffee or just sightseeing is always a favourite activity. If you wish we can arrange for you a beautiful café or an exquisite restaurant, including transfer, so you can admire the famous sunset of Santorini.



DAY 5 SANTORINI – IOS – AMORGOS:

SANTORINI – IOS (Duration: 1:30 hours)

Ios is a hilly island with cliffs down to the sea on most sides, situated halfway between Naxos and Santorini.

Ios was the setting for the movie *Ginger and Cinnamon* (Dillo con parole mie). Also, scenes from the film *Big Blue* (Le Grand Bleu) were shot in Manganari.

The Port of Ios is at the head of the Ormos harbor in the northwest. From there the bus or a 15-minute walk up the steep donkey path takes you to the village, known as Chora. Chora is a white and very picturesque cycladic village, full of stairs and narrow paths that make it inaccessible for cars of any kind.

Excavations on Skarkos hill unearthed a prehistoric settlement, proving that Ios has been inhabited since the early Cycladic period. The island is said to have 365 churches and chapels, like the days of the year.



IOS – AMORGOS (Duration: 3:00 hours)

Amorgos is the easternmost island of the Greek Cyclades island group, and the nearest island to the neighbouring Dodecanese island group. It has a land area of 126.346 square kilometres (48.782 square miles), and a population of 1,973 (2011 census).

The island features a lot of remnants of ancient civilizations. At the time of Archaic Greece, there were three independent city-states there. They are believed to have featured autonomous constitutions but the same currency. Amorgos is distinguished by the size and quality of the walls surrounding the city of Arkesini, by the ancient towers whose remains are scattered all over the island, by the ancient tombs, the stone tools, the inscriptions, the vases and by other antiquities.

In recent years Amorgos became famous for the production of “Rakomelo”, which is a Greek mixed alcoholic drink, known in all of the Cyclades islands and especially Crete. It is a digestive spirit, high in powerful antioxidants such as flavonoids and is traditionally used by many Greeks as a home remedy for a sore throat or cough. It is made by combining raki or Tsipouro with honey and several spices, such as cinnamon, cardamom, or other regional herbs.



DAY 6 AMORGOS – KOUFONISIA – PAROS:

AMORGOS – KOUFONISIA (Duration: 1:30 hours)

Koufonisia consists of three main islands. Koufonisi or Pano (Upper) Koufonisi, Kato (Lower) Koufonisi and Keros. Geographically, they are located on the southeast side of Naxos and on the west side of Amorgos and belong to the complex of the Lesser East Cyclades. Uninhabited Keros is a protected archaeological site from which a large number of ancient Cycladic art pieces have been excavated in the 20th century.

According to archaeological findings, Koufonisia has been inhabited since prehistoric times. Excavations in Epano Mili brought to light evidence that dates back to the first years of Cycladic civilization. One of the most important findings from this period is a fryer-shaped vessel with a nine-ray star on it, exhibited in Naxos' museum. Excavations on the east shore brought to light remains dating to Hellenistic and Roman times.

Kato Koufonisi is located next to Pano Koufonisi, Shoinousa and Keros. It has an area of 4.3 square kilometres (1.7 sq mi) and it is almost uninhabited, as there are only a few rural houses exist. The most distinctive sight of the island is the small church of Panagia that is built on a jetty, on top of ancient ruins. Only fish and tourist boats anchor in its small, picturesque port anchor.

KOUFONISIA – PAROS (Duration: 3:00 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 breath taking 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.

Parikía (Parikiá), the capital of Páros, is a beautiful Cycladic village with whitewashed cubic houses and impressive neoclassical mansions. A well preserved 13th century Venetian castle stands proudly on a hill at the centre of the village offering an amazing view of Parikía. In the capital you can also admire an important ecclesiastical monument, the 6th century church of Panayia Ekatontapyliani, also called Katapoliani. The name “Ekatontapyliani” means the church with 100 gates (“Ekató Pýles” in Greek), one of which is a secret one!

