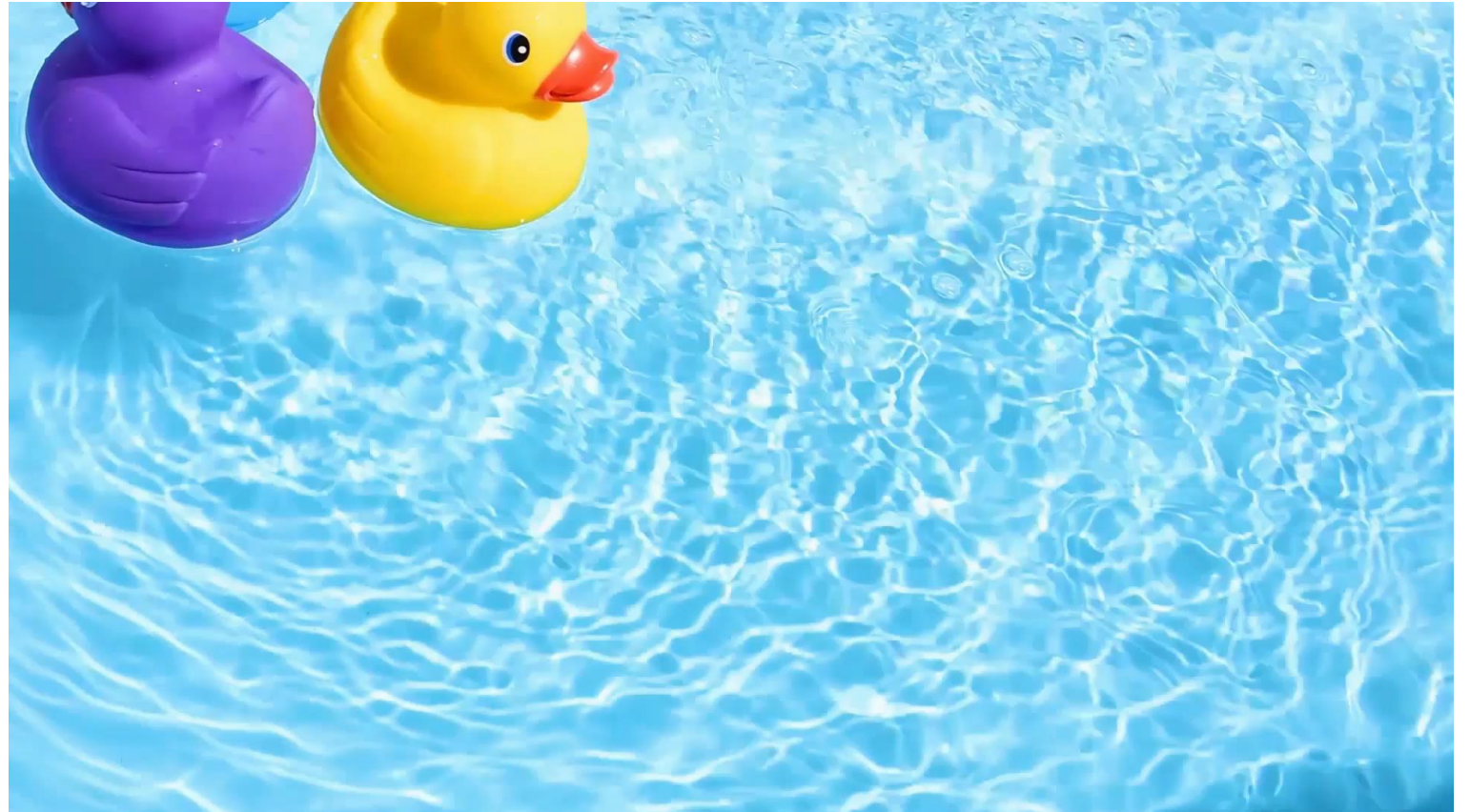


THE
CYCLADES,
GREECE

SEPTEMBER
2025

INFORMATION SEMINAR





T A B L E O F C O N T E N T S

- Introduction to The Cyclades
- Our Sailboat
- Your Captain and First Mate
- Where, how and what time will we meet?
- Medical Emergency & Safety Rules
- What things will you need to bring?
- Provisioning Plan
- Questions & Answers

