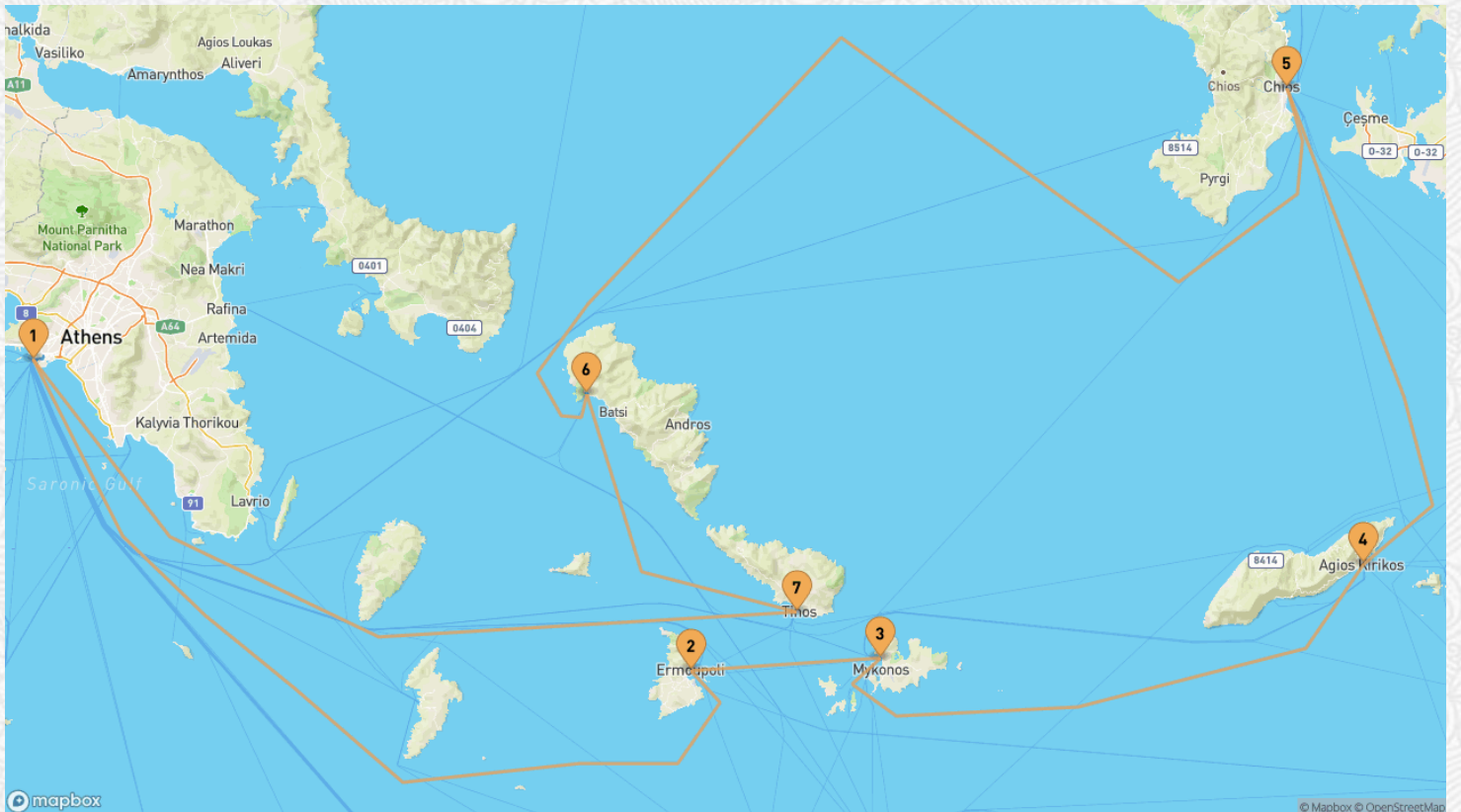




On this voyage you will be taken a bit off the beaten track, and what breathtaking discoveries await you there! Homer's birthplace - the Mastic island; the most male island, too; the fountain town... And you will get to know the style of life in one of only five world's Blue Zones.

- ⦿ REGIONS/COUNTRIES: 🇬🇷 Greece
- ⦿ DURATION: 8 Days / 7 Nights
- ⦿ DISTANCE: 839.6 Kilometers / 521.5 Miles
- ⦿ AVERAGE: 105.0 Kilometers per day / 65.2 Miles per day
- ⦿ TAGS: Mainland port, Island, Popular, Nightlife, Greenery
- ⦿ URL: <https://embarq.travel/boats/running-on-waves/cyclades-cruise-under-sail-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.

Birthplace of democracy and cradle of Western Civilization. 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.



## ATHENS ACROPOLIS

📍 Historic, Architecture

Start your grand tour of Athens with a proper visit of the Acropolis, the heart of Athens. It hosts many iconic buildings of the Greek Classical age, among them the Parthenon, the Erechtheion, and the Temple of Athena Nike.



