

The background features a dark grey gradient with several light grey circular elements. On the left, a large circular scale with tick marks and numbers (150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) is visible. To the right, there are several concentric circles, some with arrows indicating a clockwise direction. A dotted line also curves across the upper portion of the image.

# SAILING ITINERARIES

7 DAYS MYKONOS TO SANTORINI

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 MYKONOS – MARINA  
TOURLOS (12:00 am):**

**DAY1: MYKONOS – DELOS – RHINIA –  
NAOUSSA (PAROS):**

**MYKONOS – DELOS (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.

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 Myconos. 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.

### RHINIA – NAOUSSA (PAROS) (Duration: 2:00 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 2 - NAOUSSA (PAROS) – SIFNOS:

### NAOUSSA (PAROS) – SIFNOS (Duration: 3:00 hours)

Sifnos (pop.: 2625) lies in the Cyclades between Serifos and Milos, west of Delos and Paros, about 130 km (81 mi) (80 nautical miles) from Piraeus (Athens' port), with a permanent population of 2,625.

Sifnos is an island municipality in the Cyclades island group in Greece. The main town is called Apollonia and the second-largest town is Artemonas. The village of Kastro, was the capital of the island during ancient times until 1836. It is built on top of a high cliff on the island's east shore and today has extensive medieval remains and is the location of the island's archaeological museum.

Sifnos was inhabited by human beings from at least 4000 BCE. Archaeological evidence indicates the island was within the mainstream of Late Neolithic and Early Bronze Age Cycladic civilization. The island was very wealthy in ancient times, thanks to its gold, silver, and lead, which were being mined there as early as the 3rd millennium BCE.

The island's rich clay veins, sunny weather and temperature have made Sifnos a capital of pottery in the Aegean, with unique jars and pots that are a "trademark" of the island.

There are 360 churches in the island of Sifnos, as per the days of the year. More than any other island in Cyclades. It is no coincidence, the large number of festivals held on the island almost every month. Many churches and monasteries of the island are historical sites with great religious and architectural interest. The most important one is the monastery of Panagia Chryssopigi. One of the most "popular" churches of the island, is one of the Seven Martyrs, where many couples choose to get married. Still, Panagia Poulati renowned both for its beauty and what the landscape that surrounds it.

In the main square of Apollonia is the war memorial (Iroon) and the Sifnos Folklore Museum which has been opened since 1974. In this museum are some exhibits that bear living witness to the high level of Sifnian folk art and cultural heritage.

The Monastery of Panagia tis Vrissis, or Lady Vrissiani, is situated at a settlement called Exabela a little further along Apollonia. It was built in the 17th century on a site where the old chapel of Agios Antonios existed earlier, and for a long period of time, it has been declared property belonging to the Patriarchate of Constantinople. In the interior of its katholikon (lodger), a remarkable wood-carved screen is preserved, as well as old icons, beautiful frescoes and a small collection of rare manuscripts and ecclesiastical gems. On September 8th, the Monastery feast-day, a huge festival takes place which attracts a lot of pilgrims from all over Milos.



## DAY 3 SIFNOS – KIMOLOS – MILOS:

### SIFNOS – KIMOLOS (Duration: 2:00 hours)

This tiny and extremely beautiful island lies in the western part of the Cyclades, close to Milos Island. Possessing a volcanic soil and a unique variety of minerals, it is famous for its fantastic beaches, ranging from thin sand to pebbles.

Kimolos is an island with rich history records. According to one tradition, it is named after Kimolos, the very first resident of the island. More likely though Kimolos takes its name from the Greek word Kimolia, which means chalk.

The capital of the island is made up of two quarters, Méssa and Éxo Kástro (meaning interior and exterior part of the castle). Méssa Kástro is a typical Cycladic village, with its houses forming the external wall of the castle. Éxo Kástro was built in the 17th century around Méssa Kástro to add plain square shapes to the domes and arches of Méssa Kástro's architecture.

Trails take you and the locals to every part of the island. A marvellous ecosystem awaits you, where myrtle and fig trees, lentisks, reeds, vines and blue lizards prevail

### KIMOLOS – MILOS (Duration: 1:00 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 Mílos.

The island's villages are lovely too: the stately Pláka (the island's capital), the harbour of Adámantas, the beautiful Hivadolímnι, 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 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 Ahivadolímnι- 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 4 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)

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).



