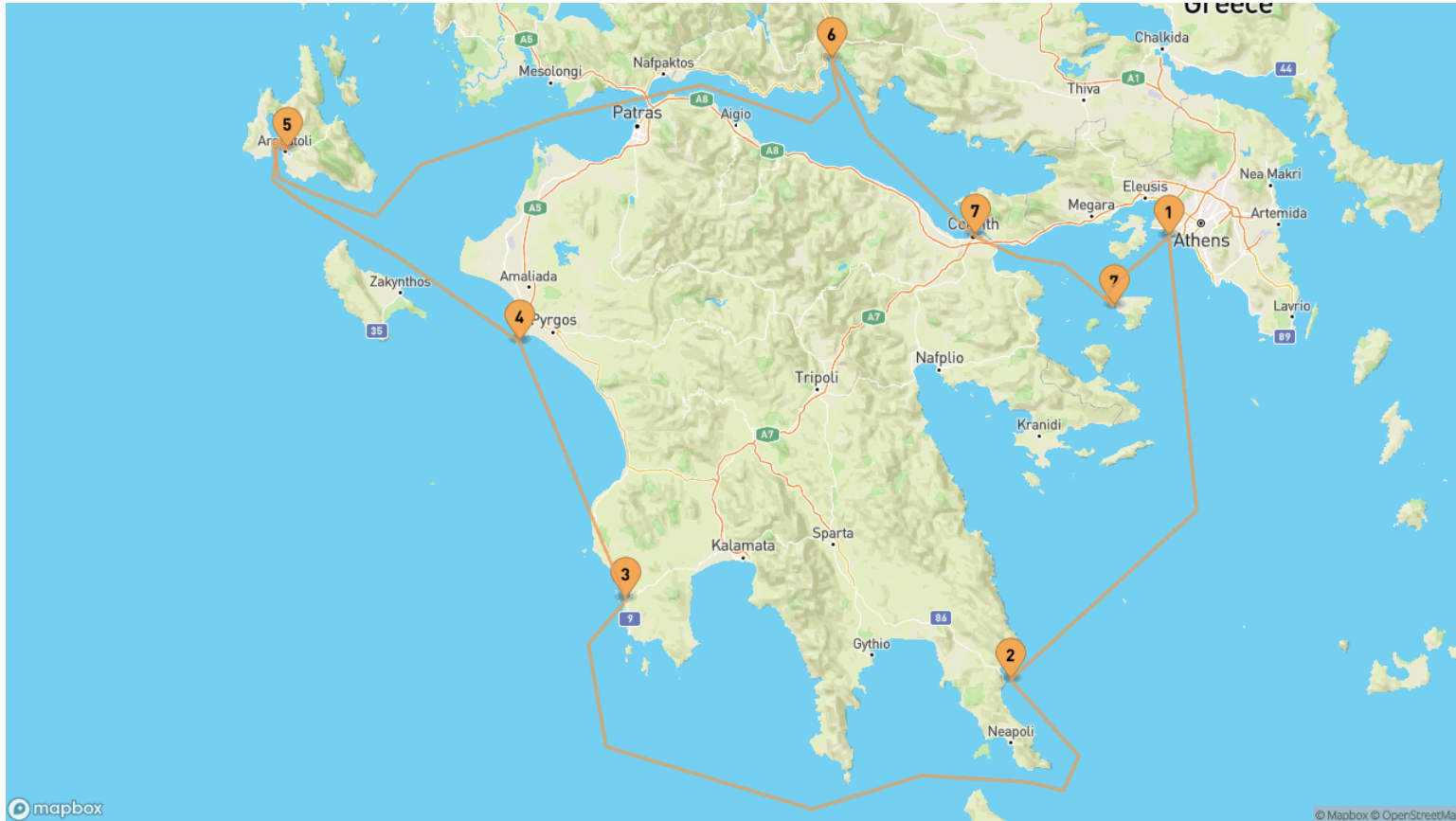




The place where Paris and Elena were first coupled together attracts poetic souls and gives wide flight for imagination. The kingdom of Nestor, legendary Sparta and Mistras revive history. And you will definitely remember the Gibraltar of the East.

- Regions / Countries: **Greece**
- Duration: **8 Days / 7 Nights**
- Tags: **Mainland port, Island, Town, Village, Greenery, Popular, City**
- URL: <https://embarq.travel/boats/running-on-waves/peloponnesus-cruise-yoga-retreat-plus/>



## Day 1



### [Greece / Athens-Piraeus](#)

Mainland port

City where you can find a Roman tomb in the basement of the clothing store and a metro station where you can walk through the remnants of an ancient necropolis.

