



The Small Cruise Ship Collection

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AUTHENTIC GREECE CRUISE. PELOPONNESUS

Your adventure begins when the stewards meet you at the port, collect your luggage and help you through short formalities at a cruise terminal. On board the Crew greets you with a welcome drink and after a minute-long check-in you receive your electronic key, which provides access to your cabin and the vessel herself. Then you have time to relax and look around, and before we hoist sail you are invited to a safety drill in compliance with the highest SOLAS safety requirements applied to passenger vessels. Put your mind at rest, though: it is nothing tedious but rather a kind of a show where you get to know a lot of interesting things. Shortly afterwards you are asked for a dinner, a non-culinary brief preamble to which is a presentation of our multilingual crew by the Captain. Now you have a chance to appreciate the mastery of the Chef and the opulence of seasonal Greek products. This evening, like all other evenings during the voyage, you have a wide choice of dancing, singing karaoke, watching movies from our collection, playing table games or socializing at one of our bars. Or simply meditating under the starry sky... If you are an early bird, you may be willing to take the benefit of sunrise swimming from the stern apparel or attend yoga classes by the professional instructor. We usually have only one full day at sea or none at all, making calls at a new exciting island or marina every day. Our Cruise Director will thoroughly arm you with abundant information on each destination during regular "port talks", so you could explore a new land on your own or in a company. If we are anchored, our all-day free tender service will deliver you ashore or back to the ship at your convenience. Should you prefer to have an excursion with a professional guide or need transportation, we

will be happy to arrange it for you. Of course, you will enjoy swimming from the apparel and making use of a wide variety of water-toys available aboard. Alternatively, in case the ship is berthed, the Crew will deliver you to the best beaches in the neighbourhood. And there will be a lot of sailing, too. While roving the sea, we will do our best to let you immerse into the genuine atmosphere of marine travel. We start with a tour of the ship, succeeded with the Bridge tour and the Engine tour. And we sincerely recommend you took part in our exclusive Marine Activities: children and adults alike will admire tying sailor's knots under the Boatswain's guidance; why not try yourself at mast climbing; the Captain and the Officers give regular master-classes on celestial navigation, sails setting, and probably the most exciting of all – you can put your hands on the steering-wheel and run the huge ship yourself like Captain Sparrow, basking in the feeling of freedom. Tired of facing challenges? Then get rejuvenated in the massage cabinet or in the sun-deck jacuzzi, or simply relax in the open, breathing salty air – the amount of shadowed areas on board **RUNNING ON WAVES** is unprecedented, so you can spend all day at the deck without running a risk of getting sun-burnt. Want a shake-up? To recharge your batteries join our Zumba-fitness classes. Apart from daily pampering you with gastronomic delights, the Chef gladly shares with you the secrets of culinary art at Chef's master-classes, and the Stewards give lessons on towel-folding and serviette-folding craft. And once or twice during a cruise you are kindly asked for an a la carte Captains' Dinner. During wine-tasting sessions you get acquainted with wines of Greece and Cyprus – perhaps, less known but no less excellent than

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many a world-famous brand. As we ourselves are entranced with wonderful Greek culture, we could not resist the temptation to share with you all we know about it, so let us learn Greek language and Greek dancing, our Greek crew members are happy to see to it. The boatswain invites you to the photo-safari where you can make stunning pictures of the barquentine going under full sail. Nevertheless, there comes time to say good-bye. According to statistics, nearly all our first-time guests want to come back again and most do so, and our passion is about seeing you

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 Spetses

Spetses is where superyachts pop up and out next to traditional wooden fishing boats and where the super-rich rub shoulders with the locals in quayside tavernas. All are drawn to this pine-covered island for its clear waters, coves and Spetses Town. Try local fish a la spetsiota in one of the cafes, bars and restaurants around the Old Harbor, or sit with a coffee and observe the amazing building of Grand Hotel Poseidonion. Spetses was the filming location of such movies as Glass Onion: A Knives Out Mystery, The Lost Daughter, "The Magus" by John Fowles.

Day 3 Nafplio

Nafplio is famous for numerous fortresses, monasteries and the Medieval Old Town. It is a perfect start point to explore ancient Mycenae, Argos and Epidaurus. Try delicious seafood in restaurants at the sea promenade, or taste trachanas soup and artichokes salad from famous Nafplio artichokes at the seaside taverns.

Day 4 Monemvasia

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

return, too.

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Day 1 Piraeus/Athens





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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. Monemvasia is also mentioned in the story of Cervantes.

Day 5 Gytheio

Former port of Sparta Gythio is a quiet charming fishing town with authentic architecture and very few tourists. Gythio is also a base for excursions to legendary Sparta and Mistras. Fish taverns and beautiful mansions line up the port. Laconia region is famous for its citrus trees, figs, and tomatoes, as well as wine, ouzo, and tsipouro. Try ham in Mani and xoriatiko loukaniko in Sparta, which is a type of sausage. This place is surrounded by nice beaches. Mavrovouni is the most beautiful and longest beach close to Gythio, where the sea turtles Caretta-caretta go to lay their eggs in summer. Back in antiquity it was a port of Sparta. There is the islet of Cranae right at the entrance port. Here according to legend Paris of Troy and Helen from Sparta spent their first night together before departing for Troy, thus igniting the Trojan War.

Day 6 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.

Day 7 Katakolo

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. Try kreokakavos, oktapodi or musaka in Olympia taverns. 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.

Day 8 Kefalonia/Sami

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



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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. Other notable highlights is the Ainos natural reserve, the lakes, Diskardo traditional village and the filming location of Captain Corelli's Mandolin.

Day 9 Nafpaktos

Nafpaktos is a small town with a well preserved Venetian port and a castle. It opens a way to natural wonders of mountainous Nafpaktia. We will sail under the Rio-Antirio Bridge - longest span of its type in the world. It links Peloponnese to mainland Greece. Miguel de Cervantes fought here in the Battle of Lepanto. His statue is displayed by the port.

Day 10 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. 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 11.1 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 11.2 Epidaurus

Epidaurus is a cradle of ancient Greek drama and medicine. It is renowned for the abundance and high density of historical artifacts. Observe the Great Theatre – best preserved and most beautiful in Greece, famous for incredible acoustics and symmetry. It was constructed in 4th century BC for ceremonies in honor of god Asclepius. Other important ancient sites include Stadium of the Asclepieion of Epidaurus, Sanctuary of Asclepion and the Sunken city of Epidaurus.

Day 11.3 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. Touch traditional crafts at the pottery workshops in the village of Mesagros.* *Exact experience visits can change in the schedule and are not included in the cruise price.

Day 12.2 Piraeus

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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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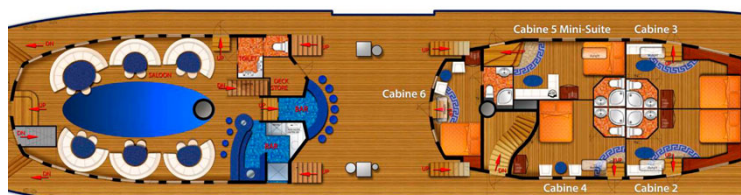
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INSIDE YOUR SHIP

Main Deck



Tween Deck



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PRICING

ADDITIONAL CHARGES:

Port Taxes and Fees 350 EUR pp



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