

The background is a solid red color. It features several white circular and semi-circular patterns. On the left side, there is a large circular scale with tick marks and numbers ranging from 150 to 260. The numbers are: 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260. There are also several smaller circular patterns, some with arrows indicating direction, scattered across the page.

SAILING ITINERARIES

7 DAYS ATHENS TO ATHENS (SARONIC)

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

EMBARKATION: ATHENS – MARINA ALIMOS (12:00 am)

DAY: ATHENS – MONI AIGINAS – POROS:

ATHENS – MONI AIGINAS (Duration: 2:30 hours)

The islet of Moni close to Aegina: The islet of Moni is located south-west side of Aegina, opposite Perdika village. Moni is a great place for sailing and excursions, as it counts on great turquoise waters and lush nature.

The island is not inhabited, as there is no drinkable water. The only inhabitants are deer, wild goats, peacocks and squirrels. The animals are not afraid of human presence and will come to you to feed them.

Moni islet has some small beaches suitable for swimming, especially in the north coast. These beaches are surrounded by nice pine forests. If you are fond of climbing or hiking, you can cross the slopes of a steep mountain on the northern side of the islet.

On the south side of the islands are some beautiful caves and cliffs, which are perfect for snorkelling.

MONI AIGINAS – POROS (Duration: 1:30 hours)

Poros is a small Greek island-pair in the southern part of the Saronic Gulf (pop. 3780). It is separated from the mainland by a 200 m (656 ft.) wide sea channel, with the town of Galatas situated on the Peloponnese side.

The town of Poros, with its neoclassical architecture, is built on the slopes of a hill, with its famous clock tower dominating above the town.

The town of Poros is built in the shape of an amphitheatre over two hills. In antiquity Poros consisted in fact of two islands, Sphería and Kalávia, but the last explosion of the Méthana volcano in 273 BC radically changed the morphology of the area. Sphería was cut off from Méthana, and in this way Póros took its present-day form. Lush pine trees vegetation, crystal clear beaches, a lively waterfront adorned with shops, cosy cafes and restaurants, a picturesque capital (it has been declared protected settlement) with grand traditional mansions and picturesque cobbled streets, as well as a wide selection of entertainment venues are the ingredients of this quiet, yet cosmopolitan, destination that attracts visitors from all age groups.



DAY 2 POROS – SPETSES:

POROS – SPETSES (Duration: 3:30 hours)

The island of Spetses is an independent municipality (pop. 4,027), with no internal boundaries within the municipality. The town of Spetses is the only large settlement on the island. The other settlements on the island are Moní Agíon Pánton, Ligonéri, Ágioi Anárgyroi, Kouzouínos. Also part of the Municipality of Spetses are the islands of Spetsopoula, Falkonera, and Velopoula (all uninhabited).

An unusual aspect of Spetses is the absence of private automobiles in the town limits. The most common modes of transport are walking, horse-drawn carriages, bicycles, mopeds, and motorcycles. Only taxis and delivery vehicles are allowed in the downtown area.

The island has managed to retain its individual traditional character thanks to its well-preserved grand captain mansions, still bearing eloquent witness to the island's glorious past. The picturesque old harbour and Dápia, a tourist and commercial centre where the heart of the island's entertainment beats, are the trademarks of the town of Spetses.

Sights worth to visit:

- The House of Bouboulina

Built around the end of the 17th Century, the building is shaped like a Π, a detail which at that time indicated the importance of the owner. Bouboulina was a heroine that played a significant role in the 1821 War of Independence.

- The House of Hatzigiannis Mexis

Today the house hosts a museum exhibiting relics from the War of Independence, letters written by war heroes like Kolokotronis and Athanasios Diakos, a folk art collection and the relics of Bouboulina. The house was built between 1795 and 1798, and was donated to the Greek state in 1938 by the heirs of the Mexis family. The objects on display represent more than 4,000 years of the island's history.

- Church of Panayia Armata

This rural church was built between 1824 and 1830 to honour the victory of the Greek warriors against the Ottoman fleet.

- Cathedral of Ayios Nikolaos

The island's Cathedral is of great historical importance as it was here where the island's Independence flag was raised on 3rd April 1821. It was also here where the dead body of Paul Bonaparte, nephew of Napoleon Bonaparte who came to Greece to fight on the side of Greeks, was kept in a barrel of rum for three whole years!

Other sites worth a visit are: the War Memorial of the Spetses Navy, the Clock in Rologióú Square, and the Anargyreios Korgialeneios School. Situated in the area of Kounoupitsa, today it houses the Centre of Environmental Education.



