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RUNNING ON WAVES

A True Sailing Adventure
Where the Past Meets the XXI Century



IONIAN ISLANDS ITINERARY

DAY	ISLAND/PORT	ARRIVAL	DEPARTURE
Day 1	Corfu		20:00
Day 2	Paxos/ Antipaxi	2:00	19:00
Day 3	Lefkas Kefalonia	6:00 20:00	13:30
Day 4	Kefalonia		18:00
Day 5	Zakynthos	2:00	22:00
Day 6	Ithaca	8:00	14:00
Day 7	Saranda	11:00	
Day 8	Saranda Corfu	7:00	4:00



DAY 1 CORFU

THE ISLAND OF THE PHAEACIANS

- 16:00 - 18:00 Meeting of passengers • Accommodation on board
- 18:30 Safety briefing for passengers • Acquaintance with the Captain and crew members of the sailing ship "Running on waves"
- 20:00 - 22:00 Dinner • Presentation of water sports and excursions program on the islands
- 20:00 Departure to Paxos/Antipaxi islands • Familiarity tour of the ship



DAY 2 PAXOS / ANTIPAXI

THE BENJAMIN OF THE IONIAN ISLANDS / HEIR TO THE MOST ALLURING BEACH

- 08:00 - 08:30 Morning yoga
- 08:30 - 10:00 Breakfast
- 09:30 Voyage along famous blue caves of Paxos island
- 09:30 - 11:00 Swimming from the apparel*
- 12:30 - 14:00 Lunch
- 13:00 Arrival to Antipaxi island
- 14:00 - 14:30 Emergency training (safety instructions)
- 15:00 - 18:00 Time for water entertainments at wonderful beach of Vutumi*
- 16:00 - 17:00 Afternoon luncheon
- 17:00 - 18:00 Tour of the Captain's bridge
- 18:00 - 19:00 Time to select ship souvenirs
- 19:00 Departure to Lefkas island
- 20:00 - 22:00 Dinner • Info - meeting with the Cruise Director • Story on Lefkas island
- 22:00 Karaoke

DAY 3 LEFKAS/KEFALONIA

THE "WHITEST" ISLAND OF GREECE / EVENING KEFALONIA

- 06:00 Arrival to Lefkas island
- 08:00 - 08:30 Morning yoga
- 08:30 - 10:00 Breakfast
- 09:00 - 13:00 Excursion program on the island
- 10:00 - 13:00 Time for water entertainments and sports
- Swimming from the apparel, rest on the beach, spare time on the island*
- 12:30 - 14:00 Lunch
- 13:30 Departure to Kefalonia island
- 14:00 - 15:00 Master-class: "Arrangement of a sailing vessel • Spars and sails
- Practice in sails governing"
- 15:00 - 16:00 Secrets of local culinary from chef-cook • Master class for preparation and decoration of local cuisine dishes
- 16:00 - 17:00 Afternoon luncheon • Info- meeting with the Cruise Director
- Information on Kefalonia
- 17:00 - 19:00 Climbing to crow's nest
- 20:00 Arrival to Kefalonia island • Mooring
- 20:00 - 22:00 Dinner • Info - meeting with the Cruise Director • Information on Kefalonia
- 22:00 Watching movies



DAY 4 KEFALONIA

THE LARGEST IONIAN ISLAND

- 08:00 - 08:30 Morning yoga
- 08:30 - 10:00 Breakfast
- 09:00 - 13:00 Excursion program on the island
- 10:00 Voyage to the beach
- 11:30 - 17:30 Leisure on the beach*
- 12:30 - 14:00 Lunch
- 14:30 - 15:30 Master-class: "Figures made from towels"
- 16:00 - 17:00 Afternoon luncheon
- 18:00 Departure to Zakynthos island
- 18:30 - 19:30 Master-class: making nautical knots
- 20:00 - 22:00 Dinner • Info - meeting with the Cruise Director • Story on Zakynthos
- 22:00 Evening program on board • Quiz
- 23:00 Master-class: "Celestial Navigation"



DAY 5 ZAKYNTHOS

OTHERWISE KNOWN AS "ZANTE"

- 02:00 Arrival to Porto Zoro on Zakynthos island
- 08:00 - 08:30 Morning yoga
- 08:30 - 10:00 Breakfast
- 10:00 - 17:30 Leisure on the beach • Water entertainments on the wonderful beach of Porto Zoro*
- 10:00 - 21:30 Spare time on the island
- 12:30 - 14:00 Lunch
- 16:00 - 17:00 Afternoon luncheon
- 17:00 - 18:00 Master-class: making nautical knots
- 20:00 - 22:00 Dinner • Info - meeting with the Cruise Director • Story on Ithaca island
- 22:00 Departure to Ithaca island
- 22:00 "Pirates' night"
- 23:00 Night master-class: "Stars and constellations in subtropics of the North hemisphere"



DAY 6 ITHACA

THE HOME OF ODYSSEUS

- 08:00 Arrival to Ithaca island
- 08:00 - 08:30 Morning yoga
- 08:30 - 10:00 Breakfast
- 09:00 Embarkation on shore to town of Vathi • Spare time on the island
- 10:00 Voyage to Etros bay
- 10:30 - 13:30 Time for water entertainments and sports in Etros bay*
- 12:30 - 14:00 Lunch
- 14:00 Departure to Albania towards town of Saranda
- 14:30 - 15:30 Photo-safari
- 15:00 - 16:00 Master-class on ship's navigation* • Meeting place: Fly Bridge
- 16:00 - 17:00 Afternoon luncheon
- 17:30 - 18:00 Master-class: "Determination of ship's location" • Practicum for navigating ship's course on a map
- 18:00 - 19:00 Time to select ship souvenirs
- 20:00 - 22:00 Dinner • Info - meeting with the Cruise Director
- 22:00 Story on Saranda
- Disco



DAY 7 SARANDA

THE "SOUTHERN DOOR" OF ALBANIA

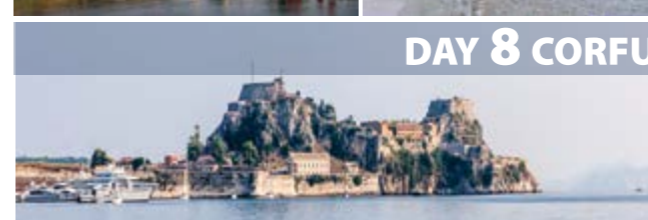
- 07:00 - 09:00 Technical stop at Corfu island
- 08:00 - 08:30 Morning yoga
- 08:30 - 10:00 Breakfast
- 11:00 Arrival to the town of Saranda
- upon arrival Excursion program to the ruins of the town of Butrint • Leisure at Ksamil beach*
- 12:30 - 14:00 Lunch
- 16:00 - 17:00 Afternoon luncheon
- 18:30 - 19:00 Tour of the engine room
- 20:30 Info - meeting with the Cruise Director
- 20:00 - 22:00 Festive gala-dinner with the Captain • Slide-show of pictures
- 23:00 Talents' evening



DAY 8 CORFU

FINALE

- 07:00 Arrival to Corfu island
- 08:00 - 10:00 Breakfast
- 09:00 - 10:00 Payment of bills • Issue of passports
- 12:00 Disembarkation of the passengers



*Depending on weather conditions

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