

Itinerary

Athens-Kea 33nm*

Kea-Syros 40nm*

Syros-Mykonos 19nm*

Mykonos-Delos-Paros 25nm*

Paros-Sifnos 27nm*

Sifnos-Polyaigos-Kimolos 13nm*

Kimolos-Round of Milos 32nm*

Milos-Serifos 26nm*

Serifos-Kythnos 20nm*

Kythnos-Sounio 25nm*

Sample itinerary for charter

Please note that these is only to give you an idea. The final route will be decided on board in coordination with the Captain, tailor made to your preferences and the weather conditions at that time.



Kea

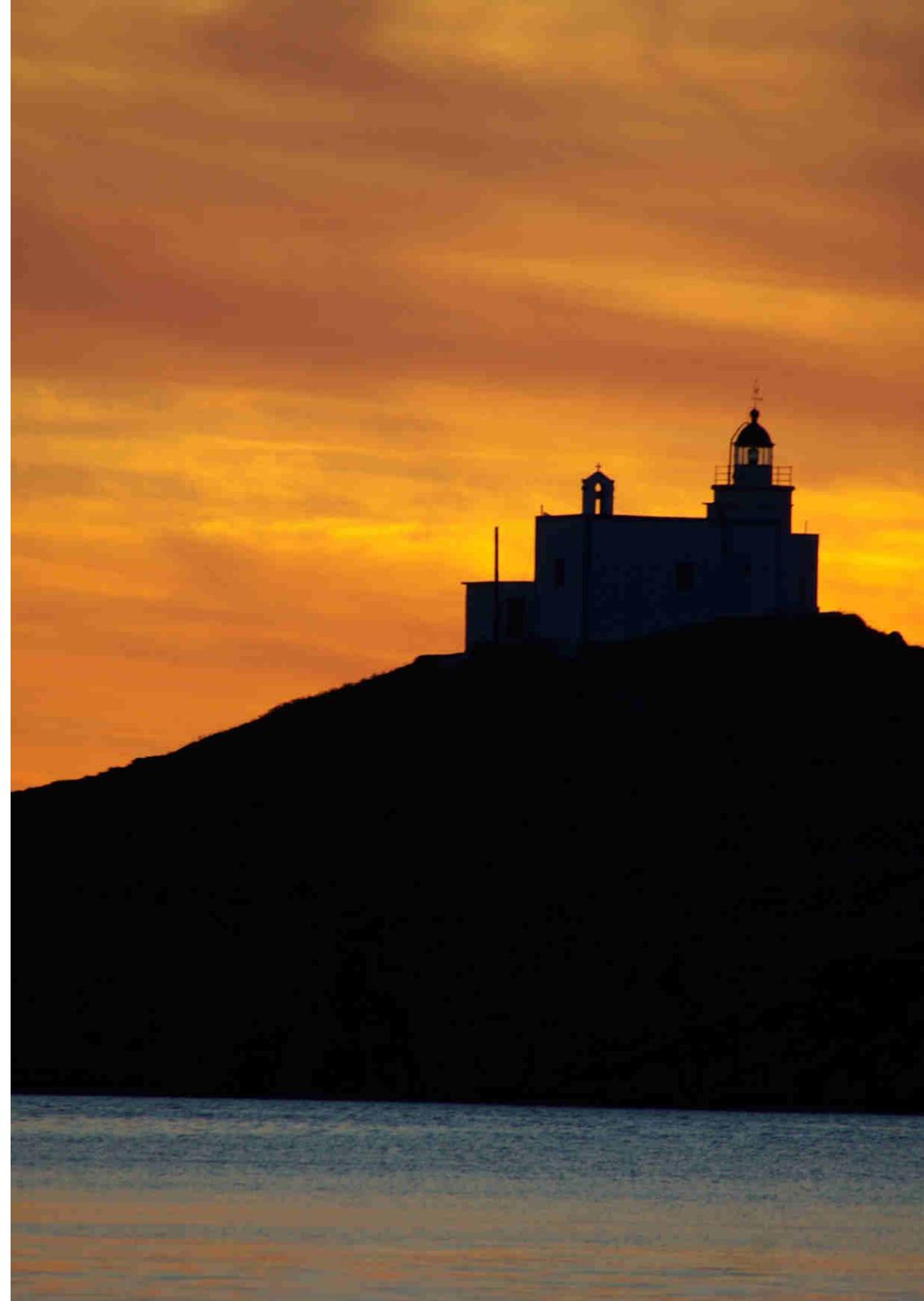


Kea

Kea or Tzia Is the 'gate' to the Cyclades, the Far West Island of the Cyclades and closest to Attica. It's beautiful and rare natural environment, the originality of its villages and memories of past times fascinate visitors from the first moment, as thousands of years of history unfold before their eyes. The island was named after Ceos, a hero from Nafpaktos who settled on the island in the 12th century BC. The island was later named Tzia during the Venetian occupation. Kea played an important role in the flourishing of the Cycladic civilization and was homeland to great figures of ancient Greece, such as the poet Simonides. For hikers, Kea is a paradise. Paths with a total length of 36 kilometres, 65% of which are stone-paved, cross dreamy routes through dense forests of tall oaks and lead to beautiful isolated beaches.

Must See

- **Ancient Karineatis** remains are truly impressive. Among them, you will see the city's acropolis and the temples of Athena and Pythios Apollon. It's accessible by boat or hiking
- **The Kea Lion:** A trademark of Ioulida, it's a 6th century BC sculpture carved on a rock that bears an enigmatic smile. According to the myth, this lion chased away the island's former inhabitants, the Nymphs.
- **More history:** Visit the ruins of the prehistoric settlement of Agia Irini - it was one of the most important cultural centers of the Aegean, until the 15th century BC, when it was destroyed by an earthquake. Also, the Hellenistic 20m tower of Agia Marina, a significant fortification monument of the island.



Products and Specialties

The food is wonderful the specialty of the island is paspalas (pieces of pork cooked with tomatoes and eggs), tsigara (pork with fat), loza (salted pork), and melitzanoryza (aubergines with rice). Local sausages are also part of the traditional table, as is the grilled herring, accompanied by cool retsina wine. Don't miss the chance to try rooster cooked in wine, accompanied by the local mavroudi red wine. According to the legend, Aristaeus Introduced apiary In Kea and local pure thyme honey and pasteli have been the traditional treats to visitors since ancient times.



Events

The people of Tzia keep traditions alive and know all about the meaning of hospitality and festivities. The patron saint of Kea is Agios Charalambos, celebrated on 10 February in glory and religious reverence. The ancient rites are revived on 1 July, on the celebration of Agii Anargyri in Vourkari. The feast of Agia Marina takes place in Korissia on 17 July, Panagia Kastriani is celebrated on 15 August, and the festivities for Ai Symios are organised on 1 September. During the carnival, the King of the Carnival parade takes place In Ioulida, followed by a frenzy of festivities. The Festival of Fairy Tales, a unique cultural event in Greece, is organized by the Legend and Fairy Tale Study and Dissemination Centre every summer around the July full moon and carries visitors away with the magic of legends. Myths and fairy tales. The Simonidia sports events are organized in August.

Activities

- Hiking:
- Scuba diving.

Syros



Syros

This is the island where Greek tradition and western influence come to a harmonious marriage. Ermoúpoli (meaning “the city of Hermes”) is the island’s capital town and has been the first important trade and industrial centre of the country in the 19th century. Evidence of this glorious past can be seen on public buildings (the City Hall, the Customs Office, “Apollo” theatre), on the neoclassical houses and at the beautiful squares. Due to its economic activity, Ermoúpoli has been called “Manchester of Greece” and the history of its years of blossom is exhibited in the Industrial Museum.

The Orthodox community has contributed some outstanding religious monuments to the architecture of Ermoúpoli such as the churches of *Metamórphossi tou Sotíros* (Transfiguration of Jesus Christ), *St Nicolas the Rich* (*Áγιος Nikólaos Ploússios*), *Dormition of the Mother of God* (*Koímisis tis Theotókou*).

The medieval quarter of the Roman Catholic community and the fortress-like *St George’s cathedral* are on *St George hill*, also named *Arto Sýros* (meaning upper Sýros). Go up the stairs to the top of the hill and through the narrow streets, by the traditional whitewashed houses, the archways and the open spaces with a breathtaking view of the island.

The great number of beautiful beaches will delight the sea and sand lovers: *Vári*, *Foínikas*, *Yalissás* and *Kíni*, as well as *Possidonia* or *Dellagrazia*, the beach of a village with many neoclassical mansions with colourful orchards.

Sýros is well-known for its gastronomic peculiarities. *Halva pie* (a pie made of thyme honey and roasted almonds), *loukoumi* (a delight made of water, starch and sugar), “*loosa*” ham, fennel sausages and the *San Mihalis* spicy cheese (appellation d’origine contrôlée/“protected designation of origin”) will no doubt satisfy even the most demanding taste buds.