DAY 3 SPETSES – LEONIDIO (PLAKA):

SPETSES – LEONIDIO (PLAKA) (Duration: 1:30 hours)

In the province of Kynouria there is the township of Leonidio, built between the sea and the foot of the mount Parnon. Completely devastated by Ibrahim Pasha of Egypt in 1826, the place brags about the Frankish-styled stone mansions, and the gardens of geraniums, honeysuckles and lemon trees giving off a scent of nostalgia. Striking among the mansions are those of Polýtimos and Katsikóyiannis, whereas temporary exhibitions are housed in the tower of Tsikaliótis’.

The sweet “tsakóniki” aubergine, an appellation d’origine contrólée (= controlled designation of origin) product grows in the fertile plain around Leonidio. Visit the festival of “tsakoniki” aubergine in August, when delicious dishes are served based entirely on aubergine, and cooked on the spot by the local cooks. Taste also local honey, noodles and rusks.

In the narrow streets of Leonidio and the villages around it, a different language is spoken. It’s the Tsakonian language, which derives from the ancient Doric dialect. Regarded as the oldest dialect in the world, it is spoken and written by some 2,000 people in this area.

Leonidio is situated near the ancient city of Prasiae, which was an important harbour for Sparta until its ruin by the Athenians during the Peloponnesian War. The ancient Greek traveller Pausanias describes the area as the "garden of Dionysus", because of the fertility of its plain, and in ancient myth the young Dionysus was found on its beach and later brought up in a cave emerging from it. There is also a second variant of the story, influenced by Christian tradition, recounting the finding of the relics of Saint Leonides atop the beach of Leonidio, where a church was to be built in his honour, remaining to this day; this is a common suggestion for the derivation of the area's name.

The town is also famous for its unusual Easter celebration, when the custom of aerostata (air balloons) attracts spectators. Greek comedy writer Dimitrios Psathas once recommended the virtues of passing: "...carnival in Patras, and Easters in Leonidio".



DAY 4 LEONIDIO (PLAKA) – MONEMVASIA:

LEONIDIO (PLAKA) – MONEMVASIA

(Duration: 3:30 hours)

Monemvasia is a town and a municipality in Laconia, Greece. The town is located on a small island off the east coast of the Peloponnese. The island is linked to the mainland by a short causeway 200m in length. Its area consists mostly of a large plateau some 100 metres above sea level, up to 300 m wide and 1 km long, the site of a powerful medieval fortress. The town walls and many Byzantine churches remain from the medieval period

The town's name derives from two Greek words, mone and emvasia, meaning "single entrance". Its Italian form, Malvasia, gave its name to Malmsey wine. Monemvasia's nickname is the Gibraltar of the East or The Rock.

Monemvasiá, founded by the Byzantines in the sixth century, is a breathtaking medieval tower town located on the south-eastern coast of the Peloponnese.

Take the opportunity to explore this mystical stone-built settlement, nestled at the edge of a big rock by the sea, and immerse yourself in a unique medieval atmosphere!

Upon entering the castle, your journey through time begins.

Peer into the history of the fortress –the so-called “Gibraltar of the East”–, which was occupied by the Byzantines, the Crusaders, the Venetians, and the Turks in the past.

Wander around its narrow cobbled streets, and admire the beautifully restored stone buildings. Taste culinary delights at a fine restaurant on the roof of a tower house, and spend a romantic night at a stone-built tower. The “Kástro” (castle) is divided into two parts, the lower and upper town.

In the lower part of the town, explore the ruins of the historic buildings situated there – among which the Muslim Mosque, a preserved 16th century building housing the Archaeological Museum–, as well as the magnificent Byzantine churches.



DAY 5: MONEMVASIA – LIMANI GERAKA – KYPARISSI:

MONEMVASIA – LIMANI GERAKA (Duration: 1:00 hours)

Unsuspecting sailors will be pleasantly surprised as they turn into the port of Gerakas, entering a fjord-like inlet referred to Pausanias as an excellent port of call. The Acropolis of ancient Zarakas is situated above the modern settlement at the northeastern end of the outlet to the sea.

The tranquillity of the surrounding landscape and the pretty seaside village create a perfect setting for yachts and other craft that find shelter there from all winds.

The fish taverns seem very inviting along the waterfront. The tavern owners are themselves fishermen, guaranteeing freshness at all times of the year.

An important wetland lies at the end of the inlet. Gerakas has played an important role in the history of the region since antiquity, through the Byzantine and Middle Ages up until more recent times when it was the site of a number of events in the Greek war of independence.

LIMANI GERAKA – KYPARISSI (Duration: 2:00 hours)

Kyparissi is a small village, situated in the Peloponnese, in the eastern part of the Laconia Prefecture, on the Myrtoan Sea coastline, north of Monemvasia. It is part of the municipal unit of Zarakas.

