

DETAILED ITINERARY

DAY ONE - We will set sail for the beautiful island of Kea. Before arriving to Kea we will anchor in the beautiful bay of Cape Sounion. There you can either lie back for a swim or visit the temple of Poseidon. The cape is located 69 km southeast of Athens at the southernmost point of Attica peninsula. The Temple of Poseidon, built on a site set back from the sheer cliffs and with its magnificent view of the Aegean Sea and islands, was ideally located for worship of the powerful god of the sea. In ancient



times, mariners would see the brilliant white marble columns of the Temple of Poseidon and know they were close to home.

The temple that we see today was built in 444 BCE and stands on the site of an older temple. An Ionic frieze, made from 13 slabs of Parian marble, is located on the east side of the temple's main approach path. The frieze is very eroded, but is known to have depicted the mythological battle of the Lapiths and Centaurs, the Gigantomachia, and the adventures of the hero Theseus who was said

in some legends to be the son of Poseidon. The east pediment (of which only a seated female figure is preserved) probably depicted the fight between Poseidon and Athena for the domination of Attica. Local marble, taken from quarries at nearby Agriliza, was used for the temple's 34 slender Doric columns. The remaining 15 columns have been restored. When the temple was built there were special features incorporated which helped it combat its unique location on the water's edge. The columns were cut with only 16 flutings instead of the usual 20, thus reducing the surface area exposed to the elements and subsequently reducing the corrosion caused by the constant sea spray.

Upon arriving in Kea we will moor in the harbor of Vorkari. A small fishing village located close to the capital. For those who prefer to walk the island offers 36 kms of foot paths which 65% are cobblestone. Most these paths date back to ancient times from 7 - 6 BC. Today, some of these footpaths have developed tourist and are ideal for long walks. Along the road, are signs showing the way.

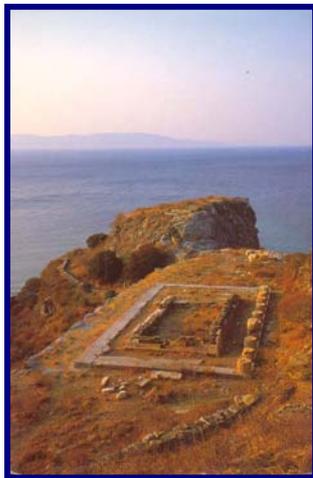


Routes you can follow are:

- 1) Ioulida - Leon - Dostonari - Diaselli - Otzias (length: 5.100m).
- 2) Ioulida - Agios Konstantinos - Mylopotamos - Flea - Korissia (length: 3.100m).
- 3) Ioulida - Mesaria - Prophet Elia - Astra - Ellinika - Agios Simeon - Karthea (length: 11.850m.).
- 4) Moni Episkopis - Sotira - Parameria - Tria Maderika - Sikamia (length: 4.450m.).
- 5) Katomeria - Kalodouka - Pigi Vathipotamou (length: 3.150m.).
- 6) Stavroudaki - Pigi Vathipotamou - Karthea (length: 2.300m.).
- 7) Harvouna - Agios Taxiarchis - Pigadaki - Kaliskia - Karthea (length: 1.700m.)



Each one of these routes has historic-archaeological interest. Apart from natural beauties, you will have the chance to see part of the island's cultural inheritance. Paths lead to the remains of ancient cities and help those having imagination to travel in the past and admire it with awe.



Karthea was the most important among the four cities of Ancient Kea. It was founded at the archaic era and had a long duration of life, until the beginnings of the Byzantine period. It is found on the south-eastern part of the island, in the coastal region which today is named Poles.

If you find yourself there you believe that time has turned backwards, because nothing reminds of the 21st century, not even the way to reach it. Access to Karthea is until today only available through the ancient road that connected the city with the other cities of the island. The acropolis is surrounded by walls with at least six entries, while towers existed from which the region was being monitored.