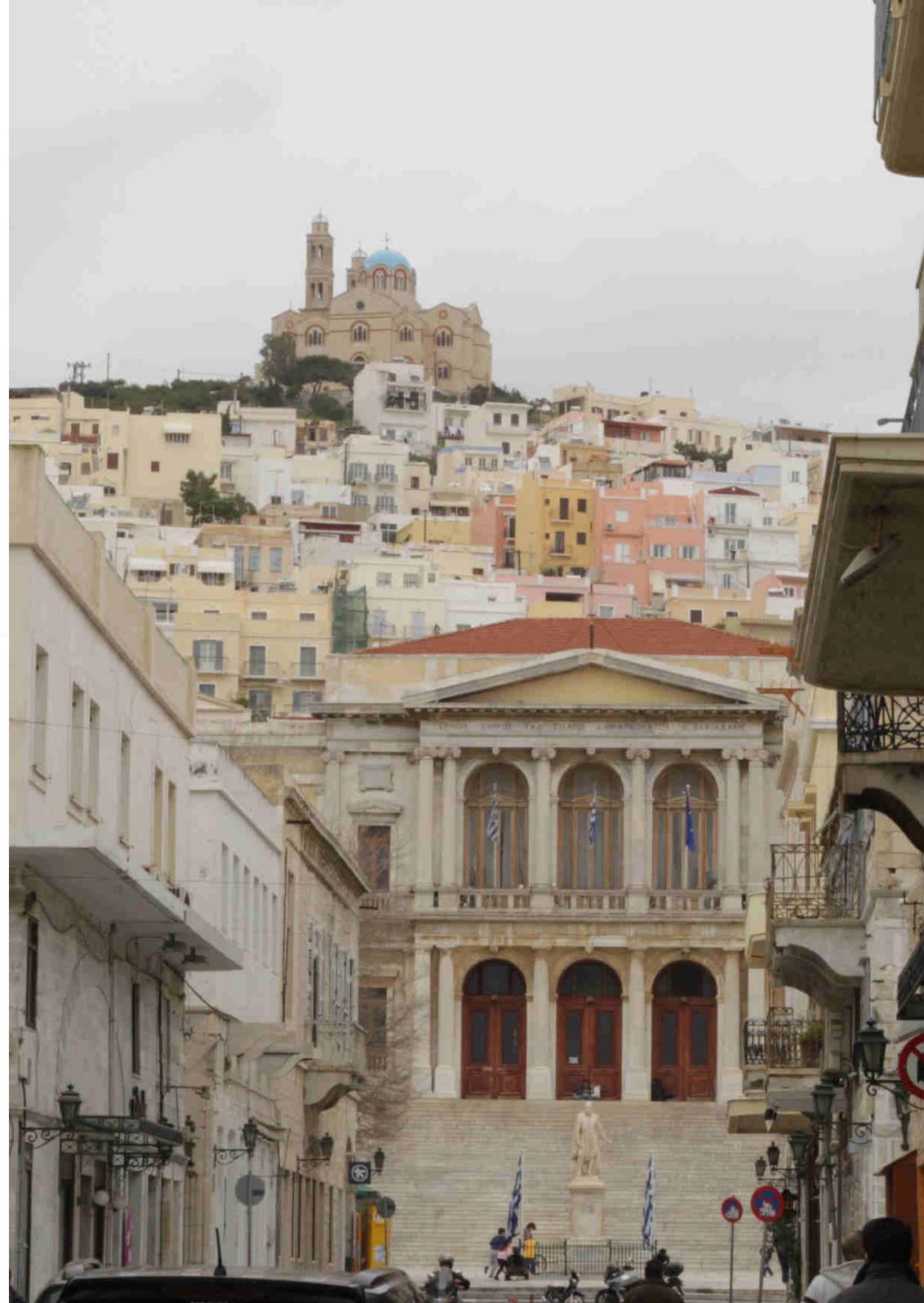
Internationally acclaimed festivals are held on Sýros, offering a wide range of choices and covering any taste, e.g. The International Cyclades Music Festival, the Classical Music Festival, the *Ermoupolía* and the Musical May.



Events, products and specialties

Every year, the island hosts a variety of renowned cultural spectacles, such as the International Classical Music Festival of Cyclades, the International Animation Festival & Forum and the Festival of the Aegean.

On the Sunday of Tyrini during the carnival of Ano Syros, the holiday atmosphere in the narrow alleys is infectious. The cultural events of "Ermoupolia", "Apanosyria" in Ano Syros, "Music routes" as a tribute to Markos Vamvakaris in Kini and Galissas, all take place during the summer months. In Posidonia, in July, everyone waits for the catch to be hauled in and the traditional feast on the beach of Agathopes. An event called "Avgoustiatikes Meres" (August Days) takes place in Vari on the 15th of August, where old customs and crafts are revived with structures on the sand and a Venetian evening. On the third Friday of August, the feast of "kakavia" (fish soup) is organized on the beach of Finikas, including dancing and music. The traditional "Trygopati" (crushing of the grapes) is organized in September, at Kam bi in Vari. Visitors to Syros can taste the traditional recipes of octopus cooked with vinegar and sun-dried tomatoes, fish with dried capers, silverside cooked with fried onions, fennel pie, "strapatsada" (eggs in tomato sauce), and delicious dairy products, the best being "San Michalis", a cheese exclusively produced in Syros, together with hard strained cheese. Some rare vine varieties are cultivated on the island: "avgoustiatis" and "katsano" (white), and "arameletousa", "proniko", and "romelko" (red).



Must See

Ermoupoli is the capital of Syros and all islands of the Cyclades. It developed during the War of Independence and soon became a large transit centre between the East and the West. With the passage of time, small industries, workshops and the Neorion shipyards were set up in the city. The economic peak of Ermoupoli was accompanied by cultural growth, thus resulting in the formation of the first purely Greek bourgeoisie. This was also depicted in the architecture of the new city, with impressive results. Today Ermoupoli forms a monumental architectural set, unique in all of Greece!

Posidonia: Also known as Delagrazia, this settlement is one of the island's most beautiful. It features magnificent old mansions with their gardens, properties of wealthy families of Syros, as well as orthodox and catholic churches.

More of Ermoupoli: Visit the Church of the Dormition of Virgin Mary, where you'll see El Greco's homonymous piece of work. Also, the Industrial Museum and the repairing installments of wooden boats (tarsanas and karnayio), next to Neorio, the island's historic shipbuilding dock. Last but not least, the Markos Vamvakaris' Museum (his former residence) in Ano Syra.

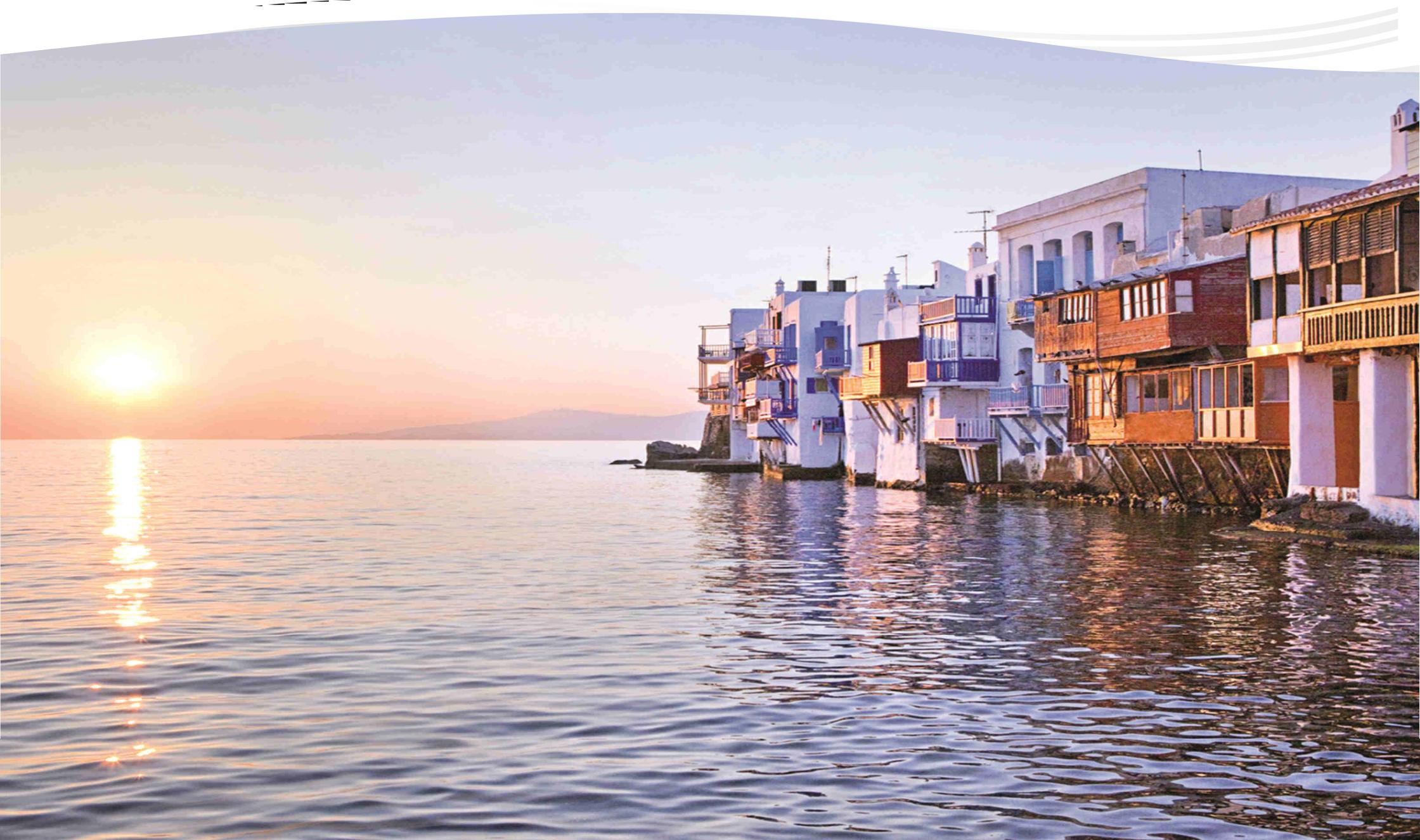


Activities

The countryside of Syros island is great for cycling. There are a couple of bicycle rentals on the island, from where you can rent a bicycle and explore the beaches and villages. The northern side of Syros has dirt roads and is ideal for jeep tours, especially the road to the village of San Mihalís.