# YOGA





# Day 2



## Greece / Syros

📍 Island, Popular

The head island of all the Cyclades and Dodecaneses. The island is famous for its vast array of options for gastronomy and hidden caves and fortresses. The promenades and alleys of main towns will leave you breathless.

Sitting in the heart of the Aegean Sea, Syros is a mixture of Cycladic and Venetian architecture. Just imagine whitewashed houses blending with colorful mansions and big churches, surrounded by the Cycladic nature. Dreamy, right? Ideal for families and couples who seek a romantic, yet laid-back holiday destination, Syros has an elegant and nostalgic vibe that enchants every visitor.

Ermoupoli, the capital of Syros island and also the orthodox town of Syros, is an architectural gem! Colorful mansions, neoclassical buildings, imposing orthodox churches and squares, create the most postcard-perfect place in Syros! For a dip into the culture of Ermoupolis, visit the Town Hall building, which was created by Ernst Ziller, Apollo Theater and Pallas cinema.



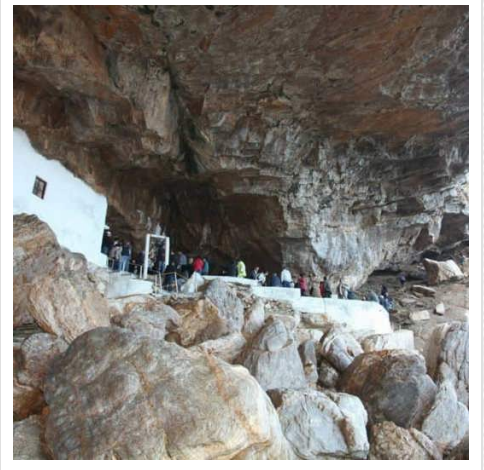
## YOGA SESSION ONBOARD



# AGIOS STEFANOS CHAPEL

📍 Cave, Church

A small chapel built inside a cave, best accessed by sea





# Day 3



## Greece / Mykonos-Delos

📍 Island, Nightlife, Popular

Star level island. Best nights out in the Aegean sea, and, perhaps, in the whole Mediterranean. And star level cultural heritage and history, and well-preserved traditional ways of living and cooking.

Mykonos is the great glamour island of Greece and flaunts its sizzling St-Tropez-meets-Ibiza style and party-hard reputation. It is the island of modern-day celebrities and not the island of spirits of the past. Sharon Stone and Brad Pitt, Madonna and Mike Jagger, Gina Lollobrigida and Sofia Loren visit quite often— this is a holiday! Enjoy!

Mykonos is the jumping-off point for the archaeological site of the nearby island of Delos.



## DELOS ANCIENT SITE

📍 Historic, Architecture, Art

Numerous ancient monuments featuring many temples, maisons, statues, Agora of the Competalists and the ancient theatre



# YOGA OPEN AIR ON DELOS



## LITTLE VENICE DISTRICT

📍 Architecture, Culture

Spend the best romantic night of your life in the Neighbourhood of Little Venice in the island's capital



# Day 4



## Greece / Ikaria

📍 Island

Ikaria is one of the five Blue Zones in the World - places where people reach extraordinary high ages. The island was named 2 years in a row "The Best Greek Island for Nature Lovers" by CNN.

Located on the Eastern Aegean sea, Ikaria is one of the worldwide famous Greek Islands, mainly due to the longevity of its inhabitants and the Ikarian diet.

Its natural beauty is a standout, too, as the wild beauty of Ikaria is breathtaking. Rocky mountains, dramatic gorges, hiking trails, mesmerizing beaches, and rural villages set the scene of a dreamy holiday destination, especially for nature lovers!



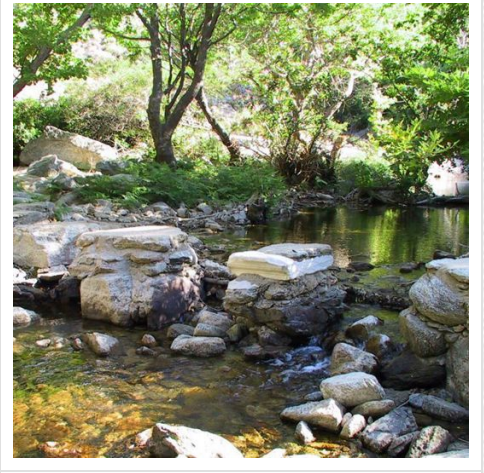
## YOGA OPEN AIR SESSION ON IKARIA



## HALARI GORGE

📍 Nature

Trek through old stone bridges through the Gorge of Halari - verdant place with small lakes, narrow rivers, and waterfalls.





# Day 5



## Greece / Chios

📍 Island

Island that flourished and received favors from other islands and cities thanks to its main symbol - mastic oil, that is available only on Chios. Mastic trees get enough love only here. Chios forests inspired many big authors and composers.