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 7 PAROS – DELOS – RINIA – ORMOS (MYKONOS):

PAROS – DELOS (Duration: 2:00 hour)

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)

Rinia or Rhenea or Rhinia, 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 – ORMOS (MYKONOS) (Duration 1:00 hours)

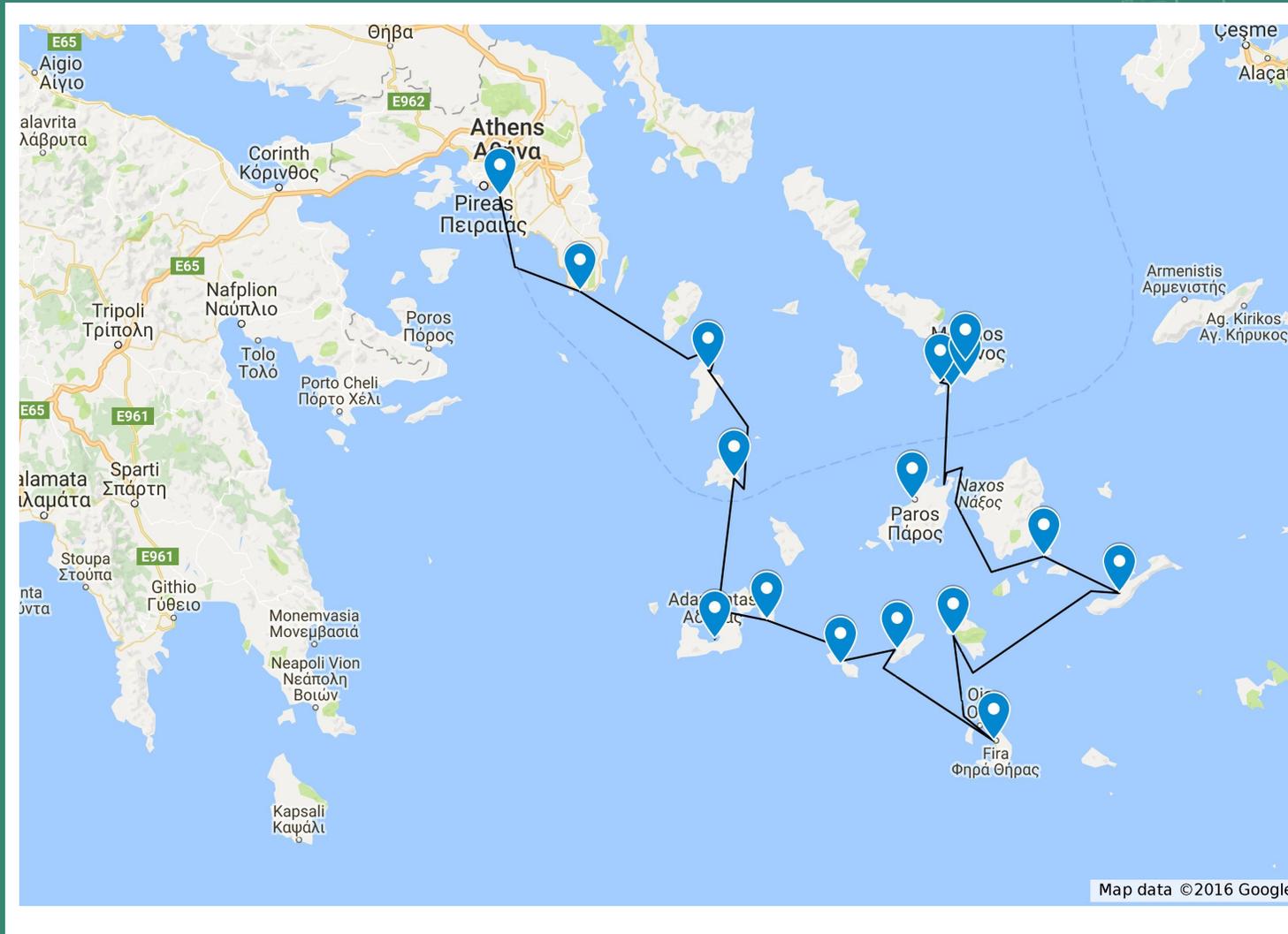
Mykonos' nickname is The island of the winds. Tourism is a major industry and Mykonos (pop. 10134) is well known for its vibrant nightlife and for being a gay-friendly destination with many establishments catering for the LGBT community.