Syros is also ideal for those who love hiking and wondering around the unspoilt Cycladic landscape. The north side of the island, is full of paths and places of archaeological interest from the Cycladic civilization (3 millennium BC).

Mykonos



Mykonos

Mykonos is a wonderful Cycladic island, worth visiting at any time of the year. However it is a must to enjoy the days of its summer glory, when it literally becomes an international village, when its community of believers make it a sight worth seeing, when one can experience the unique feeling that everything and everyone is in Mykonos. Surrounded by Tinos, Syros, Paros and Naxos, a small island stands out, globally renown as one of the most popular tourism centers of the Mediterranean. However, despite its cosmopolitan character, Mykonos remains a beautiful and picturesque island, whose all-white Chora lies next to the sea, with golden beaches, friendly and smiling people, and a continuous link with history lasting for centuries. If you think you've seen someone that looks famous, then you're probably right. In Mykonos you'll sit right next to famous actors, singers, stars, TV personalities, top models. Yet, behind the glam, Mykonos is calm and wonderful - even in wintertime.

Must See

- **Village Ano Mera:** Representing the traditionally Greek island side of Mykonos, it's calm, authentic and picturesque, with the historic church of Panagia Tourliani as its main attraction.
- **Church Paraportiani:** Located at Chora, it is a well-known unique architectural complex of five chapels and also an icon of Mykonos.
- **Museums in Chora:** If you've had enough of partying and miss some sightseeing, why not pay a visit to the Archaeological Muesum, the Aegean Maritime Museum and the Folklore Museum? It's both educational and rewarding



Products and Specialties

The Mykonos cuisine includes many varieties of pork dishes (with cabbage or wild greens, smoked pork, sausages) and wonderful recipes for fish and seafood: sea snail casserole or risotto, mackerel with capers, sea urchins in vinaigrette, clams, mussels. Well known is the spicy cheese pate, kopanisti, while fennel croquettes, garlic pasta, asparagus with eggs, and green fried tomatoes are also delicious dishes. Honey pie, pasteli and macaroons are the famous sweets of the island. Don't miss the chance to taste a cool soumada, a drink made using almonds. The wooden boats and windmills, the wonderful knitted and leather items — traditional products of Mykonos — will give you some idea of the souvenirs you can take back home.



Events

Traditional and unique feasts despite the spectacular touristic development of the island, the people of Mykonos are still simple, cheerful and hospitable, and always make the time needed to maintain their traditions and customs, which is easy to understand for anyone who spends time with them. The feasts in Mykonos give entertainment a different dimension. On 6 January, "Balosia", a celebration to open the maritime period, takes place in Chora. On 30 June, the celebration of Agii Apostoli coincides with the celebration of fishermen, and a large feast is organized on the beach of Chora, where seafood is served. 26 July is the day of festivities celebrating Agia Paraskevi in Chora, 15 August is the celebration of Panagia Tourliani in Ano Mera. The traditional custom of pig slaughtering takes place in October accompanied by feasts and celebrations.

Activities

- Hiking
- Scuba diving
- Horse Riding
- Mini Golf.

Delos



Delos

Where light was born

It's a [UNESCO world heritage site](#). It's an ark of history, floating lazily on the waters of the Aegean Sea, just a few miles away from cosmopolitan Mykonos. It's a chance to walk around the revival of the glory of the Greek civilization. It's the head priest of the Cyclades, the birthplace of the immortals. It's Delos.

In the ancient times, the myth of god Apollo, god of light, and goddess Artemis having been born there rendered the island sacred: no mortal would ever be allowed to be born on its land. But, a cradle of gods as the island has been, no mortals would ever be allowed to die on it either. So, apart from it being a conspicuous religious and economic centre, the island had also been exclusive in that: even during the years of peak of the Delian Alliance, women on the brink of childbirth and people close to dying would be carried to the neighbouring island of Rineia. The whole of the known world of that age was aware of the sacredness of the island and of its uniqueness.

Nowadays, Delos reserves its uniqueness to the know world: nowhere else in the Globe is there a natural insular archaeological site of this size and importance. No other island on Earth hosts so many monumental antiquities from the Archaic, the Classical, and the Hellenistic periods, i.e. the centuries of the great Greek art, on a territory used exclusively as an archaeological site. Delos is not a museum; Delos is not there to tell a story. Delos is history itself.

Visitors coming from the neighbouring islands are not there on an educational trip; they have rather embarked on a lifetime experience. And, as if by magic, the sacredness of the island lives on: the multitudes of people, who flock to share the island's uniqueness, can do nothing but just visit it. The archaeological experience is the one and only activity the island is about. Its enchanting landscape is home to nobody. History is thus repeating itself: in a place of such importance, no person is ever born or dies.



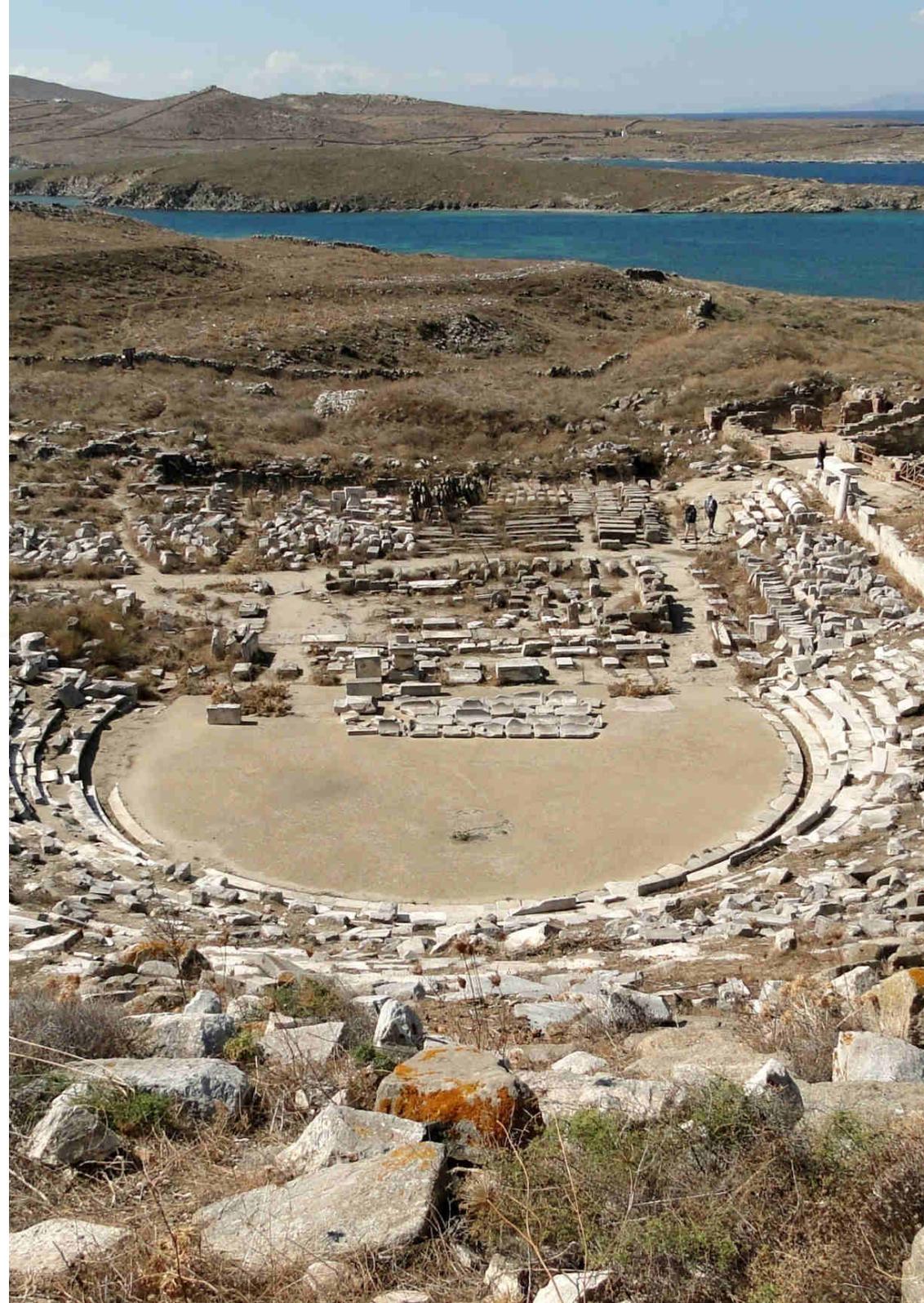
Outstanding Universal Value

Brief synthesis Delos, even though a small (350.64 ha), rocky island in the centre of the Aegean Sea, was considered as “*the most sacred of all islands*” (Callimachus, 3rd century BC) in ancient Greek culture. According to the legend, it was there that Apollo-Sun, god of daylight, and his twin sister Artemis-Moon, goddess of night light, were born.

The island was first settled in the third millennium BC. The Apollonian sanctuary, established at least since the 9th century BC, reached the peak of its glory during the Archaic and Classical period, when it acquired its Pan-Hellenic character. After 167 BC, as a result of the declaration of Delos as a free port, all the commercial activity of the eastern Mediterranean was concentrated on the isle. Rich merchants, bankers and ship-owners from all over the world settled there, attracting many builders, artists and craftsmen, who built for them luxurious houses, richly decorated with frescoes and mosaic floors. The small island became soon the *maximum emporium totius orbis terrarum* (S. P. Festus, 2nd century AD) – the greatest commercial centre of the whole world. The prosperity of the island and the friendly relations with the Romans were the main cause of its destruction. Delos was attacked and looted twice: in 88 BC by Mithridates, the King of Pontus, an enemy of the Romans, and later, in 69 BC, by the pirates of Athenodorus, an ally of Mithridates. Since then, the island fell rapidly into decline and was gradually abandoned. Captured after its abandonment successively by the Byzantines, Slavs, Saracens, the Venetians, the Knights of St. John and the Ottomans, Delos was turned into a quarry site with its temple columns burnt for lime, and its houses left in ruins.