The path that has been established has as a starting point the settlement Stavroudaki and it abstains 17 kilometres from Ioulida. After about 400 metres of earth-road, we will meet the paved path. From there, we leave modern Kea behind us. The natural and historical landscape of the path is one of the most

important in the Cyclades. Advancing in the ancient path, the fauna and the flora of Kea introduces itself to us while we can hear the flow of the water of Vathipotamos.

By the time our eyes get used to the dense vegetation, we reach our destination. In front of us unfolds the sea. Here are Mikres Poles, solitary and imposing.

After a rest at the church of "Panaghia ton Polo" and having dived in the waters that have been protecting the city for centuries, we can begin our exploration.

At the southern utmost of the hills of Aspri Vigla the most important monuments can be seen: the temple of Athena (end of 6th/beginning of 5th century) in the north and the temple of Apollo (530 BC) in the south.

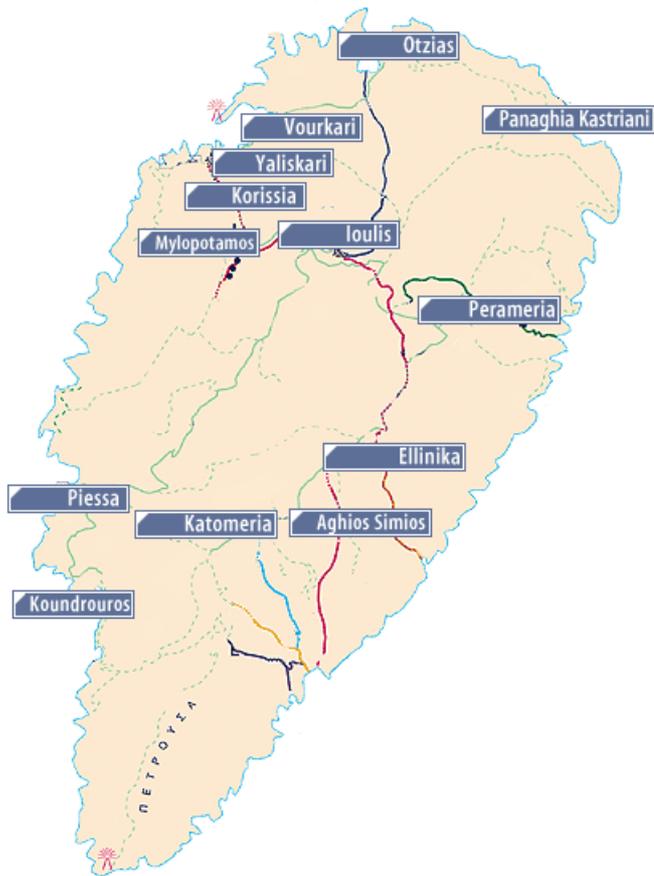
Two more monuments, a propylon and the building D (beginning of 3rd century), are on the terrace of the temple of Athena.

In the valley of Vathipotamos, the theatre and part of the system of the water feeder of the city were discovered. In the east of the acropolis lies the cemetery of city.

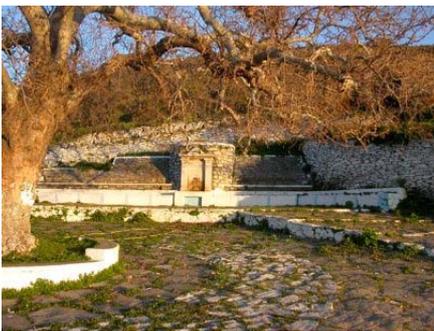
The Archaeological Museum exposes parts of the pediments of the temple of Athena. From the splinters of the sculptures on the pediments we conclude that the southern pediment had as subjects the fight of the Amazones with Athena in the centre, while the grabbing of Antiope from Theseus was found on the southern side, as testified by two architectural members, bearing the signs of Theseus and Antiope.



MAP of KEA



PICTURES OF KEA



DAY TWO- Will enjoy our breakfast on board in the lovely bay of Vourkari and then set sail for Syros. We will stop in a nice bay on the way to snorkel, fish and prepare a light lunch and maybe see a few dolphins.