## DAY 5 FOLEGANDROS – SCHOINOUSSA – KOUFONISIA:

### FOLEGANDROS – SCHOINOUSSA (Duration: 3:30 hours)

Schoinoussa lies south of the island of Naxos, in the Lesser Cyclades group, between the island communities of Irakleia and Koufonisia. The population was 256 inhabitants at the 2011 census. Its land area is 8.512 square kilometres (3 sq mi).

The island has three settlements, Chora the capital of the island, Mesaria and Mersini where is the port of the island. The derivation of the name Schinoussa is not precisely known. It is believed that the name either derives from the corruption of the ancient name Echinoussa or from a Venetian nobleman named Schinoza. Schoinoussa has been inhabited since antiquity. On the island there are sites of archaeological interest including ancient Greek and Roman ruins, ruins of a Byzantine church and a small medieval castle.

Schoinoussa has its quintessential skala and chora and is about as Greek as you can get. It has many small beaches, the nearest to the village sporting the Ostria taverna; another, Psili Ammos, has better sand, no taverna and usually no-one else on it. There are paths along parts of the coast, especially in the south-east and even the odd taverna springing up. The interior is criss-crossed with tracks and you get a breath-taking panorama of most of the Small Cyclades from the island's not very high summit. In the centre of the village is a long-established restaurant which has been granted a certificate for the quality of its Greek cuisine.

### SCHOINOUSSA – KOUFONISIA (Duration: 1:00 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.

There are many places of interest that someone should visit during his stay on Koufonisia, such as the central and the back port, the piscatorial shelter, the carnagio, the windmills and the churches of Agios Georgios, Agios Nikolaos and Profitis Ilias. The fishermen in their small boats (caiques) is a characteristic picture of the island. The full-moon nights and Keros' view in the moonlight are a unique experience for the visitors. According to the residents of Koufonisi, the contour of the deserted island in the night resembles a female, prostrated Cycladic statuette. The church of Virgin Mary is one of the most important sights on Koufonisi, whereas in Keros apart from the archaeological findings, one can enjoy the magic sunrise.



**DAY 6 KOUFONISIA – AMORGOS (Duration: 2:00 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.

Here we can find the origin of many famous Cycladic figurines. 'Kapsala Cycladic figurines', dating around 2700 B.C., are named after a find place in Amorgos. This is the earliest of the 'canonical types' -- a reclining female with folded arms.

The island was featured in Luc Besson's film *The Big Blue*. Agia Anna and the monastery of Panagia Hozoviotissa can be seen in the film. The island was also featured in Giorgos Kordelas's film *Ariadni* of 2002.

The monastery of Panagia Hozoviotissa is situated on the cliff side, northeast of Chora. It was built early in the second millennium in order to protect a religious icon, dating from the year 812, from intruders. The icon is on public display inside the monastery. Opening time for visitors every day from 8:00 a.m. to 1:00 p.m. and 5:00 p.m. to 7:00 p.m. Visitors have to be dressed decently in order to enter. Men have to wear long trousers and women a skirt or a wraparound shift down to the knee, not trousers. The shift may however be over trousers. As of July 2012, the monastery is active and houses three practising monks.

Also 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 7 AMORGOS – IOS (Duration: 3:30 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.

## DAY 8 : IOS – SANTORINI (Duration: 2:30 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 km<sup>2</sup> (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.