Although Chios has many stunning beaches, it is particularly famous for its medieval villages. Traditional villages, such as Pyrgi and Olympi stand out for their elaborate architecture and fortification-like structure. You'll probably haven't seen anything similar to the traditional houses of Chios before! Their facades are decorated with black and white geometrical designs, while they are surrounded by labyrinth-like narrow alleys that emit a mysterious feel.



## YOGA SESSION ONBOARD



# YOGA OPEN AIR SESSION ON CHIOS



## MASTIC OIL

📍 Nature, Food

Walk around majestic mastic, citrus and almond tree forests all across Chios

## PYRGI VILLAGE

📍 Culture, Architecture

Observe another gem of the whole island, the unique architectural style called sgraffito, which you cannot find anywhere else in Greece





# Day 6



## Greece / Andros

📍 Island, Greenery

Andros is a rare Cyclades island abundant with water. It nurses dense forests, lemon groves, plane trees and rare flora. Andros accommodates mountain ranges, ravines, valleys and plateaus, and numerous cultural sites like one of the world's most impressive maritime villages, ancient cities, Hellenistic age towers, churches and others.

Andros Chora, the island's capital, is a mixture of Venetian, Byzantine and Ottoman architecture. Palaiopolis, the ancient capital of Andros, the prehistoric Plaka settlement and Zagora settlement are must-visits.

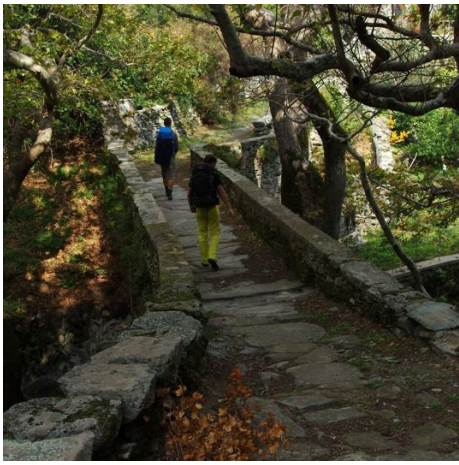
The natural beauty of this verdant island is divine! The hiking paths that cross Andros Greece, will give you the chance to explore its lush vegetation.



## YOGA OPEN AIR SESSION ON ANDROS



## YOGA SESSION ONBOARD



### APIKIA VILLAGE

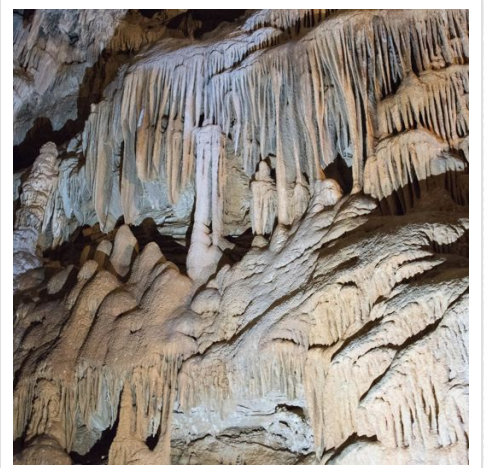
📍 Nature, Traditional

Hike up to the greenest village of the Cyclades – Apikia, drink from Sariza springs (this water is bottled and goes all over Greece), and watch Pithara waterfalls and Byzantine churches.

### CAVE OF FOROS

📍 Cave, Nature

A large 200 square meters cave with stalactites and stalagmites



### RAVINE OF PITHARA

📍 Nature, Wildlife

Follow the path through Ravine of Pithara to see rare species of birds, plants and wild flowers.



# Day 7

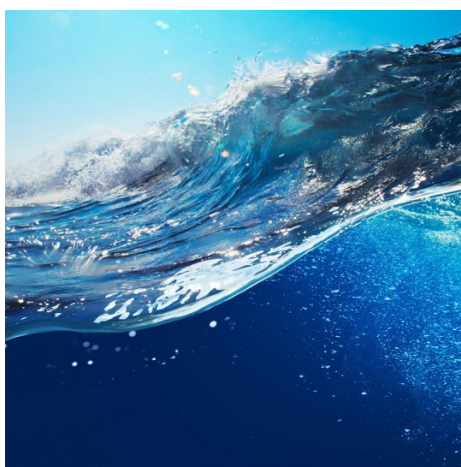


## Greece / Tinos

Island

Tinos is the largest pilgrimage center in Greece for both Orthodox and Catholics. The island is known for its 80 or so windmills, about 1000 dovecotes, Venetian fortifications at the mountain, marble carving and famous sculptors and painters. It is charmingly old-fashioned and handcraft.

Located on the northern side of the Cyclades group of islands, Tinos is one of the most enchanting Greek Islands. Beautiful sandy beaches, traditional villages and minimal Cycladic architecture create a unique atmosphere that never fails to captivate the visitors.



## YOGA OPEN AIR SESSION ON TINOS



# YOGA SESSION ONBOARD



## EXOMVOURGO

📍 Architecture, Historic

Climb up to see 4th century BC Venetian fortification and the remnants of ancient center of Tinos

FFF





# Day 8



## 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.