We will then set sail for Syros. Depending on weather conditions we will either moor in the main harbor of Syros which is call Hermoupolis or in the small fishing village in the bay of Foinikas. A hilly, mostly barren island. The northern side is rugged and mostly uninhabited while the southern has gentler slopes and is cultivated near the cost. Most of the population live in Ermoupolis, the port and also the nominal capital of all Cyclades. Nothing much remains of ancient Syros which was sited where Ermoupolis now stands. In the middle Ages the inhabitants moved island until the Venetians, ever mindful of the potential of the

harbor and the strategic position of Syros along the Aegean trade route, occupied the island and restored its prosperity. In the 17th century the island came under the protection of the French and so escaped Turkish occupation.

Syros is famous for its chuches and Loukoumi, a Tourkish Delight which here is excellent and cannot be confused with some of the sickly-sweet imitations made elsewhere. Spend your late afternoon exploring the hundreds of churches, the museum of Cycladic art or just sipping an afternoon ouzo.



MAP of SYROS



PICTURES OF SYROS



Things to see in Syros

Archaeological Museum of Syros

The Archaeological Museum of Syros, founded in 1835, is one of the oldest in Greece. In 1899, the Municipality of Hermoupolis offered some rooms of the Town Hall, a building designed by Ernst Ziller, for the exhibition of antiquities, and since then, the museum has been housed there.

The museum includes the following collections: □ Prehistoric finds from the fortified settlement at Kastri and the cemetery at Chalandriani, dated to the Early Bronze Age (3rd millennium B.C.).

- Finds from the ancient city of Syros and other sites of the Cyclades





The First Hospital - Koutsodontis Inheritance

Massive building of monumental style with simple architectural lines and interesting construction. It has marble-built parts with furrow joints while marble stripes separate the stories and a convex and concave moulding sets off the edifice's base. The final cornice is of marble and there is also a built parapet around the chamber. The building could well be described as an apartment building since it had different entrances.

Morphologically and historically, the building is significant. As it can also be seen at the signposts, there lived Ch.A.Kriaras, resided King Otto and stayed E. Venizelos while an infant. From 1935 to 1963, it served as a Girls' Highschool.

By a ministerial decree of 1987, the building was identified as a work of art encircled by a protection zone extending to the property's boundaries. Today, part of the building is inhabited while the rest is empty.

Velissaropoulos Mansion

The building is a mansion of heavily decorated architecture in the outside and interesting adornments inside. It is marble-built with masonry ashlar and a gable pediment on the third floor's shaft. Among its characteristic elements are the well-worked arched openings of the ground-floor shops and the decorations of exceptional technique on the stories (balcony windowsills, window cornices with legs dentils). The mansion was built by the architect, T. Vlysidis from the island of Syros.

After its recent repair, the wall-paintings were destroyed (mainly those in the stairwell).

By a ministerial decree of 1987, the building was identified as a work of art encircled by a protection zone extending to the property's boundaries.

Currently it belongs to Cyclades Workers' Union and houses its headquarters.



DAY THREE - We set sail for Mykonos.

This bare, but splendid island, where beautiful churches seem to sprout all over, has become a legendary holiday resort for movie stars, famous artists, intellectuals and anyone who is a member of the jet set. But, in spite of its many tourist attractions and its crazy night life, it also offers many isolated spots and incredible beaches, where you can enjoy its beauty undisturbed. From the architectural point of view only the Hora (main town) is of

particular interest. Nevertheless, Ano Mera the island's sole village apart from Hora and the new small summer settlements built on protected coves are worth a look. These include Ormos, Ai-Giannis, Agios Stefanos, Tourlos and Platys Gialos. Spend the afternoon visiting the many attractions of Mykonos listed below:

Petros the Pelican - An old celebrity of the town's waterfront, "Petro" has been the official mascot of Mykonos for many years. Found after a storm in 1954 the pelican gave up its migrating to become a local resident. After more than thirty years of making the island his home, Petro eventually died. The loss of such a personality was so deeply felt by both Mykonian and tourist alike that a replacement was soon found and a tradition established. Through the care and protection of the islanders, the spirit of Petro lives on in his predecessor who continues to this day to make his home on the island's waterfront.