INTRODUCTION TO THE CYCLADES



Introduction to The Cyclades

The Cyclades includes about 220 islands, the major ones being Amorgos, Anafi, Andros, Antiparos, Delos, Ios, Kea, Kimolos, Kythnos, Milos, Mykonos, Naxos, Paros, Folegandros, Serifos, Sifnos, Sikinos, Syros, Tinos, and Thira or Santoríni. There are also many minor islands (the Lesser Cyclades) including Donousa, Eschati, Gyaros, Irakleia, Koufonisia, Makronisos, Rineia, and Schoinousa. The name "Cyclades" refers to the islands forming a circle ("circular islands") around the sacred island of Delos. Most of the smaller islands are uninhabited.

Ermoupoli on Syros is the chief town and administrative center of the former prefecture.

The islands are peaks of a submerged mountainous terrain, with the exception of two volcanic islands, Milos and Santorini. The climate is generally dry and mild, but with the exception of Naxos, the soil is not very fertile; agricultural produce includes wine, fruit, wheat, olive oil, and tobacco. Lower temperatures are registered in higher elevations and these areas do not usually see wintry weather.

The Cyclades are bounded to the south by the Sea of Crete.[1]Source: Wikipedia.org



Destinations

DAY #1:

Board on our sailboat in Athens at 6:00 p.m. A brief meeting will begin at 6:30 p.m..

DAY #2: (Route 1-2: Athens to Kythnos)

Set sail to Kythnos in the early morning. You will see the mainland Greece from Athens to Kythnos. Anchoring in the bay overnight.

DAY #3: (Route 2-3: Kythnos to Mykonos)

Departure for Mykonos early in the morning. Anchoring there overnight.

DAY #4: (Route 3-4: Mykonos to Paros)

Set sail south to Paros early in the morning. Docking in the old venetian port of Naoussa and Barbarossa overnight.

DAY #5: (Route 4-5: Paros to Ios)

After breakfast, make south for Ios. Docking in the port of Ormos harbour.

DAY #6: (Route 5-6: Ios to Sifnos and Serifos)

Set sail to Sifnos in the morning and then Serifos later in the afternoon 11 nautical miles away. Anchoring overnight.

