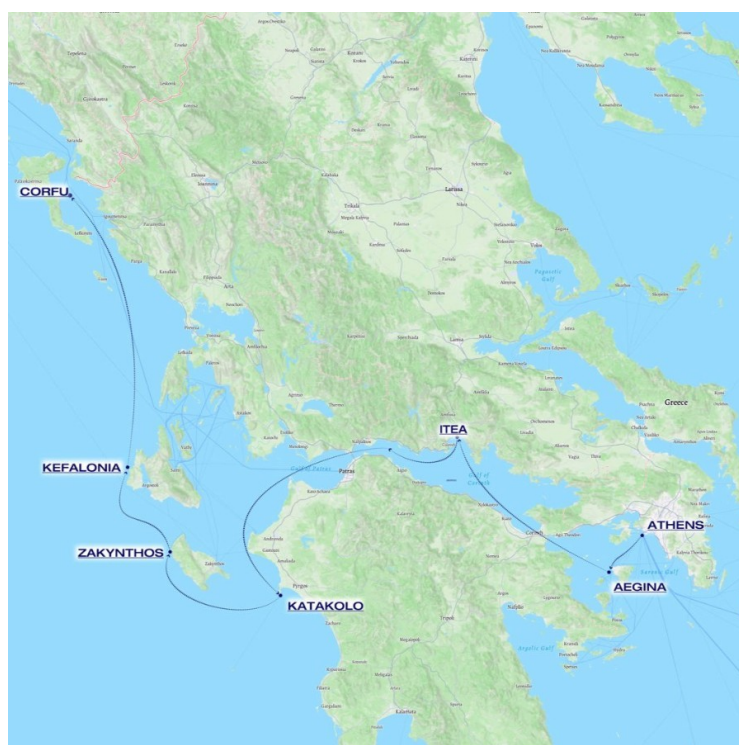




BIKE AND SAIL GREECE CRUISE - FROM ATHENS TO CORFU

Explore Greece on an unforgettable bike cruise! From Athens to Corfu, ride through breathtaking landscapes, visit ancient landmarks, and soak in the charm of Greek islands. This journey blends cycling, history, and culture for the ultimate adventure.



ITINERARY

Day 1 Athens

Ten kilometres southwest of central Athens, Piraeus is dazzling in its scale, its seemingly endless quays filled with ferries, ships and hydrofoils. While technically its own city, it melds into the Athens sprawl, with close to half a million people living in the greater area.

The most attractive quarter lies east around Zea Marina and Mikrolimano harbours. The latter is lined with cafes, restaurants



and bars often filled with people who've disembarked from their yachts for the day.

Please note that check-in starts 3 hours prior to departure and all guests should be on board the ship no later than 1 hour prior to the scheduled departure.

Day 2.1 Aegina

Aegina offers finest pistachios in the world, olive groves and some of the most significant monasteries and temples of Greece.

Glorious historical past left Aegina with many ancient monuments open for sightseeing. The most impressive archaeological site of the island is the Ancient Temple of Athena Aphaia, dating back to the 6th century BC. It forms in fact an equilateral triangle with the Parthenon and the Temple of Poseidon at Sounion, the so-called "holy triangle" of the antiquity.

Other important sites are the Temple of Apollo and the Temple of Ellanios Zeus.

Aegina is a food lover's paradise- from pistachios being ubiquitous to the freshest seafood.

Day 2.2 Corinth Canal

The Corinth Canal is a canal that connects the Gulf of Corinth with the Saronic Gulf in the Aegean Sea. It cuts through the narrow Isthmus of Corinth and separates the Peloponnesian peninsula from the Greek mainland, thus effectively making the former an island. The canal is 6.3 kilometers (3.9 miles) in length and was built between 1881 and 1893.

The Corinth Canal, though only completed in the late 19th century, was an idea and dream that's dates back over 2000 thousand years. It saves the 700-kilometers (430 mi) journey around the Peloponnese! The strip of land that connects the Peloponnese and mainland Greece is called the "Isthmus". At its narrowest point, it is only 4 miles wide, and in ancient times, one could see from one side to the other.

Day 3 Itea

Located in the Fokida region of Central Greece, Itea is a small waterfront town located in close proximity to the archeological site of Delphi. Featuring a relatively new port that hosts a number of vessels, Itea's view of waters and imposing mountains in the horizon make for a pleasant stroll or coffee by the sea. Itea features a comfortable beach in its vicinity.