Windmills - From as early as the 16th century one of the most recognized landmarks of Mykonos have been its windmills. Due to its geographic position, Mykonos was situated on major sea trade-route which at one time joined Venice, the gateway of Europe, to Asia. The need to refine grain and compact it for transport combined with an ample year round supply of wind made Mykonos the perfect location. Easy access to the harbor was necessary so most of the island's mills were positioned in or around the main port with the highest

concentration covering the entire western portion of town. With the coming of industrialization the windmills importance began to decline as well as their numbers. Today only a fraction remains of what was once an active era in Mykonian history.

Little Venice - Where the most western part of the town meets the sea is the area known as "Little Venice". Here the buildings have been constructed right on the sea's edge with their balconies overhanging the water. During the 16th and 17th century pirating was common and it is believed this area was used for the necessary quick loading and unloading of goods.



Paraportiani - One of the most famous architectural structures in Greece is the church, Paraportiani. Positioned near the main harbor entrance, this church is the central feature of the "Kastro" or castle area, the oldest section of town. Its name means inner or secondary door which it was to the Medieval stone walls which encircled the area. First begun in 1475, Paraportiani in reality is a group of five smaller churches which were constructed over a period of time and not completed until well into the 17th century. The two story structure was molded

together utilizing four of its churches to form a base for the fifth church which when placed on top formed a central domed roof.

Archaeological Museum - Located adjacent to the town's commercial harbor this museum houses marble sculptures, ceramics and jewellery, recovered from the islands of Delos, Renia and Mykonos. Included in this collection is a large ceramic vase dated 7th century BC which shows the oldest graphic record of the Trojan Horse.

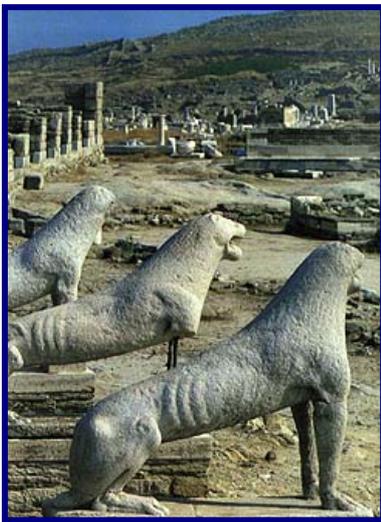


MAP OF MYKONOS



PICTURES OF MYKONOS





DAY FOUR - After breakfast we will sail to Delos is one of the most important archaeological sites in Greece, full of ruined houses, temples, statues and mosaics, such as the sanctuary of Delos, the theatre district, the sanctuaries of foreign gods and the archaeological museum. After exploring Delos we head off to the beautiful island of Paros.

Paros is famous for its sparkling blue waters, its dazzling sunlight and its marble, this island has become a permanent home of many artists. Visit the charming main port of Paros, with the semi ruined Venetian castle,



its well kept homes, and its many impressive churches.



While in Paros take time to see Church of Ekatonthapliani ("Our Lady of a Hundred Doors") in Parikia just 200 m from the port. The most imposing church in the Cyclades and one of the most important in Greece, approx. 1.600 years old. On the 15th of August its nameday (a public holiday) is celebrated with a lot of festivities. Actually they are three churches in one, and legends rank about the fact that only 99 doors have been counted.

For those who want to spend the late afternoon watching the sun set - take the local bus to the village of Naoussa but be prepared when the sun goes down. Naoussa is also full of great clubs, bars and cafes that are housed in old fishermen's storage areas. Some of the most popular nightlife venues in Naoussa are Agosta, Barbarossa and Café del Mar, which are cafes in the morning and bars in the evening. Vareladiko Club is the place where Greek music lovers



go, while Nostos is a mainstream club with beautiful island-style décor.