The excavations that started in 1872 and are still in progress have unearthed the Sanctuary and a good part of the cosmopolitan Hellenistic town. The monuments that have been excavated up to now speak most eloquently for the grandeur of the sacred island and illuminate a past civilisation, which was Europe's cradle and wet nurse. The entire island is an archaeological site, which, along with the neighbouring islands of Rheneia, Greater and Lesser Rematiaris, constitutes an immense archaeological site.

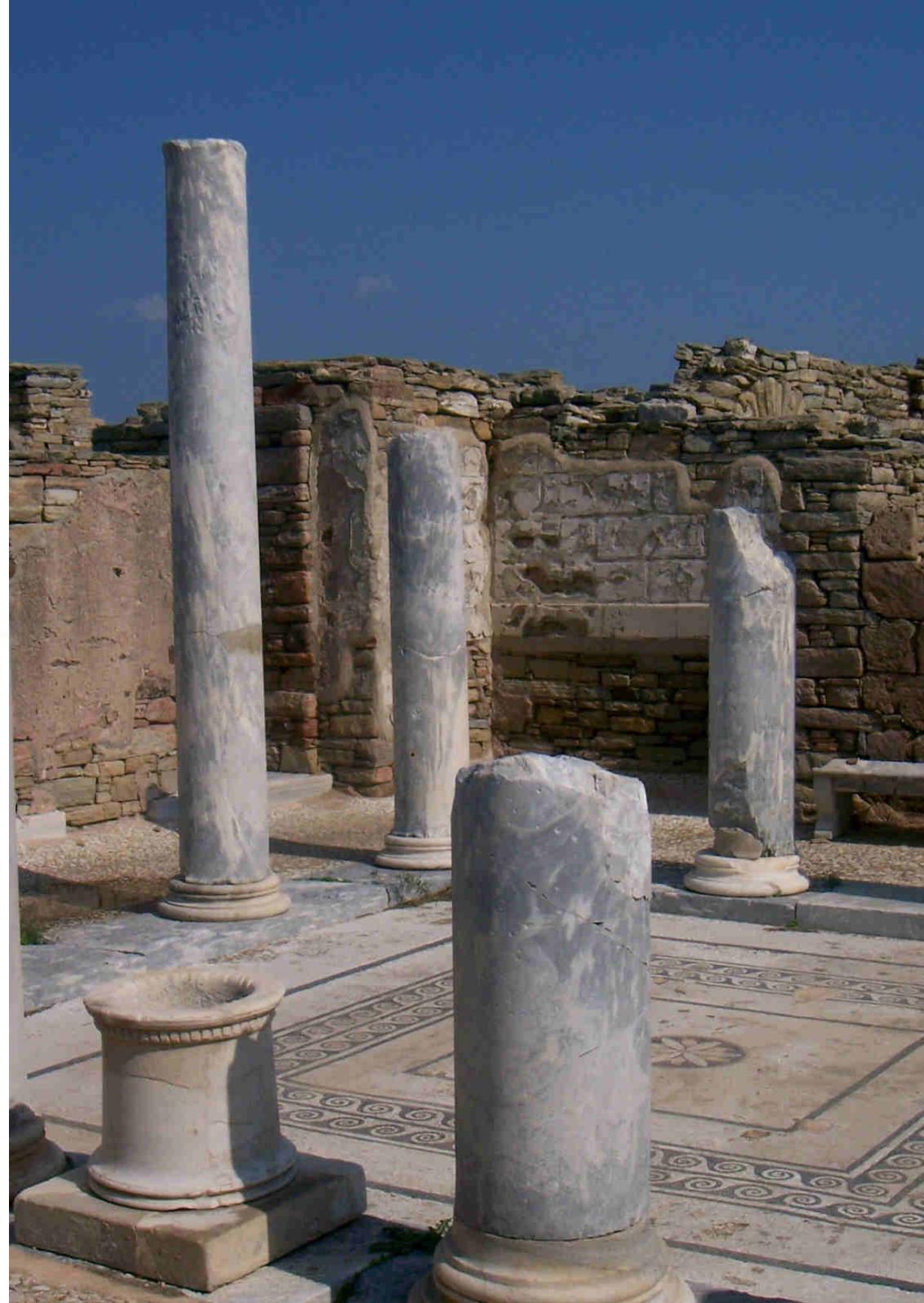
Criterion (ii): Delos had considerable influence on the development of architecture and monumental arts during the Greco-Roman period, as seen in the immense Hellenistic sanctuary. A great part of its treasure of masterpieces was found during the excavations and is exhibited today in Delos' Museum. This influence was matched later by the important role it has played since the 15th century in furthering our knowledge of ancient Greek art from a widely renowned site, which is among the first sites in Greece that captured the attention of archaeologists and travellers.



Criterion (iii): The island of Delos bears unique witness to the civilizations of the Aegean world since the 3rd millennium BC. During the Palaeo-Christian era, it was the seat of the bishopric of the Cyclades. From the 7th century BC to the pillage by Athenodoros in 69 BC, the island of Delos was one of the principal Pan-Hellenic sanctuaries. The feast of the Delians, which was celebrated every four years in the month of May until 316 BC, included gymnastic, equestrian and musical competitions, Archaic Age dances, theatrical productions and banquets. Like the Olympic and the Pythic Games, it was one of the major events in the Greek world.

Criterion (iv): The archaeological site of Delos provides an outstanding example of an architectural ensemble that restores the image of an extremely important cosmopolitan Mediterranean port that began to prosper since 314 BC, reaching outstanding levels during the 2nd and 1st centuries BC. Warehouses and trading companies abounded, large residential areas were established, public buildings were founded by associations of bankers, traders and ship-owners. Moreover, there were an unprecedented number of sanctuaries dedicated to foreign religions: temples of Sarapis, Isis and Anubis, temples to the Syrian gods Haadad and Atargatis, and even a synagogue in the stadium district.

Criterion (vi): Delos is directly and tangibly associated with one of the principal myths of Hellenic civilisation. It was on this arid islet that Leto, made pregnant by Zeus and fleeing the vengeance of Hera, gave birth to Apollo and Artemis after a difficult labour. According to a Homeric hymn, the island, which until then had been floating, became anchored to the floor of the ocean. The newborn Phoebus- Apollo threw off his swaddling clothes bathed the universe in light and began walking with his cithar and his bow. Kynthos, the mountain of Zeus, and the wheel-shaped lake, close to which the pregnant Leto suffered labor pains for nine days and nights, remain essential landmarks of the island's sacred geography, which was clearly defined by the additions made to the Delian sanctuary to Apollo between the 6th and the 1st centuries BC.



Integrity

Delos was preserved through the centuries due to the fact that it remained uninhabited since the 7th century AD and due to its remote location. Nowadays, the entire island is designated as an archaeological site. The Hellenic Ministry of Culture, Education and Religious Affairs monitors the condition of the monuments and constantly provides for their protection, conservation, support and presentation. Therefore, the property not only maintains its integrity but also, through continuous works catering for its preservation, it constantly enhances and highlights the values for which it was designated a World Heritage site. Among the major factors that affect the monuments of Delos are the strong north winds that dominate the central Aegean region and its proximity to the sea. The property receives over 100,000 visitors annually and any risks to the fragile landscape are mitigated.



Authenticity

The authenticity of the site has not been challenged. The restoration work aims mostly to the preservation of the monuments in the state they were found during the excavations, while the methods and materials employed are compatible, discrete and reversible, in accordance to international standards. Therefore, there are no changes in the authentic character of the site during the last 130 years.

The landscape also remains unaltered; not a village or a town was ever built over the ancient ruins. The only modern constructions on the island are the Museum, the refectory and a few small houses for the personnel, which were necessary for the functioning of the property as an archaeological site.