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.



## Day 2



### [Greece / Monemvasia](#)

Island, Mainland port, Town, Village

Monemvasia is a Medieval Castle Town, exclusively carved on a huge rock looking as if it came down from a fairy tale.

Medieval city on a rock

Monemvasia is a Medieval Castle Town, exclusively carved on a huge rock looking as if it came down from a fairy tale. The island is linked to the mainland by a short causeway 200m in length.

Go back in time wondering in paved narrow streets, viewing the elegant stone mansions and the Byzantine churches, such as the church of Agia Sofia and Christ Elkomenos. Do not also miss the breathtaking sea view from the top of the Castle during your Monemvasia holidays.

Try Greek Malvasia wine. In 12-15th centuries this wine ruled the Europe. The name "Malvasia" comes from Italian word "Malvasia" for Monemvasia; because it was a trading center.



**Yoga session onboard**

[Monemvasia castle alleys](#)

Castle

Get lost in the zigzagging alleys past castle Walls, among medieval mansions and 40 churches.





## Day 3



### [Greece / Pylos](#)

Mainland port

Mirriad of beaches across a vast bay, lagoon with flamingos, waterfalls, caves, castles, tombs, kayaking and diving, golf center and natural resorts - entwine activities into a hit pack in Pylos.

Mirriad of beaches across a vast bay, lagoon with flamingos, waterfalls, caves, castles, tombs, kayaking and diving, golf center and natural resorts - entwine activities into a hit pack in Pylos.

Pylos is built amphitheatrically in the bay of Navarino, where the historic battle took place, and is defined by the Isle Sfaktiria. In Pylos there are many historical and natural attractions. Among them, Paleokastro, Niokastro, the cave of Nestor, the lagoon of Gialova, the bay of Voidokilia - one of the most spectacular beaches and bays of Greece. the impressive ancient trees that dominate the Square of Trion Navarchon, downtown, combined with the breathtaking views of Sfaktiria Island create a separate idyllic atmosphere.

Very few towns in Greece gather this many myths. Hercules, Odyssey, Jason. Trojan War, Argonauts, and Odyssey. Zeus, Athena, Poseidon, and Hades. According to Homer, Pylos was the kingdom of Nestor.



**Yoga session onboard**

## Yoga open air session in Pylos



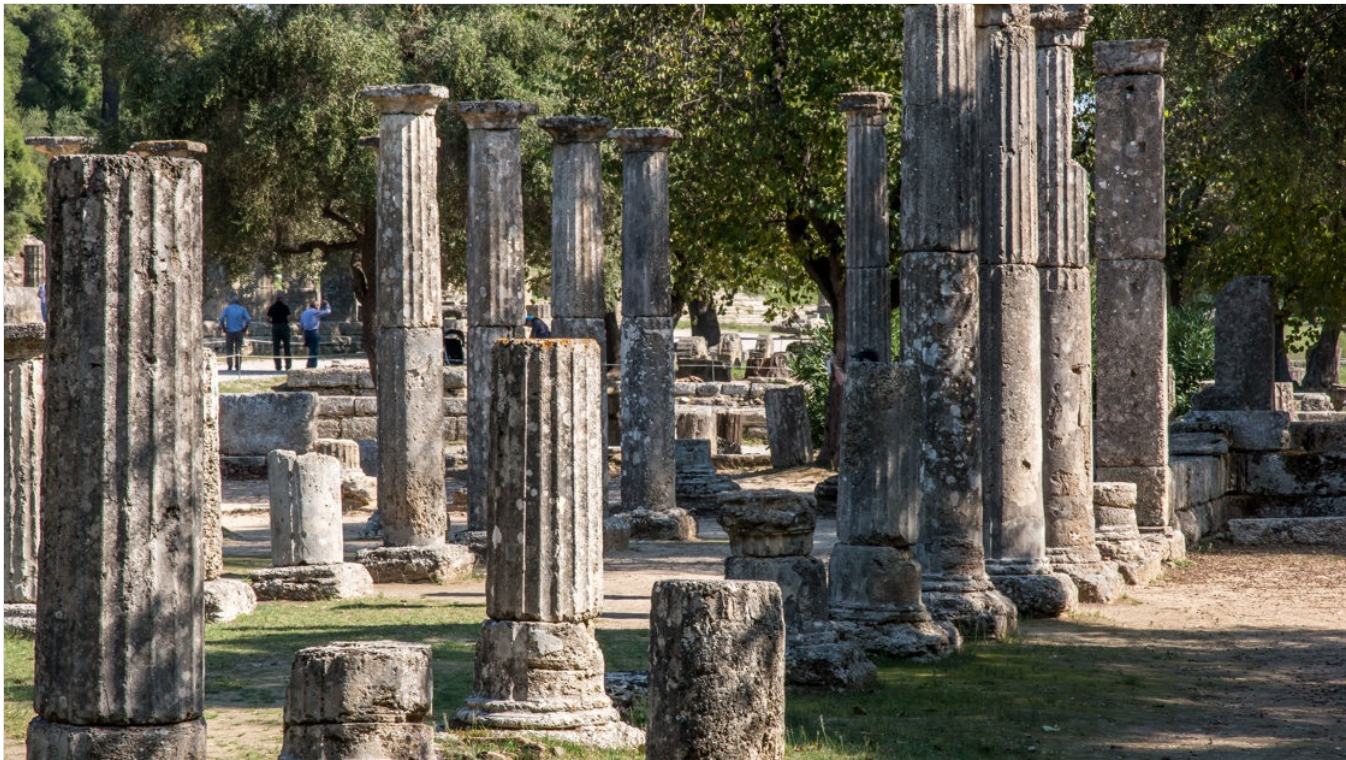
## [Pylos area waterfalls](#)

