

## The Small Cruise Ship Collection

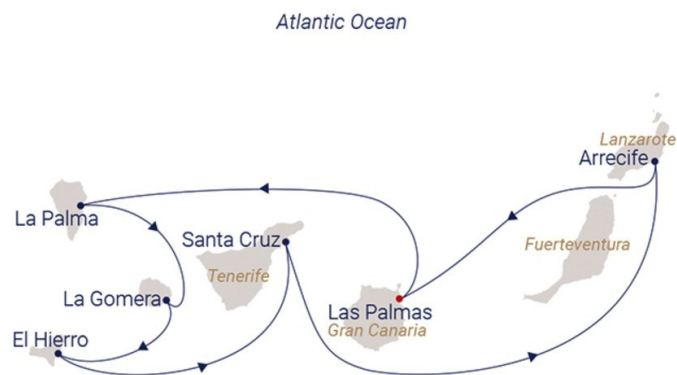
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## TAKE A BREATHER - CANARY ISLANDS SAILING CRUISE

Rekindle your fire amidst volcanoes and lush natural wonders on a rejuvenating journey designed to uplift your body, mind, and soul, with the guidance of SOLEMON coaches onboard. Experience fascinating natural contrasts as you explore the lush green cloud forest of Garajonay alongside Lanzarote's black lava deserts, immersing yourself in the awe-inspiring beauty of nature. Encounter whales and dolphins in their natural habitat off La Gomera, surrounded by the food-rich waters that attract these majestic marine mammals. Leave the hustle and bustle of the Canaries behind as you find serenity among the pine forests and quaint villages of the pristine Canary Island of El Hierro. Discover the magnificent pinnacles of the Teide National Park, a World Natural Heritage Site, with its meter-high lava tongues and bizarre rock formations. Lanzarote, a universal work of art, captivates with its barren volcanic landscapes contrasting beautifully with Cesar Manrique's colorful art installations. Throughout the journey, your SOLEMON coaches, Mag. Phil. Franz Muhlbauer and DDr. Luca Muhlbauer, will focus on individual and medical principles to restore physical and mental strength, leaving a lasting impact even after you return to your regular life. This rejuvenating adventure promises a perfect balance of natural wonders, holistic wellness, and cultural experiences, providing a transformative escape amidst the beauty of the Canary Islands.



### ITINERARY

DAY 1 Las Palmas/Gran Canaria

Departure 10.00 pm With its black volcano almost 2,000

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meters (6,561 foot) high and endless white beaches along the coastline, the island of Gran Canaria displays a huge variety of landscapes. A "continent in miniature" with rugged rock formations, dense pine forests, dry valleys and reservoirs in the interior, lush vegetation in the north, shimmering dune landscapes in the south and weirdly shaped cliffs in the west. Almost half the island has been registered by UNESCO as a Biosphere Reserve. The capital, Las Palmas, is no less colorful, with its port and history stretching back 500 years. The showpiece of this historic old town is the magnificent Santa Ana Cathedral.

### DAY 2 Day beneath full sails

Climbing the rigging, untying ropes, setting sails - today is all about sailing. Time to lean back and relax in the deck chair and watch the passionate crew hoisting the sails by hand.

### DAY 3 Santa Cruz/La Palma

Arrival 08.00 am, Departure 01.30 pm The combination of small size and great height make the lush green volcanic island of La Palma one of the steepest islands on earth. The white houses in the island's capital shine out from wooded mountain slopes and the old town center of Santa Cruz is covered by a preservation order principally because of its Canarian houses with their artistically decorated wooden balconies. The Caldera de Taburiente towers above the north of the island. With a diameter of nine kilometers (5.6 miles) and surrounded by crater walls more than 2,000 meters (6,561 foot) high, it is one of the world's largest volcanic craters. Behind the caldera is the

cloud forest of Los Tilos. The Biosphere Reserve was extended by UNESCO to cover the whole island of La Palma.

### DAY 4 San Sebastián/La Gomera

Arrival 08.00 am, Departure 11.00 pm Many people consider La Gomera to be the most wildly romantic island in the Canaries. Rugged gorges, craggy hillsides, fertile valleys and evergreen cloud forests characterise the landscape. The Garajonay National Park, a UNESCO World Heritage Site, embraces the whole central mountain area and is an unusual little spot. Ancient bay trees, heather bushes as high as trees and meter-high ferns form a cloud forest where treemoss hangs from the trees and mosses cling to gnarled branches - a truly mystical natural spectacle which has existed for millions of years.

### DAY 5 Puerto de la Estaca/El Hierro

Arrival 01.30 pm, Departure 07.00 pm Volcanic activity has created a wildly romantic and varied natural landscape. A black lava desert and strange rock formations with oddly shaped, wind-defying juniper trees in the south, orchards, vineyards, fig and almond groves in the north, lush green meadows and pastures in the high plateaus, and perhaps the most beautiful pine forests in the archipelago. El Hierro, the smallest and newest of the Canary Islands, is almost completely edged with steeply sloping, rugged cliffs and the spray from the surging ocean. UNESCO has designated it a Biosphere Reserve.