Protection and management requirements

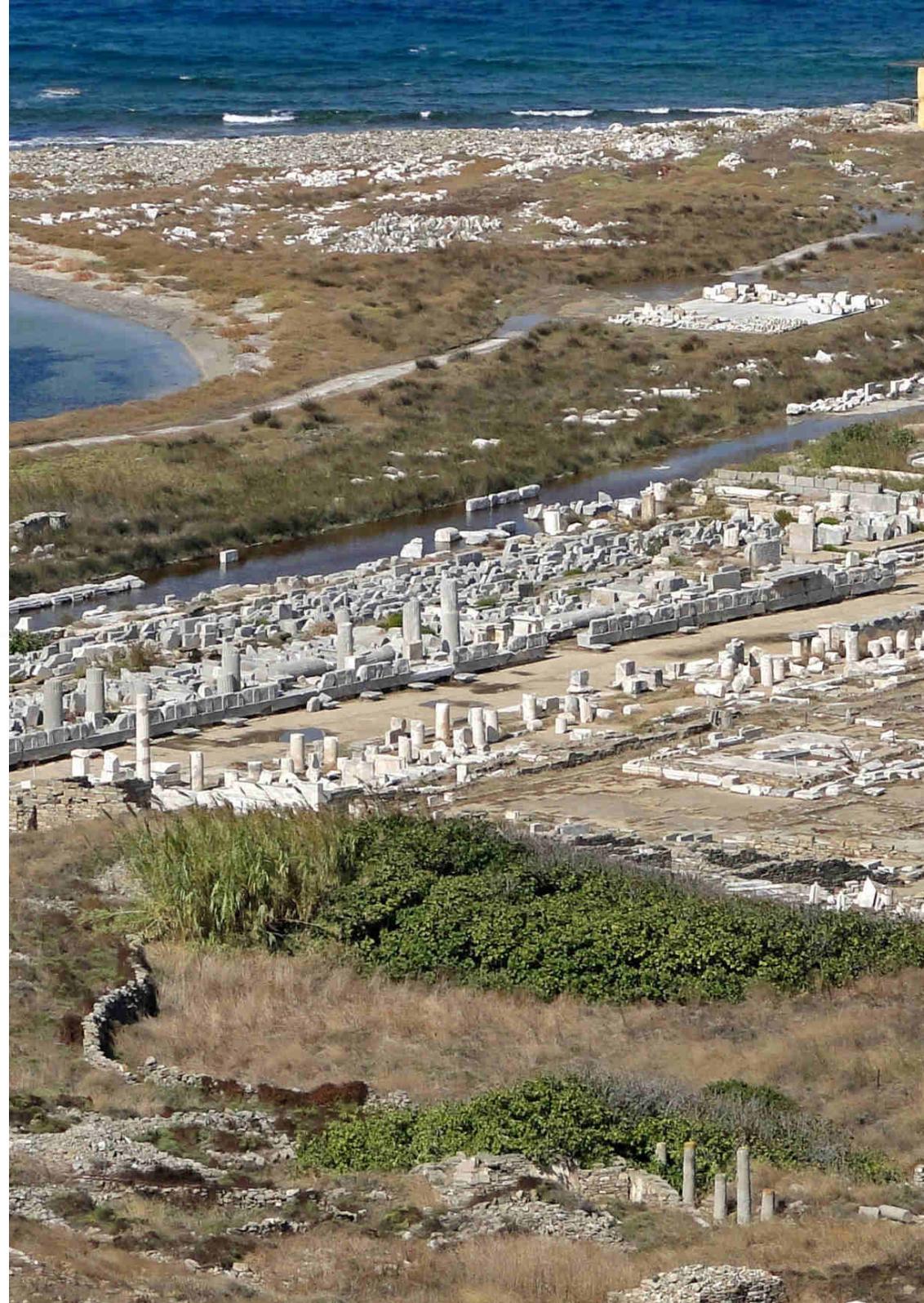
The entire island of Delos is an archaeological site, protected under the provisions of Law 3028/2002 "*On the Protection of Antiquities and Cultural Heritage in general*". The Ministry of Culture, Education and Religious Affairs is the competent body supervising the site and overseeing all works carried out. The Ephorate of Antiquities of Cyclades, the competent Regional Service of the Ministry, is responsible for its management and protection. All the works carried out in the archaeological site are supervised by the Committee for the Conservation of the Monuments of Delos, a scientific body that plans, supervises and executes work programmes for the conservation, support and restoration of the monuments, as well as for the presentation and protection of the property.

Because of potential damage by the north wind, fragile marble sculptures, such as the Naxian Lions, were transported to the Museum and have been replaced with exact replicas. Moreover, research has been undertaken to investigate the structural materials of the ancient monuments, their origin and pathology. There are also ongoing studies for the overall conservation, support and presentation of the specific monuments.

Many projects have been implemented on the vast archaeological site of Delos in recent years, with funding from the European Union and the Greek State. The aim of the works has been the conservation and consolidation of the monuments and the creation of visitors' pathways, thus ensuring access to the entire archaeological site, especially for people with disabilities. Moreover, the works aspired to make the visit to the site truly instructive, meaningful and, of course, safe for monuments and visitors alike.

Despite the major practical difficulties stemming from its remote location, which greatly exacerbates the conditions for the implementation of any kind of works, antiquity guards, archaeologists, conservators, architects and technicians reside on the island throughout the year carrying out important conservation, restoration and site-presentation work, gradually rendering the site accessible, more "legible", comprehensible and friendly to the numerous visitors. However, renovation and refurbishment of the museum is deemed necessary in order to enhance visitors' experience.

Any risks to the fragile landscape and the ancient monuments that might arise by the increasing number of visitors are mitigated by the designation of specific itineraries and by the employment of temporary personnel during the high tourist season.



Paros



Paros

Paros is so fascinating on so many levels that many people love it having seen only one of its faces. Don't jump to conclusions about what you like, get to know the island first and find your "own" Paros, the face that suits you best. No doubt, though, it will charm you even if you see a different side from the one expected. The island of Paros is famous for its golden beaches, clear blue waters and nightlife. However, it has much more than that to offer visitors, who will see a different island, offering many alternatives: its rich natural resources, the fascinating cultural heritage, the unique customs, the original traditional dishes and the famous wine, are some of the island's secrets that make visitors return. It is one of the largest and most fertile islands of the Cyclades with valleys, plains and farmlands, and covers an area of 186km². It was named after Paros, the leader of the Arcadians that settled on the island. In ancient times, Paros was one of the most important centers of the Cycladic civilization, and renowned for the quality of its marble.

Must See

Parikia: The port and capital of the island, and an area of exceptional religious, archaeological and cultural interest. In Parikia one can see the famous church of Panagia Ekantotapyliani (4th century), a magnificent monument to Christianity and one of the most important Early Christian monuments of Greece.

Lefkes village: One of the most beautiful and unspoiled of all the Greek islands, it is the only mountain settlement in Paros. Picturesque, calm, amphitheatrically built among lush greenery, it preserves its traditional character intact: Cycladic and neoclassical houses, an imposing temple at the top, oil presses and mills. No motor vehicles are allowed. From there, you can also follow the byzantine marble path that leads to the medieval village of Prodomos (one hour walk).

Paros' ancient highlights: These include the 8th century cemetery near Parikia port, the Dilion (ruins of a 5th c. temple of Delian Apollo) and the Asklepiion (relics of a 4th c. sanctuary dedicated to Asclepius, god of medicine).

Valley of the Butterflies (gr. Petaloudes) Smaller than the famous one in Rhodes, this lush green habitat is a shelter for Tiger moth butterflies, open to visitors.

Ancient Marble Quarries Located near Marathi village, this site is literally a history walk in the place where the famous parian marble was extracted from ancient times until the 19th century. The marble was the cornerstone of Paros' economy for all of this time and also the prime material for many of the most important works of architecture and sculpture in classical Greece.



Products and Specialties

Paros saves many gourmet surprises for the visitor: karavoli (escargot garlic pat, rafiolia (small fried pies with skimmed-milk cheese), sea urchin salad, gouna (sun-dried salt fish), roast stuffed fish, octopus croquettes, herring salad, ladosoupa (soup with pasta), kolitsanokeftedes (seafood croquettes), amanitokeftedes (mushroom croquettes), hortofouskotes (pies with wild greens), bean pie, garlic bulb patt. Paros is famous for its cheeses, and for its wonderful wines (labeled PDO=Protected Designation of Origin)

wine from the select varieties mandilaria and monemvasia. Sweet flavours are dominated by macaroons, samota figs, petimezopita (molasses pie), and skaltsounia pastries. You can also try "souma" (the local type of Greek alcohol drink tsipouro)



Events

Visitors can take part in the grape harvest, the crushing of grapes and raki (production of raki) and the accompanying festivities. Don't miss the chance to dance at one of the several feasts organized on the island which culminate in the feast for Panagia Ekatontapyliani in Parikia in August. The klidonas fortune telling festivities take place in Naousa, Alyki and Prodomos on 23 June. A fish celebration takes place in Naousa on the first Sunday of July. A great feast celebrating Sotiras (the Saviour) is organized on 6 August in Alyki and Marpissa. Pirate evenings are organized in Naousa on 23 August; on 28 and 29 August, people celebrate Ai Giannis in Naousa and Lefkes. The custom which takes place on 3 November is a reference to Bacchic feasts, in a celebration dedicated to Ai Giorgis Methystis (the Inebriator), an inauguration for the local wines. The representation of the Passions seen in Marpissa, Marmara, Prodomos, Lefkes and Aspro Horlo is unique.

Activities : Paros offers quality facilities to practice windsurfing, kite surfing, diving, horse riding and trekking. The island has several diving schools (the beaches Chrysi Akti, Santa Maria, and Pounta are ideal for diving). Pounta is the best beach for kite surfing, while the favourite beaches for windsurfing are Tserdakia, Chrysi Akti, Santa Maria and Pounta. The island also has surfing clubs. Amateur fishermen will find ideal spots on the coasts of Paros.

Sifnos



Sifnos

Sifnos belongs to the West Cyclades and is situated in the middle of the triangle formed by Serifos, Kimolos and Antiparos. Its pristine white settlements, blending superbly with the natural environment, its sandy beaches, picturesque churches and monasteries, its Venetian castle and ancient towers, and the wise cultivation of the land, its ceramics, hospitality and local feasts make up a superb, exciting and alluring setting for every traveller. The part of the island from Profitis Ilias to the west coast — a verdant area, even during the summer, with many springs — has been included in the European Natura 2000 network as many hawks nest or stopover in this area. During the summer months, the night life in Sifnos is concentrated in Apollonia and Kamares, but recreation centres and clubs are found in almost every settlement.

Must See

Monastiri Chrysopigis. Set in magnificent scenery, on a small cape connected to the mainland, this picturesque monastery is a landmark of Sifnos, dedicated to its patron saint, Panagia tis Chrysopigis. Combine your visit here with a dive from the rocks or swim in nearby beaches, sandy Apokofto and pebbly isolated Saoures.

Village Artemonas: Authentically traditional, it has fabulous neoclassical buildings, a peaceful atmosphere, the “Bella Vista” (the area of the windmills) and spectacular view of Sifnos and beyond. Every September Artemonas hosts the three-day festival of Cycladic Gastronomy “Nikolaos Tselementes”.