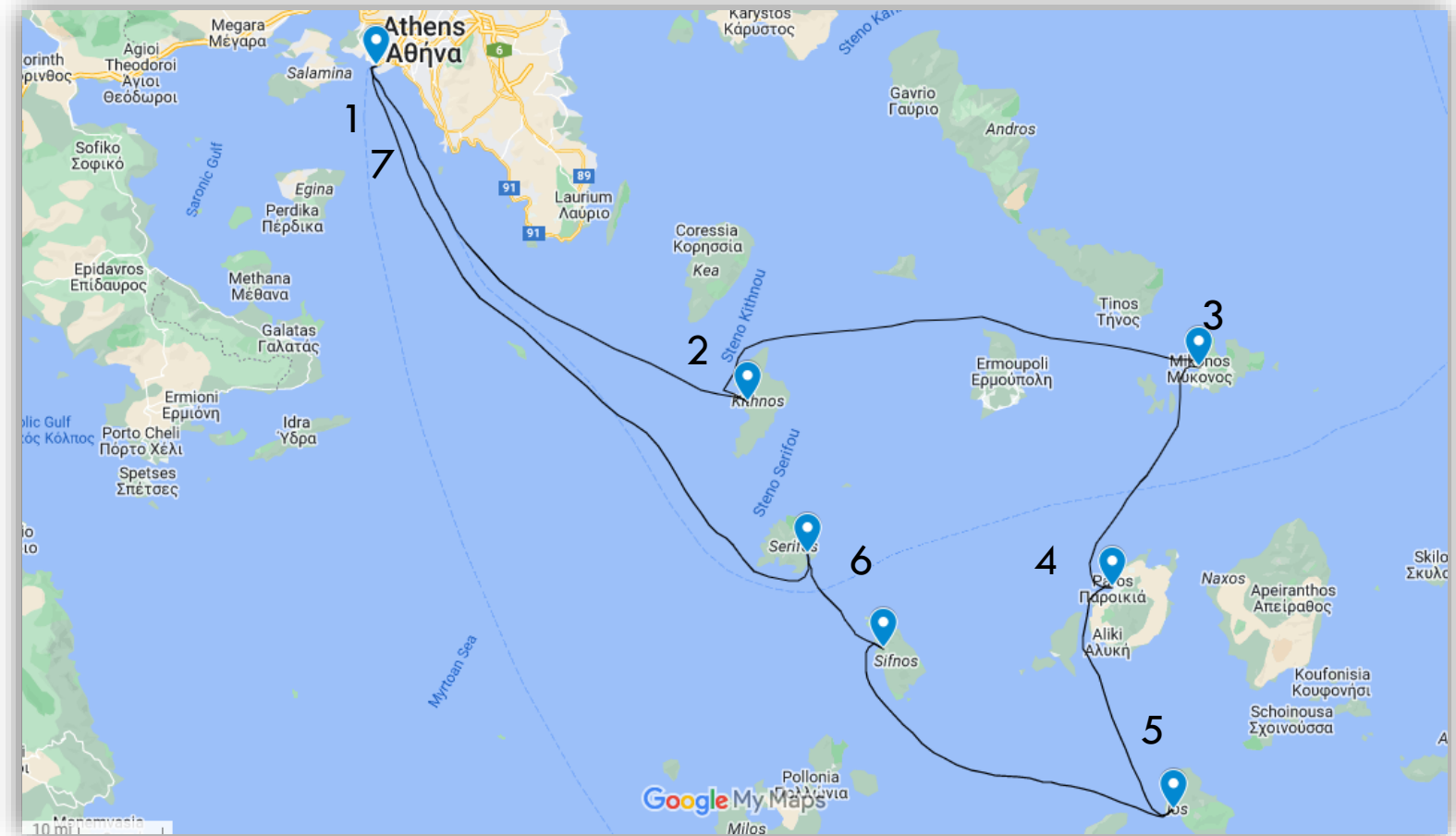
DAY #7: (Route 6-7: Serifos to Athens)

Sail back to Athens after breakfast, all-day sailing before we arrive in Athens before 5:00 p.m. Docking overnight.

DAY #8:

After breakfast onboard, take group pictures, wave farewell and disembark before 9:00 a.m.

THE CYCLADES



Itinerary and time are subject to change due to weather conditions.

KYTHNOS

- ★ Kythnos, commonly called Thermia, is a Greek island and municipality in the Western Cyclades between Kea and Serifos. It is 56 nautical miles from the Athenian harbor of Piraeus. The municipality Kythnos is 100.187 km² in area and has a coastline of about 100 km. Mount Kakovolo is island's highest peak. (Wikipedia)
- ★ Named after Kythnos, the mythical king of the original settlers (known Dryopes) and son of the god Apollo, it is characterized by its long and thin shape and ridge down the center forming valleys that spread to the east and west. Many valleys end at a beach, with the result that Kythnos has around 100 beaches, the most in the Cyclades! (Discovergreece.com)