### DAY 6 Santa Cruz/Tenerife





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Arrival 09.00 am, Departure 07.00 pm Santa Cruz is the perfect starting point if you want to discover Tenerife's diverse mix of beach, nature, and avant-garde culture. The capital and port city in the northeast of the island is not only decked out with historic buildings but also features a lively art scene and spectacular modern architecture by Calatrava or Herzog, and De Meuron. Santa Cruz is also not far from other highlights in the north. For example, the lively colonial town of La Laguna, with its impressive mansions, or quaint Taganana in the Agana Landscape Park, which has retained the charm of an old mountain village.

### DAY 7 Day beneath full sails

Enjoy fitness, cosmetics, massage or sun and sea with a good book in the deck chair. This day beneath full sails gives you all the options for your perfect personal wellness program.

### DAY 8 Arrecife/Lanzarote

Arrival 08.00 am, Departure 02.00 pm The "Island of Fire", a UNESCO Biosphere Reserve, has been continually recreated by volcanic eruptions. A third of Lanzarote is a bizarre lunar landscape of barren, beige-grey lines of hills and "fire mountains". In sharp contrast to this are the snow white houses, golden beaches and sparse green vegetation. Its quaint wine-growing areas of La Geria have been declared an all-embracing art form by the Museum of Modern Art. The painter, sculptor and architect Cesar Manrique understood art

as the link between man and nature and made a vital contribution to the look of his island home through his artistic creations.

### DAY 9 Las Palmas/Gran Canaria

Arrival 07.00 am With its black volcano almost 2,000 meters (6,561 foot) high and endless white beaches along the coastline, the island of Gran Canaria displays a huge variety of landscapes. A "continent in miniature" with rugged rock formations, dense pine forests, dry valleys and reservoirs in the interior, lush vegetation in the north, shimmering dune landscapes in the south and weirdly shaped cliffs in the west. Almost half the island has been registered by UNESCO as a Biosphere Reserve. The capital, Las Palmas, is no less colorful, with its port and history stretching back 500 years. The showpiece of this historic old town is the magnificent Santa Ana Cathedral.

Please Note:

Itineraries are subject to change.

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## YOUR SHIP: SEA CLOUD SPIRIT

**YOUR SHIP:** Sea Cloud Spirit

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

Building a three-mast full-rigged ship with traditional rigging in the 21st century may seem a little unusual. For SEA CLOUD CRUISES it is a commitment to true passion for sailing. With her clear, classic line she follows the example of her elegant windjammer sisters, but goes completely new ways. An entire deck with balcony cabins, an exclusive wellness and SPA area, a fitness room with sea view, a bistro on deck as an evening alternative to "fine dining" in the restaurant - the youngest member of the SEA CLOUD family offers plenty of room for individuality in addition to genuine windjammer romance. The SEA CLOUD SPIRIT combines traditional windjammer experience with 21st century comfort with up to 136 passengers. Cabins Even more comfort: of the 69 cabins from the owner suite to the superior outside cabin, almost half have balconies or windows to open. Public areas Spacious decks, a generous wellness and SPA area, fitness with sea view and much more: on board the SEA CLOUD SPIRIT, one does not only enjoy the freedom under sails.



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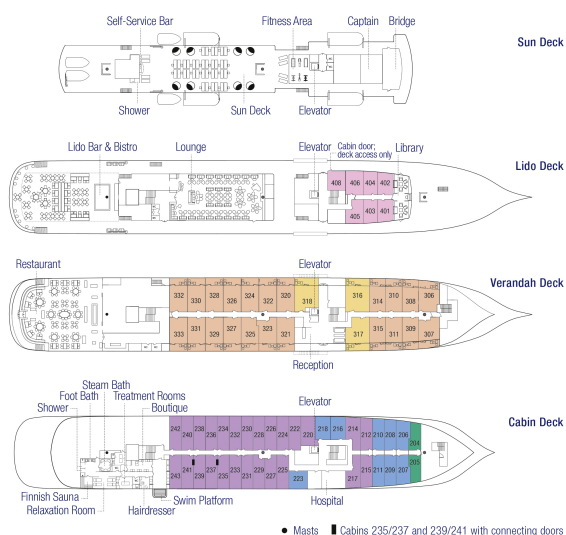
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## INSIDE YOUR SHIP



### Cabin Categories:

Cat. A ■ Suites with balcony      Cat. C ■ De luxe lido cabins, outside      Cat. E ■ Superior cabins, outside  
Cat. B ■ Junior suites with balcony      Cat. D ■ De luxe cabins, outside      Cat. F ■ Superior single cabins, outside



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## PRICING

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