Mycenaean Acropolis: On the plateau of the hill of Agios Andreas village lays the 13th century BC wall of the citadel and the remains of its urban structures. The site also offers a small museum and wonderful views of Sifnos.

Other villages worth visiting: Exambela, Katavati, Ano Petali and Kato Petali. They are beautiful typically Cycladic settlements, with interesting churches, houses, towers and windmills. A good idea is to check out the walking paths that connect some of them.



Activities

There are not many things to do in Sifnos apart from swimming and walking. Some beaches are organized with sunbeds and umbrellas, but there are no water sports and games. Swimming and dining in seaside taverns are the only thing to do in the beaches of Sifnos. If you enjoy walking, there are many hiking trails that cross Sifnos island and lead to monasteries, small chapels, old towers and secluded beaches. The best periods for hiking in Sifnos are spring and autumn, when the weather is not hot and nature has lovely colors.

A place filled with tasty memories

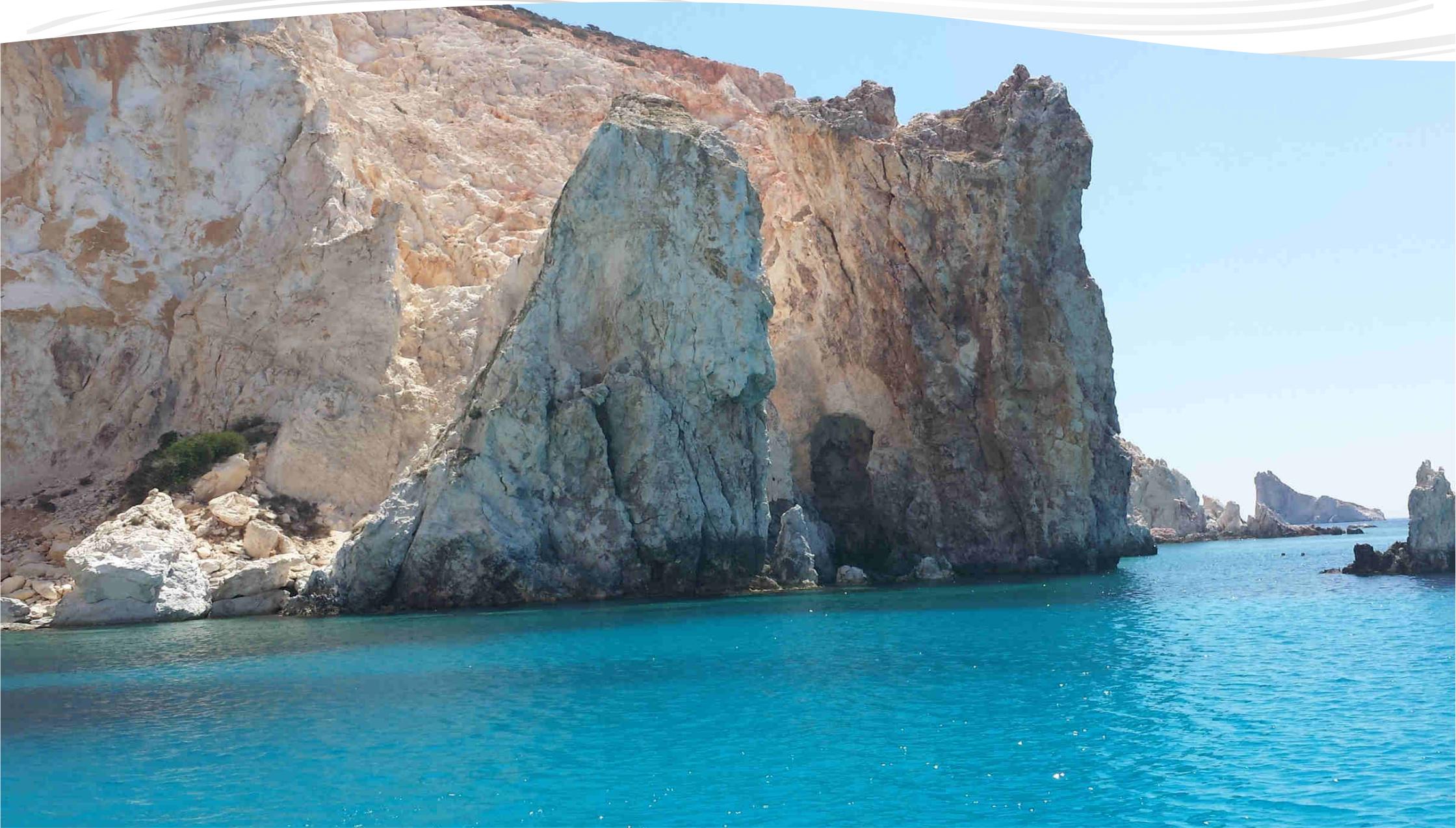
Sifnos, the island of flavours, is the birthplace of famous poets, like Ioannis Gryparis, Kleanthis Triantafyllou (or Rampagas) and Aristomenis Provelegios, as well as award winning chefs, like Tselementés. Unique traditional villages, organized or secluded beaches, and 227 churches spread around the island are waiting to be discovered.



Events, products and specialties

You can experience a genuine island feast at the festival of one of the numerous — as many as the days in a year! — chapels and monasteries on the island. There you will try tasty dishes at a communal supper reminiscent of the ancient "estiassi" and "agapes" (loves) of the Early Christian Period, such as the traditional "revithada" (chick pea soup), meat or cod with potatoes, you will become high on the local "serifiotiko" wine and you will let the island music and sounds of the violin sweep you into dancing. The epicentre of the island's cycle of celebrations is the feast of the Panagia tis Chrysopigis, which is held 40 days after Easter (Ascension Day). Sifnos, the birthplace of many famous chefs such as Tselementes and Markou, offers a wide selection of very tasty dishes, such as the revithokeftedes (chick pea croquettes), ambelofassoula (string beans) with skordalia (garlic paste), kaparosalata (caper salad), xynomyzithra. The revithada on Sundays under the "skepastaria" (porch) is an old tradition for Sifnos families. And every Holy Saturday the formal Easter dish, the "mastelo", lamb baked in the oven on vine twigs with local red wine and dill, is prepared. No festive table is without the fantastic melopita (cake made of honey and mizithra cheese) and the wonderful bourekia, pastries with almonds, honey and sesame.

Polyaigos



Polyaigos

Polyaigos, meaning "many goats" in Greek, is an uninhabited island with magnificent beaches, mainly on the southern part and belongs to the Cyclades group. It is located on the South Aegean volcanic arc and lies to the West of Kimolos island and, further South-West, of Milos island.

The remnants of the monastery founded in 1622 and dedicated to the Dormition of the Virgin Mary, the stone lighthouse on the Maskoula cape built in 1898, and two quarries used for the extraction of trachyte for millstones, all testify to the human history of the island's past.

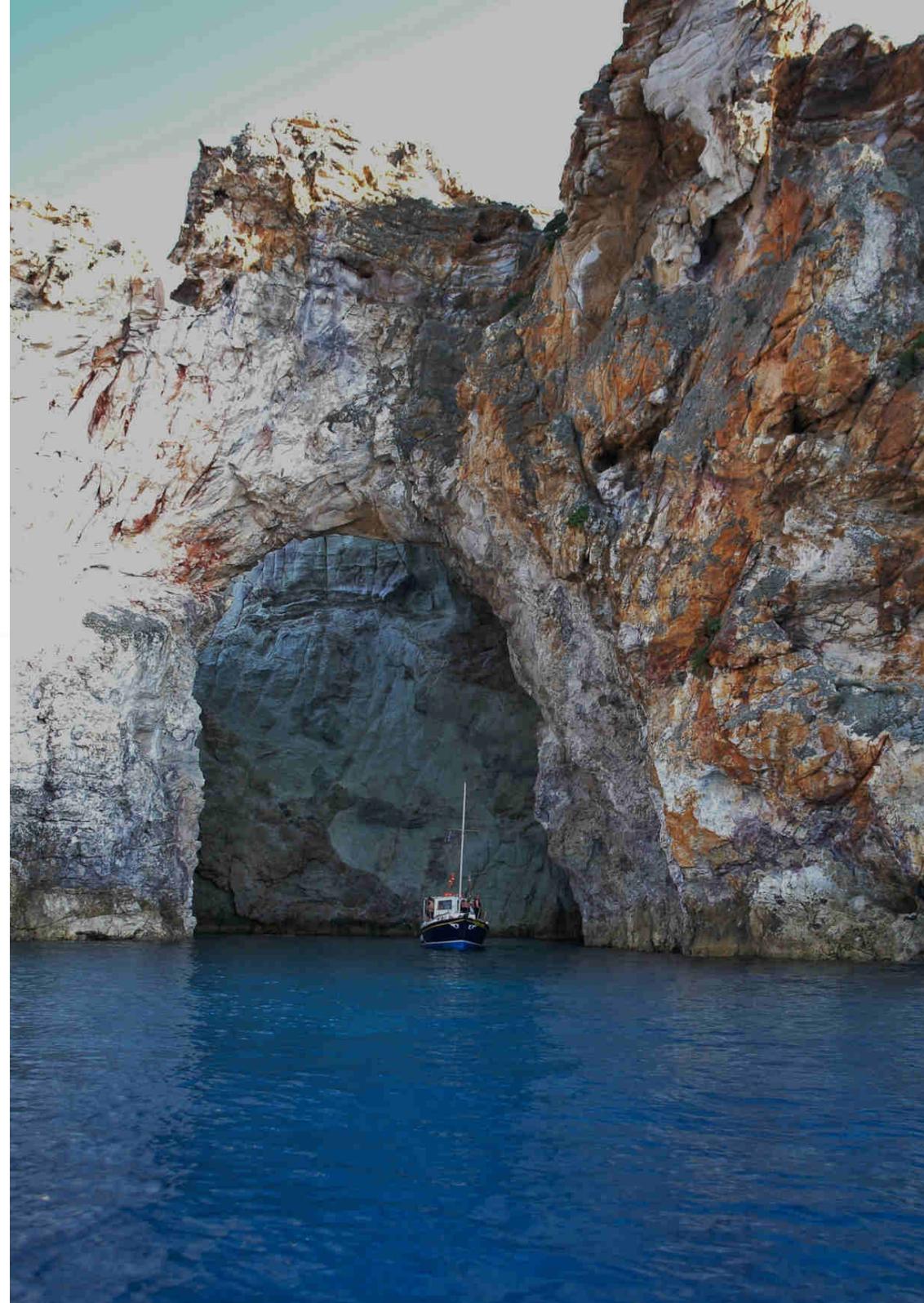
In spite of its dry climate, the island harbours many rare plants and certain Greek indigenous species. Also, because of its special fauna – such as the Mediterranean Monachus monachus seals and numerous bird species, Polyaigos island has been included in the Natura 2000 network.

