

The Small Cruise Ship Collection

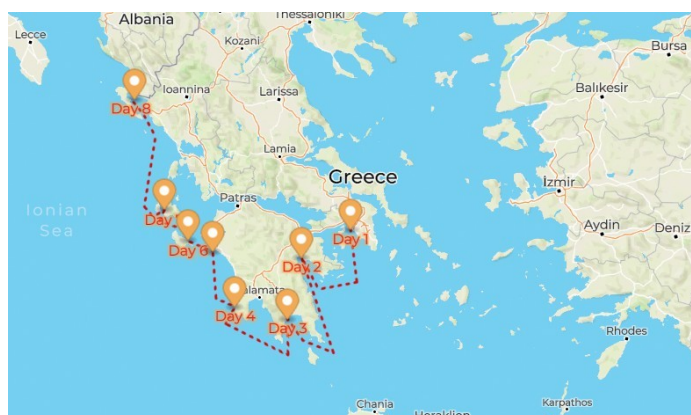
www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

PELOPONNESE CRUISE - SAIL FROM ATHENS OR CORFU

Travel from Athens to Corfu aboard Running on Waves on an eight-day journey combining sailing, cycling, ancient history and island exploration. The route follows the coastline of the Peloponnese before continuing into the Ionian Sea. Guests visit Nafplion, Gytheio, Pylos and Katakolo, then cross towards Zakynthos and Kefalonia before completing the voyage in Corfu. Along the way, the landscape changes from fortified harbour towns and the stone villages of Mani to archaeological sites, wide natural bays, sea caves and green Ionian islands. The programme combines time aboard a tall ship with opportunities to explore the destinations by road bike or on foot. Road bikes and guided or individual cycling tours are included, while e-bikes can be rented for an additional charge. The route introduces ancient landmarks, coastal roads, fishing towns and landscapes shaped by centuries of Greek and Venetian history. Between shore visits, guests can swim directly from the ship, snorkel, kayak, windsurf or relax in jacuzzi. The onboard programme may also include sail-handling practices, entertainment and karaoke, adapted to the weather, sailing schedule and preferences of the group. Full-board dining, spacious outdoor decks and a limited number of guests create a comfortable base throughout the journey. This cruise is suited to travellers who want to combine active exploration, archaeological heritage, Mediterranean landscapes and life aboard a sailing ship.



ITINERARY

Day 1 Piraeus

**** Afternoon ****

Arrive in Athens and make your way to Piraeus to board Running on Waves. After settling into your cabin, meet the crew, the guide and the other guests joining the voyage.

Take time to explore the ship's outdoor decks and onboard facilities. Guests arriving earlier can spend part of the day in Athens, visiting the historic centre or walking around the marinas of Piraeus before embarkation.

The Small Cruise Ship Collection
www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

****Evening****

The journey begins with a welcome and safety briefing, followed by the first dinner on board.

The guide introduces the programme for the week and explains how the cycling tours, shore visits and onboard activities will be organised. Running on Waves then leaves Athens and begins its passage towards Nafplion.

Day 2 Nafplion

****Morning****

Wake as Running on Waves approaches Nafplion, one of Greece's most atmospheric historic harbour towns.

After breakfast, go ashore to explore a town known for its ****fortresses, monasteries and Medieval Old Town****. Neoclassical buildings, narrow streets and waterfront promenades sit beneath the imposing Palamidi Fortress.

****Day****

Walk through Syntagma Square and the old harbour, look across the water towards the Bourtzi fortress or continue uphill towards Akronafplia and Palamidi.

Nafplion also serves as a starting point for exploring some of the Peloponnese's most important ancient sites, including ****Mycenae, Argos and Epidaurus****. Depending on the

programme, guests may explore the surrounding area by bicycle or join an organised shore excursion.

****Evening****

Return to Running on Waves for dinner and a relaxed evening on board.

Spend time on deck as the ship leaves the Argolic Gulf and continues south towards Gytheio.

Day 3 Gytheio

****Morning****

Wake near Gytheio, a quiet fishing town that once served as the port of ancient Sparta.

Breakfast is served with views of its waterfront, where fishing boats and neoclassical houses create an atmosphere that feels closer to a small island harbour than a mainland town.

****Day****

Go ashore to explore Gytheio and the surrounding region of Mani. Walk along the waterfront, cross towards the small island of Cranae or continue into the town's historic streets.

Beyond Gytheio, Mani is defined by ****dry mountain scenery, stone villages, defensive tower houses and small coastal coves****. Guests can discover the region independently, by bicycle or through an optional excursion, depending on the final programme.



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

The area also offers a distinctive culinary tradition. Try local cured pork from Mani or ****xoriatiko loukaniko****, a traditional village sausage associated with the wider Spartan region.

****Evening****

Return to the ship for dinner and time to rest.

Running on Waves leaves Gytheio and continues around the southern Peloponnese towards Pylos.

Day 4 Pylos

****Morning****

Wake as Running on Waves approaches Pylos, built amphitheatrically above the historic Bay of Navarino.

Breakfast is served on board with views of the bay, which is protected from the open sea by the long island of Sphacteria.