MYKONOS

- ★ Mykonos is an island in the Cyclades group in the Aegean Sea. It's popularly known for its summer party atmosphere. Beaches such as Paradise and Super Paradise have bars that blare thumping music. Massive dance clubs attract world-renowned DJs and typically stay open well past dawn. Iconic landmarks include a row of 16th-century windmills, which sit on a hill above Mykonos town. (Google)
- ★ In Greek mythology, Mykonos was named after its first ruler, Mykonos, the son or grandson of the god Apollo and a local hero. The island is also said to have been the location of the Gigantomachy, the great battle between Zeus and Giants and where Hercules killed the invincible giants having lured them from the protection of Mount Olympus. According to myth, the large rocks all over the island are said to be the petrified corpses of the giants. (Wikipedia)



PAROS

★ Paros is a Greek island in the Aegean Sea best known for its beaches and traditional villages. Parikia, the bayside capital, is a boating and transportation hub for the Cyclades region. It's also home to the Panagia Ekatontapiliani, a landmark Byzantine church from the 4th century A.D. The north coast's Kolimbithres is a beach where naturally sculpted rocks form swimming coves. (Google)

★ Historically, Paros was known for its fine white marble, which gave rise to the term "Parian" to describe marble or china of similar qualities. Today, abandoned marble quarries and mines can be found on the island, but Paros is primarily known as a popular tourist spot.



IOS

★ Ios, Io or Nio is a Greek island in the Cyclades group in the Aegean Sea. Ios is a hilly island with cliffs down to the sea on most sides, situated halfway between Naxos and Santorini. It is about 18 kilometers long and 10 kilometers wide, with an area of 109.024 square kilometers. Population was 2,024 in 2011. (Wikipedia)

★ The Port of Ios is at the head of the Ormos harbour in the northwest. There is a path up the nearby hill to Chora, named after the Greek word for the main village on an island. Chora is a white and cycladic village, full of stairs and narrow paths that make it inaccessible for cars. Today, the main path through this village is completely taken over by tourism with restaurants, boutiques, bars and discothèques catering to visitors. (Wikipedia)



SIFNOS

- ★ Sifnos is a Greek island in the Cyclades island group. It's fringed by sandy beaches such as Chrysopigi beach in the southeast, home to the striking white Chrysopigi Monastery. The long, shallow Vathi beach sits in a protected cove in the southwest. Sifnos is known for its traditional pottery and there are many small pottery workshops in villages like Vathi and Kamares, the island's main port in the northwest. (Google)
- ★ Sifnos was inhabited by human beings from at least 4000 BC. Archeological evidence indicates the island was within the mainstream of Late Neolithic and Early Bronze Age Cycladic civilization. The island was very wealthy in ancient times, thanks to its gold, silver, and lead, which were being mined there as early as the 3rd millennium BC. (Wikipedia)



SERIFOS

★ Serifos (Greek: Σέριφος, Latin: Seriphus, also Seriphos; Seriphos: Eth. Seriphios: Serpho) is a Greek island municipality in the Aegean Sea, located in the western Cyclades, south of Kythnos and northwest of Sifnos. It is part of the Milos regional unit. The area is 75.207 square kilometers (29.038 sq mi)[2] and the population was 1,420 at the 2011 census. It is located about 170 kilometers (92 nautical miles) ESE of the Athenian port of Piraeus.

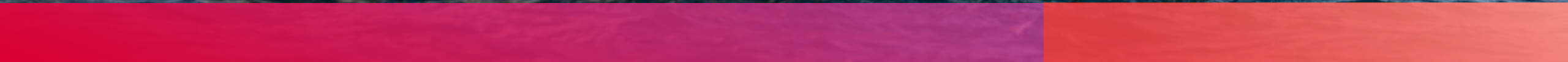
★ In antiquity, the island was proverbial for the alleged muteness of its frogs. During the Roman imperial period, Serifos was a place of exile. After 1204 it became a minor dependency of the Venetian dukes of the Archipelago. In the late 19th century Serifos experienced a modest economic boom from the exploitation of the island's extensive iron ore deposits. The mines closed in the 1960s, and Serifos now depends on tourism and small-scale agriculture. (Wikipedia)



