



GO WITH
THE FLOW

Saturday

Alimos - Kythnos - Distance: 50NM/ EST En Route: 7hrs

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|---------------|---|
| 09:00 - 11:00 | Meeting at the Airport |
| 11:00 - 13:00 | Acropolis Guided Tour & Museum (Optional - Not Included in the price) |
| 13:00 - 15:00 | Lunch at Athens City Center |
| 15:00 - 16:00 | Transfer to the Marina |
| 16:00 - 17:00 | Boats Check In |
| | <u>Sail to Sounion Bay (Temple of Poseidon) or Athens Marina.</u> |
| 17:00 - 23:00 | Dinner while Sailing |

Sunday

Kythnos Island - Merichas Marina | Marina Mooring

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|---------------|---|
| 07:00 - 08:30 | Breakfast |
| 08:30 - 10:00 | Yoga Session at Kanala Bay |
| | Sea Activities: Stand Up Paddle Board Excursion Snorkel Excursion |
| 10:00 - 12:30 | Subwing |
| 12:30 - 13:00 | Transfer at Merichas Port Kythnos |
| 13:00 - 14:00 | Lunch at Merichas Port Kythnos |
| 14:00 - 18:00 | Kythnos Main Town & Kanala Bay |
| 18:00 - 20:00 | Hike from Kanala to Chora |
| 20:00 - 22:00 | Dinner & free Time at Chora |
| 22:00 - 22:30 | Return to Merichas Port/ Overnight in Kythnos |

Monday

Kythnos Island - Sifnos Island (Vathi Bay) | Off shore Mooring | Distance: 35NM/ EST En Route: 6 hrs

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|---------------|---|
| 07:00 - 09:00 | Breakfast |
| 09:00 - 13:00 | Sail to Sifnos island - Vathi Bay (4hours) - Mooring Offshore |
| 13:00 - 15:00 | <u>Lunch at local restaurant</u> |
| 15:00 - 17:00 | Rest time or optional hike |
| | Sea Activities: Stand Up Paddle Board Excursion Snorkel Excursion |
| 17:00 - 19:00 | Subwing |
| 19:30 - 20:30 | Sunset Yoga Session at Vathi Bay |
| 21:00 - 22:00 | Dinner on Vathi Bay (Restaurant or on boats) |
| 22:00 - 23:00 | Philosophy Night / Overnight in Sifnos |

Tuesday

Sifnos Island - Kamares Marina | Marina Mooring

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|---------------|---------------------------|
| 07:00 - 08:30 | Breakfast |
| 08:30 - 10:00 | Yoga Session at Vathi Bay |

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| 10:00 - 11:00 | Free Time |
| 11:00 - 12:00 | Bus to Apollonia |
| 12:00 - 14:00 | Lunch |
| 14:00 - 18:00 | Hike to Kastro & Explore |
| 18:00 - 19:00 | Hike back to Apollonia & Artemonas Village |
| 19:00 - 21:00 | Dinner to Apollonia or Artemonas |
| 22:00 - 22:15 | Bus to Kamares Bay |
| 22:15 - 00:00 | Free time Overnight in Sifnos |

Wednesday

Serifos Island - Mega Livadi Bay | Off Shore Mooring | Distance: 20NM/ EST En Route: 3,5hrs

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|---------------|---|
| 08:00 - 09:00 | Breakfast |
| 09:00 - 12:00 | Sail at Serifos - Mega Livadi or Serifos Marina (Weather depended) |
| 12:00 - 14:00 | Light Lunch |
| | Sea Activities: Stand Up Paddle Board Excursion Snorkel Excursion |
| 14:00 - 19:00 | Subwing |
| 19:00 - 20:00 | Sunset Yoga Session at Mega Livadi |
| 20:30 - 22:00 | Dinner on the beach / Overnight in Serifos |

Thursday

Serifos Island - Kea Island - Karthea | Off Shore Mooring | Distance: 26NM/ EST En Route: 4,5 hrs

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|---------------|---|
| 07:00 - 09:00 | Breakfast |
| 09:00 - 12:00 | Sail at Kea - Karthea Bay & Offshore Mooring |
| 12:00 - 14:00 | Light Lunch |
| | Sea Activities: Stand Up Paddle Board Excursion Snorkel Excursion |
| 14:00 - 19:00 | Subwing |
| 19:00 - 20:00 | Sunset Yoga Session under Karthea Temple |
| 20:00 - 22:00 | Beach Dinner & Party at Karthea - DJ Set |

Friday

Kea Island - Karthea - Fleves Island | Distance: 33NM/ EST En Route: 5 hrs

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|---------------|------------------------------------|
| 07:00 - 09:00 | Breakfast |
| 09:00 - 10:00 | Morning Yoga |
| 10:00 - 15:00 | Sail at Fleves secret Cove |
| 13:00 - 15:00 | Light Lunch on board while sailing |
| 15:00 - 16:00 | Free Time |
| 16:00 - 18:00 | Sail at Athens Marina |
| 18:00 - 19:00 | Packing Process |
| 20:00 - 22:00 | Dinner in Athens |

Saturday

Check Out

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|---------------|--|
| 07:00 - 08:00 | Breakfast |
| 08:00 - 09:00 | Check out |
| 09:00 - 09:30 | Bus drive to Eleftherios Venizelos Airport |

The above itinerary is a sample suggestion. It will be moderated and finalized based on the retreat leaders requirements and group needs.

The daily itinerary is weather depended and subject to group dynamics. In the case of very strong winds (>26knots) or that part of the group prefers a lower intensity sailing trip we might need to slower the pace or visit fewer islands. Whatever the case we will have tons of fun and explore amazing new places and cultures.