Nature

Three waterfall spots - Kalamari by Schinolaka (the closest to Gialova), Pollimnio by Kazarma and the waterfall of Valta near Gargalianoi



## Day 4



### [Greece](#) / [Katakolo](#)

Mainland port

Katakolo is the port for the homeland of the Olympic Games.

Port for the homeland of Olympic Games

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.

The small city itself is picturesque and offers a variety of restaurants, coffee shops, and shops. And the view to the traditional lighthouse.

Be sure to visit reconstructed interactive exhibits-replicas of the ancient greek inventions in Museum of Ancient Greek Technology.

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



**Yoga session onboard**

## Olympia

Historic, Architecture

Discover ruins of ancient Olympia – the homeland of Olympic Games



Yoga open air session in Olympia



## Day 5



### [Greece / Kefalonia](#)

Greenery, Island, Popular

Kefalonia welcomes you with the world's best beaches, rare Caretta-caretta turtles and wild Black Mountain. Mystery seems to live everywhere here: in caves with underground rivers, with sacred snakes coming to Lagouvarda monastery, and at archeological findings.

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 Povarotti 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.



**Yoga session onboard**

## Yoga open air session on Kefalonia



### [Melissani Cave](#)

Cave

Underground lake filled with brilliant blue water from an underground current which mysteriously flows right under the island

### [Myrtos beach](#)

Beach

One of the 10 most beautiful beaches in the world





## Day 6



### [Greece](#) / [Itea](#)

Mainland port, Town

Delphi is the main goal of sailing to Itea's port. Delphi is the ancient sanctuary that grew rich and greatly influential as the seat of Pythia, the oracle who was consulted about important decisions throughout the ancient world.



### [Delphi ancient monuments](#)

Historic, Architecture, Culture

Imagine yourself in 4th century BC following the sacred path to Apollo temple.

Arriving to Itea port – it's where Apollo carried first Delphi priests. He took a shape of a dolphin and showed them the way. So maybe Delphi took its name after Apollo Delphinios. Another version is that Delphi comes from delphys (womb), indicating archaic veneration of Gaia at the site.



## Day 7



### [Greece / Corinth](#)

Mainland port, Popular, City

Touch a legend, witness Corinth canal, a man-made miracle, and Ancient Corinth – whilom immensely wealthy and powerful city, a highly desirable conquest.

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.



### [Corinth Canal](#)

Special

A historic canal that connects the Gulf of Corinth with the Saronic Gulf, located near the port of Athens. Visitors can take a boat tour to see the canal up close and appreciate the impressive engineering feat that created this important waterway.



## Yoga session onboard



## [Greece / Aegina](#)

### Island

Finest pistachio of the world, olive groves, and some of the most significant monasteries and temples of Greece. Aegina is unspoilt by tourists and represents genuine life without the extra buzz.

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.



**Yoga open air session on Aegina**



## Day 8



### [Greece / Athens-Piraeus](#)

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