OUR SAILBOAT

530

530



BOAT SPECIFICATIONS

- Our boat selection will be Dufour 530. Its hull type is monohull. This has LOA of 53 ft. long and its beam of 16 ft. wide. The draft is 6.4 feet deep.
- It can carry up to 12 persons as max limit. but it is recommended up to 10 persons for more space and comfortable. There are 12 lifejackets stored on this sailboat.
- There are 6 double-bed cabins and 1 single-bed cabin plus 3 heads with hot showers units. This boat has Roller Main Sail and Roller Genoa.

Two Steering Wheels	190 Gallon Water Tank
119 Gallon Fuel Tank	75 HP Motor Engine
Air Conditioning	Hot water
Generator	Inverter
Bow Thruster	Convertible Table



GPS Chart Plotter
Windlass
Autopilot
Dinghy with Outboard Engine
Refrigerator
220 V Socket
Dodger

Electric Anchor
Wind Instruments
VHF Radio
Swimming Ladder
220 V Socket
Bimini



EXTERIORS



CABINS AND HEADS



2 Bow Cabins



Forward Head



Aft Head



Port Quarter Cabin



Starboard Bow Cabin



Double Bunk Cabin

MAIN GALLEY & SALOON





**YOUR CAPTAIN
AND FIRST MATE**

YOUR CAPTAIN



Captain Troy Stilwell

SAILING CERTIFICATIONS

- ASA 101: Basic Keel
- ASA 103: Coastal Cruising
- ASA 104: Bareboat Chartering
- ASA 105: Coastal Navigation
- ASA 106: Advanced Coastal Cruising
- ASA 107: Celestial Navigation
- ASA 114: Cruising Catamaran
- ASA 119: Marine Weather Endorsement
- ASA 120: Radar Endorsement
- USCG Affiliated Captain Diploma
- International Proficiency Certificate
- Boater Safety Certificate
- CPR, AED & First Aid Certificate

“Near the border of Maine, USA, I was born in Saint John, New Brunswick, Canada. When I was 3 years old, my parents and I sailed on Northumberland Strait for lobster fishing with his friends. I grew up and I knew nothing about sailing. I obtained the sailing certifications from American Sailing Association (ASA) in November 2010. Every summer, I work and volunteer at the sailing club for disabled sailors. I also teach sailing lessons to the Deaf/Hard of Hearing people. For more than 10 years, I chartered different sailboats in California, New England and France. I mostly teach online ASL classes at my college in Toronto, Canada.”

YOUR FIRST MATE



First Mate Brian Mehan

SAILING CERTIFICATIONS

- ASA 101: Basic Keel
- ASA 103: Coastal Cruising
- ASA 104: Bareboat Chartering
- ASA 114: Cruising Catamaran
- International Proficiency Certificate
- Boater Safety Certificate

“F or my whole life, I grew up on the small islands of Avalon and Stone Harbor, New Jersey USA. I always love the ocean. When I was 10 years old, my parents sent me to the Avalon Yacht Club for learning how to sail on the small sailboat known as Sunfish with my two brothers. Even without access to ASL interpreter, I was very good at learning the sailing lessons from my instructor who had very good body language and gestures. Also, I was very grateful to have my great instructor who had a lot of patience with me. I fell in love with sailing sports for a first time in my life. When I was 12 years old, I was a volunteer working at the windsurf shop in my home neighborhood. For my first time, I spotted a huge beautiful catamaran in Florida back in the 1990s and I fell in love with it! Many years later, I decided to take ASA coastal cruising and bareboat chartering courses with Troy. He is Deaf sailing instructor. We sailed to Catalina Island from Los Angeles. I learned a lot from him. In May 2019, my wife and I went to the South of France for sailing with Troy. I have earned good sailing experience and sailing skills. Now I permanently live in Ocean City, Maryland USA. Currently, I'm retired from my work and my goal is now to be involved in sailing with the sailor “gangs” and sail where the sun guides us to go for my opportunity to learn a lot of techniques with windsurfing at the bay. My parents bought a sunfish sailboat and windsurf for me so I'd play around at the bay behind my home. I am planning to buy and own my sailboat and I will sail around the world. “