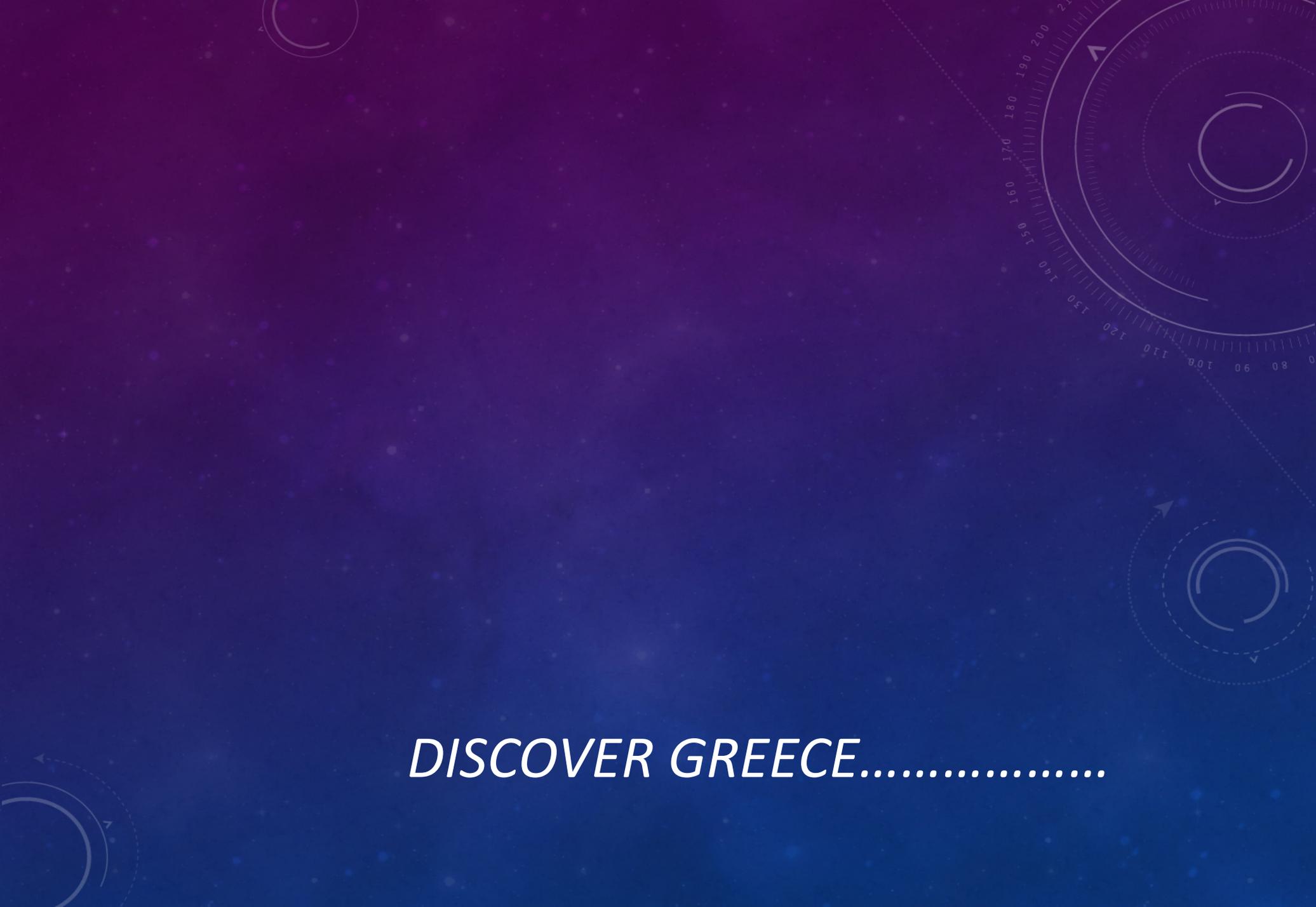
Archaeological findings suggest the presence of the Neolithic tribe, Kares on the island in 3000 BC, but the first real settlers seem to be the Ionians from Athens in the early 11th century BC.. Mykonos has many bays, like Ormos, which are well protected from the usual northern winds, in which water 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 nightlife and the exclusive restaurants, being the trademark of Mykonos.



DAY 8 - ORMOS (MYKONOS) – MYKONOS (HARBOUR) (Duration: 1:00 hours)

DISEMBARKATION MYKONOS MARINA TOURLOS





DISCOVER GREECE.....