One of the last coastal “paradises” in the Peloponnese, secluded Kyparissi, with its sundrenched beaches, was only recently connected to the rest of the road network of the Peloponnese. Vrisi, the inland settlement, is built at an altitude of 100 metres above sea level, while its ports, Paralia and Mitropolis, are situated very near. Time seems to have stood still in the quaint town of Vrisi. The white-painted houses, most built in the mid-19th century, exemplify the traditional architecture of the area. Shielded from the onslaught of mass tourism, the crystal-clear waters of the beaches lining Kyparissi retain an air of tranquillity.



DAY 6 KYPARISSI – FOKIANO – HYDRA:

KYPARISSI – FOKIANO (Duration: 1:00 hours)

Fokiano bay, one of the most secluded and still unspoiled heavens of Arcadia region. Fokiano is a Settlement, a Beach and a Bay in Pigadi of Notia Kinouria in the Peloponnese Region of Greece.

A beach with turquoise water and white pebbles, a tavern that serves the catch of the day, and some remote villages where the night walks made very fast evening swim. Like at holidays of our childhood. The first time you see the bay, almost difficult to believe. It is possible one of the most beautiful beaches of Greece – if not the whole world – hiding in these rugged shores of the eastern side of the Peloponnese? Here where the green slopes of 'Parnonas' dipped so sharply to the sea that will take an oath that if you put the boat's engine will listen to result in a resounding ' splash '. You will get the impression of a mirage encountering this deserted Creek with turquoise waters.

An unspoiled Landscape, with a beautiful beach of white pebbles, surrounded by an enormous pine forest, with hardly anybody around. The reason is the distance that separates it from anywhere: the nearest village, Poulithra, spaced an hour full of twisty driving.

FOKIANO – HYDRA (Duration: 3:00 hours)

Hydra, built in the shape of an amphitheatre on a slope overlooking the Argosaronic gulf, is one of the most romantic destinations in Greece. Traditional stone mansions, narrow cobblestoned streets, secluded squares and above all the banning of cars and the use of around 500 donkeys as means of public transportation, explain the reason why Hydra preserved its distinctive atmosphere through the passage of time.

Hydra was known in ancient times as “Hydrea” (Υδρέα, derived from the Greek word for “water”), a reference to the springs on the island. The beautiful and very graphical main town “Hydra Port” (pop. 1900) is built in a small bay from which only steep stone streets lead out of the harbor area. It's worth mentioning that Hydra became famous all over the world thanks to the film “Boy on a Dolphin”, shot on the island in 1957 with Sophia Loren leading the starring role.



DAY 7 HYDRA – AGIA MARINA (AIGINA):

HYDRA – AGIA MARINA (AIGINA) (Duration: 3:00 hours)

Aegina is one of the Saronic Islands of Greece in the Saronic Gulf, 27 km (17 mi) from Athens.

Tradition derives the name from Aegina the mother of the hero Aeacus, who was born on the island and became its king. During ancient times Aegina was a rival of Athens, the great sea power of the era.

An extinct volcano constitutes two thirds of Aegina (pop. 13056). The northern and western sides consist of stony but fertile plains, which are well cultivated and produce luxuriant crops of grain, with some cotton, vines, almonds, olives and figs, but the most characteristic crop of Aegina today is pistachio.

In Greek mythology, Aegina was a daughter of the river god Asopus and the nymph Metope. She bore at least two children: Menoetius by Actor, and Aeacus by the god Zeus. When Zeus abducted Aegina, he took her to Oenone, an island close to Attica. Here, Aegina gave birth to Aeacus, who would later become king of Oenone; thenceforth, the island's name was Aegina.

Aegina was the gathering place of Myrmidons; in Aegina they gathered and trained. Zeus needed an elite army and at first thought that Aegina, which at the time did not have any villagers, was a good place. So he changed some ants (Greek: Μυρμύγκια, Myrmigia) into warriors who had 6 hands and wore black armor. Later, the Myrmidons, commanded by Achilles, were known as the most fearsome fighting unit in Greece.

Visit the Temple of Aphaea, dedicated to its namesake, a goddess who was later associated with Athena; the temple was part of a pre-Christian, equilateral holy triangle of temples including the Athenian Parthenon and the temple of Poseidon at Sounion.

Agia (Santa) Marina:

This gorgeous bay lies at the eastern part of the island Aegina (pop. 8924). Agia Marina is a preferred summer destination for greek and foreign tourists. It has a beautiful bay with a 500 m long sandy beach, shallow blue water, ideal for water sports and snorkelling. Protected from the usual northern winds, it provides a perfect shelter for swimming, dinner and staying overnight in a bay, close to Athens, instead of returning to the harbour a day early.