**WHERE, HOW
AND WHAT TIME
WILL WE MEET?**

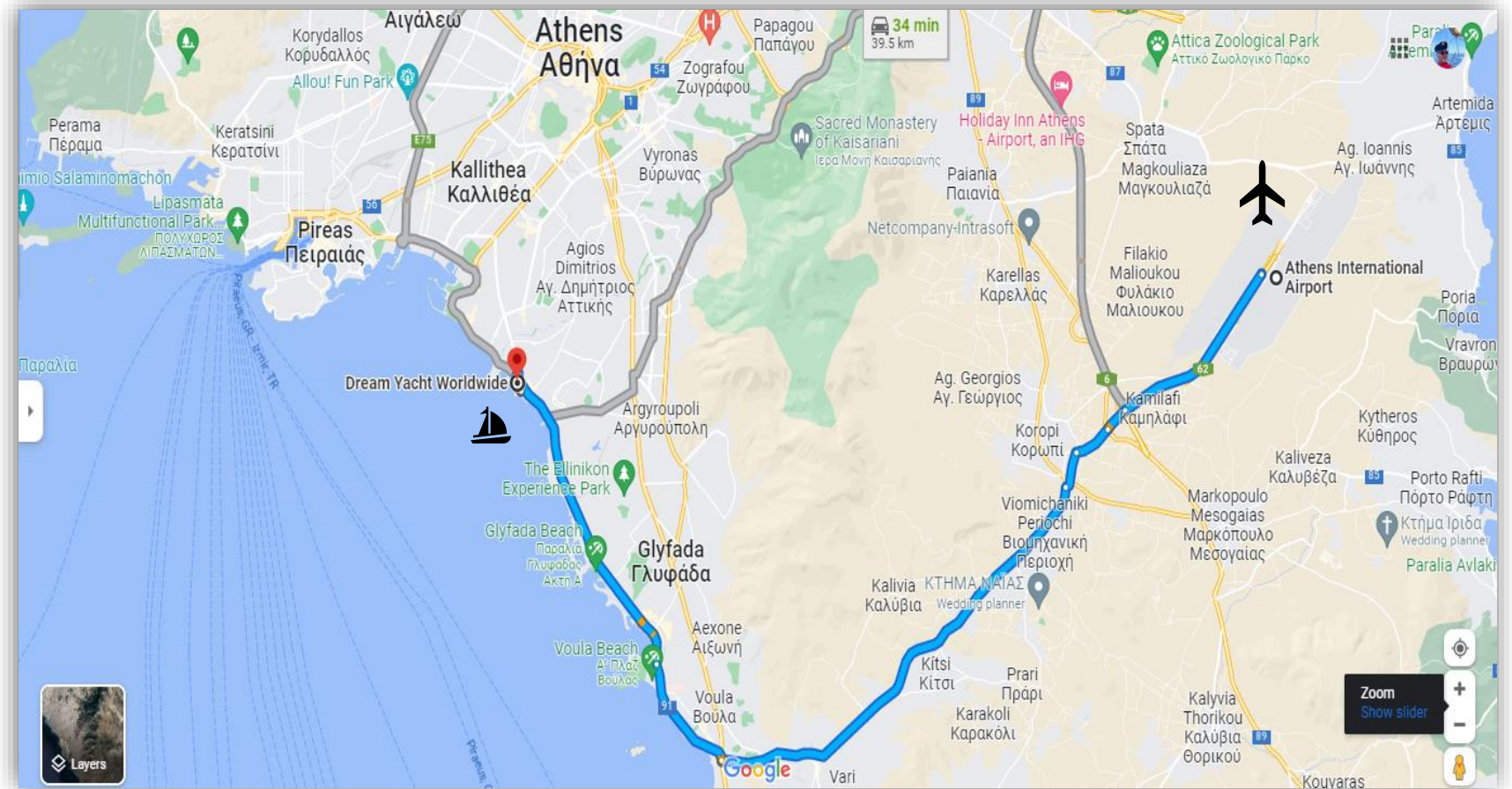
Where, how and what time will we meet?