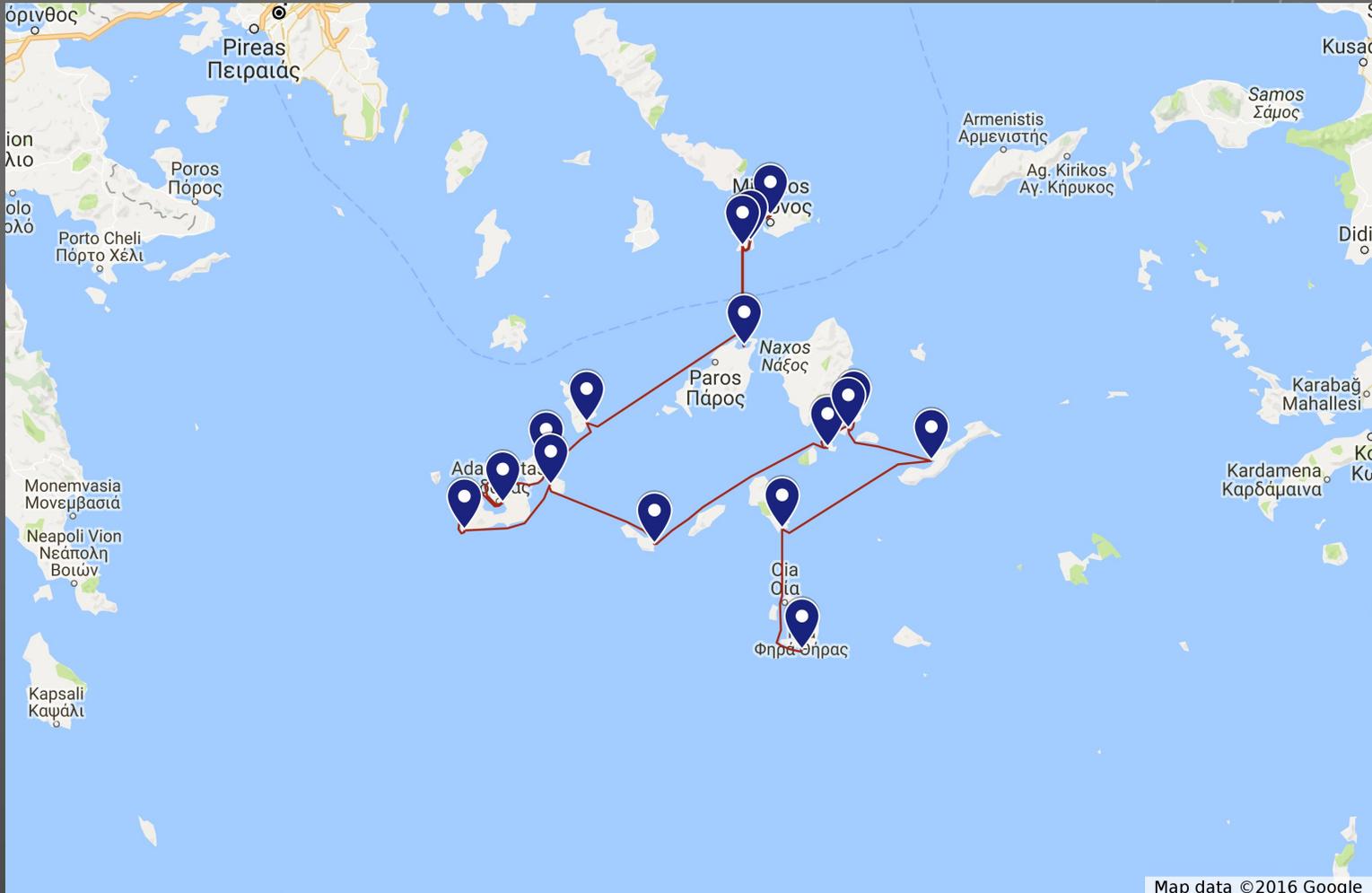
The depth of the caldera, at 400m, makes it impossible for any but the largest ships to anchor anywhere in the protected bay; there is also a fisherman's harbour at Vlychada, on the southwestern coast. The island's principal port is Athinios. The capital, Fira, clings to the top of the cliff looking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

Because of its unique ecology and climate, and especially its volcanic ash soil, Santorini is home to unique and prized produce. Santorini tomatoes are renowned; they are cherry tomatoes that are extremely tasty and sweet, and with an intensely red, staining colour. Santorini "fava" is a purée made of the hulled, then sun-dried, then boiled legume *Lathyrus clymenum* - not from the yellow split pea as in the rest of Greece. The white eggplants of Santorini are very sweet, with very few seeds, and can be eaten raw. The *Katsoúni* is a unique local variety of large cucumber which, if left unpicked when green, turn yellow and acquire a sweet taste almost indistinguishable from that of melon. Capers with their unique flavor are used in Greek salads and other local dishes.

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.





The background is a dark gray gradient. It features several technical diagrams: a large circular scale in the top right with degree markings from 0 to 210; a smaller circular diagram with a dashed arrow in the bottom right; and partial circular diagrams in the top left and bottom left. The text 'Discover Greece.....' is centered at the bottom in a yellow, italicized font.

*Discover Greece.....*