There are indications that the island was inhabited from the Mesolithic or the Neolithic Period. In older times it had fewer residents, mainly stockbreeders living in a small settlement that is now abandoned and in ruins. The greatest part of the island belongs to the Legacy of St. Logothetis, which rents its areas as rangelands.

There is a church built in 1622, Dormition of the Virgin, which used to belong to a now abandoned monastery and a lighthouse which became automated in the last years.

Polyaigos is rich in industrial minerals, mainly silver barite (heavy spar) which was exploited by the Silver Minerals and Barite Company Ltd.

From the ancient times to the present day the island was administratively part of Kimolos, but it seems it was always sought after due to its mineral resources. So, in 416 BC Kimolos and Milos were involved in a trial regarding the possession of the island that came to an end in 338 BC with a decision of the court of the Argives, which adjudged the island to Kimolos.



The terrain of the island is rough and has a small plain at its centre. It has great geological and ecological importance since it is considered the best preserved, environmentally speaking, Mediterranean island and hosts rare or even endangered endemic species of fauna and flora, like the Mediterranean seal *Monachus monachus*, the endemic adder *Microvipera schweizeri* (which lives only in Kimolos, Polyaiagos, Milos and Sifnos), the endemic blue lizard *Podarcis milensis*, the falcon *Falco eleonore* (75% of the world population lives on the Aegean islands), o *Spizaetos* (*Hieraetus fasciatus*), 32 endemic, rare or even endangered species of plants and a lot of wild goats. For its significant ecological value Polyaiagos has been incorporated to the network of Natura.



The wild exotic landscapes, the beautiful beaches and the amazing sea make the island an attractive and popular destination for owners of private crafts, among whom are, each year, many members of the governments of the last 15 – 20 years but also numerous foreign officials (for example Members of the European Parliament, George Bush senior etc).

Kimolos



Kimolos

Kimolos, between Sifnos and Milos, is a favourite destination for those in search of peaceful holidays outside the touristic mainstream, in an enchanting setting with fascinating historical, but also and unique geological monuments like "Skiadi", a rare mushroom-shaped formation that can provide shade to even 40 people. This volcanic island, with a surface area of 36 square kilometers, has a unique variety of rocks, dominated by the white colour of the "land of chalk", while its coastline is interspersed with sandy beaches in some places and elsewhere by imposing, sheer rocks. Volcanic and mountainous Kimolos offers a unique variety of rocks, as well as very interesting fauna, which includes many migratory bird species. The wetland of Alyki is significant. According to mythology, Kimolos was named after its first settler, Kimolos. It has been inhabited since at least the Mycenaean period and is known since antiquity for its chalk mines — a major source of income for the island.

Sights at Chorio: The capital's old settlement of Kastro (eng castle) is one of Kimolos' best attractions. It's comprised of two quarters; Mesa (Inner) and Exo (Outer) Kastro, aka two fortified squares of houses built into one another. The dominating medieval castle, two-storey residencies (both ruined and restored), the famed "portares" (arcade gates) and the settlement's walls are only some of the highlights here. Plus, of course, the Archaeological Museum and Folklore-Maritime Museum, which display a highly interesting overview of Kimolos' history, lifestyle and traditions.

Sea caves: Vromolimni, Konsolina and Gerakia are the island's most popular ones (accessible by boat). Vromolimni is the largest of them all, while Gerakia is highly impressive, with turquoise waters where you can dive and then walk into the cave.

"Syrmata": These photogenic constructions with multi-colored doors are carved into the rocks by the fishermen, to house their boats and nets. They are located at the island's fishing village of Goupa (and the nearby beach of Rema).

Ancient sights: Kimolos' ancient city is located ashore and underwater at the settlement of Ellinika. The remains include the necropolis, houses and many findings, while relics of the acropolis can be seen on the islet of Agios Andreas (located at a distance of 200m). Moreover, at the island's highest spot in the area of Paleocastro, lie the remains of an ancient acropolis and cylindrical tower.

The ruined windmills: They are situated at the area of Xaplovouni. Visit them at dusk, to enjoy fabulous views

Skiadi: A rare natural phenomenon and one of the island's top attractions. Skiadi is a bizarre rock formation that resembles a gigantic mushroom. You can reach it on foot, preferably early in the morning or late in the afternoon, in order to avoid the heat.



Only in Kimolos

In the sea, the presence of underwater fields of *posidonia oceanica* seaweed is of particular importance, since it enriches the sea with oxygen and constitutes an ideal natural environment for a large number of fish and invertebrate species. In the many sea caves along the coast, seals find refuge to rest and give birth. The total population of the species in this area is estimated at 43, of varying ages, excluding newborns. Northeast Kimolos and Polyegos, as well as the sea area surrounding the two islands, are included in the NATURA 2000 Network of the most important ecological areas in Europe. In 1999, the organisation 'Mom' proposed the establishment of a protected area under the name "National Sea Park of Kimolos".



Events, Products and Specialties

Every summer, Kimolos hosts a variety of events. Furthermore, you can participate in the island's numerous feasts – some of the most popular take place on July 20th (Prophet Elijah) and August 15th (Panagia Konomou)

Smaller festivals take place on the 26th of July, the feast of Agia Paraskevi at Xaplovouni and on the 5th of October, the feast of Ossia Methodia. The "Politistikos Avgoustos" (Cultural August) festival is held in Kimolos every summer, with exhibitions, sports events, children events, performances, competitions, and dance and music nights. Traditional fare in Kimolos includes the scrumptious "ladenia" (bread dough topped with tomatoes and onions baked in a roasting pan with plenty of oil), eggs with potatoes and onions, traditional manouri (fresh whey white cheese) and "xino" cheese (soft fresh cheese with a sour flavour), while the limpets, rice and red mullets with capers are exceptional savoury dishes. The paximadia (dry rusks) blended with schinokokko, the tomato paste and the local honey are exceptional.

Milos



Milos

Milos is one of a kind. It would be just a divine Cycladic island, with fabulous waters and beaches, even without three other unique characteristics: the volcano, the catacombs and its distinct fauna, including the well-known species, the adder of Milos and the rock goat. For whatever reason you visit, you will enjoy even more than you expected.

Milos which became known worldwide for the famous statue of Venus is situated on the south-western edge of the Cyclades. Milos' volcanic past, its Impressive white, red, yellow or black rocks not found elsewhere in Greece, the azure sea which for centuries now sculpts its beaches, shores and caves, form a fascinating combination of sites of exceptional beauty: Kleftiko, Papafragkas cave, Sarakiniko, Venetslanes. In addition, Milos is at the centre of world archaeological and religious interest due to its famous Catacombs and Fylakopi with its Kyra (Dame). Milos' stunning sea bottom is considered a paradise for diving aficionados. On the island there is a diving center a school for kavaing and wind surfing centers sea scooters canoes and pedalos. For adventure lovers there are two climbing areas, one in Tourla tou Vaniou and another in Glaronissia.

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.

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 Mílos, Kimolos and Polýegos islands.

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.



Beaches

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 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 greyish-red rocks.



Events, products and specialties

In Milos, people cherish social events and celebrations, and observe every traditional minor and major feast. The major festivals are those of Agia Triada on the day of the Pentecost (the date changes from year to year), Agion Anargyron on the 30th of June, Agia Markella on the 21st of July, Agia Paraskevi on the 25th July In Pollonia, the Dormition of the Virgin on the 15th of August in Zefyria and Adamandas, and of Korfiatissa on the 8th of September in Pla ka. The fine cuisine of Milos includes scrumptious lasagne with skordalia (potato and garlic dip), "pitarakia" (filed cheese pies stuffed with xerotyri - a type of local cheese-, mint and onion) and the local dairy products: xerotyri, xynomyzithra (sour soft white cheese) and touloumotyri (a type of moist, snow-white cheese) The local honey, tomato paste and spoon sweets are exceptional. The sweet flavours of Milos are supplemented by the syrupy spanakopitakia or liaounes" with raisins, and the wonderful "koufeto", a wedding sweet made of white pumpkin pulp, sugar, honey and almonds.

Serifos



Serifos

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. Being near to Athens it is a beloved as well as an ideal weekend getaway (2 hrs and 30 min by speedboat, 4 hrs by ferryboat). Apart from having a laid back and relaxed holiday, you will enjoy your outdoor activities such as hiking, climbing, mountain biking and diving!

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 neighborhoods; 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!