****Day****

The surrounding region offers one of the most varied landscapes of the voyage, combining ****wide beaches, a lagoon visited by flamingos, waterfalls, caves, castles and ancient tombs****.

Explore Pylos and its central Three Admirals Square, visit the harbour or continue towards one of the nearby historic fortresses. Depending on the programme, guests may also spend time kayaking, cycling, swimming or exploring the

coastline.

Other possibilities in the wider region include the curved bay of Voidokilia, the wetlands of Gialova, the waterfalls of Polylimnio and Methoni Castle.

****Evening****

Return to Running on Waves for dinner and a quiet evening overlooking Navarino Bay.

The ship later continues north along the western coast of the Peloponnese towards Katakolo.

Day 5 Katakolo

****Morning****

Wake as Running on Waves approaches Katakolo, a small harbour that serves as the maritime gateway to Ancient Olympia.

After breakfast, go ashore and prepare for the day's exploration.

****Day****

Travel inland towards ****Ancient Olympia, the birthplace of the Olympic Games****. The archaeological site includes the remains of the original stadium, the temples of Zeus and Hera, training grounds and buildings once used by athletes and officials.

Guests may explore the site as part of a cycling route or organised excursion, depending on the final programme. There may also be time to visit the Archaeological Museum, stop at a



traditional taverna or learn more about the olive-growing traditions of the western Peloponnese.

Those remaining closer to the coast can walk around Katakolo, visit its waterfront cafes or spend time at a nearby beach.

****Evening****

Return to Running on Waves for dinner.

The ship leaves the Peloponnese and begins its passage across the Ionian Sea towards Zakynthos.

Day 6 Zakynthos

****Morning****

Wake beside the pale cliffs and vivid blue water of Zakynthos.

After breakfast, Running on Waves approaches one of the island's coastal anchorages, allowing guests to experience a landscape of sea caves, rocky arches and secluded bays.

****Day****

Zakynthos is internationally recognised for its protected natural environment and as an important nesting area for the ****loggerhead sea turtle****.

Spend time swimming, snorkelling, kayaking or windsurfing when conditions allow. The programme may also include coastal exploration around the Blue Caves or time ashore in one of the island's villages.

Wildlife sightings cannot be guaranteed, and all activities near protected areas are organised in accordance with local environmental rules.

****Evening****

Return to Running on Waves for dinner and an evening on deck.

The ship leaves Zakynthos and continues north towards Kefalonia.

Day 7 Kefalonia

****Morning****

Wake near Kefalonia, the largest of the Ionian Islands.

Its landscape combines mountains, vineyards, caves and a long coastline shaped by deep bays and colourful harbour settlements.

****Day****

Explore an island associated with ****sailors and mountain climbers, Greek traditions and Venetian heritage, winemaking and rural life****.

Possible highlights include Melissani Cave, where small boats cross an underground lake illuminated through an opening in the cave roof, and Drogarati Cave with its large limestone chambers.



Guests may also explore the island by bicycle, visit a local village or winery, swim from the ship or spend time in one of Kefalonia's waterfront towns.

****Evening****

Return to Running on Waves for the farewell dinner.

Spend the final evening on deck as the ship leaves Kefalonia and begins its last passage north towards Corfu.

Day 8 Corfu

****Morning****

Running on Waves arrives in Corfu.

Enjoy a final breakfast on board before saying goodbye to the crew, the guide and the guests who have shared the journey.

Disembarkation marks the end of the cruise. Guests remaining on the island can explore Corfu Old Town, its Venetian fortresses, shaded squares and arcaded streets.

Associated with the story of the shipwrecked Odysseus, Corfu provides a fitting conclusion to a journey through the landscapes, myths and history of Greece.

Please note:

Itineraries are subject to change.



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

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

The Small Cruise
Ship Collection
www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

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).

The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

INSIDE YOUR SHIP

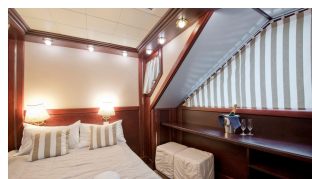
Main Deck



Tween Deck



Main Deck Suite. From



Tween Deck Cabin. From



The Small Cruise
Ship Collection
www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com



The Small Cruise Ship Collection

www.small-cruise-ships.com

small-cruise-ships.com

info@small-cruise-ships.com

PRICING

03-Jul-2027 to 10-Jul-2027

Tween Deck Cabin. From £2599 GBP pp

Main Deck Suite. From £5125 GBP pp

21-Aug-2027 to 28-Aug-2027

Tween Deck Cabin. From £2415 GBP pp

Main Deck Suite. From £5125 GBP pp

01-Jul-2028 to 08-Jul-2028

Tween Deck Cabin. From £2415 GBP pp

Main Deck Suite. From £5125 GBP pp

ADDITIONAL CHARGES:

Port Taxes 395 EUR pp



The Small Cruise Ship Collection

www.small-cruise-ships.com

01432 507 280 (within UK)

info@small-cruise-ships.com | small-cruise-ships.com