Also up north right outside the town you can visit Moka Honey Farm. Same property also offers an Olive Stories Tour.

Cycling: ~36km, circular route.

Route: Itea Marina -> Delphi village -> Delphi archaeological site -> Return to the marina.

Estimated moving time: ~1h30min.

Day 4 Katakolo

Katakolo is a gateway for the archaeological site of Olympia, the birthplace of the Olympic Games. Adjacent to the port is the sunken ancient city and port of Pheia.



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The small city itself is picturesque and offers a variety of restaurants, coffee shops, and shops. And the view to the traditional lighthouse. Try kreokakavos, oktapodi or musaka in Olympia taverns. More gastronomy awaits you at the Magna Grecia farm. The property has an olive press museum and offers tastings and full lunches.

Be sure to visit reconstructed interactive exhibits-replicas of the ancient greek inventions in Museum of Ancient Greek Technology in Olympia. Katakolon also features a similar museum.

A short distance from the port of Katakolo, there are many diverse beaches, mostly sandy.

Cycling: ~67km, circular route.

Route: Katakolon Marina -> Archaeological site of Ancient Olympia -> Return to the ship.

Estimated moving time: ~2h40min.

Day 5 Zakynthos

Zakynthos, the most reserved island of Greece

Zakynthos is the only Greek island having international status of the natural wildlife preserve. The island has been called "The flower of Mediterranean East" for its beauty and balmy gardens. Mirror-like waters of Zakynthos may be seen on almost every postcard of Greece.

Yachts floating on the water surface appear to be suspended in the air. It would be a crime to visit and not to swim in this magical place! Once in Zakynthos town, one may go to the National Sea Wildlife Preserve or visit the temple of Saint Dionysus, the local winery and the olive oil pressing factory or walk along the coastal avenue - Strata Marina - the liveliest street in the town, filled with coffee shops, bars and restaurants.

Cycling: ~32,5km, circular route.

Route: Zakynthos Marina -> Gerakas National Park -> Return to the ship.

Estimated moving time: ~1h20min.

Day 6 Kefalonia

Kefalonia, the largest Ionian island

Kefalonia is the island of sailors and mountain climbers, Greeks and Venetians, winemakers and travelers. Here stands Enom - the tallest mountain of Ionic islands (1628 m), covered with unique pine trees. Those willing to make a pilgrim tour may get into the Saint Gerasim monastery. There you will find an ancient sycamore tree still standing, said to have been planted by the saint himself. His cave-cell is located under the building of the monastery.

Then we shall go for Andrew the First-Called Apostle monastery, the museum with miracle-making icons of Stephano Tsagarol, the Monastery of Saint Crucifixion in Pessado and the Church of the Blessed Virgin Mary with benches. It is also possible to pop



into the local winery, where six kinds of Kefalonian wine are being made out of Robola grape.

Another excursion will go to the famous Drogarati cave with stalactites, stalagmites and unusual acoustics, due to which Maria Kallas and Luchano Pavarotti took the floor there once. Then the observation ground above the famous beach Mirtos awaits us, followed by a lunch in the picturesque nearby village of Agia Efimia. Our trip will end with the visit to the underground lake Melissani; the cave that once stood over it was destroyed during an earthquake. Now the lake is exposed to the sun, which creates beautiful light show on the water with colors ranging from sky-blue to intense dark-blue.

Day 7 Kefalonia

Kefalonia, the largest Ionian island

BALANCED ROUTE OPTION

Cycling: ~49 km, circular route.

Route: Argostoli Yacht Marina -> Melissani Lake -> Return to the ship.

Estimated moving time: ~2 hours.

CHALLENGING ROUTE OPTION

Cycling: ~80 km, circular route.

Route: Argostoli Yacht Marina -> Melissani Lake -> Myrtos Beach -> Return to the ship.

Estimated moving time: ~3h20min.

Day 8 Corfu

Still recognisable as the idyllic refuge where the shipwrecked Odysseus was soothed and sent on his way home, Corfu continues to welcome weary travellers with its lush scenery, bountiful produce and pristine beaches.