You can take taxi or train there
From Athens International Airport.

Bus: 1 hour 12 minutes
Taxi: 30 minutes

Our sailboat will be located at
the address below:

Dream Yacht Worldwide,
Marina, Alimos 174 55
Greece
Telephone: +30 694 823 5179





**MEDICAL
EMERGENCY &
SAFETY RULES**

YOUR SAFETY IS OUR MAIN RESPONSIBILITY ON OUR SAILBOAT

- 3 B-I Fire Extinguishers (small) or 2 B-II fire extinguishers (big)
- Fire blanket for stove
- First Aid Kit / thermal blanket
- Disinfectant wet wipes
- PDF lifejackets
- Light/smoke Flares
- Spot Satellite Messenger
- Sail Plan
- Mobile phones / DCS - VHF radio
- Marine Weather
- Dinghy with outboard engine
- Automatic/manual Bilge Pumps
- Wood cones
- Emergency tiller
- Emergency anchor (backup)



SOME
DIFFERENT
SOURCES ARE
AVAILABLE
WHERE YOU
CAN GET MORE
UPDATE
INFORMATION
ABOUT COVID
TRAVEL
RESTRICTIONS.

KAYAK

[HTTPS://WWW.KAYAK.COM/TRAVEL-RESTRICTIONS](https://www.kayak.com/travel-restrictions)

CDC

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/TRAVELERS/MAP-AND-TRAVEL-NOTICES.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/travelers/map-and-travel-notice.html)

GREEK GOVERNMENT

<https://travel.gov.gr/#/>

Will you sign a liability waiver?

Like any kind of a transportation, there is always risk involved. You will be requested to sign our liability waiver form after boarding on the first day. This is for you to be responsible and acknowledge your own risks. Be assured that we are trained professionally and experienced to ensure the safety of you, our guests, and our sailboat. Unfortunately, there is always unforeseen risk which we have no control over of being sudden ill, injured or killed by accident, disease, natural disaster, terrorism, war and crime.

Travel Medical Emergency Insurance

Please be encouraged to buy your Travel Medical Emergency Insurance Policy! It will help protecting you from a financial trouble if you seek urgent medical care overseas. Some insurance companies are not covering the costs of Covid-19 medical emergencies. Some of them will charge you very high for adding covid-19 medical emergency insurance. Please double check with your travel medical insurance company before buying the travel medical emergency insurance policy. The U.S. Medicare may offer the insurance but please check with The U.S. Medicare office at first before you will fly.



YOUR CONFIDENTIALITY WILL BE RESPECTED AND PROTECTED

- If you have any health condition and you don't wish to share it with us, your privacy will be respected. The copies of our medical forms and envelopes will be distributed to you and the guests. You can fill out the medical form and put it in the envelope and seal it. Keep it in your cabin or give it to your partner.
- If you are unconscious, we will give your sealed envelope to the doctor or EMS paramedic.
- We urge you to share your information with us if you have any food allergies. For your safety, we (including our guests) must know immediately. Please bring your extra Epi-pen if possible.



An open suitcase is shown from a top-down perspective, lying flat. The left side of the suitcase contains a red bag, a pair of pink sneakers, a pair of red sneakers, a white power strip, and a book titled 'EMONY, SHICKET! BATHING' with the subtitle 'Should You Go to School?'. The right side contains a dark blue t-shirt, a blue t-shirt, a blue t-shirt, a pair of blue jeans, a black and white zebra print shirt, and a pair of black sandals. The text 'WHAT THINGS WILL YOU NEED TO BRING?' is overlaid in white, bold, sans-serif font across the center of the image.