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. This area has a beautiful sandy beach but is also very close to Avlomonas and Livadaki beaches. Beach-goers will have plenty of beaches to choose from while visiting Serifos Island; rocky, pebbly or sandy ones accompanied by crystal blue waters will satisfy all tastes. Beaches are reached either by car, walking trails or by sea. Serifos' cuisine bursts with aromas and flavours! On your vacation here don't miss: delicious meat products such as louzes, syglinas (traditional cured pork) and sausages, as well as the island's rich aromatic spices. Taste marathopites and marathotiganites (fennel pies baked or fried), revythada (traditionally cooked chickpeas) with a local variety of raisins, sun-dried octopus, local cheeses such as myzithres and xinomyzithres. Make sure to accompany your meal with the island's local wines. If you have a sweet tooth then try: pasteli (sesame bar) which is cut in a diamond shape, with an almond in its middle and usually laid down on a lemon leaf as well as their delicious sweet wines.



Must See

The old mines: The coastal settlements of Megalo Livadi and Koutalas are deeply associated with the island's long and turbulent mining history. The sights of the region include the remains of the old mine facilities, the impressive mining ladder, the former head quarters of the company who exploited the area, as well as the memorial dedicated to the workers who lost their lives during the great miners' strike in 1916, claiming better working conditions. At the area of Koutalas, you can also see the Hellenistic Lefkos Pyrgos (White Tower), the remains of the Gria Castle and the throne of the Cyclops (known as Psaropyrgos). Also, the cave of Cyclops (Cave Koutalas), a former ancient religious centre, with remarkable stalactites and stalagmites.

Moni Taxiarchon: A monument of great architectural and religious value, situated close to the village of Galini. This fortified monastery was built in 1572 and it's dedicated to Serifos' patron saints, Michail and Gavriil. It features beautiful 18th c frescoes and other important relics.



Events, products and specialties

The inhabitants of Serifos - currently over 1,200 - are polite and warm hearted, and preserve the Cycladic tradition of hospitality and festivities. The backbone of the religious and social life of the island is made up local festivals, where the hosting celebrators will willingly serve you tasty treats on handmade, ceramic plates accompanied by the island music of local instruments. Try boiled kid meat with pasta, mashed fava beans -and the famous wine of Serifos. Some of the celebrations of Serifos include those of Agla Triada, on the day of the Holy Spirit in Mavra Voladia, Christos Sotiras on 6 August 6th, in Pyrgos, Panagia in Ramos and Skopous on 15 August, Taxiarches on 8 November in Monastiri. In Serifos you will find the Cyclops throne. Serifos is renowned for its wonderful pork products (louza, siglina, sausages) and dairy products (myzithra of charani, sour myzithra, piperati), along with capers and sundried tomatoes which are essential in its cooked foods and salads. The favourite dishes on the island are revithada, marathotiganites, and sundried octopus. Also search out the local thyme honey, It is exceptional!

Activities : Hiking is highly recommended in the island's well-marked routes (try the most popular trail: Chora-Kastro-Livadi). Cycling, diving, windsurfing, sailing and fishing are also on the agenda.

Kythnos



Kythnos

Kythnos is like a modest beauty. It is not famous, no pictures of Kythnos are seen on the cover of magazines. However it is truly beautiful and genuine, and very "well behaved" too. It is approachable, friendly, joyful and hospitable. A holiday destination out of the ordinary, this is one of its greatest virtues. Kythnos, or Thermia, with its warm baths, belongs to the West Cyclades group of islands, and is located between Kea and Serifos. It covers an area of 92 square kilometres and has 1,700 permanent residents. It is frequently hit by strong winds, but the sun shines almost all year round. With its beautiful Cycladic landscape, Venetian castles and old churches, charming beaches and hot springs, Kythnos makes an ideal destination for those who seek relaxation, good health, but also an acquaintance with the history and culture of the place. In Kythnos, the warmth and hospitality of the residents are the epitome of "welcome". According to tradition, the island was named after Cythnus, leader of the Dryopes, who settled in the island from Euboea. The northwest part of Kythnos, from the islet of Agios Loukas to the Kefalos cave, is of particular natural interest, and has been included in the Natura 2000 network.

Also called "Thermiá" on account of its thermal springs, Kíythnos is very close to Attica; still, it is one of the less visited islands of the Cyclades. The island's harbour (Merihás) and capital (Hóra) as well as Loutrá and Dryopída are located in the North. In the south, only the areas by the bay of Ayios Dimitrios and Panayia Canála are inhabited (where a famous monastery is situated within a pine forest).

The most impressive of the 65 sandy beaches of the island is Kolóna, where a lane of sand connects the islet of Ayios Loukas to Kíythnos. Low stone fences run for many kilometres on bare Cycladic hills with 350 white country chapels here and there. The typical Cycladic style equally appears in the villages: cobbled narrow streets, white houses, squares, chapels and windmills. Follow the paths that connect the villages to each other and taste apricots and wild mulberries on the way to Katafýki cave, one of the biggest caves in Greece with beautiful stalactites and stalagmites. Kíythnos is definitely the place for thermal tourism. A modern spa centre is in operation in Loutrá, with two hot springs in the area. The following springs have been famous for their therapeutic effectiveness since the ancient times, namely the spring of Ayioi Anárgyroi, inside the spa facilities, and the spring of Caucasus, at 50 m. from the first one, with a temperature reaching 52 degrees Celsius.

The festivals on Kíythnos have maintained their traditional character. All the locals take part, singing to the rhythms of the violin and the lute.



Must See

- Panagia Kanala: This monastery, dedicated to the island's patroness saint, is situated at a beautiful spot at the village of the same name. The icon of the Virgin Mary is considered to be miraculous and, according to tradition, it was created by Apostle Loukas. A major feast takes place in the church of Panagia Kanala on 15th August.
- Castle Orias, Vryokastro and Maroulas : Castle Orias, the former medieval capital of the island, overlooks the Aegean, featuring the remains of houses and two churches. From here you can enjoy the superb views, as long as you mind the rough path that leads to the fortification. Vryokastro is the ancient capital of Kythnos – among the relics here you can see the acropolis, aqueduct and temples. Last but not least, in the area of Maroulas lies a Mesolithic open air settlement (the only such discovered in Greece), with important findings.
- Cave of Katafiki: Located at the north side of Driopida village, it is one of the largest in Greece and partly open to visitors, with impressive stalactites and stalagmites.



Events, products and specialties

The traditional year-round festivities add a special touch to the character of the island. The most famous ones are Agia Triads in June in Chore, Agii Apostoli on 28 June in Dryopida, Panagia Kanala and Panagla Nlkous on 15 August. "Kythnia", a host of music and dancing events and art exhibitions, takes place in Chore every summer, from 1 to 10 August. The traditional delicacies of Kythnos include local sausages, the trimma and kopanisti cheese products, honey, and the tasty barley bread rolls. The most popular local recipes include savor (seasoned fish), sfougata cheese croquettes, the pitaro cheese pie, syglina (salted pork), and kolopia (pies with rice, wild greens, spinach and various herbs). Look for local macarons In Loutra: definitely one of the best delicacies to take back home !

Activities : If you like hiking, this can be a fun activity on Kythnos island in spring and autumn, when the weather is not very hot. Hiking trails are usually not signposted, but they are easy to follow. A nice hiking trail is from the port to Chora or Driopida, the two main villages of Kythnos, or from the port to the lovely beach of Kolona.

Sounio



Sounio

What a sight it must have been when the ancient Greek seafarers laid their eyes on the majestic Temple of Poseidon at the very tip of cape Sounio.

Cape Sounio has been recognized since prehistoric times as a special place of worship and was an important sanctuary during the Greek Archaic, Classical, and Hellenistic periods. There are two sanctuaries present on the cape: the sanctuary of Poseidon and the sanctuary of Athena; two gods that were held in high esteem by the ancient Athenians. The ruins as we see them today are the result of the renovations that took place during the 5th century B.C., and replaced a succession of buildings that date back to the archaic period.

History of the Temple of Poseidon

Soúnio has been a sacred site since very ancient times. The "sanctuary of Sounion" is first mentioned in the **Odyssey**, as the place where Menelaus stopped during his return from Troy to bury his helmsman, Phrontes Onetorides.

Archaeological evidence has shown that there were two organized places of worship on the cape by the **7th century BC**: a sanctuary of Poseidon at the southern edge and a sanctuary of Athena about 500 m to the northeast.

Construction on a grand Temple of Poseidon began around 500 BC but was never completed; the temple and all the votive offerings were destroyed by the Persians in 480 BC. The Temple of Poseidon that now stands at Soúnio was built in **444 BC** atop the older temple ruins. The Temple of Athena was also built at this time, atop her ancient sanctuary on the cape.

The sanctuaries began to **decline** from the 1st century BC onwards. Pausanias, who sailed along the coast around 150 AD, wrongly believed the prominent temple on the hill was the Temple of Athena.

Modern travellers visited Sounion long before excavations started on the site, including **Lord Byron** in 1810. Systematic excavations began on the site in 1897 and continue today.



What to See at the Temple of Poseidon

Local marble was used for the Temple of Poseidon's **Doric columns**; 15 of the original 34 survive today. The columns were cut with only 16 flutings instead of the usual 20, which reduced the surface area exposed to the wind and sea water.

On the east side of the main path is an **Ionic frieze** made from 13 slabs of Parian marble. Badly eroded now, it depicted scenes from the battle of the Lapiths and centaurs and from the adventures of the hero Theseus (son of Poseidon in some legends).



The east pediment, on which only a seated female figure is preserved, probably once depicted the battle between Poseidon and Athena for the domination of Attica.

Lord Byron carved his name in the marble of one of the columns in 1810. He set an unfortunate precedent, as the temple is now covered in scrawled signatures and initials.

DISCLAIMER

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