Since the 8th century BC the island the Greeks call Kerkyra has been prized for its untamed beauty and strategic location. Ancient armies fought to possess it, while in the early days of modern Greece it was a beacon of learning. Corfiots remain proud of their intellectual and artistic roots, with vestiges of the past ranging from Corfu Town's Venetian architecture to British legacies such as cricket and ginger beer.

Please note:

Itineraries are subject to change.



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YOUR SHIP: RUNNING ON WAVES

YOUR SHIP:	Running On Waves
VESSEL TYPE:	Three-Mast Sailing Vessel, Barquentine
LENGTH:	64 metres
PASSENGER CAPACITY:	42
BUILT/REFURBISHED:	

Running On Waves is one of the biggest sailing yachts in the world. According to SOLAS convention, the highest safety standards are maintained on board a vessel of this class, the same as would apply to a cruise liner carrying thousands of passengers. "Running on Waves" operates under the flag of Malta. The ship was conceived to combine maneuverability of a sport yacht, the highest standards of comfort and decor, and a shallow draft that allows calling at small marinas inaccessible even to many a big yacht, let alone cruise liners. The unmatched draft of 3.2 metres was made possible owing to a brilliant idea to use lead ballast. The uniqueness of a number of technological solutions confirmed by the US Patent Department. Every guest of ours enjoys 15,5 square metres of available open teakwood deck space, that is three times more than aboard most expensive cruise ships and would befit a most prestigious private mega-yacht. The policy of the Company is to always keep the boat in a mint condition. That is why, despite her tender age, we do profound refitting every winter, so that in Spring she welcomes you in full glamour of perfection. Sails are our main driving power, thus we boast unbeatably low level of

fuel consumption, on average 75 l per hour only, which is about 10 times lower than on a motor boat of a comparable size. Premium comfort notwithstanding, RUNNING ON WAVES is nothing close to a floating hotel or a museum on water, she is a supercharged windship, and with favourable wind can run at 16 - 17 knots under sail. The ship's superbly efficient ratio of sailing surface to displacement 2 sw.m/t makes her one of the fastest sailboats of old and new times. To make sailing comfortable at any sea conditions, cutting-edge technologies were used, such as pitch-killing stabilizers, while sophisticatedly calculated mass distribution prevents the hull oscillation frequency from resonating with the frequency, which affects human vestibular system. There are desalinators on board which account for the unlimited supply of fresh water. Air-conditioning throughout the vessel makes you feel a sheikh even in hottest days of Mediterranean summer. Our state-of-the-art hydraulic ramp at the stern of the vessel allows for a direct access to water for swimming and water sports. Sun Deck Primary feature -- a spacious deck for sunbathing with 16 chaise lounge chairs, which are accessible at any time absolutely free of charge. Additionally, the ship has a large area of covered surfaces, creating vast shaded zones on open decks, which allow for an enjoyable cruise while being protected from the sun. A fresh water Jacuzzi-swimming pool, accommodating six people, is located in the fore of the ship. In the aft of the ship, navigation equipment is behind the command bridge, followed by the massage center and the lounge area. A tour of the command bridge can be arranged at passenger's request. One may enjoy professional massage services in the massage parlor, followed

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by some downtime on a small sofa in the lounge area. Main Deck The restaurant located on the Main deck is ready to please the ship's guests with delicacies of Mediterranean cuisine. A fantastic Ocean Bar, located in front of the restaurant in the central part of the deck, offers refreshing drinks and exotic cocktails. You can enjoy your breakfast seated on comfortable sofas located in the cockpit, aft of the ship. Smoking is not prohibited in this zone. An observation deck in the fore of the ship is above the bowsprit, creating the feeling of flying over the water! Mini-suites and Premium cabins are located on the main deck. Size of the cabins vary from 16m2 to 20m2 (172ft2 - 215ft2). Tween Deck Passenger cabins occupy most of the tween deck. Crew cabins, companion cabins for the crew and the galley are also located on the tween deck. Fully equipped Water sports center with access to a hydraulic ramp is located in the stern. The stern can be opened up and lowered onto the water, transforming into a diving deck for water sports and recreation. Standard cabins and economy class cabins are located on the tween deck. Cabin sizes vary from 11m2 to 12m2 (118ft2

- 129ft2).



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ADDITIONAL CHARGES:

Port Taxes 395 EUR pp



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