**WHAT THINGS WILL YOU NEED
TO BRING?**

THE WEATHER IN GREECE

The weather in Greece in September is warm and mild. Greece's Mediterranean climate means that September weather is still relatively warm. Average temperatures in Athens for September range from 19 to 29°C (66 to 84°F). The average temperature during September on many of Greece's islands is only slightly cooler than that of Athens. Sunshine hours begin to decrease in Greece during September. Visitors to Crete can expect an average of ten hours of sunshine per day in September, but visitors to Athens will only get nine sunshine hours per day. Sea temperatures for September in Greece are the same as the previous two months: 24°C (75°F).

Athens - Average temperatures (1991-2020)						
Month	Min (°C)	Max (°C)	Mean (°C)	Min (°F)	Max (°F)	Mean (°F)
January	7	13	9.9	44	56	49.9
February	7	14	10.4	44	57	50.8
March	9	16	12.6	48	62	54.6
April	12	20	15.9	53	68	60.6
May	16	25	20.5	61	77	69
June	21	30	25.4	69	87	77.7
July	23	33	28.3	74	92	82.9
August	24	33	28.5	75	92	83.3
September	20	29	24.4	68	84	76
October	16	24	19.9	61	75	67.8
November	12	19	15.3	53	66	59.6
December	8	15	11.6	47	58	52.9
Year	14.5	22.7	18.55	58.1	72.9	65.5

Athens - Sunshine hours		
Month	Average	Total
January	4	130
February	5	135
March	6	185
April	7.5	230
May	9.5	290
June	11	335
July	11.5	365
August	11	340
September	9	275
October	6.5	210
November	5	155
December	4	125
Year	7.6	2775

WHAT TO PACK FOR A HOLIDAY IN THE GREEK ISLANDS IN SEPTEMBER?

What to pack for a holiday in Greece in September

The warm weather in Greece in September calls for light clothes. Holidaymakers spending time on the beaches in Greece should pack swimwear, sunglasses, sunscreen, a sunhat and beach shoes such as sandals or flip-flops. The more adventurous visitors should be sure to pack comfortable walking shoes for exploring Greek islands and ancient ruins. Visitors booking a flight to Greece at the end of September should pack slightly warmer clothes for the evenings as the temperature does cool down a little. A light raincoat may also be useful in Greece at the end of summer. (<http://www.climateandweather.com/weather-in-greece-in-September>)

What to wear for sailing in September?

Wind jacket

Sun lotion

Sweater

T-shirts

Pants

Shorts

Flashlight or headlamp

Sunglasses

Deck shoes

Sunhat





PROVISIONING PLAN

ENJOY MEALS AND DRINKS ONBOARD

- In July 2025, we will send out copies of the provisioning forms to all of you to fill out. We will collect them from you by deadline date and we will follow what you wish to eat and drink onboard. After that, we will give you a week schedule for different meals.
- We will provide fresh water, milk, coffee cream, sugar, natural sweeteners, American coffee, regular tea, soft drinks and fruit juices.
- If you wish to go out to eat onshore, please let me know. This is for saving the food from wasting.
- Please bring your own snacks.
- We will not be responsible for providing alcohol beverages. You are more than welcome to bring them on your own. Please be responsible drinker and respect for other passengers too.



FOOD MENU FROM OUR CRUISE ON FRENCH RIVIERA LAST MAY 2022



Cinnamon Toast Quinoa



Lentil Soup & Garlic Bread



Zucchini Pasta



Dal



Margarita Pizza



Cheese Blintze



Baguette & Jam



Chicken Pesto Sandwich

DO YOU HAVE ANY QUESTIONS?