Paros is also well known for windsurfing and is considered by many as one of the best spots in the Greek islands.

Paros as most of the islands in the Cyclades, offers ideal weather conditions. For that reasons, Paros was chosen by the PWA (Professional Windsurfers Association) and each year, since 1993, the beach of New Golden Beach welcomes the World Cup.

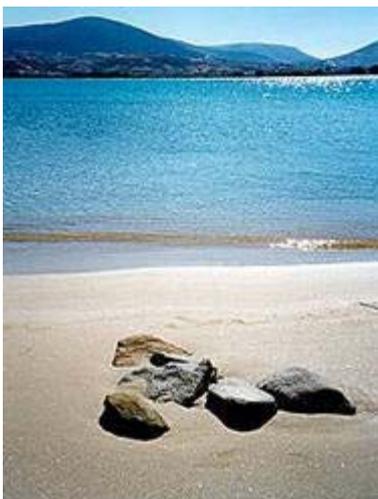


It is the only professional race in Greece and its takes place in early August.

MAP OF PAROS



PICTURES OF PAROS



DAY FIVE - MILOS

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.

References had been made by Hippocrates to the peculiar morphology of spectacular caves (Papáfragkas and Sykiá) and a multitude of thermal springs (Kanáva, Alykí, Provatá, Pikropiyí). The diving enthusiasts will find a paradise in the underwater caves in the triangle formed by Milos, Kimolos and Polýegos islands.

The island's villages are lovely too: the stately Pláka (the island's capital), the harbour of Adámantas, the beautiful Hivadolími, the marvellous Emporiós with the little lagoon of Revay and the old iron mines.

As far as archaeology is concerned, Milos is an ideal destination: the early Christian catacombs, a prehistoric settlement in Fylakopi and the mining museum (exhibiting 11,000 years of mining history) are definitely worth a visit.

Last but not least, there are local tastes offering a special gastronomic experience. Don't miss out on watermelon pies, cream cheese pies and bonbons with white pumpkin.

Why: enjoy 80 amazing beaches with your better half; among them stands out Kléftiko with its turquoise waters and Sarakíniko with white sharp rocks cutting deep into a sheer cliff; add the unique lunar landscapes, the rocky secluded caves, the mysterious catacombs, the "sleeping" volcanoes and a picturesque Cycladic Chóra and experience a unique version of romance!

Must visit: As many beaches as you can! 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 Ahivadolími- 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.

Only on Milos, will you encounter small colourful houses by the sea, the so-called "sýrmata", which the fishers used as shelter for their boats in winter. Other sites worth visiting are the Catacombs of Tripiti and the mystical Sulfur Mines. The whole area of Trypiti is full of caves carved on the rock that were used as family tombs.

Another highlight is the white-washed Chóra adorned with beautiful churches, such as Panayía Korfiátissa and the Catholic Church and well worth visiting Museums such as the Folk Art and the Archaeological Museum, where also a replica of the masterpiece of Aphrodite of Milos is kept. Adámantas, built like an amphitheatre overlooking the Aegean, is the second biggest natural harbour in Greece and is quite famous for its frenetic nightlife.

Don't forget to visit Apollonía, on the northwestern tip of the island; looking for an unforgettable experience? Rent a boat from its picturesque little harbour to guide you through the island's rugged beauties or to take you to the opposite situated island of Kimolos!

Activities: Milos boasts the biggest network of dirt roads on the Cyclades. Set off with your partner on a walking tour following ancient-old paths, which used to be the only "road network" until the previous century. Many of them lead to secluded beaches of pure wild beauty. Try easy routes like the one starting from Catacombs and ending at Profétis Elías (2,5 km, 35'); more difficult routes like the route Filakopí- Papáfragkas -Sarakíniko- Mandrákia (9km, 3hr) or a five-hour-route from Cape Vani to Áyia Marina boasting an astonishing landscape variety. The area of Ahivadolími is ideal for wind-surfing, whereas the dirt road network in the areas of Emporió and Trahilas is perfect for off-road adventures.

Taste: mouth-watering handmade pies, the so-called "ladieniés" (oil-made) and "tireniés" (with cheese filling).

MAP OF MILOS



Pictures of Milos



DAY SIX - SERIFOS

Bare, undulating hills interspersed with small, fertile valleys cover this picturesque island. The rocky coastline is deeply indented with a succession of coves and bays. The curious rock formations resemble human figures which call to mind the myth of Danae, Perseus and Medusa, as if these prehistoric inhabitants of the island had been turned to stone.

Ferries call at Livadi, the sheltered port on the eastern side of the island, where there is a long, horseshoe-shaped sandy beach.

Perched on the top of a steep hill, Hora or Serifos, the main town of the island, with its little cube-shaped houses and churches in the island style, with its Venetian castle above, looks like a fairytale town.

The fortress-like monastery of the Archangels (moni Taxiarchon), near the village of Galani, which houses some fine wall-paintings and important books and manuscripts, is of special interest.

The village of Panagia (which takes its name - meaning 'Our Lady' - from the dedication of a fine 10th century church) commands a panoramic view of the whole island. The greatest attraction of Serifos is vadi, Koutalas, Agios Sostis, Psili Amos, Agios Ioanis, Sikamia).

However, it is a charm all of its own, something in the unique 'atmosphere' of the island, which attracts an ever-increasing number of visitors from Greece and abroad.

MAP OF SERIFOS



PICTURES OF SERIFOS



DAY SEVEN - Our trip is slowly coming to an end. We set sail for our last island, Kythnos. Kythnos is a fairly untouched island from tourism with very nice and magical serene bays for swimming at its many coves, mainly near Kanala and Meriha. Kythnos probably took its name from the leader of Dryops and first inhabitant of the island, Kythno, although his existence is doubtful. Another possibility is that its name comes from the stem "kyth", which derives from the verb "kephtho" (=hide) and refers to the place where one can hide, probably a place with woods, valleys, caves or mines. Recent excavations at Maroulas area have brought to light findings which prove that the island was inhabited during the Mesolithic Period, that is it may have been the oldest settlement of man on Cyclades.



We will moor in the small and picturesque harbour of Loutra, a seaside village, the haven of Hora, with a modern marina and tourist infrastructure. It took its name from the water springs of the area.

Some of you might want to take a visit at the spa with its magical springs. The Health Spas of Kythnos, which have been in Loutra since 1857 (here you will see the bathtubs of the royal couple of Othona and Amalia), are open from June to October. There are two springs, whose therapeutic properties you can enjoy.

For the more adventurous check out the cave_Katafiki Cave :The cave is in Driopida village. It is one of the biggest in Greece with stalactites and stalagmites.

Below are some worth while archaeological sites to check out:

Maroulas :

An open air settlement of the Mesolithic era (9.000 - 8.000 BC) was found at the place Maroulas of Kythnos. It is believed that it was used as a station for passers-by, as at this era people were using caves to dwell. During the excavations round constructions were brought to light. Among the finding there was a human skeleton and plenty of stone tools made of flint, quartz and "optiano". The settlement is the only open air one found in Greece.



Vriokastro:



At the NW part of Kythnos, you will find its ancient capital city, Vriokastro. The city, which is estimated to have covered 75 acres, was inhabited from the 10th century BC until the beginning of the 7th century AD, when it was deserted by its citizens who moved to the Castle. A temple, which was dedicated to Demetra, was found at the top of the Acropolis of the city, while several underground cisterns were found in the city. There were, also, found two rectangle buildings. There were found about 1500 objects (like jewels and vessels) made of gold, silver, copper, ivory, glass, coral and semi-precious stones.

DAY EIGHT - EARLY MORNING START AND SAIL TO LAVRION or Athens for disembarkation.

If you plan to stay in Athens after your sail then disembarkation from Athens if you have a flight the day of your disembarkation Lavrion is a good choice as it is located 30 kilometers from the airport.